Hop to it! Help find our frogs

THE Australian Museum is calling on all Australians to help find our nation's missing frogs during this year's FrogID Week, 8-17 November.

The event is aimed at collecting audio of frog calls across the nation – at a moment in time – to monitor frog populations and help save Australia's threatened frog species.

The second annual FrogID Week aims to build on l data gathered last year and find frog species currently missing from the museum's audio database.

FrogID is responsible for producing more than 20 per cent of all frog data recorded in Australia over the past 240 years. This information helps scientists learn more about our frogs in order to protect them.

To take part, simply download the free FrogID app on your phone and head outside to listen for frogs. When you hear a frog, record the sound with the FrogID app and submit it to the program.

Find out more at www.frogid.net.au



The Australian Museum is calling on all Australians to help find our nation's missing frogs during this year's FrogID Week, Picture: DAN KITWOOD/GETTY IMAGES

CareFlight plea after snake bite at station

CAREFLIGHT is being urged to reinstate its night-time landing airstrip assessment services following a snake bite incident near Katherine.

NT Cattlemen's Association (NTCA) chief executive Ashley Manicaros called for the change after a station worker had to be nursed through the night by fellow workers following a snake bite because CareFlight would not land at the cattle station.

The station worker was not flown out until sunrise.

CareFlight stopped completing assessments due to capacity and said under the Top End Medical Retrieval Service contract "we are not obligated to provide this assessment service".

Mr Manicaros said pastoral properties in the Northern aeromedical region serviced by CareFlight were disadvantaged.

"NTCA members do not understand how a contract valued at $28 million per annum is unable to complete these assessments when the RFDS can, and they will do it for free," he said.

"For a 10-year, $280 million contract we do not see how, in the interests of regional safety, assessments cannot be included whether they are a contract requirement or not."

ST PHILIP'S COLLEGE
MUSIC SCHOLARSHIPS

Applications are invited from students going into Year 7 or Year 11 in 2020.
Two scholarships, tenable for two years, are available.
Applicants will be invited to demonstrate their musical ability by audition.

Applications close:
COB Friday 15 November 2019
Audition - Friday 29 November 2019

Detailed information and application forms are available from: kim.bateman@stphilips.nt.edu.au

Enquiries: Mrs Kim Bateman - 8950 4501

Men warned of risk of 'dad bod'

ALYCE MOKRZYCKI
Senior Reporter

NEW research by an international weight loss organisation has found one in five Australian men stop caring about weight gain when they reach middle age, with two-thirds admitting they feel no pressure to be slim.

Over a quarter of men disclosed they instead "owned" their middle aged spread, blaming bad food choices, alcohol and stress.

Almost three quarters of men in the Northern Territory (71.7 per cent) are overweight or obese despite more than half undertaking the recommended 150 minutes or more of exercise in the last week, according to the Australian Bureau of Statistics.

Samantha Spafford, Psychologist and Director of Positive Mind Works, a confidential telehealth psychology service available to anyone in the Northern Territory, said additional weight doesn't just impact physical wellbeing but plays a significant role in mental wellbeing also.

"We see a relationship between the occurrence of obesity and several psychological factors such as depression, anxiety, sleep apnoea, disordered eating, lethargy, body image concerns, sexual functioning and low self-esteem,' she said.

Alice Springs resident Paddy McCormack, 42, works out four to five times a week and has rejected the dad bod in favour of his mental health.

"When I do exercise I'm no longer thinking about that stressful day or whatever I had," Mr McCormack said.

"You're just thinking about doing that exercise. It's like a physical form of meditation really."

The Northern Territory has the highest rates of adults consuming sugar sweetened drinks daily compared with any other state or territory (11.7 per cent compared with 9.1 per cent), with men more likely to consume sugar sweetened and diet drinks than women (63.8 per cent compared with 45.9 per cent).

"A lot of people think they're eating well. I was one of them," Stacey Meaney, Nutrition Coach and Co-Owner of CrossFit Alice Springs, said.

"You've got to have someone show you how to do it. What you need for what you do and how to eat to meet that criteria.

"I thought it was going to be the hardest thing in the world and it's been the easiest thing to eat well."

"For people who are thinking of doing something who don't currently do anything – best gym equipment you can get is someone to train with," Mr McCormack said.

"I think it just boils down to doing it for yourself. Your body will thank you for it."