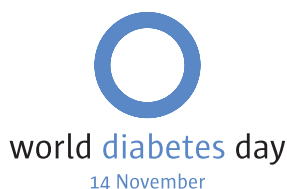


To view these photos and more in the fabulous WDD Virtual Museum, visit www.worlddiabetesday.org/museum

World Diabetes Day

Tower photo by **Veronika Sain**
Parliament House photo by **Jeremy Thompson**



In November, Diabetes ACT hosted a hectic program of local events for World Diabetes Day – a global event that unites millions of people in over 160 countries to raise awareness of diabetes.

The WDD Monument Challenge is a global initiative to Bring Diabetes to Light. Global skies turned blue as monuments and buildings were lit in blue to mark World Diabetes Day. We were excited that **Parliament House** and **Black Mountain Tower** agreed to light up in blue at night all weekend!

On Friday 13 November, the focus was on promoting good health to children. The worldwide theme for World Diabetes Day is **education and prevention**, so getting this message out through schools is a great investment in our future. Diabetes ACT staff visited several of the schools where children were involved in activities to promote healthy activity and healthy eating.

Winners and finalists were announced in our poster competition with the theme **Activity and Having Fun**. We received about 150 entries in the competition and were amazed at the original and colourful artworks

with the message that being active is fun and healthy. Thanks to our partnership with **Active After-school Communities**, every entrant received stickers and temporary tattoos, and we were able to present prizes to all finalists.

Congratulations to the winners whose posters are shown at left.

At nine schools across Canberra, students dressed in bright colours for **Jelly Bean Day**, with the Principal's choice of best-dressed class enjoying a fresh fruit morning tea courtesy of **Fyshwick Fresh Food Markets**.

World Diabetes Day celebrations continued on Saturday 14 November with a seminar on **Travel and diabetes**. More than thirty people attended to hear from four guest speakers who have a range of professional and personal experiences travelling with diabetes:

- **Vashti Biffanti**
- **Tania Hanzar**
- **Dr Craig Brown**
- **Carole Richards APD**

Diabetes ACT and Heart Foundation ACT representatives were at **Belconnen Fresh Food Markets** on Saturday 14 November, with World Diabetes Day posters on display.



Winning poster 9–12y by Emily from Farrer Primary School

Winning poster 5–8y by Jonah from Chapman Primary School



Coming events



Emergency ID

Communication and Partnerships

LAUREL DAVIES

2009 Roundup

Our annual **Cash for Christmas** raffle was drawn on 16 December. Congratulations to the lucky winners and a huge thank you to all our sponsors and everyone who bought tickets!

- First prize ticket number 7311
- Book buyer's prize won by A Bailey

A full prize list with winning ticket numbers is available on our web site

www.diabetes-act.com.au

Thanks to Wendy Saclier for organising a fundraising raffle in December. The raffle for prizes donated by Jenny Adams from **Addicted to Fabric**, Phillip and Mary Donohoe raised \$420 for people affected by diabetes in the ACT.

Coming Events for 2010

Second Movement support Diabetes ACT Fundraiser 'The Best of the Sixties'

DATE	Saturday 6 March
TIME	Dinner 6.30–7.00pm Show 8.00pm
COST	Two-course dinner and show \$72 Show only \$40
VENUE	Top of the Cross, Southern Cross Club, Woden

Tickets can be purchased at the club or by calling 6283 7200.



Car Raffle

With the proud support of Capital Honda we are able to present the Honda Accord Euro valued at \$40 100 in an exclusive raffle of only 4000 tickets at \$25 each.

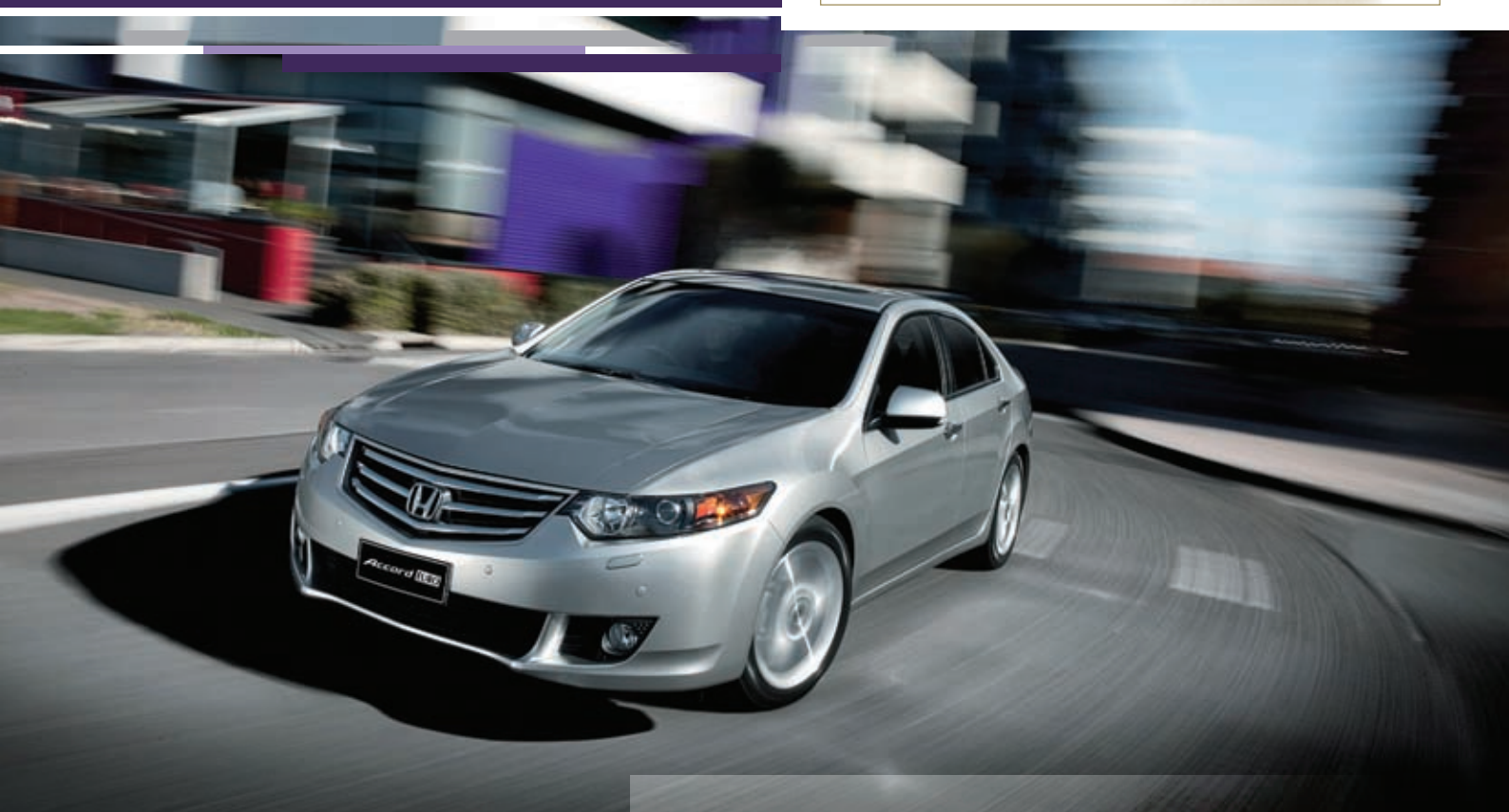
Tickets will be on sale from late February, so stay tuned to the next edition of Sweettalk for more information.



Guardian Angel Gala Ball and Celebrity Singing Bee

Join us for a night of fun and entertainment! We already have some great celebrities signed up for the 2010 Celebrity Singing Bee, so stay tuned for more information in the next edition of Sweettalk.

DATE	Saturday 15 May
TIME	7.00pm
COST	\$150
VENUE	Hellenic Club, Woden



Health Program

TERRI BERENGUER

Programs for 2010

We are excited to announce some changes and new groups in our regular monthly series, plus a new information group for people with or affected by type 1 diabetes!

The calendar on this page outlines our programs for the first few months of 2010.

New groups

- **Newly Diagnosed, Questions and Answers on Diabetes**

An opportunity to get to know our staff, increase your knowledge, identify your feelings and have your questions about diabetes answered.

- **Workshop on Blood Glucose Monitoring**

Help with monitoring and understanding blood glucose levels. What is the National Diabetes Support Scheme? What is HbA1c? We will demonstrate a blood glucose meter and of course you are welcome to bring your own if you have one.

Our **'Spot the carb'** group continues to be popular and this year will offer **Basic** and **Advanced** groups in alternating months.



DIG

Type 1 Diabetes Information Group

A new type 1 Diabetes Information Group for adults in Canberra, called **DIG**, is being planned monthly for 2010.

If you're a person living with type 1 diabetes – or their spouse, parent, carer, sibling, etc. – we would really value your input. This will help us shape a group that is fun, informative and relevant.

You can choose to complete a short survey online by visiting our website www.diabetes-act.com.au

If you would like to be part of DIG, please RSVP to Terri Berenguer on 6287 8725 or email terri@diabetes-act.com.au

Calendar of Events

More information about all of these events can be found in this edition of Sweettalk.

JANUARY

Wednesday 13	Newly Diagnosed, Questions and Answers on Diabetes	9.30–11.00am
Wednesday 13	Workshop on Blood Glucose Monitoring	11.15am–12.15pm
Thursday 21 and Friday 22	Diabetes Psychologist appointments available #	
Thursday 28	GI Nutrition Group	9.30–11.00am
Friday 29	Carb. Counting – Basic	1.30–3.00pm

FEBRUARY

Tuesday 2	Foot Education in Diabetes Group	10.00–11.30am
Thursday 4	Basic Nutrition Group	9.30–11.00am
Wednesday 10	Newly Diagnosed, Questions and Answers on Diabetes	9.30–11.00am
Wednesday 10	Workshop on Blood Glucose Monitoring	11.15am–12.15pm
Wednesday 24	Canberra Type 2 Diabetes Support Group	10.00am–12.00pm at Grant Cameron Community Centre, Holder
Thursday 25	GI Nutrition Group	9.30–11.00am
Thursday 25 and Friday 26	Diabetes Psychologist appointments available #	
Friday 26	Carb. Counting – Advanced	1.30–3.00pm

MARCH

Tuesday 2	Foot Education in Diabetes Group	10.00–11.30am
Thursday 4	Basic Nutrition Group	9.30–11.00am
Wednesday 10	Newly Diagnosed, Questions and Answers on Diabetes	9.30–11.00am
Wednesday 10	Workshop on Blood Glucose Monitoring	11.15am–12.15pm
Thursday 11 and Friday 12	Diabetes Psychologist appointments available #	
Thursday 25	GI Nutrition Group	9.30–11.00am
Friday 26	Carb. Counting – Basic	1.30–3.00pm
Wednesday 31	Canberra Type 2 Diabetes Support Group	10.00am–12.00pm at Grant Cameron Community Centre, Holder

Unless otherwise indicated, all events are held at Diabetes ACT, Holder.

For group and seminar bookings please contact Janet on 6287 8730 or email janet@diabetes-act.com.au

To make a Diabetes Psychologist appointment please call (02) 9940 3487 or 0412 987 544.



Diabetes ACT
Rising above Diabetes

NDSS News

CEO Report

Anita Roberts

Two new sub-agent chemists have been appointed to provide even easier access to purchase your NDSS products:

CHEMIST WAREHOUSE WODEN

24 Corinna Street, Phillip,
phone 6281 4884

EVATT PHARMACY

Heydon Place, Evatt,
phone 6259 9200

You can find a complete listing of all NDSS sub-agents on our website

www.diabetes-act.com.au

STEPHEN CROCKER

Dr Prabir Kumar De was elected as President at the 2009 Annual General Meeting. The Vice President, Theo Dimarhos, has rejoined the Board, bringing with him considerable experience in small business.

Two new directors are Tania Hanzar and Dr Tony Huynh. Tania is a dietitian working in the area of health promotion. Tony is a paediatric endocrinologist who has recently moved to Canberra with his young family, having worked for several years at the Mater Children's Hospital in Brisbane.

Many thanks to retiring Directors for their hard work and dedication to Diabetes ACT.

Gordon Melsom has recently retired, having been CEO since August 2008. Diabetes ACT wishes Gordon all the very best in his future endeavours.

Stephen Crocker

CEO

Emergency Identification

Diabetes Australia recommends that all people at risk of hypoglycaemia wear some kind of medical identification. In cases of emergency, medical identification can alert ambulance attendants, police officers and others of the need for early intervention.

Am I at risk?

Hypoglycaemia can occur in people using insulin, and some other diabetes medications.

In the Diabetes ACT shop

- **Diabete-ezy** dog tags indicate the wearer has diabetes and to call 000 in an emergency. Can be personalised if you wish to take to an engraver after purchase.

MEMBER'S PRICE \$18.86

- **flashID Classic** tags and watches contain a 512MB USB key. You can use this to save such personal and medical information as you wish. There is no external database,
- so you are in total control of the information. You can find more information at www.flashid.org

SPECIAL PRICE FLASHID CLASSIC \$20, FLASHID WATCH \$30

Other identification products

- **Medic Alert** 24hr personal medical emergency information and identification service. Information is available at Diabetes ACT, or online at www.medicalert.com.au
- **flashID Watch** medical alert is a customised video clip that can be downloaded onto any mobile phone which has video capabilities. The clip will have medical and identification information and what to do in case of an emergency. For more information visit www.lifexaver.com



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DIABETES ACT BOARD

President Prabir Kumar De
Vice President Theo Dimarhos
Directors Susan Grigson, Tania Hanzar
Dr Tony Huynh, Stephen Crocker (CEO)

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