



mbs
JENNY D'ANGER

A GAP year isn't just for young people, says 65-year-old author Chris Herrmann.

He wrote *My Senior Gap Year* and is encouraging people over 60 to take the challenge.

"Some people our age get stuck in the routine of life... They need to take a year off... step out of their comfort zone."

Three years ago the Bicton local wasn't thinking about a gap year, but the death of his wife of 40 years made him take stock.

Initially there were a hundred reasons not to step out of his life, Mr Herrmann says.

"The voice in my head said 'What are you doing, what if you get sick or have a heart attack?'"

Ignoring them he terminated his lease, sold the furniture and car, and with nothing more than a round-the-world ticket and a backpack headed into the unknown.

For 12 months Mr Herrmann travelled alone through Spain, South and Central America, and South East Asia with no accommodation pre-booked and no itinerary.

He experienced every form of transport, from a horse and



Mind the gap

cart to a five-star coach, and slept on the floor of a Buddhist temple and in the middle of a jungle.

"Some nights I shared a dorm with kids younger than my kids."

Initial hesitation at climbing

onto a top bunk gave way to thinking "this isn't bad".

And exchanging travel stories earned the respect of his younger bunkmates.

"I lost count of the number of times young people said 'you are a legend, my parents

wouldn't do this'."

You can hear more about why a senior gap year is good for your mind and body at his talk at East Fremantle's Glyde-In Community Learning Centre on Friday July 5, 9am. Tickets at glydein.org.au

NOTICEBOARD

WHAT'S ON • CLASSES • ACTIVITIES • SPIRITUAL SERVICES • SUPPORT GROUPS

FREE SHRI MATAJI NIRMALADEVI'S-SAHAJA YOGA Meditation with Indian Ragas Every Friday 7pm at Upstairs 10/17, High Street, Fremantle. By Acharya Dr. Sadanand G. Mankar Mb: 0407 561 682

FREE THE BEARS invites you to see the new Lion King Movie to help support the bears. Sunday 21 July, 1.00 pm; come from 12 noon for raffle and lucky door prizes, Cygnet Cinema, 16 Preston Street Como, Cost: Adults \$25.00; children \$18.00. Book: www.trybooking.com/BDHKQ or phone 9244 1096 Funds raised will help with the construction of new bear sanctuaries in Laos and Vietnam. For more information contact Beth Allen, 9403 6816 or Free The Bears Ltd, 9244 1096

IF YOU WANT TO DRINK, that's your business. If you want to stop, that's ours. Call Alcoholics Anonymous 24hr help: 9325 3566 or 1300 22 22 22

LADIES PROBUS CLUB of Booragoon welcomes new members. Meetings feature Guest Speakers and the club organises Outings. We meet on the 4th Wednesday of the month 10.00am at St Michaels Church Hall, Cnr The Promenade & Gunbowler Rd, Mt Pleasant, Phone: Frances 0400 718 642

LOOM WEAVING Every Wednesday, 9-4 pm, 17 Perry St (Legacy House) Fremantle. All Levels of weavers welcome. We have some 4 shaft looms available for use for ongoing studio projects. Classes will begin when the need arises. Our studio hires and uses the facilities from the Military Art Program (MAP) - \$5.00 / session If you are interested contact Ann 0402 832 198

SING SING SING Groups and individual lessons choir, Fremantle and Melville. Beginners welcome. Call Joanna 0402 339 319

SOUTH OF THE RIVER CHESS OPEN The Southern Suburbs Chess Club, with the support of the City of Melville, is hosting this open event at the Bull Creek Community Centre on Wednesdays at 7.00pm from 10 July to 7 August. All chess players are welcome to enter. For details please call Ian on 0403 776 220

THE COMPASSIONATE FRIENDS (TCF) is a volunteer run, peer support group for people who have lost children, siblings or grandchildren of any age. TCF holds monthly support group meetings north and south of the river, and provides telephone support. TCF is now based in Ardross. Please call our new phone numbers 6107 6257 or 6107 6288 for more information or support

WESLEY CHURCH is open for meditation and reflection on Mondays, Thursdays and Fridays from 10am - 1pm and on Tuesday afternoons 1:30pm - 3pm. Exceptions to the last Tuesday of the month: The Wesley Link, an open space free for the community to enjoy coffee and snacks, is open Thursday and Friday from 10am - 1pm. Come and share in worship at Fremantle Wesley Church at 9:30am each Sunday. This service is followed by a time of fellowship over morning tea.

mind body spirit herald mind body spirit

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ABUNDANCE Life Coaching www.soulabundance.com "Regain your personal power and create success and happiness" Life Coaching & Emotional Healing. Weekly Group Meditation, Catherine 0408 563 746

LIFEFLOW Counselling: Gentle supportive Counselling using a Mindfulness, Somatic approach, Experience less stress, more peace, joy and happiness. Find out more at: www.lifeflowcounselling.com or phone Darryl Smith on 0419 955 140

RELAXING Massage to ease pain and stress. Spearwood, Contact Bea 0456 249 001

MESSAGE Chill-out, de-stress, and leave a different person. I have 10 years experience, Swedish, deep tissue, Indian head massage. Great music, 7 days. 0432 154 196

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MESSAGE! Huna hawaiian, Lomi-lomi & Swedish, treat yourself, relax unwind de-stress. Experienced & qualified, Alanah 0405 755 715

YOGA Hatha Style, Gentle Exercise with experienced instructor at Sanson Recreation Centre, 44 McCombe Avenue Sanson, Monday 10.00am - 11.30am \$12.20 casual or cheaper per term, all levels welcome. Further information call 9432 9992

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DISTRIBUTION - The company reserves the right to adjust the distribution of the newspapers as and when economic circumstances require. Should this occur, the company will ensure that the advertiser will receive the circulation that they have purchased at the earliest possible opportunity.

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THE LOCAL COMMUNITY RADIO STATION IN THE FREMANTLE AREA
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To advertise email the Herald news@fremantleherald.com

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HERALD NOTICEBOARD spread the word. Write (to PO Box 85 North Fremantle, 6159), drop (at 41 Cliff St, Freo), fax (9430 7726) or email (news@fremantleherald.com) but please do not phone. Please keep your notices short and to the point (we reserve the right to cut free notices). Deadline is 5pm Monday.



June 15 - June 22, 2019

ARIES (Mar 21 - Apr 20)
Emotions are running strong. They seem to be at cross-purposes to all of those sensible, practical matters you are trying to keep on track. Your feelings are demanding to be heard, no matter how inconvenient. There's a full Moon on the way during the week, adding to your quest for truth.

TAURUS (Apr 21 - May 20)
Lying underneath this moment of generosity and probably over-spending, is an uncomfortable truth. For now, you don't need to do anything beyond identifying the conflict between the role you are playing on the surface and the nervousness in your heart. Tease insight out, with kindness.

GEMINI (May 21 - June 21)
We are on this ride through the human condition to tease out fullness and possibility. There are depths and heights to explore, that can only be accessed with our cooperation and intent. Do you want to be on a transformational journey? Are you satisfied by what you find on the surface?

CANCER (June 22 - July 22)
There's a big required shift in direction upon us. There is tension between those who regard this shift as paramount and those who fear that change itself will be catastrophic. Know your position. State it clearly. Then let yourself be open to the generosity of human understanding and truth.

LEO (July 23 - Aug 22)
The Gemini Sun is treating you well. Your job is to work on your foundations and resources, whatever they may be. There are no great distractions coming your way. The full Moon in Sagittarius on Monday will add a few volts of passion to your endeavours. Fire up, playfully.

VRGO (Aug 23 - Sept 22)
Mercury is in Cancer. There's a lot of energy over there. You are always impacted by Mercury's shenanigans. He's sending out messages about the need to be emotionally connected. Explore co-operation as your modus operandi. Self-interest and community have never been opposites.

LIBRA (Sept 23 - Oct 23)
Venus is hiding in a quiet place at the moment. Where she goes, you go. The time isn't far away until you will be asked to enter the fray and say what you have to say. The best way to gesture your understanding is in stillness and silence. Nurture yourself when quietness comes your way.

SCORPIO (Oct 24 - Nov 21)
The Moon begins her week in Scorpio, sparking a wave of feeling that has the potential to shift you on your axis. Your planets align for a minute, giving you a glimpse of the possibility that if all goes well will ignite and inspire you. Have your pen ready to catch your moments of inspiration.

SAGITTARIUS (Nov 22 - Dec 21)
The Moon will be full in Sagittarius on Monday. She will have powerful Jupiter right behind her as she shines. You can expect to be thrust into new experiences that you think you aren't quite ready for. The truth is, you are. Change is an on-going smouldering presence. Embrace it.

CAPRICORN (Dec 22 - Jan 19)
Mercury, Mars and the North Node of the Moon are all opposing and challenging you. They are working through the vehicle of your relationships. Any arguments you are having, are an opportunity to drop your defences, sit down and listen. Having done this, act according to truth.

AQUARIUS (Jan 20 - Feb 18)
Bide your time playfully. Entertain yourself with all that your curiosity unearths. You have a break from major pressure and events in which to entertain yourself. Shed anything that is weighing you down. Clean out your lounge room, your wardrobe, your laptop files and your mobile phone.

PISCES (Feb 19 - Mar 20)
There's a moment at the beginning of the week when you sense all the support you could imagine standing by your side. The Scorpio Moon gives you an edge that will serve you well for protecting your interests, Mercury and Mars in Cancer give you an indomitable sense of commitment.

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