



Yana Belogiannis

Yana Belogiannis is a Child and Adolescent Specialist, who is passionate about improving emotional and behavioural wellbeing in youth. Yana has developed several evidence based programs that build self esteem, healthy relationships, motivation and coping mechanisms in dealing with challenges. These programs, known as 'Strive High,' have been developed into fun and interactive workshops and seminars for youth (5-20 years of age), as well as for parents and educators (K-12). Yana also runs youth mentoring programs that assess individual learning styles and environmental influences in helping youth to maximise their potential and achieve positive growth. Yana's passion for youth development includes a special interest in communication technologies (such as the internet, video games and mobile phones) and the behavioural impact they have on the wellbeing of children and adolescents, particularly the prevalence and impact of cyber bullying and obsessional online use.

Her work in this field has led to significant media coverage

<http://www.kidsandteens.com.au/latest-news>

In addition to her work with the Kids and Teen Group, Yana is undertaking an internship in Child and Adolescent Psychology at the Clinical Centre of the Brain and Mind Research Institute.

Cyber Bullying talk on The Morning Show, Channel 7

Our very own Yana Belogiannis was invited to speak on Channel 7's Morning Show with Larry Emdur and Kylie Gillies on CYBER BULLYING. Cyber bullying is becoming more of a problem in today's youth culture, so we are working hard with youth, parents and schools to reduce its impact on our children and teens.

Bully - Proof Your Children Parent Presentation

Date: 01/05/2010

Time: 9am - 11am

Facilitator: Yana Belogiannis

Venue: 11 Farran Street Lane Cove

Cost: \$48.00 inc GST

Catering: Light Breakfast Provided

Add tradition to gourmet dinner

It is good news for lovers of gourmet cooking. One of the best-known restaurants in St George, Omeros on the Beach, is planning another gourmet dinner. Consequently, our advice is to book early for this special event taking place on Friday, April 30.

These special events which are planned by owner/manager, John Omeros are invariably booked out just as the last event, a special evening of Greek food, had would-be diners disappointed at missing out.

This time, Mr Omeros has devised a seven-course banquet with suggested wines to accompany each course, beginning with a flute of champagne with an appetiser of lobster salad spoons and ending with a glass of dessert wine, with a raspberry brulee and baklava roll.

Highlights include an entree of tempura prawns with a touch of curry and a main course of confit of duck with redcurrant jus.

The cost for the seven courses is \$90 per person.



Third generation: Stephan Omeros from Omeros on the Beach is following his family tradition. Picture: Jane Dyson

Omeros on the Beach has a well-deserved reputation for excellence throughout St George and Sutherland Shire.

The restaurant, which is right on the beach at Ramsgate, is the latest in a series of Omeros family restaurants stretching back nearly 40 years beginning with the Paragon Seafood Restaurant at La Perouse, opened by Mr Omeros's father and uncle, Costa and Michael, in 1971.

Over the years, John's uncles and cousins have continued the family tradition with restaurants in Sydney and the Gold Coast.

Omeros on the Beach is open for lunch and dinner from Tuesdays to Sundays with an early 10am opening for Sunday breakfasts.

Omeros On The Beach, Cook Park, The Grande Parade, Ramsgate Beach. Bookings: 95295391.

Article from The Leader

FAIRER, SIMPLER, EASIER TRANSPORT TICKETS AND FARES: MYZONE STARTED ON MONDAY

Fairer, simpler and easier transport fares started on Monday under MyZone – the NSW

Government's new fare structure for public transport that rewards frequent commuters.

Premier Kristina Keneally and Minister for Transport and Roads David Campbell on Monday travelled from Kingsford to Central Station via Bondi Junction on the new "all you can travel" MyMulti ticket - that covers multi-modal bus, train and ferry.

MyZone will apply across the entire CityRail, State Transit, Sydney Ferries and private bus networks in the greater Sydney region, including the Blue Mountains, Illawarra, Central Coast and the Hunter.

The NSW Government announced the new fare structure in February as part of a strategy to make it fairer, simpler and easier to use public transport and reward frequent commuters.

MyZone is based on how far you travel and includes:

- MyTrain: 5 train fare bands instead of the current 20+;
- MyFerry: 2 ferry fare bands instead of the current 5;
- MyBus: 3 bus fare bands instead of the current 5, with standard tickets that can be used on both private buses and State Transit Authority buses; and
- MyMulti: Three new "all you can travel" multi-modal passes that cover all three modes of public transport and allow unlimited travel on buses and ferries, plus travel via train based on three zones.

The Government is in the process of delivering more than 1,000 new buses, 700 new train carriages and six new ferries to complement MyZone.

"Travelling by public transport has never been more attractive or easier than it will be from today," Ms Keneally said.

"Under MyZone - 94 per cent of journeys will be the same price or cheaper and the most any commuter will pay for weekly travel will be \$57."

Minister for Transport, David Campbell, said MyZone would operate using existing ticketing infrastructure until the roll out of electronic ticketing.

"Last week, we announced the successful tenderer to roll out electronic ticketing, so that process is already underway," Mr Campbell said.

"MyZone is now the permanent fares structure for greater Sydney and it will continue beyond the start of e-ticketing."

The NSW Government has undertaken an extensive public education campaign to inform commuters about the MyZone changes with more than 20 information booths located at transport hubs from earlier this month.

The information booths will remain available through the early stages of MyZone, while a roving team of 70 staff have been handing out information to commuters.

"Despite these efforts, commuters should still expect some delays in the early stages and I advise people to think about arriving at their train station, bus stop or wharf a little earlier than usual," Mr Campbell said.

"There are more than 1,300 MyZone resellers across greater Sydney, and tickets can also be bought at CityRail stations."

Several key features will remain the same under MyZone including:

- Off-peak return fares will continue to be discounted by 30 per cent on CityRail services;
- \$2.50 Pensioner Excursion Ticket (PET);
- \$2.50 Family Funday Sunday ticket;
- The School Student Travel Scheme (SSTS).

Under MyZone, significant discounts on monthly, quarterly and yearly tickets will remain, but in some cases due to the fare band restructure the level of discount will be reduced.

For further information on MyZone including new prices, reseller locations and refund and exchange information, go to www.myzone.nsw.gov.au or call 131 500.