



FEAST YOUR EYES

THE EYE HEALTH COOKBOOK

"Feast Your Eyes", produced in conjunction with, and featuring the recipes of eminent Australian Chefs is not an ordinary cookbook.

The contributing chefs are:

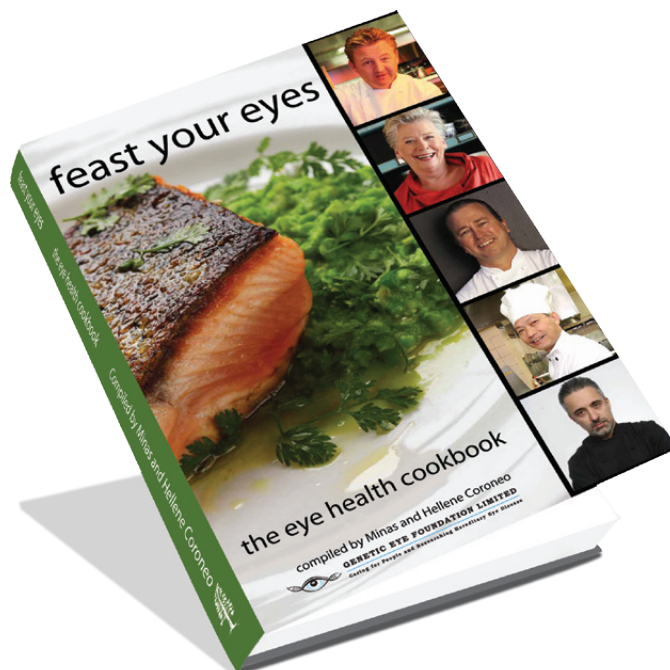
Alfonso Ales	Peter Howard	Neil Perry
Sergi Arola	Matt Jefferson	Mark Pilgrim
Maggie Beer	Mark Jensen	Mark Poulter
Maria Bernadis	Selvam Kandasamy	Dominique Rizzo
Shaun Bowles	Matthew Kemp	Luciana Sampogna
Stephane Bremont	Owen Lacey	Gert Schwarz
Logan Campbell	Anthony Sui Pui Liu	James Stapely
Javier Codina	Megan McCulloch	Mirco Speri
Dallas Cuddy	Jim Mailes	Garry Sullivan
Ragini Dey	Tess Mallos	Hadleigh Troy
Timothy Down	Luke Mangan	David Tsirekas
Ian Hemphill	Justin Miles	Daniel Watson
Kate Hemphill	Joe Pavlovich	Bryant Wells
Iain Hewitson	Carole Peck	

As distinct from most other publications in this genre, Feast Your Eyes offers sound advice on eating for health as well as pleasure. The recipes featured in this book stimulate interest in the benefit of eating fresh, wholesome food at all times.

Included are informative chapters on eye health, written in language anyone can understand, by Professor Minas T. Coroneo, Head of Department of Ophthalmology, University of NSW at the Prince of Wales Hospital.

As many people know, Professor Coroneo's primary concern is ophthalmologic advancement in the provision of eye care for his patients, public and private. Couple that with his natural curiosity in all things medical, a long held interest in the importance of nutrition and the compilation of this book became a, pardon the pun, consuming passion.

Feast Your Eyes is guaranteed to interest a wide variety of people for many reasons. Part cookbook, part instruction manual, this book makes a valuable contribution to the knowledge of how best to achieve maximum nutrition from the foods we eat. It is also the heart-warming story of the boy growing up with his family in Scone NSW.



The reader will, we hope, following the considered advice offered, learn how to improve the quality of their general health, at the same time ensuring optimum nourishment for the eyes.

We live at a frenetic pace in an age when everyone is time poor and fast food franchises abound. Take-away is the norm in some households and meals lacking nutritious value are often eaten on the run. If the media is to be believed, family gatherings around the table at mealtimes are a thing of the past, so it is timely to be reminded of the advantages of making the effort to change our diet for a favourable outcome.

After many years of deliberation, months of research, lots of reading and phone calls, it is with considerable excitement that we announce this project has come to fruition. The beneficiary of all moneys raised by the sale of this book will be the Genetic Eye Foundation, researching the newest developments in maintenance of care, solutions to currently untreatable eye problems, and helping to fund research for the bionic eye.

Please support us in this venture.

Feast Your Eyes would make an excellent Christmas present; a valuable addition to the cookbook collection in any household.

How many copies would you like to buy?



feast your eyes

Mostly we take our eyes for granted. But their function is crucial to our lives. So how do we protect them? Diet modification protects not just our general health but also our eye health. Here is a delicious way to do it.

Legendary chefs have been asked to contribute a recipe using ingredients selected by the Genetic Eye Foundation as beneficial for eye health. Internationally renowned, up and coming chefs and cooking teachers have also contributed recipes. The recipes are intrinsic to the well-known Mediterranean diet.

The Genetic Eye Foundation (GEF) is a non-profit, charitable organisation which assists and educates the visually impaired, especially those with hereditary eye diseases, helps to maintain vision by public and professional teaching and continues with research related to the eye, particularly bionic eye research.

Proceeds from copies of this book will assist the Genetic Eye Foundation's important research into eye diseases and the bionic eye.

Professor Minas Coroneo traces the history and evidence for the benefits of traditional diets such as the Mediterranean diet in relation to a number of common eye conditions including macular degeneration, dry eye, cataract and glaucoma.

Joint compiler of the recipes, Hellene Coroneo has been the practice manager of her husband's busy ophthalmic practice in Randwick, NSW since 1991.

Featured chefs: Alfonso Alés, Sergi Arola, Matthew Baldock, Maggie Beer, Maria Benardis, Shaun Bowles, Stéphane Brémont, Logan Campbell, Javier Codina, Dallas Cuddy, Ragini Dey, Timothy Down, Ian Hemphill, Kate Hemphill, Iain Hewitson, Peter Howard, Matt Jefferson, Mark Jensen, Selvam Kandasamy, Matthew Kemp, Owen Lacey, Anthony Siu Pui Lui, Megan McCulloch, Jim Mailes, Tess Mallos, Luke Mangan, Justin Miles, Joe Pavlovich, Carole Peck, Neil Perry, Mark Pilgrim, Mark Poulter, Dominique Rizzo, Luciana Sampogna, Gert Schwarz, Mirco Speri, James Stapley, Garry Sullivan, Hadleigh Troy, David Tsirekas, Daniel Watson, Bryant Wells

the eye health cookbook

compiled by Minas and Hellene Coroneo



GENETIC EYE FOUNDATION LIMITED
Caring for People and Researching Hereditary Eye Disease



Please send me _____ copies of *feast your eyes: the eye health cookbook* @ \$34.95 each plus \$10.30 postage and packing.

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VISION AUSTRALIA

Low vision and blindness services

Low vision and blindness can affect people of all ages and impact on every aspect of a person's life.

Vision Australia is the leading provider of blindness and low vision services. Working with thousands of children and adults across Australia, Vision Australia provides each client with a diverse range of services tailored to their own needs.

Services are available to anyone who finds their best corrected visual acuity is limiting their everyday activities, or who has a deteriorating eye condition. Vision Australia staff can help people to gain a better understanding of their vision impairment and the underlying condition and make the most of their remaining sight or provide vision substitution ideas.

Specialist staff assess each client's functional vision and provide services based on their individual needs. Services are provided to clients in their homes, in the community or in one of Vision Australia's many regional or metropolitan centres. Centres in NSW include our main office at Enfield and regional offices in Caringbah, Wollongong, Canberra, Gosford, Newcastle, Coffs Harbour, Wagga and Orange. Outreach clinics are also conducted in many regional centres including Broken Hill, Dubbo, Forster, Tamworth, Banora Point, Katoomba, Campbelltown, Pennant Hills and Forestville. We aim to see clients at the most convenient location for them and as close to home as possible. Victoria has a similar range of regional offices across the state from the head office in Kooyong to Mildura in the Northwest. Vision Australia also services Brisbane and regional Queensland.

With a client's consent, Vision Australia can provide reports outlining specialist recommendations to a third party. This is often useful for informing an employer, educational facilities, optometrists or medical practitioners about a person's needs.

Advice about using magnification, lighting and contrast is given to assist people with activities like reading, writing and recreation.


Vision Australia helps to develop practical solutions to everyday challenges for people who have low vision, including those with age-related macular degeneration, glaucoma, retinitis pigmentosa or diabetic retinopathy.

A large range of the latest equipment such as magnifiers, electronic magnification, reading machines, pocket-size telescopes, ideas to help everyday activities such as clocks and watches, cooking and adjustable lamps is available for demonstration and sale through all Vision Australia centres.

Orientation and Mobility instructors are also available through Vision Australia offices as well as the Seeing Eye Dog program based in Victoria.

Vision Australia can also assist with information about accessing technology, employment, peer support activities or borrowing books from our national information library service. Information on benefits, entitlements and community services is also available to people and their carers.

By ringing the 1300 number all services can be accessed easily and information on all services is readily available.

To refer a client to Vision Australia or for further information, call 1300 84 74 66 or visit www.visionaustralia.org 

WHAT IS THE GEF

The Genetic Eye Foundation is a non profit organisation whose mission is to assist and inform the visually impaired, especially those with hereditary eye diseases, help maintain vision by public and professional instruction and continue with research related to the eye and to the bionic eye.

THE GENETIC EYE FOUNDATION LTD.

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DISCLAIMER: This newsletter is produced by the Genetic Eye Foundation of Australia. It is intended as a newsletter and its content does not constitute medical advice and should not be relied on as such.

Focused For Others To See

CHARLES NEVILLE BANKS

Born 28.09.1938 Died 28.02.2010

Sadly we heard of the passing of one of the Genetic Eye Foundations long term members and supporters, Dr. Neville Banks.

Neville was born in London and his family moved to Cambridge during the war. He attended The Leys School and received his undergraduate pre clinical education at Fitzwilliam College. His father Professor A.L. Banks was Professor of Human Ecology at Cambridge. At that time Clinical Undergraduate studies were not available at either Oxford or Cambridge Universities and Neville attended The Middlesex Hospital, London graduating MA Cantab 1963 and MBChB Cambridge 1963.

After Houseman appointments at The Middlesex and Addenbrooke's Hospital Cambridge, Neville worked with the eminent Ophthalmologist Henry Stallard at St. Bartholomew's Hospital London. Mr. Stallard was a pioneer in the radiation treatment of Retinoblastoma and was one of the British Olympic medal runners portrayed in the film "Chariots of Fire".

Neville became one of the Resident Medical Officers at Moorfields Eye Hospital, City Road in 1966 and obtained his FRCS in Ophthalmology in 1969. After finishing his residency Neville worked at the St. John Eye Hospital in Jerusalem 1969-1970 and took the opportunity to visit Biblical historic sites. He was a member of the Order of St. John Jerusalem.

Neville came to Australia in 1972 and acted as a locum and later partner of Dr. Miles Sterling-Levis in Marrickville. He passed the examination for Membership of the Australian College of

Ophthalmologists the same year. Neville was Honorary Ophthalmic Surgeon at Marrickville Hospital and later VMO at Balmoral Naval Hospital and The Royal North Shore Hospital. He established a private practice at St. Leonards.

Neville was interested in Trachoma and was one of the participating doctors on Fred Hollows National Trachoma and Eye Health Programme and as part of that interest he was VMO at Brewarrina District Hospital 1976-1983. His other interest was Low Vision and he was Consultant Ophthalmologist to the Royal Blind Society 1977-1979.

During the Doctor's dispute with the Wran Government of NSW he resigned his public hospital appointments and retained a modicum of bitterness that his appointment at The Royal North Shore Hospital was not renewed at the end of the dispute.

Neville was active on several committees of the RACO and served on the State Branch Committee of NSW.

On a personal note Neville and I were residents together at Moorfields. In Australia we both enjoyed the air trips to Brewarrina looking after aboriginal school children in that town and also at Goodooga and Weilmoringe for some years.

Neville was a good friend for over 40 years and a keen musician. I shall miss visits to concerts and the opera with him. He and Graham Henry were members of the Gemmology Society.

His last illness was borne with fortitude and inner peace.

He is survived by his brother John who lives in Oxfordshire.

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Donations are fully tax deductible. THANK YOU FOR YOUR GENEROSITY

The Genetic Eye Foundation

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