



# Checkout

December 2006



## Opening Hours

### Read Around Oz

In December/January, Darwin City Council Libraries are again presenting the Summer Reading Program for children – *Read Around Oz*.

This national program has been developed to promote and encourage a love of reading and is open to all children under 18 years of age who can read, or tell someone about a book that has been read to them.

There are incentive prizes along the way for the number of books read, and a major prize is drawn at the windup party on 29 January. *Read Around Oz* is a great chance to engage your children in the delights of books as well as keeping them occupied over a long holiday - perhaps you could tempt them to read a favourite from your own childhood.

Check out the *Read Around Oz* website at <http://readaroundoz.org.au> where you'll find links to favourite children's authors as well as games and activities.

## Christmas Website

### Koala's Christmas –

A unique non-commercial family orientated website with everything you need and more - Christmas traditions in Australia and around the world, Christmas stories, online games, free email Christmas cards, recipes, crafts, as well as a direct link to Santa!

Visit <http://www.thekoala.com/christmas.htm> for a magical experience.



### Libraries Opening Hours over the Christmas & New Year period

#### Friday 22 Dec - Saturday 23 Dec

Usual opening hours – all libraries

#### Sun 24 Dec, Mon 25 Dec & Tues 26 Dec

ALL LIBRARIES CLOSED

#### Wednesday 27 Dec – Thursday 28 Dec

Casuarina & City Libraries - 9.00am – 5.30pm

Nightcliff & Karama Libraries - 10.00am – 5.30pm

#### Friday 29 Dec

Casuarina & City Libraries - 9.00am – 5.30pm

Nightcliff & Karama Libraries - 1.00 – 5.30pm

#### Saturday 30 Dec

Usual Opening hours – all libraries

#### Sunday 31 Dec

Casuarina Library - 1.00 – 4.00pm

#### Monday 1 Jan

ALL LIBRARIES CLOSED

*Normal hours resume at all libraries Tue 2 Jan 07*

### Celebrate the Festive Season with us

Browse the Internet, borrow books, CDs, DVDs, magazines – in fact anything from Darwin City Council Libraries during the month of December and all adult members will receive a raffle ticket to go into the draw for a weekly prize at each of our libraries.

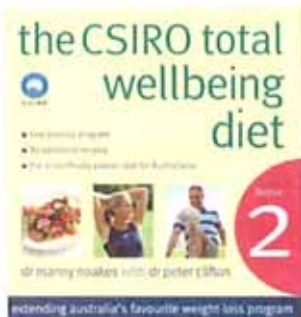
We have book vouchers, wine and chocolates to give away all month!

**We wish all our customers a very happy and safe Christmas!**

## The Collections

### Health and Lifestyles

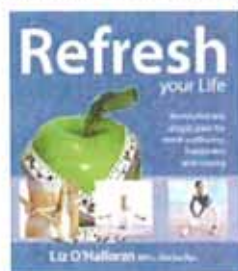
No matter what your age or stage of life, it is never too late to adopt a healthy lifestyle to make the most of your health and wellbeing. Two new books to look out for in the coming months that will help you to achieve a healthy lifestyle are *The CSIRO total wellbeing diet: book 2* by Manny Noakes & Peter Clifton, and *Refresh your life: revolutionary simple plan for total wellbeing, happiness and vitality* by Liz O'Halloran.



Following on from the phenomenal success of The CSIRO Total Wellbeing Diet comes book 2. It provides everything you need to keep you on track with your healthy new lifestyle. The new book provides a summary of

the essential principles of the diet; over 80 delicious new recipes, together with healthy ideas for taking your lunch to work and tips on eating out; and a simple, 'do anywhere' exercise program.

Coming soon to Darwin City Council Libraries, *Refresh your life: revolutionary simple plan for total wellbeing, happiness and vitality* by Liz O'Halloran, incorporates a revolutionary simple plan designed by the author who has a professional background in fitness, psychology and research. The book is a unique holistic approach to shaping up and living a healthy, happy lifestyle, combining MIND, BODY, SPIRIT principles such as healthy eating, gradual physical activity and most importantly the psychological components necessary to live a healthy and happy life, such as increasing confidence, motivation, energy, and happiness.



The author claims that the book will help you to understand how to help you feel good about yourself so that you'll be motivated and will help you to want to look and feel good. The program is designed to feel like you have a personal trainer, life coach and dietitian - at your fingertips.

## Book Review

### *The Arrival* by Shaun Tan



What's it like to leave your family, your country and traditions and start life in a land where everything – including the language, the food, the architecture, the animals - is not merely different but positively alien?

To answer this question and to experience the thoughts, emotions and experiences of new arrivals open the faux leather-bound cover and let yourself be drawn into Shaun Tan's strange, sepia-toned world that can be sinister, comforting, dangerous, familiar or dislocating, depending on who you are and where you have come from.

There are no words to decode in this pictorial narrative. Pictures alone tell the story; and don't be deceived by the picture book/graphic novel format. This is not a book for children or even young adults – it's a book for everyone and anyone who has ever felt homesick, out of place, alone and bewildered by finding themselves transplanted in a new environment. It shows how little acts of kindness and friendship can bring about a transformation of perception from foreign, surreal and strange to familiar, exciting and comfortable.

Shaun Tan's genius is in his command of the visual medium which he uses to portray all the emotions, hardships and challenges of the displaced person. It's easy to lose yourself in this new world of quirky and sometimes whimsical creations that exist side by side with the mundane world we know. The success of this book is the power it has to provoke in the reader some of the feeling of the immigrant, the new 'arrival'.

Look out for *The Arrival* in the coming weeks at Darwin City Council Libraries.

Shaun Tan is an Australian author and illustrator and *The Lost Thing* and *The Red Tree* have both won international awards. In 2001 he received the 'World Fantasy Best Artist Award' for his body of work.