



Interview : What's AHLA about for you?



1) Why did you join AHLA?

I joined AHLA because I heard from a friend that they were planning on doing some projects to help improve the health of Abernethy's residents – one of the ways they were planning on doing this was to try and have a bikeway built in the area. Having three children who love riding bikes, I thought this was a great way of keeping them safe and healthy while they rode to visit their friends in Kearsley. So I knew I had to join and help out where I could.

2) Most people think AHLA is just about bikes and bikeways - are you one of those lycra-wearing health nuts?

For the good of all humanity, I most certainly do not wear lycra! As for being a health nut, I am probably no more a health nut than the next parent who cares for the welfare of their children. I'm currently doing Open Foundation at the University of Newcastle with plans to study Nutrition and Dietetics next year, so the idea of health and well-being is certainly engaging for me.

3) So why did you join AHLA?

See above! LOL

4) What do you hope AHLA can do in improving Abernethy's overall health?

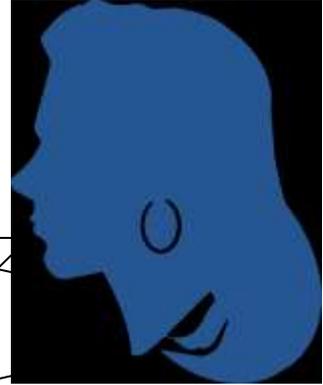
I hope that AHLA can do a few things. Most prominently, I hope that it can put some infrastructure in place so that our current and future residents can enjoy getting out, exercising, and maybe even meeting others while they are out there and nurturing the strong community spirit that we are well-known for. I also hope that we become an example in our local area and show that there is support for communities like us, who can band together and work towards a common goal – it's just a matter of deciding what you want and doing a bit of leg work and networking.

5) Does belonging to AHLA help you in improving Abernethy's overall health?

AHLA has certainly been inspirational personally in caring about my health, and the health of my family. Belonging to AHLA has also fostered a strong sense of community.

6) What about as a community? What overall health benefits do you think AHLA is/has really provided/es the community?

I think AHLA has great opportunities to improve the health of many, not just in Abernethy. Our village has a fascinating mix of natural and man-made history to offer, and plenty of beautiful landscape to enjoy many outdoor sports and pastimes. This village has the potential to become a destination for eco-tourism, camping, bike sports, to name just a few.



7) What could AHLA do that would increase Abernethy's overall health benefits?

I think the work they are doing towards a level bikeway/walkway is a great start. Many of our residents are not as agile as they once were, and there are no real footpaths to walk on, here. The roads, although nice and quiet, are not very level, either. I think the bike path would encourage many of those people to use it for a spot of fresh air and exercise.

8) What do you plan to do to increase Abernethy's overall health benefits for yourself?

I believe that it all starts in the home, so if I can help to encourage my family to live a healthy life, there are five of Abernethy's residents whose lives I have improved, right away! Certainly supporting AHLA projects that I believe in are going to help, as well. I try and pitch in wherever I can.

9) Would being an AHLA member help you do that better? How?

It has and it does. Through AHLA I have had the chance to talk with some amazing people throughout Cessnock who are just as interested in the overall health of our region as we are. It's fantastic to have the support of so many who have common interests.

10) What about other benefits? Once you've done/achieved/mastered Abernethy's overall health, will AHLA remain a worthwhile investment of your busy time in the longer term?

I think the overall health of our community will be an ongoing project, and as time goes on, new challenges and new opportunities will arise that will need our attention.

11) What do you reckon AHLA should concentrate on when it has enabled the installation of the bridge?

The bridge is just the first part. Next we have to put in the bike path

(These are real questions asked of a real person)