

Dads encouraged to see their doctors

THIS Father's Day also marks the beginning of Blue September, so go ahead and get dad some socks and jocks, but also encourage him to see his GP for a health check-up.

Why blue? Blue is for men and we lose too many of them to prostate, lung, skin, bowel and testicular cancer.

With research showing that men are 20% less likely than women to visit their doctor and also 1.5 times more likely to be diagnosed with cancer, it is important we get the men we care about to visit their GP

regularly as early detection can make all the difference.

"Men often overlook their health so we try to encourage them to visit their doctor on an annual basis - particularly if something isn't quite right" said Murrumbidgee Medicare Local (MML) CEO Nancye Piercy.

"By detecting cancer in its early stages you increase your chances of beating the disease" Mrs Piercy said.

With 1 in 10 men being diagnosed with cancer by the age of 85, it is important to

discuss with your GP the preventative steps you can take to help reduce your cancer risk.

Men, and women, can enhance their overall health and wellbeing by participating in MML's free Healthy Lifestyle Program which focuses on how physical activity and healthy eating can improve your lifestyle and additionally looks at behaviour change and motivation.

For more information see <http://www.mmll.org.au/index.php/about-our-services/programs/healthy-lifestyle-program>

Perfect chance to express feelings

FATHER'S Day is a perfect occasion to express your deepest feelings for dearest Papa and pamper him with loads of Father's Day Gifts.

Ties and wallets are nice but don't you think that dad can feel bored getting the same formal and cliched gifts every time.

So try and be a little more innovative and thoughtful this year and present a gift that leaves an everlasting impression and creates sweet memories for a lifetime.

Sounds nice and bright right?

Yes, but the most daunting task is to decide on the right gift for dad.

Here are a few Gift Ideas for fathers day with different tastes and interests.

These might help you to widen your approach for selecting Father's Day Gifts.

These father's day gift ideas can suitably be implemented for grand dads, uncles or men who are like your father.

The most important thing that should complement any Father's Day Gifts that you select include a warm hug and a big THANK YOU.

► For Trendy Dads

If your dad is hep and love to carry a style statement a wonderful idea would be to gift him a pair of cool sunglasses.

He might be possessing some already but he would welcome another one with a warm smile.

Perfumes and Deodorants can also be given thought.

► For Sporty Dads

Sporty dads are going to love a Father's Day gift that boosts their passion for fun and sports.

So you can gift him something that gels with his area of interest.

Golf, cricket or tennis set would be a nice sporty idea.

If he loves indoor games you may go in for premium chess or cards set or anything else like Dartboards or scrabble based on his choice.

► For Bibliophile Dads

If your dad loves to spend time in books there can be no better idea than to gift him a nice hard bound book.

While implementing this idea be a little thoughtful and keep your dad's choice in mind.

On the occasion of Father's Day you may also select books which reflect on the beautiful relationship shared between a father and a child.

► For Techno Savy Dads

There are a lot of options in the market for dads who love to adopt latest and trendiest in technology.

If you have a good budget you buy a sleek new mobile set or iPod.

On the higher end you may go in for camera, camcorders, lap tops, iPads and DVDs.

Other ideas in this category include electronic shavers, massager or exercise equipment.

► For Dads on the Mechanical Side

If your dear Papa loves to play with the mechanical object a bright idea would be to gift him a tool set complete with screwdrivers, wrenches and hammers. And how about the Swiss Army Pocket Organizer?

► Clothes and Accessories

These are traditional yet always appreciated. You may like to buy a formal shirt, a casual T-Shirt or a pair of trousers.

Accessories that may be gifted on Father's Day include belts, wallets, portfolio bags, cufflinks and of course ties.

Father inspires Pacino

AL Pacino is channelling the spirit of his late father for his role as a salesman in the Broadway version of Glengarry Glen Ross.

The actor put in some intense sessions to get into the part of downtrodden sales rep Shelley Levene, and he slowly realised he was using the memory of his father Sal, who died in 2005, as inspiration.

"I was trying to channel this character and ... I felt as though he was a dancer," Pacino told the Smithsonian magazine. "So sometimes I'd start dancing. But then I realised, guess what, I just realised this today!"

"My father was a dancer and he was a salesman. So I was channelling my old man."



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Make dad's day

More gifts given to mum than dad



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AUSTRALIAN dads are being shortchanged, cheated by their own offspring who will spend less than half on Father's Day than they did spoiling mum for Mother's Day.

While Australians splurged an estimated \$1.4 billion treating their mums on Mother's Day, they're expected to spend \$676.5 million for Father's Day on September 1, according to a study by IBISWorld.

The average adult will spend about \$37.30 on their dad this year, the market research company's study said.

IBISWorld senior industry analyst Emily Witham said the heavier emphasis by retailers on Mother's Day was part of the reason for the injustice.

"Mother's Day has been around longer and it's much more heavily advertised," Ms Witham said.

"There's a big emphasis on not only taking mum out for a meal but also getting chocolates, flowers, jewellery, spa visits, pampering gifts.

GIFTS AUSSIES ARE EXPECTED TO BUY DAD

- ▶ Cafes/restaurants, 2013 forecast spending \$174.5 million, up 5.8% on last year
- ▶ Hardware and electrical \$148.2m, up 2.5%
- ▶ Gift cards and vouchers \$75.1m, up 8.4%
- ▶ Clothing \$62.9m, down 1.7%
- ▶ Other \$60.2m, down 1.9%
- ▶ Sporting goods and apparel \$58.2m, down 2.1%
- ▶ Liquor \$35.2m, up 4.4%
- ▶ Books and CDs \$31.1m, down 3.7%
- ▶ Personal care \$31.1m, up 2.4%

Total: \$676.5m, up 2.5%
Source: IBISWorld

"The value of the purchases are often much higher than what you'd buy dad - a bottle of whisky or socks and jocks or taking him out for lunch.

"Fathers are more traditionally seen as looking for a break or looking to spend some more time with family, there's a less materialistic view of it and that's supported by the advertising."

This year dads will most likely look forward to a meal with the family or a gift card as

Australians remain cautious about how they spend their money, Ms Witham said. She said weak consumer confidence has seen Australians dining out less, and leaving meals out at restaurants for special occasions like Father's Day. IBISWorld general manager Karen Dobie said the popularity of do-it-yourself renovation shows had seen a boom in hardware and electrical goods spending, which is expected to be the second most popular area of spending this Father's Day, after eating out.

How to celebrate your dad...

Many Australians celebrate Father's Day by showing their appreciation for their fathers or father figures. Acts of appreciation are done in different ways and may include (but are not limited to):

- ▶ A day out in the park, at the movies, at a zoo, or another place of interest.
- ▶ Handmade or purchased cards.
- ▶ Presents such as food baskets,

chocolates, clothing, equipment for hobbies, or gift vouchers.

▶ Breakfasts, brunches, lunches, or dinners either at home, at a restaurant, or at a café.

▶ Father's Day charity activities, such as fun runs or purchasing special gifts, to raise money for causes such as services for the visually impaired or research on prostate cancer.

Remember to mark your dad's special day

IN Australia, Father's Day is celebrated with much enthusiasm and joy.

What is noticeable about Father's Day in Australia is its unique time of celebration.

Unlike in US and several other countries where Father's Day is celebrated on the Third Sunday of June, Fathers Day in Australia is celebrated on the first Sunday of September.

Hence, the date of Father's Day is never fixed.

Fathers Day celebration in Australia takes place in the same way as in several other countries around the world.

Taking opportunity of the occasion, people express gratitude for father and thank them for all their care and support.

Most often children gift flowers, neckties, chocolates or other gift to honor their dearest dad.

Though the occasion is celebrated privately in households, several clubs and societies take initiative to organise special programmes to encourage and entertain people.

Breakfast meeting for families is a common feature of Father Day celebration in Australia.

Various types of games and activities are organised in such Father's Day get-togethers to strengthen the bond of love between father and a child.



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