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## Valley awarded unique UN status

A Welsh valley has joined the likes of Uluru (Ayers Rock) in Australia and Mount Olympus in Greece as a United Nations area of special interest.

The Dyfi Valley was first designated a biosphere in the 1970s, but rule changes in the 1990s meant sites had to reapply under new criteria.

Biospheres must have unique habitats, but they are also an example of how communities can live sustainably. The Dyfi takes in parts of Ceredigion, Powys and Gwynedd. Aberystwyth, Llanbrynmair, Llanymawddwy, Corris Uchaf and Aberdyfi will form part of Unesco's (United Nations Educational, Sci-

entific and Cultural Organisation) new Biosphere Dyfi Biosphere. The Dyfi Valley is Wales' only biosphere and the UK's second - there is another in north Devon. Environment Minister Jane Davidson made the announcement on behalf of Unesco.

She said: "This status is a great honour not only for the area but also for Wales. "The Dyfi Valley now joins a world-class group of special places for both people and nature. It provides a valuable example of how communities can live in a sustainable way.

"It is my hope that this special status can bring new opportunities for the environment, local culture and

provide truly sustainable economic development."

The unique status means the area joins the likes of Uluru in Australia and Mount Olympus in Greece as one of 553 Unesco biospheres.

Pete Frost of Countryside Council for Wales, who is also Wales' representative on the Unesco UK Man and biosphere committee said: "Being part of Unesco's world network of biosphere reserves will raise the profile of the Dyfi Valley on the world stage.

"The elite status offers a golden opportunity to build a vibrant economy based on the area's fantastic natural assets, while also safeguarding local culture."

## John Hatzistergos MLC signs pledge to support the fight against heart disease

John Hatzistergos MLC recently joined ranks with fellow Parliamentarians in NSW and agreed to help raise awareness among women about heart disease.



At a Parliamentary breakfast hosted by the Heart Foundation on 4 June 2009 as part of its 'Go Red for Women' campaign, Mr Hatzistergos said: "Heart disease is the biggest killer of women, claiming the lives of 30 women every day."

"And yet, in a recent survey conducted by the Heart Foundation, nearly 80% of women were unaware that heart disease was the leading

cause of death among Australian women.

"The Heart Foundation is concerned that women tend to think of heart disease as a male problem and consequently may not be seeking vital health checks or taking action to reduce their risk.

"The good news is heart disease is preventable.

"The Heart Foundation Go Red for Women campaign outlines five healthy choices women can make to improve their heart health:

1. Get regular checkups - when you next visit your GP or doctor ask for a heart disease risk assessment.

2. Know your numbers - find out your blood pressure, cholesterol level and waist circumference - and check these regularly.

3. Be smoke free - kicking the habit is the single most important thing you can do to reduce your risk and it is never too late to benefit from giving up.

4. Enjoy healthy eating - include a variety of foods from different food groups.

5. Be active every day - regular, moderate physical activity is good for the heart. The Heart Foundation recommends you include at least 30 minutes or more on most or all days of the week.

"The Heart Foundation is inviting all Australians to help raise awareness and funds by attending a Go Red for Women event or simply donating," said Mr Hatzistergos. Funds raised will go towards education and research into women and heart health. To find out more visit: [www.goredforwomen.org.au](http://www.goredforwomen.org.au)

## Statement re death of Professor Chris O'Brien

"It's hard to believe Chris O'Brien is gone.

"He brought so much hope to others, not just in his career as a surgeon and media personality but in the two and half years he battled his own cancer.

None of us have missed the cruel irony that the insidious disease Chris spent his life fighting ended up claiming that life, cutting short the decades of service he still had to offer. "A self-described 'idealist', Chris O'Brien's extraordinary legacy will endure in the Lifehouse Sydney Cancer Centre, the first of what will be many purpose-built integrated cancer centres across the nation.

"His legacy will also remain in the hearts and memories of all those whose lives he saved and all those he touched via television, in every part of Australia, who felt close to this man of exceptional wit, empathy and talent.

"Those who claim there are no heroes anymore are wrong. We just lost one. "Professor Chris O'Brien will be mourned and missed by the people of NSW.

"Our thoughts and prayers are with his wife Gail, their children Adam, Juliette and James and their whole network of family and friends who grieve so great a loss today."



Ray White  
Ramsgate Beach

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στον κ. Αδαμόπουλο 9599 4662, στην

κα Ρένα 9558 5997.

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Εκ των Δημοσίων Σχέσεων.  
Δημήτριος Ψαρρός 9699 2782