



Hugh Rogers State President DECEMBER 2019

Have a Go Day 2019, a LiveLighter Event

On 13th November, Have a Go Day, a LiveLighter Event, was held in the beautiful grounds of Burswood Park and was a huge success. Even though it was a very warm day this year, Age was definitely No Barrier to the thousands of seniors who came along to enjoy and participate in everything that was on offer. Thank you to our major partner, Healthway, promoting the LiveLighter message.

Seniors Recreation Council of WA has an amazing Have a Go Day volunteer team who work tirelessly for 12 months and spend 3, 12 hour days putting together and presenting the event. SRCWA pays tribute to both past volunteers and the current team who through their dedication present such a professional and amazing event for and on behalf of WA's Seniors. We especially remember Quentin Smythe one of SRCWA foundation members who passed away late last year and Leigh Davis who passed away this year both people were heavily involved in past Have a Go Days. 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, man and coordinate the hospitality tents, manage the set up and pack down and so many other jobs it would be impossible to name them all.

SRCWA would also like to thank the many volunteers who came on board this year, volunteers from SRCWA, Dept of Local Government, Sport & Cultural Industries, Have a Go News, SRCWA Branches and general public who kindly assisted with the many jobs it takes to produce such a large event. SRCWA would also like to extend their gratitude and thanks to the team of Trustees from Wooroloo Prison who attended on Tuesday to assist the coordinators with setting up the event and on Wednesday to assist where needed throughout the day and then in the afternoon to 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 for hosting Have a Go Day in the beautiful grounds of Burswood Park, for providing all the support in the lead up to and at the event, the grounds staff do an amazing job with the park and in supporting SRCWA at the event.

Thank you to Crown Perth for providing sponsorship towards the event and also providing free parking in the high-rise parking complex and the first prize in the major prize draw for the day.

We would also like to thank our Media partners for their wonderful support and promotion of Have a Go Day; Have a Go News – our major media partner, Channel 7, Home in, 882am 6PR & Curtin 100.1fm.

A big thank you to Lotterywest who once again supported Seniors' Recreation Council with a major grant for Have a Go Day and we also thank the Government of Western Australia for their ongoing support for Have a Go Day and also for SRCWA with additional funding enabling this organisation to once again employ a part-time administration assistant.

The Official Welcome was MC'd by Simon Beaumont from 882am6PR and it was a pleasure to have the Hon Mick Murray MLA, welcome everyone to the event. A moving Welcome to Country was conducted by Vivienne and Mort Hansen who invited everyone to have a great day and then played the didgeridoo, much to everyone's delight. 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 walkers and participants as they led the official Have a Go Day walk through the grounds.

This year participants were encouraged to have a go at activities on the day which included; boomerang throwing, walking hockey and football, canoeing, walking, riding on a Trishaw, Laser Pistol Shooting, Pole Walking, climbing wall, Petanque, disc golf, metal detecting, exercise to music, 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. The bottled water was supplemented by 3 large refill tanks and due to the hot weather these were put to good use.

There was a wide variety of information and display stalls for everyone to look at including clubs/groups, Model Boats, land yachts, MG Car Club, Classic Speedway, Antique bikes, Collectable displays, 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.

This year the entertainment stage was Sponsored by Nicheliving for which we were very grateful. The entertainment/activity this year was MC'd by Jim Drysdale and provided by: WA Bush Poets & Yarnspinners, Phil Wilson - Entertainer, Prime Movers, WA Police Pipe Band, Jim Sings Country, The Haze Band, Wayne Pride - Entertainer and Terry Bennetts – Entertainer, the participants all enjoyed the entertainment under shade in front of the main stage whilst they relaxed after visiting lots of sites and having a go at activities.

MAJOR PRIZE DRAW WINNERS:

1st Prize donated by Crown Perth - \$2,000 Crown Towers Experience: Mr S. Esmond

2nd Prize donated by Have a Go News and Kings Tours and Travel - \$500 Visa Card: Darren Roberts

3rd Prize donated by Telstra Australia – iPad: Margot Helbie

4th Prize donated by Sizzler Australia - \$200 Gift Card: Jenny Mc Caughan

Congratulations to all our prize winners and thank you to the organisations who provided the wonderful prizes won at this years event.

SRCWA wishes to once again 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 Newspaper, Government of Western Australia, LiveLighter Healthway, Channel 7, Channel Seven's Home in WA, 882AM 6PR, NicheLiving,

Studio TwentySix Photography, Telstra, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, The Hire Guys, Scarboro Toyota & Sizzler.

Diary Note: for 2020

Have a Go Day a LiveLighter Event in Burswood Park will be held on Wednesday 11th November 2020, registrations for exhibitors/site holders will open early April. Put these dates in your diary.

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