



## Free Bike Maintenance Workshop

The Mayor of the City of Canterbury, Cr Robert Furolo MP, is encouraging local residents to dust off their bikes and get them back on the road through a series of FREE Bike Maintenance Workshops, which began yesterday Thursday 7 April.

"Bicycles are the most efficient form of transport, they use no fuel and produce no harmful emissions, which helps reduce your carbon footprint," Mayor Robert Furolo said.

"Bike riding is an absolutely great way to get back into shape or positively influence your overall health - it gets the heart rate up and those calories burning.

"But if you haven't ridden your bike in a while you will want to check the chain, tyres and brakes before you take it out for a ride.

"Canterbury City Community Centre is offering a series of workshops in April to help get you back on your bike with confidence and know how.

"These workshops will teach participants how to 'fit' a bicycle correctly, changing and fixing flat tyres and how to care for a bicycle and prevent breakdowns. "An expert instructor will teach you how to maintain and repair a bicycle, which will keep your bike on the road and save you time and money.

"The instructor will provide all tools needed to work on your bike during the workshop.

"We ask participants to bring their own bicycle, but if a participant does not have a bicycle, we are able to provide a free bicycle for you to work on during the workshop.

"Once you've mastered the art of maintaining your own bike, you'll be able to enjoy the beautiful autumn weather and go for a ride.

"The City of Canterbury has a number of great cycle ways, which are a great way to enjoy the outdoors. "Some of our finest cycle ways are along the foreshore of the historic Cooks River and take in some fantastic open spaces, parks and playgrounds.

"This is a great initiative and Council is proud to support the work of the Canterbury City Community Centre. "So book yourself and a friend into a workshop, get on your bike and get outdoors," Mayor Robert Furolo said.

### More Information

The free Bike Maintenance Workshops will be held throughout April at Canterbury Men's Shed, 109 Clissold Parade, Campsie. The workshops are for adults (18 years and above), although children (13 - 18 years) may participate if supervised by a parent or guardian. For more information or to book your place, phone Canterbury City Community Centre on 9750 9344. Places are limited so bookings are essential.

### Bike Workshop Dates:

**Tuesday 12 April, 6pm-9pm**

**Saturday 16 April, 10am-1pm**

This is an initiative of the SAVE (Sustainable Action Values Everyone) Program - a partnership between Canterbury City Council, City of Sydney, Marrickville and Randwick Councils and Housing NSW. It is supported by the NSW Government through its Environmental Trust.

## Be medicinewise with antibiotics - save the pill for the really ill

Australians are being warned to be medicinewise with antibiotics this winter or risk not having antibiotics that work in the future.

NPS MedicineWise is joining the voices of the World Health Organization and ReAct Group to raise awareness of the ramifications of misusing antibiotics as part of World Health Day 2011 on 7 April.

Australians are estimated to be among the highest users of antibiotics in OECD countries. A report by the Australian Institute of Health and Welfare found 14% of antibiotics prescribed in 2009-10 were for upper respiratory tract infections, which equates to about 3 million scripts.

"Some of these scripts are wasted as they are prescribed for common colds or influenza, which are caused by viruses - not bacteria. Antibiotics are used to treat bacterial infections and taking them for viruses won't help you recover faster or relieve your symptoms," NPS clinical adviser, Danielle Stowasser said.

"While antibiotics are a key treatment for many infections, we

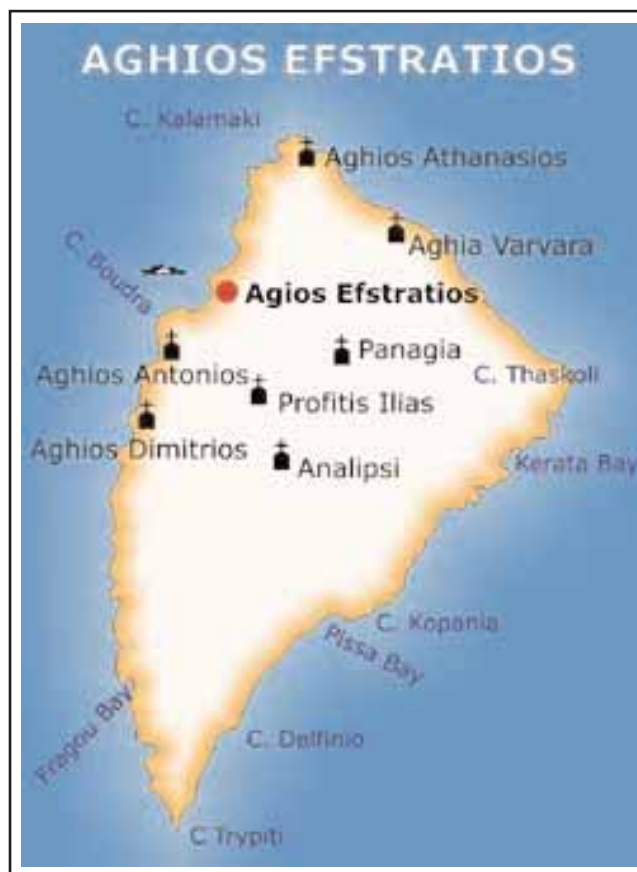
should only use them when it's really necessary and not just in case. Some strains of bacteria that were once easily treated with antibiotics have now mutated and become resistant. In the long term, antibiotic resistance will reduce our capacity to treat infectious bacterial diseases."

When antibiotics are required, it's important they are taken as prescribed and the full course is finished. "When antibiotics are prescribed for bacterial infections they sometimes aren't used prop-

erly - either the course isn't finished or the antibiotics aren't taken as directed. This can also lead to bacteria mutations and resistance, so be medicinewise and take antibiotics as instructed until they are finished," Dr Stowasser said.

NPS has run successful campaigns about antibiotic use in the past and will launch a new campaign on antibiotic use in February 2012.

*For more information about being medicinewise go to [www.nps.org.au/medicinewise](http://www.nps.org.au/medicinewise)*



## Ai Stratis: The Green Isle

Agios Efstratios, or Ai Stratis, an island located in the northeast Aegean Sea, 18 miles southwest of Lemnos, is the first 'green' island in Greece.

Following the example of the island of Samsø in Denmark, Ai Stratis will not only be the first island powered 100% by Renewable Energy, but also the first non-interconnected one that is, not connected to the mainland grid by cable. The project has already been launched and will be fully implemented within the next 2-3 years.

Two wind turbines together with a photovoltaic park will be used for energy production while electric and hydrogen-powered vehicles will be used for eco-friendly transportation.

"Ai Stratis is ideal for such an undertaking [...] and since the daily consumption of electricity is low on the island, [...] we can try out various environmentally friendly solutions, such as ecological waste management or limiting the use of plastic," Nikitas Nikitakos, professor at the University of the Aegean Informatics and Naval Electronic Technology Department said in an interview with Kathimerini daily in 2008.

## Important information for students just a click away

The Human Services Portfolio has announced the launch of new Facebook and Twitter accounts specially designed to keep students up-to-date on important Centrelink and Medicare information.

Human Services Portfolio General Manager, Hank Jongen said the launch is part of the Portfolio's celebration of National Youth Week which kicked off on 1 April.

"This initiative is about communicating important information to young people in a way that works

for them," said Mr Jongen.

"The Facebook and Twitter pages will include regular updates from Centrelink and Medicare about services and payments for students, as well as reminders of important dates and deadlines, such as university application dates.

"The Human Services Portfolio plays an important role providing a range of services and payments to support young people.

"Youth Week is the perfect time for young people to find out more about Youth Allowance,

ABSTUDY and other Centrelink payments.

"It's also a good time for students who are leaving home for the first time to find out about important Medicare information such as how to get their own Medicare card and register for online services."

You can 'follow' Student Update on Twitter by visiting <http://www.twitter.com/StudentUpdateAU>

or 'Like' Student Update on Facebook at <http://www.facebook.com/StudentUpdate>.