



## Brisbane airport among world's best

Brisbane Airport has been named among the world's best in a worldwide survey of 8.2 million travellers.

Hong Kong International Airport was voted the world's best airport in the independent Skytrax World Airport Awards 2008, announced this month.

Brisbane was named the best airport in the Australia/Pacific region, ahead of Auckland and Adelaide.

Passengers were questioned on check-in and departure service, shopping, dining, terminal cleanliness, security and immigration. Brisbane Airport spokesman Jim Carden said the gong was a "pleasant surprise". "It's actually not an award you nominate for ... so we're very chuffed," he said. Skytrax chief executive Edward Plaisted said most airport grievances stemmed from dealings with immigration and security officers.

"Easy transportation, quick check-in, good shopping and dining facilities, clean terminal areas - all the positives can easily be undone when confronted by a 20 minute security queue, especially if one also finds that only half the security facilities are operational," he said.

# Bold vision for 'sustainable' Melbourne

Melbourne will be one of the world's top 10 sustainable cities in 12 years time, if a bold vision for the city is realised.

Rated a few years ago as the world's most liveable city, and still among the top few, Melbourne is now aiming to emerge at the top of cities spruiking their sustainability credentials.

A draft plan released on Wednesday envisions a city that, by 2020, has public transport running 24/7, low energy emissions, and a decent chunk of affordable housing.

The Future Melbourne plan, developed over the past year with input from 15,000 people and groups, also hopes to increase the proportion of workers commuting to the CBD without cars from 72 per cent to 90 per cent.

But the city hasn't given up entirely on its liveability ambitions, with a target to regain its number one place on the Economist Intelligence Unit's Quality of Life Ranking high up on its list of priorities.

The Future Melbourne plan was developed by a reference group for the City of Melbourne municipality, which covers the inner city and surrounding areas including Southbank and Docklands.

Reference group chair Carol Schwartz admits some of the goals are ambitious.

"We actually believe that what we are handing over to the city is quite achievable," she told reporters in Melbourne.

"I think it's very ambitious and I think it's great to be ambitious."

Some of the draft plan's more ambitious targets include reducing residents' and workers' greenhouse gas emissions.

By 2020, the plan envisages 140,000 people living in the inner city municipality, up from about 86,000 currently.

It proposes reducing residential greenhouse gas emissions by 35 per cent per capita by 2020 from 2000 levels, and 59 per cent per worker from energy consumption levels in 2006.

Drinking water usage is proposed to be reduced by 40 per cent per resident and 50 per cent per worker, compared to 2000 levels.

Under the plan, chronic homelessness in the inner city would be eliminated and 20 per cent of all new housing developments would be affordable or social housing.

When it comes to reducing traffic congestion, Lord Mayor John So said the council would work to encourage modes of transport other

than cars to ferry people to the city, rather than imposing a congestion tax.

"Public transport at the moment is one of the challenges facing Melbourne," he said, adding the council was working with the state government to tackle the problem.

With the number of peak hour city cyclists doubling from four per cent in 2006 to eight per cent last year, the plan envisions encouraging two-wheeled transport further.

This would include slowing down traffic to 30km/h to make streets safer for cyclists, designing dedicated lanes and offering a public bicycle rental system, akin to Paris.

One of the 152 targets in the plan is to have a 24-hour stimulating and safe city, including round-the-clock transport.

To achieve this the council would need to work with the state government and service providers, Council chief executive Kathy Alexander said.

"If you have got a 24-hour city you do need to consider the range of services, it's not just about transport," Dr Alexander said.

The draft report, which cost more than \$500,000 to compile, will be considered at a council planning meeting in September for inclusion into the next four-year strategy.

# Tackling diabetes

A RECENT report has confirmed the increasing prevalence of diabetes and its devastating impact on the health system.

Diabetes Australia has called for greater understanding and intention to avoid serious complications.

A Kogarah dietician Geraldine Georgeou, has found that many of her patients come to her well after they have been diagnosed. Some were already experiencing complications and facing injecting insulin as their pancreas had lost the ability to produce its own.

"If left untreated, glucose builds up in the blood stream resulting in high blood sugar levels that increase the risk of other diseases such as heart disease, kidney, nerves, skin and eye disease," Ms Georgeou said.

As most foods, including breads, pasta, rice, fruit, starchy vegetables and dairy all break down to glucose and thus have an effect on blood sugar levels, many people are confused about what to eat.

"I have patients who tell me they simply have fruit throughout the day, not realising each piece of fruit will break down to glucose eventually and may even cause erratic sugar levels" Ms Georgeou said.

So choosing the right snack and meals is important. Ms Georgeou has worked out some healthy eating guidelines for diabetics.

The diet should be:

- High in fibre
- high in wholegrain carbohydrates and/or in low glycaemic evenly distributed throughout the day.



Geraldine Georgeou

- moderate in salt and sugar.
- low in saturated fats
- it also should incorporate a variety of vegetables, fruits, legumes, lean red meats, fish and low fat dairy foods.

The glycaemic index or GI describes carbohydrates according to their effect on blood glucose levels.

Choosing low GI carbs - the ones that produce only small fluctuations in blood glucose and insulin levels - is the secret to long-term health and the key to sustainable weight loss. The glycaemic index is a ranking of foods from 0-100 where glucose is ranked as 100.

Some Suggested help for diabetics.

- link up with the diabetes team in your area
- test blood glucose levels regularly
- always take your insulin
- be sure to take your tablets
- be as active as you can
- have a healthy eating plan
- keep a positive mental attitude

### HIGHS AND LOWS

Examples of high GI products (bold)

(with alternative low GI products);

white bread (burgen wholemeal - with seeds bread) - pumpkin (sweet potato) - brown rice (basmati rice or doongara rice) watermelon (pear) - cornflakes (oats) - cruskits (vitawheats) iceblock (low fat icecream) - drinking yoghurt (low fat yogurt) juice (milky drinks such as Glucerna SR)

Geraldine Georgeou is an accredited practising dietician at Kogarah and Randwick. Details, bookings: 9588 3211

• Article from St George and Sutherland Shire Leader

## Aussie tourist bashed, in coma in Greece

*An AUSTRALIAN tourist is in a coma in an Athens hospital after a confrontation with bouncers at a nightclub on the Greek holiday island of Mykonos.*

*Police said the 20-year-old man, whose identity was not released, was among six Australians who ran up against the four doormen at the Super Paradise club, a popular beachfront hotspot.*

*He was reportedly hit on the head with a baton, while two of his companions sustained minor injuries.*

*The man was sent to a health centre on Mykonos, then to hospital, before he was transferred to the Henry Dunant Hospital in the Greek capital where he was said to be in a coma.*

*Police arrested two of the bouncers, and were looking for the others, after they were told about the incident yesterday by the Australian embassy.*

*The two so far arrested have claimed the Australians were suspected of having stolen bags and wallets in the nightclub, a police official said. Both were to appear before prosecutors.*