



Hugh Rogers State President

December 2016

On behalf of myself and my family I would like to thank everyone who sent condolence cards, posted condolences on face book and attended my wife's funeral, for your love and support, it was very much appreciated during this sad time.

Have a Go Day 2016, a LiveLighter Event

On 9th November, Have a Go Day, a LiveLighter Event, was held in the beautiful grounds of Burswood Park and was once again a huge success. Thousands of seniors attended participating in activities and visiting many sites whilst they enjoyed everything the site holders had on display on the day. Thank you to our major partner, Healthway, promoting the LiveLighter message.

A wonderful team of volunteer coordinators work tirelessly for 12 months and spend 3, 12 hour days putting together and presenting this amazing event, SRCWA would like to pay tribute to their dedication on behalf of the many Seniors who attended. The coordinating committee organise the layout of the event, manage the transport, shuttle busses and parking, coordinate different areas around the grounds on the day, manage set up and pack down and so many other jobs it would be impossible to name them all. This year was particularly challenging as the event was re-designed for the first time in many years. Instead of the event being spread across what will be a high traffic road it was run along the river which enabled people to try canoeing on the river for the first time. SRCWA would also like to thank the many volunteers who came on board on the day, volunteers from SRCWA, Department of Sport & Recreation, Have a Go News, SRCWA Branches and general public who kindly assisted with the many jobs it takes to manage such a large event. SRCWA would also like to thank the Trustees from Wooroloo Prison who attended on Tuesday to help set up the event and on Wednesday afternoon to help pack down the event. Have a Go Day would not be possible without all of the volunteers who assisted at the event.

SRCWA would like to thank Burswood Park Board, Crown Perth & Downer Construction for their support and assistance for this year's event.

We would also like to thank our Media partners for their wonderful support and promotion of Have a Go Day; Have a Go News, Channel 7, Home in WA, 882am 6PR, Dept of Sport & Recreation & Curtin 100.1fm. We also welcomed a new Sponsor this year in Sterling New Life who sponsored the entertainment stage.

A big thank you to Lotterywest who supported Seniors' Recreation Council with a grant for Have a Go Day and we also thank Dept. of Sport and Recreation and Dept of Local Government and Communities for their ongoing support.

It was a pleasure to welcome the Hon Colin Barnett, Premier of WA and Hon Paul Miles, Minister for Seniors & Volunteering to the Official Welcome which was MC'd by Simon Beaumont from 882am6PR. The inspiring Welcome to Country was conducted by Shaun Nannup who is a wonderful story teller and encouraged everyone to enjoy the event on the banks of the Swan River. The WA Police Pipe Band played the National Anthem and at the conclusion of the welcome the band escorted the Over Fifty Five Walking Assn, The Heart Foundation, Mall walkers and participants as they led the official Have a Go Day walk through the grounds.

The following comment was made by Hon Paul Miles in WA Parliament on the afternoon of Have a Go Day. "Another highlight of Seniors Week was Have a Go Day, which I attended this morning along with the Premier and the member for Belmont. Hosted by the Seniors Recreation Council of WA Inc, Have a Go Day provides thousands of seniors with the opportunity to participate in many exciting events. There was a huge variety of events on offer. I would like to thank the Seniors Recreation Council for organising this stellar event."

This year participants were encouraged to have a go at activities on the day which included; canoeing, walking, giant chess, giant jenga, Exergaming, Pole Walking, climbing wall, Segways, Petanque, disc golf, blind golf, metal detecting, square dancing, ballroom dancing, Morris dancing, tap dancing, line dancing, Tai Chi, breathing exercises, cooking demonstrations and competitions and much more. Everyone was treated to free tea, coffee and bottled water at the hospitality tents assisted by a large team of volunteers and compliments of Have a Go News.

There was a wide variety of information and display stalls for everyone to look at including clubs/groups, MG Car Club, Classic Speedway, Antique bikes, Collectable displays, Duyfken display, gemstone display, many of the sites included information and give aways and so much more. Health checks were also available at different locations around the grounds.

The entertainment/activity this year was MC'd by Jim Drysdale and provided by: the Frank Sinatra Tribute Show, WA Bush Poets & Yarnspinners, Prime Movers, Jim Sings Country & the WA Police Pipe Band, the participants all enjoyed the entertainment under shade in front of the new stage whilst they relaxed after visiting lots of sites and having a go at activities.



FREE MAJOR PRIZE DRAW WINNERS:

1st Prize donated by Crown Perth - \$2,000 Crown Towers Experience: Gerson Coelho

2nd Prize donated by Have a Go News and Kings Tours and Travel - \$500 Coles/Myer voucher: Brenda Gardiner

3rd Prize donated by Telstra Australia – Samsung Tablet & pre-paid sim card: Vince Gerich

4th Prize donated by Channel 7 Perth - Family pass to RAC Christmas Pageant including VIP function at Government House: Sau Ying Ngue

5th Prize donated by Sizzler Australia - \$200 Gift Card: Pam Hannan

6th Prize donated by Event Cinema Innaloo - \$200 Gift Card: Issy Kilov

Thank you to Rick Ardon, Channel 7 and Jen Merigan, Have a Go News for assisting with the major prize draw.

SRCWA wishes to express a huge thank you to all our valued Sponsors & supporters who provide the means with which to make Have a Go Day, a LiveLighter Event a success, our Sponsors are: Burswood Park Board, Lotterywest, Crown Perth, Have a Go News, Healthway, Dept of Sport & Recreation, Dept of Local Government & Communities, Channel 7, 882AM 6PR, Sterling New Life, Telstra, Studio TwentySix Photography, Phoenix Insurance Brokers, Kings Tours & Travel, Curtin Radio 100.1fm, Scarboro Toyota, Sizzler Australia and Event Cinema Innaloo .

SRCWA Christmas Variety Concert

Presented by Phil Paddon and Red Dog Music.

When: Wednesday 14th December 2016.

Venue: Morley Sport and Recreation Centre, 12.30 to 5.00pm.

Cost: \$30.00pp

Artists: Band of Mates, Kingsley Day, Phil Rego, Sharon Heaslip, Justin Standley & Amber Reid

Come along and enjoy an afternoon of entertainment and fun.

To purchase tickets or for further information phone Kate Chetwin 9492 9771

For details of events and programs run by Seniors Recreation Council of WA visit our website www.srcwa.asn.au