

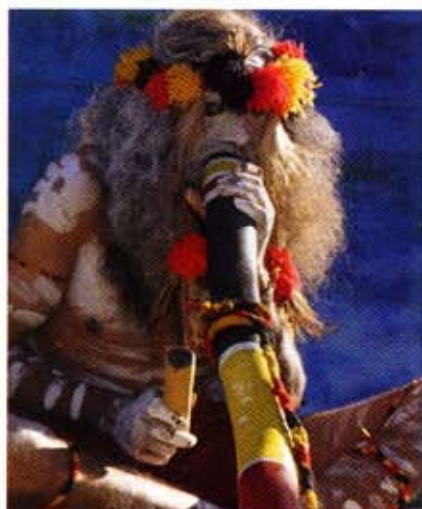
SOUTH AUSTRALIA

Nov 3-26 FilmFEAST and FEAST 2006, various venues. This year Adelaide's annual Gay, Lesbian, Bisexual, Transgender, Intersex, Queer community festival takes as its theme (wait for it): the faerie. The festival encompasses everything from garden tours to golf days (with a good dose of cabaret, film and political forums in between), proof of just how diverse this group really is. Abandon stereotypes, all who enter here; www.feast.org.au.

Nov 18-19 South Australian Arabian Championships, Royal Adelaide Showground. There's plenty here to keep even the Saddle Club set entertained. Come along to see horses compete in jumping, dressage, harness, halter and numerous other events. City kids will love it; Log on to www.adelaideshowground.com.au or call (08) 8210 5211.



PLUM JOB The tart, green, heart-shaped plums that grow from Katherine to the Kimberley have been a seasonal staple of the local Aboriginal diet for who knows how long. But the gubinge, Australian bush, Kakadu or billy goat plum, as it is variously known, was also used to treat skin diseases, arthritis, colds and flu. Scientists discovered the bush plum is in fact a powerhouse of vitamin C complex and a great source of antioxidants. And antioxidants being as desirable as they are (having the capacity to reduce the impact of free radicals which can damage our health and cause premature ageing), the communities of the Kimberley that grow the bush plum are experiencing the 21st Century equivalent of a gold rush. In the last year the Gudumul community has supplied American-based Mannatech with large quantities of bush plums, which they in turn have introduced to their range of dietary supplements in a product called Ambrotose AO. For information on where Ambrotose AO is stocked in Australia call (02) 8437 7433.



HOT STUFF: A SCENE FROM LAST YEAR'S FREMANTLE FESTIVAL AND (BELOW) THE RUBBER BURNS AT THE LEXMARK INDY 300.

WESTERN AUSTRALIA

Nov 17-26 Awesome Festival, various venues in the Perth CBD. It's free and it's fun and it's family focused: it's an arts festival aimed at ambushing and engaging anyone traipsing through the city centre. Last year's event had kangaroos on stilts, giant inflatable astronauts and an eight-metre long

sleeping sow. If that's art, then gosh we like it; www.awesomearts.com.
Nov 17-26 Fremantle Festival, various venues. In 2004 the theme was 'Resonate'. In 2005 it was 'Illuminate'. This year, the Fremantle Festival will 'Animate' its audience with events and exhibitions presented by the port town's diverse cultural groups. There'll be a kite extravaganza, there'll be street parades and carnivals. And that's just for starters. www.fremantlefestivals.com.

QUEENSLAND

Oct 19-22 Lexmark Indy 300, Surfers Paradise. There'll be cars hooting past at speeds in excess of 300km/h, Fords and Holdens and good times all night long. If that sounds like your kind of party, then head up to the Gold Coast for the four days (and four nights) of the Indy 300; www.indy.com.au.

