

Online help to get kids active

Parents and professionals across NSW now have access to a comprehensive resource that will help provide practical ideas about how to get kids active as well as ideas and tips for providing healthy food to kids.

The number of children who are overweight or obese in NSW is growing. Over a ten year period from 1985 to 1995 the levels of overweight and obese children more than doubled. In the same period the level of obesity on its own tripled in all age groups and for both sexes.

The reasons for such an increase are multifaceted. However, one of the key issues is that over the past 20 years there has been a massive increase in sedentary behaviours. More time is spent in front of the TV and the computer and fewer children are walking or riding bikes to school.

The heart of the problem is energy balance. If children consume more energy through

food intake than they burn doing physical activity, this can lead to weight gain.

The solution is to balance what we eat with how much we do. This is something that families should look at but is also something that schools and childcare centres as caretakers of our children should also consider.

For parents, teachers, and health professionals, finding a path through the minefield of information on healthy eating and physical activity for kids can be a daunting task.

The new Healthy Kids website makes accessing relevant information as easy as 1-2-3-4-5.

The site is a joint initiative between NSW Sport and Recreation, NSW Health, the National Heart Foundation and the Department of Education and Training and evolved from the 2002 NSW Government Obesity Summit.

The Healthy Kids website aims to be a one-stop-shop and content will include but is not limited to:

- Guidelines on daily exercise requirements and ideas on how to get kids active
- General healthy eating including lunchbox, snacks and meal ideas

■ Teaching and learning resources and curriculum information for teachers

■ Healthy school canteens and creative physical activity initiatives for schools.

The issues surrounding the health of our children are complex and everyone has a role to play. The Healthy Kids website will facilitate parents and those working with children, such as teachers, sporting coaches and other health professionals, to each play a role in the prevention of childhood obesity.

The website went live in May at www.healthykids.nsw.gov.au. A series of professional development workshops have been taking place across the state for teachers, parents and professionals working in the area of childhood obesity prevention, nutrition and physical activity.

As well as highlighting information, the website also addresses how parents view their kids' eating habits, showcases the latest research and provides ideas for promoting children's healthy eating and increasing physical activity levels.

Article by Kelly Gudgeon. From 'Sportshorts', a publication of NSW Sport and Recreation. Article reprinted with permission.

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HSC Study Tips

With the HSC just around the corner, now is the time to start thinking about what you can do to minimise exam stress and stay focused.

Obviously the exam period is a time when stress levels are higher than usual and while stress can be positive, helping you to stay motivated and focused, too much stress can be unhelpful and can make you feel overwhelmed, confused, exhausted and edgy. The most important thing you can do is to try and keep things in perspective and find ways of reducing stress if things seem to be getting on top of you.

Reachout has some great factsheets which provide some suggestions of things you can do to maximise your study time and help you learn better, as well as manage exam stress.

www.reachout.com.au

How healthy is your child

Have a go at this quiz to assess your child's nutrition and physical activity levels. Answer honestly, as it's only you who'll see the results.

Nutrition

1. How many serves of fruit does your child usually eat in a day, including fresh, canned and dried fruit?
 - (a) None
 - (b) One
 - (c) Two or more
2. How many servings of salad and vegetables does your child usually eat in a day, including raw and cooked vegetables?
 - (a) None
 - (b) Between one and three
 - (c) Four or more
3. How many snacks, such as chips, chocolate or cake, does your child usually eat in a day?
 - (a) Three or more a day
 - (b) One to two a day
 - (c) None
4. How many sugary drinks does your child usually drink in a day, including cordial, fizzy drinks and fruit juice (excluding freshly squeezed)?
 - (a) Two or more a day
 - (b) One to two a day
 - (c) None

Physical activity

5. How much moderate or vigorous exercise (walking, running, kicking a ball, etc.) does your child usually do in a day (excluding exercise at school)?
 - (a) 0–30 minutes
 - (b) 30–60 minutes
 - (c) 60 minutes or more

6. Does your child ever walk, cycle, skateboard, rollerblade or ride a scooter to school?
 - (a) Never
 - (b) Sometimes
 - (c) Mostly
7. As a family, how frequently do you and your children do things like playing at home, walking, cycling or swimming together?
 - (a) Never
 - (b) Once or twice a week or less
 - (c) More than twice a week
8. How much time does your child usually spend watching TV, playing computer games, reading or doing homework?
 - (a) More than two hours a day
 - (b) Between one and two hours a day
 - (c) No more than one hour a day.

Answers – Nutrition

Mainly As & Bs:

Your child needs to eat more healthy foods:

- Increase the amount of fruit and vegetables your child eats – remember these can be used as healthy snacks
- Encourage your child to drink water, not sugary drinks.

Mainly Cs:

- Great, keep up the good work.

Answers – Physical activity

Mainly As & Bs:

Your child needs more physical activity, at least 60 minutes a day:

- Do some family activities
- Plan some easy, fun activities for children
- Encourage your child to walk or cycle to school
- Limit the amount of time your child is inactive, and get them more active.

Mainly Cs:

- Great, keep up the good work.

A GUIDING HAND

My gaze was transfixed as she spoke,
A longing in me she awoke,
I wanted to be so blessed,
Every word I held close to my breast.

Forgiveness she said was the key,
But there is still no guarantee,
That the challenge of life as we know
Will end on an even plateau.

Armed with her words in my heart,
I knew I would not fall apart,
With guidance now, feeling strong,
I had the will to continue on.

Just a word to enlighten me,
Was more than enough to set me free,
From the pain of hanging on to the past,
My life is mine, now, at last.

Someone to lend a guiding hand,
To help you grow and understand,
Can mean so very much to you,
When you have someone to look up to.

People lead in different ways,
And to them all I do give praise,
They can imbue and help give light,
and the flame of hope they will ignite.

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***Do not follow where
the path may lead.
Go instead where
there is no path and
leave a trail.***

MURIEL STRODE

Friends together

By Roslyn Lambert, Wollongong

This is a story about friendship, laughter and reality.

It was only a couple of weeks ago – although at our age most things only happened ‘a couple of weeks ago’ – when the ‘Awesome Foursome’ was out giving restaurant staff a night to remember.

Four women, aged between 59 and 63, enjoying their own company, laughing, all talking at once, topics coming and going so quickly it can be hard to catch the change of noun in the sentence. The wait staff (female) became caught up in our high spirits, and smiled and laughed with us – so much so that one young woman pondered why her mother never seemed to have much fun these days.

We have such a good time, and sometimes wonder where so many interesting topics of conversation and discussion come from. Life has thrown us a large kitbag of subject matter as we all have very different backgrounds and come together in one regional area of NSW where the pace is a little slower than the city and friendships are nurtured and treasured. We do ‘stuff’ – movies, concerts, walks, jazz in the wineries (taking turns to be the driver) and weekends away with however many of the group are available at the time.

One of these conversations, while sitting in the sun with a glass of wine, went something like this...

Two of us were discussing our mortality. We are all at an age where not a week goes by that we don't know someone who

is suffering – particularly the big ‘C’, Cancer. Terrie started the conversation with how her family didn't get really sick – a backache for all that outdoor activity or a one-off cold. I come from a particularly strong country ‘stock’ on one side, and Jewish refugees on the other, which gives the family gene pool, so I believe, longevity and good health. We compared notes pondering how we and our families were untouched by all these health problems while others have far more than their share.

Then Terrie went for a blood test – eat more meat was the doctor's recommendation, but let's do a few more tests. Terrie had a bowel scan and then an endoscopy which revealed she had bowel cancer. She was admitted to hospital that afternoon and after more tests she was booked in for surgery the following Monday.

We were all stunned, but laughter being the only medicine we could muster up, we gathered round the hospital bed that night and talked about everything and anything

– laughing until we cried mascara into the hospital linen – including topics we never had the need to discuss before, like purchased hair colours, false teeth, and bowels.

It was Marilyn's birthday the following Monday and we had planned to celebrate over dinner and more laughs. Instead, Carole informed us that we were all getting a present for Marilyn's birthday – a Rotary Bowelscan kit.

This was followed by more laughs until we were invited to leave the hospital late into the night. We received our Bowelscan kits and duly followed the instructions. We now wait for the results, while Terrie waits at home to start chemo.

How two weeks can make a difference in our lives! But, we are all alive to tell the story and Terrie is sure that the fun and laughter we share is good medicine. For her, our emphasis on humour is uplifting, enabling her to maintain her positive approach to the next phase of her recovery.

When you're out there being a leader in your community, at your office, or in your family, remember that your actions are significant, even when they don't seem to be – ‘especially’ when they don't seem to be. The victories you achieve in your own life make similar ones possible for all of us.

From the Introduction by Paula Goldman of Imagining Ourselves: Global Voices from a Generation of Women.

Imagining Ourselves is a new book focusing on women in their 20s and 30s from around the globe who are creating positive change in their lives, their communities, and the world. The book is linked to an online exhibit and a series of global events. To find out more, Visit: www.imow.org

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2006 Grafton Women's Gathering Big River Dreaming

20-22 OCTOBER 2006

OFFICIAL PROGRAM

FRIDAY 20 OCTOBER

- 9.30 am Project Sprout commences (see workshop list for more information)
- 12-2 pm **Women in the Public & Community Sector Luncheon** (Roches Hotel, Victoria Street)
- 3-6 pm **Registration & Trade Show**
Art Exhibition (Grafton Regional Gallery, Fitzroy Street)
- 7-9.30 pm **Pre-Gathering Get Together** (Grafton District Services Bowling Club, Kemp Street)
Evening meal showcasing some of the region's cuisine. Entertainment by comedian Mandy Nolan.
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SATURDAY 21 OCTOBER

- 8 am **Registration, Trade Exhibition & gentle exercise**
- 8.45 am **Welcome to Country:** Elders of the Bundjalung, Gumbaingirr & Yaegl Nations
Rural Women's Network: Sonia Muir
Premier's Council for Women: Deirdre Mason, Deputy Chair
Bendigo Bank & Community Enterprise: Ray Chappell, Community Enterprise Manager
- 9.30 am **Keynote Address:** Pauline Clague
- 10.15 am Morning Tea & Networking
- 11 am **WORKSHOPS SESSION A** (Grafton Campus of TAFE, Pound Street)
- 12.30 pm Lunch & Trade Exhibition
- 2-5 pm **WORKSHOPS SESSION B:** Tours, Workshops, Celebration of Women Service, free time
- 7 pm **Pre-Dinner Drinks & Official Opening:** The Hon Ian Macdonald MLC, NSW Minister for Primary Industries (Grafton Racecourse)
- 7.30 pm **Gathering Dinner** (Silks on Course Restaurant, Grafton Racecourse)
Entertainment by comedian Mandy Nolan. Music by La Bia La Zuli. *Numbers limited to first 250 registrations. Dependent on numbers an additional venue that has disabled access will be provided.*
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SUNDAY 22 OCTOBER

- 7.45 am Gentle exercise (location TBA)
- 8 am Ecumenical Service
- 8.30 am Trade Exhibition
- 9 am **WORKSHOPS SESSION C** (Grafton Campus of TAFE)
- 10.45 am Morning Tea
- 11.30 am **Keynote Address:** Jenny Hutson
- 12.10 pm **Closing Ceremony:** The Hon Sandra Nori MP, Minister for Tourism and Sport and Recreation, and Minister for Women
- 1 pm Lunch and depart

**Program subject to change. All Gathering activities will be held at the Grafton Community & Function Centre, Duke Street, unless otherwise stated.*



Keynote speakers

PAULINE CLAGUE

Pauline, a Yaegl/Bundjalung woman from the lower Clarence, has produced a music CD, live broadcasts, drama, films and documentaries. She also produced four series of ABC's *Message Stick* and transformed the program from eight to forty episodes. Within a year it gained a primetime slot. During her time off, Pauline helps new filmmakers, and is currently writing a feature film and producing *Island Fattlers*, an Indigenous documentary.

JENNY HUTSON

Jenny, a Grafton woman, now based in Brisbane, is Chairperson of the ASX listed company S8 Limited – a global integrated travel company currently capitalised at in excess of \$400 million. They have over 5000 staff and franchises. Jenny is also Managing Director of Wellington Capital Limited, a merchant and investment bank. She was previously a partner for 10 years in the corporate division of one of Australia's top law firms with 31 partners and over 300 staff.

MANDY NOLAN

Mandy has performed as a stand-up comedian for 18 years and has worked alongside celebrities such as Whoopi Goldberg, Eartha Kitt and Bob Downe. Her humour is sharp, honest, sometimes self-deprecating, somewhat outrageous but never cruel or pretentious. Frequently irreverent, it speaks to a diverse audience with no set demographic, no gender, race or religion, occupation or tribe.

Workshop choices

1. TAX ISSUES FOR RENTAL PROPERTIES, SMALL BUSINESS & ESTABLISHING A BED & BREAKFAST

– Margaret McKenna. Covers Income Tax, Capital Gains & GST related issues as well as the emotional & personal issues with establishing a bed and breakfast. (SESSION A)

2. HEALTHY BUBS & SISTA SPEAK – Liesa Clague, *Streetwise Communications*. Learn about two of Streetwise's recent projects, Healthy Bubs and Sista Speak, which explore issues of positive parenting and empowering young Aboriginal women. (SESSION A)

3. INTRO TO MIDDLE EASTERN DRUMMING – Karin Kirk. Introduction to hand drum including such as Darambuka or Djembe; teaching of several rhythms, culminating in a small performance piece. (SESSION A)

4. LOVE & LOANS: WHAT EVERY WOMAN NEEDS TO KNOW ABOUT RELATIONSHIP DEBT – Office of Fair Trading. How to avoid getting into relationship debt. What to do if you have it; pitfalls of credit and the traps to avoid; and how to make credit work for you. (SESSION A)

5. CRAZY PATCHWORK – Lyn Atkins. Create hand sewn patchwork squares using scrap fabrics. Design suitable for a variety of household uses e.g. pot holders, small or full size bed quilts. (SESSION A)

6. LIFE & DREAMS AFTER 60 – Fran Hampshire. Share, learn and create as Fran shares some of her life experiences after turning 60. Record your dreams and create cut outs with words, drawings and colour to take home and add to as the years pass. (SESSION A)

7. RURAL TOWNS WEB PACKAGE – Kate Schwager, 2006 RIRDC Rural Women's Award winner. A unique business opportunity for rural women wanting to start their own business. Find out how the Package works, the benefits to you and your community, and some tips for running your own business. (SESSION A)

8. THERE'S NO SUCH THING AS A SIMPLE WILL – Peter Marr & Adrian Holmes. A look at Estate Planning and some common dilemmas using examples from farming families, blended families, and new style families – defacto partners, same sex couples, and casual relationships. (SESSION A)

9. GET CONNECTED – Robyn Henderson, *Global Networking Specialist*. Simple strategies to help you: build a network from scratch and value current networks; feel comfortable entering a room full of strangers; understand the importance of follow-up; generate endless referrals and career opportunities; and be seen, get known, move ahead – without being pushy. (SESSION A)

10. PROFESSIONAL HOME LOAN SOLUTIONS – Trevor Hageman. What is a mortgage broker, what are Reverse Mortgages, and what is a Family Pledge? (SESSION A)

11. MAKING SENSE OF CONVERSATIONS – Ann Shannon. Conversations keep you connected and in touch. This workshop will help you to have more effective business conversations and to find strategies to make the most of conversations with your teenagers. (SESSION A)

12. BREAKING THE SILENCE – Nav Navratil. Learn about the myths surrounding domestic violence, how and where to get assistance, and how communities can help address domestic violence in rural areas. (SESSION A)

13. CLIMATE CHANGE & CIVILISATION – Rebecca Lines-Kelly, NSW Department of Primary Industries. A look at climate change through the ages and what we can do. (SESSION A)

14. FACE SHAPES – Kerrie DiMattia. Learn how to determine your face shape and how to choose a hair and make-up style to enhance your features. (SESSION A)

15. BELLY DANCE – Rhonny Mackenzie. Learn some basic steps and a short choreographed dance. (SESSION A)

16. STOCKPLAN, PROFARM TASTER – Juliet McConochie. StockPlan® is a workshop for producers whose businesses are affected by seasonal downturn or drought. A computerised tool, Stockplan helps answer questions such as: 'How much will it cost to feed my stock for a specified time?' and 'Is it better to sell or agist cattle or sheep?' The taster will touch on what the course covers. (SESSION A)

17. SUSTAINABILITY SURVIVAL FOR WOMEN IN RURAL LIFE – Cath Ford. How to convert your farm into being sustainable when up against the old traditional attitudes to farming. A mixture of thoughts and experiences (some funny) regarding a woman's role on the farm. (SESSION A & B)

18. BECOMING THE PERSON I WANT TO BE: ACTUALISING YOUR LIFE – Linda Coombs. Discover your deep intuition and actualise who you wish to be and how you wish to live your life, in order to find peace, happiness and fulfilment in your life.

19. THE PATH OF LAUGH – Mandy Nolan. A North Coast comedian, Mandy will share anecdotes and techniques to assist you in learning to transform life experience into comedy. (SESSION A & C)

20. ENABLING LEADERSHIP – Pam Sinclair. Learn what it takes to be a 'Leader as Coach' to get the best from yourself and others and explore principles of effective communication. (SESSION A & C)

21. SINGING IN FOUR PART HARMONY – Justine Cox. Learn vocal techniques including breathing, posture, projection, enunciation and the emotional communication of the song. You will be taught the barbershop style of a capella singing, including performance showmanship. Learn several songs and have a lot of fun. (SESSION A & C)

22. GET A LIFE' – WORK/LIFE BALANCE GUILT FREE – Kellie Mills. A fun but logical look at how to improve the way you feel, work, look and face day-to-day challenges. Covers personal wellbeing, time out, recognising achievements and more. (SESSION A & C)

23. GOORI JEWELLERY MAKING – Rosalie Vesper. Learn how to make a bracelet, earrings, necklace or keyring with local Indigenous artist, Rosie Vesper. (SESSION A & C)

24. CULTURAL AWARENESS – Jannay Daley. This workshop acknowledges traditional owners, remembering our ancestors and the meaning of the Aboriginal & Torres Strait Islander flags. It will raise your awareness so that you leave the workshop informed and eager to share the experience of walking the learning path together. (SESSION A & C)