

Breakthrough in Diabetes Research

Carola Vinuesa, immunologist from ANU has recently been nominated as a finalist for the Eureka Life Scientist of the Year (People's Choice Award) for her discovery of Roquin, a gene that causes type 1 diabetes and lupus. As you can imagine, this is an enormous breakthrough in diabetes research and will very likely lead to better treatments for these autoimmune diseases. The Lifescientist of the Year Award depends on public voting around Australia and the 6 finalists will also be featured on ABC's Catalyst very soon.

Training? Cycling? Running? Walking? Swimming? Making more use of a Type 1 diabetic body than some people might expect?

We want a team of diabetics to collaborate to raise the profile of Type 1 in sports and physical activity generally in Canberra – and maybe relate to some diabetic teammates! Melbourne group, HypoActive www.hypoactive.org, has already grown out of Reality Check www.realitycheck.org.au and set some tone.

To express interest in joining other diabetic exercisers, to enhance diabetic potential along with your physical fitness contact Andrew Elston on 0432 517 297 or email ael27564@bigpond.net.au or write to PO Box 4204, Kingston ACT 2604.

2008 Cash for Christmas

Well, it is that time of year again. You should have already received your 2008 Cash for Christmas tickets. As you may have noticed first prize has increased by \$10,000. It is now \$20,000 cash. The second prize was generously donated by Woolworths Ltd. It is \$5,000 worth of gift cards. There is your shopping taken care of for one year!

The third prize was kindly donated by Roche Diagnostics. The people at Roche are very supportive of the work we do at Diabetes ACT and are always willing to lend a hand. The fourth prize is made up of a Convection Microwave donated by Harvey Norman and a dinner voucher donated by Le Rendezvous in Manuka to the value of \$100. So if you do not feel like cooking with your microwave you can go out to dinner instead!

The final prize is a book buyer's prize. If you manage to sell the whole book of 10 tickets, you will be entered into a draw for \$1000 worth of fuel donated by Caltex.

How good does the 2008 Cash for Christmas Raffle look! You got to be in it to win it! Good Luck!

HELP SAVE THE PLANET!
Sweettalk now available on the Diabetes ACT website.
Simply download!



- 1st Prize**
\$20,000 cash
 - 2nd Prize**
\$5,000 (50 x \$100) grocery gift cards (Woolworths)
 - 3rd Prize**
LG 42" Plasma TV (Roche Diagnostics)
 - 4th Prize**
Convection Microwave (Harvey Norman) and \$100 Dining Voucher (Le Rendezvous)
 - Book Buyer's Prize**
\$1000 Fuel Voucher (Caltex)
- If you would like to sell some tickets please contact Laurel on 6287 8787 or email Laurel@diabetes-act.com.au

NEW LOOK
www.diabetes-act.com.au
The Diabetes ACT website has now got a new look.

New NDSS Pharmacies in the ACT

For your convenience there are four new pharmacies you can obtain your NDSS Supplies from.

- Hawker Pharmacy**
72 Hawker Place, Hawker Ph 6254 4421
- Kingston Capital Chemist**
58 Giles Street, Kingston Ph 6295 9146
- Curtin Capital Chemist**
42 Curtin Place, Curtin Ph 6281 1058
- Isabella Plains Capital Chemist**
131 Ellerston Avenue, Isabella Plains Ph 6292 1111

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia.

On the Shop front

Jelly Beans are back!
500g Cadbury Jellybeans only \$4.50 per bag.
180g bags Kingsway Jellybeans only \$2.00 each.

Diabetes ACT is having a Planning Day on Wednesday 10 September. Therefore the Shop front will be closed.

We Need You!

Diabetes ACT is urgently looking for two volunteers to look after our web site and Sweettalk newsletter.

If you have web design and editorial skills and are able to spare an hour a week phone Romina on Diabetes ACT on 6287 8727 or email Romina@diabetes-act.com.au

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President's Report



National Diabetes Week



Winning Ticket

Latest News

Prize awarded to Canberra Girls' Grammar student for 'Art In, Butt Out' art competition

The President of the AMA ACT, Dr Paul Jones, today announced the winner of the AMA ACT Tobacco Task Force's 'Art In, Butt Out' competition.

The winning design from Elizabeth Gibbs, a year 8 student at Canberra Girls' Grammar School was a standout. The judges were unanimous in their decision and thought Elizabeth's design 'addressed beautifully the issue of smoking by young women and stated clearly that elegant footwear and a tat are fashion accessories and a cigarette is not'. It is simple, bold and eye-catching and delivered a strong anti-smoking message, which is what the judges were looking for.

Elizabeth's design will be circulating around Canberra on 'Canberra Milk' Cartons in the near future. The presentation was held in the company of Health Minister, Katy Gallagher and Education Minister, Andrew Barr – both of whom have been supportive of the competition.

The competition was conducted through Canberra secondary schools and open to year 8 students including those being home schooled. All of the entries were creative and unique and Dr Jones thanked all of those who submitted an entry for their interest.

The competition was an initiative of the AMA ACT's Tobacco Task Force, whose members include the Cancer Council ACT, Heart Foundation ACT, Diabetes ACT, Canberra ASH and Winnunga Nimityjah Aboriginal Health Service. The competition was held in association with and had the support of the ACT Department of Education, whose staff facilitated advertising the competition through schools. The competition was launched at Lyneham High School earlier this year by Education Minister, Andrew Barr.

The 'Art In, Butt Out' competition won the prize for the 'best public health campaign' conducted by a State or Territory AMA, at the AMA national conference in May. For further information contact Dr Paul Jones on 0416 162 801.

New look Website!

The Diabetes ACT Website has now got a new look. Go to www.diabetes-act.com.au and take a look.

Help Save the Planet!

Sweettalk is now available on the Diabetes ACT website. Please let us know if you would like your copy emailed by emailing diab@diabetes-act.com.au or simply download at www.diabetes-act.com.au

DLA Phillips Fox Government and Business Triathlon

Sunday 7 December

Diabetes ACT is the chosen charity for the DLA Phillips Fox Triathlon. Five dollars from every team entry will be donated to Diabetes ACT to assist the organisation in supporting diabetes sufferers and their families in the ACT region and to promote their important health and disease prevention messages.

Triathlon ACT would like to invite all government and business organisations to participate in this worthwhile team-building and fitness activity. The DLA Phillips Fox Government and Business Triathlon's purpose is to provide a social, fun, fitness based outlet for friendly local, interstate and intra-department competition. The employees benefit with increased fitness, stronger work relations and reduced stress levels. The employers benefit with less employee absences due to illness, higher productivity levels and greater staff relations. It's a Win/Win outcome!

The event is a team triathlon, with each team member completing one leg, either swim, cycle or run. All team members receive a DLA Phillips Fox kit bag at registration. This year trophies and perpetual shields will be awarded to the outright winning teams in both events. All male, female and mixed team category winners will also be awarded trophies.

To add to the Christmas/carnival feel, there will be entertainment for the kids, fresh coffee and food stalls. All competitors will also enjoy complimentary fresh fruit and refreshments in the competitor recovery area. Corporate packages available – \$600 – including 5 team entries plus onsite marquee, chairs and BBQ available on request.

For those of you entering your first triathlon, you are definitely not alone at this event. It is all about beginners having a go. For more information go to the Triathlon ACT website at www.triathlonact.com.au and click on the DLA Phillips Fox tile to the right. Diabetes ACT is putting together a team. If you are interested please contact 6288 9830.

Diabetes World Tour

My name is Delphine and I'm a type 1 diabetic. In 2009, I plan to make a world tour with my husband Christophe. I wish to share this experience with other diabetics. That's the reason why you are welcome to visit www.worlddiabetestour.com. If you have any questions, you can contact us at contact@worlddiabetestour.com

President's Report



Welcome to the Spring 2008 edition of Sweettalk

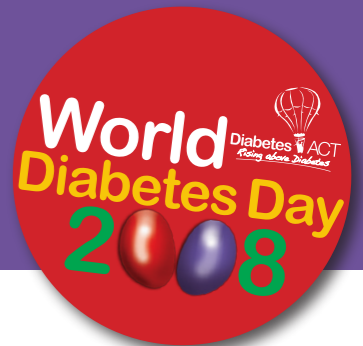
Chief Executive Officer – Mr Gordon Melsom

I would like to welcome Gordon, who joined Diabetes ACT in August as our new CEO. We were presented with an amazing field of candidates to choose from, highlighting the increased awareness of the diabetes condition and the necessity to provide much needed support, education and services.

Gordon joins us from Homelessness Australia. He has a wealth of experience as a CEO working in the not-for-profit sector for client service organisations and will be a great asset leading the Diabetes ACT Team. Please welcome him to the Diabetes Team if you are visiting our office.

Mercedes Benz Car Raffle

I would like to thank all our sponsors for supporting Diabetes ACT in our inaugural Car Raffle; Gary Roberts and his team from Capital Star Motors for their help in ensuring this raffle was a success, Hugh Watkin and his team from Lovedesign for their commitment in producing outstanding material for Diabetes ACT and Canprint Communications for their ongoing support. I am absolutely thrilled to announce that the winning ticket to the Mercedes Benz C-Class 200 Classic was 1403 and belonged to Imrana Noormahomed. We received an excellent response from our members as well as others who support diabetes in the ACT. Well done everyone, I look forward to next year's car raffle!



National Diabetes Week 2008

National Diabetes Week 2008 culminated with an all-day event at Flavours at the Fyshwick Fresh Food Markets on Saturday 19 July.

The day was launched by Katy Gallagher and was followed by food demonstrations by world renowned Chef Jan Gundlach, information from dieticians, exercise physiologists and many other interesting sessions. All who attended, not only got to try some wonderful food but left feeling heartened about how easy it can be to eat healthily.

World Diabetes Day 2008

This year Diabetes ACT has approached Primary Schools and asked them to consider having a 'dress up as your favourite colour jelly bean day'. The theme for the last two years has been diabetes in children and adolescents. If you have a child in Primary School and are interested in having this day at their School on World Diabetes Day please read ahead for more details.

Spring is in the air. Get out and enjoy the spring sunshine and flowers blooming.

Roslyn Jackson

President, Diabetes ACT



Welcome to the New CEO Gordon Melsom

Having recently joined Diabetes ACT, I am looking forward to working with the team at Diabetes ACT in assisting those already afflicted with diabetes to manage their disease and reducing the growth rate of one of the world's fastest growing health issues.

I have worked in both private enterprise and the not for profit sector as a chief executive; as an academic and as a management consultant and has post graduate qualifications in management.

My wife Kathy and I moved to Canberra in 2004 from Perth and now consider Canberra home, although we do miss family and friends. It's a good excuse to go back to Perth periodically.