

# FIAAI HEALTH NEWSLETTER

FEBRUARY 2014

## From Penguins to Paradise

### Meet Tim New, the new maintenance man at Fiaai

Where were you born Tim?...Scotland, parents both teachers and migrated to NSW South Coast in 1989 where I grew up

How long have you lived in Tasmania?...Three years. Fell in love with Tassie when visiting in 2010 to do Antarctic training. Decided it is the state I would like to spend the rest of my life in as it has so much to offer

Where was your last job?...I was working in Antarctica as a carpenter, plant operator and assisting aviation. I now have travelled to Antarctica three times and would be happy to share my stories and photography with anyone interested

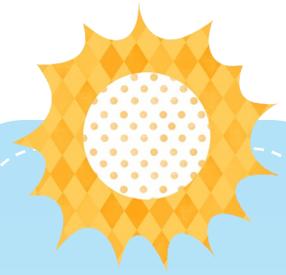
Interests\Hobbies?...Everything outdoors!! Surfing, diving, fishing, photography, building, gardening, motorbike riding, bushwalking, hiking, camping and meeting new friendly people

What do you think of Flinders so far?...AMAZING!! Absolutely love it here and look forward to exploring the Island and meeting all the Fiaai Tenants, family and friends. I can see myself on the island long term

Anything else you want us to know?...Thankyou to everyone for being so welcoming and helpful. Please come say hello Anytime!! So far I have met a lovely eclectic bunch of friendly locals which has been lovely.



I also would like to thank the FIAAI team for their help and for giving me the opportunity to call this beautiful Island home



## HEALTH EVENTS CALANDAR

International  
Asperger's Day

World Cancer Day

National Condom  
Day

National Donate  
Life Week

Ovarian Cancer  
Awareness Month

Heart Kids Aware-  
ness Month



## Maree's Page

How was your Christmas and New Year break? I had a lovely time with the boys back home for holidays. We went up to our beach block at West End and camped for a couple of weeks.



We are now back at work and getting the year organized.

### What's on for Feb?

**Tuesday 18th** the Cancer Awareness people will be over to talk to you about the new changes to the Bowel Cancer screening program and about skin cancers.

Sometime in February, date to be confirmed, **Amanda from Bridport Pharmacy** will be over to do a talk on heart medicines and about medication checks.

### Cardiologist—?



## February Free

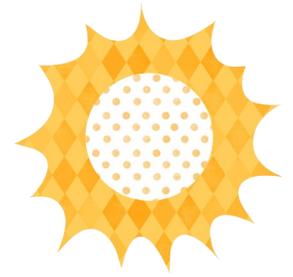
Jena and Maree are going alcohol free (or trying to) again this February. We're feeling the effects of too much grog and want a break from it. Bev is going smoke-free for February

Do you want to be free of something for a month? Do you want to try and get off the Smokes? Cut out the sugar? Not so much fat in the diet? Chocolate free? What is your addiction you need to control a bit? What about Facebook free!!

If you are having a February Free from something, tell us about it and we will support each other in our "freeness"



## FIAAI'S MISSION STATEMENT



Working with and for the community  
to achieve a self sufficient, healthy  
Aboriginal community, promoting so-  
cial, economic and cultural pride.

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5th...Tanya Wheatley

14th...Mike Roberts

7th...Mick Graham

14th...Jay Woolley

9th...Jan Graham

16th...Jen Hooper

8th...Tanya Maynard

18th...Darrell Olsen

8th...Nathan Jones

23rd...Callum Kennedy

10th...Cyril Green Jnr

26th...John Turnbull



11th...Natalie Goss

26th...Betty Grace



## What's in Season Now

### Rhubarb Rhubarb

Though rhubarb is often matched with fruit in sweet dishes, it's actually a vegetable. Rhubarb, in season in spring and summer, is low in calories and full of fibre, potassium and vitamin C



#### Try this Roasted Rhubarb Salad

2 cups 1/2-inch pieces fresh rhubarb

2 tablespoons balsamic vinegar

1 tablespoon minced shallot

1/4 teaspoon ground black pepper

1/2 cup crumbled fetta or suitable cheese

1/4 cup raisins or sultanas

2 tablespoons sugar

1 tablespoon canola oil

1/4 teaspoon salt

8 cups mixed baby greens

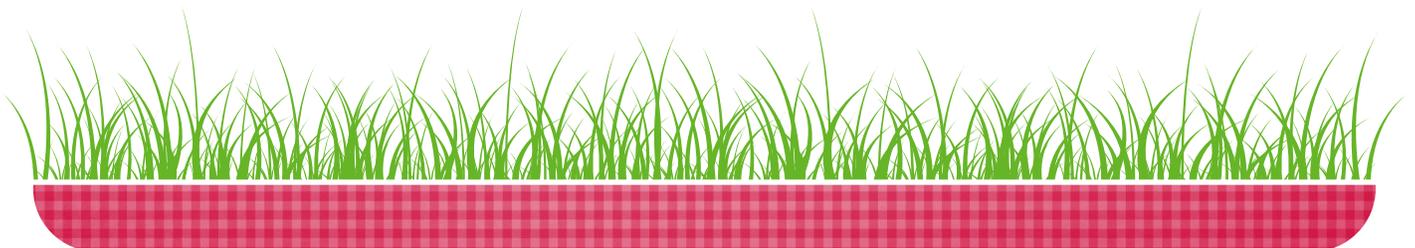
1/4 cup chopped nuts [walnuts are good]

Preheat oven to 180c

Toss rhubarb with sugar in a medium bowl until well coated; let stand, stirring once or twice, for about 10 minutes. Spread in an even layer on a rimmed baking sheet. Roast until just beginning to soften, about 10 minutes. Let it cool for 10 minutes.

Meanwhile, whisk vinegar, oil, shallot, salt and pepper in a large bowl. Add greens; toss to coat with the dressing.

Arrange the greens on a platter or in individual bowls. Top with rhubarb, cheese, nuts and raisins or sultanas.





*Hav'n a laugh*

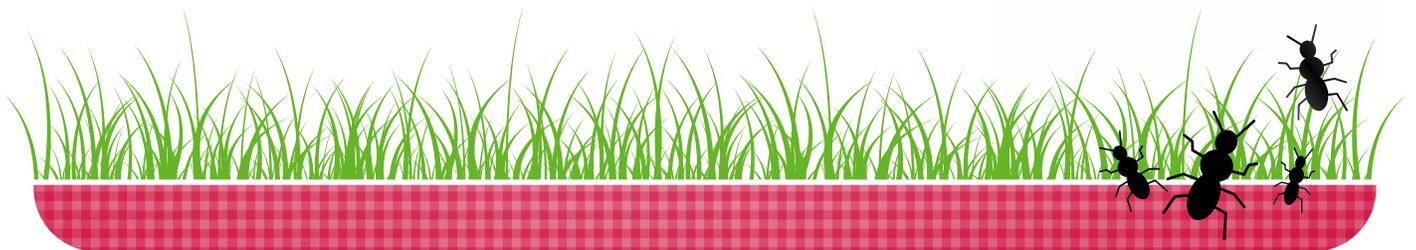
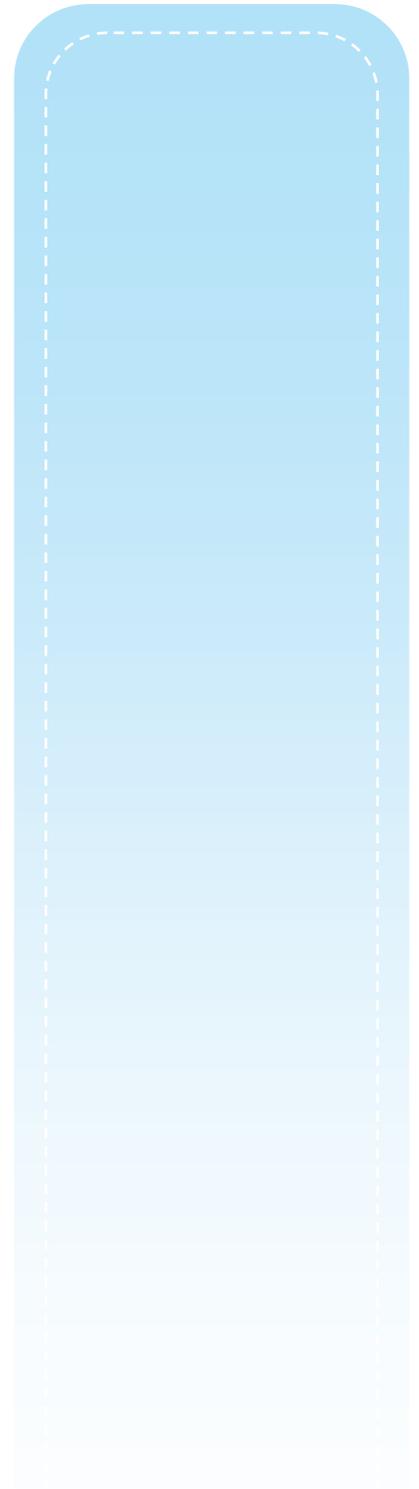
### Granny Knows Best

Little Tony was 9 years old and was staying with his grandmother for a few days. He'd been playing outside with the other kids for a while when he came into the house and asked her, 'Grandma, what's that called when two people sleep in the same room and one is on top of the other?'

She was a little taken aback, but she decided to tell him the truth. 'It's called sexual intercourse, darling.'

Little Tony said, 'Oh, OK,' and went back outside to play with the other kids.

A few minutes later he came back in and said angrily, 'Grandma, it isn't called sexual intercourse. It's called Bunk Beds. And Jimmy's mum wants to talk to you.'



# Be Active

There is convincing evidence that regular physical activity protects against colon cancer and probable evidence that it protects against postmenopausal breast cancer and endometrial cancer. The more physically active you are the better [excluding extreme levels of activity].



## How much physical activity do you need?

Being active, like healthy eating, needs some thought each day and is a lifetime activity. Every bit of extra effort adds up to make a real difference to your health and wellbeing, and it is often fun, too.

Choose activities that you enjoy, and those that fit into your routine. For good general health, do at least 30 minutes of moderate activity daily [such as walking or cycling] on most days.

If you are inactive, any increase is beneficial.

## Tips for being active

Park further away from your destination and walk.

Walk with a friend or join a walking group.

Join a dancing class

**OR**

Come along to the Lady Barron Hall on Mondays at 12.30

and or Fridays at 10.00 and join in with our **Heart/Lung Maintenance Group**



## Coming Events in February

**12th...**Clinical Psychologist

Peter C Browne

**18th...**Cancer Screening Promotion for  
Community at 1.00pm

**20th...**Doctors Day

Dr Tim Flanagan will hold his clinic on this day. If you require a consultation longer than 20 minutes with the doctor, please let us know when you make your appointment on **63 593 532**

**26th...**Clinical Psychologist

Peter C Browne

**28th...**Specialist Visit

Cardiologist Dr Evans. Call the health office for an appointment on

**63 593 532**



## Regular Events

**Mondays...**Heart Lung Maintenance at  
12.30pm

**Mondays...**Sizzling Seniors Exercises at  
10.30am

**Wednesdays...**Aged Care Craft Group at  
10.30am



**Thursdays...**Shopping Bus Trip to White-  
mark, leaves FIAAI at 10.00am

**Fridays...**Mums and Bubs Group at  
9.30am

**Fridays...**Heart Lung Maintenance at  
10am