



Taking pride



IN 1989 an "average Australian bloke's" simple idea of making a difference in his own backyard (Sydney Harbour) became the nation's largest community-based environmental event, Clean Up Australia Day.

Almost two decades later it is hard to believe that this campaign began as the inspiration of one man, Australian builder and solo yachtsman, Ian Kiernan (pictured).

An avid sailor, Ian had always dreamed about sailing around the world and in 1987 his dream came true when he competed in the BOC Challenge solo around-the-world yacht race.

As he crossed the world's oceans in his yacht Spirit of Sydney he was shocked and disgusted by the pollution and rubbish that he continually encountered in areas such as the Sargasso Sea in the Caribbean. Having waited years to see

the Sargasso's legendary long golden weeds, his excited anticipation turned to anger and disappointment when he found them tangled with rubbish.

The polluted state of our oceans motivated Ian to act and once back in Sydney he enlisted the help of his friends and focused on his goal. What happened after this is now well documented.

Clean Up Sydney Harbour Day in 1989 received an enormous public response with more than 40,000 Sydneysiders donating their time and energy to clean up the harbour. Rusted car bodies, plastics of all kinds, glass bottles and cigarette butts were removed by the tonne. The idea of a clean up day had galvanised a

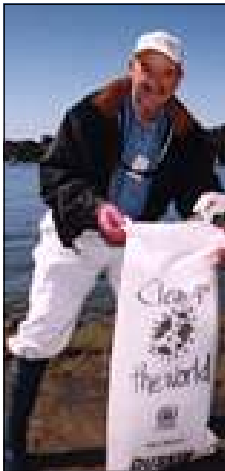
community to get involved and make a difference to their local environment.

The following year Clean Up Australia Day was born. Ian and his committee believed that if a capital city could be mobilised into action, then so could the whole nation.

Almost 300,000 volunteers turned out on the first Clean Up Australia Day in 1990 and that involvement has steadily increased ever since.

In the past 16 years Australians have devoted more than eight million hours to the environment through Clean Up Australia Day and collected more than 200,000 tonnes of rubbish.

The next step for Ian was to take the concept of Clean Up Australia Day to the rest of the world. After gaining the support of the United Nations Environment Program (UNEP), Clean Up the World was launched in 1993 and now involves more than 35 million people from 120 countries every year.



Task to tidy up town

NEWMAN Mainstreet Project wants to clean up the town and make it a better place to live.

Families, individuals, community groups, businesses and social clubs can join thousands of other Australians and help make a difference on Sunday, March 2.

I recall Clean Up Australia Days from my childhood and remember the satisfaction and pride I felt being part of those annual clean up activities.

All Newman residents have been invited to meet at the Shire Gardens (corner New-

man and Kalgan Drives) at 9am to collect gloves and rubbish bags and select a clean up site.

Local companies Macmahon, Cleanaway, Transpacific, East Pilbara Shire Council and Newman Mainstreet Project (sponsored by BHP BIO) have all chipped in and are supporting this event.

After the clean up all the volunteers can meet again for a free lunch. For more information please contact Newman Mainstreet Project on 9177 8290.

Wendy Hagan



Scenes like these (above and right) are unfortunately common sights in Newman, hence the call to action this coming Clean Up Australia Day on Sunday, March 2. Photos Wendy Hagan

Dixie Marshall in town for International Women's Day

MARCH 8 is International Women's Day and coming to Newman to host this event is Channel 9 News Dixie Marshall (pictured), widely regarded as one of Perth's best journalists.

Dixie will be speaking about the significance of International Women's Day and also her life and achievements.

Wendy Hagan had the pleasure of talking with Dixie and finding out about her life at home and behind the news desk.

What does International Women's Day mean to you?

It's a day to reflect on the massive steps forward that women

have made...and be impressed by the women leaders in our community.

How do you juggle being a mother, a wife and a career woman in the public eye?

With great difficulty! It's exhausting most of the time, but a privilege nonetheless.

Do you think women get a raw deal having to juggle their commitments and pressured into being a 'super mum'?

The myth of the super mum just makes us all feel bad...those Hollywood mums have nannies, chefs, personal trainers, house cleaners, ironers - the whole shooting match...and then they laud it over us mere mortals, who are doing all of that on our own.

What is the importance of 'me' time and how do you spend it?

You're kidding right? Me time is when I'm asleep. But it won't always be like this, there will come a time when the kids don't need me to do canteen, or reading at school, and won't want to

hang out with us on the weekend - then I'll get my me time, and I'll probably bawl the whole time!

What improvements do you think need to be made to ensure women can enter the workplace, especially after kids?

Make childcare affordable and accountable. This is was my number one problem when my kids were little...some of the local childcare centers were overcrowded, smelly, with staff who didn't seem to even like children...and it was hardly worth my while financially to work, when I had to pay the babysitter \$25 an hour!

How do you balance work and family time?

I don't really...some weeks work suffers, and other weeks the family suffers - it's a moving feast of chaos. I've also got a husband who pulls his weight, which helps.

Who has been your inspiration over the years?

All sorts of women; obvious stars, like Fiona Wood and Fiona Stanley... Margaret Court...and then others like Anne O'Neill - a domestic violence survivor whose husband killed both of her kids.

What would you like to say to younger women wanting to follow their dreams?

Work hard, play hard, and look ahead, not over your shoulder.

Dixie Marshall and comedian Jean Kittington will be hosting the Newman International Women's Day and tickets are \$40 and are available from the Boulevard Pharmacy (cost includes canapés). Please contact Carrie Calder on 9177 8290 or 0408 944 685 for more information.



Pilbara statistics a cause for concern

FOLLOWING a report that alcohol-related incidents are harming more Western Australians than ever the State Government has launched a \$530,000 Rethink Drink advertising campaign. Health Minister Jim McGinty has called for the community to support the campaign to stop alcohol abuse.

"People are simply drinking far too much, in fact 30 per cent more than we did 10 years ago, and it is having catastrophic effects," Mr McGinty said. "Between 1997 and 2005, 3975 Western Australians died from alcohol related causes. People enjoying an occasional drink isn't the problem here. What we are seeing is a significant rise in illness and death caused by binge drinking.

"The Impact of Alcohol on the Population of Western Australia report sends a serious message that we need to rethink the way we drink," he said.

"In 2006, caring for people who had to be admitted to hospital as an in-patient for a condition caused by excessive alcohol consumption cost the WA community more than \$33million alone.

"This does not include other alcohol-related costs incurred when people present to hospital emergency departments such as those injured in road accidents or assaults.

"Those additional costs are consid-

erable. For example in 2005-06, alcohol-related injuries and assaults alone contributed some 30,200 presentations to metropolitan emergency departments at a conservative cost of \$7.16million. It has been estimated that about 60 to 80 per cent of police call-outs are alcohol-related, including violent assaults, car crashes, drowning and property damage, and up to 44 per cent of fire-related deaths are due to alcohol consumption.

"Drinking to the point where a person becomes sick, aggressive, or vulnerable to accidents or harm seems to have become part of our culture and as a community, we all need to rethink the way we make alcohol available and promote it.

"The message coming out of this report is that alcohol significantly impacts the entire WA community. However, there is no denying that some groups are hit particularly hard. Unfortunately young people are one of these vulnerable groups, along with people in the north and east of the state, and Aboriginal people."

Key findings in the report include: The mortality and hospitalisation rates for acute alcohol-related conditions were particularly high among young people aged 15 to 24 years. From previous research, it is known that at least 40 per cent of Western Australians aged 14 years and over drink at levels that put them at risk of harm

from incidents like violent injury or vehicle crashes. Aboriginal males were nearly nine times more likely to attend an emergency department for alcohol-related harm than non-Aboriginal males across almost all age groups, and Aboriginal women were attending emergency departments four-and-a-half times more than non-Aboriginal women. A comparison of alcohol-related deaths among the nine health regions showed that the rates were significantly higher for the Kimberley, Pilbara and Goldfields in both the Aboriginal and non-Aboriginal population.

Between 1997 and 2005, the number of alcohol-related deaths in the Pilbara was twice the state average.

The State Government committed a record \$45.7million to fighting the effects of alcohol and drug abuse in WA in 2007-08. Much of this funding targeted young people, people living in regional areas and the indigenous community, through the provision of preventative and treatment services.

"However, extra money is not the complete answer," Mr McGinty said. "Change will only occur if people in the community take a stand and control their drinking habits."

In an Australian first, the report provides data at a local level creating a powerful service planning tool for communities and government and non-government agencies.