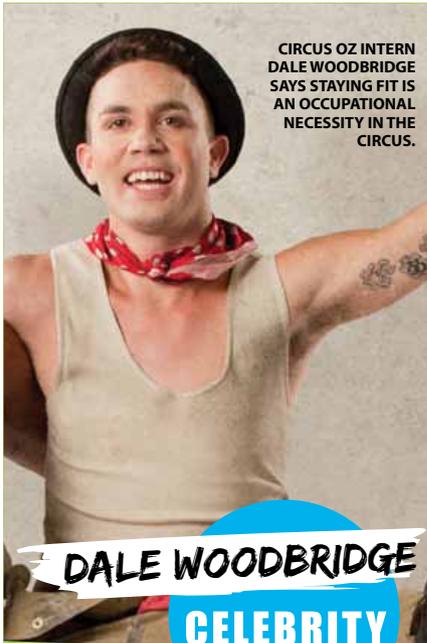


VIBE ACTIVITIES

Celebrity Health – Dale Woodbridge page 16



CIRCUS OZ INTERN DALE WOODBRIDGE SAYS STAYING FIT IS AN OCCUPATIONAL NECESSITY IN THE CIRCUS.

How do you stay fit?

You have to keep your fitness up in the circus. That said, working with apparatus like the trapeze is a workout all on its own, I can tell you. I was a dancer before this so I have always looked after myself, to be able to perform. Dancing is very physical.

Do you have any healthy eating tips?

You have to eat well! That doesn't mean you have to eat salads every single day, but you have to watch what you eat and not eat too many carbohydrates. It's a balance, because you also need to eat to keep your energy up.

What about staying strong mentally?

On tour, you have to be responsible. I get on with everyone. It is like one big family and it is great, but sometimes you have to take yourself away and have a bit of time out.

AMS PROFILE

BREWARRINA MEDICAL SERVICE OPENS ITS DOORS TO COMMUNITY

The Brewarrina Aboriginal Health Service Ltd (BAHSL) is a fully independent health service that caters to the needs of the community and the outlying towns including Goodooga, Gongolgon, Weilmoringle and Angledool.

Brewarrina is a small town (population 1121 in the 2006 Census) in North West NSW on the banks of the Barwon River. The ancient fish traps in the river near the town are one of the area's main tourist sites. These fish traps are made from stones that form small channels and are thought to be at least 40,000 years old – possibly the oldest surviving human-made structure in the world.

The ready availability of fish made Brewarrina one of the great inter-tribal meeting places of pre-European eastern Australia. The area was once the meeting ground for over 5000 people and the town is located amid the traditional lands of the Ngemba, Muwarrari and Yualwarri peoples.

Brewarrina is 98km east of Bourke, 133km west of Walgett on the Kamilaroi Highway, and 808km from Sydney.

The Brewarrina Aboriginal Health Service Ltd is an independent non-profit organisation that relies on public support from individuals, community groups, corporations, trusts and foundations, as well as government funding to continue improving the health and well being of clients and community.

BAHSL Manager Hellen Mannix says the centre's services include: clinic team, counselling, diabetic education, exercise physiology, nutrition, podiatry, reproductive and sexual health, ultrasound, women's health and substance use services.

"We are an independent health service, under the auspices of Walgett Aboriginal Medical Centre," Hellen says.

"We also target chronic diseases such as diabetes and cardiovascular disease here. We have run a smoking cessation program.

The BAHSL recently held an Open Day to showcase their services and it was a great success. The centre threw open its doors last week and played host to a variety of service providers from around the region.

"I was thrilled with how many service providers showed up, particularly from outside the community. This Open Day is an annual event designed to showcase what services are available to the community," Hellen says.

Some of these providers included a Sexual Health nurse who visits Brewarrina every Tuesday as well as Diabetic Co-ordinator and Educator, who visits Brewarrina every Friday and is available for home visits. The women from the Lightning Ridge Safe House were also on hand, as well as a representative from Guide Dogs NSW. There was also a BBQ on the day.

Brewarrina Aboriginal Health Service Ltd is located at 5-7 Sandon Street, Brewarrina. Contact them on (02) 6839 2150 or visit www.bahsl.com.au



HOW DO I FIND MY AMS?

Don't be ashamed. Visit your local AMS if you have a health problem you need to discuss.

GO TO VIBE.COM.AU

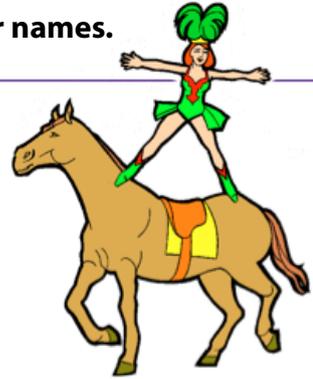
Dale Woodbridge is part of the Circus Oz team.

ACTIVITY 1

HAVE YOU EVER BEEN TO A CIRCUS?

- 1** The vowels are missing from these circus words.
Fill them in then match the circus pictures with their names.

d _ n c _ r

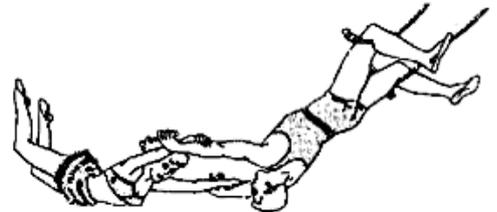


p _ r f _ r m _ n g

h _ r s _



cl _ w n



tr _ p _ z _



c _ r c _ s t _ n t



ACTIVITY 2

BUILDING READING SKILLS

- skimming and scanning for information
- reading headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world

There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge, what you already know or feel.

1 Which apparatus gives Dale a good workout?

(inferred)

- the bouncing ball
- the trapeze
- lifting heavy weights
- skipping



2 What would be an example of a balanced diet?

(apped)

- onlt eat fruit
- eat snacks that are high in sugar and salt
- only eat takeaway foods that are low in fat
- eat a good mix of fruit, vegetables, meat, dairy and cereals every day

3 A balanced diet can include some treats now and again.

(applied)

- TRUE
- FALSE



4 Dale says that he has to be responsible while he is on tour.
List the things that show that he is acting
in a responsible way towards others.

(applied)



5 What would be the things that you would enjoy most about being
part of Circus Oz?

(applied)



ACTIVITY 3

LANGUAGE CONVENTIONS - SPELLING

- 1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

Dale loves being part of the sircus .

He likes to keap fit and healthy.

The trapeaze is a difficult apparatus.



- 2** Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

Fitness is a big part of the circus routeen.

You have to make shore you are safe.

Woold you like to be part of the circus?

ACTIVITY 4

LANGUAGE CONVENTIONS - GRAMMAR

- 1** The tense of a word tells us when things are happening. Fill in the correct tense for these words. The first one has been done for you.



Past	Present	Future
kept	keeping	will keep
	sleeping	
swung		
	working	
ate		
		will take

ACTIVITY 5

LANGUAGE CONVENTIONS – PUNCTUATION

1 Which sentence has the speech marks (“ ”) in the correct place?



- “Will you come to the circus with me pleaded Jemma”
- Will you come to the circus with me “pleaded Jemma”
- “Will you come to the circus with me?” pleaded Jemma.
- “Will you come to the circus with me” pleaded Jemma

2 Which sentence is punctuated correctly?

- Its important that you eat well so youre healthy and fit
- Its’ important that you eat well so, you’re healthy and fit!
- It’s important that you eat well so you’re healthy and fit.
- It’s important that you eat well so youre healthy, and fit.

ACTIVITY 6

UNSCRAMBLE THESE CIRCUS WORDS

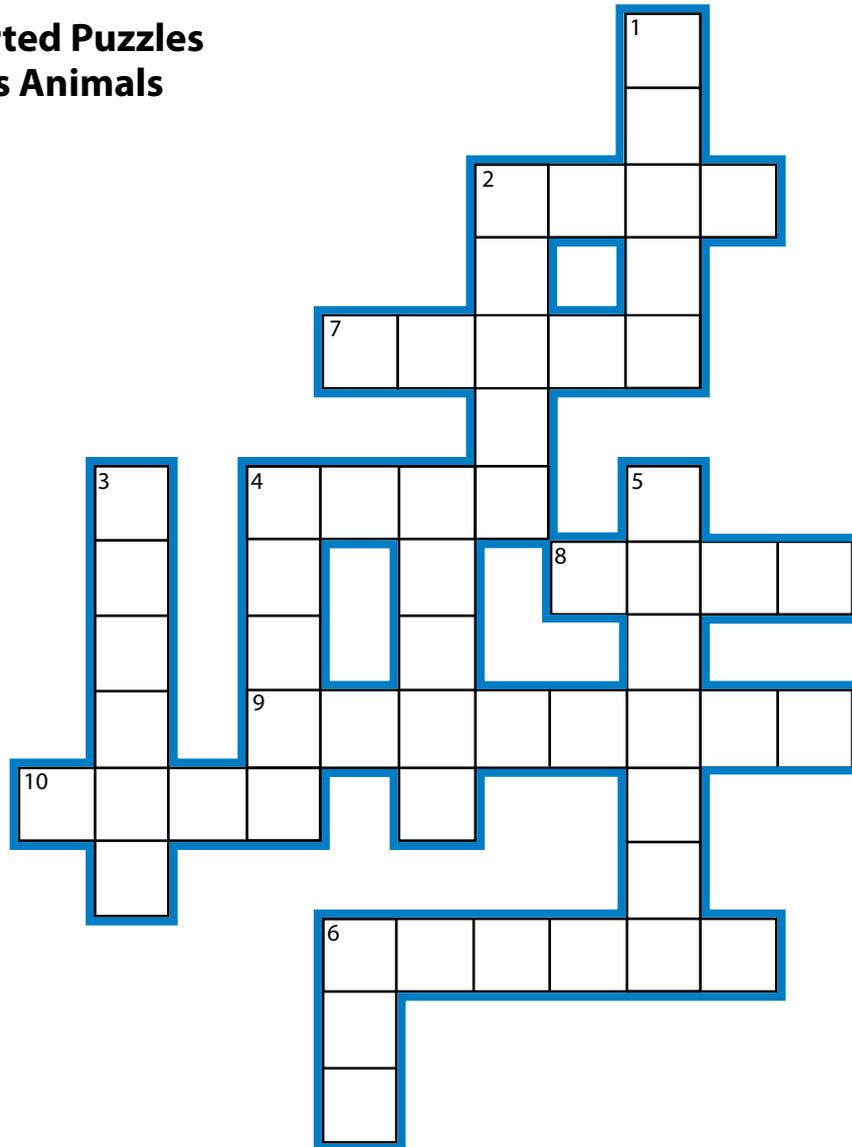


ECADNR	
NOSCLW	
SEEPRRRFOM	
RZATPEE	
ECNEXITMET	

ACTIVITY 7

CIRCUS CROSSWORD

Assorted Puzzles Circus Animals



DOWN

1. Scaly, legless reptile.
2. Two-legged winged animal covered in feathers.
3. Primate found in tropical jungles. Lives in the trees.
4. Furry animal that purrs and meows.
5. African animal with a long neck and long legs.
6. Domesticated animal that barks and has a fur coat.

ACROSS

2. Large omnivore with a thick shaggy fur coat and sharp claws.
4. Desert animal with humps on its back and can go for long periods of time without water.
6. Domesticated animal resembling a small horse only with bigger ears.
7. Hooved animal with mane and tail.
8. Wild tawny yellow coated predatory cat.
9. Large land animal with a long flexible trunk.
10. Fish eating marine mammal. Good swimmer.