



Berendale School



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1300 78 22 73

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APADESIGN03



CHILDREN NEED YOU TO LISTEN TO THEM

Listening to your child boosts their self-esteem and makes them feel worthy and loved. A parent that acts upon the old adage 'a child should be seen, not heard' can make a child feel they don't count. Constantly ignoring your child when they are trying to speak will hurt their feelings and affect the strength of your relationship over time. It is worth remembering that children can understand language long before they can master speech. You can keep up with your child's evolving language development by paying daily attention.

BABY TALK

A baby's brain is 'hard-wired' to pay attention to the sound of a human voice. Their mastery of language depends on listening to you speak. Long before your baby can form understandable words, they will respond to you with noises, facial expressions and body language. You can actively listen to your baby and encourage their language development in many ways, including:

- Accept that crying is the baby's primary method of communication.
- Attend to their needs as soon as you can once they start crying, to let them know they have been acknowledged and understood.
- Spend some time actively listening to your baby's cooing and noise-making by looking them in the eye and encouraging them with smiles and talk
- Talk to your baby frequently.

TODDLER TALK

A toddler may have a vocabulary of two hundred or so words and can start stringing words together to make simple sentences. Mastering grammar and sentence construction is difficult and your toddler will make plenty of mistakes. You can encourage your toddler's language development in many ways, including:

- It is more important to listen attentively to your child, than correct their grammatical errors.
- Allow your toddler sufficient time to finish what they are trying to say.
- Don't show impatient body language, such as sighing or foot-tapping.
- Answer any questions using simple language.
- Spend some time each day doing nothing else but talking exclusively with your toddler.
- A child that constantly interrupts adult conversations may feel starved of sufficient attention.

OLDER CHILD TALK

By the time your child is in their later years of primary school, their language and conceptual abilities are sophisticated. They even alter their speech to suit the circumstances, for instance they may speak more formally in front of a teacher than they do with family and friends. Actively listening to your older child includes:

- Make time every day to listen exclusively to your child with no distractions.
- If your child tends to give 'yes' and 'no' answers, try asking open-ended questions.
- Allow your child to have differences of opinion and respect their point of view.
- Try not to interrupt, lecture or criticise.

TEENAGE TALK

The teenage years are typically a time of conflict, as the child starts to assert their independence from parents and authority figures. Communicating effectively with your child by listening and paying attention to what they are saying helps to sidestep potential arguments. Some suggestions on listening to your teenager include:

- Don't expect them to always share your beliefs and values, and try to appreciate their point of view.
- They are more likely to listen to you, if you listen to them.
- Your attentive listening, empathy and understanding will encourage your child to confide in you.
- Let them know you are always available if they need to talk to you.
- Take an active interest in their life.

GETTING HELP FOR ANY PROBLEMS

There are services available to help families with any type of

communication problem. For example you may need help if:

- You think your baby or child has difficulty hearing.
- Your toddler isn't speaking at all by two years of age.
- Your child doesn't understand what you say by two years of age.
- Your child stutters or has some other form of speech difficulty.
- You have problems communicating with your child.

WHERE TO GET HELP

Your doctor; Your community health centre; Maternal and child health care nurse; Family counsellor; Parenting helpline; Audiologist; Speech therapist.

THINGS TO REMEMBER

- Listening to your child boosts their self-esteem and makes them feel worthy and loved.
- Make time every day to listen exclusively to your child with no distractions.
- There are services available to help families with any type of communication problem.

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

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TOP TEACHERS RECOGNISED BY AWARDS

The National Excellence in Teaching awards has recognised 14 top teachers from across Australia in the 2006 program of the NEiTA Foundation's teaching awards. The Award recipients range from early childhood teachers to secondary school teachers in disciplines ranging from music and dance through to mathematics and teaching in government, independent, denominational and private education settings.

The NEiTA Foundation's National Excellence in Teaching awards program honours examples of Australia's top teachers as chosen by school communities – secondary students, parents, school councils, and community organisations. Sixty per cent of voters in polls developed by the Australian Scholarships Group (ASG) on behalf of the NEiTA Foundation believe a teacher had the most influence in their life after their immediate family¹.

"The majority of Australians have an inspirational story about a favourite teacher," says NEiTA Foundation Chairman, Terry O'Connell, "NEiTA award recipients connect with students and parents, and engage them in the learning process, and inspire them to achieve their full potential."

Launched in Australia in 1994 by the Australian Scholarships Group, the NEiTA Foundation's teaching awards program aims to recognise and honour excellent teachers from local communities, to recognise and highlight excellence in teaching and to encourage students to enter the teaching

profession. In 2004, the awards program was expanded to include a category for registered early childhood teachers. This year's award recipients received crystal apple awards, certificates and professional development grants of \$5,000 from the Australian Scholarships Group to apply to their professional development or the special project of their choice. The award recipients were selected from more than 2350 national nominations.

The National Excellence in Teaching awards recipients include:

Early Childhood Category:

- Janelle Gallagher, Early Childhood Teacher, Kurri Kurri and District Preschool, Spion Kop, NSW
- Sandra Love and Peddie Cafarella, Early Childhood Teaching Team, Tully Community Preschool & Kindergarten, Tully, Queensland (Peddie Cafarella is now at Mourilyan Kindergarten, Qld)
- Sonya Plunkett-Smith, K – Year 4 Teacher, Glenora District High School Teacher, Bushy Park, Tas

Primary School Category:

- Susan Moore, Primary & OC Teacher (works with gifted children), Gosford Public School, Gosford, NSW
- Rob MacFarlane, Primary – Environmental Co-ordinator, McLaren Vale Primary School– McLaren Vale, SA
- Kerry Bolger, Early Childhood – Year 10, Head of



Campus, St Leonards College Cornish Campus, Bangholme, Vic

- Julie Percy, Primary – Year 2 Teacher and Numeracy Co-ordinator, St Peter’s School, Epping, Vic
- Karen Duffy, Primary – Special Education Teacher, Christ Church Grammar School, Claremont, WA

Secondary School Category:

- Alana McGee, Outdoor Education Teacher, Hawker College, Hawker, Canberra, ACT
- Conor Finn, Middle-School Teacher – English, Environment and Religious Education, St Joseph’s College Gregory Terrace, Brisbane, Qld
- Helen Willmet, Vocational Education Co-ordinator – Secondary – Home Economics and Hospitality, Blackheath & Thornburgh College, Charters Towers, Queensland (now at St Margaret Mary’s College, Townsville, Qld)
- Aidan Coleman, Secondary Teacher – English and History, Trinity College, Gawler, SA
- Stephen Corcoran, Secondary Teacher – Mathematics, St Stephen’s School Carramar, Tapping, WA

Outdoor Education Teacher, Alana McGee from Hawker College, Hawker, Canberra received her crystal apple award and the opportunity to represent Australia at NASA’s seven-day International Space Camp held in Huntsville, Alabama, USA, in late July 2006.

ASG’s Communities General Manager, Warwick James said: “ASG supports the NEiTA Foundation’s awards program because teachers make an important contribution to the lives of our young people and help shape the future of our country, yet few opportunities arise to recognise the true value of the role they play within the community.”

This year, the 13th year of the Foundation’s program, two Awards streams are being offered to teachers from early childhood and special centres, and primary and secondary schools in government, denominational, independent and private education environments.

1. The Australian Scholarships Group (ASG) ran a straw poll on its website www.asg.com.au and also on its parenting resources website, KidsLife Foundation www.kidslife.com.au asking the question: After your family, did a teacher have the most influence in your life? Voters were asked to agree or disagree with the question. The polls received a total of 144 votes with the results: 87 Yes votes; 57 No votes – 60 per cent voting Yes. ASG is the major supporter of the NEiTA Foundation’s teaching awards program and conducted the polls on behalf of the Foundation.



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A GREAT READ FOR MILLIONS OF REASONS

by John Allin

There is a totally unscientific - but surprisingly accurate - way of judging the popularity of a new release: hover near the bookstand and see how many students pick it up, start thumbing and become so engaged that time is lost in the ease of the read.

Such is the case with *Inventing Millions* (25 inventions that changed the world and made millions for their inventors). For a start, what a marvellous title! No obscurity – just a bunch of well chosen words that tell the reader precisely what they can expect between the covers.

Although not required reading for any curriculum, students will love this new book (and we're in lifelong learning mode here...we're talking about students from six to 100). It is simply chock full of fascinating, short accounts of how things came to be. Happily, there are no quagmires of didacticism or bouts of pseudo-intellectual pomposity along the way to fog the mind, slow the flow and act as literary speed-humps – as with some books.

In fact you get the immediate impression that Melbourne authors Paul Holper and Simon Torok (pictured right) had a lot of fun researching and putting all this together. It's a cheeky little read, bright and bouncy and salt and peppered with humorous quips that have become their style over the years. (Now well established educative authors, Holper and Torok wrote the bestselling *Amazing Science* series).

Holper and Torok, who work for the CSIRO in business development and communication respectively, have impressive academic backgrounds. Both are science communicators. Holper is a former chemistry teacher and Torok has a PhD in climate science. They know the education system well and this is probably

why students, parents and teachers of all ages will warm to their new book.

Inventing Millions boosts general knowledge. You will discover how Bette Nesmith made her mark with Liquid Paper (and did you know that Bette was the mum of Mike Nesmith, singer guitarist with the 1960s pop group, the Monkees?). You'll also find out how heart pacemakers came to be and the story behind magnetic strips and credit cards. Nanotechnology suddenly becomes less mysterious, the bionic ear is explained and even the genesis of Coco Chanel gets a guernsey in a scent up sort of way. (The authors' play on words, not mine). And do you know the background to Google? You soon will.

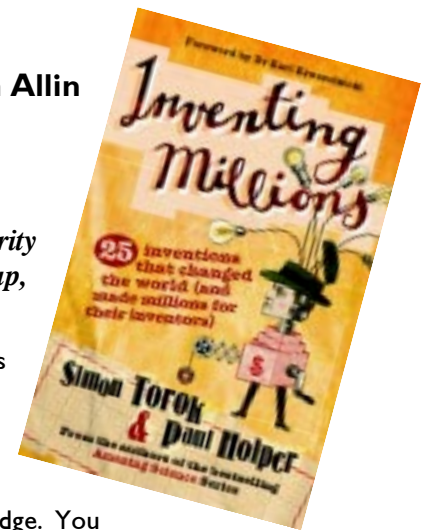
This is a book of great value – and not just in the money sense. Each section has little bonus subsets under the headings of Early Days, You're Kidding, How it Works and Success Scale. And, for those whose knowledge appetites are still not sated, there are lists of references for further information. Brilliant.

The educational value is obvious from the first page. Readers come away with wonderful tidbits of information, an enhanced knowledge bank and a better understanding of, well, stuff we might take for granted. If you get the 'Who Wants to be a Millionaire' contestant phone call, beg, buy or steal the book. Odds on it will help you answer the questions.

In short, *Inventing Millions* is a friendly book that shuns pomposity and has no pretensions. It simply tells how innovation, discovery, science and technology have changed our lives – and, equally importantly, who did the changing for us.

Forgot Fathers' Day? *Inventing Millions* would be a great square-off. Thinking about Santa sack fillers or Christmas gifts already? Ideal.

Other than taking a chance on 'Who Wants to be a Millionaire', can any of us make millions? Holper and Torok pose the question in their introduction: "...great things can be achieved by each of us if we think, persevere and follow our dreams". Exactly.



***Inventing Millions*, by Simon Torok and Paul Holper (ABC Books, rrp \$24.95)**

Woodleigh School



Woodleigh School is a co-educational independent school (K-12) on two campuses serving the Mount Eliza, Frankston, Mornington Peninsula and Western Port regions.

The **Junior Campus of Woodleigh School** is located in a quiet court off Seaview Road in South Frankston established in a natural setting. The Early Childhood Centre provides a rich and nurturing environment for 3 & 4 year olds. From Prep to Year 6, the focus is upon the basics of literacy, numeracy and social skills, within the context of the School's overall values. Class sizes are small and the School offers a wide range of specialist subjects including, Visual Art, Music, Dance, Drama, Indonesian, French, PE and library. Facilities include a Support Service Centre, and an Out of School Hours Care Program, and the School has its own swimming pool. The Junior Campus is linked to the extensive bus system which services the Senior Campus. The Junior Campus operates an Out of School House Care Program and if the need arises, holiday programs are operated during vacation periods. The School operates its own uniform shop on site for parents' convenience. Enrolment at the Junior Campus ensures a smooth transition to a guaranteed place at the Senior Campus where there are waiting lists until 2013.



The **Senior Campus of Woodleigh School** is in a delightful bush setting of over 50 acres in rural Baxter and caters for students from Years 7-12. It offers a wide range of VCE subjects, numerous opportunities for extension enrichment and support, and a huge array of co-curricular and camping options. We have excellent sporting programs and facilities; a new ICT and Science Centre; strong pastoral care structures ("Homesteads"), careers and personal counselling services, and a philosophy which celebrates individuality, all provided in a nurturing environment. We have a strong emphasis on the right of every individual to be treated with respect and dignity at all times. Our formal reporting is thorough, but our direct interaction with students and parents is far more significant.

Woodleigh School is quite different from most "traditional" independent schools. While it is definitely an academic school, with fine VCE results equipping the large majority of its students for tertiary study, it also provides a number of other very important dimensions that prepare all its students for the challenges of life in the 21st century. Education at Woodleigh School is about a passion for life, about engagement, about a belief in the integrity of the young. It is about celebrating the unique qualities and values of each individual and about supporting and caring for one another in a close community. It develops in its students a collaborative spirit, a problem solving orientation and a strong sense of self-worth.



Transport

An extensive bus system brings students in each day from the Mornington Peninsula, Western Port, Mount Martha, Mount Eliza and Frankston, including Frankston train station.

Limited vacancies are available at some year levels at our Junior Campus in 2007.

Contact the Director of Enrolments, Mr Bruce McCallum on 5971 1108 as soon as possible.

You may request an Information Profile about Woodleigh School or refer to our website www.woodleigh.vic.edu.au.



HEALTHY RECIPES



SALAD - WARM POTATO AND SALMON

Best served immediately

Good source of: fibre
Preparation time: 30 minutes
Cooking time: 45 minutes
Serves: 4

INGREDIENTS:

- 600 g salmon fillets
- 500 g baby (new) potatoes, halved
- olive oil, cooking spray
- 100 g baby corn, (either whole canned baby corn or fresh corn)
- 100 g baby spinach leaves, washed and halved lengthwise
- 100 g semi-dried tomatoes

DRESSING

- 4 tablespoons natural yoghurt, reduced fat
- 3 tablespoons sweet chilli sauce
- 2 tablespoons lemon juice

METHOD:

1. Preheat oven to 200°C.
2. Remove the skin from the salmon fillet and then use tweezers to remove any bones. Cut the salmon into large cubes.
3. Put the potatoes in a large baking dish, lightly spray with olive oil spray and cook for 30 minutes, turning a couple of times during cooking.
4. Add the baby corn to the potatoes and cook for 10 minutes or until the potatoes and corn are tender.
5. Turn the oven off and keep the vegetables warm.
6. Lightly spray a chargrill with olive oil spray and cook the salmon cubes over a high heat for 3-4 minutes or until just tender and golden.
7. To make the dressing - Put the yoghurt, sweet chilli sauce and lemon juice in a small jug and whisk well.
8. Put the potatoes, spinach and semi-dried tomatoes in a bowl and toss to combine.
9. Arrange the salad on individual plates, top with hot salmon pieces and drizzle with the dressing.

Source: Heart Foundation, *Deliciously Healthy Cookbook*

HAMBURGERS - HEALTHY

Store covered in fridge (under 5°C)

Good source of: folate
Preparation time: 15 minutes
Cooking time: 10 minutes
Serves: 6

INGREDIENTS:

- 350 g lean minced beef,
- 1 carrot, large, grated
- 2 medium zucchini, grated
- 1 green apple, large, cored and grated
- 3 slices wholemeal bread, made into crumbs
- 2 tablespoons parsley, chopped
- 1 teaspoon mixed dried herbs
- 1 egg, beaten
- 1 tablespoon olive oil

TO ASSEMBLE:

- 1 onion, large, sliced
- 6 hamburger buns
- 2 tablespoons grainy mustard
- 2 tomatoes, sliced
- 6 small lettuce leaves
- 6 slices canned beetroot

METHOD:

1. Combine beef, carrot, zucchini, apple, breadcrumbs, parsley, herbs and egg.
2. Form into 6 patties. Grill or barbecue, using moderate heat, for about 5 to 6 minutes on each side.
3. While burgers are cooking, heat oil and cook onion, stirring several times.
4. Split and toast buns. Spread top half of each with mustard.
5. Assemble burgers by placing a lettuce leaf on one half of each hamburger bun, adding a burger patty, onions, sliced tomatoes and beetroot.
6. Top with remaining half of bun.

NOTES:

A good hamburger makes a balanced meal. It's hard to buy good burgers but easy to make them at home. If you have one, use a food processor to grate and mix the ingredients.

Source: *The Good Gut Cookbook*



PANCAKES FOR BREAKFAST

Suitable to freeze

Store covered in fridge (under 5°C)

Preparation time: 30 minutes

Cooking time: 5 minutes

Serves: 12

INGREDIENTS:

- 1 1/2 cups wholemeal self-raising flour
- 1 cup untoasted muesli or rolled oats
- 1 teaspoon mixed spice
- 1 egg, beaten
- 1 tablespoon honey
- 2 cups reduced fat milk
- 3 teaspoons margarine, mono- or poly-unsaturated extra reduced fat milk, if required



METHOD:

1. Combine the flour, muesli and spice in a bowl, then make a hollow in the middle.
2. Add the egg and honey to the hollow and, using a wooden spoon, gradually beat in the milk. Allow to stand for 30 minutes, if possible, to soften the flour and muesli (or oats). The mixture should be the consistency of a thick batter and depending on the muesli used, you may need to stir in a little more milk.
3. Heat one teaspoon of the margarine in a frying pan over a medium to high heat. Use a large spoonful of the batter for each pancake, and cook the pancakes in batches, adding a little margarine to the pan as needed.
4. Cook the pancakes until golden brown, 1 to 2 minutes for each side. Keep the cooked pancakes warm on a plate covered with a clean dry tea towel until you are ready to serve them.

NOTES:

Serve with sliced fresh bananas, kiwifruit, strawberries, raspberries or blueberries. Add plain or fruit yoghurt then drizzle with a little maple syrup or warm honey. For variety serve with orange and grapefruit salsa.

If you prepare food for people with an allergy to nuts and seeds, please check labels carefully for ingredients.

Source: Lifetrack (1999), Eat! Enjoy! The Lifetrack cookbook, Melbourne.

DIP - HOMMUS WITH PARSLEY

Store covered in fridge (under 5°C)

Good source of: fibre

Preparation time: 10 minutes

Cooking time: 0 minutes

Serves: 4

INGREDIENTS:

- 1 X 440g can chickpeas, drained
- 2 clove garlic, crushed
- 1/2 cup tahini
- 1/2 cup parsley, finely chopped
- 1/2 cup water
- large pinch black pepper
- pinch cayenne pepper

METHOD:

1. Mash chickpeas to a thick paste, using a food processor.
2. Combine everything and chill thoroughly.
3. Taste to correct seasonings. Some people like extra garlic, soya sauce or tahini.

NOTES:

If you prefer you can use 1 1/2 cups of raw chickpeas. Soak for 1 1/2 hours and boil until very soft, about 1 to 1 1/2 hours.

Source: International Diabetes Institute (1997), Diabetes, eating for health recipes, Caulfield.

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TRAVEL TIPS FOR SENIORS

All travellers should plan carefully to ensure their health and safety while away. However, older people have a few extra concerns.

PRE-TRIP PLANNING

Suggestions include:

- Consult with your travel agent for suggestions. For example, many tour operators specialise in accommodating the needs of travelling seniors.
- Find out about the medical facilities in the areas you will be visiting.
- Research important factors such as climate, language and culture. Buy a guide book and read it before you go.
- Make arrangements for wheelchairs, guide dogs and seating needs well in advance.
- Organise travel insurance with pre-existing illness cover if needed.
- If you are concerned about your health, arrange to go on a package tour.

RECIPROCAL HEALTH CARE AGREEMENTS

Australia has a reciprocal health care agreement with some countries, which means emergency care is available. Non-emergency health care is only offered if delaying medical

attention until returning home is unreasonable. Check with Medicare for an up-to-date list of countries participating in reciprocal health care agreements. Remember that travel health insurance is still needed.

PRE-TRIP MEDICAL CHECK-UPS

Suggestions include:

- Consult with your doctor for a complete medical check-up. This is especially important if you have coronary heart disease, hypertension or any other chronic condition, or if you have recently undergone surgery or experienced a heart attack.
- Discuss any particular health concerns you may have, such as dietary changes and the possible impact of different eating habits on your specific condition.
- People with diabetes will need medical advice on how to safely stagger their medications to fit a different time zone.
- Consider having your flu and pneumonia vaccinations before you go on your trip.

Australia has a reciprocal health care agreement with some countries, which means emergency care is available. Non-emergency health care is only offered if delaying medical attention until returning home is unreasonable.

- If you intend travelling to areas where infectious diseases are present, make sure you are fully vaccinated.
- Visit your dentist for a check-up.
- Visit any other health care providers you consult with on a regular basis, such as your optometrist.

REGULAR MEDICATIONS

Suggestions include:

- Some medications that are legal in Australia may be prohibited overseas. Contact the Australian embassies in the countries you intend visiting to check.
- Take enough regular medication with you to last the entire trip. Some drugs may not be available overseas.
- You may like to consider a written and signed note from your doctor explaining the purpose of your medications, just in case.
- If you are taking large amounts of Pharmaceutical Benefits Scheme (PBS) medication with you, then you will need to take a letter of explanation from your doctor.
- If you are taking large amounts of over-the-counter

medication with you, then you will need to take a letter of explanation from your chemist.

- If you buy medications overseas, remember that the dosages may be different to the brands you are familiar with.
- If the medication you regularly take requires syringes (such as insulin-dependent diabetes), take enough syringes to last the trip.
- When overseas, wear a bracelet or pendant which contains your medical details to inform others of your medical complaint in case you need urgent help. Your doctor should be able to advise you about the options available.

YOUR LUGGAGE

Suggestions include:

- Make sure your carry-on bag contains everything you will need for the duration of the flight.
- Include a medical kit in your carry-on bag. Items to consider include regular medications, painkillers, antacids and band-aids.
- It might be a good idea to take along a pillbox with

CONTINUED NEXT PAGE



CONTINUED FROM PREVIOUS PAGE

compartments for different days of the week. Being away from home (and your usual routine) could make you more likely to forget to take your medication.

- Pack a spare pair of glasses.
- It may be easier on your back if you use a suitcase with wheels.

DEEP VEIN THROMBOSIS AND 'ECONOMY CLASS SYNDROME'

Coronary heart disease, obesity and sitting still for extended periods of time are known risk factors for the development of blood clots in the veins of the legs. This condition is known as deep vein thrombosis (DVT). Some researchers believe that long haul flights can be a risk factor in susceptible people. Suggestions on how to reduce the small risk of DVT while flying include:

- Consult with your doctor before flying. They may recommend that you take half an aspirin (150mg) on the day of the flight, and you may be advised to use elasticised stockings for the flight.
- Wear loose clothing.
- Don't smoke.
- Avoid alcoholic drinks.
- Drink plenty of fluids to prevent dehydration.
- Take strolls up and down the aisles when possible.
- Avoid sitting with your legs crossed.
- Perform leg and foot stretches and exercises while seated.

TAKING CARE OF YOURSELF WHILE ON HOLIDAYS

Suggestions include:

- Allow an easy day or two to recover from jet lag. Remember that the effects of jet lag may be lessened if you fly west instead of east.
- If you are unsure of the water supply, drink bottled water.
- To reduce the risk of food poisoning, avoid food buffets, seafood, undercooked meats, peeled and raw fruits and vegetables, and unpasteurised dairy products. Don't buy food from street vendors.
- Don't draw up a jam-packed itinerary for each and every day of your holiday – arrange for plenty of rest breaks, particularly in hot weather.
- Wear thongs in communal showers to reduce the risk of infectious diseases (like warts and tinea).
- Pack condoms and practise safe sex.
- Seniors cards are only supposed to offer benefits within your home State, but flashing the card at museums and other attractions may get you a cheaper entry ticket.
- Travellers' diarrhoea may reduce the effectiveness of your medications. Consult with a doctor if you have diarrhoea for more than one day. Your Australian embassy can provide you with a list of doctors.

SAFETY SUGGESTIONS

Thieves and pickpockets may consider older people as easy targets. Suggestions include:

- Don't travel around at night.
- Don't wear expensive jewellery on obvious display.



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- Wear valuables (such as traveller's cheques and credit cards) on a belt worn under the clothes and next to the skin.
- Consider carrying a 'dummy' wallet holding a small amount of cash. If you are directly confronted by a mugger, you can hand over the dummy wallet and avoid further distress.
- Carry with you at all times the contact details of the Australian embassy. If your city doesn't have an Australian embassy, find out which other country's embassy is available to help you, such as the British embassy.

WHERE TO GET HELP

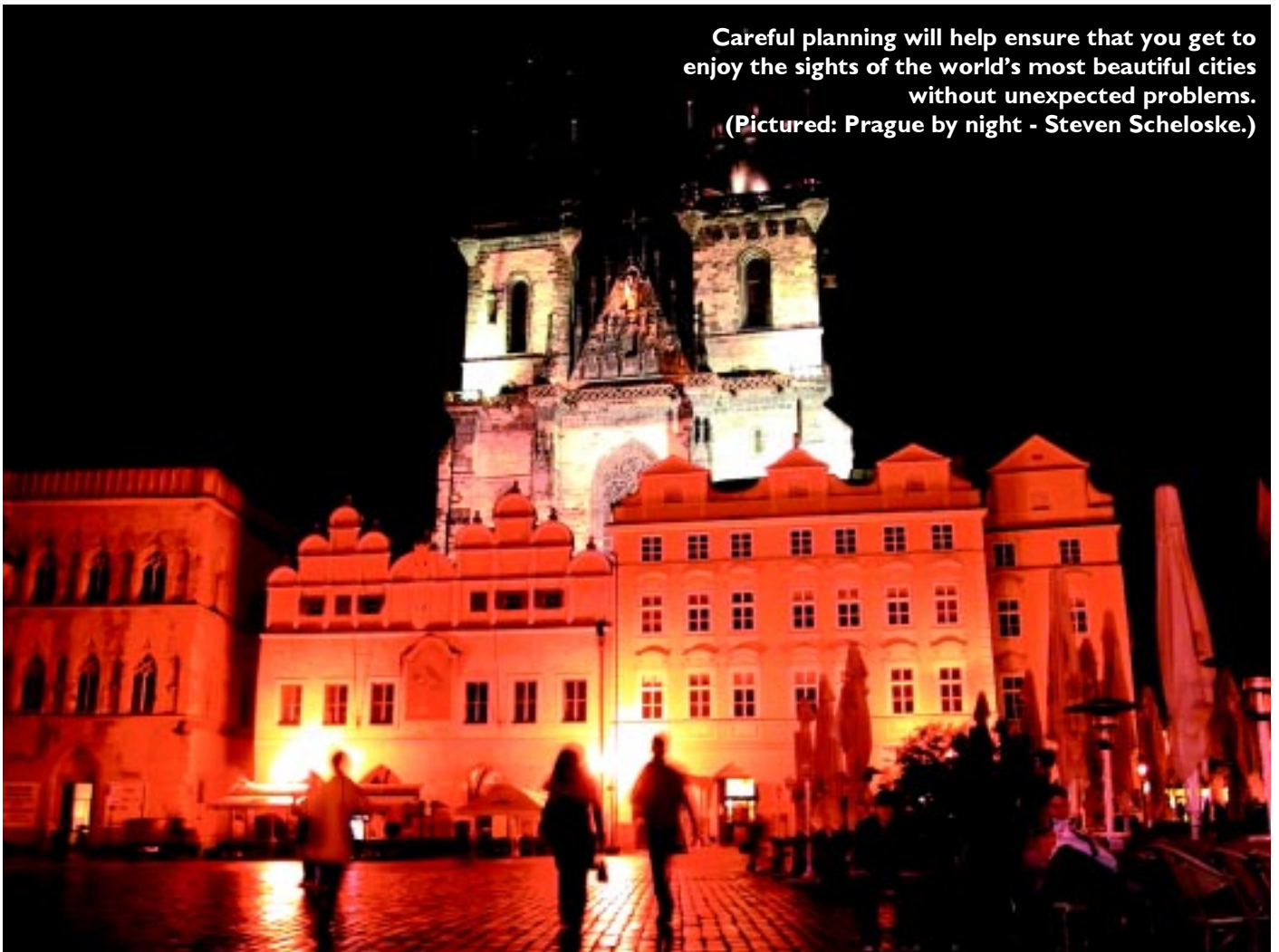
- Your doctor
- Travel agent
- Airline
- Australian embassies
- Medicare Tel. 132 011 (local call rate)
- Medicare Australia Tel. 132 011 (local call rate)

THINGS TO REMEMBER

- See your doctor for a complete check-up, particularly if you have a chronic medical condition.
- If you are taking large amounts of medication with you, then you will need to take a letter of explanation from your doctor.
- Organise travel insurance with pre-existing illness cover if needed.
- If you are concerned about your health, arrange to go on a package tour.

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

Careful planning will help ensure that you get to enjoy the sights of the world's most beautiful cities without unexpected problems.
(Pictured: Prague by night - Steven Scheloske.)



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