

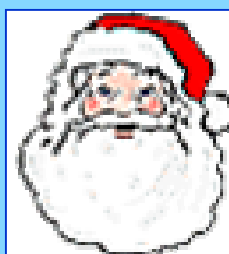


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**WE'RE ON THE  
WEB!**

WWW.ADVANCING  
WHYALLA.ORG.AU/



#### DIARY OF UP COMING EVENTS IN WHYALLA

Dec 14—Advancing  
Whyalla Christmas BBQ

Dec 17—One Steel Carols  
by Candlelight

Jan 20—Advancing Whyalla  
planning day

Jan 26—Australia Day

# Advancing Whyalla

DECEMBER 2006



## MERRY CHRISTMAS FOR 2006 AND A SAFE AND HAPPY NEW YEAR FOR 2007

The Advancing Whyalla/WERIC office will be closed from Friday 22nd December until Monday 8th January.

#### KIDS CORNER—POPULAR ONCE AGAIN



The Labour Day Picnic held on the October long weekend saw hundreds of people turn out to enjoy the day with freebies galore for the kids. Advancing Whyalla was popular again with the kids being able to sit down and draw or colouring in and play with the play dough. Pictured is our stall featuring our newly acquired banner stand which we were able to purchase with the aid of the Whyalla City Council's Community Grants Program. Also pictured are some kids enjoying the 'Kids Corner' activities.

## **Committee Report—from meetings held 12th October and November 9th 2006**

- ⇒ Community Leadership Program—Mark Whitfield (CEO, FRACC), Russell and Jo went to Gippsland on 28/29/30 August and met with the Executive Officer and Program Officer of the Gippsland Community Leadership Program. In this initial meeting we went through a PowerPoint presentation of how the whole program runs, including how participants are selected, approaching business organisations for sponsorship and an approximate cost for a year. Over the next 24 hours we met with 10 past participants and heard their view of the program, which was all in all, excellent. We also got to meet with the original person who instigated the GCLP and heard about the trials and tribulations in setting up a program of this magnitude. Upon returning to Whyalla we have met with Mayor Jim Pollock, Steve Arndt and Amelia Cooper from WEDB and Russell went to Pt Lincoln to meet with Vance Thomas of the Eyre Regional Development Board to arrange a presentation to the EP Local Government Association. The aim at present is to invite a few key people to form a working party to put together a prospectus and gain some sponsorship of the program.
- ⇒ The SA Great Regional Awards were held at the Westlands Hotel on November 28th and unfortunately we did not win in our category of Community Group for the Wellness Guide but Whyalla achieved four overall winners in various categories. A great achievement.
- ⇒ Membership cards and gift certificates are now available from Advancing Whyalla.
- ⇒ The EcoLETS are working through the MOA to become an affiliate group of Advancing Whyalla.
- ⇒ The Sleep Apnoea Support group has approached AW regarding becoming an affiliate group also.
- ⇒ A date for a planning day has been set for January 20th, 2007. A venue yet to be arranged.
- ⇒ We now have t-shirts with the Advancing Whyalla logo to be worn whenever we attend events.
- ⇒ Advancing Whyalla has been invited to help out at the Australia Day celebrations on January 26th next year.
- ⇒ We were successful in receiving \$810 for our display boards from the Volunteers Small Equipment Grant Program.
- ⇒ As an addition to the Welcome Pack, Advancing Whyalla are looking at including a survey for new residents to complete listing their skills, where they have come from, previous voluntary involvement etc so we can keep a database of this information. Participants would be offered a free gift for completing the survey and mailing it to Advancing Whyalla



### **The Advancing Whyalla Committee— 06/07**

President—David Poyner

Vice President—Russell Bambridge

Treasurer—Keith Sichler

Secretary—Jo McGrath

Committee— Trevor Toomer, Clint & Marg Garrett, Denise Sharp, Andy Martin, Jo-Anne Waters, Nadira Pardo, David McBain, John Ulstrup, Gerry Gillen, Loraine Lerc, Natasha Free, Amelia Cooper



During the holiday season be vigilant towards vandalism and crimes to schools and pre-schools. Call School Watch 131 444 or the police on 86488020 (or 000 in an emergency) if you see, hear or even suspect something. If you live near a school or kindy make it your business to keep an eye on it over the holidays. Vandalism costs the community, not just the school. It is not fair to the kids who attend these centres to see their school and hard work destroyed.

### **Advancing Whyalla Gift Certificates available now.**

Buy a membership for a friend or family member. \$5 individuals/families OR \$1 Youth.

No strings attached, receive our bi-monthly newsletter to keep you informed.

## Spencer Gulf Rural Health School Research leads to better Health for Whyalla

The SGRHS based at the University of South Australia established a new research facility early in 2006. This facility houses some sophisticated instruments for assessing body composition (fat, muscle and bone content), cardiovascular fitness, blood pressure, physical fitness and strength. This equipment goes hand in hand with a fully equipped gymnasium for use by staff, students and research volunteers.

The purpose of the research facility is to investigate ways to improve physical and metabolic fitness and ultimately reduce risk factors for cardiac disease, diabetes and other chronic diseases. The intent is to grow Whyalla's reputation as a Centre of Excellence in this type of research with a particular focus on community level research, that is research which takes concepts proven in a laboratory or small study setting, and working out how they can be scaled up to work in large populations.

The research is being done in association with the ATN Centre for Metabolic Fitness and the Nutritional Physiology Research Centre, both based in Adelaide. A/Prof Gary Misan, who is Head of Research at SGRHS manages the new facility in Whyalla, called the Wellness and Fitness Hub.

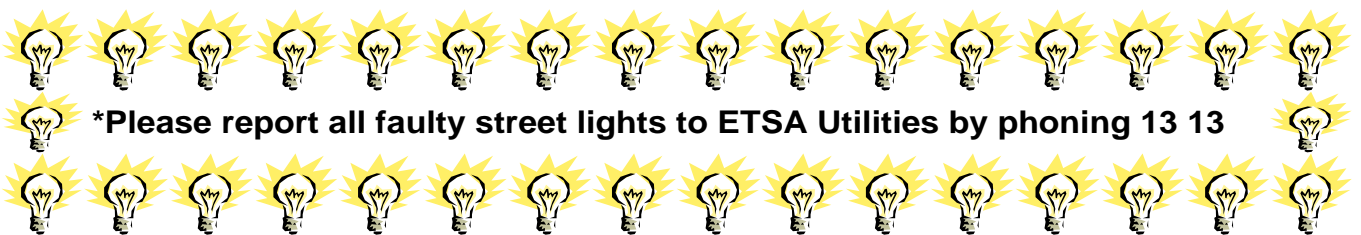
In 2006 two important studies are underway. The first called *Shape up for Life* is a community level intervention trial investigating the impact of a the combination of a non-energy restricted diet and sensible exercise on physical and metabolic fitness. The study commenced in February 2006 and has enrolled 130 participants with metabolic syndrome. Metabolic syndrome is a cluster of characteristics which increase the risk of heart disease and diabetes up to three times compared with the normal population. Volunteers in this study receive free food samples to help them achieve their nutritional goals. These samples are generously donated by our food sponsors: *Specialty Cereals*, *Peanut Company of Australia*, *Port Lincoln Tuna Processors* and *George Western Foods*. Early results have been positive with the people who have been doing what they have been taught showing improvements in body composition and fitness. *Shape up for Life* has attracted local as well as national media attention including a recent story on Stateline on the ABC.

The second study called the *Cocoa study* is investigating the effect of an enriched cocoa drink on blood pressure. We ask volunteers to drink a special cocoa mixture twice daily for 6 weeks. At the beginning and then every three weeks people are fitted with an ambulatory blood pressure monitor which measures blood pressure over 24 hours, the most accurate way to assess blood pressure. For this study volunteers receive an honorarium for their participation.

In 2007 there are more studies planned. The SGRHS has just been awarded more research funds to extend the Shape up for Life by looking into shorter interventions including a psychological intervention and using trained community members to run 'courses' rather than health professionals. The criteria for volunteers for these studies will not be as restrictive as for the initial study. There will also be a number of other blood pressure studies conducted, using more cocoa and other additives, for example whey protein. We will also hope to be investigating the effects or other 'functional foods, for example green tea extract and omega-3 enriched foods on fat metabolism and weight loss.

So here yet again is another win for Whyalla, where Whyalla is shaping up to be a major centre for this type of research in Australia bringing research dollars and kudos to the academic and general community.

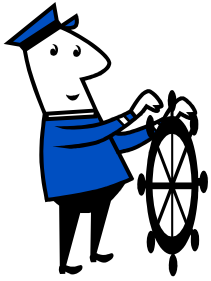
So watch this space for further details about future coming trials, tell your friends, visit us at the University and register your interest in being part of some important and ground breaking research happening in 2007



**Encourage your kids to become  
involved in the community  
Advancing Whyalla Youth Mem-  
bership for \$1.00**



The Whyalla EcoLETS group operate an organic vegetable garden at WERIC and hold market stalls on the first Saturday of every month at WERIC, 88 Hincks Ave. Like most community groups they are finding it hard to attract members and keep their committee running. Anyone who is interested in taking part in this group can contact WERIC on 86441992. Next Market date is 6th Jan 2007.



## NAVAL ASSOCIATION OF WHYALLA



### Fellow ship of sailors

Are you a sailor or ex-naval serviceman interested joining the Naval Association of Whyalla.

Meetings are held on the 2nd Friday of every month at the Sundowner Hotel at 1400 hrs  
Each year they raise money with the aim of sending a cadet on the "One and All." They have had success to date with 3 past cadets who have served on the "One and All" going off to join the Navy.

### Naval Men's Dinner

Easter long weekend at the Sundowner Hotel

\$22 pp—limited tickets, be quick

ALL WELCOME

For more information on the Naval Association of Whyalla

Contact President—John Moore 86491692

### A Cob filled with hot cream cheese dip

Impress friends and family at your next get together with this tasty hot dip.

- |                       |                            |
|-----------------------|----------------------------|
| 1 x cob               | 1x sm red capsicum         |
| 1x 250g Philly cheese | 1x cup grated tasty cheese |
| 6x rashers bacon      | 5x spring onions           |
| 1x 200g sour cream    |                            |



Cut a piece out of top of cob loaf and pull out all bread until you are left with a shell. Keep remaining bread for toasting and dipping.

Finely chop bacon, capsicum, spring onions and garlic and cook for a few minutes. Combine all ingredients and pour into bread. Replace the cut out piece of cob and bake in oven for an hour. (To save time, heat all the combined ingredients in microwave and then pour into bread, then you only need to bake for 15-20 mins until bread is hot \*Remember to toast your leftover bread you pulled out earlier) Serve with toasted bread and crackers. Yummmmy!!!

