

Welcome to the September 2010 Health Promotion Newsletter. Did you have a chance to read our last newsletter? If not, refer to the intranet notice for the link and have a read...

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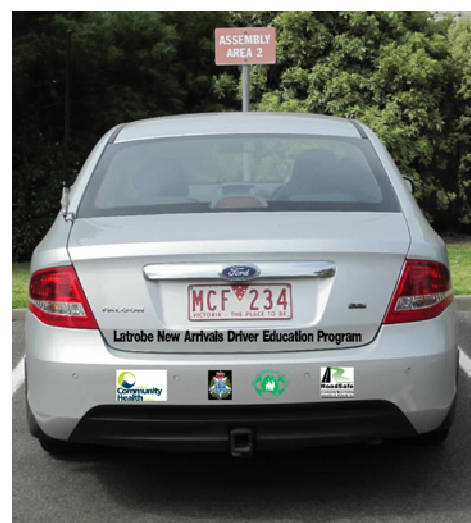


Websites of interest...

Life! Taking Action on Diabetes is a type 2 diabetes prevention program for Victorians aged 50 years and over. Have a look at www.diabeteslife.org.au
 Looking for ideas to take care of your general health and wellbeing? The Heart Foundation website provides information, recipes and tips on healthy living and can be found at www.heartfoundation.org.au

Vehicle Donated for Community Learn to Drive Program

The Latrobe New Arrivals Driver Education Program recently progressed to an exciting new phase, with the launch of a 5-star ANCAP safety-rated vehicle which was donated by Valley Ford. The launch, held at VicRoads in Traralgon, was the result of a successful partnership between local agencies and organisations which has been developed throughout the past year. Latrobe Community Health Service is a partner in the three-year project which aims to provide an opportunity for newly arrived refugees and migrants to gain important driving skills and become safer road users. The program relies on community volunteers to provide supervision for the learner drivers as they progress towards gaining their Victorian Probationary Driver's Licence. The donation of the vehicle by Valley Ford will enable program participants to become more familiar with driving, after gaining their learner's permit and completing an initial series of road rules classes with Victoria Police. Volunteers are encouraged to consider registering for this rewarding program. For more information, please contact Barb Radley, Health Promotion Officer on 5136 5321.



Latrobe Breastfeeding Friendly Directory Launch



Latrobe Community Health Services and Latrobe City Council together with Best Start Project partners, are pleased to announce the launch of the *Latrobe Valley Breastfeeding Friendly Directory* on the 8th of September 2010 at LCHS Morwell.

The *Latrobe Breastfeeding Friendly Directory* has been developed as part of the *Breastfeeding Welcome Here Initiative* which aims to increase the rate of breastfeeding in Latrobe City by creating supportive environments.

The directory is an informative resource for new parents. It lists the location of local cafés and restaurants where mothers can comfortably breastfeed in public and provides other useful contacts and information.

Businesses that display the *Breastfeeding Welcome Here* sticker have given their support and commitment towards the project, indicating that a suitable and supportive environment for women to breastfeed is provided within that location.

***Breastfeeding
welcome here***



Make your Mark on the Skate Park

On Saturday 15th of May 2010 approximately 60 young community members of Yallourn North put their mark on their skate park. With advice and training from artist John Vukovic, young people turned the concrete and steel skate park into an incredible piece of art.

The initiative started three years ago by a young Yallourn North community member asking Latrobe City Council for a skate park, the whole community got behind this idea and early this year the structure of the skate park was completed. "Make your Mark on the Skate Park" was the finishing touch to the project and was led by Latrobe City Council with support from Latrobe Community Health Service and a number of local organisations who worked in partnership with the Yallourn North community to help the vision become a reality.

"Make your Mark on the Skate Park" aimed to engage local young people to create a feeling of ownership over the skate park, and offer them an opportunity to learn new skills in design and aerosol art. An art training session was held at Yallourn North Primary School and the Yallourn North Hall days before the event to help develop art skills of the interested children and youth and to give them a chance to design their piece of art for the skate park.

Through the community's fantastic effort and dedication their skate park along with the Yallourn North & District Historical Society were nominated in the 2010 Tidy Towns Sustainable Communities competition. Judging for Tidy Towns occurred on the 16th of June and the Yallourn North & District Historical Society was the winner for the category of Cultural Heritage. Unfortunately their skate park did not win, however the judge was very impressed and congratulated the community on their efforts.

Thank you to everyone involved with this project, especially the young community members of Yallourn North, the Yallourn North Action Group and the Yallourn North primary school for letting us borrow their paint brushes!



Barley Chicken Casserole

Barley is perhaps one of the healthiest grains available yet is often under-utilised in the western diet. It is a wonderfully versatile cereal grain with a rich nut-like flavour and an appealing chewy, pasta-like consistency. It is high in fibre and selenium and a good source of phosphorous, copper and manganese. Sprouted barley is naturally high in maltose, a sugar that serves as the basis for malt syrup sweetener. Barley is economical to use and has a fantastic flavour when added to winter soups and stews.

Ingredients

- 2 tbsp olive oil
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 1 cup pearled barley (soak for ten hours in water)
- 3 cups chicken or vegetable stock
- 4 pieces chicken Maryland, skin removed
- 1 large tin of Roma tomatoes
- Freshly ground black pepper
- Freshly or dried tarragon

Method

Brush skinned chicken pieces with 1 tbsp olive oil and brown evenly in frying pan. Heat remaining olive oil in a separate pan and sauté onions and celery until tender. Add pre-soaked drained barley and sauté 2 minutes more, stirring constantly. Add stock and bring to the boil. Stir, cover and simmer for 40 minutes. Place cooked barley in a casserole dish and arrange chicken on top, then cover with tomatoes. Sprinkle with 2 tsp dried or 1 tbsp fresh chopped tarragon and season with pepper. Place lid on casserole and bake in moderate oven (180°C) for approximately 1 hour, until chicken is tender. Serve with cooked vegetables. This recipe could also be prepared in a slow cooker with times adjusted accordingly.



Granola Bars

Rolled oats are traditionally oat grains that have been rolled into flat flakes under heavy rollers and then steamed and lightly toasted. The oat, like the other cereals, has a hard, inedible outer husk that must be removed before the grain can be eaten. Whole oats are an excellent source of thiamin, iron, and dietary fibre, which is helpful in reducing cholesterol levels in the bloodstream. Oat products also contain beta-glucan, which may help Type 2 diabetics control their blood sugar level. The following recipe is suitable as a snack bar for active people on the go.

Ingredients

- 2 cups rolled oats
- 1/2 cup packed brown sugar
- 1/2 cup wheat germ
- 3/4 teaspoon ground cinnamon
- 1 cup plain flour
- 3/4 cup raisins (optional)
- 1/4 teaspoon salt
- 1/2 cup honey
- 1 egg, beaten
- 1/2 cup vegetable oil
- 2 teaspoons vanilla extract

Method

Preheat the oven to 175 degrees C. Generously grease a 22x32cm baking pan. In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt. Make a well in the center, and pour in the honey, egg, oil and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan. Bake for 30 to 35 minutes in the preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.

