



A Global Embrace



The Global Walk

On the 2nd October 1999 people of all ages around the world will participate in the Global Walk (or 'Global Embrace') to celebrate IYOP. The event is the initiative of the World Health Organisation (WHO) and is planned to coincide with the International Day of Older Persons on the 1st of October.

The World Health Organisation in Geneva developed the idea of The Global Walk as a way of celebrating IYOP and to demonstrate an "ageless" society.

The event aims to celebrate IYOP, promote healthy activity and ageing and promote a sense of community through involvement at different levels. It encourages participation of and social interaction between people of all ages and cultures.

Most local walks have been organised to be held on Saturday 2nd October to enable a higher number of people in the community to participate. Many of the groups are starting walks around 11.00am in order to achieve a "global relay action". A number of organisations and groups have been unable to participate on 2nd October, and have planned their activity for Friday 1st October and Sunday 3rd October. Groups that undertake this course of action will still be noted as participants in the Global Movement for Active Ageing.



All of the walks promote active ageing, and a number of walks offer short, medium and longer routes to cater for all ages and all fitness levels.

The National Heart Foundation promotes physical exercise for all ages and applauds the philosophy of the Global Walk. There are many misconceptions about ageing and one of them is that to grow older means to become frail. It is a fact that if older people engage in 30 minutes of moderate physical activity on a daily basis, they will improve muscular strength, balance, gait and reaction time.

Below is a summary of many of the walks being planned across the country. Stay tuned to the AC'99 National website:

<http://vicnet.net.au/~ac99/calendar/walks.html>

where further details will be added daily.

If you have planned a walk that is not included in this list, please advise this office of details -

by **email** (ac99nat@cota.org.au) or

fax 03 9820 4247 and we will post up relevant

details. It's still not too late to plan your own walk:

contact your AC'99 state/territory secretariat or

this office for further information.

Global Walks: A Ready Reckoner

October 2nd is the key date for the Global Walk.

Please note, however, that some walks will be held

on 1st October, International Day of Older Persons,

and Sunday 3rd October.

AUSTRALIAN CAPITAL TERRITORY

2nd October Lennox Gardens

11.00am until 4.00pm. Contact: Louise Glenn,
Tel: 02 6282 3777

NEW SOUTH WALES

2nd October

Grey Mardi Gras - street parade from York Street,
Sydney Tel: 1800 804 135

Town Park, Wingham, 11.00am.

Tel: 02 6557 0140

Queanbeyan Park, 11.00 am.

For further info: Julie Greenwood, Queanbeyan
Council Tel: 02 6298 0263

QUEENSLAND

1st October

"Wake Up & Walk"

at dawn Karawatha Forest, Brisbane

Tel: 07 3277 0632

"Wake Up & Walk" along the beach Wynnum

Tel: 07 3348 6306

"Wake Up & Walk" Redlands Shire

Tel: 07 3240 8351

"Wake Up & Walk" Dawn walk Inglewood

Tel: 07 4652 1763

2nd October

"Wake Up & Walk" along the beach

Woody Point, Brisbane Tel: 07 3350 2711

"Wake Up & Walk" Redcliffe Tel: 07 3284 2 3

"Wake Up & Walk" Rotary District 9600

Tel: 07 3882 1997 & 07 3256 6766

"Wake Up & Walk" Gold Coast - including
Coolangatta, Ormeau, Helensvale, Oxenford,
Paradise Point, Nerang, Mudgeeraba,
Kurrawa, Currumbin, Springbrook, Beenleigh
Tel: 07 5525 6466

"Wake Up & Walk" along the banks of the
Noosa River Tel: 07 5447 1597

"Wake Up & Walk" Hervey Bay,

Tel: 07 4124 7260

"Wake Up & Walk" Botanic Gardens, Bundaberg,

Tel: 07 4151 3683

"Wake Up & Walk" at dawn Baralaba,

Tel: 07 4998 1131

"Wake Up & Walk" Cunnamulla,

Tel: 07 4622 3644

"Wake Up & Walk" Barcaldine,

Tel: 07 4651 2354

"Wake Up & Walk" Blackall, Tel: 07 4657 4980

"Wake Up & Walk" Balonne River Bridge, Surat,

Tel: 07 4626 5555

"Wake Up & Walk" Deception Bay,

Tel: 07 3204 2552

"Wake Up & Walk" St George, Tel: 07 4625 4240

"Wake Up & Walk" Toowoomba,

Tel: 07 4639 3925

"Wake Up & Walk" Boondall Wetlands,

Tel: 07 3265 1370

"Wake Up & Walk" Eventide, Brighton,

Tel: 07 3269 1915

"Wake Up & Walk" Sinnamon Village,

Tel: 07 3376 4011

"Wake Up & Walk" ANZAC Park and Ululah Park,

Maryborough Tel: 07 4123 1554

"Wake Up & Walk" Cairns Esplanade, Cairns

Tel: 07 4054 4735

"Wake Up & Walk" Mareeba, Tel: 07 4092 1175

"Wake Up & Walk" Longreach,

Tel: 07 4658 3344

For an update on venues ring Tracey Douglas on

Tel: 07 5596 5523

SOUTH AUSTRALIA

1st October Victoria Square, Adelaide 10.00am

Tel: (08) 8232 0422 or Toll Free 1800 182 324.

2nd October

Veale Gardens, South Terrace, Adelaide, 10.00 am

Tel: 08 8232 0422 or

Toll Free 1800 182 324

Centre for Physical Activity Walk at Hampstead

Rehabilitation Centre, Northfield. 10.00am,

Tel: 08 8222 1891

TASMANIA

2nd October

Hobart City Parade, organised by the
UN Association Tel: 03 6229 4269

Launceston Civic Square,
Tel: 03 6323 3610

Dawn Walk, Lauderdale Canal, Hobart
Tel: 03 6245 8742

VICTORIA

2nd October

Sunrise Walk, Keilor Tel: 03 9361 6090

The Village Glen at Rosebud Tel: 03 5986 4455
or email: villglen@pac.com.au

Halliday Park, Mitcham
Email: library@austin.unimelb.edu.au

Chelsea Bicentennial Park at 11.00am
Tel: 03 9580 1272 or 03 9772 2114

3rd October

Active Ageing Global Walk, Melbourne
Contact Heather Birch, City of Melbourne
Tel: 03 9658 9915

Global Walk, Glen Eira,
Tel: 03 9524 3230

Global Walk, Northcote Town Hall,
Tel: 03 9230 4469

Cranbourne Botanic Gardens,
Tel: 03 9705 5218
or Email: cmcannes@casey.vic.gov.au

NORTHERN TERRITORY

Share an intergenerational experience between
the youth and older persons of Darwin. View
the Internet scrapbook, memory cushions and
intergenerational performance. *For further
information contact: COTA (NT) on 8948 1511*

WESTERN AUSTRALIA

2nd October

Scarborough, Tel: 08 9345 8555

GLOBAL Walk

SNAPSHOT

Walk A Rainbow On The Gold Coast

The Gold Coast IYOP Planning Committee has
taken the concept of the Global Embrace and
melded it into "Walk a Rainbow" on 2nd October
1999. Two main events will be held, one at
Reuben Peterman Reserve on the Southport
Broadwater foreshore, the other at Justins Park
at Burleigh Heads. These events will provide a
free BBQ breakfast as well as "grab bags" for the
first 50 participants to arrive "home" at these



Gold Coast "Wake Up & Walk" Working party from L to R:
Tracey Douglas; Cr. Daphne McDonald; Christine Cole.

venues. These main events will be supported
by a number of secondary events to be held at
various venues.

A special campaign during Seniors Week in the
lead up to 2nd October will feature all the routes
and venues for the Rainbow Walks. This will
include concepts that are being developed for
the main events, which help to illustrate the need
for a brotherhood of people of all generations
to maintain world peace through participating in
a global embrace of understanding.

Historic Walk in Melbourne

The City of Melbourne will be host to a Global
Walk on Sunday 3rd October 1999. Participants
will be encouraged to discover the historic and
heritage walks in the municipality. Families
and visitors from everywhere are invited to
participate. *For further information
contact: 03 9658 9658*

Birdsong at Dawn in Hobart

As part of the Global Embrace Bellerive
Community Arts Centre will conduct a Dawn
Walk on the theme of Birds and Birdsong -
participants will be part of the global circle of
the birds awakening. Walkers will parade down
both sides of the Lauderdale Canal. Beautiful
silk bird puppets, high in the air on stilts with
flowing silk wings dance in the beams of the
rising sun. Participants will carry puppets and
banners they have created at workshops leading
up to the Global Embrace. These workshops
have received some financial assistance from
the Department of Health and Human Services
program of small grants to community
organisations administered through Australian
Coalition '99 Tasmania. Clarence Council is
also a supporter of the event. *For further
information contact: 03 6245 8742*

National awards for excellence in portrayal of Senior Australians

Excellence in the portrayal of senior Australians in the media and advertising will be recognised by national awards announced by Federal Minister for Aged Care The Hon. Bronwyn Bishop MP.

“Challenging negative stereotypes of senior Australians is one of the Government’s most important aims of the International Year of Older Persons and the media and advertising industries play a major role in changing stereotypes of older people”.

“The Commonwealth Media and Advertising Awards will recognise excellence in portraying older Australians and their issues as they really are, with as much diversity and achievement as the rest of the community,” Minister Bishop said.

“Seniors continue to make valuable contributions to their families and society and we want to value and celebrate our senior Australians during this International Year and into the next century”.

“These Media and Advertising Awards have resulted from consultations with seniors across Australia which highlighted the need for media images of older people to be more positive and realistic”.

There are 10 award categories with total prize money of \$20,000.

The categories are:

- print news or feature stories in
 - (i) metropolitan and
 - (ii) regional areas;

- television news or current affairs in
 - (i) metropolitan and
 - (ii) regional areas;
- radio news or current affairs in
 - (i) metropolitan and
 - (ii) regional areas;
- photographs published in
 - (i) metropolitan and
 - (ii) regional media;
- advertising in radio or television; and
- advertising in newspapers or magazines.

“Members of the media and advertising industry are invited to lodge nominations for the awards,” Minister Bishop said.

“Members of the public are also encouraged to take part by nominating news or feature items from newspapers, radio and television, photographs published in newspapers and magazines and advertisements from the electronic or print media that they feel deserve an award”.

The Commonwealth Media and Advertising Awards are being administered by Older People Speak Out in conjunction with the Federal Government. The awards will be presented at a function honouring senior Australians in the Great Hall of Parliament House, Canberra, on 19th November .

Inquiries can be made by telephoning 1800 010 920
Further information on the awards is being sent to editors and advertising agencies.
Media contact: John Wilson, 0407 437 317 or (02) 6277 7280

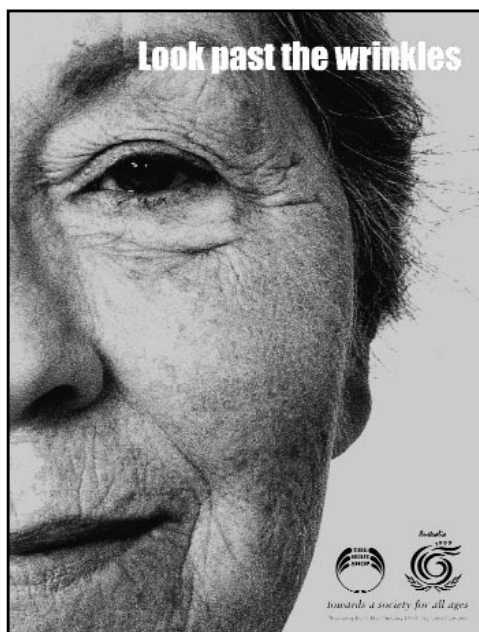
NEWS!

The Body Image and Ageing Campaign

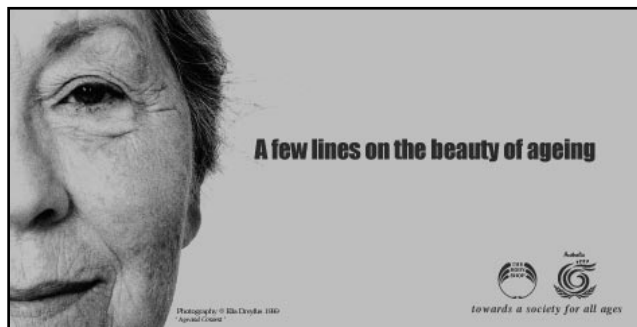
Commuters in Sydney and Melbourne will be confronted with some striking billboards during October and November. The billboards feature an image from Ella Dreyfus' "Age & Consent" exhibition. The thought-provoking copylines "Look Past the Wrinkles" and "A Few Lines on the Beauty of Ageing" are likely to stimulate dialogue around the issue of ageing and older people.

The Body Shop has sponsored AC'99 to implement an integrated communications campaign. The campaign comprises of:

- billboards (created by advertising agency White. Advertising And Beyond)
- posters throughout 72 retail stores across Australia
- a high profile media event at the end of September. The following businesses have been extremely generous through in-kind sponsorship of the event: Tesselaar Tulip Farm; Domaine Chandon; Lavazza Coffee; Food and Desire Productions; AAP Medianet; The Corporate Traveller, Berri Limited and Allanby Press Printers Pty Ltd. The Body Shop will release a snapshot of the social attitudes towards ageing market research based on



Body Image & Ageing Campaign Poster



Body Image & Ageing Campaign Billboards

comments collected through The Body Shop stores over the past five months.

Adult Learning Australia Awards

Adult Learning Australia offers annual awards for the following:

- Adult Education Program of the Year 1999
- Adult Education Provider of the Year 1999
- Adult Educator of the Year 1999

The Awards are intended to be a tribute to outstanding work in program development, implementation and evaluation. The Awards will be presented during the National Conference to be held from the 1st - 4th December 1999 in Melbourne. The Awards will be accompanied by a citation detailing the recipient's contribution to adult and community education. Nominations for the 1999 Awards are now being called for.

Nomination forms are available from the Adult Learning Australia National Office. Tel: (02) 6251 7933 and fax: (02) 6251 7935. Nominations should be forwarded to the National Office Manager, Adult Learning Australia, PO Box 308, Jamison Centre, ACT, 2614, by Friday 8th October 1999.

Amnesty International Candle Day

Candle Day is Amnesty International's only national annual fundraising event and this year will be held on Friday 22nd October and

Saturday 23rd. Amnesty International is promoting IYOP through this event. By volunteering two hours of your time to collect on Candle Day, you will be joining thousands of Australians who are actively showing their support for human rights. The funds raised on Candle Day ensure the survival of Amnesty International's tireless campaigning for the protection and promotion of human rights throughout the world. It is estimated that there are more than two million older people who are incarcerated or under serious threat around the world at any time.

During recent years in Australia, there have been about 10,000 older people who participate by selling candles. This year Amnesty International hopes to increase this number.

Everyone is invited to participate, and you can do so in a number of different ways:

- Volunteering two hours to collect on the street either in the CBD shopping centres or major shopping areas;
- Collect in your workplace, place of worship, school or from family and friends;
- Purchase an impressive freedom candle for \$100- fully tax deductible to stand in the reception or foyer of your workplace;
- Recruit your local place of worship or school to get involved in Candle Day;
- Have a casual day at work or school;
- Make a donation to Candle Day-fully tax deductible;
- Get involved in Amnesty Week activities in your state.

For more information please call your local Amnesty International office on 1800 808 157

Online Conference- "Making the Connections: Non-Metropolitan Older People & Technology"

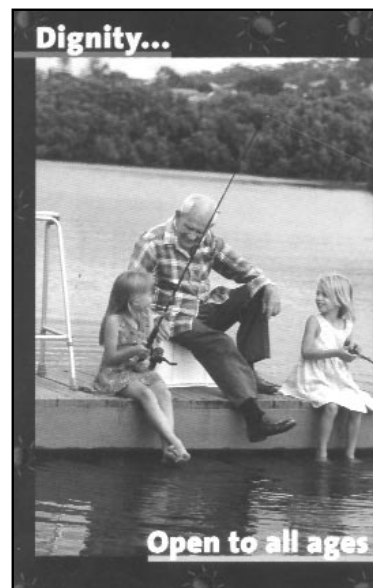
The Rural Development Centre at the University of New England, invites rural and remote older people to participate in an internet conference. It will run from 7th September until 22nd October. The web site for the online conference

is www.mtc.une.edu.au Participation in the internet conference is free, people are simply asked to register online. The online conference will have two parts:

1. A forum that people can visit at any time during the seven weeks of the conference. This is divided into three topic areas: general technology issues; telephone; online technology.
2. Seven live chat sessions will be held once a week. Each session will have a special guest, beginning with the Minister for Aged Care, the Hon. Bronwyn Bishop, who will launch the conference on Seniors Online Day on 7th September. This first chat session will begin at 11am and run to 1pm (Eastern Standard Time). The other chat sessions will run for one hour and will be on at a different time and day each week - see the web site for details.

This is your chance to have a say on how new forms of technology are affecting your life, what works, and what problems you may experience. It is also a chance to learn how older people in other areas of rural and remote Australia are learning about, and using new technologies. If you don't have a computer or don't know how to use one this is your chance to see how this technology works. Approach your local library or other internet public access point and ask for help to participate.

If you would like further information, contact the Project Coordinator, Ros Foskey at: rfoskey@metz.une.edu.au, phone: 02 6773 2094 or fax: 02 6773 3245



The "Open to All Ages" series of postcards and posters has been implemented by the NSW Ageing and Disability Department. The postcards are available at selected cafes, museums and other places where free postcards are distributed. For copies of the postcards and posters, call 02 9367 6822.

City Of Melbourne

Imagine 500 older people from many nationalities kicking up their heels at the Winter Warm Up Concert & Dance, a multicultural event hosted by the City of Melbourne and The Boite as part of the Melbourne Winter Music Festival. The program included music, song and dance from Argentinian, Chinese, Irish, Tamil, Italian, Russian, Greek and Rumanian communities in Melbourne. This was complemented by line dancing, a Mozart canzonnetta and dancing to the swing music of the 30s and 40s.

Look for the spring time flowers in the design of the IYOP logo at the Marquis of Linlithgow logo bed in St. Kilda Road (opposite Victoria Barracks).

Older people have been making the most of the free historic tours of the City Baths. The tours provide an introduction to the range of available programs and services and give participants a chance to look behind the scenes at some of the historic areas at the baths. The tours have been so popular that extra tours are being scheduled. A special ongoing Senior Club program is being developed.

October is a busy month for the City of Melbourne. Residents who receive delivered meals have been invited to attend a special IYOP lunch in the Town Hall on 7th October hosted by the Rotary Club of Melbourne in association with the City of Melbourne. The Minister for Aged Care, The Hon Bronwyn Bishop MP is the guest speaker.

Older people will be welcome at the New Year's Eve celebrations. To wind up the IYOP celebrations in the City of Melbourne, a special day time event "Looking Back, Thinking Forward - a New Millennium for All Ages" will be held in the Treasury Gardens. More information will be available in a future issue of *Update*.

For further information contact the City of Melbourne Hotline: 03 9658 9658

City of Melville (WA)

The Seniors Committee of the City of Melville has demonstrated innovation during IYOP. At the end of April, Melville secured an IYOP "Active Australia" Federal Grant, one of only five available throughout Australia. This assisted Melville to launch its own community grants program with the slogan OPAL - "Older People Active Living". There has been an OPAL monthly award for an individual in the community who has made a valuable contribution in supporting the seniors in the city community.

The Melville libraries were inspired by IYOP to organize free information sessions on the importance of making a will. These have been presented by representatives of the Public Trustee's Office, and have been truly intergenerational as they have attracted young people as well as the seniors of Melville. Another City of Melville IYOP project which is being enthusiastically supported by both seniors and young people is a textile mural, depicting the City's history and rich heritage. The City recently hosted a dinner for residents who have lived within the municipality for more than fifty years, and recorded some of the memories the guests had of the early days in their City.

For more information on these and other IYOP events, contact Roberta Gripton, City of Melville on tel: 08 9364 0666

City of Toowoomba (QLD)



Joining Generations. With a grant from the State Government, Toowoomba City Council, through the Toowoomba Library, invited USQ Media students to visit, interview and record the contributions of a selection of older citizens to our community. "Changes We Have Seen" is a 35 minute video which celebrates the International Year of Older Persons and helps bridge the gap between generations. At the official launch at Toowoomba Library are (from left): Graham Burstow, Ken Fisher, producer Lois Brown, Dr. Bruce Dawe, producer/director Elisa Fraser, Kevin McGrath, Lilian Lorroway-Tigell and producer David Judd.

Building a Bridge of Values in NSW

To celebrate IYOP, United Nations Association of Australia (NSW Div.) is holding a symposium titled "Building a Bridge of Values - A Dialogue between the Young and the Old" on Saturday 18th September in Sydney.

A panel of younger and older people will discuss the role of older persons as the traditionally recognised source of values to the younger generation in society. The symposium aims to broaden perspectives across the generations.

Panel members include: Heather Johnson, Jack Zinn (COTA); Elspeth Browne, Sue Tan (UNYA President), Allan Doohan (United Nations Youth Association) and the panel is chaired by David Vohradsky, Vice President, UNAA (NSW). The event will also feature a guest presentation by international artist and sculptor, Michel Santry and a musical performance by Nicholas Ng and Marko West titled "Poppies and Spice" - for Erhu and Guitar.

If you wish to attend this symposium, please register your interest on website: <http://www.nsw.unaa.org.au/symposium> or call Miss Taylor Dong, IYOP Program Convenor, UN Assoc. (NSW) on phone: 02 9385 1712, fax: 02 9385 1040 or email: taylor@unsw.edu.au

NSW Bush Club

A group of small country clubs in NSW have joined with a club in Queanbeyan as part of their IYOP activities. The clubs run monthly bus trips for isolated seniors and disabled people in their areas, they have had several special event days and they are now aiding the local community by fundraising to buy a two way radio. The radio will be taken as a safety measure for trips outside mobile phone areas.

A unique event was held in Queanbeyan when the four clubs - Captains Flat, Braidwood, Bungendore and Queanbeyan - joined together for a game of euchre in the School of Arts café in Queanbeyan. They advertised this game so widely in their local area that they had a visitor from Western Australia join them!

The next event planned is a sports day and they will finish their year of IYOP celebrations with a Christmas concert, once again in the School of Arts café. At the start of the year, the clubs had five people participating in the bus trips and now they have over thirty people.

For more information please call Terry Kiernan on: 02 6236 6210.

IYOP Victorian Events - Highlights

- Spring Equinox Planting Festival: a day of workshops, entertainment and activities based on the planting theme at CERES Community Education Park, 8 Lee Street, Brunswick, Victoria, and to mark the construction of the CERES Garden of Wisdom. To be held on Saturday 18th September. \$4 for Seniors Card holders. *For further information, contact: 03 9388 1707*
- "Making the Most of Life": a huge free event for 10,000 seniors at the Royal Exhibition Building to mark the United Nations International Day for Older Persons. The event features entertainment, recreation activities and information stalls with the emphasis on activities for older people by older people. To be held on Wednesday 29th September. *For further information, call: 03 9654 4443*
- Leslie Caron at Melbourne International Festival: IYOP sponsors French actress Leslie Caron, best known for her role of Gigi, for her performances of "Readings from Colette" at the Victorian Arts Centre on 23rd, 27th and 29th October. *See Melbourne International Festival program for more details closer to the date.*

Queensland Media Awards for positive portrayal of older people

A Queensland awards ceremony is being dedicated to challenging traditional stereotypes by seeking examples of media coverage showing older people in a realistic and positive light. By nominating something you've seen or heard in the media, you'll be in the running for a \$500 Cassells voucher, to be drawn as part of the 1999 Older People Speak Out (OPSO) Queensland Media and Advertising Awards.

This media and advertising awards program is separate to the Commonwealth Media and Advertising Awards announced on page four.

Print, radio and television journalism, as well as advertising, will all come under the spotlight at the Awards ceremony, organised in conjunction with the Department of Families and Community Care. Journalists and communication professionals will be rewarded for work that highlights the involvement of older people in society.

To be in the draw for the Cassells voucher, your entry must be received by 4th October 1999.

***For your entry form,
call Val French,
OPSO Chairperson on
tel: 07 3219 2572***

Commemorative Wines

This is a reminder notice that AC'99 (NSW) has released three IYOP commemorative wines:

- Traminer Riesling
- Chardonnay
- Semillon
- Shiraz Cabernet

Wines are available at \$110 per dozen (sorry, no mixed dozens).

For more information contact Volunteering NSW tel: 02 9231 4000

Grey Parliament - Tasmanians Given A Chance To Contribute

The Grey Parliament "Preferable Futures - A Vision" is to be held at Hobart College, Mt Nelson on 17th to 19th November. The Grey Parliament is designed to bring together some of the major issues of IYOP by providing individuals the opportunity to come together to discuss matters of importance to the older community and to set some clear directions for years to come.

The Grey Parliament is open to everyone, including interested individuals, representatives of community organisations, special interest

groups and agencies. There are no age restrictions for participation as it is important that all people who have issues relevant to the older community have the opportunity to participate.

The issues that have already been flagged for discussion are many and varied: from services for the elderly in rural areas; to transport services for the aged and people with disabilities, and the issue of home and personal security. All of these issues will be considered and discussed.

Nominations have been received from people who will participate in the whole Grey Parliament, and anyone who would like to attend the sessions is invited to do so. Nominees will have the opportunity to put forward an Issues Paper on their particular issue with recommendations to be endorsed by the Grey Parliament. Participants will be able to put forward their views on the various issues raised through speaking at the Parliament or in smaller workshop sessions. All endorsed recommendations from the Grey Parliament will be forwarded to the appropriate levels of Government.

If you would like to know more about Grey Parliament, please call Leigh McAdam at

Centrelink in Hobart on tel: 03 6222 3437, or Anne Hughes, Tasmanian Project Officer for the International Year on tel: 03 6233 3876

Flying the Flags for AC'99 WA

Mandurah Artists and Artisans Association, with the assistance of a community grant from Lotteries Commission WA through COTA, have designed and made eight magnificent IYOP banners. The banners will be on display in Mandurah, for the first time in Seniors' Week 1999, and they will be used in Mandurah on all future occasions when older people are celebrated in the city.



Christmas Island Joins IYOP

Christmas Island may well be closer to Indonesia than it is to Western Australia, but it is technically part of WA. Lotteries Commission WA and AC'99 WA were therefore delighted that it was possible to give the Shire of Christmas Island a community grant to support their first seniors' week, to celebrate IYOP. This will now become an annual event.

A full program was organised for the 43 island residents over 65 years and a few senior visitors who were fortunate enough to be on the island at the time joined in the festivities. The Shire, the Island Administration and Community groups all joined together to entertain the island's older people, who enjoyed cultural dance and martial arts demonstrations as well as morning teas and a gala dinner. The island has a culturally diverse community, and the fun of Seniors Week was also an opportunity to express gratitude to the elders of Christmas Island from many backgrounds for their important and ongoing contributions to island society.

IYOP

n e w s

Deek Endorses Active Australia Day- 10th October 1999

Australia's marathon man Robert de Castella has joined a number of other sporting personalities, in a call-to-action for all Australians to enjoy a more physically active lifestyle. On 10th October, the inaugural Active Australia Day will take place around the country and Deek is asking Aussies of all ages to celebrate this important national event. Rob is joined as a national spokesperson for the event by tennis legend Evonne Goolagong - Cawley, basketball star Andrew Gaze, and other sporting personalities.

The first Active Australia Day has over 100 councils and indigenous communities throughout Australia, spreading the Active Australia Day message nationally to many millions of people. The councils and communities that have registered their involvement, and have become a part of the first Active Australia Day, have enthusiastically embraced the concept. They have already begun to develop their own local Active Australia Day where they will work with

clubs and schools within their region to stage local events.

"It doesn't matter how old you are or how able you are" said Rob, "Physical activity should be an important part of everyone's lifestyle and is not restricted to the young. Quite often when running around my suburb, I get to say hello to people from seven to seventy who value the importance of doing something physically active".

It is estimated that in Australia only 40% of the population participate in some form of regular physical activity. With the majority of the Australian population being inactive, it is not surprising that ailments such as cardiovascular disease, diabetes and obesity are on the rise.

"All you have to do is 30 minutes of moderate physical activity most days of the week to gain the health benefits" added de Castella. "Exercise is fun, it's a great way to meet people and it makes you feel great".

Across the country, there are a number of exciting activities planned. People can run, swim, walk, cycle, climb, dance, or anything they wish. Those people unable to participate in the Global Walk on 2nd October may wish to participate in Active Australia Day- or perhaps both! Like Rob says ... 'participate and feel great'.

For more information on Active Australia Day, please call: 1800 088 099.

"Long Lives On Screen" Film Festival Takes To The Road So You Can Go To The Movies.

Welcome to the second annual Long Lives on Screen Film Festival! Most mainstream cinema appears to worship youth. The films you will see in this festival are a refreshing alternative; short films telling stories about men and women living full and long lives.

Why short films? Short films offer a snapshot of the attitudes and concerns of today's filmmakers. Not driven by "market reality" like the creators of feature films, short films are often at the cutting edge. Issues of age and growing older are becoming the creative concerns of many emerging filmmakers.

Tickets are \$4 or \$3 for groups of 10 or more (plus 2 free tickets)

27th - 29th October: Dendy Cinema
Martin Place, 19 Martin Place, Sydney
Bookings Ph: 9233 8166
Screening daily from 11am

3rd - 4th November: Kino Cinema, 45 Collins
Street, Melbourne Bookings Ph: 9650 2100
Screening daily from 10am

9th - 10th November: Electric Shadows, Akuna
Street, Canberra Bookings Ph: 6248 0851
Weekdays from 10am and Sat/Sun from 1pm

16th November: Cinema Centre 6, 456 Dean
Street, Albury Bookings Ph: 6021 3044
Screening daily from 10am

19th November: Mt. Vic Flicks, 2a Harley
Avenue, Mt. Victoria Bookings Ph: 4787 1577
from 6pm. Bookings can also be made at:
Blackheath Newsagency, Megalong Books and
The Fantail Bookshop

24th November: The Regal, 4 Moore Street
Birmingham Gardens, Newcastle Bookings
Ph: 4951 1601 for 24 hour telephone reserv-
ation and info service

30th November: The Plaza, 47 Bold Street,
Laurieton Bookings Ph: 6559 8077
Screening daily from 11am

3rd December: The Forum, 77 Trail Street,
Wagga Bookings Ph: 6921 6863 Daily from 11am

6th - 7th December: The Nova, 251 Rundle
Street, Adelaide Bookings Ph: 8232 3434
Screening daily from 11am

9th - 10th December: The Luna, 155 Oxford
Street Leederville, Perth Bookings Ph: 9444 4056
Screening daily from midday

NSW Series of Issues Forums

The NSW Ageing and Disability Department is running a series of issues forums to provide the ageing sector with opportunities for two-way communication, raising awareness, and a discussion of current issues. The community is invited to attend forums at Level 13 Conference Room, 83 Clarence Street, Sydney from 10.30am- 12noon.

• **Thursday 16th September:** "Older Men- Alive & Kicking"- Andrew Fleming, Doctoral Student, University of Sydney, School of Behavioural and Community Health Sciences.

• **Wednesday 20th October:** "Experienced Hands- Older People as Volunteers"- David Efraemson, Senior Policy Officer, Ageing Issues Directorate; Sarah Fogg, Committee on Ageing.

• **Thursday 18th November:** "Seniors on the Move-Transporting an Ageing Population" - Terry Lee Williams, Project Officer, Ageing Issues Directorate; Kiersten Fishburn, Project Officer, Communication and community Liaison Unit.

• **Wednesday 15th December:** "Taking Charge - Decision Making for Later Life" - Margaret Tucker, Senior Policy Officer, Committee on Ageing; Benevolent Society, Centre for Education and Research on Ageing and others.

Seating is limited. Please call Geraldine Caswell on: 02 9367 6841 to reserve your place or for more information.

Moving House: A video for people seeking supported accommodation for frail older people.

When the words "You need to seek nursing home care" are uttered, fear is a frequent response. Often the need for this move comes at a time of crisis, and it is difficult to find support, understanding and guidance.

In order to go some way to allaying this fear, Manningham Centre (Doncaster, Victoria) has sponsored the production of a video to celebrate IYOP. The director of the video is Nancy Black and Producer is Mark Harris and the Media Production Unit at LaTrobe University.

This video follows the experiences of a number of carers who give keen insights into the issues and processes. It enables the viewer to gain greater understanding of what moving house really means. Decisions can then be made that will have lasting benefits for both the person moving house and their family and friends.

For further details or order forms contact Karen Blaszkak or Joan Stewart at Manningham Centre on 03 9848 4500

Eighteen Young Photographers and IYOP



"My name is Rita Wright not Rita Wrong" by Adam Jackson

"Here's looking at you..." is the title of a photographic exhibition at the St. Kilda Town Hall, celebrating IYOP, and acknowledging a range of special needs recreation programs for residents of the Port Phillip community. The exhibition will remain at the Town Hall until the end of September.

The eighteen photographers are studying in their second year, at Photography Studies College (PSC) Southbank, Melbourne, as part of their Photography in the Community (PIC) workplace vocational placement project.



The Council on the Ageing (Australia) was particularly grateful to Adam Jackson who donated the use of his work for publication on the special IYOP commemorative issue of the Australasian Journal on Ageing. The publication was funded by the Commonwealth through the Office of the Hon. Bronwyn Bishop.

Age & Consent in Brisbane

The confronting and memorable "Age & Consent" photographic exhibition by photographer, Ella Dreyfus, will be shown in Brisbane from Friday 10th September to 20th October at the Campbell Mahony Exhibiting Space at Level 1, 250 Edward Street, Brisbane. The exhibition has been sponsored by Brisbane Seniors Week 1999 held from the 27th September to the 1st October.

"A Stage in Our Lives"

Driving the car to the pub to meet some mates for a beer. Operating a community organisation from the lounge room. Getting away from it all for the weekend. These could be actions from a day in the lives of any one of us.

They are in fact snippets from the real life stories of five frail older Australians who feature in the upcoming documentary "A Stage in Our Lives." All too often life as a frail older person is portrayed negatively as a time of dependence and inactivity. Some older people too, have justifiable concerns about what living with physical frailty is like.

The program will appear on ABC Television nationally at 6.30pm on Thursday 30th September 1999. In this half-hour documentary, five older people aged between 81 and 90, present compelling testimonies about their positive life experiences and their strategies for living with frailty. The documentary features an introduction by Ruth Cracknell.

The program is an IYOP collaboration between the Queensland Office of Ageing in the Department of Families, Youth and Community Care and ABC Television (Qld)

Video copies of the program will be available from the Office of Ageing after 30 September 1999. For further information please contact Katrina Baird, Positive Ageing Awareness Unit Office of Ageing on phone: 07 3224 7656 or email: kbaird@families.qld.gov.au

Harvard Medical School Genetic Study

In the February 1999 edition of *Update*, a genetic study on ageing by the Harvard Medical School- Division on Ageing in Boston USA, was profiled, inviting expressions of interest from older Australians to participate.

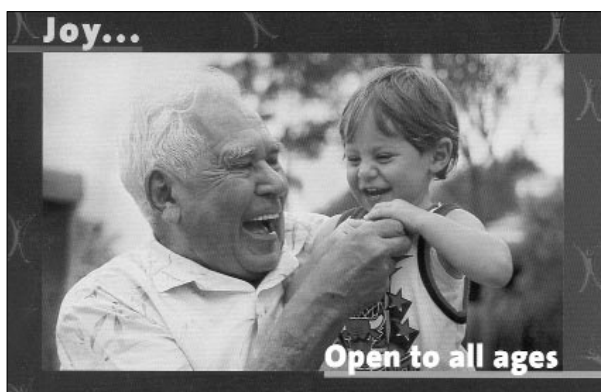
The school expressed its gratitude to AC'99 and to readers of *Update*, particularly the five families who expressed interest in participating. One Australian family was recruited.

The Harvard Medical School's website contains some interesting information about the studies and findings:

www.med.harvard.edu/programs/necs

Refer to the "Abstracts and Journal Articles" page for the published findings.

If you would like further information on the study, please contact Jennifer Bowen at Harvard Medical School - Division on Ageing on email: jennifer_bowen@hms.harvard.edu



The "Open to All Ages" series of postcards and posters has been implemented by the NSW Ageing and Disability Department. The postcards are available at selected cafes, museums and other places where free postcards are distributed. For copies of the postcards and posters, call 02 9367 6822.

Dear Sirs,

I refer to the newsletter of the Australian Coalition '99 National, *Update 10*, page 5 and to the caption under the photograph of the Federal Minister for the Aged handing a cheque to Geoff Stocks of Volunteering NSW. This caption reads, inter alia... "announcing a \$100 000 IYOP grant to extend the NSW Retired and Senior Volunteer Program nationwide."

I find the wording of this caption misleading, implying as it does that NSW has the only RSVP in Australia. For senior volunteers to read such an inaccurate statement, published in *Update* and apparently with the Minister's approval, is at the very least discouraging. The statement reflects adversely on the credibility of those concerned, even though the text of *Update 10* on page 3 does refer in passing to The Retired and Senior Volunteer program (RSVP) in WA. It should be noted that RSVP was considered here in Western Australia more than 10 years ago, and has been flourishing for the last 8 years under the auspices of Volunteering WA. I represented COTA(WA) on the Steering Committee when RSVP started in WA and currently serve as a Board member of Volunteering WA.

I therefore look forward, with interest, to hearing how these IYOP funds are being deployed to benefit the RSVP "nationwide", other than the highly inappropriate claim that the NSW program is to be extended nationally. Yours faithfully,

Deborah Kirwan, Chair AC'99 WA

Editor: Thank you for the clarification on the caption; we certainly had no intention of publishing a misleading statement. We commend Volunteering WA for its initiative over the past decade.

Readers interested in learning more about Volunteering WA can ring 08 9420 7288

IYOP CALENDAR

DATE	EVENT	LOCATION
1 October	Four Plenary meetings of the UN General Assembly devoted to the follow up of IYOP	
1 October	Open Village Day	
1 October	Community Networking Conference '99 - Engaging Regionalism	Ballarat, Vic
1 October	End of Seniors Week ACT	
1 October	Gerontology and Geriatrics '99	Havana, Cuba
1 October	Inter-Regional Symposium of Family and Community Caregiving	Beijing, China
1 October	Ninth International Day of Older Persons	
1 - 2 October	Masters Games	Adelaide
1 - 3 October	Seniors Week Queensland	
1 - 3 October	Images of Our Elders Tour, NSW	Tuggerah, NSW
1 - 3 October	Australian Psychological Society Conference	Hobart Tas
1 - 31 October	Seniors Celebration South Australia	
6 - 10 October	National Photographic Competition and Exhibition for IYOP	Coffs Harbour NSW
6 - 8 October	A Home: Resource Centre for Outreach Services	Vienna, Austria
10 - 13 October	Gerontology - Ageing and Technology	Germany
11 - 17 October	Foot Health Week	
12 - 15 October	15th International Conference of the International Society for Quality in Health Care	Melbourne Victoria
13 - 15 October	13th National Cataloguing Conference	Brisbane Qld
13 - 16 October	Stroke Society of Australia 1999 Annual Scientific Meeting	
14 - 15 October	National Senior People's Forum	Canberra
14 - 15 October	RAIA National Housing Conference	Melbourne, Vic
14 - 17 October	24th Australian & New Zealand Scientific Meeting on Intensive Care	Christchurch NZ
16 - 23 October	Pan Pacific Masters Swim Championships	Perth Western Australia
18 - 19 October	Ageing and Sensory Loss Conference	Canberra
21 - 23 October	Access Expo	Melbourne, Vic
24 - 28 October	Nursing Homes & Extended Care Association Conference	Gold Coast, QLD
25 - 27 October	19th APHA National Congress	Brisbane QLD
25 - 28 October	3rd National Ecumenical Aged Care Chaplains Conference	Kurrajong, NSW
26 - 29 October	5th Australian Palliative Care Conference	Brisbane QLD
27 - 29 October	Royal Australian Conference of General Practitioners 1999 Scientific Convention	
28 - 29 October	Family Services Australia Workshop & AGM	Brisbane
30 - 31 October	Geriaction National Conference	Melbourne, Victoria
31 October	Seniors Week Western Australia	

OF EVENTS 1999

ORGANISERS

FOR MORE INFORMATION

United Nations Headquarters

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Mediawise Pty Ltd

Residential Care Homes for the Elderly

Australian Podiatry Council

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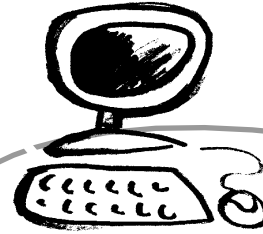
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Letters To Our Website Guest Book

This site is tops. I might even enter this competition. Our teacher told us about this site. I have read all the stories and they are great. I will now respect my elders even more than before. Thankyou for this great site. The elderly have more to them then just years of memory, they have many good things to them that we sometimes don't see or understand. Thanks again. Good luck to all the elderly, always.

*Kym Jepsen
 Mackay, Queensland*

Our English teacher told us about this sight and we decided to have a look. The stories are very creative, clear and interesting. There was also a fair bit of humour. I think that this is a good website. It Rocks!

*Dani Jensen
 Mackay, Queensland*

Council on the Ageing (Australia) is the auspicing organisation of Australian Coalition '99 (National).

Australian Coalition '99

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