

In Flanders' Fields the poppies blow



WHEN Penny Foster (left) wears this spectacular frock made entirely from interwoven red Flanders' poppies, she is deeply aware of presenting a stunning visualisation of the universal importance of Remembrance Day on 11 November and of RSL Victoria's Poppy Appeal.

When Penny visited the *Fifty-Plus News* booth at the Federation Square launch of Victorian Seniors Festival, she confessed that she also had a more personal motive to don the 'poppy dress' — remembering her Grandpa who served in World War II.

• The red poppy — the Flanders poppy — was first described as the flower of remembrance by Canadian Colonel John McCrae. At the second battle of Ypres in 1915, when in charge of a small first aid post, he wrote in pencil on a page torn from his despatch book a poem, which has made the Flanders Poppy a vital part of the remembrance of Armistice Day 1918 in many countries. The Australian Returned Soldiers and Sailors Imperial League (forerunner of the RSL) first sold poppies on Armistice Day in 1921. Today the RSL continues to sell poppies for Remembrance Day to raise funds for its welfare work.

*In Flanders' Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders' Fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' Fields.*

Remembrance Day services will be held at the Shrine of Remembrance at 10.30am on 11 November 2010.

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WRAG News

by David Mallen

THE Waverley Retirement Activities Group (WRAG) is the largest activities group for retired people living in and around the Monash / Glen Waverley area in Melbourne. We are a non-profit, community-based organisation with about 500 members run by volunteers with support from the Monash City Council. We hold regular events and have over 30 leisure activity groups to make retirement fun.

Join WRAG, meet some new friends and have fun. Just \$5 per year.

No joining fee. No waiting list.

NEWS



Hugh McRae Hall at Lyndale Secondary College.

Hugh McRae died on 2 October, six days before his 80th birthday. He was a sincere and gentle man and as a WRAG member since 1991 he enjoyed the Golf and Jonola Card groups. Hugh was principal of Lyndale Secondary College in Gladstone Road, Dandenong North for seven years. The school hall on the corner of Halton Road bears his name.

EVENTS

General Meeting: The next General Meeting is at 7.30pm on Monday 15 November in the Glen Waverley Community Centre, 700 Waverley Road, Glen Waverley (Melways 71 C4). Will from 'Chocolate Grove' will be speaking and handing out free samples. He will also have some of his range of chocolates for sale – just in time for Christmas! Please wear your name badge. Supper is provided. Visitors welcome. Come along and find out all about WRAG.

Games Night: The next Games Night will be something different. It is scheduled for 7.30pm on Thursday 25 November at the Glen Waverley Community Centre. Special games and pizza for supper. See you there!

Christmas Social: Put 7.30pm Monday 13 December in your diary. Why not bring your whole Activity Group along for a fun night out?

ACTIVITIES

Armchair Travel: If you missed the August General Meeting and want to see and hear more from David and Glenys about China, come to the next meeting on Monday 8 November. Please book with Morrie.

Bird Observers: Once again we had a really enjoyable break in Chiltern, the highlight of our bird watching year. There was an abundance of water everywhere we went, in fact that may be the reason why our waterbird count was down. They had been more scattered throughout the area. However we made up for this with many other good sightings of the smaller birds. We identified at least 91 species and brought our total of different species sighted at Chiltern during our visits over the years to 173 of the 220 that are claimed to be in the area. The weather was



The Caravan & Cabin Group at Bright.



The hound at the scene of the crime.



Bill (rear seat) in the microlight powered hang glider.

mostly ideal and as usual we enjoyed our evenings dining at the Telegraph Hotel in town.

Bistro Dine Out: On 9 November we are going to Morning Melodies at 10.30am at the Village Green Hotel, cnr. Springvale & Ferntree Gully Roads, Mulgrave. Brian Muldoon will be singing 'Blasts from the Past'. Morning tea and lunch included. Book with Wally NOW; pay \$13.95 at the door.

Caravan & Cabin: We had an enjoyable week in beautiful Bright staying at the Pine Valley Tourist Park. The weather was fine for the first four days and we had fun at the Wandilgong maze and minigolf, lunch at the Porepunkah Hotel, a visit to the Old Tobacco Sheds at Bright and a picnic lunch at the Gorge Lookout at the top of Mt. Buffalo. David and Glenys even managed a snowball fight at Dingo Dell.

'First-timers' Bill and Glenys were enjoying a coffee at the Edelweiss Bakery in Ireland Street on Sunday morning. A couple with a very large and friendly Scottish Deer Hound sat next to them. The dog snuggled into the back of Bill's chair and Bill gave it a pat. His back felt nice and warm but when he got up to leave he discovered that he had been 'anointed' by the dog and there was a little yellow 'river' under his chair! There was much laughter from witnesses David, Glenys, Helen and Jean. Bill had to quickly walk home for a shower and change of clothes. (Bill – a pilot – made up for this misfortune by having a ride in a microlight powered hang glider from Porepunkah Airport on Monday afternoon.)

In the evenings we had a quiz night (one particular table scooped the prize pool winning 3 out of the 5 quizzes!), a bingo night, a movie and even a welcome visit from the local Hamburger Van. On Wednesday we went to see the new AGL140MW Hydro Power Station at Bogong, although Frank and Ruth missed the turnoff and ended up at Falls Creek! Some of our group went to the Beechworth Bakery for the famous Eccles Buns and others stayed for

the Lunatic Asylum Ghost Tour at night. We all had a delicious Devonshire Tea at the Red Stag and Emu Farm near Eurobin on the final day.

Helmut and Dot did a great job organising the activities and changing them around according to the weather. The Farewell Dinner was at the Savoy Sportsman's Club in Myrtleford. It never stopped raining from 8pm Thursday until we left on Friday and we had the wipers on all the time for the drive back to Melbourne. A few members were seen detouring to the Milawa Cheese Factory for morning tea and chai latte before braving the very wet Hume Freeway.

The Bright Reunion is on Monday 22 November in the Uniting Church Hall in Essex Road, Mt. Waverley (Melways 61 D10) at 7.30pm. \$2 for hall hire and supper.

Card Making: We make greeting cards and meet at 10am on the third Wednesday of every second month in members' homes. We'll be making Christmas cards at Joan's on 17 November. BYO paper and tools. Contact Margaret for more information.

Casino Bus Trip: We all enjoyed the trip to Crown at Southbank and delicious all-you-can-eat meal at The Kitchen

Workshop on sunny Thursday 21 October. 'First-timer' John won the Crown prize of 2 Village movie tickets. The next trip is on 20 January 2011. This is a popular outing. Book with Peter now to guarantee your seat on the bus.

Golden Club: Congratulations to Louise and Bruce who celebrated their golden wedding anniversary in August. They enjoyed the occasion in fine style with their family. Our next luncheon is at the Mulgrave Country Club (Melways 80 H1) on Thursday 11 November at 12 noon for a \$12 Senior's Lunch. Please wear your name badge. We look forward to meeting Louise and Bruce! Please book with Cliff by 8 November.

Something on Sundays: Our end-of-year break-up lunch is at the Po Hing Restaurant at Pinewood Shopping Centre (Melways 70 H5) at 12 noon on Sunday 14 November. Contact Shirley for details. All members and friends welcome. See you there.

Scrabble Word of the Month: ALLELE — An alternate form of gene that determines distinct traits passed from parents to offspring.

(Scrabble Word Lists may be downloaded from the Scrabble Group's page on the WRAG website.)

CONTACTS

Please contact us if you live in the Monash / Glen Waverley area and wish to find out more about what fun we're having as members of WRAG. To find out about all the activities we offer and the Group Convenor's phone numbers, please ring the general enquiries number below or visit the Activities page on our website.

General enquiries: Margot 9802 9664; New Member enquiries: Rona 9574 8090; Postal address: WRAG, PO Box 1015, Glen Waverley VIC 3150. Visit the WRAG website for details of all the activities, the latest news and photos:

<http://home.vicnet.net.au/~wrag>



Members of the Casino Bus Trip Group reading WRAG News.

VIEW Clubs of Australia

Around the Clubs with Shirley Weekes

Convention 2010
A WARM welcome was extended by our National President, Heather Isemonger, to all VIEW members when we came together to celebrate the 50th Anniversary of VIEW and our annual convention in Canberra.

Day one commenced with a choice between three breakfast sessions: 'Flavours from Home', 'Fashion with a Flair' or 'Tell it like it is' midst much laughter and chatter. Then it was down to business.

Convention Day was in the form of a forum luncheon titled 'It's All About Women'. After National Manager Maryanne Maher welcomed Auntie Agnes Shea OAM, Elder of the Ngunnawal People and ACT Mary Porter AM MLA our opening speaker was introduced, Karen Arthur a Learning for Life Alumna. Karen joined the Learning for Life program in 1999. She is a graduate from the University of NSW with honours, and obtained a Bachelor of Arts and a Bachelor of Laws in 2004.

Karen said, "It was never my intention to become a lawyer. Not because I didn't want to, but because I didn't think I could. At the High School I went to, we weren't taught to aim high. So we didn't. I didn't believe I'd get the type of marks required to enter law school. We were conditioned, conditioned into aiming average. But here I am – a practising solicitor." Karen then went on to say "Because of the generosity of a very special family I had the chance to learn, grow, develop and prove what I could offer." How proud and humbled we VIEW members were to be part of Karen's journey.

The afternoon forum brought together the Honourable Bronwyn Bishop MP, Ita Buttrose AO OBE, Senator Kate Lundy and Naaseema Sparks to discuss "It's All About Women". Each panellist contributed to a lively discussion about what women have achieved and how all women can make a difference.

Some of the important comments were: "Use your Voice for the benefit of Australia; Technology must not be used to divide society; Adapt to change; Make it a positive rather than a negative experience; Be yourself; The only boundaries are those we impose on ourselves; We women are too polite to demand changes that would improve the life of all Australians."

In keeping with VIEW ideals of fun and friendship it was off to enjoy an evening of entertainment, singing and dancing. Two Vice Presidents demonstrated to all members who chose the 'Go Go Retro Night' how to dress and join in the fun (see photo).



Conference Day — The V in VIEW

We were entertained with a performance from Canberra Girl's Grammar School, Chamber Ensemble then it was down to business.

John Kelly, Chairman, The Smith Family, sincerely thanked and congratulated the ladies of VIEW for their continuing contributions to general funds as well as their support for Learning for Life Students. VIEW clubs now support 827 students, so let's challenge ourselves to grow to 1000 by 2011 convention.

Next we heard from Noelene Brown who is the current Ambassador for Positive Ageing as well as being involved in many other organisations. Noelene kept us entertained with some of her experiences as an actor as well as how to age disgracefully while having fun although some of the audience requested "how?!"

Again we were fortunate that Paul Henderson arranged for us to listen into his interview of two current Learning for Life Students. Both Paul Hayes and Katherine Daday tugged at our heartstrings, with their stories about the hardships and struggles before being sponsored by TSF and how their lives had changed.

After lunch our collective voices were heard with a lively debate on the three resolutions submitted for consideration. Listening to the arguments of those for or against each resolution was very informative. Each resolution will now be forwarded to the relevant State and Federal Government departments for consideration.

There were two very special awards presented namely Lorraine Baker S.A. for the National President's and Helen Helson Z.C. NSW Central Coast for the prestigious George Forbes Award.

Finally the long and eagerly awaited announcement caused all Victorians to erupt with glee as we heard that Melbourne has the honour of hosting convention 2011 as VIEW moves forward into a brighter future.

Of course convention would not be complete without 'Our

Community Our Future' a celebration service held in The Great Hall Parliament House, Canberra. All who attended will never forget the sterling rendition of Amazing Grace played by the Pipe Band.

Now it's down to work planning a program to return the warmth of friendship and fun we have shared with our VIEW sister's interstate. All club members will be urged to attend at least one function so they too can experience the camaraderie of convention. Remember it is now acceptable to invite non members to attend. What a great way to introduce friends, neighbours and family to our wonderful organisation so we remain 'Green and Growing'.

Brighton Evening Club, which meets at Hampton RSL also had several members at convention. Brighton are offering everyone the opportunity to make an early start on Christmas shopping by attending their 'Let's get Wired' jewellery party to be held at Rylands of Brighton, 95 Outer Crescent, Brighton. Thursday 18 November, costing \$10 including supper. Contact Dita on 9596 1371 for further details. Brighton club welcomes new members with friendship and warmth so don't miss out, give them a ring.

Springvale Evening Club recently celebrated their birthday. As Colin Peasey from The Australian Ballet was our guest speaker, Ballet was our theme and all present dressed in 'Black and Pearls'. Everyone was enthralled with Colin's story of his journey, which saw him try many forms of dancing before his enduring love of ballet. President Glenda entered into the spirit of the evening wearing a Tutu. Colin graciously performed an impromptu dance with Glenda to our delight! (See photo above.)

Doncaster Day Club at its November meeting will celebrate their 27th birthday. The theme will be 'Lavender and Lace – A touch of elegance'. The soloist Pat Murray will provide the entertainment. Venue – Eastern Hill Golf Club, 473 Doncaster Rd on 23 November at 10.15am. All sister clubs and non members are invited to join us for lunch, good company and great entertainment. Phone Maureen on 9842 4820 to book. Other activities planned are a visit to the Johnston Christmas Collection and the Whitehorse Theatre to enjoy 'Oklahoma'. Then it is full steam ahead to Christmas – a sobering thought.

For all enquiries about VIEW Clubs contact Shirley on 9585 1186 or email shirlin311@bigpond.com

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Not all candidates for seats in the coming State Election are 30 or 40 something, with a Trades Hall or Legal background whose experience of the world of seniors is limited to Sunday lunch with the grandees. There are legitimate/genuine/certified seniors in the race, who have a background of life experience before seeking a political career, which we trust translates to a real knowledge and understanding of the seniors' world and a vital interest in seniors' issues. We introduce you to two such candidates for the Lower House of the Parliament of Victoria.



KEN Betts is the Liberal Party's candidate for Footscray at the 2010 Victorian State Election.

The Betts family has been a part of the Footscray community for three generations. Ken's grandfather and great grandfather were local identities and Ken is passionately committed to the welfare of Footscray and its continuing status as a multicultural and diverse city, which is "the jewel of the west".

Ken believes the residents of Footscray "deserve a fair go after more than 11 years of being taken for granted by the Brumby Labor Government".

He is committed to securing a better deal for Footscray, by fixing basic services such as public transport, congested roads and local health services. He is committed to increasing police numbers

for improved community safety and restoring integrity to Government.

Libs aim to cover life's journey from youngest to oldest

"At the recent Federal election, at 20 years of age, Wyatt Roy became the youngest Liberal National to be elected into parliament," says Ken Betts.

"At 69 years of age I am hoping to become the oldest first time candidate ever to be elected as a Liberal Member of Parliament for the seat of Footscray District, at the Victorian State election on 27 November.

Although considered by some as a political novice and underdog, I consider myself to be a streetwise, well-known local identity. I was born and grew up in Footscray as did my father. My grandfather also lived in the area (born in Ballarat) and was Fire Chief at the Sunshine Fire Station during its heydays. Ironically, Sunshine is also part of my electorate."

Ken was a member of the Footscray swimming club and played water polo with the famous 101-year-old club.

After retirement, Ken became an active local volunteer community worker and a Just of the Peace. He was also the founder and former chairman of Save Our Footscray and was successful in uniting the various Footscray Asian and Independent Traders Associations as one voice to promote Footscray.

Ken will create history if elected by the Footscray people, as a Member of Parliament for the Liberals who have never held the seat.

"I stand for local issues passionately and with conviction," says Ken Betts. "I have four children, twelve grandchildren and I still live in Footscray. "Yes, and for the record, if elected I will be the first ever pensioner candidate elected by the people for the Liberal Party. Who said life begins at 40!"

DIPLOMAT, senior manager, company director, university lecturer, teacher, community worker, international consultant - Bob Stensholt has brought a wealth of experience to State Parliament as the Labor MP for Burwood since 1999. He has picked up degrees in arts, philosophy and international law as well as a degree in divinity with honours in Islamic studies from when he studied for the priesthood.

"I have had three careers since I turned 50—academic, international consultant and then a State MP winning Jeff Kennett's blue ribbon Liberal seat in State Parliament for Labor in 1999. I joined the Labor Party when I was 51 and returned to Melbourne. As a diplomat and senior civil servant in Canberra for over 20 years giving frank and fearless advice to Ministers of all parties I thought that it was inappropriate to be a member of a party."

Bob was a Counsellor in the Australian Embassy in Rome before successively running



Bob Stensholt with a group of Chinese seniors in his electorate of Burwood.

international education, corporate affairs, quality control and audit, and finally some 350 projects worth over \$500m a year in East and South East Asia for Australia's overseas aid agency, AusAID. "I have found all that experience very valuable as an MP—a listener, an advocate, a doer, a teacher, a public speaker, an analyst, a team member and a community organiser."

Bob sees himself as the quintessential, old-fashioned grass-roots MP, pounding the streets talking to constituents or delivering his Community Newsletter, visiting neighbourhood houses or seniors groups, cooking sausages or selling raffle tickets, promoting the local community banks or holding

regular Saturday street stalls in local shopping centres.

"I love working in the community and am involved with nearly 50 community organisations. My job is to advocate for and make a difference in our community. All our local state schools have had a building program, local police stations have been rebuilt and now we are getting a new Box Hill Hospital. Community health and dental health services which are so important to seniors have been improved."

Bob has helped establish seniors groups, a men's shed in a railway station, community gardens and a food co-op as well as three community banks with a fourth on the way. "It was great to see this year the bridge, croquet and calisthenics clubs take over fabulous joint premises at Electra Reserve in Ashwood and I look forward to the new Batesford Hub in Chadstone next year for the Waverley U3A, Monash Community Health, Public Tenants Association and the local women's soccer and cricket clubs.

COTA asks for an age-friendly Victoria

COUNCIL on the Ageing Victoria (COTA) is calling on older Victorians and their family members to be Agents of Change in the forthcoming State election. Launching COTA's Age of Change campaign, executive director Sue Hendy said that there had been very little said by major political parties about key issues that are important for older Victorians.

Ms Hendy said that COTA is demanding three areas of priority action for the next government: rocketing energy and services charges; age discrimination; and accessible housing for low-income pensioners. "Every Victorian knows the pain of rising energy and water bills, but few can afford

it less than seniors on low, fixed incomes. Older people need concessions for basic living costs such as water, gas and electricity including subsidised transition to renewable energy sources in the home.

"State government stimulus fuelled the housing boom, which has made rates too high for too many older Victorians. Forced to sell, too many can't even afford rents which have followed housing prices skyward."

Ms Hendy also called for an end to "institutionalised discrimination", which holds older people back who are ready to contribute in the workplace and the community. "We need to honour the Victorian Charter of Human Rights and

Responsibilities Act. That means a review of existing government policies, training for government staff and a public education campaign to end discrimination against older Victorians."

COTA is focusing its campaign efforts in electorates with a higher percentage of people over the age of 60, where older people and their families are organising to work for change. Key electorates include Northern Metropolitan, Southern Metropolitan, Eastern Victoria as well as inner city marginal seats.

For more information on age-friendly policy initiatives, or to join the campaign, go to www.cotavic.org.au or telephone 9655 2127.

No upper age limit on voting

THE Victorian Electoral Commission (VEC) is urging eligible senior Victorians to check their enrolment details are up to date in preparation for the State Election on Saturday 27 November. Electoral Commissioner, Steve Tully, said: "I'd like to dispel the myth that there is an upper age limit on voting - there isn't. Senior Victorians make up an important part of our society and the best way for them to ensure that their needs are considered is to make sure they are correctly enrolled and vote."

To make it easier to vote, all eligible senior citizens over 70 years old (and anyone who always finds it difficult to get to a voting centre on election day), can apply to become 'general postal voters' and have their ballot papers sent to them by post for all State and local council elections.

Applications are available from the VEC website - 131VEC.com.au or by calling the dedicated State election hotline on 131 832. Enrolment forms are also available from the VEC website or at any Australia Post Office or Centrelink office.

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Meet your local candidates
NATIONAL Seniors Australia is hosting Meet Your Local Candidate forums for seniors in key Victorian marginal electorates. At the last election Kilsyth and Ferntree Gully were two of the most marginal Victorian seats on a two-party preferred basis and Bayswater was not far behind in this respect. Another of the most marginal seats is Mount Waverley, where the NSA forum was held on 3 November before this issue of Fifty~Plus News was published. The other forums will be held at the following times:
Bayswater — 7.30pm, Wednesday 10 November, at Knox Club, corner Stud and Boronia Roads, Wantirna.
Ferntree Gully — 7.30pm, Tuesday 16 November, at Ferntree Gully Bowling Club, Glenfern Road, Ferntree Gully.
Kilsyth — 7.30pm, Wednesday 17 November, Club Kilsyth, corner Colchester and Canterbury Roads, North Bayswater.
Each forum will run for approximately one-and-a-half to two hours.

News Briefs

Noisy restaurants not our favourites

A survey conducted by hearing care provider, HearingLife, has found that 80 per cent of people over the age of 55 "sometimes or always" restaurants that looked or sounded noisy, rating the acoustics as the third most important choice factor after food and service. The company also surveyed restaurants around Australia and found that only 10 per cent had considered noise as a key issue when planning or modifying their restaurant, but it's encouraging to note that 70 per cent of restaurants agreed to have a sound test carried out in their restaurant during a busy time and many are willing to make their restaurants more hearing friendly. To nominate your favourite hearing friendly restaurant visit www.hearingfriendlyrestaurant.com and you might win a dinner for two.

Variety of volunteer roles in Banyule

Volunteers of Banyule have many volunteering positions available at not-for-profit organisations for people who have a couple of hours free each week - or more. Assisting seniors in aged care; roles in administration and IT positions; helping at local sporting clubs; garden helpers in a local Stephanie Alexander Primary School; cleaning football boots for recycling to children who need them; and assisting at local opportunity shops are just some of the roles available. If you are interested in becoming a volunteer, telephone Volunteers of Banyule, 9458 3777.

Greying of the bush means challenges but opportunities too

Research carried out in two Murray River towns highlights the challenges and the opportunities to be gained with the trend for more older people to live in rural Australia. Professor Jeni Warburton, chair of the John Richards Initiative into Rural Aged Care Research at La Trobe University, who presented her findings at the National Country Towns Conference in Bendigo, said the study showed that older people contribute to the economic and social sustainability of rural communities. In

particular, she said, "older people build the social capital of the regions and support each other and others within their region". The study also identified, however, that older people need health and support services and with more than a third of all older Australians now living rurally, this presents many challenges. For more about the conference proceedings visit www.latrobe.edu.au/csrc

Volunteers help older people remain living at home

The Australian Bureau of Statistics reports that people over the age of 65 with disabilities spend 85 per cent of their waking time alone. As it is known that social engagement with others is as important as regular exercise, leading not-for profit aged care provider Benetas is keen to improve the quality of life of its clients. Benetas is looking for people to join their new Community Volunteering pilot program, which aims to match volunteers with its clients living in the Eastern suburbs. Benetas already provides essential services from personal care to cleaning and meal preparation, but the need is for volunteers willing to provide companionship. Volunteers would visit clients at home for one or two hours a week and would be matched with people of similar interests so that the visit might include mutual interests from discussions to playing cards or board games, or just having a chat. If you would like to help, contact Sarah Collins, Benetas volunteer coordinator, 8823 7900.

Heatwave information forum

A free community information forum on the effects of a heatwave will be held at Caulfield Hospital on 8 November from 2pm-4pm. Guest speakers from the hospital, Glen Eira City Council and City of Stonnington will give information on the body's response to heat, how to keep the house and yourself cool and local government heatwave initiatives. The forum will be held in the Ashley Ricketson Centre lecture theatre, gate 2 Kooyong Rd, Caulfield. Afternoon tea is provided. Please register by calling 9076 6776.

Aikido for seniors



Glenys Mallen shows Olga how to break a grasp.

DURING Victorian Seniors Festival, Waverley Aikido School held a free introductory class to introduce seniors to the specific aspect of this martial art that are relevant to older people.

Glenys Mallen, retired instructor and senior who has her 3rd Dan black belt demonstrated the basic self-defence technique of getting away from a grasp to the wrist, while Waverley Aikido School instructors Mark Bean and Rob Cas demonstrated other basic techniques, showing how they can be used to deal with physical conflict using movement

and deflection. Seniors were also taught how to fall backwards without hurting themselves, rolling backwards with head tucked in, without extending an arm to break the fall. This technique prevents hip, arm and shoulder injuries.

Rob Cas explained that Aikido is particularly suitable for women and seniors as it does not require particular physical strength because it uses the attacker's force against them.

For more information telephone Rob, 0412 842 227 or visit <http://waverleyaikido.org.au>



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