

# DVD Giveaway...

## COMP 1 - 'Life'

BBC

SRP: \$ 89.95 \*4 Discs \*As seen on ABC1

"Brutal...but breathtaking...A must see" **Sydney Morning Herald**

Narrated by Sir David Attenborough and packed with exciting revelations and stunning screen 'firsts' - this breathtaking ten part blockbuster presents 130 incredible stories from the frontiers of the natural world.

Discover the glorious variety of life on Earth and the spectacular and extraordinary tactics animals and plants have developed to stay alive. Witness evolution in action as individual creatures, under extreme pressures to overcome challenges from adversaries and their environment, push the boundaries of behaviour.

Cutting-edge cinematic techniques capture unprecedented beautiful sequences: birds running and dancing on the water's surface in dazzling displays of courtship, fish outwitting predators by using their fins to take flight, flies competing in mesmerising eyeball inflation contests and female humpback whales aiming to secure the best mate in one of the most massive battles in nature.

This is Life - as you've never seen it before. Filmed over 3000 days, across every continent and in every habitat Life includes a spectacular score by the award winning composer George Fenton (Ghandi, Cry Freedom). Special feature: Life Diaries - ten minute 'making of' diaries for each episode.



## COMP 2 - 'Yo Gabba Gabba - Halloween'

Yo Gabba Gabba - Halloween

\$19.95 \* AS SEEN ON ABCTV

A sing-along, dance-along magazine show for 21st century preschoolers and parents, Yo Gabba Gabba! offers a unique blend of loveable characters, original tunes from hip hop to electronic beats, quirky animation, and extraordinarily catchy songs. Easily the hippest show for toddlers, kids and the whole family, Yo Gabba Gabba! both entertains and educates.

In Halloween it's time for the Gabba gang to dress up in outrageous costumes. Muno's whole family comes to visit and the Gabba gang learns about their family tree. DJ Lance reflects on when all the characters were babies.

The Roots stop by to perform "Lovely, Love My Family." Featured songs include: "Meet My Family," "Nice to Meet You" and "Empty Full."

The Gabba gang plays a slew of games including Hide and Seek, Peek-a-Boo, Simon Says, Red Light, Green Light and more. Muno has a loose tooth and wiggles it until it comes out.

Additional featured songs include: "Wiggle Wiggle Baby Tooth," "Tooth Fairy Waltz" and "Baby Teeth."



## • PARKINSON'S DISEASE

# Diary aims to ease burden

A practical and inspirational diary for people living with Parkinson's disease was launched at the UQ Institute of Research last month, aiming to support patients and their carers and help Parkinson's researchers in Australia search for a cure.

"Day By Day" has been created by the wife of former Australian swimming champ and elite coach, Ian Findlay, who was diagnosed with Parkinson's Disease (PD) in 2004.

Nicole Findlay hopes the diary will provide people with PD and their carers with a one-stop record book to keep track of daily medications and obtain up-to-date information regarding the disease.

PD is a progressive, degenerative movement disorder of the central nervous system that often results in slowness or absence of movement, tremor, muscle rigidity and postural instability. An estimated 80,000 Australians are living with the disease.

"Each page of the diary suggests a fine or gross motor exercise sufferers can perform and allows them to rate how they are feeling at different points throughout the day," Mrs Findlay said.

"Aside from the practical benefits, the book also aims to offer inspiration to people living with Parkinson's and their support team who face a myriad of challenges on a day-to-day basis," she said.

Mr Findlay held the Australian record for the 200 metre butterfly in 1983 and coached alongside Lawrie Lawrence when Duncan Armstrong won Gold at the Seoul Olympics.

He's a former Commonwealth Games Coach and Australian World Championship Team coach. He also coached Glen Housemen to a world record in the 1500m and a Silver Medal at the Barcelona Games in 1992.

He had set up his own swim school in Toowoomba when PD struck and he has been forced to make huge lifestyle changes to cope with the disease.

The Findlays received the devastating diagnosis when Nicole was eight months pregnant with their first child.

"The news floored me and I think I lived in shock for a good while," Mr Findlay said.

"As my symptoms progressed I was unable to continue working as a professional swim coach. Medication gave me only two hours relief. My muscles suffered from severe cramping which made walking more than 200 metres difficult."

By 2006, he was unable to continue as a professional swim coach.

"So, I became 'Mr Mum' to our young son, Max, and did some part-time consultancy work from home."

Following deep brain stimulation, a revolutionary new treatment provided by University of Queensland Professor of Neurology, Peter Silburn and surgeon Dr Terry Coyne, Mr Findlay is now able to coach for short periods each day. Earlier this year, he competed in a 12km ocean swim on the Gold Coast.

Mr Findlay said all the proceeds from the "Day by Day" diary would provide much-needed funding for PD research at The University of Queensland's Centre for Clinical Research.

"I am confident research findings will continue to improve the quality of life for people living with Parkinson's disease and I hold great hope that one day we will find a cure," he said.

For further information about Ian Findlay's story or to order a copy of the Day by Day diary, visit [www.parkinsonsdaybyday.net](http://www.parkinsonsdaybyday.net)

## Win A COPY OF THE DVDs ABOVE!

TO ENTER: Simply write your name and address on the back of an envelope and post to:

COMP 1: 'Life'

OR COMP 2: 'Yo Gabba Gabba'

PO Box 702, Ashmore City Q. 4214

(Entries close Friday 12th November '10)

WINNERS NOTIFIED BY POST

Prizes must be collected from Southport within 4 weeks.