Murchison Monologue



Lest We Forget...



They shall grow not old,
as we that are left grow old;
Age shall not weary them,
nor the years condemn.
At the going down of the
sun and in the morning
We will remember them.

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Full page colour \$81

1/2 page colour \$46

1/4 page colour \$25.50

Full page black & white \$22.50

1/2 page black & white \$12.50

CONTRIBUTIONS TO THE MONOLOGUE

If you have any articles or information about events or photo's you wish to share with our readers, then please do not hesitate to contact the office. We would love to include them.

News from the CEO's Desk

Hullo Community Members

Well, once again we have had a very busy couple of months – it's hard to believe that two have gone by since the last Monologue. We're all feeling grateful now that the weather is a bit kinder and it was good to see some rain over the last couple of weeks. I hope that your patch has benefited from it.

In February, the President and I interviewed a candidate for the Deputy Chief Executive Officer position and I am very pleased to say that Linda Gray will be coming to join us in early May. Linda has a strong finance background and a long history in State Government, with her last position being with the Gascoyne Development Commission where she was Manager of Corporate Services. We have been re-organising the office so that Linda has a space of her own - the library has been moved into the Atrium and we are converting the old library into a temporary office. It's starting to come together really well and the library in the Atrium is very inviting. Please come and take advantage of this great service.

Also in February we had our start—up meetings for the flood damage works, which got underway in early March and held our inaugural meeting of the Ballinyoo Bridge Opening Committee, with President Halleen being elected Chair. Chris Paterson of Palassis Architects gave a presentation regarding the interpretation of the old bridge span, which we were pretty impressed with. We are working with Chris to finalise the plans, which we can then take to Council for ratification. The Bridge Opening Committee met again in March and decided that May would be too soon for the opening, agreeing instead on the 10th September. All in the community and some from further afield will be invited to what should be a very memorable occasion.

The Community Advisory Group met on the 17th of March, with Councillor Whitmarsh being elected Chair. The Group covered a range of topics for improvements around the Settlement and within the Shire. Discussions on improvements at the cemetery, including plan of layout and survey were left to lay on the table until next meeting. The Working Group will need to set aside quite some time to work on a layout plan.

On the afternoon of the 17th March we held an Interpretive Centre Community Workshop. There were about twenty people in attendance with some good work done throughout the afternoon. Some of the things that were considered were: Who are we building it for? Why are we building it? What are we building and where will it be located? How will we fund the development? Who will develop the displays? How will we fund ongoing management and maintenance? A report and recommendations from the workshop were presented to Council at the April meeting and can be viewed in the minutes online.

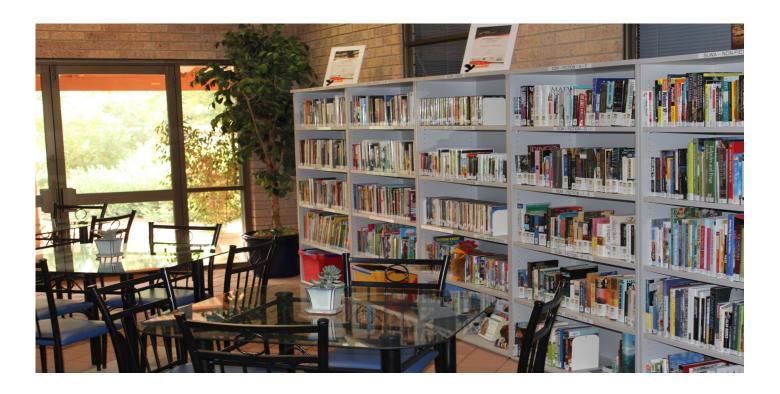
The Settlement Drinking Water Working Group met by teleconference on the 31st March. The purpose of the Working Group is to to ensure that residents of and visitors to the Murchison Settlement have access to safe drinking water that they can trust. Phil Swain, EHO joined the teleconference. No recommendations came out of the meeting but different members were allocated actions to carry out prior to the next meeting – we will keep you posted.

On the 6th and 7th of April, all the Councillors, the Works Supervisor and I went on our annual road inspection. The purpose of this is to highlight parts of the road network that are in need of repair and to prioritise works for the next financial year. Apart from the air conditioner in the bus being temperamental, the trip was very constructive and Brian is now prioritising the works required to bring to the May meeting.

Finally, an Anzac Day Service will be held at 10:00 am at the Settlement on the 25th April, followed by a cricket match. That evening there will be a sheep on a spit. Each family is asked to bring a salad to share and something for all to share for morning tea. Lunch is BYO. After the evening meal, our bowling rink needs some use so come and have fun and enjoy the day.

Dianne Daniels
Chief Executive Officer
14th April 2016

Our new Refurnished Library at Murchison Shire



Please come and sit down and have a look at what we have to offer. Vicki our new Library Officer would love to meet you and help you to choose Books, DVDs, Children's books, Toys, and Audio books.

Sharon and Peta are on hand too to help you with your choices.



As Anzac day is fast approaching Peta has again compiled some articles of information for our readers over the next few pages.



Boer war, 1899 to 1902

The last in which Australians served in Colonial

contingents, and the first in which they served in informs of Australia's armed forces.



Frist World War 1914—1918

Australians Greeted the declaration of the First World War with a mixture of apprehension and enthusiasm. But as the years passed and casualty lists lengthened, it became increasingly hard to find volunteers.



Second World War 1939 to 1945

The conflict that began with Australian forces fighting in campaigns around the Mediterranean ended with them fighting the Japanese in South-east Asia and the Pacific



Korean War 1950 to 1953

Following the North Korean attack on the South, Australia joined a United Nations force to repel the invasion.



Malayan Emergency 1950 to 1960

Austrian forces became involved in the British effort to quell a communist insurgency in Malaya in 1950 .The emergency ended in 1960.



Indonesian Confrontation 1960 to 1966

Australian forces were committed to an undeclared war between the newly federated Malaysia and neighbouring Indonesia.



Vietnam War 1962 to 1975

The Vietnam war was Australia's longest twentieth century conflict.



lraq War 2003 to 2009

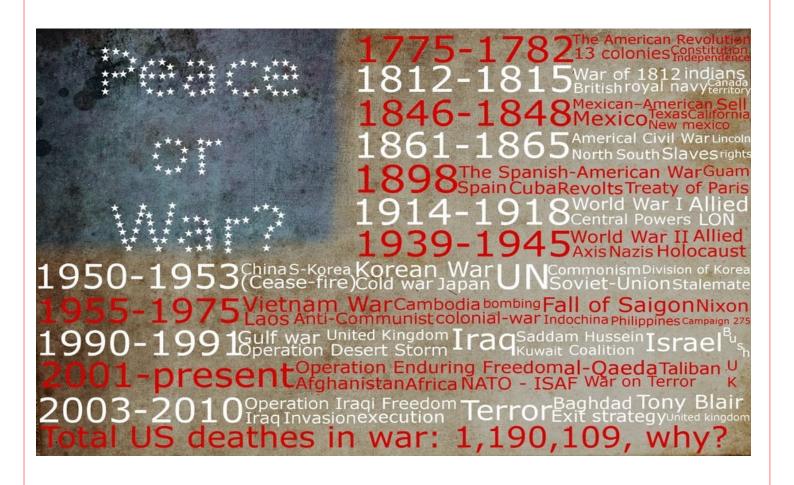
Australia join the United States and a

'Coalition of the Willing' to oust the dictator Saddam Hussein.



Afghanistan War 2001 and ongoing

The war in Afghanistan began in response to the terrorist attacks on the United States in September 2001.



Nurses in the Line of Duty



Australian nurses have been going to war for over 100 years. Never far from the front line, but often far from home, they care for the sick and wounded on land and sea, and in the air. Their expertise saves lives, but often they do not see the results of their care when patients are moved on quickly.

The foundations of modern nursing were laid during the Crimean War, when British nurse Florence Nightingale introduced strict practices governing sanitation, training, and hospital organisation. Nightingale's ideas spread to Australia, and nursing became an admirable vocation, undertaken by disciplined, hard-working women of good character. Since then, improved technology has revolutionised nursing practice.

Military nurses have often worked in remote and dangerous places, under difficult conditions. But such service does not come without a cost. Some nurses never return home, losing their lives to disease or at the hands of the enemy. For all, the memories of long hours with wounded or dying patients are hard to forget.

Today, both men and women serve as Australian military nurses; all are officers in the Australian Defence Force (ADF). They share a spirit of adventure, a desire to make a difference, and the discipline required to work in a military team. But, most of all, they remain committed to putting their patients first, come what may.



Women in War

At first the government politely discouraged those women who wanted to perform some kind of military service. It soon became clear that the war was going to demand much more than the government had expected. Women could do the technical jobs normally performed by men, freeing those men for combat.

Each branch of the armed services formed their own <u>auxiliary corps</u> for women. These were not combat forces, as the government was determined that no female auxiliary forces would serve outside Australia. As the situation became more desperate, some women were called on to serve overseas, particularly in New Guinea. They worked on observation posts and as anti-aircraft gunners, drivers, mechanics, and radio operators.

Before the war, it was generally expected that a working man was the main provider for his family. So, any woman who took a job was somehow taking it from a man, who needed it to support his family. With so many men away at war, this argument could no longer stand. Women were recruited to many jobs which would previously have been considered too physically hard for them: welding, machine repair, operating tractors and other large engines. They made uniforms, weapons and ammunition. They helped build trucks, tanks and airplanes.

Women also stepped into agricultural jobs. A volunteer force called the Australian Women's Land Army sent women out from the cities to work on farms: ploughing, harvesting, milking cows. They were essential in keeping up the food supply of Australia. Many thought women would be incapable of these tasks:



Aboriginal and Torres Strait Islander

Aboriginal and Torres Strait Islander people have served Australia in war and peacekeeping from the Boer War to the present.

As well as enlisting in the defence forces, Aboriginal and Torres Strait Islander people have made significant contributions on the home front during wartime, particularly in Northern Australia during the Second World War. These contributions, along with those of enlisted servicemen and women, not only helped the war effort but also contributed to changes in the way many Australians perceived themselves.



POULTRY FOR SALE

If anyone is interested in any poultry, please email Nicole at wink.nicole.mahony@westnet.com.au

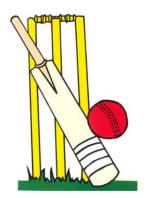
1 have young birds that will be available soon. Hens, roosters, ducks and drakes. 1 currently have two young Khaki Campbell Drakes if anyone has female ducks looking for a mate. Please email or leave a message on 99 637093.



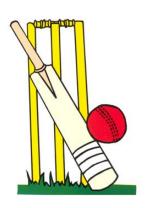
Editors Joke for the Month

Bill and Hillary are at a restaurant. The waiter tells them tonight's special is chicken almondine and fresh fish. "The chicken sounds good; I'll have that," Hillary says. The waiter nods and asks, "And the vegetable?" "Oh," replies Hillary, "He'll have the fish."

ANZAC SERVICE and CRICKET MATCH



Murchison Settlement 25 April 2016



Come along to a great day at the Murchison Settlement.

There will be an Anzac day Service held at the Shire on Monday 25th of April commencing at 10.00am and then morning tea followed by a cricket match.

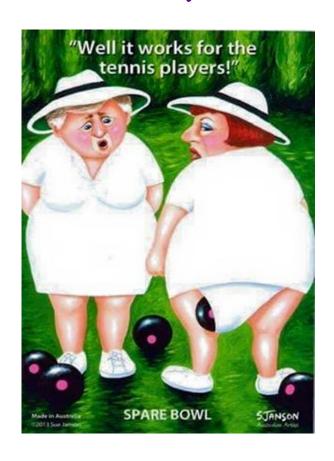
That evening there will be a sheep on the a spit and could each family coming bring a salad to share for dinner and something for all to share for morning tea please.

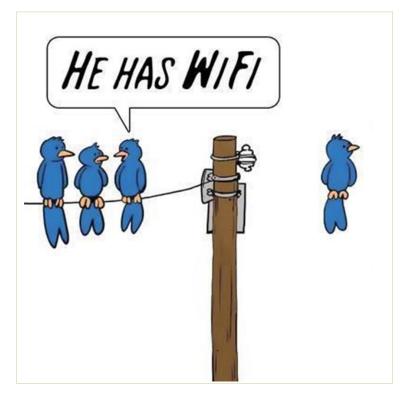
Lunch is BYO

After the evening meal there is a our bowling rink that needs some use so come along and have fun and enjoy the day.

Bar open for refreshments.

Funny's that the community have sent in.

















The Fabulously wealthy Wendel family...one of New York's strangest stories



'Anyone who lives within their means suffers from a lack of imagination,' Oscar Wilde once famously said.

Goodness knows what the flamboyant Irish poet would have made of the notoriously frugal and reclusive Wendel family in New York City, but one thing is certain - they sure were rich. Filthy rich.

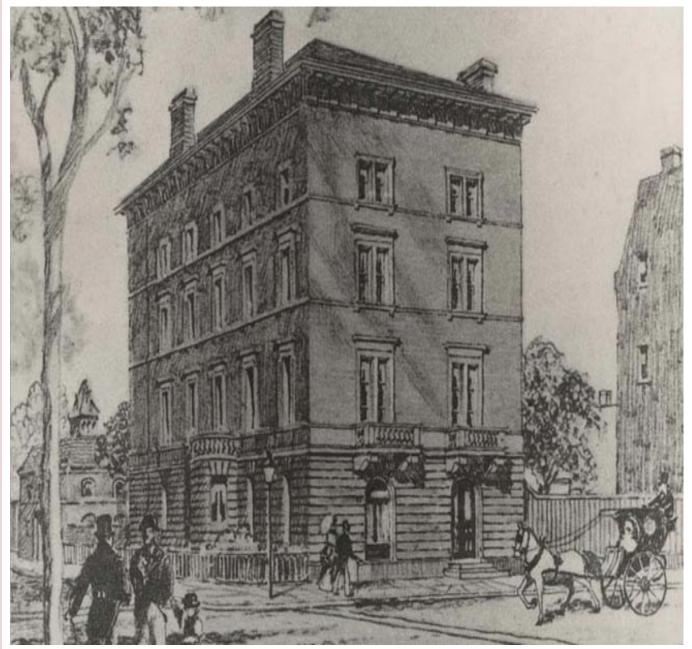
The property empire the Wendels built across Manhattan in the early 20th century would today be worth around \$1 billion.

Such tremendous wealth was assembled on four principles: never mortgage, never sell, never repair, and always remember that Broadway's premium real estate prices will move uptown ten blocks every ten years.

The Wendel family fortune was initially created on the fur trade, and then real estate. The first Wendel, a German of Protestant faith, disembarked a boat from Europe in 1710. In 1859, just before the Gilded Age, a lone descendant John D. Wendel died and left some \$3,000,000 to his seven daughters and one son.

There the family tree would famously perish, as brother John G. Wendel ruled both his sisters and business affairs with a dogmatic, unflinching iron grip.

The seven sisters would all die spinsters. John was opposed to the communion of marriage, largely because it could dilute the family fortune and likely attract outsiders of questionable intent who may meddle with the property portfolio.



An artist's sketch of the Wendel family home on the corner of Fifth Avenue and 39th Street. (Ephemeral New York)

Little was known about the Wendels – a New York Times article describes tour buses of rubber neckers frequently pulling up outside the family's mansion on the corner of Fifth Avenue and 39th Street. The house was the source of fascination and befuddlement – both inside and out. Surrounded by hotels and commerce, the Wendel home, bequeathed to the siblings by their father, was the only residential property in the midtown neighbourhood come the 1910s.

Outsiders were perplexed John did not opt for an easy sell that would net millions. They need have looked no further than the manner in which John ran and furnished the house.

John ignored the utilities of electricity and telephones and instead chose to light the house with gas lamps. The family owned no automobiles.

There was no fence around the house, and old newspaper records report passers-by pressing their faces up to windows, eager to catch sight of the sisters who all wore grand old dresses of ages gone-by.

The Gilded Age and Jazz Age would unfold around them, but the Wendels shunned the dizzying celebration of New York City hedonism.

John's approach to leasing out the vast property portfolio was equally straight-laced, blended with puritanical ideals and warm-hearted benevolence.

The family had a strict policy of refusing to rent to saloons, restaurants and theatres. The New York Times describes how John would be content to let buildings sit vacant, for years if necessary, waiting for the "right tenant".

And when a favoured tenant would sign up, John was known to raise rents by fractional amounts, bucking the behaviour of other eager, wide-eyed landlords.

Even when John died in his 70s, in 1914, remarkably the sisters did not suddenly rebel in their newfound freedom. They continued to live in much the same manner as when their brother was alive. They would travel by horse drawn carriage to their summer residence in Irvington.

The seven sisters slowly began dying off, until Ella was left, living alone, but for a pet poodle named Toby, in what the city had come to dub The House of Mystery.

Office workers would apparently watch Ella walking Toby in a vacant lot of grass, believed to be worth at the time one-million dollars, adjoining the family home. Ella owned many poodles over the course of her life, and all were named Toby.

Ella finally died, aged 71, in 1938. There were no living Wendel heirs, yet records show 2303 people with greedy eyes on vast riches came forward to challenge the will, many claiming to be secret love children of the deceased siblings.

After years of legal wrangling, the \$35 million estate would finally be split between five charitable organisations.

Toby, Ella's faithful poodle, was not left a dime, which would have surely caused a chuckle from Oscar Wilde over a flute of champagne.

Sources:

The New York Times
Yodel Out! New York City History
Drew Magazine

1 found this story on the ninemsn homepage. I found it quite interesting to read and thought 1

would share it with our readers.

How the rich live is not what we think sometimes.

If any one would like to put in any stories that they have read or found somewhere please send to

me and I'll place it in our Monologue. Just make sure you write what source it came from. Peta





Save the date!

Weekend of 24 September 2016

Charles Darwin Reserve, Perenjori WA



Visit our website for information and while you're there, be sure to check out the fantastic 2014 event video.

Watch this space for more details

bluesforthebush.org.au



Cheaper medicines for Durack

5th April 2018

Member for Durack Melissa Price has welcomed news of cheaper medicines available for residents across Durack treating a range of ailments from cholesterol to high blood pressure.

From this month, the price of over 400 medications from common treatments through to expensive combination and patent-protected drugs on the Pharmaceutical Benefits Scheme, are dropping - saving consumers as much as \$20, or 60 per cent a script.

"With one-in-five Australians living with multiple chronic conditions such as heart disease, high blood pressure or depression, this can save some patients in the Durack as much as \$500 per year," Ms Price said.

"These price reductions are the result of key elements from the Turnbull Government's landmark Pharmacy and Pharmaceutical Benefits Scheme reform package, which passed the Senate last year.

"We fought hard for this reform and it's now paying off for consumers and also for taxpayers, with our government able to invest more than \$3 billion in new medicines including break through cures for melanoma, breast cancer and Hepatitis C."

Among more common medications to drop in price: Amlodipine for high blood pressure and high cholesterol, up to \$23.05 cheaper per script. Clopidogrel which is dispensed for some heart conditions up to \$21.49 cheaper. And for treating glaucoma, Latanoprost will be to \$10.99 per script cheaper.

Consumers will also see a direct reduction in the cost of over 60 common medicines priced below the general \$38.80 co-payment as part of this round of price disclosure.

Further price reductions, of up to 50 per cent or more, will also occur in October 2016 when price calculations for thousands of common PBS medications reflect the cost of cheaper generic versions, rather than more expensive premium brands.

More details are available here:

pbs.gov.au/info/news/2016/04/pbs-website-update-1-april-2016-news

END

Have you ever wondered what happened to Dennis the Menace when he got older.



News from the Transport Agency at Murchison



As of late we have had a few inquires regarding Farm Vehicle Concessions

Farm Vehicle Concession

Vehicles licensed with this concession are issued with plates that display the word 'FARM' and must be used principally on the vehicle owner's farm. These vehicles may only be used on public roads in the following circumstances.

- To travel between one portion of land and another portion of land that are both farmed by the vehicle owner, provided that those portions of land are located within the same adjoining Shire boundary.
- For the purposes of fire prevention and fire control.
- To travel to the nearest practical place for repairs.
- To cart water for stock or domestic purposes in drought affected areas.

How to apply for a farming vehicle concession

To apply for a new concession on a farm vehicle you will need to complete an Application for Farm Vehicle Concession VL39 which you can obtain from us at the Shire.. Or online You need to lodge it at a Driver and Vehicle Services Centre or your regional Agent.

Pastoralists

The shire of Murchison has developed a wild Dog Bounty Scheme to aid in the control of wild dogs on properties. Details as follows:-

The Shire of Murchison Wild Dog Control Bounty Scheme has been developed to offer a bounty of \$100 per dog for every wild dog killed.

It covers all stations within the shire of Murchison. All claims are to be made by the station owner/manager. Persons destroying the dog must take the scalps to the property owner/ manager. The property owner/manager makes their own arrangements with the person who destroyed the dog regarding payment.

Scalps are defined as the two ears and the strip of scalp connecting them.

Property Owner/Manager must complete the form with all details and verify number of scalps.

Property Owner/Manager is then responsible for getting the forms and the scalps to one of the three regional coordinators for authorization.

Once regional coordinators have authorized payment the form is to be sent to the Shire of Murchison who will make the payment to the claimant and maintain a data base of all the details.

Regional Coordinators are:-

Mark Halleen

Boolardy Station Tel: 08 9963 7987

Andrew Whitmarsh

Byro Station Tel: 08 9961 3870

Reg Seaman

Murgoo Station Tel: 08 9963 7985

Scalps are not to be taken directly to the Shire of Murchison



(Wild dog bounty scheme) Bounty paid out in the month 20th Feb 2016 to 18th April 2016

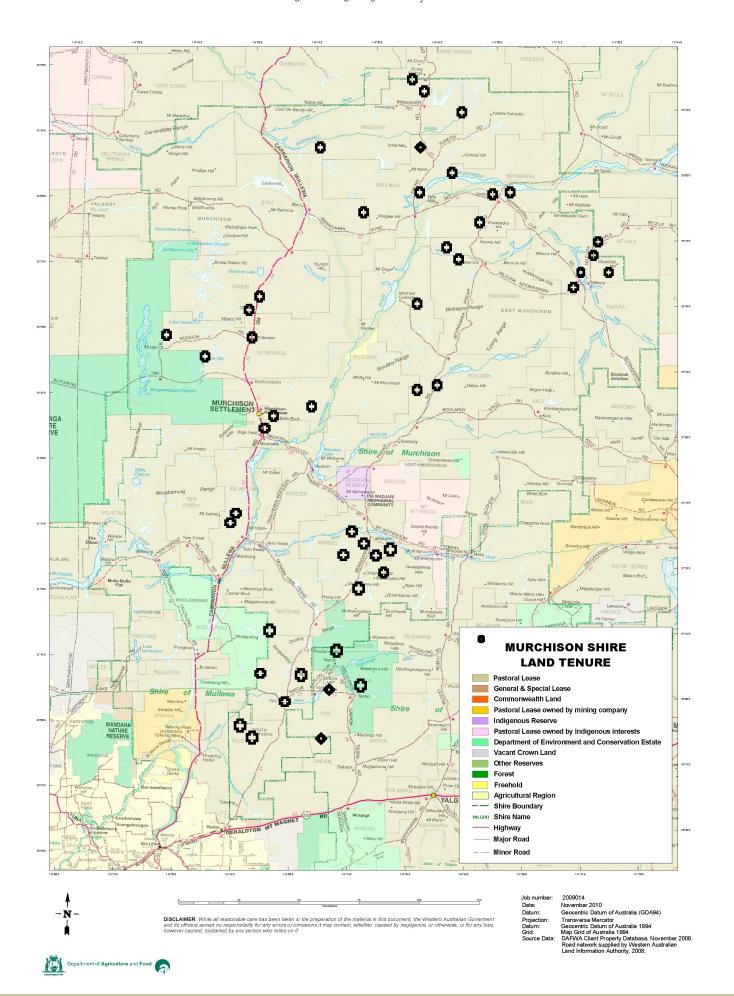
Milly Milly 6

Yuin Station 3

Tardie Station 1



23rd Feb. 2015 - to 19th February 2016



Fact sheet

Understanding high blood pressure

WHAT IS HIGH BLOOD PRESSURE?

Blood pressure is the force at which blood pushes against the walls of blood vessels as the heart pumps.

Throughout the day, your blood pressure will change depending on your body's needs. For example, blood pressure naturally rises during exercise or when you are stressed.

Hypertension is the medical term for high blood pressure and means your blood pressure remains higher than normal, even when you are calm and relaxed. Usually, hypertension shows no signs or symptoms, so people are often unaware that they have it. A doctor may confirmyou have hypertension after taking regular blood pressure measurements.

If untreated, hypertension can lead to serious health problems. Most importantly, it increases the risk of cardiovascular disease (diseases of the heart and blood vessels), such as a heart attack, a stroke, heart failure, kidney disease and eye disease.

What should your blood pressure be?

Blood pressure is recorded as two numbers, for example 120/80 mmHg, which you may hear called "120 over 80".

- The first number represents systolic pressure, which is the pressure in your arteries as the heart pumps blood out during a heartbeat.
- The second number represents diastolic pressure, or the pressure in your arteries as the heart rests between beats.

In general, a normal blood pressure reading is considered to be 120/80 mmHg, and a measurement greater than 140/90 mmHg is considered high.

Blood pressure values above 120/80 mmHg are associated with increased risk of other health problems. Your doctor will set a realistic blood pressure target for you to reach.

Systolic pressure

Blood pressure during a heartbeat





Diastolic pressure

Blood pressure between heartbeats

Record your blood pressure target here:

Managing your high blood pressure

The aim of hypertension management is to lower your blood pressure. Everyone will have different approaches to managing high blood pressure and treatment should be suited to your needs.

LEADING A HEALTHY LIFESTYLE

A healthy lifestyle can lower your blood pressure and have benefits for your overall health.

Stop smoking

Smoking causes damage to the arteries, which can increase blood pressure and lead to heart disease and stroke. Quitting can reduce your risk of developing smoking related health problems.

Maintain a balanced diet

A healthy diet is important in maintaining a healthy body weight and managing your blood pressure. As a guide, aim to:

- Eat a variety of foods that are high in nutrients and fibre
- Increase your intake of fresh fruit, vegetables and wholegrain foods
- Have moderate amounts of lean meat, poultry, fish, nuts and low-fat dairy
- Limit your intake of sugar, alcohol and foods high in saturated or trans fats, such as butter.

Reduce salt Intake

Reducing sait in your diet can help lower your blood pressure. Try not to add sait when cooking or eating — consider substituting with herbs and spices. Choose products labelled 'no added sait' or 'low sait'. Choose 'reduced sait' if other options are unavailable.

Some products may list sait under different names, including:

- Sodlum
- Rock or sea sait.
- Monosodium giutamate (MSG)
- Baking soda.

Avoid high-salt foods, including:

- Ready-made meals and take-away foods
- Snacks, such as chips
- Processed means
- Canned products.

Be physically active

Exercise can help you maintain a healthy body weight and reduce your blood pressure. Aim for 30 minutes of moderate physical activity on most, if not all, days of the week.

Moderate exercise includes brisk walking, swimming, cycling, gentle aerobics and gardening. Daily exercise can be achieved in smaller intervals, such as three 10-minute sessions. Discuss your exercise plan with your doctor.

Simple ideas to make exercise a part of everyday life:

- Use the stairs instead of an escalator or lift
- Park your car further from the shops
- Get off the bus or train a few stops early and walk the rest of the way
- Walk the dog regularly
- Catch up with friends by walking together instead of going for coffee.

MEDICATION

in addition to leading a healthy lifestyle, you can lower your blood pressure by taking medication. It is important to know that medication does not cure high blood pressure; it simply helps lower it. Your medication must be taken as directed by your doctor for as long as it is prescribed.

Forgetting your medication or not taking it as directed are major causes of poorly controlled hypertension, which can lead to further health problems. Remember that even though you may not experience any symptoms you still need to take medication everyday to protect your health.



Murchison Oasis Roadhouse

Proprietors: John Farrell and Marcia Rowlands Opening Hours

> Monday to Friday 7am - 7pm Saturday 8am - 6.30pm Sunday 9am - 12 noon

(Sunday opening hours from mid April will be extended 8am – 6pm) Kitchen open during opening hours

24 hour access to fuel bowser with card swipe facility available

Accommodation

Units:

Double unit with ensuite @ \$125 per night for up to two people

One double motel room @ \$85 per night for up to two people.

Two single units with three beds. First bed @ \$75 per night \$10 extra per person after that. i.e. 3 people = \$95 per night

Caravan Park: Powered sites @ \$25 per night for 2 people (\$5 per extra person per night)
Unpowered sites @ \$15 per night for 2 people (\$5 per extra person per night)
Shower only (no accommodation) \$5 per person.
Free BBQ available in gazebo for guests.

Meals

New meals include T bones, Surf & Turf with creamy garlic sauce, sweet chilli mango chicken with rice and salad, and grilled snapper. Any sit down meals—please order by 2pm for preparation.

Groceries and ice also available

Phone: 08 99613875

Fax: 99613876

Email: <u>murchisonoasis@westnet.com.au</u>

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ABN 65 108 421 781

Postal: Bullardoo Station| PMB 22 |Mullewa| WA 6630

April 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Council Meeting	16	17
18	19	20	21	22	23	24
25 Anzac Day	26	27	28	29	30	

May 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8 Mothers Day
9	10	11	12	13	14	15
16	17	18	19	20	21 Council Meeting	22
23	24	² 5	26	27	28	29
30	31					

Many Australians celebrate Mother's Day by showing their appreciation for the achievements and efforts of mothers and mother figures. It is annually observed in Australia on the second Sunday of May.