Fun Facts about Australia Day

Australia Day is celebrated on the 26th of January every year, marked by most Australians with a day off due to the national public holiday, along with parties, going to the beach and attending fireworks displays.

But do you really know what Australia Day really symbolises? We have compiled a list of some fun and interesting facts about Australia Day and our history that you may not have already known!

• The first recorded Australia Day celebrations were held on January 26, 1808 to mark twenty years since Captain Arthur Phillip raised the flag at Sydney Cove.
• Lachlan Macquarie was the first Australian Governor to hold the first “official” Australia Day celebrations in 1818, to mark thirty years of European settlement. The celebrations included a thirty gun salute and a ball at Government House.
• Australia Day was called “Foundation Day” in the early part of the nineteenth century, and was typically marked by sporting events including horse racing and boat races.
• The first colony to declare Australia Day as a public holiday was New South Wales in 1838, on the 50th anniversary of the Sydney Cove landing.
• By 1888 nearly all of the colonies had declared a public holiday to celebrate Australia Day, but it wasn’t until the 1940’s that January 26th was agreed upon by all states as the proper day to celebrate.
• The two animals featured on the Australian coat of arms are the Emu and the Kangaroo – the reason for this being that neither animal can walk backwards, but instead can always go forwards, symbolising Australia’s desire to do the same.

DON’T FORGET TO COME TO RECEPTION WHEN YOU ARRIVE

It is important that we know you have arrived so we can make the doctor or clinician you are visiting aware. Please report to reception before taking a seat.

TV in the Waiting Room

If you are sitting in the waiting room and would like the channel on the TV changed, please ask reception. We understand that the day time TV may not always be appropriate. Thank you!

Days to Celebrate in January

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>14 January</td>
<td>STIQ (Sexually Transmitted Infection) Day</td>
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<tr>
<td>16 January</td>
<td>Beat the Monday Blues! Blue Monday</td>
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<tr>
<td>19 January</td>
<td>National Popcorn Day</td>
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<td>23 January</td>
<td>National Handwriting Day</td>
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<td>24 January</td>
<td>Global Belly Laugh Day</td>
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<td>30 January</td>
<td>Once upon a time ….National Story Telling Week!</td>
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<td>24–30 January</td>
<td>Cervical Cancer Prevention Week</td>
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Upcoming Events

**Weight Watchers Meeting**

every Tuesday from 5.30pm

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**CLINICAL STAFF ON LEAVE**

Alex Pun - 3 January to 29 January

Debbie Carrington - Maternity Leave - from 2 December

Meg Pilkington  1 February to 24 February

Please ensure you book an appointment with these clinicians before
General Practitioners

Dr Marg Garde
Dr Margaret Garde arrived in Portland to commence work at what was then "Portland Medical Group" in Otway St in December 1984. Since then she has filled roles in Emergency Medicine, Hospital care, Family Planning, Public Health, Indigenous Health, Chronic Disease Management and more recently has achieved qualifications and experience in Medical Education. At Active Health she runs continuing education for all health staff and teaches the two medical students who are attached to the clinic.

Dr Judy Carson
Dr Carson holds general practice training as well as a Diploma in Obstetrics/Gynaecology, Masters in General Practice Psychiatry and an Advanced Certificate of Hypnosis. She has worked at Macarthur Outreach Centre and currently works at Port Fairy Medical Clinic as well as Active Health.

Dr Ann Dunbar
Dr Dunbar holds a Fellow of Royal College of Physicians (Edin), a Fellow of the Royal Australian College of General Practitioners and a Bachelor of Medicine, Bachelor of Surgery St Andrews. She has had extensive experience working as a GP in both Scotland and Australia. Her special medical interests include Women’s Health, Cardiovascular medicine, Travel Medicine and Migraines.

Dr Deborah Carrington
Dr Carrington holds a Bachelor of Medicine, Bachelor of Surgery (Honours) and a Bachelor of Medical Science from the University of Melbourne. She completed her Internship and Residency with Eastern Health in Melbourne and joined the GP Training Program in 2011. Deborah has worked in Hospitals, Aged Care, Rehabilitation and Palliative Care as well as Medical Clinics. Her special medical interests include Infant sleep and settling, Breastfeeding support and Women’s health. Dr Carrington is currently on Maternity Leave.

Dr Meg Pilkington
Dr Meg Pilkington holds a Bachelor of Medicine, Bachelor of Surgery from Flinders University. She also holds a Bachelor of Teaching (Secondary Honours) and a Bachelor of Forestry Science, both from Melbourne University. Dr Pilkington is a rurally trained doctor having studied in Mt Gambier for 2 years through the Parallel Rural Community Curriculum. She has spent time working at South West Healthcare Warrnambool Hospital as well as Portland District Health. She has previously worked at Active Health Portland and with her return she will continue to work at Portland District Health upskilling in Anaesthetics and Emergency Medicine. She has a special interest in rural remote medicine and is undertaking general practice through the Australian College of Rural and Remote Medicine and looks forward to a career as a rural generalist where she will experience all areas of general practice.

Do you need a script?
It is the policy at Active Health Portland that you see a GP when you require a script.

It is the duty of care of your GP to ensure their patients are keeping in good health this is why we have this policy in place. When you come in to get a script the GP can ensure that you are having no adverse side effects and that the medication is helping you in the way it should.

Please ensure you check on your medication and scripts regularly so that you can make a time to organise a script well ahead of time. This will help to ensure you can see your regular GP for the script that is required.

DID YOU KNOW?

YOU CAN NOW BOOK YOUR APPOINTMENT AT ACTIVE HEALTH THROUGH HotDoc

Ask at reception for details
GETTING TO KNOW YOUR ACTIVE HEALTH STAFF MEMBERS

Five minutes with:
Fiona Rieger

**Occupation:** Practice Nurse

**How long have you been a Nurse?**... since 1980

**Tell us something we may not know about you...** I have lived in Australia for the past 18 years.

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Did you know?
Our eyes are always the same size from birth.

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**Prawn and avocado Rice paper rolls**

**Ingredients**
- 50 g rice noodles
- 150 g snow pea, ends trimmed
- 1 large avocado, peeled and stoned
- 12 rice paper rounds (22cm)
- 18 cooked prawns, shelled, deveined and cut in half lengthways
- 1/3 cup mint leaves
- 1/3 cup coriander leaves
- 1 large carrot, peeled and grated
- 1/3 cup sweet chilli sauce

**Method**
1. Place noodles in a heatproof bowl. Cover with boiling water and let stand for 5 minutes. Drain and set aside.
2. Meanwhile, cook snow peas in a small saucepan of boiling water for 1 minute. Refresh under cold running water and drain well.
4. To make rolls: Soak the rice paper in warm water until just softened. Remove from the bowl and place on a plate. Put 3 prawn halves into the centre of the rice paper. Add a mint leaf, coriander leaf, snow peas, avocado, carrot and noodles. Fold over rice paper and roll up, pressing edge to seal. Repeat with remaining ingredients.
5. Cut rolls in half and serve with sweet chilli sauce.