MELBOURNE CUP 2013

Margaret Wood of Essendon at Melbourne Cup, Flemington, 1964. ©Fairfax Archive
Hello and welcome to the forth edition of ‘The Shed’ for 2013. We would like to invite staff and students to join us to watch the Melbourne Cup on Tuesday 5th November at 3pm. We hope that you can join us for all the excitement of the cup on the big screen in room JG04 on the ground floor below the main library.

October is Mental Health month and to celebrate the library has a display of relevant resources that you are welcome to borrow. We also have postcards and factsheets that you can take home with you. The theme for Mental Health Month this year is ‘Kindness: little acts, big impacts!’. This theme promotes kindness to oneself and to others as beneficial to the health and wellbeing of everyone.

In this issue we also feature a great new resource RealTime Health videos, which are available from the Library website. This company produces the ‘Speaking from Experience’ series, which is a database of over 600 video clips. The series features hundreds of patient and carer interviews focusing on a wide range of illnesses.

On page 6 of this newsletter we features links to some of the newest subject guides available from the library web page. One particularly useful guide is the Issues in Society guide which features links to the latest news, facts opinions and statistics on a range of topical issues. These eBooks can be read online or downloaded to your iphone or ipad. The article contains link to the user guide which provides instruction on how to do this easily.

Happy Reading

Angela Conte
RealTime Health has interviewed hundreds of patients and carers, forming Australia’s largest digital repository of patient and carer experiences. The company produces the ‘Speaking from Experience’ series, which is a database of over 600 video clips. The series presents the patient and carer experience for a wide range of illnesses. RealTime health advocates story-telling as an effective way to convey key health-promotion messages, because ‘story-telling is universal; its how we connect with others, and make sense of the world around us.’

The videos are now available from the library website home page, the eResources pages and the online videos page.

To access them you require you DEC username and password.

The Melbourne Cup is Australia’s major thoroughbred horse race. Marketed as "the race that stops a nation", it is a 3,200 metre race for three-year-olds and over. It is the richest "two-mile" handicap in the world, and one of the richest turf races. Conducted by the Victorian Racing Club on the Flemington Racecourse in Melbourne, the event starts at 3pm (daylight saving time) on the first Tuesday in November.

The race was first held in 1861 over two miles (about 3,218 metres), but was shortened to 3,200 metres (2.0 mi) in 1972 when Australia adopted the metric system. This reduced the distance by 18.688 metres (61.31 ft), and Rain Lover’s 1968 race record of 3min.19.1sec was accordingly adjusted to 3min.17.9sec. The present record holder is the 1990 winner Kingston Rule with a time of 3min 16.3sec.

Come to the Library on November 5th to watch the race on the big screen and then browse the library and maybe borrow some books. We have a great selection of new books and DVD’s (see page 4. of this newsletter)
New Books and DVD’s for loan

**Speed for sports performance (DVD)**
Call no. 613.711/CISS
Demonstrates how to improve key areas such as reaction time, technique, stride, mobility, and first-step explosiveness with variable, resisted, and assisted speed training exercises.

**Power for sports performance (DVD)**
Call no. 613.711/BISH
Discover exercises that are best for enhancing power in sport-specific movements, starting with base-building exercises for developing basic strength and postural control, and advancing to a complex power program that combines resistance training and polymetrics.

**Healing your hungry heart: recovering from your eating disorder**
Call no. 616.8526/POPP
Eating disorders are usually talked about as diseases of the young. In this book, psychotherapist Joanna Poppink offers a program of healing and recovery for women 30, 40, 50 or beyond.

**…..isms : Understanding modern art**
Call no. 790.05/PHIL
This essential guide to modern art explains all the key ‘isms’ - the groups, styles, and schools that have shaped art from the last 19th century until today.

**From idea to start-up: how to turn your business dreams into reality**
Call no. 658.11/LIDD
Launching a business can be a daunting task. This book will help you plan all the important aspects you need to get to your business idea off the ground and ensure that you have a market-tested, viable enterprise.
The theme for Mental Health Month this year is ‘Kindness: little acts, big impacts!’. This theme promotes kindness to oneself and to others as beneficial to the health and wellbeing of everyone.

This theme is about practicing self-compassion, and accepting that everyone has their strengths and weaknesses. It is about being kind to others, as everyone faces challenges that you might not be aware of. It is also about encouraging kindness to others as it is good for your own well-being.

The library will be hosting a display for Mental Health Month which will feature books and DVDs on mental health related topics.

Suggestions for practicing Kindness:

- Volunteer. Find a cause you believe in, something that interests you, or help out a mate. Whatever you choose; giving your time is a great way to be kind.
- Share. Cook a meal for friends, lend someone an umbrella; make a cup of tea for a co-worker or donate to charity. Sharing is a great way to be kind and get to know people at the same time.
- Give complements. Let people know what you like and admire about them. You might even get a compliment in return.
- Stay in touch. Give a friend a phone call or send them a text message or email. Ask them how their day was and let then know you are thinking of them.
Issues in Society is an Australian series of books with a compilation of the latest news, facts, opinions and statistics. You don't have to download to read these eBooks - simply log in and read online. You will need to use your DEC username and password to access these online books. To download the eBooks to your device - please read the user guide. Print versions of all 90 Issues in Society titles are available for loan from campus libraries. Visit the Books for Loan page to find out more.

Other new guides
We also have a range of other new subject guides which are available from the library home page. These include:

- Horticulture
- Meditation
- Shakespeare
- Carpentry
- Computers and the Internet