

HAEMOPHILIA FOUNDATION AUSTRALIA www.haemophilia.org.au

MESSAGE FROM THE COMMITTEE

Hello,

This year has been a very big year and we hope that you have enjoyed reading our newsletters. We wish you all, and your families, a safe and happy festive season.

Please feel free to drop us a line over the holidays at hfaust@haemophilia.org.au. Don't forget you can write about what you did over the holidays or any ideas and suggestions you may have.

.....From the Youth Committee

WHAT TO DO THESE SUMMER HOLIDAYS?

- \Rightarrow Go to the beach.
- ☆ Go camping.
- Mini sports day go to the park with some basic sports equipment such as a soft ball, skipping rope, plastic set of skittles or badminton racquets and shuttlecocks. Take turns to challenge each other to games, and keep score. Organise simple races, for example weaving in and out of trees along a certain length of the park, a hopping race, a three-legged race or an obstacle race.

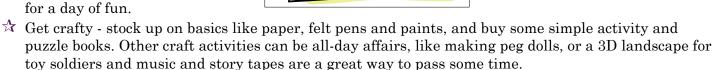


- ☆ See a movie.
- It's showtime set a theme, for example, The Pirate Invasion, The Lost Fairy or The Magic Cat and create a show. You can make it into a big event by making tickets, putting up a makeshift curtain and preparing interval refreshments. Alternatively, liven up a video by making popcorn,
- ☆ Go fishing.
- ☆ Visit the Zoo or Aquarium.
- ☆ Visit your local Aquatic centre and go swimming or have swimming lessons.

sitting in semi-darkness and making it feel like a real cinema.

- ☆ Have a picnic.
- Make a tent recreate the thrill of being under canvas by pegging old sheets or blankets over the washing line or rotary dryer and weighting them at the corners to create a tent. Put a blanket on the ground and get some snacks for a day of fun.





ROLE MODEL - Brett Lee, Australian Cricketer

(Extracted from www.brettlee.net)



Date of birth: 8 November, 1976

Star sign: Scorpio

Place of birth: Oak Flats, New South Wales, Australia

Schools attended: Balarang Public School and Oak Flats High School

Nicknames: Bing, Binga

Height: 186.5 cm ("that half-centimetre is important")

Family: Parents - Helen & Bob, and brothers - Shane (older) and Grant (younger)

Marital status: Single

Occupation: Australian Cricketer and Suit Salesman at Barclays Menswear **Teams:** Australia (national), New South Wales Blues (state) & Mosman (club)

Fastest delivery: 160 km/h

Most precious belonging: "My family - we're a very tight-knit unit. If someone told me that I had to give up fashion, cricket and my music to guarantee my family's health and happiness, I'd do it."

Shoe size: 13

Interests: Playing the acoustic or bass guitar, fashion and fresh water fishing

What attracts him: A great smile, a good personality and humour. I'm a sucker for dimples.

Favourite food: His mum's lasagne

Favourite beverage: Soda water or a Corona with lemon

Favourite music: Ranges from Mozart to AC/DC. Has admitted to being an Elvis fan as well as a

Human Nature fan! Also has been known to listen to S Club 7 and Backstreet Boys.

Favourite movie: Shawshank Redemption

Favourite night in: Watching TV or a movie, writing a song **Manager:** Neil Maxwell of Sporting Frontiers Management

SLIP SLOP SLAP

(extracted from www.sunsmart.com.au)

This summer don't forget to **SLIP SLOP SLAP**. Australia has the highest rate of skin cancer in the world. People of all skin types and of all ages need to protect their skin from the sun to reduce the risk of skin cancer. For best protection from the sun, a combination of sun protection measures is recommended. Here are some tips.



SHADE

Shade is one of the most effective ways to protect yourself from the sun. But remember that even in the shade, ultraviolet (UV) radiation can reflect from surfaces such as water, sand and concrete.

There is natural shade such as tree and plants or bring a portable shade structure, something easily transported.

CLOTHING

Protective clothing serves two purposes. It protects the skin from ultraviolet (UV) radiation by providing a barrier between the skin and the sun. It also allows the body to cool itself naturally by encouraging sweat and preventing capillaries from swelling. As clothing doesn't cover all your skin, remember to apply sunscreen to exposed areas and wear a hat.

When buying clothing look for:

- Clothing made of fabric rated above ultraviolet protection factor (UPF) 30+. UPF 50+ provides the highest level of protection. Fabrics which don't carry a UPF rating don't necessarily offer less protection than those that have been tested, but it will be more of a guessing game.
- Loose garments (also allow for air circulation).
- Shirts with collars and elbow length sleeves.
- Long trousers or skirts; shorts should be at least knee length.
- Close weave fabric, which will restrict sunlight penetration.
- Lightweight fabrics, such as linen, cotton or hemp, which will keep you cool.



HATS

Research shows that wearing a good sun-protective hat substantially reduces the amount of ultraviolet (UV) radiation reaching the face, neck, ears and head. Protecting the head and face is very important. Common sites of skin damage and skin cancer are the neck, ears, temples, lips, face and nose. The face is also the part of the body that is most sensitive to premature ageing. Always remember to use other sun protection measures, such as shade, sunscreen and sunglasses to protect your face, as hats will not block out 100% of UV radiation.



SUNGLASSES

Eyes, like skin, can be damaged by exposure to ultraviolet (UV) radiation. Repeated exposure of unprotected eyes to UV radiation causes short-term and long-term damage. Sunglasses protect your eyes from ultraviolet radiation, reduce the risk of short-term damage and irritation to the eyes from ultraviolet radiation and long-term damage such as cataracts.



SUNSCREEN

Sunscreen protects areas of the body that cannot be covered with clothing or hats. For best protection, use sun protection factor (SPF) 30+ broad spectrum, water resistant sunscreen. It is important not to rely on sunscreen as the only form of sun protection. No sunscreen offers 100% protection from ultraviolet radiation. UV radiation is divided into UVA, UVB and UVC. UVC has the shortest wavelength and cannot get through the ozone layer to reach us. But UVA and UVB reach the earth's surface. They have both been linked to skin cancer. SPF 30+ broad spectrum sunscreen filters out about 97% of UVB rays and 90% of UVA.

Tips for applying sunscreen

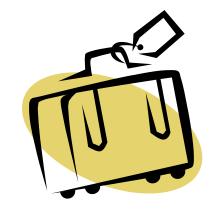
- Apply sunscreen to clean, dry skin.
- Use a teaspoon of sunscreen for each limb. Most people do not apply enough sunscreen.
- Apply sunscreen twenty minutes before going outdoors to give it time to bond to your skin.
- Reapply sunscreen every two hours or more often if you are swimming or sweating a lot.
- Never use sunscreen to spend more time in the sun.

For more information and tips visist www.sunsmart.com.au

ARE YOU GOING ON HOLIDAYS?

Have you arranged a supply of clotting factor to take with you?

Don't forget if your going overseas, you need to take documentation with you about your treatment needs and the product and equipment you are carrying. Talk to your Haemophilia Centre health professional or HFA if you need any information about this.





On behalf of the youth committee we wish you all, and your families, a safe and happy festive season.

SOMETHING FOR THE KIDS...

CELEBRATING THE FESTIVE SEASON IN AUSTRALIA

Christmas time special to Australians for it is our summer holiday season and students especially are wrapping up their school year. That means sitting for end of year exams and waiting for results, as well

as getting ready for the summer holidays. For the majority of Australian students this means ...SUN....SURF....SHOPPING. For students it means an end to homework and school studies and the beginning of lots of time for family, relatives and "mates". Our neighbours, the New Zealanders are actually the first ones to really celebrate the joyous day of Christmas. New Zealand is the first country immediately west of the international date line.

So how do we REALLY celebrate Christmas? You must remember that Australia, though huge in size, has a population of just over 20 million people. Our country is a harmonious mix of many ethnic groups. Our backgrounds are very varied....our people

have connections with England, Scotland, Ireland, Northern Europe, Italy, Greece, Spain, France, Middle East, Vietnam, China, Japan, Thailand as well as North and South America. So you can imagine that each of these national groups brings the colour, customs and festive rituals of the Christmas celebrated in their respective homelands. As Australians we are able to appreciate culturally diverse Christmas and New Year celebrations.

For many of us, our Christmas celebrations have been heavily influenced by Anglo-Celtic influences. The English style of Christmas served as our model for celebrating Christmas......right down to the traditional roast turkey and steamed pudding in over 35 degrees heat. Today with the huge influx of overseas migrants our Christmas celebrations are heavily influenced by our multiculturalism. Common sense is prevailing today in terms of weather. Traditional dinners have been replaced with family gatherings in back yards, picnics in parks, gardens and on the beach. For many, it is the occasion to be with friends and relatives, to share love and friendship and not to forget, the exchange of gifts in the traditional manner. For many, it is of course a time to enjoy and consume special food. A typical Christmas menu could include seafood, glazed ham, cold chicken, duck or turkey, cold deli meats, pasta, salads galore, desserts of all types, fruit salad, pavlovas, ice-cream plus Christmas edibles of all varieties such as mince pies, fruit cake, shortbread and chocolates.

CHRISTMAS WORD FIND

| Boas Festas | Bells | Feliz Navidad | Sheng Tan Kuai Loh |
|---------------------|----------|---------------|--------------------|
| Buon Natale | Presents | Holly | Angel |
| Joyeux Noel | Tinsel | Candy | Rudolph |
| Merii Kurisumasu | Family | Mistletoe | Reindeers |
| Merry Christmas | Santa | Cards | Pudding |
| Prettige Kerstdagen | Tree | Stockings | Carols |

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