



# EDINBURGH WELFARE

## “WE’RE HERE FOR YOU”

### NATIONAL WALK TO WORK DAY— OCTOBER 1 2010

Now in its 12th year, **National Walk to Work Day**, on **Friday 1 October 2010**, is an annual event which helps employers and employees to build regular walking into their daily routine.

Did you know that people who walk before and during work are generally healthier, more productive and creative and less likely to be absent or on sick-leave? Regular walking can also help to relieve feelings of depression or anxiety. And it improves our environment by reducing car dependency.

We are therefore asking all workers to put their Feet First and take part in National Walk to Work Day.

It's easy - here's how:

- **If you can't walk all the way, use public transport and get off the bus, train, tram or ferry a few stops earlier and walk the rest of the way to work.**
- **If you must drive, leave the car at least a kilometre from your destination and walk the rest of the way.**
- **Take a half-hour walk at lunchtime and where possible use the stairs.**

**If you are required to sit a lot at work, get up and walk around at least once every hour.**

All participants are encouraged to [Register at walk.com.au](http://walk.com.au) and enter the draw to win one of two walking holidays for two people in New Zealand or Tasmania, thanks to wotif.com . Or they can win one of 250 new pairs of Rockport shoes valued at \$200 a pair. Every person who registers and pledges to participate will receive a \$25 Rockport voucher. CEOs and HR Managers are also encouraged to [Register their organisations as a Walking Workplace](http://walk.com.au) at walk.com.au. They can help to promote the event locally by contacting our PR consultants in their state or territory (see walk.com.au for details). Management can also [Host a Healthy Breakfast](http://walk.com.au) for those employees who take part.

Once registered online as a [Walking Workplace](http://walk.com.au), organisations will receive WTWD e-newsletters with motivational tips for management and staff on how to **Make Walking Work For You.**

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**OIC WELFARE:**

WGCDR Mark Fox 738 93154

**OIC AMENITIES:**

SQNLDR Maria Main 738 94650

**OIC CLUBS/SPORTS:**

FLGOFF Luke Headley 738 32349

**OIC BUSINESS SUPPORT:**

Ms Helen Massa 738 97801

**OIC AIRMEN’S CLUB:**

FLTLT Trent Mahoney 738 34292

**OIC COMMS:**

FLTLT Damian Ross 738 92206

**PR/MARKETING:**

Ms Alison Linfoord 738 32004

**NEWSLETTER SUBMISSIONS:**

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**EDINBURGH WELFARE WEBSITE:**

[www.ednwelfare.com.au](http://www.ednwelfare.com.au)



NATIONAL WALK TO WORK DAY - FRIDAY 1 OCTOBER 2010  
MAKE WALKING WORK FOR YOU AND YOUR ORGANISATION



## ***WELFARE STORE INFORMATION***

### PROCEDURES FOR THE HIRE OF EQUIPMENT FROM

- Member is to make a tentative booking with PTIs (X32405 or X32503), this booking will be held until COB the next welfare trading day.

**Please note that once a tentative booking is expired, a new booking is required.**

- Member is to make a payment direct to DEFCREDIT details are:

Acc Name:                      Formation Welfare Edinburgh  
 Member Number:            30070  
 Acc Number:                 20501891  
 BSB:                            803205

- The DEFCREDIT deposit slip is to have annotated - *Welfare Store Hire* and include Member's name and service number. These details must also appear if the member is paying via electronic transfer.
- The deposit slip or electronic transfer receipt must be handed to the PTI as proof of payment.
- Member is to pick up the equipment from **B265** Welfare Store located opposite Frontline Canteen (old newsagent), Welfare Trading Hours: MON/WED/FRI 10.30 – 11.30  
 A receipt and hire conditions information will be provided to the member.
- Should circumstances change and the equipment is no longer required a refund may be available at the discretion of the amenities officer.
- Please note that PTIs will no longer handle any monies.**
- Please visit our website [www.ednwelfare.com.au](http://www.ednwelfare.com.au) for more information on the Welfare Store.

### WHAT CAN I BORROW FROM THE WELFARE STORE??

Below is a list of some items that can be borrowed from the welfare store following the procedure set out above.

ITEMS	DAY	WEEKEND	5 DAYS	WEEK
TRAILER OPEN/CAGED	\$10.00	\$20.00	\$30.00	\$40.00
CANOE TRAILER	\$10.00	\$20.00	\$30.00	\$40.00
CANOE	\$5.00	\$10.00	\$15.00	\$20.00
KAYAK	\$5.00	\$10.00	\$15.00	\$20.00
WAVE SKI	\$5.00	\$20.00	\$50.00	\$60.00
HULA KAYAK	\$5.00	\$15.00	\$40.00	\$50.00
ESKY 50/100LTR	\$5.00	\$10.00	\$15.00	\$20.00

## DEFENCE EDINBURGH PRECINCT

### VACATION CARE PROGRAM

- FOR ALL ENQUIRIES -

CONTACT STAFF CLUB ON 73895649



The Defence Edinburgh Precinct Vacation Care Program operates during all school holidays and cares for children aged 5-14 years. The program is run in building 14M&W and you can leave your children between the hours of 8.00 am and 5.30pm.

**ENQUIRIES** about the program can be made to the

Staff Club office – Phone 73895649

e-Mail – desc@dsto.defence.gov.au

Bldg 206L (Atrium North) Tues-Friday

between 10.00am and 1.00pm

**ENROLMENT FEES** are \$40.00 per day per child for Full Staff Club Members plus excursions

**Staff Club Membership is \$10.00 per financial year**

Refundable only on the production of a medical certificate.

Fees must be paid prior to commencement of program

or enrolment can be cancelled.

**\*\*\*\*\* SHOULD ANY ACTION ARISE \*\*\*\*\***

**WHERE IT IS NECESSARY TO RELOCATE**

**CHILDREN ATTENDING THE VACATION CARE**

**PROGRAM TO ANOTHER LOCATION,**

**ENROLMENT IN THIS PROGRAM**

**AUTOMATICALLY GIVES PERMISSION**

**FOR THIS TO TAKE PLACE**

OUR AIM IS TO PROVIDE YOUR CHILDREN WITH A CARING, COMFORTABLE & HAPPY ENVIRONMENT WITH LOTS OF ACTIVITIES THAT ARE BOTH ENTERTAINING AND EDUCATIONAL - ALWAYS KEEPING IN MIND THAT THEY ARE ON SCHOOL HOLIDAYS

**PLEASE NOTE - ALL PEANUT PRODUCTS ARE BANNED FROM THIS PROGRAM**

**ARRIVAL/DEPARTURE**

- Parents must bring their children to a carer on arrival.
- All children must be signed in when arriving and signed out when departing.
- Your children will only be released into the care of persons nominated on the enrolment form.
- Please notify a carer if other than the nominated person is to collect your children.
- If circumstances change, carers must be notified prior to children being collected.
- Person collecting children other than nominated person **MUST HAVE** photographic ID.

***All children must be collected by 5.30 pm or a \$30.00/child late fee will apply.***

**REFUNDS:** A refund of the enrolment fee will only be given on the production of a medical certificate for that day. Please notify carers and Staff Club of any change in enrolment.



**FOOD** - Children are required to bring lunch, morning and afternoon snacks and drinks. Refrigerated storage is available.

**ALL PEANUT PRODUCTS ARE BANNED FROM VACATION CARE PROGRAMS**

**ACCIDENT-ALLERGIES - MEDICATION**

In the event of an accident, appropriate emergency action will be taken by carers. Every effort will be made to contact the parent immediately.

Should any Medication need to be administered a Plan, outlining this treatment, is required. The Plan will be signed and duly authorised by A Doctor. This written plan will accompany any enrolment document. This plan and any required medication must be handed to the carers upon arrival

**EXCURSIONS** – See each program for times. Please check with carers and keep your eye on the notice board.

Permission forms need to be signed by parent/guardian.

**CLOTHING** - Please ensure your child is dressed in appropriate clothing for the day - this might be for active/messy play. It is the parent's responsibility to provide a painting smock, sun hat and 15+ sun screen or rain-wear as the season requires. Please ensure your child is wearing appropriate footwear for all activities e.g. climbing, walking. **NO THONGS!**

**REMEMBER - NO HAT = NO OUTDOORS!**

**STAFFING** - The program is staffed according to DECS qualified carer recommendations.

**BEHAVIOUR POLICY:** All children are expected to behave in a manner acceptable to the carers. In the case of a continually disruptive child, carers will discuss the situation with the parent/s of the child. Carers reserve the right to terminate the enrolment if negative behaviour persists after all reasonable measures have been taken to involve the child positively, or if the safety and security of the other children is threatened. **6 Step Policy** will be followed:

1. Warning
2. Thinking time away from group (5 mins)
3. Thinking Time away from group (10 mins)
4. Sent to a different room, **DESC** contacted. Parent/s asked to speak to child and warned of consequences should bad behaviour continue.
5. Sit in office till asked to return, **DESC** contacted. Parents asked to collect their child for the rest of the day – warned of consequences should behaviour continue.
6. Contact **DESC**. Parents informed if child goes thru 5 steps twice more, future enrolment of child will not be accepted in program.

Extreme, unacceptable behaviour can result in immediate removal of child from program.

## Behaviour Management Policy

### Guidelines

We believe children have the right to feel good about them selves whilst respecting others and the environment.

- We will provide an environment that respects children as individuals in a safe and nurturing setting.

- We are aware of the behaviour management practices of other cultures and acknowledge these positively.

Therefore we will:

- ensure that all staff are consistent and constructive with their approach to behaviour management.
- support children and encourage them to verbalise their feelings to others.
- ensure that reasonable limits are set by staff in relation to acceptable behaviour.
- praise and encourage acceptable behaviour while redirecting inappropriate behaviour.
- encourage children to take responsibility for their actions.
- ensure 'thinking time' will be used as a last resort.
- ensure corporal punishment is not used. **Instant dismissal for anyone using corporal punishment.**
- encourage open and positive communication by being an active listener, communicator and role model.
- work hand in hand with parents to set up guidelines and strategies in behaviour management.

## Behaviour Guidance Policy

Staff will provide each child with guidance which helps the child acquire a positive self concept. Behavioural management used by each care giver will at all times be constructive, positive and suited to the age of the child.

The following rules and standards apply to this Program -

1. To encourage acceptable behaviour staff will -
  - Model appropriate behaviour suitable to the child's age and understanding.
  - Arrange the environment to enhance the learning of behaviours that are acceptable.
  - Use descriptive encouragement where appropriate behaviour is occurring e.g. "I know how much you enjoy playing with those blocks and it was really nice to let ..... have a turn".
2. When unacceptable behaviour is about to occur or is occurring the staff will use -
  - **Re-direction:** substitute a positive activity for a negative one.
  - **Distraction:** change the focus of the activity or the behaviour.
  - **Active listening:** to determine the underlying cause of the behaviour.

"Thinking time" is only used when less intrusive methods have been tried and the behaviour of the child is dangerous to themselves or others. In the event that "Thinking Time" is used, the child will remain in sight and hearing of the staff and will be encouraged to discuss possible solutions with staff members by being given options and by being able to make suitable (appropriate) choices/

This Program relies on the belief that parents and staff must work together to deal with persistent behavioural issues such as biting, or other unusual or dangerous aggression to self or others. If a child appears to be unusually stressed, anxious or otherwise motivated to engage in negative behaviour, parents will be consulted.

### Please Note:

We have a range of books and videos to help manage most difficulties parents might come across. Please see Management for more information.

## *“FACE ON BASE” - STAFF PROFILE*

**NAME:**

Jo Lawrence



**WHERE WERE YOU BORN?**

Adelaide

**WHERE DO YOU WORK?**

Main Canteen –Frontline Catering Assistant

**HOBBIES?**

Football and Gardening

**WHAT IS YOUR FAVOURITE FOOD?**

Pasta/Italian

**FAVOURITE FOOTBALL TEAM?**

Adelaide Crows

**WHAT WAS YOUR 1<sup>ST</sup> JOB?**

Cleaner at Supreme Court Adelaide

**BEST HOLIDAY SPOT?**

Port Lincoln

**MOST MEMORABLE MOMENT?**

Birth of my Daughter

**FAVOURITE ICE CREAM FLAVOUR?**

Vanilla

**FAVOURITE TV SHOW/S?**

3rd Rock from the Sun

**3 PLACES YOU HAVE LIVED?**

Townsville, Alice Springs, Craigmore

**WHAT DO YOU LOVE MOST ABOUT YOUR JOB?**

The hours I work

**WHAT YOU ARE MOST LOOKING FORWARD TO**

**IN 2010?**

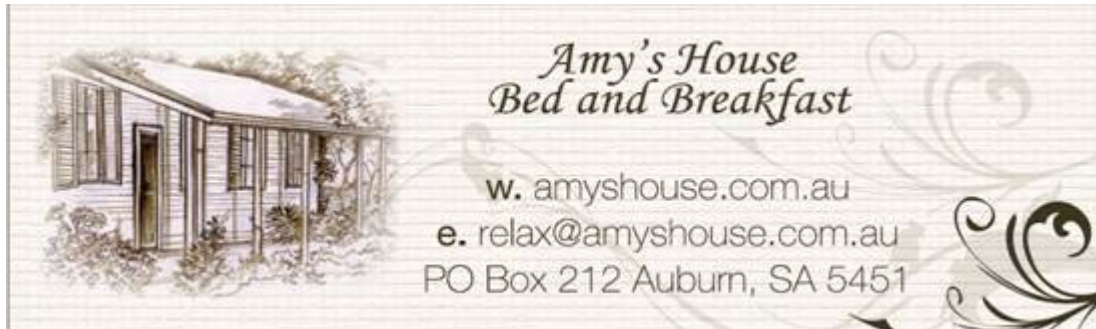
Losing weight

**WHAT WOULD YOU BE DOING IF YOU DIDN'T**

**WORK AT RAAF EDINBURGH?**

Still working in hospitality elsewhere

## *NEW DISCOUNT SCHEME PARTICIPANT*



### *Escape Relax and Rejuvenate*

Amy's House incorporates 2 stunning early Australian design fully self-contained bed and breakfast cottages set in a tranquil garden featuring attractive country decor. They offer a beautiful blend of old world charm and modern day comfort and located in the beautiful Clare Valley Town of Auburn and positioned in a quiet leafy street. The property is only one hour north of the RAAF Base.

Both cottages include a separate lounge room, kitchen, bathroom with separate shower and spa bath, reverse cycle A/C and cosy wood heaters. They also offer a BBQ and entertaining area in a shady tranquil garden setting. Entertainment includes widescreen TV with a DVD player and a generous selection of DVDs as well as AUSTAR and X-Box (cottage 2). Cottage 1 can sleep up to 4 people whilst cottage 2 can sleep up to 6 people.

Generous breakfast provisions will be provided to Defence members which include Bacon, Fresh Free Range eggs, Pancakes, range of cereals, yogurt, jams, honey, orange juice, plunger coffee, tea, hot chocolate. A bottle of Clare Valley wine will also be provided together with port and chocolates.

The Riesling and Rattler bike/walking trails literally start adjacent to the cottages and bike hire is available for you to enjoy the trail and wine tasting at the numerous cellar doors of the area. Across from the cottages is a beautiful creek setting with a footbridge leading to Auburn's main street and numerous cafes, galleries and restaurants. A new mini golf complex is also located nearby.

Special pricing for Defence members:

- ◆ Book 2 nights, get 1 night free +
- ◆ Free 2 course pasta dinner delivered to cottage on one of the nights. +
- ◆ Special bicycle hire rates. \$15pp per day\* (normally \$25)





## EDINBURGH WELFARE DISCOUNT SCHEME

Below are some of our existing Discount Scheme participants. We thank all our participants for their ongoing support and encourage all staff to take full advantage of existing and future discounts. All participating stores can be found on the Edinburgh Welfare Website at: <http://www.ednwelfare.com.au/>



BIGGEST RANGE, BEST BRANDS, **LOWEST PRICES!**

**ELIZABETH CITY CENTRE**  
PH: 08 83074081



**Harvey Norman**  
Munno Para  
**LOYALTY DISCOUNT SCHEME\***  
- COMPUTERS - ELECTRICAL - FURNITURE - BEDDING  
MUNNO PARA SHOPPING COMPLEX  
LOT 2005 MAIN NORTH ROAD SMITHFIELD  
PH:82540700  
\*RAAF Identification required at time of purchase  
Discounts will vary across each product department  
Pricing to be sought from Franchisee or Manager



## NEW WELFARE DISCOUNT SCHEME PARTICIPANT

### One Tree Bed and Breakfast



**Auburn, Clare Valley**  
([www.onetreebandb.com.au](http://www.onetreebandb.com.au))

Luxury, Organic, Romantic...Located in the heart of Auburn in the picturesque Clare Valley only 1 ½ hours from Adelaide, One Tree Bed and Breakfast is situated in the perfect rural setting on the bank of the Wakefield River.



Upon arrival enjoy the views from the privacy of your own outdoor entertainment area while you enjoy your *complimentary* wine, organic chocolate dipped strawberries and cheese platter and then after a great night's sleep wake up the following morning to the rejuvenating sounds of nature while you enjoy your *generous* organic continental breakfast provisions including homemade bread, croissants, fresh fruit, yoghurt and more. One Tree B and B is designed to cater for a stay that is full of relaxation and luxury: from the king size bed, luxury organic linen, towels and bathrobes, slippers, lovely selection of body products, comfortable leather couch, wall mounted LCD TV, kitchenette with microwave and other energy efficient appliances, gorgeous bathroom with double shower, vanity and under floor heating, lovely heated outdoor swimming pool available for guest use to a weekend of no dishes- every effort has been made to enable our guests a comfortable and memorable stay.

One Tree B & B also offers guests a unique accommodation option in the Clare Valley as every effort has been made to create an environment that is both eco-conscious and chemical free. All this contributes to accommodation that is full of wonderful features to provide an opportunity for every guest with a stay that is both relaxing and unforgettable

*Defence members booking through the website will enjoy a 10% discount, so why wait? Jump online, visit the website ([www.onetreebandb.com.au](http://www.onetreebandb.com.au)) and plan your weekend away, you deserve a break!!!!*

EDN WELFARE

DOG OF THE MONTH –“MELODY”



Gorgeous Melody has been with us for sometime – almost 60 days!  
She is a very active dog who just needs an experienced owner who can provide positive reinforcement training.

Melody can get quite excited when playing so it's best she goes to a family without children under 10.

ANIMAL WELFARE LEAGUE 1-19 Cormack Rd, Wingfield.

ADOPTIONS 10 – 3PM - 7 days

PHONE 8348 1300

[www.animalwelfare.com.au](http://www.animalwelfare.com.au)



EDN WELFARE

CAT OF THE MONTH –“TOM”



Hello, my name is “TOM”

Tom is a 3 year old Domestic Short hair...unfortunately his family’s new baby became very allergic to him so they brought him here to the AWL to find a new home.

He has been with us for just over a month.

ANIMAL WELFARE LEAGUE 1-19 Cormack Rd, Wingfield.

ADOPTIONS 10 – 3PM - 7 days

PHONE 8348 1300

[www.animalwelfare.com.au](http://www.animalwelfare.com.au)



# ORION CINEMA LISTING—SEP 10

## ORION CINEMA PROGRAMME - SEP 10



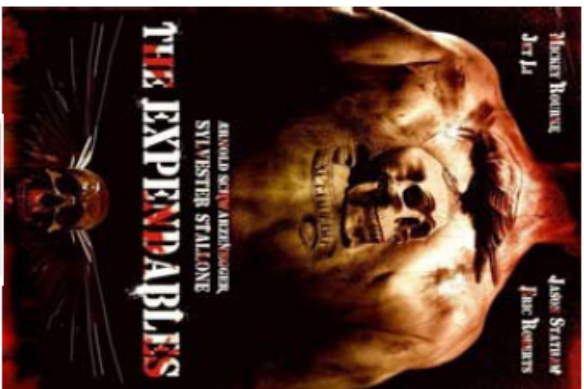
### TWILIGHT ECLIPSE

Fri 03 Sep  
Sat 04 Sep  
Sun 05 Sep



### INCEPTION

Fri 10 Sep  
Sat 11 Sep  
Sun 12 Sep



### THE EXPEDABLES

Fri 17 Sep  
Sat 18 Sep  
Sun 19 Sep



### SCOTT PILGRIM VS THE WORLD

Fri 24 Sep  
Sat 25 Sep  
Sun 26 Sep

#### EVENING SESSIONS at 1930

MATINEE SESSIONS at 1400 – Adults at Children's Prices

<http://www.edinwelfare.com.au/Cinema.php> or Phone 08 8393 2293

