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Victorian Seniors Card e-News October edition



Dear

Welcome to the October e-News. In this edition we share more ways you can get involved in the Seniors Festival.

We feature some more fantastic performances - including an encore from David Arden, hear all about Hollywood from Rod Hardy and Gavin Wood, and reminisce

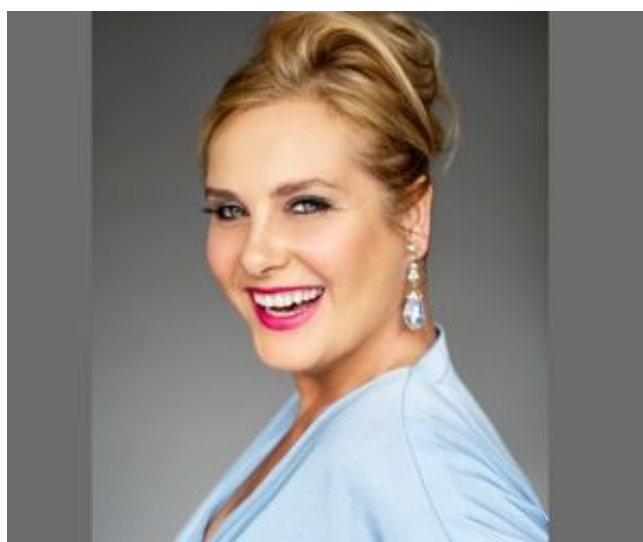
about Smacka Fitzgibbon's dynasty. There's some intergenerational fun and we hear about Broderick Smith and Richard Clapton - two great Australian performers that began their music careers in the early 1970's and are still performing today.

The wonderful ACMI archive also makes an encore with some fantastic footage down memory lane, and we share two podcasts in the Women, Arts and Activism series.

The Commissioner shares some practical tips and resources that might help you, your family and friends look after your mental health and wellbeing. And we give you the low down on how to get your proof of COVID-19 vaccination.

So check it out and keep on keep'n on.

Kind regards
The Seniors Card team



Smacka Fitzgibbon's continuing dynasty

Nichaud and Mark Fitzgibbon bring us this sentimental resonance with continuing the dynasty of this great musical family headed by Smacka Fitzgibbon.

[Check it out!](#)

Broderick Smith and Richard Clapton

We are delighted to bring you the latest

instalment by Radio88FM's Ian Braybook - exploring these two legendary Australian performers. Both began their music careers in the early 1970's and both are still performing today.

[Check it out!](#)



Chicken loving teenage piano teacher

Lottie is an enterprising and creative 15 year old school student, who during the 2020 COVID-19 restrictions created a Zoom Piano school. Jenny is one of her students and here they share the positives of this unique teaching relationship.

[Check it out!](#)

More Festival fun

The 39th Seniors Festival is in full swing. Check out our calendar or online and local live events and get involved in some Festival fun, and keep on keep'n on!

[Check it out!](#)





Recognising seniors

We are pleased to share these short audio programs to shine a light on residents of aged care facilities during the global pandemic. These recordings celebrate the contributions of older Victorians throughout their lives.

[Check it out!](#)

Bodies of knowledge

Paea Leach first met Alice Cummins as her teacher at WAAPA in Perth. Over 20 years later they are firm friends who rehearse, choreograph and share similar approaches to their creative arts.

[Check it out!](#)



Encore from David Arden

Dave returns for an encore Festival Reimagined performance Festival playing his song Annie Louisa, dedicated to his aunty mum.

[Check it out!](#)



Rod Hardy and Gavin Wood tell all

Sharing an intimate conversation about their beginnings in radio, their work in television and their developing friendship in Hollywood Los Angeles and the incredible stars of screen they have worked with.

Watch now!



Women, Arts and Activism

Special stories shared

Julie Pagonis was born at sea on a migrant ship called Junmouret enroute to Australia from Cyprus in 1955, and Wemi arrived in Australia from Nigeria in 1991 as a 33 year old mother of three. Here they reveal the historical events that made a big impact on their life before, and after, coming to Australia.

Listen now!

From Abruzzo to Australia

With the Women, Art and Activism series Episode 4, Italian-Australian artists Wilma Tabacco and Liliana Barbieri Art, take us back to their first years in Abruzzo. Discussing the dramatic impact of the social constraints handed down from generation to generation and to the

extreme courage that guided them through their careers.

Listen now!



Celebrating Victorian Seniors

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More treats from the ACMI archive

Take a trip down the Great Ocean Road, visit land's end in the Wilsons Promontory National Park, and join the Daley Family for a lovely day in Melbourne in the 1960s - and what better way to spend it relaxing than by having a coffee, going to the footy and downing a cold beer.

Check it out!

GrEAT Ocean Road trip

Together Victoria explores all that Victoria has to offer in food and wine to help you discover new brewers, winemakers and chefs right around the state.

[Read more](#)



Get your COVID-19 digital certificate

Did you know you can download proof of your COVID-19 vaccination to your phone? Find out more about accessing your COVID-19 digital certificate and the Vaccinated Economy Trial underway in Victoria.

[Read more](#)

Beware of COVID scams

Scammers are finding new ways to try to take advantage of Australians during the COVID-19 pandemic. Learn more about what to look out for and how to protect yourself.

[Check it out!](#)






Commissioner - looking after your mental health

As we get older, life can present new and extra challenges – from retirement and lifestyle changes to reduced mobility or independence, or the grief of losing people we care about. As we mark World Mental Health Day the Commissioner shares some practical tips and resources that might help you look after your mental health.

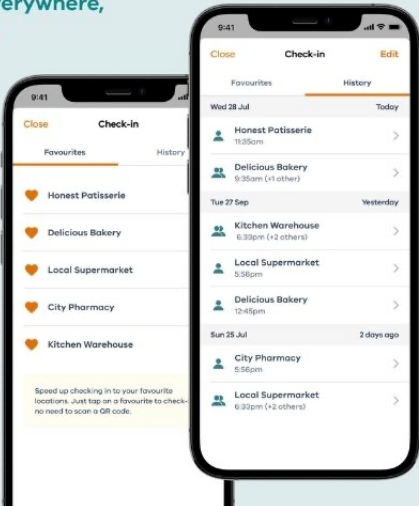
[Read more](#)




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Coronavirus (COVID-19) Stay up to date

Take this free test from the comfort of your home

Over 90% of bowel cancers can be treated successfully if found early. The at-home test is easy to do, hygienic and you can do it in the comfort of your own home. Do the test – it could save your life.

Check it out!



Energy with a bit of good

We know that energy created from fossil fuels creates greenhouse gas emissions that contribute to climate change, and that's why the world is rapidly changing to one powered by renewables.

EnergyAustralia is playing a big part in this energy transition.

Read more

Book your appointment now at coronavirus.vic.gov.au/book-your-vaccine-appointment

Have your say

Older Victorians from migrant and refugee backgrounds

The Victorian Parliament Legislative Assembly's Legal and Social Issues Committee's Inquiry seeks submissions to consider the needs of older Victorians from migrant and refugee backgrounds.

For more information visit Seniors Online www.seniorsonline.vic.gov.au/News-Opinions/Latest-News/Call-for-submissions-into-support-for-older-Victorians-from-refugee-and-migrant-backgrounds.

In case you missed it - from the last e-News

[Let's talk about sex - read more](#)

[ACMI Film festival special offer extended until 31 October - read more](#)

[Get Active Victoria free workouts - read more](#)



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