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Community Information Diamond Valley Inc. (CIDV)



"INFORMING THE COMMUNITY"

Located in the Greensborough Plaza, CIDV is your local information and referral agency.

CIDV services are Free & Confidential.

Information and assistance can be accessed by:

- * Browsing through our shop front pamphlet display.
- * Using our Internet service or website;
- * Speaking to a trained **Community Information Worker**.

Services include: -

- Information and referral
- Searching the CIDV Community Directory (available on our website)
- Legal advice
- Family, personal and financial counselling
- Tax Help (July-October)
- Budget Advice
- Accountancy advice
- JPET worker

- Greensborough Community Market bookings
- Victims Assistance Program
- North East Housing service
- Free Internet and email access
- Speakers for groups available on request
- Use of the shop front windows to groups for display purposes
- Visit our web site - www.cidv.org.au

For all inquiries call 9435 8282. Appointments are not necessary for general information inquiries, feel free to drop in to browse at any time.

Operating hours are
9.30am - 4.30pm Monday to Friday,
Legal service Thursday evening
6pm - 7pm.
Shop 201, Level 2,
Greensborough Plaza,
Greensborough, 3088
Telephone: 9435 8282
Email: cidv@cidv.org.au

Registration No: A0000594R

in brief.....

OLYMPIC VILLAGE CELEBRATES 50 YEARS

The Heidelberg West Olympic Village community of past and present are proud to be presenting a special event on Saturday 18th November 2006 – **Olympic Village Celebrates 50 years**. November 2006 marks the anniversary of the opening of the Olympic Village for the purpose of housing athletes for the 1956 Olympic Games held in Melbourne. Olympic Village people want to mark their 50th birthday with a celebration of the village's rich and diverse fifty year history.

Olympic Village Celebrates 50 years will be a festival of fun, sharing and learning. Set in the heart of the village, under and around the Olympic rings, there will be historical displays and tours, 1956 athletes to meet, kids' activities, music, art, performances, food, reunions, community information, stalls and local legends.

The Heidelberg Olympic Village was the first of its kind in the world and was hailed a great success. Over the years since, village life has not always been so healthy with many residents experiencing adversity and disadvantage. There has however always continued a strong heart of resilience and hope for the future. **Olympic Village Celebrates 50 years** will be an opportunity to celebrate strengths, lift collective spirit and build pride.

Just as Olympic Village housed athletes of many nations for the games, so today the village welcomes and includes people who have come from many nations. **Olympic Village Celebrates 50 years** will be a sharing of cultures and diversity fostering peaceful relationships in the community.

Olympic Village Celebrates 50 years will involve many local people in the planning, preparation and staging of the event. This will provide opportunity for people to develop skills and leadership abilities and enable them to experience the benefits of being active participants in their community.

The idea for **Olympic Village Celebrates 50 years** was generated from within the local community, enthusiasm is growing as the word is spread and local community organisations are embracing and resourcing it.

Olympic Village Celebrates 50 years welcomes and appreciates your interest and support. For further information contact Libby Young at Olympic Village Primary School on 9457 3584.

IVANHOE POOL REOPENS

The new-look Ivanhoe Aquatic and Fitness Centre's aquatic area reopened late in April after a major facelift.



The centre's pool roof and surrounding concourse were replaced. Its fitness room floor was replaced, a new locker system was installed and the changerooms were updated.

All aquatic programs including swimming lessons, aqua aerobics, swimming squads and birthday parties have recommenced at the Centre. For more information phone 9490 7111.

BANYULE TRAIL NEARING COMPLETION

The third and final stage of the Banyule Trail is nearing completion. This means there will soon be a continuous off-road shared trail linking the Banksia/Dora Street intersection in Heidelberg with the Lower Plenty/Greensborough Road intersection in Rosanna, a distance of about 3.5 kilometres.

The Trail is a joint project between Banyule Council and VicRoads and was also supported by Parks Victoria. The Trail provides all-weather access between these two points and to a range of high quality parks and reserves, including Yarra Flats Regional Park, Warringal Parklands, Heidelberg Park, River Gum Walk and Creek Bend Reserve.

The Trail also has the added benefit of providing cyclists with a safe off-road alternative to Rosanna Road. It has also been designed to ensure that it is fully accessible for people who have a physical disability, including those who need to use a wheelchair, as well as able-bodied pedestrians and cyclists.



GREENSBOROUGH SENIORS BUSY

Greensborough Senior Citizens Club and its 112 members are keeping busy.

They meet daily (except Sunday) at their 203 Henry St clubhouse between 10am and 3.30pm to enjoy bowls, snooker, bingo, tai chi, craft, outings and holidays.

There is one of the best-value clubs in town with an annual membership fee of just \$3.50. Members then pay 50 cents per visit. For more information phone the club on 9435 8760.

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EATING TIPS FOR PRIMARY SCHOOL CHILDREN

School age is the perfect time for children to learn about healthy food, bodies and activity, as they start a busy social life, have pocket money and begin to help choose their own lifestyle. Children of this age learn quickly and are also influenced by their friends and popular trends. Children need a wide variety of foods for a well-balanced diet. The amount of physical activity they have in a day will be an important part of how much they need to eat. Some children of this age are still fussy but, when busy and active, snacking is important to keep energy levels high. A healthy morning snack at recess and one after school are usually needed each day.

BREAKFAST IS IMPORTANT

It is important to encourage breakfast. A good night's sleep followed by food in the morning helps your child to stay active and concentrate at school. It also means your child is less likely to be too hungry during the morning. Be a role model and let your child see you eat breakfast too. A bowl of cereal with milk and fresh or stewed fruit is a great starter for the whole family.



SCHOOL LUNCHES

While many schools have a canteen, without some help the food your child chooses may be high in cost and energy but low in nutrients. An alternative is a packed lunch from home, which is a great way for your child to learn about healthy food and help with preparation. Lunch box suggestions include:

- Sandwiches or pita bread with cheese, lean meat, hummus or peanut butter and salad
- Cheese slices, crackers with spread and fresh fruit
- Washed and cut up raw vegetables or fresh fruits
- Frozen water bottle or tetra pack of milk, particularly in hot weather.

SCHOOL LUNCHES - FOODS TO LIMIT

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child's diet. Foods to limit in everyday school lunches include:

- Processed meats such as salami, pressed chicken and strasbourg
- Chips, sweet biscuits, and muesli bars and breakfast bars
- Fruit bars and fruit straps
- Cordials, juices and soft drinks.



TREATS AND PEER PRESSURE

Peer pressure to eat particular 'trendy' foods at this age is strong. Let your child eat these kinds of foods occasionally,



OUR LADY OF MERCY COLLEGE

OLMC is a Catholic Girls' Secondary College owned and administered by the Sisters of Mercy.

The College is committed to provide:

- Catholic Christian values for each student
- An environment where student wellbeing is a priority
- A learning environment that caters for the individual needs of each student to aid pathways to further tertiary studies or employment
- An atmosphere where students are encouraged to exercise and develop self-discipline
- A community that emphasises the values of Social Justice.
- A diverse range of extra-curricular activities



OUR LADY OF MERCY COLLEGE
 52 Cape Street, Heidelberg
 Tel: 9459 2511 Fax: 9459 0579
 or check our website: www.olmc.melb.catholic.edu.au
 Mercy Secondary Education Inc No A0035660B

such as at parties, special events or when the rest of the family enjoys them. It's best to limit the amount of money children are given to spend at school or on the way home. The occasional lolly, bag of chips or takeaway food doesn't do any harm. However, if they are eaten too often you might find that:

- Not enough nourishing foods are eaten.
- Children become overweight or obese.
- You're spending a lot of money - it's much cheaper to provide homemade snacks and lunches.
- You're missing a chance to teach your child about healthy eating.

FAMILY MEALTIMES

For schoolchildren, family mealtimes are a chance to share and talk about the day's activities and events. The evening meal together is an important time to do this.

Children of this age may have swings in appetite depending on activity levels, so allow them to choose how much they need to eat while offering a wide variety of healthy foods. Some children only eat small amounts at the evening meal, so make sure that the afternoon snack is nutritious, not just high in energy. Some suggestions of possible snacks include: a sandwich with a glass of milk, cereal and fruit, or a bowl of soup and toast. Family mealtime suggestions include:

- Allow talk and sharing of daytime activities.
- Avoid distractions such as the television, radio or the telephone.

- Let your child decide when they are full - don't argue about food.
- Allow children to help with preparing meals and shopping.
- Teach some simple nutrition such as 'milk keeps your bones strong'.

DRINKS - SUGGESTIONS FOR PARENTS

Suggestions include:

- Children should be encouraged to drink plain water.
- Sweet drinks such as cordials or fruit juice are not needed for a healthy diet and aren't recommended.
- Three serves of dairy foods per day are needed for calcium. Low fat dairy foods can be offered. A serve equals a glass of milk, tub of yoghurt or slice of cheese.

EXERCISE AND ACTIVITY

Physical activity is an important part of good health. Try to encourage your child to do something active each day, such as a hobby, play a game or be involved in sport. Some parents may also worry about their child's weight so, to increase activity, try to:

- Limit the amount of time spent watching television for the whole family.
- Do something physical and active together.

CONTINUED NEXT PAGE



COBURG SPECIAL DEVELOPMENT SCHOOL

Principal: **Moira Bradley**

Address: **Cnr Bishop & Gaffney Streets, Coburg**

Tel: **9354 4366** Fax: **9354 4709**

Coburg Special Developmental School (SDS) is a Department of Education School for students with intellectual disabilities who are aged between 4½ and 18 years.

- Daily transport to and from school for students living in our zone (Incorporating Coburg, Glenroy, Pascoe Vale, Airport West and Fawkner).
- Individual and small group instruction by a dedicated team of professionals who have been specifically trained.

THERAPIES:

The school employs a physiotherapist, occupational therapist, speech therapist, massage therapist and music therapist. They play a role in:

- Assisting students in developing skills leading to greater mobility and quality of life
- Establishing and developing effective communication skills
- Assisting students to function in all areas of daily living

CURRICULUM:

Coburg SDS provides a comprehensive curriculum based on the Department of Education's Key Learning areas.

The staffing ratio provides small classes, ensuring individual programming. Teachers, therapists and parents meet regularly to assess programs and adjust goals. This multidisciplinary approach ensures that all students experience success.

PROGRAMS:

- Communication - verbal, written and augmented (e.g. Makaton or Compic)
- Functional Literacy and Numeracy
- Art/Craft
- Music/Dance
- Technology
- Travel Training
- Health and Human Relations
- Recreation/Leisure
- Community Awareness
- Pre-vocation/Work Experience

CONTINUED FROM PAGE 5

- Go and watch your child play sports.
- Encourage daily activity, not just exercise.
- Use the car less - that means everyone!

HEALTHY TIPS FOR SCHOOL AGED CHILDREN

Suggestions include:

- Children need a variety of different foods each day.
- Snacks are an important part of a healthy diet for active children.
- Make snacks nutritious, not just high in energy.
- Plan to share meals as a family.
- Enjoy talking and sharing the day's happenings at mealtimes.
- Let children tell you when they're full.
- Take lunch from home.
- Let children help with food preparation and meal planning.
- Encourage physical activities for the whole family.
- Encourage children to drink plain water.

WHERE TO GET HELP

- Your doctor
- Community dietitian
- School nurse
- Parentline (24 hours) Tel. 132 289

THINGS TO REMEMBER

- Snacks are an important part of a healthy diet for active children, so offer nutritious - not just high energy - snacks.
- Let children help with food preparation and meal planning.
- It is important to encourage breakfast, because a good night's sleep followed by food in the morning helps your child stay active and concentrate at school.



This information has been provided by the Better Health Channel and was last reviewed in February 2005. Material on the Better Health Channel is regularly updated, for the latest version of this information please visit: www.betterhealth.vic.gov.au.

book review

BY RACHAEL HERBST



SCREW IT, LET'S DO IT - LESSONS IN LIFE

BY RICHARD BRANSON
RANDOM HOUSE AUSTRALIA

A revised and updated edition of *Sir Richard Branson's* best seller *Losing My Virginity, Screw It, Let's Do It - Lessons in Life* is specially commissioned for World Book Day's adult literacy initiative.

Charismatic, with a cheeky smile that indeed may motivate one's dreams of 'Losing My Virginity', Sir Richard Branson has lived an extraordinary life of humble beginnings: "I didn't set out to be rich," says Branson, "The fun and the challenge in life were what I wanted - and still do..."

One of the millions world-wide living with Dyslexia, Branson knows very well the struggles that can be endured while trying to get an education and - eventually - building financial security. "One thing I couldn't do very well was read. I always found lessons hard at school because I was... dyslexic. I hated to admit defeat, but however hard I struggled, as with many other people, reading and writing were hard for me," says Branson candidly; "For some reason this made me want to be a reporter, a job where reading and writing are always needed."

Indeed, the beginnings of his entrepreneurial success lay in writing, winning a school essay contest. "I was the boy who was often caned for failing tests. But I had won an essay contest. I was thrilled," says Branson.

Self-belief and the knowledge that almost nothing is beyond one's reach are indeed qualities which Branson has drawn upon during his rise to 'Sir' status...

"From then on, my school work improved. I learned to focus on hard words and my spelling got better. I think this shows that you can achieve almost anything - but you have to make the effort," he explains.

By his mid teens, Branson had begun writing for a publication known simply as 'Student magazine' through his school. Aged 16, he pursued 'Student magazine' full time.

"I got some top-rate interviews with **John Lennon, Mick Jagger, Vanessa Redgrave** and **Dudley Moore**. We had more famous names than some of the top magazines," he recalls.

Persistent and ambitious, Branson eventually sold cut-price records by mail order, opened his first record store and by 1973 had his own record label - the iconic 'Virgin Music' (think the Sex Pistols).

Evidently, not every person in the world wants to run a global business, or buy their own island called Necker: "We can't all run big airlines or trains. Many people have more modest goals. But whatever your dream is, go for it. Always beware if the risks are too random or too hard to predict, but remember, if you opt out for a safe life, you will never know what it's like to win," says Branson.

Filtrated with inspiring quotations and advice, 'Screw It, Let's Do It - Lessons in life' is an exciting cannot-put-it-down read.

AGED CARE IN THE BANYULE COMMUNITY

Villa Maria, one of Victoria's largest aged care and disability service organisations, has been directly caring for the Banyule community since 1992.

Villa Maria Bundoora, located on Plenty Road, is proud to offer a caring environment for residents and families of the area.

WHAT DOES VILLA MARIA BUNDOORA OFFER?

Villa Maria Bundoora offers permanent nursing home care, offering 91 high level beds. Bundoora provides both mainstream and dementia accommodation.

Bundoora is a modern home-like residence and comprises four interconnecting homes. Each home is self sufficient with a kitchen, lounge, dining room and laundry. All bedrooms are fully furnished and are of a generous size with full ensuite or shared bathroom facilities.

A series of secure landscaped interconnecting courtyards, together with generous garden surrounds, provides Bundoora with a most pleasing external environment for all residents.

Bundoora is also very activities-focussed with a dedicated Activities Team always developing new

programs for the residents. Recently the residents and their families were part of the inaugural Mind, Body and Spirit day.

HOW DO I FIND OUT MORE?

Entering the Aged Care system can be a difficult task if you're not sure where to start. At Villa Maria, all calls about our Aged Care Residences are taken by our Admissions Officer, Cathy Kenny, who can inform you of what options are available.

Cathy can also arrange a time for you and your family to visit our home so you can see our care in action. To arrange a visit, please call Cathy on 9769 5276.

For more information on Villa Maria please visit www.villamaria.com.au or telephone (03) 9854 5111.

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