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- Healthy Living - Active Ageing Get Up and Go! feature
- Food & Wine - Enjoy a sirloin steak with summer sauce
- Grand Activities

COMPETITIONS/GIVEAWAYS

Neso Tents
Fringe World festival - La Soiree,
The Darling Buds of May plus more
Bjorn Again - El Caballo Resort
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Looking for Grace
Spotlight
Dirty Grandpa

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And a beach hero came along...



Wayne Weller at Bouvard beach

by Brad Elborough

A CHANCE encounter 52 years ago had massive consequences for a youngster in WA's southern suburbs late last year.

When Wayne Weller, now 68, was a teenager himself, he had just moved to Perth from Melbourne and was driving down West Coast Highway when he picked up some hitch-hikers that were about his age.

They were on their way to a party (a Scarborough Stomp) and they invited him to tag along.

They were all members of the Scarborough Surf Lifesaving Club and the resulting new friendship paved the way for Wayne's

new love affair with the beach.

Fast forward half a century and it was that love that prompted Wayne to show off the beach at Bouvard to friends visiting from interstate when he noticed a 'black spot', behind the breakers, gone for all money'.

"He was on his way to Madagascar," Wayne said.

"It was a bad day, blowy. There was one kid in the water caught in a rip, in some of the biggest surf I have seen.

"I watched him swim about 200m from the beach and saw him run out of steam. There was no one there except me and a handful of kids and one of them was the kid's older brother."

Despite his greatest efforts, the black spot was not getting any closer to shore.

Wayne entered the water and undertook one of the hardest swims he has ever done. He kept losing sight of the kid as he tried to push through the break.

He estimates it took him at least 20 minutes to get to him and by then they may have been as much as 500m from safety. The job wasn't done.

"I was thinking that the only thing between him and the great void was a 68-year-old has-been – poor kid," Wayne said.

"He was tired; I was tired. So we both took a breather.

continued on page 18

THE SUN RECORDS ALL-STARS

"THE SUN RECORDS ALL-STARS" captures the music, the imagination, the passion and the magic of the famed Memphis-based record company Sun Records' phenomenon with authenticity - it is destined to be a truly enjoyable entertainment experience. Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins were just some of the superstars who made their careers there and this sensational show pays homage to the birth of Rock n' Roll.

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From the editor's desk...our new look in 2016

WELCOME to 2016 and our freshen up of the pages of *Have a Go News* to kick off our 25th anniversary year.

We've made a few changes to the look of the paper, including the font and we do hope it makes it easier for people to read and also to navigate through the pages.

In the coming months we will launch our new look website.

It is not our official anniversary until July but it is a very exciting time for this independently owned and run newspaper.

Over the next few months I will tell you more about the history of the paper and of course its founders Judith Treby and Quentin Smythe.

This month as many of us ponder our resolutions for the coming year we are featuring ideas for improving your health and well being.

The Council on the Ageing WA and Seniors Recreation Council of WA both feature myriad programs to encourage older people into recreation.

One of the things to remember is that many of us don't want to run marathons but by just adding a little extra recreation and mild exercise into our day to day lives can have amazing benefits.

Don't miss Jo Allison's story on page 3 about how Phylis Metsellars changed her life at 75 and became more independent and physically active. Phylis had a lot of health issues including arthritis and was walking on a cane. Using the COTA Living Longer Living Stronger program she is now living a happier and independent life.

Fringe World festival commences this month and Perth city will host some entertain-

ing shows during its run.

Last year, we absolutely loved the smash hit cabaret *La Soirée* and this show has returned again, so if you didn't have the opportunity to see it, do try and get to see it this year. It runs until 6 March.

The great thing about the Fringe festival is people have an opportunity to see a broad range of shows at very good prices.

And of course we will be offering ticket giveaways over the next two issues to many of the shows.

We also run regular competitions on our Facebook page, so head on line and like the *Have a Go News* page where we promise to keep you entertained most days.

I also take this opportunity to wish our friends at Crown Perth a very happy 30th birthday this month.

As I finish this column peo-

ple in the southwest are battling raging bush fires. It has been reported that the town of Yarloop has been wiped out and I take this opportunity as I know our readers will, to send good thoughts to all the people in the area. While losing material possessions is tragic, ensuring lives are not lost, is the most important aspect.

Thank you to the many fire fighters who brave these conditions, we met so many of them at last year's *Have a Go Day*, it's important to remember the sacrifices they make battling these fires to save lives and properties.

I wish our readers a happy and healthy month.

Jennifer Merigan
Acting Editor
jen@haveagonews.com.au
Like us on facebook or follow us on twitter!

Word of the month

argute
adjective
Definition - Shrewd.
Origin
Late 16th century: from Latin *argutus* 'made clear, proved, accused', from *arguere*.

Funny historical fact

When Mary Sawyer from Massachusetts, USA took her pet lamb to school one day in 1816, a visitor recorded the commotion in a nursery rhyme: *Mary had a little lamb*.

Urban slang

Hangry - a state of mind and behavior characterised by being angry as a result of hunger (hungry + angry)

Ageing Research snippet

Could three glasses of champagne a week help stave off dementia and Alzheimer's disease?

It's certainly an appealing thought – half a bottle of champagne a day for the good of your health.

However, the headline is based on a study of 24 rats after research a couple of years ago at the University of Reading. The study found that rats fed small quantities of the sparkling wine performed marginally better on simple memory tests than those on a non-champagne alcoholic drink or those fed an alcohol free drink; finding treats in a maze five out of eight times rather than four out of eight.

Quote of the month

"In life you have two choices, to be either old or be young. Me? I am still young. The young side does whatever." – Ray Mustey

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Calling all seniors

ARE you interested in joining a seniors group for 10-Pin Bowling?

The group meet on Monday mornings 9.30am to 11.30am at Melville Super Bowl, corner Stock Road and Leach Highway, from 1 February until to 5 December.

This is a friendly group and beginners are most welcome.

Call Pat on 9418 3297 or 0468 336 841 for details.

10-Pin Bowling in Cannington

HOW would you like to have a go at 10-pin bowling?

The over 55s are looking for new members. They play in Cannington on Tuesdays from 12noon to 2pm. If you would like to have a go at bowling, call Grace on 9293 3852 for more information.

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Inspirational Phylis a fine example of Living Longer, Living Stronger



Phylis Metsellars doing her exercise routine

by Josephine Allison

IT'S a new year and many people have made resolutions to make 2016 healthier and more social. Fortunately, there is help available to get started. More and more older people are taking up the challenge to improve their fitness with long lasting benefits, according to Phil Airey, active ageing manager of the Council on the Ageing (WA).

"One of the great triumphs of modern life is that we are living longer and longer," Mr Airey said. "The real challenge is how to maintain the best quality of life in our senior years. To do so we need to keep active and strong – socially, physically and mentally. Many seniors understand this and are wisely choosing to seek more active lives."

The proof and benefit of this can be seen in the numbers of seniors living in independent housing in later life, Mr Airey said.

"In 1999, 39 per cent of senior people aged over 85 lived in aged care or related facilities with full-time nursing staff. By 2011 this figure had dropped to 26 per cent, showing more and more seniors are living independently in their own homes which they tell us they overwhelmingly want. It's an amazing transformation. COTA can help people achieve this with greater independence with proven initiatives that can enhance quality of life."

COTA's Living Longer Living Stronger program is one of these initiatives. It started in WA in 2004 with a single Veterans Affairs clinic.

There are now more than 4500 participants in 60 gyms, centres and clinics in metropolitan and regional WA.

Expert instructors create a personalised exercise program for each person using their medical and prescription history. They cater for all levels from fitness fans to those who have never exercised before, or even people with significant health conditions. Living Longer Living Stronger has a proven impact on arthritis, sleep disorders, type 2 diabetes, bone density and osteoporosis, cardiovascular function and disease, functional strength and muscle mass, balance (gait and falls prevention) and cognitive function.

The program can have inspiring results. Mr Airey describes the case of Phylis Metsellars, awarded the Living Longer Living Stronger Most Outstanding Participant (metropolitan) in 2015.

"Phylis joined Living Longer Living Stronger aged 75," Mr Airey said. "She was at real risk of falling, stumbling and shuffling slowly using a cane. She had rheumatoid arthritis, asthma, type 2 diabetes and a kidney condition. She can now walk unassisted, and is no longer reliant on her daughters to transport or care for her. It has made a huge difference to her life."

The benefits are not just physical, Mr Airey said.

"Because the classes are fun, welcoming group sessions, lifelong friendships are formed. As well as the core classes, there's a huge range of social activities that the groups get up to. Being socially supported and engaged is incredibly important to keeping healthy and active."

COTA became involved in mall walking groups in 2014 which run at Karrinyup, Garden City, Belmont and Cockburn Gateway shopping centres. Mall walking is a completely free activity run by volunteer walk leaders in the safe, climate controlled setting of the shopping malls. It helps as a great introduction to exercise and is also tremendous fun.

"Our mall walks are very popular and with good reason. They build on the strength of seniors' balance and walking while they socialise with friends," Mr Airey said.

"Each walk starts with warmups and stretches are followed by a cool-down and chats. Many walkers follow up with a tea or coffee and the groups celebrate birthdays and milestones together. Several of the groups have become real community hubs, helping local groups and charities, and offering a big range of social events."

"Karrinyup Shopping Centre, for example, not only helped Australia's Biggest Morning Tea, Red Heart Day and the Salvation Army Winter Coat Appeal; they celebrated Valentine's Day, Easter, Christmas and Melbourne Cup Day."

"Each of our groups has a unique character and all are truly fun, welcoming places to be. If people are nervous about starting exercise in the new year, mall walking is a great place to build confidence."

"Cockburn Gateway Mall walking is now available and other mall walking centres return in early February."

For details or to get involved in either program, please call COTA on 9472 0104.

Older Women's Network

THE Older Women's Network Citi group will meet at the Citiplace Community Centre at Perth railway concourse on Friday 15 January 1-3pm and share a cuppa at the same time.

Come and meet the new president Sue Joslin and start planning the year ahead in this friendly social group. All welcome

Ring Ruth for more information on 9493 2734.

Cottesloe State School – 82 years together

by Michelle Davies

WHO would believe that, as five-year olds in 1933, students from that era would be celebrating eighty-two years in 2015.

1933 was a time of turmoil of poverty and unemployment due to the stock market crash in New York in 1927 and the Great Depression. When the Second World

War started everything changed for those students. Older students put on uniforms and went off to fight for our country.

School days were happy times, (bomb scares, dug out trenches, air raid drills, air raid sirens, the cuts, food rationing, and coupons). Those students turned out well. They were well educated, taught good

manners, with good literary and mathematical skills. Those at the reunion shared a life-time of memories. All wanted to do it again. It was unanimous.

The Cottesloe Surf Club has booked them in for a 2016 reunion on 9 May. Happy school days. Contact Muriel Buss 9349 9205 if you would like to join the re-union.



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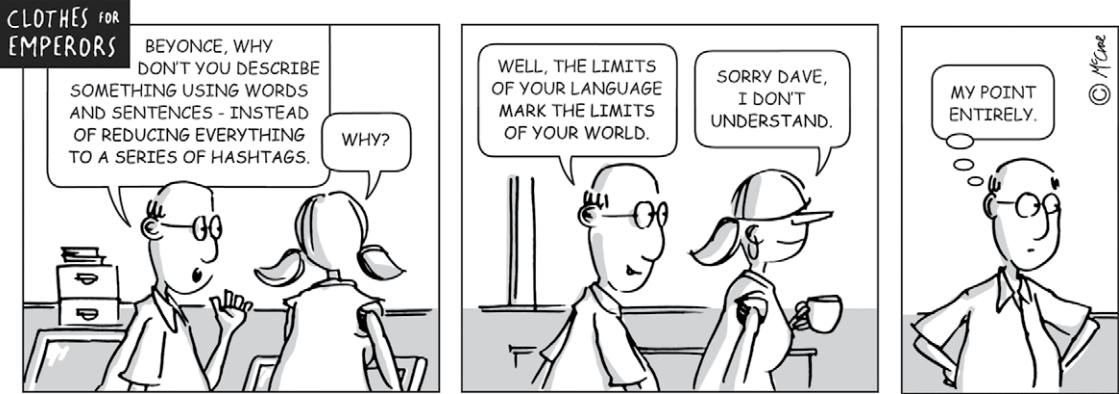
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Letters to the Editor

Submissions may be edited for clarity and space.

DEAR editor

I am writing to see whether there is a company that could run a bingo boat on the Swan River, similar to the one which runs in Sydney Harbour.

Since the Bayswater Bingo Hall closed its doors I think many people, especially older people have found it difficult to find another suitable venue.

I am sure something on the Swan River would prove to be very popular.

I always enjoy reading your paper and look forward to it along with many of my friends.

We hope you may be able to assist in trying to get a Bingo boat going.

Yours faithfully
Mrs E Park
Noranda

Editor: I will forward your request to some of the operators of boats on the river.

DEAR editor

Re: Protection for mature trees in private gardens

In the last issue Colin Barlow wrote about the new Australian Garden Council, will they be taking some positive action to arrest the loss of mature trees when homes are demolished for redevelopment.

The City of Stirling stands to lose the equivalent of 58,000 mature trees mostly from private land as homes are demolished.

The removal of trees appears to be happening in all Perth suburbs.

Yours sincerely
Pauline Diggins
Subiaco

Editor: I have forwarded your letter to Colin Barlow and will await his response. It certainly is an issue which affects the landscape of metropolitan Perth.

Who were the Armstrongs of Nedlands?

ANTHEA Harris is the local studies librarian at Nedlands Library.

Anthea Harris will be guest speaker at the next Family History Society of Rockingham & Districts Inc's next meeting on

Saturday 6 February at 2pm, meeting room 1st floor, Rockingham Lotteries House, Civic Boulevard, Rockingham.

Anthea grew up in UK with stories and gifts from distant Australian

cousins so it was no surprise when she emigrated in 1971 with a new husband and a degree in Environmental Science. She has enjoyed the development of her career from computer programming for oil exploration to local studies librarian and identifies

with the earlier migrants. Her enthusiasm for stories of community history knows no bounds and she plans overseas trips to visit the haunts of people with local links.

Anthea will talk about the Armstrong family and their land in Nedlands - its history and links with Rockingham and Districts. Families, placenames, the beaches, the rivers with photos from the Local Studies Collection.

Entry is \$5 per person. Please arrive before 2pm as door will be locked at 2pm sharp.

For further information visit the Family History Society of Rockingham & Districts Inc website at <http://fhsrcd.org.au> or phone Verna on 9527 4988.

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Copy & Advertisement Deadline – 20th of the month prior to publication

The Have a Go News FEBRUARY edition will be published on Monday 8/02/16

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Peel seniors take centre stage inside SRC 2016 calendar



IT'S something to look out for - the Seniors Recreation Council WA Peel branch's Active Ageing in Peel 2016 calendar which will be on sale at selected venues around the Peel region.

Calendars will sell for the nominal price of \$4 each and will be available through Ac-cent Mandurah, Metceni Health, Citizens Advice Bureau, and outside Spud Shed and Bunnings Mandurah stores over several days. Money raised from the sale of the calendars helps fund printing and production costs.

Programs currently run through the council's Peel branch include Livelihter Peel Aged Care games; seven Strong on Your Feet falls prevention exercise classes, double dip saltwater aerobic swim sessions, SRC walking group and chiball classes. It is the ninth year the calendar, which features photos of seniors from the Peel region taking part in sport and recreational activities, has been produced by the Peel branch.

Enquiries from Peel regional groups are already being taken for the 2017 edition. Contact Jan McGlinn 9535 4749 or dmc56456@bigpond.net.au.

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Pioneer ballroom dancer paved the way for future generations in Perth and other states



Ethel's love of dance started early

by Adam Penn

ETHEL Philp is widely recognised as being one of the very first to teach the new style of ballroom dancing in Western Australia. It is believed she started in 1918, towards the end of World War I.

Born on 14 September 1899, Ethel's love of dance started early. She was only eight when she learnt numerous dances including court dancing, classical and the polka along with other fancy dances as they were then known. Her focus then turned to highland and toe dancing, in both of which she achieved real success, winning her first State title in highland in 1912 and four years later, the coveted Lapsley Cup.

Ethel attended Perth Modern School of Music, where she was encouraged to continue her studies in dance. It was during this time that she joined the Perth Concert Party, which entertained the general public at numerous shows throughout the year, along with many hundreds of servicemen, both Australian and international, who visited the Port of Fremantle during the War. It was here that she discovered her new love of ballroom, learning the art of English waltz and others from the visiting British soldiers, all the while assisting her dance teacher (name unknown) with children's classes in

her school's curriculum to focus mainly on the ballroom style, establishing herself as one of the first schools to do so in Australia. She continued to work in the Celtic styles, and became actively involved in adjudicating and examining in ballroom, along with Rene Esler. The pair trained and worked with many of the future professionals in the industry such as Mary T Shaw, John Paranthoine, Bob Scudder and Sam Gilkinson.

In 1922 Ethel gave birth to a daughter, Dorothy, who would, not surprisingly, also take up dancing and the school continued to go from strength to strength.

In 1942, the family moved to Sydney, where they stayed for a short time, Bill then being transferred to Adelaide. Here Ethel was to establish a very successful school, continuing there for some 30 years, also travelling throughout Australia and New Zealand as an examiner and adjudicator.

Ethel returned to Perth in 1980, to adjudicate at the World Ballroom Championships, at the invitation of official organiser Robert Wrightson. Honoured at this prestigious event, Ethel was inducted into the Australian Dancing Board Hall of Fame and recognised

for her big contribution to the art of dance in Australia. The next few years would see her officially recognised by the Commonwealth Society of Teachers of Dance (CSTD) and the Federal Association of Teachers of Dance (FATD), receiving honorary awards and life memberships to both organisations.

Ethel moved into the Villa Maria Society Hostel in Warina South, Victoria and continued with her passion for dance, regularly organising demonstrations for her fellow residents, inviting many of her former students to perform, and taking part herself in some. She is remembered as still teaching into her late 90s and is even said to have taught the waltz to fellow residents on her 99th birthday.

As a final honour to Ethel Sheehan (née Philp), Norm and Dorothy Gonsall choreographed the Embassy two step, a march rhythm sequence dance they then named in honour of Ethel's school in Adelaide and in memory of one of the great ladies of dance in Australia.

Anyone with historic photos or stories for Adam Penn's dance series can contact Adam at tophat97@optus.com.au or on mobile 0412 361 917.

Nominate an extraordinary Western Australian woman



some-one and will take no more than 15 minutes. Nominations are open until 5 February. They can be submitted online at www.wawomenshalloffame.com.au or via mail to The WA Women's Hall of Fame Secretariat, 20 Henry Lawson Lane, East Perth 6004.

Lotterywest is a proud supporter of an event that will encourage greater gender equality whilst motivating further support for innovative programs and strategies that foster women's empowerment in Western Australia.

The WA Women's Hall of Fame is the only recognition program where extraordinary Western Australian women from all walks of life are recognised together. Join them and rejoice.

THROUGHOUT our history some extraordinary Western Australian women have left their mark on communities, business, politics, sport, health and education, growing industries, leading movements, building communities, fund-raising, research, child-care, volunteering and always – inspiring.

These are the women that drape our past and our future in a hand-made intricate tapestry that is rarely on show.

International Women's Day (IWD) is on 8 March. As part of the annual celebrations, eight amazing women will be inducted into the Western Australian Women's Hall of Fame.

Launched as part of the IWD centenary year celebrations in 2011, the Hall of Fame acknowledges the achievements of Western Australian women past and present

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GENT (59) Mandurah to Bunbury surrounds, 5'6 V/fit, easy on the eye, N/S, 1 dog, country guy, horse events, movies, concerts, seeks fit lady 50-62, well pres to view to long term R/S.

GENT (68) Handsome, loyal, Freo area, fin sec, loves cruises, dining, swimming, looking for like minded well presented lady 50-66 to accompany him. View serious relationship.

GENT (60) yrs young very fit 180cm self employed own home rugged good looks. Enjoys the outdoors motor bike... non smoker seeking a like minded natural country lady 50/65 view to a stable relationship.

GENT (67) country boy fit & refined (farmer) with old fashion charm & values...searching for a lovely lady companion 55-69 in Perth regularly view R/S.

GENT (72) yrs young 6ft 4" fit and active located south west (happy to relocate) ex farmer non smoker interested in travel Australia and overseas ...searching for a bubbly lady 63/68 for future friends first plus relationship etc.

LADY (67) Lovely soul own home. People person seeks like minded refined DTE Gent 59/72 to travel overseas together AND ALSO ENJOY WHAT LIFE HAS TO OFFER!

LADY young at heart widowed cute looks non smoker full of fun and still has that zest for life seeks fit active Gentleman 78/85 for dinners, cruises, dancing, companionship etc.

LADY 60ish. Country based slim attractive visits Perth regularly looking for GENT 65/75 of good character for movies shows and possibly a cruise or two view ongoing companionship etc.

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Meet the columnists and contributors



Wendy Holtom

Wendy Holtom is the executive officer for Masters Swimming WA. Each month she writes about the benefits of joining a swimming club for fitness, fun and friendship.



Mike Goodall

Mike is the local WA campaigner for the British Pensions International Association for UK State Pensions that expats have contributed for and each month writes about options to maximise a UK State Pension entitlements.



Jon Lewis

Jon is a well known radio announcer on Radio 6PR 882am Monday to Friday from midnight to 5.30am. He writes each month about issues discussed with his listeners. He is also a quiz master. Contact him on 0404 005 882 or email jon@haveaquiz.com.



Karen Majer

Karen is a writer, scientist and environmental educator living her retirement dream of growing food and community volunteering in beautiful Margaret River. Karen writes about environmental issues each month.



Rhonda Parker

Rhonda is the CEO of Alzheimer's Australia, WA. She is a former Minister in the Western Australian Government, where she had responsibility for community development portfolios, among others. She led the development of the first national healthy ageing strategy in 2000, and was Australia's first Federal Aged Care Commissioner. Each month she writes about issues affecting Alzheimer's patients and their carers.



Mike Smits

Mike Smits is the proprietor of Smits Stamps and Coins in London Court. Mickel attended his first collector fair in 1970 and took over the family business in 1982. He has an extensive and sound knowledge of both stamps and coins. Mike looks at the business of collecting stamps and coins each month.



Rick Steele

Born on the right side of the tracks to a preacher and teacher in New Zealand, Rick came to Perth in 1971 and taught at Eden Hill School before launching into the "never ending story" of playing and singing country, rock n roll and the Blues. 40 odd years later he is known as veteran musician, a senior, and a grumpy old ... But he says, "I still got most of my faculties...I think!" Rick will share updates on the local music scene each month.



Jeanette Woolerton

Jeanette is a freelance writer based in Melbourne. Jeanette has worked in the news guide sector of World Vision, as a freelance travel writer for Lonely Planet and a writer for the Port Elizabeth Publicity and Tourist Association. She now works solely from her home in Melbourne's Green Wedge and is passionate about health and eco tourism.



Josh Byrne says "...a thermally comfortable, energy efficient home starts with good design."



by Karen Majer

WHEN well-known ABC Gardening Australia presenter Josh Byrne decided to build a home for his young family, he took on a challenge. He wanted to show that high-performance sus-

tainable housing can be built using standard construction materials and methods and with a similar price and time-frame as a regular build.

What he achieved is a '10 star' rated energy efficient house that collects and recycles water and generates its own power. The family uses just 10 per cent of the energy of a typical Australian new house and 40 per cent of the scheme water of a typical Perth home, while emitting less than 10 per cent of the greenhouse gases normally created by an Australian dwelling.

Josh was keen to share his experience.

"I'm very committed to doing things better," he said. "I also enjoy sharing ideas, so when it came time to build our home it was the perfect chance to showcase what's possible."

Josh shows the way to sound sustainable living

He says that a thermally comfortable, energy efficient home starts with good design.

"You need to consider key things like orientation, window placement, room layout and building materials from the outset. Getting this right takes thought, not necessarily extra money. Be sure to choose a designer and/or builder who is aware of this."

Even if you aren't building a new home, Josh has some good advice.

"The easiest way to make existing homes more sustainable is to run them more efficiently. This is usually free and can lead to big savings," he said.

Here are some of his hints.

"The main use of energy in our homes is typically heating and cooling so it makes sense

to target these areas for any upgrade work. Simple modifications like protecting windows from hot summer sun with awnings or shade trees can significantly reduce the need for air-conditioning. Making sure your ceiling insulation is adequate. Draught-proofing windows and doors will also make your home more comfortable and more efficient to heat or cool.

"There are many more ways to improve the performance and sustainability of your home. Be sure to do your research to make maximum impact for your spend."

Adjust your air conditioner to a more moderate temperature, switch off appliances that aren't in use and turn off unnecessary lights – it all adds up.

Find out more: joshshouse.com.au

Have a Go News columnists - Where opinions count...

Help is at hand for families dealing with dementia



by Rhonda Parker

WITH 32,700 people in WA diagnosed with dementia, a great many extended families are touched by the disease. We at Alzheimer's Australia WA (AAWA) often hear stories from those who have waited a long time – often years – before they seek support on their dementia journey.

My hope is that if you or your family is living with dementia one of your new year's resolutions will be to find out what support is available.

Whether we can provide you with support directly or advise you where you can go to seek the support you are after; we are

here to help.

The most important help many people need is knowledge. The National Dementia Helpline is a free service with practical information and advice, information about dementia and our full range of services. It is for people with dementia, their family and carers. It is not a crisis line, although it can be called in times of need. Primarily, it is an information service.

You can also go to our website for information at wa.fightdementia.org.au.

Secondly, look for education. There are free education courses for couples and courses for family and friends, and for carers. Courses cover everything from what to expect in the dementia journey to communication, how to care for and be with a person with dementia, and coping with changes. These courses will make a significant difference to your understanding of and

response to the person with dementia.

We also have a wide range of support services for families living with dementia. These services are based on sound evidence, best practice and 30 years of experience where the person with the dementia is the priority. There is free counselling especially developed for those with dementia and extensive support to carers.

There are respite services that give people some time away from each other. This is offered either at your home, in small groups or at one of our leading respite facilities.

While many feel disempowered by dementia and there are real reasons for that, it is important to remember there are things you can do that will make a positive difference. Don't travel the road alone – call the Helpline on 1800 100 500 or AAWA direct on 9388 2800 and have a happier new year.

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Novice open water swims take off



Members of Maida Vale Masters

al. 2016 is the 20th anniversary of this event also includes a 1.5 km event will be held on Sunday 13 March. Participants swim along the shore-line so it is very safe for everyone. Visit www.mswa.asn.au for detailed entry information for this event and all other open water swimming events held in WA.

An even longer, 2km, ocean swim that may be of interest to *Have a Go News* readers will be conducted once again on Australia Day at Dodd's Beach in Mandurah as part of the City of Mandurah's Australia Day Festival.

If you are interested in finding out about your local Masters Swimming Club contact the executive Officer via info@mswa.asn.au or contact a club direct through the Club page on our website www.mswa.asn.au. Our members swim for fitness and health, and Masters Clubs are more fun than swimming your own – so if you have talked about this in recent years then take the plunge and have a go in 2016.



by Wendy Holtom

THE LiveLighter Novice open water swims which were conducted in November at Lake Le-schenaultia and December at South Beach again proved to be fun and safe events for beginner distance swimmers.

Many adults and several younger swimmers enjoyed these novice swims conducted by Maida Vale Masters and Fremantle Masters in conjunction with their 1600m events which are part of the LiveLighter Masters Open Water Swim Series.

The 400 metre LiveLighter Novice Ocean Swim which is supported annually by *Have a Go News* and sponsored by Healthway was held in ideal swimming conditions which hopefully will encourage some of these novice swimmers to try the longer distances in future. The participants

enjoyed the swim under the watchful eyes of local surf lifesavers and several Fremantle Masters members who swam alongside the slower swimmers.

Both the LiveLighter Novice Swims attracted swimmers of a wide range of ages and abilities as they are great community events for Masters members, locals and the wider open water swimming fraternity.

If readers are keen on longer distances the 750m Coogee Jetty-to-Jetty event which is conducted annually by Cockburn Masters is ide-



by Jeanette Woolerton

COULD your gut hold the key to treating heart disease?

Simple answer? Yes!

Scientists believe that targeting microbes in the intestines could block heart disease induced by a diet rich in high-fat dairy products, red meat and eggs.

Experts at the Cleveland Clinic say their discovery could pave the way for new therapies for treating cardiovascular conditions, as well as fight other metabolic diseases, such as diabetes, linked to gut microbes.

Study author Dr Stanley Hazen, of the Lerner Research Institute and the Miller Family Heart and Vascular Institute, says: "Many chronic diseases

Gut instinct for a good heart

like atherosclerosis, obesity and diabetes are linked to gut microbes. Neutralising bacteria and lowering the TMAO levels in the intestines may prevent heart attacks and stroke."

TMAO is a byproduct formed in the gut during the digestion of animal fats and is linked to atherosclerosis and heart disease.

A naturally occurring inhibitor called DMB (3,3-dimethyl-1-butanol), which is found in some cold-press extra virgin olive and grape seed oils, was used to lower TMAO levels.

The inhibitor also reduced atherosclerosis – a disease which causes plaque to build up and block the arteries.

The gut feeling proved correct.

Hippocrates once said that all diseases begin in the gut. Now science is proving him right.

These latest studies demonstrate the exciting possibility that diet-induced heart diseases can

be prevented or retarded, by treating the gut.

Your body carries an estimated ten times as many microbial cells as human cells and collectively they weigh as much as the human brain.

The gut microbiome (the total of all gut micro-organisms) is fast emerging as one of the most important mechanisms for maintaining constant and stable conditions in the body.

Fifty years ago, your individual genetic makeup was regarded as the pivotal influence on your health. Now, many experts think chemicals produced by gut micro-organisms is of equal importance.

The DNA of micro-organisms may even determine in which of the genes in your own DNA is switched on or off.

At any one time, you may carry as many as 10,000 different strains of micro-organism in your body. Some of these are bacteria are responsible

for a number of metabolic processes that are critical to life. They help you digest and break down your food, absorb and utilise nutrients and line your digestive system, providing a frontline of defence against dangerous bacteria that could cause illness or disease.

The far-reaching influences of bacteria continue to astound the scientific community. For example, specific bacteria have been noted in the saliva of people who have developed diseases of the pancreas, while people with type 2 diabetes have different gut biomes to non-diabetics.

The most effective and economical way in which to ensure healthy gut bacteria is to ingest a probiotic source daily, either in capsule form from your local chemist or via plain yoghurt.

So the old cliché may be true, after all. The best way to a man's heart is through his stomach.

The Dutch Mariners... on a collision course with the West Coast



First Encounters with the West Coast...Cape Inscription

THE Dutch are on their way... and it would only be a matter of time before a vessel from the VOC fleet made contact with the west coast of Australia, more by accident than good management.

The successful adventure by Hendrik Brouwer in opening up a new sailing route (the Brouwer Route) to the East Indies in 1610 prompted a future VOC governor, Pieter de Carpenter to say: "If we had to sail a hundred times to the Indies we should use no other route than this."

By 1616 more and more ships within the VOC fleet were navigating the Brouwer Route to the Indies, and in doing so were saving seven to nine months in sailing time, and that time saved meant more profit per voyage, which was all good news to the VOC directors, known as the Heren 17.

Despite the time saving the Brouwer Route was not without its challenges. In their quest to get further and further south in search of the strong westerly winds, the ships risked encounters with stray icebergs and damage to the sails and rigging when confronted with wild weather and big seas.

In such a remote region any hope of rescue should difficulties arise was out of the question. Yet despite this risk, the ships did come... the rewards for success were enormous.

There were many unknowns back in the early 17th century. Although latitude (distance north/south) was understood, the measurement of longitude (distance east/west) was not understood, so it was only a matter of time before a ship misjudged how far east it had travelled and bumped into a significant land mass... a land mass that until 1616

ending up on a northward course that had them sighting the Western Australian coastline in the area we now know as Shark Bay.

On 25 October 1616 the *Eendracht* dropped anchor with members of the crew going ashore at the northern end of what is now known as Cape Inscription on Dirk Hartog Island.

How do we know this to be true?

Well the crew left a record of their visit inscribed on a flattened pewter plate, nailed to an oak post and placed upright in a fissure on the cliff top.

What did they inscribe on the Hartog Plate? Join us again next month in *Have A Go News* as we transcribe what Hartog wrote.

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Are we listening to the wrong kind of music?



by Jon Lewis

SUMMER days sure can be hot and this day was a fine example.

Lucky for me I had my favourite music playing and a diligent fan doing its best.

I had taken, on an impulse, to lay a new floor in our lounge room. My darling wife, Gloria, had been implicit in our fast decision and away we went.

First buying bamboo floor boards, underlay and a bunch of strange tools. Up early the next morning and we began...

the weather sure was testing our enthusiasm as I became hotter and hotter. Relying on the beautiful music of the *Beatles* to keep me enthused and in spite of the hard working fan, I was really feeling the heat.

It got hotter and the work became harder and my favourite music

still played on doing its best to keep me happy.

Until that is... the battery went flat. You see I had been listening to the music on my telephone. (Try explaining that to someone from years gone by).

Gloria was quick to seize upon the opportunity and clicked on some jaunty South American music. AR-RIBA... seemed to be a common word cheered out at regular intervals in many of the songs. I was getting hotter and work seemed, somehow, a little more fun?

Stepping out into the kitchen for a very big glass of water I was inspired to create a little salsa dance with my wife to the music. It limbered up my aching muscles and amplified my spirit.

I went back to the floor laying with a happier disposition and determination to really make a difference.

Later I had need to call my mobile phone company, again. And again, they put me on hold. To my interest, they played South American music. It was then I considered a big company would do

everything with a plan. Little in their corporate image decisions would be done without teams of people doing research and agreeing on that research.

So, it occurred to me this jaunty music must be the right choice for some very special reasons. Listening to it I again felt happier and at ease with my hot surroundings, just as I had done earlier with the music of my dear wife's homeland.

Could it be I had started my day listing to the wrong kind of music?

Could I have been better served with some lovely Latino music on such a hot day?

I think so.

I wonder if Latino music is the answer to all occasions with its merry outlook?

Perhaps there are other styles of music that influence or control our moods just as this music did with me?

For now I am happy to keep with the enchanting rhythms of South America as I cha-cha-cha on my new lounge room floor.

Happy New Year 2016.

Summertime music hits the right note



by Rick Steele

DID YOU notice that the *Decoy* is back on the Swan River? The paddle steamer built in 1954 with an ancient engine, has been beautifully refurbished and is now moored at Mends Street jetty in South Perth.

The *Decoy* serves West Oz wines, crafted beers, and the best of local produce, fine food making a cruise down the Swan an ideal way to spend a balmy summer arvo or evening.

On Sunday 14 February I am taking my show on the river with the old fashioned session time, boarding at 4pm and departing 4.30pm and returning at 7.30pm.

Catch the sunset on the Swan with sing-alongs and dancing optional.

I played a reunion show early this month

with the *Hot Biscuit Band* whose name comes from a radio show that ran for 24 years in Arkansas. It was called King Biscuit time and played the blues.

Our drummer, Richie Pavledis, (Paz) now lives in Switzerland but comes back for a piece of our summer. He sang and played with me, *Forever Young* the Bob Dylan song we dedicate to all Vietnam Vets.

We played at the Vietnam Veterans motorcycle club and "Paz" reminded me that we have been involved together for 21 years.

I didn't go to Vietnam, I missed the ballot by a day however I reckon they would have left me behind anyway cause I was too blind (literally).

I have always had empathy for all our service men and women and I'm privileged to be involved in some Legacy fundraising shows.

The 13th annual Astor Theatre variety revue is booked for Saturday 2 July. Mark it in your calendar now. Part proceeds go to support the

widows and children of deceased servicemen and women in WA.

Now celebrating 24 years of operation, the Perth Blues Club meets every Tuesday night at the Charles Hotel. Blues people come from all nationalities, walks of life, stages of deterioration and ages too.

Stress levels are down, production levels are up and the talent is the best in town.

Each week three acts are presented professionally and indeed the club is recognised as the 'best' in Australia.

International acts such as Charlie Muschelwhite, the late Johnny Johnson, Eugene Hideaway Bridges and national acts Matt Taylor and John Butler have all graced the North Perth stage.

Australia Day will jump and boogie to *On the Level* and Tuesday 2 February will feature my *Highway 61 Show*. This is an interpretation of the music of Bob Dylan from the early years.

The Charles Hotel provides meals and full bar facilities before and

during the show.

Show time is 8pm. Bookings are not essential but the "Early bird catches the..."

For nearly 12 months now I have been involved with the Spirit of the Streets Choir.

I was invited by the director, the talented Bernard Carney to "look after the shop" while he had a health break. Well I kind of got adopted I think and now have earned my blue shirt and attend as many of the rehearsals and functions that the SOS perform as possible.

The fellowship and camaraderie between members is delightful and we all look forward to our weekly rehearsal at the St Alban's Church Hall each Tuesday at 1pm.

Everybody knows, the benefits to your health when you enjoy music and singing. We all leave smiling.

I'll have more exciting news about this year's program for the choir next issue.

Till next time... Cheers dears.

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The demise of stamps



by Mikel Smits

IN RECENT articles we have discussed Australia Post's increase of the basic postal rate for a standard letter to \$1, how in any case the general public are rarely sending letters as they are usually emailing instead, and that the increase will really only affect people and businesses obliged to still use the post, for whatever reason.

When we do receive a letter from a business or government entity they usually do not have stamps on them as they have been sent by what is called metered post whereby mail, particularly bulk send-outs, are processed (often at a discount rate) requiring no stamps having to be affixed. This provides an additional saving on handling costs. This facility for business has in fact been around for decades but has progressively become universal practice.

So those interested in stamp collecting are now commonly asking me: "well if we're all emailing and any letters we

do receive usually don't have stamps on them, won't stamps eventually become defunct, and, what effect will this have on the hobby?"

I wish I knew the answers because there's nothing more frustrating than not being able to give a definitive response to questions relating to an area of expertise you've been intimately involved in for all your working life. So, as much as I can offer possible scenarios and my outlook on them, I am unable to be sure because essentially it's akin to being able to predict the future. This in this modern age and beyond, has never been more difficult, if not perilous, due to rapid advancements in technology alone which, inherently, influence our lifestyles be it personally, socially and in business.

As an example, I would not have believed if told by someone 25 years ago (a generation) when my first child was born that, when she is an adult: she will be using a mobile phone to not only converse but also do so via video; be able to send and receive text messages including birthday and Christmas cards; receive and reply to most correspondence; perform bank transactions without going to a bank; buy goods and services almost anywhere in the world; take/

record, send, receive and store hundreds of photos, videos and songs; research information on almost anything without referring to a book or asking someone who knows; be directed with verbal instructions while viewing a virtual map as she is driving; or book and pay for a taxi to take her to the airport to go on that holiday she has scheduled, arranged and paid for including the airline tickets and the seat she wishes to sit in.

The list goes on and on and over and above all of that, she can, in real time, be in touch with as many friends and relatives as she can muster via something called social media. That in itself would have been hard to believe let alone when her friends came to visit, they'd be sitting around together but constantly on their phones communicating one way or another with other friends who were not present, the consequence of which being, whatever conversation that was going on, would largely be determined by the communications received from the absent friends. No wonder she and her friends have no time for hobbies, let alone themselves; they are all consumed by and for the moment.

We'll continue next month... in this happy New Year.

New coin marks Batavia saga



by Mikel Smits

MYSTERY, loss of life and property, survival, and rescue are usual elements of many a shipwreck story however, back in the days of the opening up of the world by fleets of European wooden galleons, such tales of disaster may have also involved treachery, mutiny, human abuse and murder.

Such is true of the tragic and brutal story following the wrecking of the ship, *Batavia*, on the Abrolhos group of islands off the coast near Geraldton in 1629, two hundred years before the British settlement of Western Australia. While the aftermath of the shipwreck was not a proud episode of human

endeavour and maritime history, it was nevertheless an eventful moment in our past and so the Royal Australian Mint is marking the occasion with the issue of a silver, proof-quality \$5 coin featuring an image of the ship – a built-to-scale replica of the ship is on permanent display at the *Batavia* Shipyard in Lelysted, Netherlands. The mintage of the coin is limited to 5000; nearly twice as many Dutch coins were salvaged from the *Batavia* wreck of which over 1500 are in private collections today.

Plays and a documentary movie have been produced along with many books written by Dutch and Australian authors on the events surrounding the *Batavia* shipwreck, the basis for which were derived from the original accounts found in the journals of the ship's commander, Francisco Palsart.

Renowned West Australian historian and author, Henrietta Drake-Brockman painstakingly researched the plight

of the *Batavia* and its survivors with the assistance of journalist, Hugh Edwards and a Dutchman who translated the Palsart journals. Her book, *Voyage to Disaster*, was released in 1963. It aided in the discovery of the wreck in that same year. Edwards himself had in fact previously led diving expeditions in the surrounding waters of Beacon Island, to no avail. It was eventually found on Morning Reef.

The story of the *Batavia* begins (and ends) with her maiden voyage from the Netherlands to, ironically, her namesake city, *Batavia*, which had been established as the capital of the newly-founded Dutch Colonies of Indonesia which became known as the Dutch East Indies. *Batavia* was located on the NW coast of the island of Java. Before Dutch administration the city was called Jayakarta (upon independence of Indonesia in 1950, the city was renamed, Jakarta).

The Dutch first arrived in 1595, visiting the Maluku Islands, an archipelago within Indonesia, in search of spices including nutmeg, cloves, peppers and cinnamon. Indeed, the islands were known as the Spice Islands with merchants from Spain, Portugal and Britain also trading in the region. In 1603 the Dutch established their first permanent trading post in Jayakarta in direct competition to the already resident British East India Company. Over the next decade or more, a struggle for control of the spice trade ensured between the British and Dutch until in 1618, in the absence of the Dutch commander who was on an expedition, the British seized control of Jayakarta only to be defeated upon his return with their part of the city being burnt to the ground. In 1619 the Dutch renamed the city, Batavia, then rebuilt it... to be continued, in the meantime, happy New Year m'hearties.

Australia-Britain Society celebrate Australia Day

THE Australia-Britain Society is an independent not-for-profit Australian organisation which, in the spirit of tradition friendship, invites people to join them on 26 January to celebrate Australia Day in an historic Australian hotel.

Contact Joy on 9349 1354 to book a seat and request the flyer with details. People don't have to be a member to attend this function just come along and enjoy socialising and making new friends.

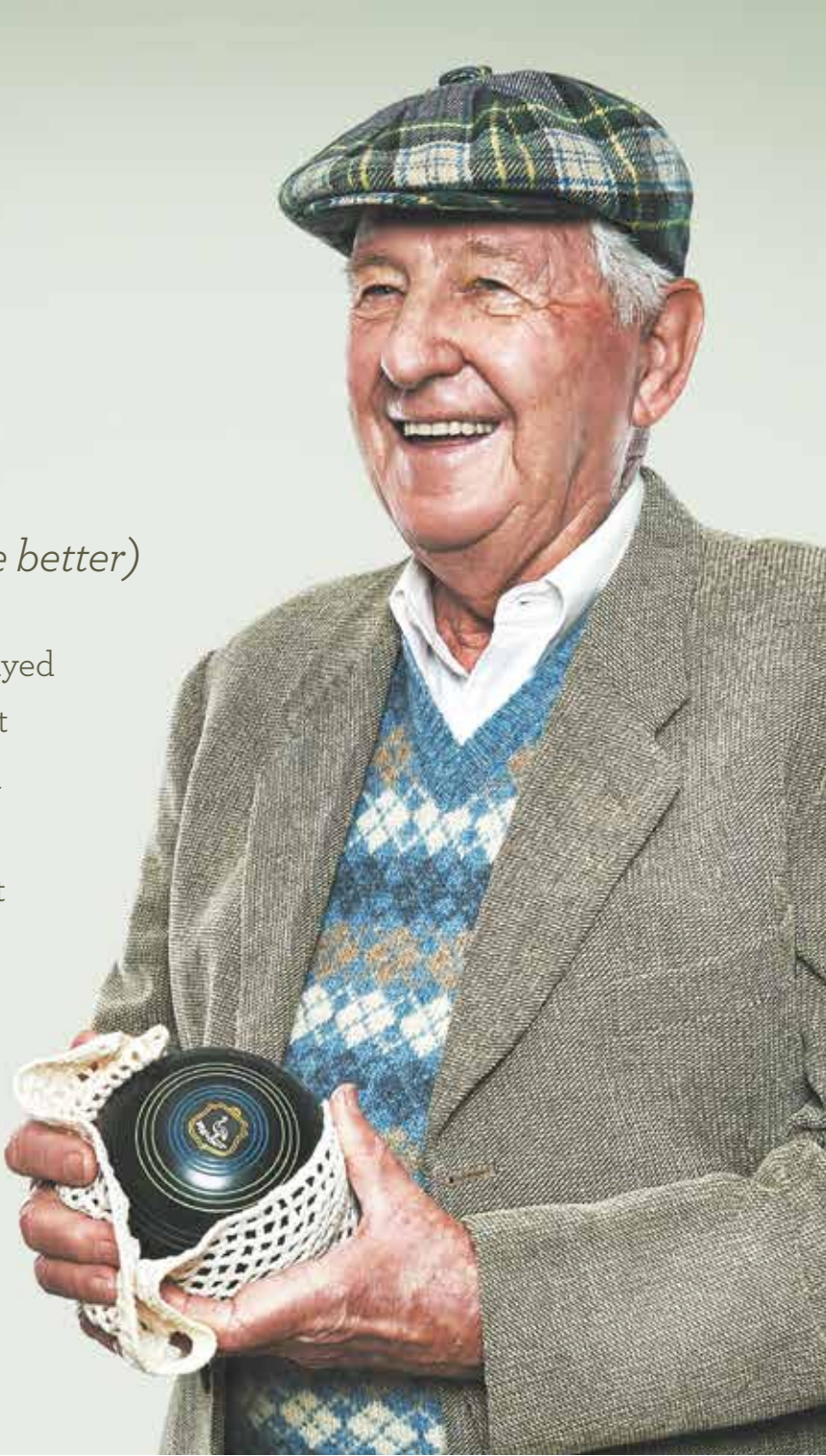
For more details go to the webpage www.ausbrit.org or phone Joy on 9349 1354 and ask for the latest newsgram.

Meet Jack

He likes some friendly competition (the friendlier, the better)

When Jack moved to Bethanie, several years ago, he'd never played a game of bowls. Now, he's a serious player (and on the putt putt course too). It's been a great way to make friends. They've given him some handy tips on his game, while he's been giving some charming banter, now and then. And while they're serious about their bowls, they're even more serious about having fun.

Call 131 151, or visit bethanie.com.au





by Mike Goodall

New year brings hope on British pensions

I HOPE that all my readers have enjoyed a wonderful Christmas and that the New Year will bring some good news from the UK on the Pensions annual uprating issue.

My article in the December issue regarding Life Certificates has certainly caused a high level of interest as my telephone hasn't stopped ringing with several members requiring immediate help to recover their stopped pensions.

The recent visit by two directors of the International Consortium of British Pensioners (ICBP) to the UK has resulted in an article in the UK *Sunday Times* Money section titled "Expats poised to come in from the cold on frozen pensions". Included in the article was the paragraph. "Money has learnt that the issue of partial uprating was discussed at a meeting this month between the ICBP, the cabinet office minister Oliver Letwin, Sir Roger Gale, chairman of the all-party par-

liamentary group (APPG) that campaigns against frozen pensions, and a special advisor to Iain Duncan Smith, the secretary of State for Work and pensions. Money understands that Letwin was enthusiastic and is expected to commission research in the New Year to test the likely impact of reform. The Cabinet office confirmed that the meeting took place".

However, although partial uprating may be the UK Government's preference as a solution to the longstanding issue, partial up-rating fails to provide equality in pension payments i.e. irrespective of a pensioner's country of residence all pensioners with a similar National Insurance payments history should be paid the same basic pension amount. This is the primary purpose included in BPiA's mission statement and is the ongoing thrust of our campaign.

Sheila Telford one of the visiting ICBP directors is quoted in the article as saying:

"The government always used to say 'no, it's too expensive' to change the policy. So this is good news. Partial uprating will stop the year-

on-year erosion at least. "However, we want full uprating. The people who suffer the most are the oldest ones, and a 2.5 per cent increase on, say, £30, is hardly anything. It's like the fluff in the bottom of your pocket."

So, even in the event of the UK Government acceding to partial uprating, your committee hopes BPiA members will be supportive of us continuing to fight-on for full pension parity for you all.

There was also a similar article in the UK's with the following quotation from John Markham the other director who visited the UK.

"John Markham, an ICBP campaigner, recently met with cross-party MPs on the issue. In what he described as a major breakthrough, he said that opposition to the frozen pension problem has started to thaw and the Government is beginning to look at solutions.

"They [the Government] have been looking at partial uprating which is not what we are campaigning for, but they are looking at different solutions," he said. "The Government has asked

us for facts and figures to show that the net savings are greater than the costs for partial uprating. They intend to have an inter-departmental study group from January 2016."

At the recent Commonwealth Heads of Government Meeting (CHOGM) held in Malta Baroness Patricia Scotland was appointed as the new Commonwealth Secretary General. Baroness Scotland spoke in March 2015 on behalf of frozen pensioners at a Lords Debate on Frozen Pensions saying:- "My Lords, is there not a difficulty because, while I accept that there has been an iterative process over time, what we now have is a situation of fundamental unfairness? A number of British citizens who worked in this country all their lives, making a considerable contribution, are going to be treated differently if they choose to return to the countries of their birth. For example, if someone from the Caribbean was a Barbadian or a Jamaican, they would be treated in one way; if they were not, they would be treated in another way. Does the Minister not think that there is now absolute necessity for

us to address this unfairness, as opposed to allowing it to continue?"

We therefore have another very powerful ally speaking on our behalf.

The cost of BPiA membership is only \$30 for a couple or \$20 per person the amounts are relatively small considering the eventual possible returns. We rely totally on these subscriptions and now more than ever it is critical that we continue the campaign and keep the pressure as high as possible on the UK Government.

This last year we have helped members bring an additional \$500,000 into the WA economy. \$300,000 in additional enhanced pensions and \$200,000 as one off lump sum payments that members were not aware that they were entitled to plus a pension for the rest of their lives.

Anyone who would like to discuss the above or any other aspects regarding their UK State Pensions is welcome to contact British Pensions in Australia on 1300 308 353 or Mike Goodall BPiA's Coordinator in Western Australia on (08) 6364 0859 e-mail: mikegoodall@btconnect.com

A steaming obsession - from models to engines

GEOFF Chantler will be the guest speaker at the next meeting of the WA Self Funded Retirees Association.

As a member of the Vintage Tractor and Machinery Association of WA Geoff has both restored and helped other members to restore old farm machinery.

His interest in steam was first kindled when he was helping to retrieve an old steam boiler.

The history of this old boiler started a journey which led him to contact various people in England where it was built and he soon discovered how little he knew of the early days of steam.

Having found a model stationary steam engine, bought for his brother in 1932, in his father's shed, rusty and in pieces, he set to work to restore it. This was the catalyst to a collection of model, steam, stirring and caloric engines that he has today.

"For the past 20 years I have been giving talks on the history of steam to various groups. From the earliest known steam apparatus - 60AD to the industrial revolution. To demonstrate I bring a few of my engines and illustrations to enlighten my audience on early steam engines. The history of steam goes back many years before James Watt," he says.

The success of television programs such as the *Antiques Road Show* indicates there is a lot of interest in collecting but when one spends a lifetime in pursuit of a collection it may become an obsession. We can be sure that Geoff's knowledge of his obsession and the intricacies of steam will prove to be a real experience for the group.

Each month, on the second Friday at 10am, the WA Self Funded Retirees Association, holds a meeting at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue in Floreat at which guest speakers on topics of interest to retirees are featured. The next meeting is on Friday the 12 February.

Visitors are always most welcome and for more information please contact Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.



live it up NORTH!

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Resort-style living awaits at Jurien Bay Village, a vibrant community for the over-55s featuring landscaped gardens and a popular community centre that has its own indoor swimming pool.

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Jurien Bay reclines on a stretch of turquoise coast that's an easy two-hour drive north of Perth. Along with friendly locals and a great climate, the town has all the amenities you need including a golf course, shopping mall and local tavern.

The new display village is now open, call 0413 120 631 or email chrish@hhde.com.au to book an appointment to see the new homes and to find out how easy it is to live it up north!



Corner Bashford St and Nineteenth Ave, Jurien Bay
jurienbayvillage.com.au

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Ride the Crown Bus for a great day out.

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Crown Club members can visit a VIK daily to claim an instant prize, including dining vouchers, overnight stays and more. Plus, don't miss your chance to be an **INSTANT MILLIONAIRE** at the Grand Prize Draw at 8pm on Sunday 31 January.

Claim your instant prize daily.

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CROWNRESORTS



CROWNRESORTS



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LIVE ENTERTAINMENT

Join some of Australia's biggest acts to celebrate our 30th Birthday.
All shows are live at Groove Bar & Lounge.



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Reece Mastin



SUNDAY 17 JANUARY
Thirsty Merc



FRIDAY 22 JANUARY
Daryl Braithwaite



SUNDAY 24 JANUARY
Shannon Noll



MONDAY 25 JANUARY
Mental As Anything

Visit crownperth.com.au for details.

Groove Bar & Lounge is an 18+ venue.

WHAT'S ON THIS FORTNIGHT

THURSDAY 14 JANUARY	FRIDAY 15 JANUARY	SATURDAY 16 JANUARY	SUNDAY 17 JANUARY	MONDAY 18 JANUARY	TUESDAY 19 JANUARY	WEDNESDAY 20 JANUARY
30 Day Big Giveaway	30 Day Big Giveaway	30 Day Big Giveaway	30 Day Big Giveaway	30 Day Big Giveaway	30 Day Big Giveaway	30 Day Big Giveaway
30% off weekday lunch	30% off weekday lunch		\$5 Frenzy	30% off weekday lunch	30% off weekday lunch	30% off weekday lunch
\$5 Frenzy	\$5 Frenzy	\$5 Frenzy	Thirsty Merc live at Groove	\$5 Frenzy	\$5 Frenzy	\$5 Frenzy
Member Money Night	Reece Mastin live at Groove					

THURSDAY 21 JANUARY	FRIDAY 22 JANUARY	SATURDAY 23 JANUARY	SUNDAY 24 JANUARY	MONDAY 25 JANUARY	TUESDAY 26 JANUARY	WEDNESDAY 27 JANUARY
30 Day Big Giveaway	30 Day Big Giveaway	30 Day Big Giveaway	30 Day Big Giveaway	30 Day Big Giveaway	Australia Day WE'RE OPEN ALL DAY!	30 Day Big Giveaway
30% off weekday lunch	30% off weekday lunch		\$5 Frenzy	30% off weekday lunch		
\$5 Frenzy	\$5 Frenzy	\$5 Frenzy	Shannon Noll live at Groove	Mental As Anything live at Groove	30 Day Big Giveaway	30% off weekday lunch
Member Money Night	Darryl Braithwaite live at Groove					

Conditions apply. Visit crownperth.com.au for details.

Heritage Corner: Cheers to the history of brewing



Swan Breweries Co-Op - © Photograph courtesy of National Archive Testra Collection

BEER is believed to be one of the oldest manufactured beverages. Historical evidence shows that around 6,000 years ago, ancient Chinese civilisations were brewing a beer-like substance known as kyui.

The Ebla tablets are a collection of more than 17,000 clay cuneiform tablets and fragments which were discovered in 1974 at Ebla, Syria. Dating from around 2500BC, they provided incredible information about Elba and its society, revealing that the city produced a range of beers, including one that seems to have

been named Ebla.

More than 5,000 years ago, the Egyptian pharaohs consumed beer as part of their daily diet. It was made from baked barley bread, the main ingredients being malted barley, barley flour, honey and water. Not only was it consumed by the Egyptians every day, it was also used in religious practices.

The process of brewing beer grew tremendously during the rise of Christianity. This was primarily because of the role of monks in the production of beer. Using their science and agri-

cultural knowledge they refined the brewing process and went on to build breweries as part of their efforts to provide food, shelter and drink for travellers and pilgrims. Consequently, monasteries were some of the first organisations to brew beer as a trade.

Beer was one of the most common drinks in Europe during the middle ages. In 1188, King Henry II of England imposed the first known tax on beer. Named the Saladin tithe, each person was asked to give 'in charity' one tenth of their rents and movable goods to pay for the Third Crusade.

James Squire (a convict), commenced brewing in Sydney in 1793 and went on to be credited with the first successful cultivation of hops in Australia. Three years later, the country's first legal pub, The Masons Arms was opened in Parramatta, NSW. Clearly seeing an opportunity, the government of the day opened its first and last brewery in the same location in 1804. It took another seven years before licenses were granted for a commercial brewery. In 1832, Peter Degraives, the son of a highly respected doctor of French extraction, started Cascade Brewery in Hobart. It is now the oldest operating brewery in Australia.

In WA, the early settlers most likely began brewing beer soon after they arrived in 1829. It

did not take long for the governing body to realise that uncontrolled brewing and selling of beer could create a serious problem. They also realised that the introduction of a licensing system would be a good way of raising revenue.

On New Year's Day 1830, the new licensing court sat for the first time to hear licence applications for ale houses and inns in Fremantle, Perth, Swan River, Canning River and Freshwater Bay on Melville Waters. The latter being the location of the first recorded licensed brewer in the State.

John Butler, who in 1830 was given a grant of 250 acres on Freshwater Bay, decided to obtain a licence and establish a brewery and inn on his premises whilst waiting for his farm crops to grow. Eventually using barley he had grown himself to make the beer, he sold it at The Bush Inn, which later became known as Half-Way House. He apparently did a roaring trade with the bargees on the river, who were well known for their beer swilling ability.

The first commercial brewery in WA was The Albion in Spring Street. Opened in 1837 by James Stokes, a 27 year-old settler from England, it later became the Emu Brewery. In 1927, the Swan Brewery acquired the Emu Brewery and continued to operate it as a separate business from

Swan's own operations.

The Swan Brewery was established in 1857 by Frank Sherwood, who had emigrated from England with his family in 1842. He built his brewery on Bazaar Terrace (the waterfront road between Mill and William Streets). On Sherwood's death, in 1874, the family offered the Swan Brewery for lease, which was taken up by Ferguson and Mumme who appreciated the value of its pure water supply.

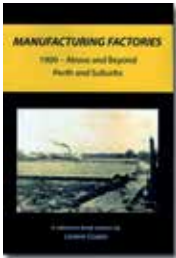
In 1879 the new licensee moved the Swan Brewery to the familiar site at the foot of Mount Eliza. Progressive business men, in 1902 they installed new machinery for wiring corks onto bottles. It had a capacity of corking 70 dozen bottles per hour, resulting in a saving of £4 per week in wages. In 1969, Perth's Swan Brewery released ring pull cans and the rest as they say is history, or maybe a good ale tale.

For more information about Heritage Perth, visit www.heritageperth.com or follow us on Facebook www.facebook.com/HeritagePerth and twitter twitter.com/heritageperth



Book Review:

Manufacturing factories 1900 - above and beyond Perth and suburbs
A reference book written by Loraine Coates
Reviewed by Pat Paleya



IN the early days of the Swan River Colony manufacturing was essentially brick-making, blacksmiths and coach building. Perth's population doubled by 1911 and after the First World War Perth was producing, among others products, glassware, earthenware, furniture and clothing.

Under the heading 'Clothiers' there is a listing for 'Corset Manufacturers' (1916-1918) in Hay Street run by Miss Katherine Fryer and later Miss Winifred Haslam.

I can picture them, these misses, stern, buttoned to the neck, very proper, straight as ramrods and locked into corsets that would squeeze body parts into the next universe.

Once their customer had been pummelled, pulled and prised into a whalebone straight jacket perhaps they tottered off to 'The Western Hat, Cap and Fancy Millinery Manufacturer' in James Street (1915) to purchase a cap for him indoors and a natty little number for herself.

Indoors for him may have been the pub as breweries were prolific in WA from Federation to the First World War. The author writes that there were 50 breweries in the state, mostly in the Goldfields. Because of WA's dry climate, makers of aerated waters and beer were prosperous. Fancy that. Hard to believe that so much beer was guzzled, wouldn't happen today would it?

Boans Bros were established before 1900 and sold most of their stock on the first day. The store was a single shed along Wellington Street before they acquired a double block in Murray Street. Boans always supported local manufacturers and as Boans expanded so did they. Myers (Coles Group) purchased Boans in 1985. Do they still purchase from local manufacturers?

This is an interesting reference book and not at all dry. It conjures Perth in its infancy and its subsequent growth over such a short period.

The book is available online from www.hesperianpress.com or phone 9362 5955 (Tuesday and Friday 1pm to 5pm WA time). Cost is \$40 plus postage.

WIN WIN WIN

We have two copies to give away. To enter please write to Manufacturing Factories Competition, Have a Go News, PO Box 1042, West Leederville WA 6901 or email win@haveagoneews.com.au with the word book in the subject line. Don't forget to write your name, address and telephone number on the back of an envelope.

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& 30 Year Celebration High Tea



Thursday 4 February - Perth

SEASONS HOTEL

37 Pier St, Perth WA 6000

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Cost: \$5.00pp

(all proceeds donated to charity)

RSVP Essential for catering purposes

Monday 8 February - Mandurah

MANDURAH PERFORMING ARTS - FISHTRAP THEATRE

Ormsby Terrace, Mandurah

Time: 10:00am - 11:30am

Cost: \$5pp

(all proceeds donated to charity)

RSVP Essential for catering purpose

42
TOURS
INSIDE!



Upcoming 2016 Tours

Tasmania

👑 13 Days, 7 to 19 March 2016

Tour Highlights:

- * Visit Beaconsfield Mine and Heritage Centre, Tamar Valley
- * Morning tea & tour at Entally House
- * Tour of Curringa Farm, Hamilton
- * Guided tour including cruise and entry to Port Arthur Historic site
- * Visit Wall in the Wilderness
- * World Heritage luncheon cruise, Strahan
- * Guided tour of Cradle Mountain National Park and Dove Lake
- * Visit Wilderness Gallery, Cradle Mountain
- * Guided tour at Woolnorth Station, Smithton
- * Morning tea at House of Anvers, Devonport
- * Visit Ashgrove Cheese Company

Tour Includes:

- ✓ Home pick-up and return ✓ Kings Tour Manager
- ✓ Return economy airfares and taxes ✓ 12 nights accommodation ✓ Breakfast daily, 7 lunches & 9 dinners ✓ Exclusive Kings Tour throughout Tasmania in a luxury coach ✓ Sightseeing and entry fees as per the itinerary.



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\$4,750

Per Person Twin Share

Easter Murray Princess Cruise

👑 9 Days, 24 March to 1 April 2016

Tour Highlights:

- * Spend Easter on the Murray River
- * Visit the Barossa Valley
- * Enjoy an Aussie BBQ on the banks of the Murray
- * Watch the sunset each night on the Murray River
- * Spend time in the quaint German Village of Hahndorf



Tour Includes:

- ✓ Home pick-up and return ✓ Kings Tour Manager ✓ Return economy airfares and taxes with Qantas ✓ Exclusive Kings Tour with luxury coach travel on days 1, 2 & 9 ✓ 1 night at the Crowne Plaza in Adelaide ✓ 7 nights on board the Murray Princess in an outside twin cabin ✓ Breakfast daily, 7 lunches & dinner daily ✓ Sightseeing and entry fees as per the itinerary.

FOR ONLY
\$3,890

Per Person Twin Share

Easter in Norfolk Island

👑 10 Days, 23 March to 1 April 2016

Tour Highlights:

- * Night as a Convict
- * Mutiny on the Bounty Show
- * Progressive Dinner to Island Homes
- * Breakfast Bush walk
- * Glass Bottom Boat Ride



Tour Includes:

- ✓ Home pick-up and return ✓ Kings Tours Manager ✓ Return economy airfares and taxes ✓ 2 nights at the Travelodge Phillip Street in Sydney ✓ 7 nights at the Paradise Hotel and Resort in Norfolk Island ✓ Sightseeing as per the itinerary ✓ Breakfast daily & 8 dinners

Passport or certificate of identification is required for this tour.

FOR ONLY
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KINGS
Tours and Travel

SRCWA Presidents Jottings

I take this opportunity to wish everyone a happy and prosperous new year.

SRCWA Christmas Variety Concert



ON MONDAY 14 December, SRCWA held a Christmas Variety Concert at the Morley Community Recreation Centre where 350 people were treated to an afternoon of a variety of songs, music and comedy. The feedback from the audience was that the concert was ‘excellent’, ‘fantastic’ and ‘the best yet’.

Laura Downing who has won yodelling competitions around the world, had an ability to captivate the audience with her comedic story telling which was just brilliant with people laughing enthusiastically.

The “Band of Mates” Terry Bennetts, Evan Platshinda, Ginger Cox and Mark Donahue thoroughly entertained the audience with some classic songs, instrumentals and Australian ballads.

Kate Hindle, a young country singer also entertained the audience with her range of country and classic songs. Eight members of the *Musicanes* ensemble were also featured and delighted the audience with a wide range of operatic songs and music.

Thank you to Phil Paddon who put an enormous amount of time and effort into the organisation along with Terry Bennetts and their team of supporters. Thank you to Pat Paddon who made enough Christmas cake to feed everyone and along with her volunteers managed to serve 350 cups of tea and coffee, cake and biscuits in a very short space of time.

It was a good start to Christmas and one that will be remembered for a long time.

Probus SouthWest Get Together

On 17 November SRCWA attended the Probus SouthWest Get Together at the Mandurah Offshore Fishing and Sailing Club. There were 250 Probus members in attendance and SRC provided activities and information during the morning. Seniors Exergaming WA activities were very popular with 80 attendees ‘having a go’ and expressing their interest. Pole walking was popular as was the Hart Sport activities that we provided. The SRCWA information was given away in LiveLighter bags provided by Healthway.

LiveLighter Aged Care Games Albany

On the 26 November SRCWA conducted the Albany LiveLighter Aged Care games, eight teams competed for the perpetual trophy, gold, silver and bronze medallions and the best presented team plaque.

Participants dressed up as red back spiders, Mexicans, rabbits with other teams decked out in flowers and sparkles to brighten up their costumes.

The entertainment was provided by the Albany Memory Lane group who played whilst the participants arrived and during lunch.

Thank you to the Albany Over 50 Recreation Association volunteers who assisted with the games, without their help the games would not be possible.

The winning team was Walpole Stars with 280 points they took home the perpetual trophy and gold medals, second place was won by Bethal Banditos with 258 points they received silver medals and a plaque, Third place was won by Albany Community Care Centre with 257 points they received bronze medals and a plaque and Annie Bryson Lodge, red back spiders won the best presented team award.

We thank LiveLighter Healthway, Department of Sport & Recreation and Dept. for Local Government and Communities for their wonderful support of the LiveLighter Aged Care Games throughout the metropolitan and regional areas.

Have a Go Day 2015 a LiveLighter Event

It was a privilege to acknowledge and thank our sponsors and all the volunteers at the morning tea held in December for their support and hard work in making *Have a Go Day* such a success.

For information on any of the above events please contact the SRCWA office on 9492 9772.

Hugh Rogers,
Seniors Recreation Council
State President

A cigarette packet that stops you smoking

ECU psychology professor Paul Chan with the talking cigarette packet

by Frank Smith

ALL CIGARETTE packets now carry warnings and graphic images to remind you of the dangers of smoking. Now Edith Cowan University and Curtin University researchers have gone a step further. They have built a cigarette packet that talks to you.

The cigarette packet is a plastic case for smokers to keep their cigarettes or nicotine-

replacement products. The box is equipped with a speaker and microphone.

Smokers can record their own voice (or that of their loved ones) reminding them of the reason they want to quit. This plays every time the packet is opened.

Associate Professor Paul Chang from ECU’s School of Psychology and Social Science said the idea was to tap into the smoker’s own motiva-

tions for quitting.

“So far we have no widespread data, but we have tried the box out on clients of one pharmacy with good results.

“If you are a confirmed smoker with no intention of quitting you will have no interest in the device. But people who have already tried and failed to quit find it is a really good add on.

“To change behaviour, it is very important for people to have their own personal motivation to do so,” he said.

Every time they open the packet will give them a powerful motivation to quit once and for all.

“The message should give personalised reasons to quit that are important to the smoker, such as promises they made to themselves, their spouse or their children.

“One thing I think that could be particularly effective for parents who smoke would be to get their children to record the message encouraging them to kick the habit.

Study participant Cathy Skalski said she had reduced

the number of cigarettes she was smoking since she started using the packet.

“I have a recording of my two-week old grandson crying on my packet,” she said.

“It’s a great reminder for me of why I want to quit, so I can watch him grow up.”

Ms Skalski said having the sound play every time she opened her cigarette packet was embarrassing. That is a further incentive to reduce her smoking.

“I don’t like people looking at me when they hear the sound of a baby crying when I open the pack, which is good because it means I’m less likely to reach for a cigarette,” she said.

Professor Chang said the next step for the research was to use the data from the study to design a larger randomised control trial.

He is also looking for volunteers. So if you are a smoker and want to stop but are finding it difficult to quit leave a message on 6304 5745 or send an email to: p.chang@ecu.edu.au

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A turning point for climate change

by Karen Majer

TIM Flannery, head of Australia’s independent Climate Council, encapsulated the mood on 12 December when the United Nations Framework Convention on Climate Change came to a landmark agreement in Paris.

“We will look back on this day as one of the most important in history – this really is the turning point,” he said.

The Paris Agreement was signed by 196 nations. It is to hold the increase in average global temperature to well below 2°C above pre-industrial levels, with the ambition to limit it to 1.5°C, to avoid dangerous climate change.

That means serious action. Current commitments from 187 countries to reduce emissions would only hold warming to between 2.7 and 3°C.

The Agreement also seeks to achieve climate neutrality. The UN’s climate science panel says that avoiding dangerous warming means getting to net zero emissions (a balance between greenhouse gas emissions and removal) by 2070. This will require phasing out fossil fuels.

The transition from fossil fuels to a global economy based on clean renewable energy must accelerate. The 2°C pledge will require keeping 80 per cent of the world’s remaining fossil fuels underground, a 1.5 °C target even more.

Australia struggles to move away from coal but with estimates that coal from the proposed Adani mine in Queensland could create annual emissions similar to those from countries like Malaysia and more than New York City, it’s clear that tough decisions will have to be made.

Reaching the goals will be challenging and some people worry about a rise in the cost of living. However the cost of failure is unimaginable on economic, social and environmental fronts. Even if the new goals are met, hundreds of millions of people living in low-lying coastal areas and small islands face a grim outlook. Australia has abundant sun, wind and tidal energy and a thirst for innovation, so with the right decisions and investment now we can build opportunities and a safer future.

World leaders at the UN climate talks have just set a landmark goal that can save everything we love. What a great way to start 2016.

Find out more: www.climatecouncil.org.au.

Make yourself comfy

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Lightweight aluminum frame, folds easily, padded seat and backrest, push down brakes, adjustable height armrests and removable under seat bag. Seat height 54cm. Load capacity 100kg.

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Aluminum powder coated frame, easy to fold, height adjustable legs, integrated folding back rest and seat with removable cushion, hand brakes, swiveling front castors. Seat height 49.5-59.5cm. Load capacity 110kg. Total weight 7kg.

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Photos for illustrative purposes only.

continued from front cover

And a beach hero came along...

by Brad Elborough



Wayne Weller at Bouvard beach

"I had never been in surf like that. We started making our way in, bit by bit by bit, until we were able to catch the white water."

"When our feet hit the sand, it was like Christmas. About a kilometre I had swum."

It has run through Wayne's mind a few times that if his friend had said no to seeing the beach, he would have turned away and that kid would be dead.

And as the pair came out of the water, the kid's dad was on the beach. Rescue services were cancelled by the surf club as they knew Wayne had it in hand.

But everything that Wayne had learned over his time as a surf life saver had become instinct and he was able to do what he has been trained to do.

"The next day I had one of the amazing phone calls ever, when the kid's mum called."

Wayne is a member of the Secret Harbour Surf Life Saving Club. You can read more about Wayne and his life spent on the beach next month.

If you want to know more about Surf Life Saving visit www.surflifesavingwa.com.au.

Women bear the burden of dementia on all levels

by Frank Smith

ALZHEIMER'S Research UK recently issued a report Women and Dementia – a Marginalised Majority, that clearly shows much of the burden of dementia is borne by women.

And while the statistics are drawn from the UK population, Australia faces much the same problems.

In the UK dementia is the leading cause of death among women. In 2013 31,850 women died of dementia and many more were probably helped on their way by dementia. Dementia caused 12.3 per cent of deaths amongst women, more than heart disease, stroke or cancers.

Nearly 850,000 people in the UK are living with dementia. Of these 39 per cent are men and 61 per cent women.

Women live longer than men. After 65 the risk of dementia doubles every five years, so

the longer you live the greater the chance of becoming demented.

Nearly three quarters of people in their nineties are women. Population data shows that an 85 year old woman has on average nearly seven years of life expectancy. People with dementia live on average five years after diagnosis. Even if dementia is not the direct cause of death it shortens a person's life.

Unfortunately many are living out these extra years in chronic ill health.

Older people fear dementia more than any other major life-threatening disease, including cancer, stroke, heart disease and diabetes. These concerns are well-grounded, women in their 60s are almost twice as likely to develop Alzheimer's disease over the rest of their lives as they are to develop breast cancer.

Some fear the devastating

symptoms of dementia, including memory loss, loss of the ability to communicate, mood and personality changes, and eventually declining health and death. Others fear becoming a burden to loved ones as the condition progresses because they have first-hand experience of the challenges of caring for someone with dementia.

It is mainly women that take on the role of caring for loved ones with dementia. In the UK nearly 70 per cent of unpaid dementia carers are female. Women are nearly two and a half times more likely than men to provide 24-hour care for people with dementia.

Sometimes women are hit with a double whammy, caring for their partner with dementia and then being hit with dementia themselves. Wives caring for their husbands with severe dementia reported receiving less support from friends and family than husbands caring

for their wives in similar circumstances.

Hilary Evans, director of external affairs at Alzheimer's Research UK said: dementia has a devastating impact on all those whose lives it touches, but it's a 'triple whammy' for women.

"More women are dying of dementia, more women are having to bear the burden of care and more women are leaving paid employment to care for their loved ones."

"The experiences of these women underline the urgent need to tackle the diseases that cause this life-shattering condition."

"In recent decades we've seen increased investment in areas like cancer have a real impact, and we need to emulate that success for dementia. Only through research can we find ways to treat and prevent dementia, and transform the lives of the hundreds of thousands affected."

Experience firsthand the moving story behind the opulent *Titanic* and its tragic sinking to a watery grave

FOR THE first time in Australia and in Perth, the largest and most comprehensive *Titanic* exhibition (which has toured overseas) features more than 375 artefacts directly from the pre-sinking *Titanic* and her nearly identical sister ship, *Olympic*, providing a rare opportunity to view the grand *Titanic* as she was before sinking to her watery grave.

Select artefacts were removed from *Titanic* before she sailed to New York, others were found in the ocean immediately after her sinking, and a lucky few survived the disaster in the coat pockets of the rescued. Extra artefacts from James Cameron's 1997

movie, *Titanic*, are also featured, including the famous Heart of the Ocean necklace worn by Kate Winslet.

Titanic the Exhibition is a journey on-board 1912's largest and most luxurious ship, culminating in one of the deadliest maritime disasters in history. Starting with her conception and construction, the exhibition sails through *Titanic*'s short but grand life at sea and includes recreations of her interiors alongside relevant artefacts.

Sights, sounds and smells transport visitors back to 1912 to experience the opulent and excessive era of luxury steamship travel.

Visitors to *Titanic the Exhibition* receive a launch ticket containing the personal information of an actual first, second or third class *Titanic* passenger, or crew member, offering a perspective on the passenger or crew member's background and life on board. The experience culminates in the Memorial Gallery where visitors learn their chosen passenger or crew member's fate on the cold, early morning of 15 April 1912.

The exhibition runs until 9 February at the Perth Convention and Exhibition Centre. Tickets available from www.ticketek.com.au/titanic

Meet Bertie

(She thinks 90 is the perfect age to make new friends)

Words fail Bertie when she tries to describe the joy she feels for the people at Bethanie. She wants to be a friend to all who walk through its doors. "You can always say hello. If you see someone who looks a bit down, you give them a little tap on the shoulder to see how they're doing and hopefully make them feel better."

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Fringe World heats up during Perth's summer



Perth jazz sextet, The Darling Buds of May

NORTHBRIDGE will light up during January and February with *Fringe World* taking over the Perth Cultural Centre.

Enjoy world class performances in the De Parel Spiegelent as the *Dar-*

ling Buds of May relive the music of Peggy Lee and their Swing revue.

The Darling Buds of May - Fever: The Music of Peggy Lee

Friday 22 to Monday 25 January @ 6pm De

Parel Spiegelent, Urban Orchard, Perth Cultural Centre

The Darling Buds of May with songstress Jesse Gordon, present the life and times of the fabulous Peggy Lee. The swinging Perth sextet will perform some of Peggy's best known songs, taking people on a journey from her days singing with Benny Goodman's Orchestra through to her recordings with Capitol and Decca Records, as well as her vocal stylings in Disney's *Lady and the Tramp*.

The Darling Buds of May: The Swing Revue

Saturday 13 to Wednesday 17 February @ 6pm De Parel Spiegelent, Urban Orchard, Perth Cultural Centre

The Swing Revue showcases Perth jazz

sextet *The Darling Buds of May* with some of Perth's greatest jazz musicians. This year's Swing Revue features Jessie Gordon, Libby Hammer, Ali Bodycoat, Ricki Malet and the syn-copated three-part harmony of the *Cottontail Trio*.

WIN WIN WIN

To be in the draw to win one of two double passes to either show simply email win@haveagonews.com.au or call the Have a Go News office on 9227 8283 during business hours. Don't forget to leave you name and phone number. Winners will be give an ID number for the tickets. You must take this with you to claim your tickets at the Fringe World box office. Closes 22/1/16.

It's all greek to me too...



Old Mill Theatre, South Perth
© Heritage Perth

FOLLOWING on from the 2014 'episode one' *It's All Greek To Me*, Old Mill Theatre director Noel O'Neill is bringing back the Pilankos family to entertain you with *It's All Greek To Me Too*. This is the dysfunctional Greek-English family living in 1960s London - the "swinging sixties" as they came to be known.

Even greater disasters befall Nicky as cousin Stavros, who Nicky managed to persuade Circe to marry and paid for the wedding in Greece, returns a sad man. Circe has left him and also

returned to London completely disillusioned with life in rural Greece - no hot water, no TV and a house more occupied by goats and chickens than any home comforts

As a result Circe puts a curse on Nicky. With Christmas approaching, little money, a pregnant daughter, a suicidal wife, his slow-witted son wishing to get engaged, a crooked seer as a friend and an eye for the girls in his life Nicky has to find a way to get the curse lifted. Come and enjoy the antics and the happy ending.

Bush fire appeal

The proceeds from the matinee performance on Sunday 21 February of *It's All Greek To Me Too* will be donated to the bush fire appeal. Old Mill Theatre will be making a donation to the cause from the ticket sales, so they really want everyone to come and enjoy the antics while supporting the people of the south west.

It's All Greek To Me Too will be performed at the Old Mill Theatre, corner of Mends Street and Mill Point Road South Perth from 13 February.

For bookings phone 9267 8719 or visit oldmilltheatre.com.au/tickets.

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Community NOTEBOOK

TIN AND COLLECTABLES CLUB

Meets first Tuesday of the month at Veteran Car Premises
No 6 Hickey Lane, Wireless Hill, Ardross
Annual membership \$15 New members welcome
Secretary Gail Cleland 0419 905 966

PERTH MALE VOICE CHOIR

Rehearsals at 7.30pm Wed evenings at the Bob Daniel Community Centre Inglewood.
New members welcome. 0408 919 585
www.perthmalevoicechoir.org

MORNING MARKET

St Peter and Emmaus Church
Banksia St Joondanna.
First Saturday of the month 8am
Bric a Brac, plants, books, jams, cakes and more

FAMILY FUN DAY

Foreshore Park Nannup 19 January 10am -2pm
Entry \$10 per person includes lunch, drink, entertainment and activities. A great family day out.

BOYUP BROOK COUNTRY MUSIC FESTIVAL

18-21 February. Music Park. Boyup Brook
For further information 9765 1657.

AUSTRALIA DAY CELEBRATIONS 26 JANUARY 2016

MANDURAH FORESHORE

Big Aussie breakfast run by the Lions Club
7am-9am followed by Citizenship Ceremony and awards ending at 11am.

PERRY LAKES FESTIVAL AND CITIZENSHIP CEREMONY

Free breakfast supplied by the Lions Club of Floreat.
8am-12noon at Perry Lakes Reserve.
Family entertainment.

GERALDTON WIND on WATER FESTIVAL

held on the foreshore. Will be alive with activities from 7am-8.30pm family friendly and most activities free.

ALBANY MIDDLETON BEACH

Presented by ACT-BELONG-COMMIT
Rotary Big Breakfast 7.30-10.30am.
Various events until 9.30pm
www.albany.wa.gov.au

ESPERANCE ADVENTURE LAND PARK ROTARY SHIRE DAY

Attractions and stalls, local artists and honey producers
All welcome at The Esplanade 8am-1pm

BUNBURY SKYFEST CELEBRATION

6.30-10.30am Silver Chain Breakfast.
From 7.30am various events, family friendly entertainment including a circus, concert and fireworks at 9pm. Graham Bricknell Shell/Bicentennial Square.

If you would like to promote your event through the Community Notebook, please email Pat, research1@haveagonews.com.au



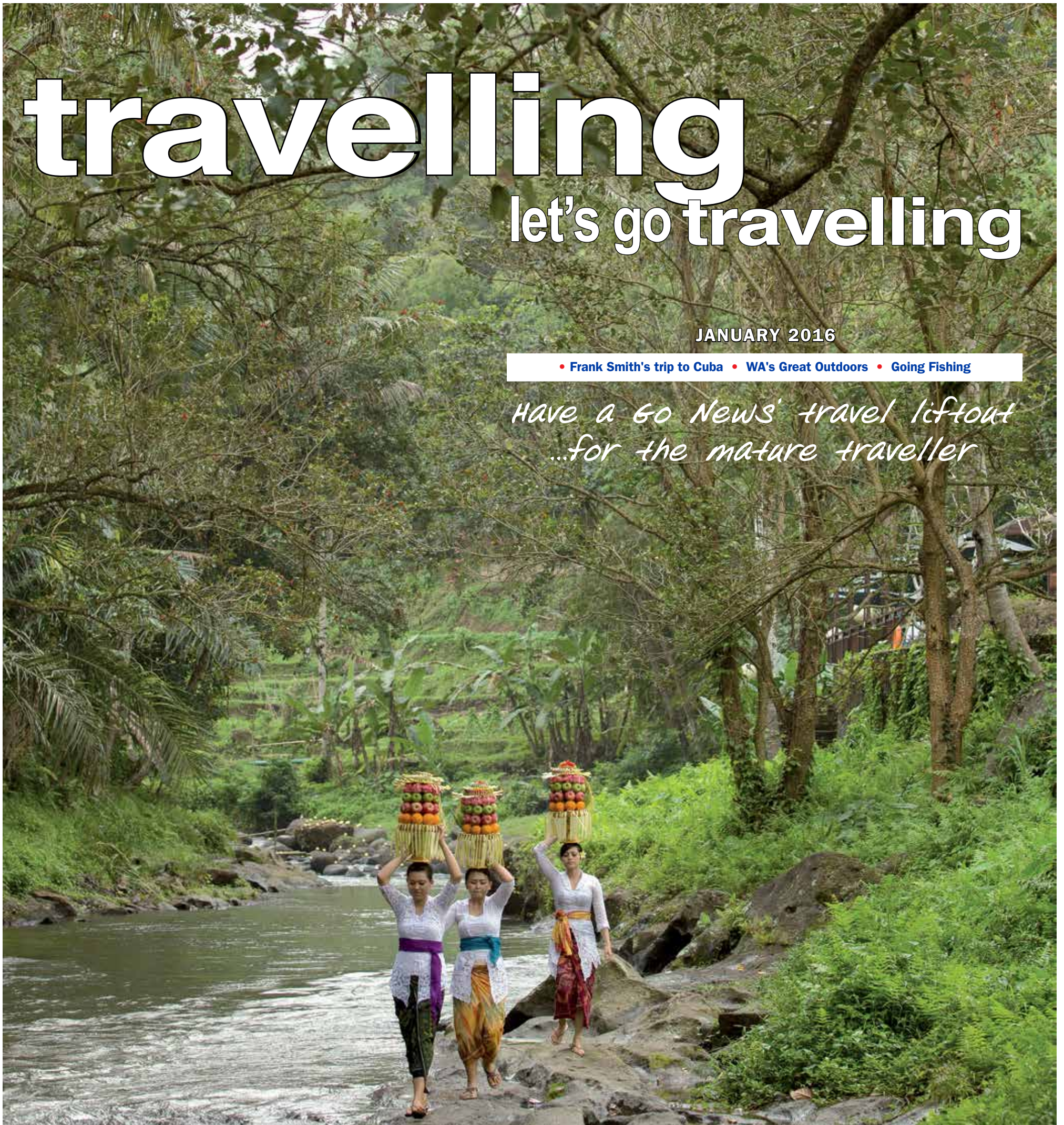
travelling

let's go travelling

JANUARY 2016

• Frank Smith's trip to Cuba • WA's Great Outdoors • Going Fishing

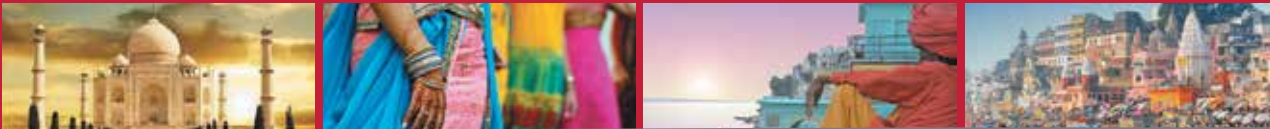
*Have a Go News' travel liftout
...for the mature traveller*



*The River Ayung is a beautiful and tranquil part of Bali and traditions are not lost with the local people on this tropical island.
See Jennifer Merigan's story on page 31 for more about finding tranquility in Bali. Picture supplied by Samaya Bali*

EXOTIC INDIA WITH DIWALI FESTIVAL OF LIGHTS

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- Visit to the Red Fort in Delhi, The Taj Mahal in Agra, Jungle Safari in Ranthambhore in search of tigers, Jeep ride at Jaipur during Amber Fort visit, Camel safari in Jaisalmer, Boat cruise on Lake Pichola in Udaipur
- New Delhi (3nts) - Agra (2nts) - Ranthambhore (2nts) - Jaipur (2nts) - Bikaner (2nts) - Jaisalmer (2nts) - Jodhpur (2nts) - Udaipur (2nts)

Your Tour Escort

Harpal was born in India and lived and worked there until he migrated to Australia with his family in 1997. Harpal served in the Indian Defence Forces and has travelled extensively in India. He has a unique insight into the culture and customs of this amazing land. Harpal's home town is Agra and he has some interesting perspectives to this historical town and many of the places on this itinerary. Along with his wife Manjeet, who is a school teacher, he is looking forward to showing the sights and sounds of his birthplace!



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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



Jen Merigan

WELCOME to the first paper in our 25th anniversary year.

I have returned to work after a lovely break which I started by enjoying five days in Bali and then some time off at home.

You can read more about my trip to Bali which provided my partner and me with a lovely wind down

from the year and got us recharged for the Christmas rush.

I do love the Christmas season and over the break I enjoyed cooking, reading, seeing the new *Star Wars* film as well as a visit to the beach and a lovely day on the Swan River swimming around Freshwater Bay.

It's so important to do different things during holiday time and it gave me the opportunity to refresh my mind and look forward to the working year ahead.

This month we feature a story about Cuba from our journalist Frank Smith. If you are planning a trip to this country, Frank offers some important tips about travelling there.

The New Year certainly has started off with a lot of hot weather and

a visit to one of our local beaches is a great way to cool off.

My favourite beach for swimming is Whitfords Beach Park, which is just north of Hillarys Boat Harbour and is a calm beach which is perfect for swimming especially before the sea breeze hits.

One thing I love about the beach is that it's free. Take a picnic and a sunshade and you have a perfect day out.

We also have the opportunity for a lucky reader to win a sunshade this month so see further on in this section.

I was very impressed with the upgrades of the arrival section at Perth Airport when I returned from

Bali, the refurbishment on the International terminal is nearly complete and it really is becoming a passenger friendly terminal.

We flew Garuda Airways to Bali and it has been many years since I had used the service. The planes are new and the fully serviced airline includes entertainment, drinks and good food.

They also offer a 30kg luggage allowance for those who love to shop 'til you drop.

Last year I wrote about my adventure to Tonga and the experience of swimming with humpback whales.

This same experience is going to be available this year at Ningaloo

reef. If you are looking to do something a little out of the ordinary I would highly recommend this experience, you can read more about it further in this section.

If you have a travel issue, enquiry or would like to share some information, don't hesitate to contact me on the email below.

If you're a Facebooker than like *Have a Go News* at www.facebook.com/Haveagonews, there's always extra opportunities to win prizes and share interesting and fun information.

Happy trails

Jennifer Merigan
Travel Editor



The travel industry and readers are welcome to contact the travel editor:
Ph 9227 8283 Email: jen@haveagonews.com.au

STRUTH the weird and wondrous in holiday travels... a no seasickness 'cruise holiday'

IN his continuing search for the more weird and wondrous in this world, David Ellis says you'll have no fear of getting seasick aboard the 30,000 tonne luxury ship *Sun Cruise* at Jeong-

dongjin in north-eastern South Korea – because it sits on a cliff-top 90 metres above the sea.

This bizarre land-based "cruise ship" has virtually everything you'll find on a regular liner,

except perhaps for water lapping around its "hull."

And to make up for that, the sound of waves against steel plays softly over loudspeakers throughout its public

places, coupled with an occasional ship's horn.

Guests can choose between half a dozen dining options from Korean and Western restaurants to a sky lounge, bakery and snack house, and take drinks in several venues that include a revolving bar on the top deck and a nightclub... and take-in what is said to be the best sunrises in South Korea.

There's also an on-

deck saltwater pool, a gymnasium, volleyball court, golf range, karaoke lounge... and a souvenir store and supermarket, several convention and meeting rooms, and a wedding hall. And *Sun Cruise* has its own private beach nearby with power and sail personal watercraft.

The *Sun Cruise* Resort is 165 metres long, and has 211 rooms and condominiums, the condos having their own kitch-



Cruising to nowhere – this bizarre "ship" atop a 90m cliff in South Korea is a luxury hotel in which you can indulge shipboard life without the fear of seasickness.
Picture SunCruiseResort

enettes. Room prices start from 80,000 South Korean won a night – approximately AU\$98, plus VAT and the cost of

onboard meals that are not included in the price. To book see travel agents or visit www.suncruiseresort.com

SENIORS BREAKS

5 Day 4 Night Albany Escapade

Albany and its surrounding areas are rich in natural beauty. Boasting renowned restaurants, wineries and local seafood, the Southern Ocean coastline makes this region a real treat to explore. Albany is the oldest town on the West Coast, set on the beautiful King George Sound and Princess Royal Harbor. Come check out their newest attraction The National ANZAC Centre, see dolphin and whales playing in the harbor just to mention a few.
Use your pension free pass to travel on the bus free!

Three Chimneys Bed & Breakfast	Sleepwell Motel
Price includes full cooked breakfast daily	Price includes continental breakfast daily
\$370pp twin share	\$248pp twin share
\$640 solo traveller	\$448 solo traveller

*Please note that this is not a guided package tour. It is independent travel on either TransWA or self drive.

Call 1800 812 808 now for you free copy of Senior Breaks 2015 with great deals for Busselton, Esperance, Albany, Kalbarri, Kalgoorlie and Bunbury.

Western Australian Visitor Centre

55 William Street, Perth

BEST OF Western Australia

FREECALL 1800 812 808

We provide a free booking service for Great Southern Rail, accommodation, car hire, tours and much more.

Aussie Redback Tours

"Get caught in the travel web of Aussie Redback Tours"

DAY TOURS	
Australia Day Celebrations	26 Jan 2016
Valentine's Day	14 Feb 2016
Toodyay, Northam, York	28 Feb 2016
EXTENDED TOURS	
6 Day Southern Parks	20 Feb 2016
6 Day Outback Goldfields	1 Mar 2016
13 Day Nullarbor Great Ocean Road	14 Mar 2016
7 Day SA Outback Tracks	2 Apr 2016
6 Day Monkey Mia	17 Apr 2016
13 Day Central Aussie Attractions	1 May 2016
8 Day Red Centre	15 May 2016

For all prices, full itineraries and brochures, please phone 1300 662 026 or email aussieredbacktours@yahoo.com.au or visit www.aussieredbacktours.com.au

SUMMER VACATIONS IN THE OUTBACK

Situated along the historic Miners' Pathway, 527km north of Perth, Yalgoo offers true outback adventure and unique attractions. The Courthouse Museum, showcasing over 80 years of Yalgoo history. Be sure to view the Railway Station, historical Yalgoo cemetery, Monsignor Hawes convent chapel, the vibrant and colourful water playground, and the fascinating Jokers Tunnel. Accommodation is available at the Yalgoo Caravan Park or the historic Yalgoo Hotel Motel.

Yalgoo Visitor Information Shire Office, Gibbons Street Yalgoo
Tel: 9962 8042 www.yalgoo.wa.gov.au

Yalgoo Caravan Park, Gibbons Street Yalgoo
Tel: 9962 8472
www.cpark@yalgoo.wa.gov.au

3 CITIES & 3 TRAINS

Departs Perth

on Sundays for 11 nights

- Rail travel on the Indian Pacific, Perth to Sydney in a red seat
- 3 nts in Sydney
- Sydney Harbour Story Cruise
- Rail travel on the XPT, Day Service Sydney to Melbourne
- 3 nights in Melbourne
- City tour and river cruise
- Rail travel on the Overland, Melbourne to Adelaide in a red seat
- 2 nights in Adelaide
- Adelaide City Sights Tour
- Air travel, Adelaide to Perth

FROM
\$1820
per person twin share



SA ON SALE

Departs Perth

on Sundays 9 nights

- Air travel, Perth to Adelaide
- 3 nights in Adelaide
- Adelaide city tour
- Barossa and Hahndorf Tour
- 4 night Murray River Cruise including transfers, entertainment and all meals onboard (based on inside cabin) upgrades available
- Rail travel on the Indian Pacific, Adelaide to Perth in red seat

SALE PRICE FROM
\$2180
per person twin share



Set departure dates through 27 March to 24 April 2016

ADELAIDE RAIL ESCAPE

Departs Perth

on Sundays for 5 nights

- Rail travel on the Indian Pacific, Perth to Adelaide in a red seat
- 3 nights in Adelaide
- Adelaide Highlights City Tour
- Air travel, Adelaide to Perth

FROM
\$960
per person twin share

SYDNEY RAIL ESCAPE

Departs Sundays for 6 nights

- Rail travel on the Indian Pacific, Perth to Sydney - red seat • 3 nights in Sydney
- Sydney Harbour Story Cruise
- Air travel, Sydney to Perth

FROM
\$1160
per person twin share

DARWIN & THE TOP END

Departs Perth

on Saturdays for 7 nights

- Air travel, Perth to Darwin
- 3 nights in Darwin
- 2 day Kakadu and East Alligator Tour including all touring and 1 night accommodation in Kakadu
- Darwin City Tour
- Rail travel on The Ghan, Darwin to Adelaide in a red seat
- 1 night in Adelaide
- Air travel, Adelaide to Perth

FROM ONLY
\$2310
per person twin share



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(Oceanview twin IG cabin)



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ADVERTISING FEATURE

travel options for the mature west australian

Enjoy Geelong's Festival of Sails



Geelong waterfront

by Jeanette Woolerton

THIS summer is extremely hot, dry and dusty in Melbourne.

It is definitely time to head south west, along Victoria's glorious and rugged coastline.

The Great Ocean Road is filled with holiday makers and the scenery is breathtaking, however, once you reach the gateway of Geelong, you may not wish to travel further.

For this month, The Festival of Sails graces the elegant waterfront of Geelong.

This event has evolved over many years and currently

holds the premier position as the greatest competitive keelboat regatta in Australia.

It has consistently attracted both phenomenal yachts and positive public participation.

The Royal Geelong Yacht Club takes great pride in its role as host of this regatta and the events' reputation as a global player expands each year.

The festival attracts more than 300 yachts and about 4,500 competitors over the Australia Day holiday period.

The event has played a key part in the Victorian and Australian yacht-

ing calendar since 1844. Highly competitive and diverse, it caters for all levels of sailing, from high performance racing machines to family cruisers.

Evolving over the years to culminate in its current format, the Festival of Sails is an iconic and joyous event.

It offers something that no other regatta in Australia does, combining first-class racing with a brilliant shore-side festival, which sees 100,000 visitors flock to the stunning Geelong waterfront.

There is an abundance of activity and entertainment, with live music, art and craft stalls, a regional summer boat show, child friendly activities as well as free on and off the water activities.

Discover sailing, food and wine stalls, beautiful people and the unforgettable sight of a fleet of sailing vessels gliding gracefully on an indigo horizon.

Mark the dates in your calendar and book

your accommodation, for this is truly the most exquisite sight and experience on this side of the continent.

The 2016 festival takes place from the 22 to 26 of January and will be presented by Rex Gorell.

There is also a brand new trophy – the Gill Australia Under 25 Passage Race trophy – to be awarded to the first skipper aged 25 or under, with a majority of the crew also aged 25 or under, to cross the line in the historic Passage Race that takes place on Saturday 23 January.

Whether you are a sailor or prefer to keep your feet on solid ground and are looking for a fun way to entertain the family on the Australia Day long weekend, this event provides something for everyone to enjoy.

For more detailed information, and timing details please visit the event website www.festivalofsails.com.au/media.

Take a short break this summer

VILLA CARLOTTA Travel has a fantastic range of short break summer holidays for people to choose from in 2016. Starting with their seven-day Esperance and Bremer Bay getaway. This holiday features a Recherche Archipelago and Woody Island cruise, Esperance Stonehenge, Cape Le Grand National Park, Hopetoun, Wave Rock and Hyden. Departing on 1 February this holiday starts from just \$1895 per person twin share.

Villa's Albany and Great Southern holiday includes the new National Anzac Centre, Porongurup Ranges, scenic touring through the Torndirrup National Park and a Kalgan River scenic wildlife cruise. Departing on 15 February and starting from just \$1470 per person twin share.

Last but not least, head to Busselton on Villa's South West Escapades getaway. Departing on 18 February and starting from \$1460 per person twin share, this holiday features the Cape Naturaliste Lighthouse, Augusta, Blackwood River cruise, Jewel Cave Pres-

ervation Centre and the world famous Busselton Jetty and Underwater Observatory. To book any of these amazing holidays simply FreeCall 1800 066 272 or email holidays@villa.com.au

Norfolk Island

Norfolk Island is a place of wonder, history and reinvigoration. Join on a nine-day holiday departing on 10 March. Featuring historic sights and ruins, *Mutiny on the*

Bounty show and a coral reef and tropical fish cruise just for starters. With prices starting from just \$4285 per person twin share. For those that like to travel solo, Villa has an exclusive solo traveller trip to Norfolk departing on 18 February, priced from \$5040 for a guaranteed single room.

To book either of these Norfolk holidays, FreeCall 1800 066 272 or email holidays@villa.com.au

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MAY	THREE RIVERS CRUISING
SEPTEMBER	AMAZING ALBANY WILDFLOWERS
OCTOBER	CAPE TO CAPE WILDFLOWERS
DECEMBER	MANJIMUP CHERRY FESTIVAL
DECEMBER	CHRISTMAS BY THE BAY

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12 departures - Jan to Nov 2016



FEATURES INCLUDE

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- Platypus House and Seahorse World
- East Coast Natureworld
- Freycinet National Park
- Port Arthur Site
- Salamanca Market
- Tahune Forest Airwalk
- Wall in the Wilderness Gallery
- West Coast Wilderness Railway
- Gordon River Cruise
- Cradle Mountain

FARES

LOW SEASON

PEAK SEASON

per person twin share	Jan 11, Apr 25	Feb 8, 15, Mar 21, 28, Apr 18 Oct 3, 10, 24, 31, Nov 21, 28
ex Perth	\$4,445	\$4,595
Single Supp	\$ 705	\$ 705

Tasmanian Short Break - 9 days



departs **Feb 29, Mar 7, 14, Oct 17, Nov 14**

ex Perth **\$3,275** ppts **\$425** single supp

Page 54

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ADVERTISING FEATURE

travel options for the mature west australian

Check out the best at the Holiday and Travel Expo



Visit the Perth Holiday and Travel Expo to research destinations for adventure

BOOKING a holiday is as easy as one, two, three at the Perth Holiday and Travel Expo.

Moving to Perth's most iconic exhibition venue, the Expo will make the Claremont Showground's Silver Jubilee Pavilion its home over the weekend of 20 and 21 February.

For more than 30 years, the Perth Holiday and Travel Expo has been providing holiday-makers with the chance to explore, discover and research thousands of new and exciting travel options. The Expo provides visitors with the perfect opportunity to speak directly to expert travel advisors representing a wide range of destinations and products.

Perth's only independent travel expo owner and event director Pat Strahan, is confident that her experienced event team will continue to deliver an excellent Expo as they have for many years.

"They say a change is as good as a holiday. With a new venue comes exciting new changes. Not only does the venue provide purpose built exhibition facilities, there is parking for up to 3,000 cars at any one time, as well as excellent access to public transport and a great range of food options to

sample from all corners of the world."

"There are also many reasons for visitors to stay a stay a little longer, soak up the atmosphere, enjoy the free entertainment and feel relaxed to take their time to make important holiday decisions. There is no rush, it's like being on holiday already," says Ms Strahan.

With more than 100 exhibitors from around the world showcasing their products, services and destination there is bound to be a hot deal to capture everyone's taste, budget and imagination. Destinations include the most popular to the obscure – covering Europe, Asia, Africa, Australia, New Zealand, Middle East, Arctic and Antarctica, and North and South America.

"We understand that planning a once-in-a-lifetime holiday, or even a short trip away can be quite daunting but it should be an exciting experience in itself," says Ms Strahan. "The Perth Holiday and Travel Expo has it all – the convenience of being able to research travel options, talk directly to the travel experts and then compare and book everything in the one location taking all the hard work out of holiday planning. Bookings can be made

on the spot including flights, accommodation, tours and even travel insurance for that extra peace of mind, and with so many hot deals on offer, there are massive savings to be made."

Travel experts will be available throughout the weekend to provide the latest information, answer questions and assist with holiday planning. The Expo's popular Travel Theatres will run simultaneously each day and be presented by leading industry experts who will share valuable travel tips and discuss unique holiday options from around the globe.

With bigger displays and a wide range of destinations on show, the Perth Holiday and Travel Expo continues to prove why thousands of West Australians attend each year. It is a one-stop-shop for all your holiday needs. Head to Claremont Showground, Silver Jubilee Pavilion on Saturday, 20 and Sunday, 21 February from 10am to 4.30pm. Entry is \$10 for Adults, \$8 for seniors and free for children under 15 years when accompanied by an adult.

Visit www.holidayexpo.com.au for full details.

Premium Paris to Budapest cruise - tour



RIVER cruising specialist Beyond Travel has released its new premium European river cruise-tour aboard the new deluxe MS Monarch Empress which has been specifically built for the 2016 cruising season.

This boutique vessel features 72 spacious cabins – each one offering river views with all middle and upper deck cabins featuring panoramic French-balconies. It also offers a panoramic restaurant, two lounges, sun deck, lift, WIFI throughout, 24-hour tea and coffee station and cultural lectures and entertainment held on board.

The 12-day itinerary begins in Paris for two nights before travelling through the Champagne region for a night in Nancy. Cross over to Germany for a

night in Karlsruhe before boarding the MS Monarch Empress in Regensburg for a seven night cruise along the Danube River.

Cruise through Germany, Austria, Slovakia and Hungary visiting many charming towns, medieval cities and scenic countryside.

Priced from \$5,480 per person twin share, the tour includes four nights accommodation in four star hotels, land touring and sightseeing with a tour director, seven nights cruise accommodation with all meals on-board and complimentary wine with dinner, daily shore excursions in each town and city and arrival and departure transfers.

For more details contact Beyond Travel on 1300 363 554 or visit www.beyondtravel.com.au

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www.beyondtravel.com.au

Saving valid on select sailing dates as listed above for new bookings made by the 31 Jan 2016. Standard Beyond Travel booking terms apply.

2016 touring program under construction

funseeker tours & charter

FUNSEEKER Tours are currently putting together their 2016 touring program, and invite people to call for a copy. The program will be available at the end of January and covers picturesque locations throughout our beautiful state of Western Australia.

Give Sharon a call on 1300 660 668 and ask her to send more details. They would love people to join them.

Have-a-Go NEWS

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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Packed itinerary this year for iconic Aussie Redback Tours



Ayers Rock is a highlight

THIS is going to be a big year for Aussie Redback Tours. They have just added to their fleet a very comfortable bus capable of travelling practically anywhere in Australia and their glossy 12-page 2016 brochure is out, and bookings are coming in.

Company owner, Sharon Kersting, is looking forward to getting on the road and showing people our fantastic country. And there's something for everyone – day tours for those who just want a day off from daily routine and would like a trip in the countryside surrounding Perth; extended tours to locations in Australia including the arid outback, the rugged mountain areas, and the beautiful oceans; and there are art-spe-

cific tours that are also a combination of one day trips and extended trips.

Sharon and her team have more than 16 years of travel and touring experience and people can be sure they will come home from each trip with fantastic memories and mementos, new friends, and the urge to start planning their next trip.

The first few months of 2016 include:

One Day Tours

Tuesday 26 January – Australia Day Mystery Tour (celebrate Australia Day the traditional way).

Sunday 14 February – Valentine's Day winery Jarrahdale, and Serpentine (share the love).

Sunday 28 February – Toodyay, Northam, York (visit some of the oldest towns in WA).

they survived in this hot, dry and unforgiving land, and see how their discoveries of gold and precious minerals have shaped our future.

Nullarbor Great Ocean Road Mon 14 to Saturday 26 March – 13 Days – \$3900 (seniors \$3850) single supplement \$950. This is an incredible tour across the never-ending Nullarbor Plain. See some of the most iconic scenery in Australia, visit some of the best beaches in the country, and dive into the vibrant culture of multiple bustling coastal towns.

South Australian Outback Tracks Saturday 2 to Friday 8 April – 7 days – \$2550 (seniors \$2500) single supplement \$400. A truly magnificent tour of the beautiful Flinders Ranges and surrounding areas. Classic outback Australian countryside – miles of red earth, vast bright blue skies, and amazing variety of flora and fauna. Watch out for camels, kangaroos, wedge-tailed eagles and more...

All tours include air-conditioned transport, motel accommodation, and depart from Perth, with pick-ups at Joon-dalup, East Perth, and Rockingham. Contact Sharon or Renata today for bookings or full day-to-day itinerary descriptions on 1300 662 026. Or visit aussieredback-tours.com.au for more information.

Discover the natural wonders of Christmas and Cocos Islands



The crab migration

CHRISTMAS ISLAND is the lush tip of an ancient volcano rising enticingly out of the warm waters of the Indian Ocean.

An extraordinary array of plants and animals have evolved in isolation from the rest of the world making it a haven for nature lovers. The island's national park is home to more species that are found nowhere else on the planet, than any other Australian protected area. These include seabirds and millions of crimson-coloured land crabs, whose annual migration was recently labelled by Sir David Attenborough as one of his top 10 nature experiences of all time.

However, it's not just the island's rainforest that wows visitors – clear waters which wrap around the island are home to some of the most acclaimed snorkelling and diving spots in the world.

A short flight from Christmas Island is one of Western Australia's

best kept secrets – the Cocos (Keeling) Islands. With palm-studded white sandy beaches, this spectacular string of 27 small islands (only two of which are inhabited) are a classic tropical paradise.

Chill-out on the beach under a palm tree, a stone's throw from your beachside bungalow or 'make it yours' by wading or paddling between each of the captivating coral cays that enclose a large, central azure lagoon.

Both Christmas and Cocos (Keeling) Islands are serviced by Virgin Australia from Perth. Prices start from just \$464 one-way.

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Australia's Indian Ocean Islands

Cocos Keeling Islands – Make it Yours

Christmas Island – A Natural Wonder

Cocos Keeling Islands

CHRISTMAS ISLAND TOURISM ASSOCIATION

Anchored in the Indian Ocean and swayed by its ebb and flow are the Christmas and Cocos Keeling Islands.

You'd be hard pressed to find two Australian island destinations that complement each other better. Surrounded by an oceanic horizon and tethering natural wonder, history and culture; remove yourself to an island landscape.

www.australiasindianoceanislands.com.au
facebook.com/AusIndianOceanIslands

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Zhangjiajie, Tian Men Mountain, Yichang, Three Gorges Cruise, Chongqing, Jiuzhaigou & Chengdu

Fully inclusive **from \$4,785**

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Delhi, Agra, Jaipur, Bikaner, Jaisalmer, Jodhpur & Udaipur

Fully inclusive **from \$4,495**

14 Days The Spirits of India with Camel Fair

Kolkata, Varanasi, Agra, Fatehpur Sikri, Jaipur, Pushkar & Delhi

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19 Days Sri Lanka, India & Nepal Triple Indulgence

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HOW TO HELP, DONATE TO WAROONA & DISTRICTS FIRE VICTIMS

REGISTER WITH VOLUNTEERS WA

Have you got skills or time to help those on the ground? Volunteers are asked to register to help those affected by the raging Waroona fire.
<http://emergency.volunteeringwa.org.au/register.aspx>

ITEMS TO DONATE

At this stage, the Department of Fire and Emergency Services has said cash donations are preferred but for those with items, the Salvation Army is good place to donate. There are centres on Lakes Road and Davey Street in Mandurah, on George Street in Pinjarra and Albert Road in Bunbury. You can also register to donate items by visiting <http://emergency.volunteeringwa.org.au/donations.aspx>

DONATE TO FARMERS WA

An appeal has been set up for the bushfire victims with Farmers WA. To donate to the cause visit <https://www.gofundme.com/8gx38ezg>

DONATE TO LORD MAYOR'S APPEAL

The Lord Mayor's appeal is asking for cash donations for those affected by the south-west fires.

How to donate:

Via EFT: BSB: 306-035, Account: 2014474

Over the counter at any BankWest branch or agency to the dedicated appeal account BSB: 306-035, Account: 2014474
In person at the Customer Service counter at Council House, 27 St Georges Terrace, PERTH
On the phone via credit card on 9461 3886 during normal business hours.

By mail to LMDRF, Waroona and District Fires Appeal, City of Perth, GPO Box C120, Perth WA 6839



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- 17 nights superior hotel accommodation with 5 two night stays
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- Professional Coach Captain and Tour Guide in New Zealand
- 19 breakfasts including 1 specialty breakfast
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- 1 specialty lunch
- 2 delicious morning teas
- Prepaid activities and attractions including Kauri Museum, Skyline Rotorua Gondola, Agrodome, Thermal mud pools & geysers, Larnach Castle and more.
- Enjoy 4 rail journeys - Glenbrook Vintage Railway, the Coastal Pacific, the world famous TranzAlpine and the Taieri Gorge Limited.
- Relax with 5 cruises including Dolphin / Hole in the Rock Cruise in the Bay of Islands, the vintage steamship TSS Earnslaw and the Milford Sound Overnight Cruise.

Experience the romance of rail travel, the majesty of cruising and the luxury of coach on this enthralling holiday. Visit all the 'best of' attractions of the North and South Islands and be escorted by a professional Tour Guide. Highlights include 4 spectacular Rail Journeys - Glenbrook Vintage Railway, the Coastal Pacific, the world renowned TranzAlpine and Taieri Gorge Limited. Relax on 5 scenic cruises, with an overnight cruise on the beautiful Milford Sound. This tour includes 2 night stays in the Bay of Islands, Rotorua, Wellington, Queenstown and Dunedin.

SPECIAL DEPARTURE 9 March 2016 LAST SEATS NOW SELLING!

>> ITINERARY
(B) Breakfast. (L) Lunch. (D) Dinner. (SD) Specialty Dinner.

DAY 1: Perth - Auckland
Today you will be transferred from your home to Perth Airport for your overnight flight to Auckland.

DAY 2: Arrive Auckland (B,D)
On arrival in Auckland you will be met by a Grand Pacific Tours representative and transferred to your hotel. You may like to take advantage of the discount coupons in your Optional Tours Directory.
Hotel Rendezvous Grand Hotel Auckland

DAY 3: Auckland - Bay of Islands (B,D)
Today enjoy an Auckland city sights tour before travelling to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Continue through Whangarei to the Bay of Islands. This afternoon enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British.
Hotel Scenic Hotel Bay of Islands (2 nights)

DAY 4: Bay of Islands (B)
This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins. The remainder of the day is at leisure. Choose from the many optional activities available. This evening is also free and you may like to enjoy a relaxing dinner cruise (optional).

DAY 5: Bay of Islands - Auckland (B,D)
Farewell the Bay of Islands and drive south via Whangarei and Dargaville to Matakoho where you will enjoy a visit and informative talk at the Kauri Museum. Continue to Auckland's north shore for some time at leisure. Why not take a stroll to the nearby beach for views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf.
Hotel Spencer on Byron

DAY 6: Auckland - Rotorua (B,L,D)
Depart Auckland and travel to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook and travel through magnificent countryside to Longlands Farm & Restaurant. Enjoy a delicious home cooked lunch hosted by a rural New Zealand family. Next, continue to Rotorua and visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.
Hotel Sudima Hotel Lake Rotorua (Superior Room. 2 nights)

DAY 7: Rotorua (B,SD)
Today begins with a Gondola ride and breakfast at Skyline Rotorua. There is also time for a luge ride! Next stop is the Agrodome for an action packed hour of farming entertainment and education that's unlike anything you've seen before. Enjoy some free time this afternoon before travelling to Te Puia to see the boiling mud pools and awesome Geysers that Rotorua is famous for. This evening experience an entertaining Maori Hangi and Concert.

DAY 8: Rotorua - Wellington (B,D)
Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and this afternoon visit Southward Car Museum, home to a comprehensive collection of veteran and vintage cars. Continue south along the Kapiti Coast to Wellington.
Hotel James Cook Hotel Grand Chancellor (2 nights)

DAY 9: Wellington (B)
Enjoy an extensive city tour in New Zealand's capital, Wellington. A highlight will be time to explore Te Papa, New Zealand's National Museum, with exhibits that embrace both Maori and European views. Enjoy free time at leisure this afternoon. This evening is also free to dine out at one of the many fine local restaurants.



TOUR
HIGHLIGHT



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DAY 10: Wellington - Kaikoura (B,D)

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Join the Coastal Pacific, a truly spectacular rail journey that showcases the Kaikoura mountain ranges on one side and the rugged scenic coastline on the other. Travel through numerous tunnels and across several bridges before departing the train in Kaikoura.

Hotel Donegal House

DAY 11: Kaikoura - Christchurch (B,D)

A leisurely start this morning with time to enjoy the tranquil setting. Travel south through some of the finest farmland areas to the garden city of Christchurch for an introductory city sights tour.

Hotel The Quality Hotel Elms

DAY 12: Christchurch - Arthur's Pass - Franz Josef (B,D)

This morning board the TranzAlpine, one of the great train journeys of the world. Travel over massive viaducts, river valleys and spectacular gorges as you ascend to Arthur's Pass located in the centre of the Southern Alps. Board your coach and travel to Hokitika, famous for its Greenstone before arriving at Franz Josef where time is available to experience a scenic flight (optional, weather permitting) over the spectacular glaciers.

Hotel Scenic Hotel Franz Josef Glacier (Douglas Wing)

DAY 13: Franz Josef - Queenstown (B)

See the snow capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving

into picturesque Queenstown, a year round resort situated on the shores of magical Lake Wakatipu. This evening is free to dine at one of the many fine restaurants.

Hotel Mercure Queenstown Resort (Lakeview Room. 2 nights)

DAY 14: Queenstown (Free Day) (B,SD)

Today is a free day for you to explore Queenstown. Your Tour Guide and Coach Captain are available to assist with the many options available. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. Sit back, relax and enjoy a gourmet barbecue dinner which the chef will prepare in front of you at the Colonel's Homestead. After dinner enjoy a short farm tour then reboard the TSS Earnslaw for a sing along by the piano on your return cruise.

DAY 15: Queenstown - Milford Sound Overnight Cruise (B,D)

This morning travel to Arrowtown and visit the Lakes District Museum. Continue via Te Anau to Milford Sound and board the Milford Mariner for your amazing overnight cruise. There is plenty of time to view the fiord's spectacular waterfalls, rainforest, mountains and wildlife - you're bound to encounter seals and if you're lucky maybe dolphins and penguins. As evening falls enjoy a delicious carvery buffet prepared freshly by the onboard chef.

Overnight Milford Mariner

DAY 16: Milford Sound - Te Anau (B,D)

Start the day with a hearty breakfast before heading back out to the Tasman Sea (weather permitting) to explore more of the fiord.

Return back to the wharf to meet your coach and enjoy the scenic drive to Te Anau. This afternoon enjoy a cruise across Lake Te Anau to visit the Glow Worm Caves where you will admire the incredible limestone caverns, waterfalls and mystery of the Glow Worm Grotto.

Hotel Distinction Luxmore (Deluxe Room)

DAY 17: Te Anau - Dunedin (B,D)

Travel via Gore and Balclutha to Dunedin to board The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail. On return to Dunedin's historic Edwardian Railway Station your coach will transfer you to your hotel.

Hotel Scenic Hotel Dunedin City (2 nights)

DAY 18: Dunedin (B,SD)

Today travel along the Otago Peninsula to Larnach Castle for a guided tour. Next visit Glenfalloch Restaurant for a delightful morning tea. Return to the city for an informative tour before some free time to explore at leisure. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.

DAY 19: Dunedin - Christchurch (B,SD)

This morning visit Olveston House, a prestigious historic home before travelling to Oamaru, famous for its limestone. This evening enjoy a farewell dinner with your new found friends.

Hotel Sudima Hotel Christchurch Airport

DAY 20: Christchurch - Perth (B)

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*Prices valid ex Perth and includes prepaid taxes from \$160, correct at time of print. Prices and taxes are subject to change. **Private car transfers arranged by Kings Tours & Travel and are provided within the Perth Metropolitan area including Mandurah. Early hotel check-in and breakfast included in itinerary. Travel Insurance recommended. Jacket & Cap is one per person. One Travel Guide per household. Diary is one per person. Pre tour get together is subject to minimum numbers, for more information ask your consultant at time of booking. ^24 October 2016 & 9 March 2017 prices and itinerary are subject to change.





Chris Isaak croons at Leeuwin soon



Chris Isaak performs at the Leeuwin next month

VILLA CARLOTTA Travel has an abundance of event-based holidays for people to choose from in 2016 including the iconic Leeuwin Concert, featuring the irrepressible Chris Isaak. Villa's three-day Leeuwin Concert Tour departs 26 February and includes a concert ticket, a picnic

hamper filled with goodies and luxury coach to and from the concert. Take the hassle out of organising all of this yourself and let Villa do all the work. Prices start from just \$995 per person twin share. FreeCall 1800 066 272 or email holidays@villa.com.au to book your seat for some rock and roll holiday fun.

Singin' in the Rain in Melbourne in 2016

Villa Carlotta Travel heads to Melbourne for the classic production of *Singin' in the Rain*. This holiday will feature premium seating at Her Majesty's Theatre. After a sell-out West End season, this show has had unparalleled praise from critics and audiences alike, four Olivier Award nominations and you will just love all the classic songs from this amazing show. Departing on 22 May, prices for this six-day holiday start from just \$3070 per person twin share. FreeCall 1800 066 272 or email holidays@villa.com.au to book now!

See the Sound of Music in Adelaide

Next August, Villa Carlotta Travel heads to Adelaide to take people to see some of Australia's best performers in the much-loved classic of Rodgers and Hammerstein's *Sound of Music*. Other highlights include the Barossa Valley, Sepeltsfeldt Grand Insight private Tour and a River Torrens Cruise, just to mention a few. This six-day tour departs 13 August and starts from just \$2725 per person twin share. FreeCall 1800 066 272 or email holidays@villa.com.au to book your seat now.

My Fair Lady at the Sydney Opera House

Lerner and Loewe's *My Fair Lady*, to be directed by the legend herself, Dame Julie Andrews will be performed at the Sydney Opera House in 2016. Villa Carlotta Travel will take people on a six-day tour departing on 30 September and starting from just \$3530 per person twin share, including a matinee performance of *My Fair Lady* at the Sydney Opera House, a Sydney Harbour cruise, and an amazing tour of the Sydney Cricket Ground and Museum plus more. People will love this holiday from Villa. To book simply FreeCall 1800 066 272 or email holidays@villa.com.au today.

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SAL Salis Ningaloo Reef, located within the pristine world heritage of Cape Range National Park near Exmouth, is pleased to announce it is one of the first few operators in WA to be granted a licence enabling it to offer guests the chance to swim with humpback whales this year from 1 August to 31 October.

This exhilarating day long experience will be conducted on a new vessel in time for this year's season. The boat will comfortably cater for ten guests – the maximum number of swimmers allowed with the humpbacks and whale sharks at any one time – along with an expert guide, lunch, drinks and snorkelling equipment all included on board.

This experience will complement the whale shark swim excursions on Ningaloo Reef already on offer during the season from 1 April to 31 July.

Prices for the swim with humpback whales and whale shark experiences will start from \$500 per person.

Further details can be found at www.salsalis.com.au and reservations can be made by calling 9949 1776 or emailing info@salsalis.com.au

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ADVERTISING FEATURE

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Cuba - a country in a time warp



Clockwise from left; Tobacco barn Vinales - street performers Havana - booksellers Havana - old town Havana and Cubans love their antique cars

by Frank Smith

Our trip to Cuba did not get off to a good start.

The Cabana plane from Mexico was three hours late, all we got for an evening meal was an orange juice and a biscuit. The tour organiser we were to meet in Havana claimed they had never heard of us and when they eventually found out about us they sent us to a Soviet style hotel which had no room booked for us. Moreover they would not take a credit card or Mexican pesos and we had no Cuban pesos at the time.

To make life complex Cuba has two currencies: Convertible pesos used by tourists and moneda nacional which looks similar but is worth 1/25 of the convertible peso.

After much wrangling we scored a room, two beers and a massive thick cut salami sandwich for a ridiculous amount of Mexican pesos.

The following day we headed off to change our money. A cashier and ATM rejected our Visa credit and debit cards, but we eventually found a bank to change our last remaining Mexican pesos.

We then took a taxi into central Havana and tried unsuccessfully to draw money out at several banks and ATMs. Eventually we found a Cadeca branch that allowed us to draw money out of our back-up MasterCard.

That settled, we returned to our hotel to try to regularise our room booking with no success, until we printed out our hotel booking voucher. The hotel bureaucracy needed paperwork.

We were due to join a tour the following day but had no contact with the tour company and no itinerary. Eventually we found a guide who told us our tour would meet at the hotel the following morning.

From then on everything went smoothly.

We got a taxi into the Plaza de la Cathedral and had one of the best meals of our trip; an entrée of spicy chick peas and a roast pork dish, washed down with a beer and piña collada or two for the princely sum of \$30 Australian.

The following day, after breakfast we waited in the lobby looking for a guide in a red shirt. Yuli eventually appeared looking for a Mr Thomas (my first name). That established, we joined the rest of the group (all Germans) for a walking tour of the old city.

A massive restoration program is underway. Historic buildings are being restored after years of neglect and small private restaurants are springing up everywhere as the Castro brothers relax their grip on the economy. But

there is much more still to do.

We visited the bar frequented by Ernest Hemingway and enjoyed a Mojito cocktail, the home of the Buena Vista Social Club, the palace of the Captains General and numerous architectural gems dating from the seventeenth century and later, followed by the Fortaleza de San Carlos de la Cabaña. This massive fortress was built on a hill overlooking Havana after the British had used the area to bombard the Spanish into surrender in 1762 during the Seven-Years War.

The following day we headed west to Viñales, a tobacco growing areas and unique limestone hills with caves used by escaped slaves in the 19th century. Next we headed east to Santa Clara after stops to view a waterfall and an orchid farm and a short stop in Australia, a small Cuban town and resort with a restaurant and many native animals in captivity.

Santa Clara is the site of a decisive battle of the revolution where Che Guevara derailed an armoured train full of Batista's soldiers. It is also the site of his mausoleum and a museum of the revolution.

That night we enjoyed piña colada cocktails and listed to a Cuban band. Music is everywhere in Cuba and usually very good music, although if I hear *Guantanamera* yet again I shall scream.

From Santa Clara we travelled through the spectacular Guamuhaya mountain range to Trinidad, an unchanged Spanish colonial town with a mass of cobbled streets and ancient buildings.

In spite of the difficulties of dealing with the Cuban banking system and soviet style bureaucracy there are two things going for Cuba. The people are extremely friendly and helpful and with little or no drug or alcohol problem. The country is one of the safest in the world for travellers. Whether it will remain so after the coming rapprochement with the US is anyone's guess.

Taking a taxi in Cuba



Havana taxi

by Frank Smith

IF YOU like antique vehicles and are not in a hurry or of nervous disposition taxi riding in Cuba can be interesting.

On my first day a Cuban outside a hotel offered his services to take us to the business centre of Havana. After negotiating a price we then saw the 'taxi' - an ancient Lada with no meter, no sign that it was a taxi but well supplied with rattles. Our driver spoke excellent English and gave a running commentary on the sights of the city as we drove to our destination.

Our driver asked to be paid before arrival at our destination so the police did not notice money changing hands. That's when we realised it was an illegal taxi.

On the return trip we hailed a 1950s very Oldsmobile which more taxi-like but proceeded to drop us off 100 metres before our hotel for similar reasons.

For the first time for many years, I was no longer the oldest object on the road. While some ancient Buicks had been meticulously restored, others, including those offering taxi services, were held together with rust and flaking paint.

Most were fitted with safety belts, but few of these worked. Our Oldsmobile sported a wide gap between door and roof and I clung to the bench seat in fear. My wife in the back closed her eyes and uncharacteristically said nothing.

Returning to our hotel after a very pleasant dinner entailed passing a row of touts - (jineteros - literally jockeys) and drivers and

A favourite trick is to negotiate (say) a ride of eight pesos but on arrival at the destination having no change for a ten peso note, so they happily accept a two peso tip.

There are a few official taxis with meters. These tend to be more modern and expensive. Drivers will often offer off-meter deals so the money goes into their pockets direct rather than being shared with the owner, usually the state.

Cuba is an economy in transition from a communist command economy to a mini-capitalist free-for-all. It makes interesting travelling.

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An interesting story on WA's fishing catch



Who'd have thought WA boat anglers were catching almost as many pink snapper as herring?

by Mike Roennfeldt

THE results from the Department of Fisheries 2013/14 WA Recreational Boat Fishing Survey reveal some telling insights into what most of us are catching out there these days and how we look after our fish stocks.

Log books, boat ramp surveys and remote cameras were used to generate catch estimates covering the entire State. More than 3.4 million fish and invertebrates from 230 different species were caught by

recreational boat fishers in Western Australia during that period. Blue manna crabs were the most popular, with more than 910,000 caught. About 68 per cent of the crabs were released – an increase of about 20 per cent on the previous survey. School whiting proved to be the most popular finfish and about 352,000 of this species were brought in. An estimated 173,000 Australian herring and 148,000 pink snapper were taken.

Who would have believed that WA boat fishers would have caught almost as many snapper as herring.

Boat fishing was most popular between Kalbarri and Augusta, not surprising considering that's where the bulk of the population lives, and interestingly, catches of pink snapper and dhufish remained steady.

More than 140,000 boat fishing licences are taken out annually. This helped fund the project. The survey will be carried out every two years to compare catches over time.

For me, the standout information coming from the report related to the numbers of fish not being kept. More than half the overall catch was released, showing that fishers are behaving responsibly by adhering to size and bag limits and taking seriously their role in helping to keep stocks sustainable.

Some of the release percentages were eye-opening, including pink snapper (85 per cent), dhufish (70 per cent), black bream (90 per cent), spangled emperor (70 per cent) and southern blue-spotted flathead (90 per cent).

I reckon this is a pretty useful thing to be doing with some of our licence money and the recreational fishing community should give itself a pat on the back for the way they are going about things these days.

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ADVERTISING FEATURE

travel options for the mature west australian

Move over *Eat, Pray, Love* and try *Eat, Sleep, Spa...*



Clockwise from top left; My partner Ron and I enjoying a gin and tonic at the Ubud villa - Art on a plate, one of the courses at the Blanco par Mandif degustation dinner - the stunning bedroom at Samaya Seminyak - the beach is right on the doorstep of Samaya Seminyak - Samaya Ubud's bedroom was a tranquil place to rest. A traditional Bali funeral procession in the streets of Seminyak

by Jennifer Merigan

THE book *Eat, Pray, Love* certainly found its niche in modern culture and many a person has borrowed this mantra for their holidays.

On a recent trip to Bali to wind down after a busy year in 'Have a Go' land, I decided that the mantra of *Eat, Sleep, Spa* was going to be more to my liking.

I found the perfect place to put the mantra into practise at the Samaya villas in Ubud and Seminyak.

Samaya is a Sanskrit word which is defined as a vow encouraging well being of your inner sanctum or soul, where one can find a safe refuge and conveys the message: 'I am with you'.

Finding refuge and wellbeing is the best description of a visit to Samaya Bali.

Within an hour of arrival at the villa in Ubud with a gin and tonic in hand, the every day stresses and strains are left behind and a feeling of relaxation starts to edge its way into your psyche.

Our villa in Ubud was hillside to the River Ayung with views of the rice paddies and a local village.

Samaya pride themselves on luxury one, two and three bedroom self-contained villas complete with a private pool and some of the best food in Bali.

Two days in Ubud allowed instant relaxation, the villa was completely private although room service appeared within minutes. The villas are superbly appointed with king size beds, a stunning bathroom with jacuzzi and a tropical garden complete with a day bed with canopy and private pool.

Breakfast and afternoon tea are included in the package and are served either in your villa or at the restaurant.

Samaya Ubud is located on the banks of

the River Ayung and the spa complex and Swept Away restaurant utilise this stunning backdrop.

Swept Away restaurant delivers world class food all prepared by Balinese chefs; more than 70 per cent of the staff at Samaya Ubud are from the local area.

The general manager, Wayang Suambara said, "I want my guests to immerse themselves in the beauty of the property and Eat, Sleep and Spa."

And I did!

One of the highlights of a trip to Bali these days is taking advantage of the many world class restaurants that have emerged over the last five years.

If you love this sort of experience you really can enjoy some seriously good fine dining at exceptional prices.

We tried a new restaurant in Ubud called Blanco par Mandif which offered a seven to nine course degustation meal with the choice of paired drinks for each course.

It is located in Ubud at the famous artist Blanco's property and this tiny restaurant seats up to eight guests bar style, almost like a chef's table experience and it proved to be a culinary performance which was world class.

Patrons see their food and drinks being prepared, the service was attentive and the chef came out and explained each dish.

Then the bar man explained why he has chosen the particular cocktail or wine to pair with the food.

The food was degustation Indonesian style with each traditional dish coming from a different region and then re-invented to become a feast for the eyes and mouth.

I have to say that it was up there as one of the best meals of my life, it was delicious, artistic and a truly amazing dining experience.

Our final three days were spent at Samaya Seminyak.

I discovered Samaya last year when we visited the island and had dinner at Breezes Restaurant.

The food, service and location were such a high standard that I couldn't wait to return and stay at the property.

The Seminyak property provided another beautiful villa where I could hear the ocean's call from the garden and totally immerse ourselves in the luxury of this beachside property.

Again Samaya's service, quality of appointments in the villa and food didn't disappoint.

Bali's culture remains strong with its people, although over the last 20 years the island has grown dramatically, the every day cultures and traditions of the Balinese have not changed.

During an afternoon out walking through Seminyak, the traffic was stopped and the sounds of the gamelan orchestra started to ring out.

Local Balinese mourners were coming from all directions as four funeral processions went past.

It was an interesting and uplifting celebration of those Balinese who had passed away. Hundreds of cars and bikes patiently stopped for more than 20 minutes as the procession made its way through the streets. It was clear that these cultural ways of Bali remain intact and respected.

After five days of eating, sleeping and spas, I returned to Perth ready for the Christmas season completely relaxed with my soul's inner sanctum repaired and refreshed.

Visit our website to see the Samaya videos of both properties. www.haveagonews.com.au/new/travel



FAST FACTS

Getting there: Garuda Airways
www.garuda-indonesia.com

Accommodation: Samaya Ubud/Seminyak
www.thesamayabali.com

Restaurant: Blanco par Mandif
www.blancoparmandif.com



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Pictured: Bethanie Waters residents Doris, Patty and Judith.



Downsizing the way to go in later years says Commission



More than 80 per cent of seniors own their own homes

by Frank Smith

The Productivity Commission must take first prize for offering the least politically acceptable solution to the problems of providing retirees with a reasonable income while safeguarding the government's tax revenue.

In essence they suggest seniors should sell their homes and rent, using the proceeds of sale to live on, thus saving the government the expense of paying them a pension and releasing large homes for younger families.

The chance that this will eventuate is infinitesimal.

More than 80 per cent of seniors own their own homes, mostly without a mortgage and few would

trade that for a rental property with all the uncertainty that entails.

Moreover most are happy in their own homes even though at a glance they appear too big for them.

The Commission found that about 40 per cent of single pensioners and 33 per cent of couples live on less than the yearly amount the Association of Superannuation Funds of Australia says is needed for a modest lifestyle.

Some 90 per cent of them could earn more than the pension by using part of the investment in their home and still have money left over for the next generation.

Living in the family home is a lifestyle choice driven by an attachment

to the family home or the locality. For most people their own home provides security and independence in retirement.

Moreover there are financial and practical barriers preventing them from downsizing into a smaller or cheaper property. These include stamp duty, the real estate agent's commission of sale of the home, the means-test treatment of their newly-released assets by Centrelink and the difficulty of finding a suitable property in a location where they know and are known.

As people age they become less likely to move although downsizing to more appropriate housing is probably exactly what they need.

The Commission says seniors are often unwilling to seek advice or even to plan for their end of life needs. In consequence they wait until a crisis, such as serious illness or disablement occurs and then have to make decisions when they are least able to do so rationally.

But not everyone is like that. Many seniors consider moving into retirement villages or downsizing while still

able to make informed choices. One advantage of this move to more age-appropriate housing is to delay a move to aged care homes.

The Commission say residential aged care has become end of life care. The average age of admission has gradually increased to 83 with only two or three years life expectancy.

They criticise the lack of affordable downsizing options for older Australians, due they say to inconsistencies and red tape in state planning regimes.

They also say alternatives of raising equity and staying in the homes are very limited.

This may be true of Australia as a whole but *Have a Go News* continues to feature many options that meet the needs of retirees. This includes in-home care, selling while retaining a lifetime lease on your own home, moving into retirement villages or raising money to live on by reverse mortgage.

It is important to explore those options while people are still able to make unhurried decisions.

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Retire in Style



Doing it in style: putting the 'attitude' in Lattitude



FOR one resident couple, Lattitude Lakelands is another chapter in a life together spanning nearly 60 years, for another, it's

the place where they met, fell in love and married just over a year ago.

Everybody at Lattitude has a story to tell and just

about all of those stories centre on their new life-style.

They love it.

It's not just the facilities – the pool, the bowling green, the gym, the clubhouse and bar on offer at the over-55s village community at Lakelands. It's also about the people and the way they grab life by the ears and give it a good shake.

"It's like being at a holiday resort," says one resident.

"We're all of an age," ponders Carl Carthew from his front porch over-

looking the short walk to the bright, modern clubhouse and the beautiful gardens that adorn every front yard. "We come from an era when we were all guided by the same moral compass, shared the same values. We look out for each other."

And have a great time doing it.

"It (moving into Lattitude) has re-invigorated our lives," says Edie Morrow, reflecting on the social life at Lattitude and the spate of 70th birthdays this year.

"Most of them think they're 45 and feel like 90 the day after," laughs Edie. "We have lots of fun."

Apart from the age-conquering lifestyle, two things appeal to residents at Lattitude.

It doesn't look like a retirement village. The homes are stylish, spacious, new and modern, with concessions to creaking knees and much-used backs such as high level power points. The doorways are wider, and the bathrooms are friendlier to over-55s.

"But there's nothing about it that shouts retirement village" says Dawn Carthew. "There's a party atmosphere, very much so. We both feel a little younger."

The other major factor is that they own the title to their home.

"When we bought, Lattitude was the only village offering strata titles," says Jean Coppendale. "You own the house, you

own the land."

A gardener keeps the front gardens looking beautiful.

Lattitude is also pet and grandchild friendly.

"There are no restrictions on people coming to stay," says Jean. "The grandchildren love it. They get on well with the other residents. In fact they've asked if they could come and live here."

Downsize the sensible way and move to Middle Swan Village in Midland for a new lifestyle and outlook

BIG homes have always been the Australian way. Even now, two-storey homes on smaller blocks have not diminished our love for big homes. They are sensible for a growing family.

However, children grow up and leave home. When that occurs, 'baby boomers', born between 1946 and 1969, become "empty nesters" with big homes and ever-increasing running costs.

If people own a home in Midland or close by, no doubt it has increased vastly in value. People don't need a large home but they know the area well; it has

all the services they need. Also Midland is close to the beautiful Swan Valley. So what are the options?

People could sell their existing, largely empty home and buy something smaller. That doesn't mean an apartment or a miniature home where you can't swing a cat.

That's where Middle Swan Village comes in. The Village has eco-friendly, mainly two-bedrooms high quality homes, some have a study. Homes start at \$295,000, so by selling the family home there will be a large nest-egg for retirement.

All homes have been designed for low energy consumption. Solar panels provide cheap electricity, so electricity costs will soon be less than residential rates. Each home has double glazed windows and sliding doors, extra insulation in all walls and roof, and low energy lighting throughout, rating them at 6.5-7 for energy efficiency. Residents will save lots on power costs and help the environment.

Buyers don't pay stamp duty, legal or strata fees, or any fees associated with buying homes. A small weekly fee covers all statutory charges, facilities, land

lease and maintenance costs.

There are waterwise, native gardens and Blackadder Creek, that borders the Village, is being rehabilitated with local plant species. A beautiful village green also features native plants, a giant chessboard, gazebo, water feature and parking for visitors.

Middle Swan Village is a secure, gated, boutique (29 homes) community with electronic key access and CCTV cameras throughout the Village. This is an ideal lifestyle change for baby boomers wanting to downsize.



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Retire in Style



Chief executive officer of COTA WA, Trish Langdon

by Frank Smith

TRISH LANGDON takes over from long serving Ken Marston as CEO

Trish takes on a challenging new role at COTA

of COTA (Council on the Ageing WA) this month.

She says Ken is leaving big shoes to fill after ten years in the role.

"I don't have the experience or knowledge at the moment so when I start this month I'll concentrate first on getting to know COTA staff and volunteers.

"Ageing is changing and these are interesting times. The next generation of retirees has no experience of WWII or the Great Depression. Those born post 1945 have very different life experiences from older people.

"Life will change rapidly over the next 15 years. We need to get ready for the changes, part will be good experiences, but I'm not convinced everything will end well," she said.

Trish is a WA local, with qualifications in commerce, social work and

public health and has worked for many years in the tertiary hospital sector in WA and NSW as a social worker, especially in the disability sector.

She was chair of the AIDS Council and later spent 12 years of executive director of the WA AIDS Council. She also and served as treasurer for the Australian Federation of AIDS Organisations.

For the past three years she has undertaken special projects for the Department of Health in WA, done research into mobility and HIV in Australia at Curtin University and undertaken quality evaluations of non-government organisations for the Mental Health Commission.

COTA covers all aspects of the lives of older people including housing, health and local and state government.

She says gender is becoming an important issue with older people as they live longer. More women than men end up in residential care and a large proportion of the over 85 residents are female, often with chronic conditions such as dementia.

Retirement villages are changing to provide what amounts to an end-of-life in-house hospital service with organisations such as Silver Chain.

"People say they want palliative care in home but in many cases going into a hospice may better suit their needs," she said.

As a peak body COTA has to interact with many senior's organisations. Not all do the same thing and having a choice is valuable to serve all interests.

"I need to go out and meet them all," she said.

She identified language as a big

issue as people aged, especially with recent immigrants from Africa as there were few translators.

"Often people don't speak the national language. Dialects such as Sicilian can be very different from the Italian taught to interpreters."

Getting information out to older people is an increasing problem. One way is via their children. As people live longer the 'children' may be seniors themselves.

"Print media such as *Have Go News* and community newspapers have an important role to play. We all want to know what is happening in our local area and that is often ignored as unimportant by the mainstream media.

"These are exciting and varied opportunities. It is all interesting and there are fantastic people to work with," she said.

Wanted: typist

LADY in her 70s seeks part-time copy typist on Mondays for very easy text and numerical typing. Normal computer keyboard. Age open. In-home office, Melville area. A non-smoker preferred.

For further information contact 93311648.



Southern River residents
Have a Go News is now available from The Lucky Charm located at Shop 5, Southern River Shopping Centre, corner Broadwalk Boulevard and Ranford Rd, Southern River Telephone 9398 2343

Let Elysia record a life's story

SOUTH WEST residents who have always wanted their life story recorded can now get a biography written by Collie woman Elysia Harverson.

Mrs Harverson said a lot of people in the South West would love to get their life story written down, but have probably never had the opportunity.

"There are so many people out there who would love to record all the interesting things in their life," she said. "I find it fascinating talking to people and hearing all about their life, everyone has an interesting life just waiting to be recorded."

Mrs Harverson said some people

might not think their life is interesting enough to warrant their own personal biography.

"That is really not true, everyone has had an interesting life to some degree," she said.

"We might not all be ex-prime ministers, but everyone has a story to tell.

"This is really a great opportunity to share your personal journey with friends, family and for yourself."

If you are interested in getting your biography written, call Mrs Harverson for more details on 0477 360 087 on search www.facebook.com/MyStorySouthWest/.



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Retire in Style



Seniors leading the trend to start their own business



by Frank Smith

OLDER Australians are leading the nation's growth in business ownership across all sectors – easily outstripping many of their younger counterparts, according to the latest Bankwest Business Trends report.

Last year there was a 6.6 per cent increase in the number of business owners aged 65 years and older, equating to 7,400 extra businesses.

"You could say we're seeing the emergence of a formidable new force – the 'greypreneur' – older Australians who are swapping retirement for business ownership," said Bankwest executive general manager of business banking, Sinead Taylor.

"There is certainly a strong element of financial necessity – Australians are living longer than ever before, the costs of living have never been higher, returns on savings deposits have been low and in order to maintain the lifestyle they have become accustomed to, many people need to work well beyond the traditional retirement age," she said.

The report found middle-aged business owners (those aged between 45-54 years) had the highest growth in business ownership over the 12 months to February – up 6.7 per cent, and because the base level was much higher than for retiree-aged business owners, that adds 18,800 business owners. The only other age group that recorded an increase was the 15-24s, with a rise of 2.5 per cent over the same period.

"Consultancy is a significant proportion of the new businesses. It may be part of the process of

slowing down to retirement," said Bankwest chief economist Alan Langford. "It is mainly part time work. That makes sense as a transition to retirement and it may also provide intellectual and social advantages."

"The big trend in WA is an increase in agriculture related businesses, although from low base. It is probably the result of two good seasons and farmers spending more on consultants and new machinery. There's been a big increase in professional, technical and scientific service businesses," he said.

While own account workers only represent just over eight per cent of total employment, the 3.6 percent increase equates to 33,000 new workers, or 17.5 per cent of the total increase for the year.

Contributing family members have also increased in numbers rapidly, by nearly 16 per cent.

"I imagine the trend will keep on growing as the number of over 65s in the population increase, more will remain in the workforce," said Mr Langford.

The trend to seniors running their own part time business is not helped by Centrelink that deducts \$1 from the aged pension for every \$2 earned by self-employment, but allows employees to earn \$6,500 per annum before beginning to make deductions.

Small part time businesses fit well with retirees who have high level skills from their time in the workforce that they can sell to businesses needing their expertise. It also suits businesses because they only need to pay for what they require without the cost of employing permanent staff.

Know Your Nation - oral family history project

by Frank Smith

AS PEOPLE approach or are currently retired, the thought of preparing a life history often becomes a priority to share with current and future generations of family.

A new program designed to enhance family history communication across the generations is *Know Your Nation* which facilitates conversations between people of different generations, during which the stories and memories of the older generation are enjoyed first hand by the younger generation.

"Sitting down and really talking, without phones and TV and other electronic paraphernalia, is a fundamental part of life that these days we don't really give enough time to," says Helena Cohen Robertson, a history buff and The founder of *Know Your Nation*.

"For the talker, it feels good to talk about yourself and to really be listened to. We've all done it, but it's good to put into words that discussing fond memories from your past allows you to re-experience glimmers of how good you felt at that time. And allowing yourself to explain

details about a scenario or experience often causes you to tap into all kinds of other memories that you haven't thought of for years, really fun, small details, which you don't know you still remember until they fall out of your mouth."

"For the listener, there is no feeling quite like that of the privilege of sharing somebody's personal history. Doing so gives us an enormous sense of purpose and wellbeing and offers us a new found sense of closeness to the storyteller."

Have a Go News readers can assist in immortalising local history by capturing stories and memories from the past for future generations to enjoy.

"Ideally, we are seeking a generation gap similar to that of grandparent to grandchild," says Ms Robertson. "However, this is not mandatory, and participants are welcome to choose anybody that they feel comfortable with talking to, including carers, friends, neighbours and adult children."

On arrival at the Fremantle library participants will be welcomed by the *Know Your Nation* representative and then the interviewer and the

storyteller will be left alone with a simple tape recorder, to talk about any personal history that the storyteller wants divulge.

The participants can cover these moments in any way that comes naturally to them. However they will receive a briefing pack in advance of the session, for support and guidance.

After the session, a photographer will capture the participants amongst the beautifully styled vintage-feel props in the recording booth.

The participants are welcome to a copy of the full audio and the photograph, taken during the session, for their families to treasure and a copy of the full audio will be archived in the City of Fremantle library to help preserve local heritage.

And while Fremantle is the first city off the block, Ms Robertson says she plans to extend the concept to Perth, Western Australia, the rest of Australia and the world.

Helena Cohen Robertson is keen to hear from readers who either want to capture their story or want to bring somebody along whose story they've always wanted to capture.

For more information visit www.knowyournation.com.au



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ADVERTISING FEATURE



New Year resolutions for your garden

by Colin Barlow

ARE you one of those people who always make New Year resolutions and don't keep them for very long? After the excesses of Christmas and New Year you can be forgiven for not being in top shape. Your garden on the other hand has had to cope with the extremes of weather, lack of maintenance, time and TLC from you. So now is the time to make a New

Year's resolution to improve your garden and get it back in shape for the rest of summer and beyond. Here are ten suggestions to improve your garden. You don't have to do them all but try and tick off the ones that you do.

1. Researchers from the Universities of Westminster and Essex in England found that spending just 30 minutes a week working in the

garden or pottering in the vegetable patch boosted individual self-esteem and moods by dissolving tension, depression, anger, and confusion. Plus those who do garden tend to be in better physical shape than their less green-fingered counterparts, with a significantly lower body mass index. So don't waste time on expensive gym memberships, start your own free gardening gym classes and get all your family to join. So pull out your own weeds and mow your own lawn.

2. Try growing your own veggies and herbs and taste the difference. If the price of your fresh veggies over Christmas was an expensive shock, why not try growing some yourself. It's not too late to grow some tomatoes, capsicum, chillies, basil, oregano, chives and eggplant. In February you can begin sowing your broccoli and Brussels sprouts and cauliflower. Try to place your veggies in a sunny spot close to your kitchen; you can even grow them in pots if you don't have much room.

3. Use a liquid or granular wetting agent on your lawn and garden right now to make sure that any water that you apply gets to the plant roots and does not run

off. Soils can become non-wetting due to oils and residues from tree leaves or decaying organic matter.

4. Apply a minimum 7.5 cm layer of coarse organic mulch around your plants. Keep the mulch away from the base of the plants to avoid stem or collar rot.

5. Check your irrigation, particularly sprinkler heads to ensure that they aren't blocked so that your plants will receive sufficient water.

6. Take a trip to visit beautiful gardens. Whether the gardens are in Western Australia, Australia or overseas try to immerse yourself in the tranquil and inspiring settings that gardens provide. They will also give you lots of new ideas to try in your own garden.

7. Take a short course in gardening and learn some of the basics or more specialised areas if you have a keen interest. Check out the range of courses at your local horticultural college – Challenger at Murdoch or Polytechnic West at Midland.

If you want to study at your own pace in the comfort of your own home try one of the on-line gardening courses at the ACS Distance Education www.acs.edu.au



8. Plant a tree for the future: Our newer suburbs are a sea of house roofs devoid of trees that become inhospitable heat traps. Encourage your local council and developer to integrate trees into their new developments and streetscapes. Ideally a tree is planted for future generations to enjoy so care must be taken in its selection. Always research the ultimate height and spread of a tree in Australian conditions as many books are written for overseas conditions. The cooling and

air conditioning effects of trees in gardens, parks and around homes cannot be understated. Use deciduous trees on the northern and north/west side of the home to keep it cool in summer and let in the light in winter. Start planning now and check out the range at your local nursery.

9. Be proactive and plant bee and bird friendly plants in the garden. The bees are our most important allies in providing pollination for our crops and the birds will help keep insect and pest

numbers in check. Avoid using chemicals that affect bees.

10. Share this great pleasure of gardening with as many people as you can and get some dirt under your fingernails, as gardeners are the future.

I look forward to catching up with you all again later this year on Home in WA on Channel Seven with some inspiring practical gardening tips to make your garden more enjoyable and productive. Wishing you all a very happy, healthy and prosperous New Year.

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Burn The Floor - Regal Theatre 23 March to 5 April.

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To be in the draw to win a double pass to *Burn The Floor* email win@haveagonews.com.au and include the word dance in the subject line. Alternatively, address an envelope to *Burn The Floor* Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your details on the reverse side. Competition ends 15/02/16.

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Get brain fit for the New Year

RESEARCHERS at the University of Western Australia are offering the opportunity to participate in a free six months supervised exercise study for people over 50 years of age. The program will have people walking on land and in water in an attempt to find the optimal exercise to improve health and brain fitness.

"We have previously shown that land-based walking improved memory and cognition and now we want to see if water-based walking will have the same effect or even have additional benefits" said Research Associate Professor Kay Cox.

Participants in the study will undergo tests such as blood pressure, fitness, brain blood flow, memory and cholesterol at the start of the program and after six and 12 months. This will help researchers to understand how exercise can improve brain function and health.

Volunteers will be allocated to one of three groups – an education group, a land-based walking group, or a water-based walking group. The exercise groups will have an individually designed fully supervised exercise program conducted three times a week at the UWA Crawley campus

for six months.

Researchers are looking for healthy, non-smoking, inactive men or post-menopausal women over 50 years living in the Perth metropolitan area who think their memory is not as good as it used to be but have not been diagnosed with cognitive impairment or Alzheimer's disease. Inactive is defined as not doing more than 60 minutes of moderate intensity exercise per week.

For further information or to apply for the program contact Barb on 6488 2304 during office hours or email barbara.maslen@uwa.edu.au

Dance for fun, fitness and friendship

WOULD you like a new challenge filled with fun and friendship and set to music?

Need to get out a bit more and get active but not got around to it yet?

Square dancing provides a simple and cheap solution to this. It is great for your health especially when it is mixed with good music and happy sociable friends of all ages and interests.

Square dancing is all about walking and moving to the instructions of a caller. They start with easy to follow moves and gradually introduce more challenging ones and before you know it you have mastered square dancing.

Men love these easy to follow instructions and almost treat them like military commands which are fun to execute. They are not on show or competing, so they love the social interaction. As the square dance moves are easily mastered through repetition and always in English, it means people can square dance anywhere in the world.

Check out YouTube and view Square Dance ABC, Square Dance For The Whole Family or The Squaredance Song by Anna Jois.

Why not try one of the beginners classes being run at one of your local square dance clubs? These venues are listed on our national web pages www.squaredance.org.au.

Singles and partners are all welcome and people can also round up some more friends to try it with

you.

Square dance is said to be fun and friendship set to music but it's also a wonderful way of making lifelong friendships along the way. There are classes starting in February and March across WA. For more information phone Steve on 9243 1200 or free call 1800 643 277.

Sing into the New Year with the Third Age choir



This is a collage of photos taken in November 2015 at the last performance for the year, which was held in the Uniting Church Hall, William Street, Perth.

THE U3A choir was started four years ago as a result of a talk given by Professor Jane Davidson of UWA on the benefits of singing to health and wellbeing. Not just to those singing but also to those listening and joining in.

During 2015 U3A Choir had many changes. They have a new musical director and they also have been learning to sing in parts, with quite a few new songs making the program very different and challenging. They now have their own accompanist too.

The choir will start practising again on 9 February. The practice days will be the second, third and fourth Tuesday of the month from 10.30am to 12.30pm at the Guild Room, Wesley Church, 75 William Street, Perth.

As a result of a publicity drive via radio and community newspapers they now have several new members both male and female, however there is always room for more with no audition needed.

Anyone interested in join-

ing the choir would be most welcome so come along during this time to see if it would suit you, share a cuppa and make new friends.

During 2016 they have a busy program planned including performances at aged care homes and *Singing in the City* in Perth during Heritage Week in October. These are presented as part of the community service ethos. They will be holding a variety concert towards the end of the year.

If people would like more information then go to www.u3auwa.org or email info@u3auwa.org.

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GRAND ACTIVITIES

A school holiday guide for parents and grandparents

ADVERTISING FEATURE



Miss Lily debuts her new extreme makeover this summer



Spare Parts Puppet Theatre presents 2016 Summer Season of Miss Lily's Fabulous Feather Boa © Tanya Voltchanskaya

THE LARGE-AS-LIFE crocodile puppet, Miss Lily, has had a seriously 'fabulous' makeover by three of puppetry's leading puppet makers and designers, Iona McAuley, Leon Hendroff, and Bryan Woltjen for the Spare Parts Puppet Theatre's summer season of Miss Lily's Fabulous Feather Boa.

Adapted to the stage by Michael Barlow from the book by Margaret Wild, Miss Lily's Fabulous Feather Boa is an uplifting and joyous story of courage and honesty led by a two metre puppet crocodile.

Director, Michael Barlow, said that the 'mark one' puppet proved to be a little too heavy during performance. "Miss Lily is a two metre life size crocodile who has to dance boisterously and strike magnificent poses," he said. "We turned to Iona, Leon, and Bryan, three of our most gifted puppet artists, to completely reimagine

Miss Lily. Now she can strut around the stage like the fabulous tango-dancing reptile she is."

The production showcases comic performances by acclaimed Spare Parts performers, Bec Bradley (*Blueback, Farm*), Shane Adamczak (*The Man from Snowy River, The Bunyip of Berkeley's Creek*) newly returned from overseas performing and newcomer, Nick Pages-Oliver, making his company debut. It also welcomes back leading Spare Parts artists, Lee Buddle (musical score), Iona McAuley (designer), and Karen Cook (lighting design).

This is family entertainment at its richest and a heart-warming tale about bravery, kindness and confidence. While the audience will be delighted by the spectacle of the puppetry they will be challenged by the moral dilemma of stealing some-

thing because it makes you feel good. It will inspire conversations long after you leave the theatre.

The summer season of Miss Lily's Fabulous Feather Boa runs from 4 January until Saturday, 30 January. At 50 minutes and suitable for all ages, especially four and above, performances are daily at 10am and 1pm (except Sundays and public holidays). There are also two special evening performances at 6.30pm on Friday 15 January and Wednesday 20 January. Bookings are essential and tickets can be booked online 24/7 at www.sppt.asn.au or by calling 9335 5044.

Miss Lily's Fabulous Feather Boa is the first installment of the company's 2016 Annual Program at its home theatre in Fremantle and will be followed by *The Little Prince* (ahead of a national tour), *Splat!* and *Nobody Owns the Moon*.

Enjoy Australia's first pop-up water park, Xscape at the City, this summer



LOCATED just 4km from Perth city at Belmont Park Racecourse, Xscape at the City comprises a thrilling combination of waterslides, rides, and super fun activities. It will be open until 31 March.

The biggest thrills can be found in the park's main attraction The Nova Drop – a twin lane 23m high slide that's 110m in length and almost 13 stories high – the tallest water slide of its kind in the world.

There's something for all ages and thrill seekers, including a colourful dinosaur-themed water playground for little ones.

There's free parking at Belmont Racecourse and

several public transport options.

Xscape at the City is open from 10am to 5pm seven days a week, and offers a range of ticketing options from a \$4 spectator fee to a \$32.50 all day, all attraction pass, making it a great option for a family day out.

Fifty per cent of spectator ticket sales will be donated to Telethon 2016.

There's a great café at the park to provide refreshments and lunch, and plenty of shade and seating so families can make a day of it.

For more information or to book visit www.xscapeatthecity.com.au.

Prehistoric star attractions at the WA Museum these school holidays

Dinosaur Zoo

JOIN US as we take a trip back into deep time when the Earth was younger and dinosaurs ruled the land!

Erth's widely acclaimed Dinosaur Zoo theatre performance is bigger and better and heading to the WA Museum for the 2016 January school holidays

The Dinosaur Zoo performance features a cast of amazingly life-like, large-scale dinosaur puppets that are bound to have everyone young and old on the edge of their seats.

Featuring new dinosaurs such as an impressive T-rex and even a Triceratops Get ready to be amazed and inspired by these prehistoric star attractions

Erth's Dinosaur Zoo

4 – 31 January Cost: children (3 – 15 years) – \$15 adults – \$17.50 concession (seniors / student / unwaged) – \$15 family ticket (2 adults, 2 children or 1 adult, 3 children) – \$55 Age: 5 - 12 Bookings: Tickets can be purchased online www.museum.wa.gov.au/dinoasur-zoo, by phone on 1300 134 081, or at the ticket booth at the Museum (subject to availability)

Dinosaur Delights in Discovery Centre

10.30am – 2.30pm 4 – 31 January Ages: ages 3 + Cost: free to \$2 Bookings: only required for groups of 10+

The Museum's Discovery Centre will be full of dinosaur fun, where you can get crazy with Cretaceous craft, play with our dino-game, and more.

Venue: WA Museum – Perth Perth Cultural Centre, James Street, Perth

For further information call 1300 134 081 or visit museum.wa.gov.au/whats-on/school-holidays/perth

Bookings: Required for some activities on 1300 134 081 Programs are subject to availability. All children 12 years and under must be accompanied by a parent or guardian.

Hubbub set to launch in Mandurah



The Fat Girls in Bike Shorts Kellee Aberg (left) and Rosie Sitorus (right) who will be performing their show during Hubbub with local Mandurah business owner Patrick Oldfield of Footprint

A MINI festival by the sea will pop-up in and around the Mandurah Performing Arts Centre (MPAC) as they launch

Hubbub in association with Fringe World Perth, Thursday 28 January to Sunday 7 February.

The 2016 program features more than 20 acts, 41 performances over two long weekends and this festival will have everything from music events, cabaret shows, circus and physical theatre, comedy, children's events and even a bit of hypnotism.

Hubbub will have some special free events including bands, DJ's, dance and circus along with food vans in Mandjar Square and the Standing O bar open all during the festival.

For more information on all the workshops and performances call the box office 9550 3900 or visit the website www.manpac.com.au

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It's time to enjoy the barbecue daze this summer



Enjoy a classic green salad at your next barbecue

by Noelene Swain

BLESSED with long, warm days in WA it seems madness not to partake in a little alfresco eating. What better way to do it than with a classic Aussie barbie?

'Throwing another shrimp' has become a tongue-in-cheek part of our vernacular and for good reason. Hot grill plates are designed for absolute cooking simplicity and is just a matter of selecting your choice of meat, fish and vegies then cracking open an icy thirst quencher whilst the barbecue heats up. Prawns, funnily enough, are a fantastic choice and delicious threaded onto rosemary skewers and doused with a little lemon juice and olive oil before serving. This method of skewering also works equally well for firm white-fleshed fish and vegetables like capsicum, mushroom and cherry tomatoes.

Marinades are a fantastic and easy way to add a distinctive touch to a barbecue. A homemade tandoori paste of lemon juice, garam masala, paprika, garlic and natural yoghurt is wonderful smothered on chicken prior to grilling. A little Dijon mustard and vinegar brushed on potatoes towards the end of cooking gives a tangy kick to an essential barbecue side.

Large flat mushrooms work really well marinated in olive oil, lemon juice and pepper then grilled gill side up till cooked and then garnished with a dollop of a soft white cheese such as goat's, ricotta or buffalo mozzarella. Yum.

Foil parcels filled with delicious vegetable treats are another fuss-free barbecuing option. A combination of tomato, black olives and cubed, cooked potato is lovely, as is a parcel of Swiss brown and button mushrooms, butter and haloumi cheese. Simply seal and pop on

the barbie until cooked to your liking. This is a particularly good option for vegetarians or fussy eaters – get them to create their own favourite combinations.

The best thing to accompany some aromatic grilling is a fresh, crunchy salad and what's more, they're one of the simplest of dishes to prepare. A classic green salad is en-livened by the addition of some toasted nuts and unusual salad varieties such as tatsoi and snowpea tendrils. A fantastic potato salad is an absolute staple of any barbecue – experiment with different flavours such as dill, mustard, bacon and cumin.

So go on... this weekend, do what those pesky foreigners expect and throw another shrimp (or whatever you desire) on the barbie. Give the following variation of the classic burger patty a go.



Makes 4; preparation 20 mins; cooking 22 mins

Greek lamb and portabello mushroom burgers

- Ingredients**
- 400g Portabello mushrooms
 - 1 tablespoon olive oil
 - 1 brown onion, grated
 - 2 garlic cloves, crushed
 - 1 teaspoon each ground cumin and coriander
 - ½ cup flat-leaf parsley leaves
 - ½ cup mint leaves
 - 400g lamb mince
 - 1 egg, beaten
 - 1 cup fresh breadcrumbs
 - 4 hamburger buns, split, toasted
 - ½ cup tzatziki
 - 2 ripe tomatoes, thinly sliced
 - 1 Lebanese cucumber, very thinly sliced
 - Lemon wedges, to serve

FINELY chop mushrooms by hand, or alternatively, pulse in a food processor until finely chopped or minced.

Heat one tablespoon oil in a large frying pan over medium heat. Add onion, garlic and spices. Sauté for five minutes or until softened. Add mushrooms, increase heat to high and cook for eight minutes or until moisture has evaporated. Set aside to cool for 10 minutes. Transfer to a bowl.

Finely chop herbs. Add mince, egg, breadcrumbs and chopped herbs to mushroom mixture. Mix well to combine. Shape mixture into four patties (about nine cm diameter and two cm thick). Place onto a tray, cover and refrigerate for one hour if time permits (this helps hold patties together when cooking).

Heat barbecue plate or a large non-stick frying pan over medium heat. Add remaining oil. Add patties and cook for five to six minutes on each side or until just cooked through.

Serve with barbecue fare or create hamburgers with bread bun bases with tzatziki, top each with, tomato, patty and cucumber. Sandwich together with burger top. Serve with lemon wedges.

Recipe supplied by Fresh Finesse – www.freshf.com.au.

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Vince Garreffa's Sirloin steak with summer sauce



THIS is delightfully quick and easy and when you love steak as much as I do, the excitement is always there when it is cooked, but for a balanced meal you need your vegetables to accompany it.

This summer sauce is no work at all and whether it is mixed and served after 15 minutes or cured in the fridge for two to 24 hours, the taste just goes from fabulous to stunning.

This recipe was inspired by a New York Italian that called tomato bruschetta mix a 'summer sauce' which he mixed with hot pasta, but I serve it with steak.

Buon Appetito

Ingredients for two

Two sirloin steaks about 150 to 200grams each
One cup diced very ripe Roma tomatoes without seeds
100ml olive oil
Two cloves of garlic
Two big tablespoons of thinly sliced basil leaves
Salt and freshly ground pepper to your liking

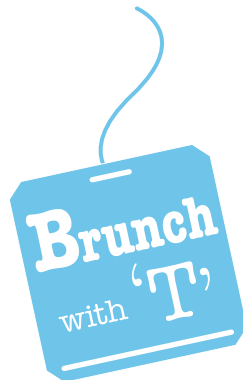
Method

Mix the tomatoes with olive oil, garlic, basil and the salt and pepper. Now cure in the fridge for a minimum of 15 minutes or a maximum of 24 hours.

Pan fry or barbecue the steak to your liking, rare or medium like the picture above, or replace them with any of your favourite meats.

Serve steak with summer sauce, some crusty bread and a glass or two of WA merlot. That will get you invited a second time.

Brunch with T - Jezebelles at Guildford



by Tahlia Merigan

WE may all have over indulged during the festive season... I know I did, oops, but saying that it will

not stop me from indulging in my love of brunch.

This month my brunch companion was *Have a Go News* administrator Lisa McMahon and her

son Beechy.

Lisa chose our brunch café this month and we visited Jezebelles in Guildford, which serves breakfast on the weekends.

We booked for 11am with last orders being taken by 11.30am. This is so we didn't have to be up super early.

Jezebelles has a very quirky décor with leopard print chairs which are very comfortable and fringing hanging as a curtain dividing the rooms. The décor provided a very relaxed atmosphere.

To begin our brunch we ordered drinks: a flat white coffee (\$4), hot chocolate (\$4.50) and an ice tea for

me (\$4.50).

Though we ordered the drinks when we first arrived they took 15-20 minutes to be brought out and they weren't served together. The flat white was bought out after the food arrived.

Lisa ordered eggs Benedict with smoked salmon (\$17), Beechy had the pancakes with fruit and cream on the side (\$16) and I had the scrambled eggs with smoked salmon (\$19) with a side of mushrooms (\$4.50).

Lisa and I had planned what we wanted to order before we went and Beechy always orders his favourite pancakes. He

is definitely the pancake aficionado of Perth. The scrambled eggs were really nice and fluffy and Lisa said her Hollandaise sauce was of great consistency and very tasty, definitely homemade. Beechy's pancakes got the tick of approval from him.

The only thing I found which was disappointing was our meals didn't come out with any garnish and Beechy's pancakes took another couple of minutes to come out after Lisa and my dishes.

We enjoyed the ambience of Jezebelles, but thought the service could be ramped up a notch to ensure meals and drinks arrive together for patrons sitting together. The food was good but they just needed a bit of extra care taken with garnishes and plating. I am happy to give them three spoons.

Jezebelles 127 James Street Guildford. Phone 6278 3538. Opening hours for breakfast Saturday and Sunday 8am-11am. Seniors Card discount - No

Letters to... Vince Garreffa

IF YOU want a particular recipe of mine, don't hesitate to drop me a line at *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your telephone number so I can call you!

Brunch tips from T

Double check what time they stop serving breakfast to ensure you are not disappointed. If you like to customise your breakfast like I do, be prepared as it will add extras to the cost of the meal. If going out on the weekend there is always a wait, so again make sure you don't miss the breakfast menu.



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Recipe for 1:

Grilled peaches with vanilla ricotta

1 yellow peach, halved and stones removed
1 teaspoon caster sugar
1 teaspoon maple syrup
½ teaspoon butter
1 tablespoon fresh ricotta cheese
¼ teaspoon vanilla paste or vanilla extract

PLACE peach on a grill tray cut side up, pour a little
syrup over each half and dot with a butter. Cook under
a hot grill until bubbling and heated through. Mix
together ricotta, sugar and vanilla. Serve ricotta cream
with the grilled peach halves.

Recipe supplied by Fresh Finesse
- www.freshf.com.au.

Preparation time:
10 minutes; cooking
time: 5 minutes;
serves: 1



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Taxing time for wine

by Frank Smith

NOW the festive season is over it is time to look at more serious subjects. The government taxes all forms of alcohol to raise \$6 billion annually, but not in any consistent way. The effective tax rate on the alcohol content in craft beers can be as low as \$1.71/litre, while the effective rate on a \$40 bottle of wine is much higher. The tax on spirits and commercially produced beer is higher still. The Foundation for Alcohol Research and Education – which is basically interested in reducing drinking – has told the government's tax review that taxing all alcohol

at the same rate could boost government revenue by \$2.5 billion a year, although it would cost jobs. At present wine is taxed on the basis of its wholesale price although much of this is rebated to boutique wineries. Without this rebate many small wineries would go out of business. So let's look at some of the premium products of these wineries before the government or the anti-alcohol lobby gets to them. **Wild Valley Pinot noir 2014.** The wine made with wild yeast from the vineyard rather than adding a culture. It is garnet in colour. Oak dominates the nose with toasted

bread, clove, cocoa and hazelnut aromas. There are plenty of ripe fruit and oaky flavours on the palate as well, together with plenty of oak tannins. The finish is quite long with perceptible alcohol. RRP \$21.99. **Jacob's Creek Reserve Barossa Signature Shiraz 2014.** Do not confuse this with the common or garden Jacob's Creek Shiraz. This wine is in a class of its own. The nose shows lifted mulberry, chocolate and clove aromas enhanced by cedar and vanilla notes with the influence of oak. The palate is medium bodied with classic varietal plum and forest berry flavours complemented by light vanilla and regional chocolate notes. The supple ripe tannins are typical of the best Barossa Shiraz culminating in a long satisfying finish. RRP \$19.99. **Huntington Estate Mudgee Semillon.** The nose displays light floral notes with appealing varietal characters

of lemon, citrus leaf and grassy aromas. The palate is soft, light and delicate, the flavours are fresh and lemony / herbaceous. The wine finishes with a lingering fruity tingle. A perfect accompaniment to fish and chips! RRP \$22. **Lowe Tinja preservative free and organic Shiraz 2015.** The wines is a deep purple colour as a result of not adding sulphur as a preservative as the colour is more true to type and pure. The nose reminds you of white pepper and allspice with some aniseed creeping through. The palate has a soft tannin flavour and dry finish with that hint of pepper again. This wine won't improve with age but it won't deteriorate either. RRP \$22. None of these wineries contribute even marginally to binge drinking and hopefully will not become victims of the government's need for revenue or the public health drive to reduce alcohol consumption.

What's fresh in January



Nectarines: Plentiful supplies of these summer favourites are now arriving in store and the prices are very affordable. Luscious yellow fresh varieties are sweet and juicy eating – perfect for snacking, freshly sliced on your morning cereal or as fruity sorbet, you really only need to puree and freeze. Pile them high in the fruit bowl and they will disappear as if by magic. **Apricots:** If you are blessed with excess apricots, then making apricot jam will carry on this beautiful flavour for months ahead. It is a great surprise when you find a large piece of apricot as you spread the jam onto fresh bread. Buy apricots that are firm, but not hard, with unblemished skins and they should be a deep, clear orange and some may even have a red blush. Apricots bruise easily, so carry them home with care. **Eggplants:** Locally grown hydro-

ponic eggplants are plentiful now. Best grilled or barbecued and you can easily create an impressive dish for your next barbecue by layering with good quality fetta, fresh rocket and a dressing of finely chopped chilli, roast and ground cumin seeds, mint, lemon juice and extra virgin olive oil. **Flat Mushrooms:** Summer barbecues are perfect to get creative with richly flavoured flat mushrooms. Available as either white or velvety brown varieties, the flavour is full and robust, so not only are they good for boosting your Vitamin D and lowering your risk of cancer, they taste superb. Grill them whole on the barbecue with your choice of flavour or mince finely and blend with your traditional minced meat recipes in burgers, Bolognese or meatloaf. You can swap minced meat for minced mushroom for a lower calorie and fuller flavour result.

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Professor of Exercise and Sports Science Rob Newton

by Frank Smith

A STUDY of prostate and breast cancer survivors at Edith Cowan University has shown aerobic and resistance exercise reduces the risk

of the cancer recurring and other chronic diseases developing.

In addition it improves body composition, quality of life, mental health and capacity to function normally.

Men with prostate cancer are frequently treated with testosterone deprivation (ADT) which has serious side effects, including reduced muscle size and strength and compromised balance and motor control. Treatment also increases the risk of osteoporosis. All patients measured after 10 years of ADT treatment had reduced bone density.

"Exercise reduces drug side effects and slows the tumour growth mechanism," said Professor of Exercise and Sports Science Rob Newton.

Of particular importance to older

people is a reduced ability to recover from loss of balance, resulting in falls.

Professor Newton says these adverse effects can often be alleviated by a program of exercises.

"Older people should aim for 150 minutes per week of moderate aerobic activity.

"Moderate exercise means walking, cycling or dancing at a rate that you can just carry on a conversation at the same time. If you can manage more vigorous exercise you get more benefit in less time. Then as little as 70 minutes per week may be enough."

Two sessions of progressive resistance exercise also improves muscle strength, functional performance and balance in older men.

Best of all there are no reported adverse effects attributable to exercise, he said.

The exercise prescription must be specific to address the problem facing the individual patient. For example exercises involving impact loading help prevent osteoporosis.

In a recent trial patients who underwent the exercise program after all types of cancer survived 50 per cent better and prostate cancer patients over 60 per cent better, than patients who took no exercise.

There is overwhelming evidence that appropriate exercise is safe and well tolerated by prostate cancer survivors and will result in improved aerobic fitness and muscle strength, as well as reduced fatigue, he said.

"General practitioners should refer appropriate patients to exercise physiologists, not to physiotherapists who are not trained in this type of exercise.

"Medicare covers the cost in most cases."

Edith Cowan Health and Wellness Institute is keen to recruit volunteers, both men and women for trials. One trial is designed for women recovering from breast cancer, while a further trial aims to examine the effect of exercise in the management of sexual dysfunction in prostate cancer survivors.

Patients who may be eligible for any of these projects can contact the Edith Cowan team for further information on 6304 2329 or at health-wellnessinstitute@ecu.edu.au.

Daily Living Products new store is now open

DAILY Living Products brand new store is now open at Unit 2 Jindalee Commercial Centre, 6 Jindalee Boulevard, Jindalee, featuring a huge range of assistive products, such as lift chairs, gophers and seat walkers.

Daily Living Products now operate from six convenient locations, making them the biggest retailer of assistive products in WA.

Daily Living is a West Australian family owned and operated business,

sensitive to the needs and expectations of our local as well as nationwide customer base.

Complementing their six physical locations they also provide their customers with the opportunity to shop online, with a shopping experience that is convenient, secure and effective. Customer service is at the forefront of their operation to ensure the customers have a pleasant experience.

For more details visit www.daily.com.au

No complaints about the new National Independent Aged Care Complaints Commissioner

ALZHEIMER'S Australia welcomes the newly established independent Aged Care Complaints Commissioner, Ms Rae Lamb.

She is supported by a team of 150 people in multiple sites across Australia who will handle and investigate any complaint relating to a Commonwealth subsidised residential or home-based aged care service.

Alzheimer's Australia national president, Pro-

fessor Graeme Samuel AC supports the comments made by the Minister for Health, Aged Care and Sport, Sussan Ley recognising that separating complaints from the regulation and funding of aged care will strengthen the aged care complaints process.

Alzheimer's Australia is pleased that consumer concerns about reluctance to complain, identified by the Productivity Commission's 2011 report, *Caring for*

Older Australians, have been addressed – with the independent Commissioner allowing complaints to be lodged openly, confidentially and anonymously by anyone including care recipients, family members, friends, staff, volunteers or professionals.

"This independent Aged Care Complaints Commissioner is a welcome step in the right direction – but it needs to be complemented with a broader commitment to

putting some quality indicators in place across the aged care sector," said Professor Samuel.

"This can only be done by listening to what consumers have to say about their experience of care and services, through transparent reporting to drive quality improvement, consumer confidence and informed consumer choice.

"By being able to measure quality based on consumer experience, we can aim to improve care and services not only for the 342,800 people living with de-

mentia, but all Australians accessing aged care services across the country," he said.

Anyone can make a complaint about any aspect of Commonwealth subsidised aged care services by calling the 1800 550 552 helpline Monday to Friday between 9am and 5pm (AEDST), or through the website: www.aged-carecomplaints.gov.au

Consumers can also call the National Aged Care Advocacy line on 1800 700 600 for access to free, independent, confidential advocacy support.

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Beatty Park has launched an exciting new Summer Aqua Fitness programme with something for all levels of fitness

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Keep active and exercise without really trying this year



Curtin University exercise scientist and researcher,
Dr Elissa Burton

by Frank Smith

EXERCISE is essential for older people to maintain health, mental activity and reduce the risk of diseases such as Alzheimer's disease and heart attacks.

But a survey of older people in aged care, carried out at Curtin University exercise scientist and researcher, Dr Elissa Burton shows that many older people have little interest in going to a gym.

"They preferred to get their exercise doing household chores, gardening or going for walks," she said.

Dr Burton said these findings probably apply to most people in the older age group, whether living at home or in residential care.

After an injury or illness, physiotherapists often prescribe structured exercises. These

exercises will target the injured area but once the injury has healed, older people often disregard them and return to their usual routines, which are often not very active.

However, all is not lost. There are ways of making household chores and gardening effective as a way of improving strength and balance.

"When you are doing the dishes or working round the house, try standing on one leg for (say) 20 seconds. Then change to the other leg. Find something like a bench top to hold on to at first than repeat, without holding on, as you get better.

"Weights are important for maintaining strength. pulling a resistance elastic band several times a day give the same exercise as lifting weights, or lift the washing basket from the knees, not the back.

Also practise getting up from a chair or the toilet without using your hands.

"Eighty per cent of older people find that difficult. Get up and sit down several times a day.

"Hanging out the washing is another opportunity to exercise. So long as it is safe try standing on tip toe when pegging out clothes."

Exercise is good for both physical and mental health. Studies show exercise improves concentration, prevents depression and delays the onset of Alzheimer's disease.

"It is good to undertake a mix of the things you enjoy when taking exercise. Tai chi is good for balance and lawn bowls provides good gentle exercise. You need to keep doing it so you don't lose it. Try to keep active every day.

"Younger people with elderly

parents can help by suggesting going for a walk when visiting them, perhaps then having coffee in a local café. Get them doing things that they enjoy.

"But do not try to do too much at once. For people who have been inactive help them to build up their activity gradually," she said.

Dr Burton said it is worth considering wrist mounted fitness monitors. They keep track of heart rate, exercise and sleep patterns. Curtin started a study of the use of fitbits.

"There have been plenty of studies of younger people but we are going to look at the effect on older people for the first time," she said.

Readers who would consider volunteering for studies should contact the School of Physiotherapy and Exercise Science on 9266 4644.

Take a 'Strong on Your Feet' class in Peel

STRONG on Your Feet is a strengthening and falls prevention light exercise program for people over 50 who live independently within the Peel community.

The exercises are held either sitting on or standing behind a chair.

New registrations are being taken now for these special classes.

The program is administered by the Seniors Recreation Council of

WA Peel Branch, with instruction being provided by trained SRC volunteer peer leaders who undergo training and regular assessment with local physiotherapists from the Mandurah Community Health Centre.

Two classes are held in Mandurah and Pinjarra on Wednesdays, two classes in Mandurah on Friday, and one class in Waroona on Mondays.

Class costs are minimal at \$2 per person. There is no registration fee required and social morning teas are held after each class for \$2 each.

Enrolment forms are required, along with a special doctors' form.

Further information or both forms can be obtained by contacting Jan McGlinn on 9535 4749 or email dmc56456@bigpond.net.au

It's not an ill wind that breaks...

by Frank Smith

HAVE YOU been called an old fart? Don't get offended – it could be a compliment.

Recent research by CSIRO has found that farting means that your body is hosting the right kinds of gut bacteria – known as our microbiome.

To encourage these good bugs we need to eat more fibre.

"Fermentable components of dietary fibre have a critical role in feeding the gut microbiome," said Dr Trevor Lockett, head of the Gut Health and Nutrition Group at CSIRO.

"This part of fibre is fermented mostly to short chain fatty acids, a process which creates gas."

Fermentation breaks down carbohydrates in fibre: bacteria do it in our bowels to create food for themselves. At the same time molecules that improve the health of their host – that's you – are also produced.

Dr Lockett presented an update on his group's latest research 'Bugs bowels and beyond' at the 2015 National Scientific Conference of the Australian Society of Medical Research held in Adelaide, last November.

He described how different dietary components influence the microbiome, and determine their production in the large intestine of gas, but also molecules that are beneficial to humans.

"For example, we know that bacteria in the large intestine produce a short chain fatty acid known as butyrate, that can reduce inflammation by stimulating regulatory immune cells," he said.

"We're now seeking to expand some of this work to see if we can improve inflammatory bowel disease."

The food component manages to make it through digestive processes in the stomach and small intestine to feed the microbiome in the large intestine is known as resistant starch.

Dr Lockett said people can improve the proportion of resistant starch in their diet by eating unrefined whole grains, pulses and legumes, unripe bananas and cooked foods such as potatoes, pasta and rice.

"As our understanding of the beneficial components of dietary fibre has improved, we've been able to inform colleagues who are growing grains for breakfast cereals," he said.

"If we can increase the amount resistant starch in marketable grains, perhaps we can drive health benefits."

Dr Lockett's CSIRO colleague Dr Bianca Benassi-Evans recently trialled two varieties of barley to determine their impact on bowel health. Comparing them against regular barley and puffed rice as breakfast meals in a sample of 20 adults, she found both to have desirable features.

"Our grains increased the acidity in stool samples, and increased bowel production of butyrate, a short chain fatty acid," she said. "Both of these outcomes are biomarkers of good bowel health."

Additional studies aim to find more of these grains suitable for your breakfast table.

"What you choose to eat may have dramatic effects on gut health," she said.

Don't consider fart a rude word. It is part of the Queen's English.

When the Earl of Oxford made a low bow to Queen Elizabeth I, he happened to let go a fart, at which he was so ashamed that he left the country for seven years.

On his return the Queen said: "Welcome back my Lord. I have forgot the fart!"

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El Caballo Resort to host fABBA-tastic night of music and dancing



PLAYING ABBA's biggest hits like *SOS*, *Honey Honey*, *Take a Chance on Me* and *Super Trouper*, world renowned ABBA tribute band *Bjorn Again* is back by popular demand, playing on the main stage at El Caballo Resort Saturday, 6 February.

Adored all over the world, international act *Bjorn Again* is often described as 'pure joy', 'the best night of my life', 'sheer fun', and the 'ulti-

mate escape'.

As part of their 'Bang A Boomerang' Australian Tour, *Bjorn Again* will perform an exclusive Perth concert at El Caballo Resort in front of thousands of die-hard Abba fans who will be dancing, jiving and having the time of their lives.

With a purpose built outdoor amphitheatre, there is plenty of room to be your own dancing queen if you're in the mood for a dance in the

El Caballo Resort mosh pit. Family and friends can enjoy a picnic under the stars in the beautiful grounds of El Caballo Resort, feast on a buffet dinner before catching the show, or be wined and dined like a VIP star at an exclusive cocktail party.

Voulez Vous? Just 50 minutes' drive from Perth, El Caballo Resort is situated in the picturesque Avon Valley but why not relax and stay the night at the resort in your own

caravan or make a night of it by catching one of El Caballo's specially organised shuttle buses picking up guests from five popular locations within the Perth metropolitan area.

Don't miss out on this sensational ABBA experience.

Everyone attending in ABBA costume will receive a complimentary drink voucher.

All tickets available through El Caballo Resort on 9573 3777 or online

at www.elcaballo.com.au and email resort@eciv.com.au.

WIN WIN WIN

To be in the draw to win one of five exclusive double passes to dinner and the Bjorn Again show, be amongst the first callers to phone Have a Go News on 9227 8283 or email win@haveagonews.com.au and include the word resort in the subject line. Competition ends 25/01/16.

Ten men take on opera and pop



MOST people believe that opera and rock music are at opposite ends of the music spectrum. *The Ten Tenors* are not 'most people'. *The Power of Ten* is a celebration of the exhilarating and unique sound for which *The Ten Tenors* are now world-renowned. In this spectacular new show, *The Ten Tenors* take on the most dynamic songs in the world, soaring through rock and pop anthems giving them their unmistakable tenorial treatment. When you think that is all they have they will woo you with some of the most roman-

tic love songs and arias of all time.

This electrifying night of world-class entertainment truly shows that 'the vocal wonder from Down Under' can sing anything, with beloved classics by Puccini, Rossini and Verdi and artists as eclectic as Michael Jackson, David Bowie, Bruno Mars, Fun and the Everly Brothers. Lifelong fans will be especially thrilled to hear the sheer power of *The Ten Tenors'* signature versions of classic hits.

The Ten Tenors are undoubtedly one of Australia's most successful

touring entertainment groups of all time, with more than 90 million people worldwide witnessing their unmistakable charm, camaraderie and vocal power. Following 16 years of sell-out performances across the globe, including more than 2000 of their own headline concerts, *The Ten Tenors* have cemented their place as one of the world's most-loved classically based contemporary music groups.

The Ten Tenors are coming to Perth and will be playing at The Regal Theatre on Friday 12 February at 7.30pm and Saturday 13 February at 1.30pm. Tickets are available through Ticketek on 1300 795 012 or www.ticketek.com.au

WIN WIN WIN

To be in the draw to win one of three double passes to see The Ten Tenors on Saturday 13 February, email win@haveagonews.com.au and include the word ten in the subject line. Alternatively, address an envelope to The Ten Tenors Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your details on the reverse side. Competition ends 31/01/16.

Forty years on Mark Anthony recreates all the Presley magic



COME and experience what it would have been like to see *Elvis Presley Live In Concert*.

Celebrate the great hits of *The King Of Rock'n'Roll - Elvis Presley* in a brand new two hour international concert experience starring internationally renowned Mark Anthony who recreates the essence and all the magical hits that inspired and shook the world.

Elvis' No 1 hits will be performed in

the original style that made Elvis the greatest performer that ever lived.

With more than 600 million record sales worldwide and three time grammy award winner Elvis Presley will always be known as *The King of Rock'n'Roll*.

Mark Anthony, who has been regarded as the very best Elvis Presley tribute artist in the world, will transport people to that very time when Elvis Presley ruled the world and dominated the record charts in the 50s, 60s and 70s with his unique raw energy, dynamic voice and sensational stage presence.

Mark Anthony is officially sanctioned by Elvis Presley Enterprises and Graceland USA.

He delivers a breathtaking performance complete with five costume changes that chronicle the King's remarkable career from the early 1950s Rock'n'Roller and movie years to the magnificent '68 comeback special and

the sensational 1973 *Aloha From Hawaii TV satellite special*.

Mark Anthony continues to perform worldwide in all major venues, theatres and casinos to keep the flame and legacy of the *King of Rock'n'Roll* alive today to Elvis' millions of fans worldwide.

Presented by Ben Maiorana Entertainment and California Records direct from a national tour.

Come and hear number one hits such as *Heartbreak Hotel*, *Don't Be Cruel*, *Hound Dog*, *All Shook Up*, *Teddy Bear*, *Jailhouse Rock*, *Stuck On You*, *It's Now Or Never*, *Wooden Heart*, *Sur-render*, *Return To Sender*.

Elvis Presley and rock'n'roll fans this is a dynamic concert experience not to be missed.

Elvis If I Can Dream Tour Dates

14 April, Albany Entertainment Centre
15 April, Bunbury Regional Entertainment Centre
16 April, Mandurah Performing Arts Centre

January releases on the silver screen...



Looking for Grace

THE long-awaited new film from Sue Brooks, the acclaimed and multi award-winning director of *Japanese Story* and *Road To Nhill*, *Looking for Grace* is an intimate, funny and profoundly moving story about the complexities of family life, filmed here in WA.

When rebellious 16-year-old Grace (rising star Odessa Young) takes off, her exasperated mum and dad (the superb Radha Mitchell and Richard Roxburgh) enlist the help of a close-to-retirement detective and begin the long drive from Perth out to the West Australian wheat-belt to try to find her. On the journey, the two must confront the realities of their changing relationship to one another, and to their daughter.

Wry, intriguing and poignant, Brooks' unflinching reflection on the disruptive effects of both adolescence and middle age boasts her trademark sense of character, acerbic humour and eye for the hypnotic rhythms of Australia's regional landscapes.

Innovatively structured to incrementally reveal each character's journey – and secrets – from numerous vantage points, *Looking for Grace* is ultimately a beautiful, bold and unmistakably Australian story that reminds us

that life is precious, and can change in the blink of an eye.

Written and directed by Sue Brooks and produced by Lizzette Atkins, Sue Taylor and Alison Tilson. Starring Richard Roxburgh, Radha Mitchell and Odessa Young. In cinemas 26 January

Dirty Grandpa

JASON Kelly (Zac Efron) is one week away from marrying his boss's uber-controlling daughter, putting him on the fast track for a partnership at the law firm. However, when the straight-laced Jason is tricked into driving his foul-mouthed grandfather, Dick (Robert De Niro), to Daytona for spring break, his pending nuptials are suddenly in jeopardy.

Between riotous frat parties, bar fights and an epic night of karaoke, Dick is on a quest to live his life to the fullest and bring Jason along for the ride. Ultimately, on the wildest journey of their lives, dirty grandpa and his uptight grandson discover they can learn from one another and form the bond they never had.

In cinemas 28 January, rated MA 15+

Spotlight

STARRING Mark Ruffalo, Michael Keaton and Rachel McAdams, *Spotlight* tells the riveting true story of a team of Boston Globe journalists who exposed one of the biggest cover-ups in modern times.

When the newspaper's tenacious *Spotlight* team delves into abuse allegations against the Catholic Church, they uncover a shocking scandal involving the highest levels of Boston's religious, legal, and government establishment.

Breaking the story in 2002, *Spotlight's* efforts would earn them the Pulitzer Prize in 2003, set off a wave of revelations globally and cause a crisis in one of the world's most powerful institutions. Critically acclaimed and tipped as a favourite in this year's Oscar race, *Spotlight* is a masterful film – thrilling, intelligent, deeply moving and wholly captivating from start to finish.

In cinemas 28 January

WIN WIN WIN

To be in the draw to win one of ten double passes to any of the movies above simply send an email to win@haveagonews.com.au with Silver Screen in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 31/1/16.

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Saturday 6 February 9am-5pm
Westfield Whitfords
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Quirky arts & craft, handmade designer jewellery, skincare and beauty products, toys, clothes and more!
www.marketgirl.com.au

OLD MILL THEATRE
CNR MENDS ST/MILL POINT RD, SOUTH PERTH (opposite Windsor Hotel)
IT'S ALL GREEK TO ME TOO!!
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Don't miss the Perth International Arts Festival at the Quay



Engage and be entertained by the array of talent at Perth International Arts Festival 2016; from left: Goran Bregovic - Meow Meow's Little Mermaid © Andy Wide - Guide Gods

by Josephine Allison

NEW Perth International Arts Festival director Wendy Martin will enter an exciting era for Perth when the 64th Festival gets underway on 11 February.

For the first time, the Festival will operate from its new performance hub at Elizabeth Quay and from other unique venues and outdoor spaces across the city. His Majesty's Theatre will be closed for renovations during the Festival which has called for different venues to fill the gap.

"Perth International Arts Festival provides a unique moment in our year to engage with artists from across the globe," Ms Martin said. "Visionaries, mavericks and dreamers – it's through the lens of their imaginations that we get to see, understand and re-imagine our world. Dive into the program and discover daring projects made by some of the world's most brilliant creative minds."

The \$17.6 million Festival is the first of four Festivals under Martin's artistic leadership and brings innovative new works to WA. This year, the hub of the Festival will be in the north-west corner of Elizabeth Quay. Each night the Chevron Festival Gardens will be the place for festival goers to eat and drink and enjoy a quality program of free events.

After last year's highly successful blockbuster street theatre, *The Giants*, which attracted big crowds, this year will see a different theme with the opening in Langley Park on Saturday, 13 February of *Home*, an epic celebration of the landscape, culture and community of WA. Directed by grand public-performance magician Nigel Jamieson, in collaboration with Noongar elder and artist Dr Richard Walley, *Home* is part concert, part visual arts installation and has a roll call of WA's most evocative and imaginative artists including Gina Williams, *The Triffids*, *The Drones*, *The Panics*, *Pigram Brothers*, *The Waifs* and *John Butler*; writers Kim Scott, Tim Winton, Robert Drew and Shaun Tan.

The Australian theme continues with *Skate* at Albany's downhill skate park, *The Snake Run*, regarded as the world's

oldest community funded skate park. February marks the 40th anniversary of its opening and to celebrate, American skating legend Russ Howell, who first rode the park will return to be part of the celebrations on 13 February and 16 February.

In a Festival highlight, Australian Simon Stone – one of the most in-demand directors on the international scene – will stage his re-imagining of Henrik Ibsen's classic story *The Wild Duck*. The world premiere of Meow Meow's *Little Mermaid* is a different take on Hans Christian Andersen's bittersweet fable.

PIAF artist-in-residence Claire Cunningham from Glasgow will present a confronting work, *Guide Gods*, which defies the definitions of dance, incorporating the crutches that have been part of her life since age 14.

Local artist and master performance maker James Berlyn's *I Know You're There* is a personal reflection on depression and suicide touching three generations. From the UK comes *No Guts, No Heart, No Glory* a play about young Muslim women and boxing set in the Queen Street gym. *A Mile in My Shoes* is an Australia-UK production where visitors are invited to walk a mile in the shoes of a stranger – literally. Housed in a giant shoe box, the interactive exhibition contains a collection of shoes and audio stories that offer a snapshot into who we are in WA.

Refuse the Hour by South African artist William Kentridge interweaves live music, projections and dance. *The Tiger Lillies Perform Hamlet* sees cult British band *The Tiger Lillies* present their anarchic take on Shakespeare's classic.

The dance program features Indian work in two parts *Within* by celebrated Indian dance maker Aditi Mangaldas. Brazilian choreographer Lia Rodrigues presents her confronting work, *Pindorama*, which draws audiences into a torrent of evocative images. The WA Ballet will treat audiences to *Ballet at the Quarry: Five By Night* with five works to excite and inspire.

In music, *A Filetta from France* features the

Corsican vocal ensemble and a wide array of music, old and new. For this Festival performance they will introduce music lovers to the

compelling sounds of their recent album, *Castelli*. From Italy comes the musicians and choir of *Concerto Italiano*, one of the world's most

celebrated early music ensembles. There's a Chamber music weekend at Winthrop Hall from 26 February to 28 February and an

Australian exclusive of *Soft Soft Loud* presenting Mark-Anthony Turnage's 1996 work, *Blood on the Floor* in a world premiere, 20th

anniversary chamber-ensemble version.

The Perth Writers Festival runs at the University of WA from 18-21 February and will also go to the Great Southern from 21-23 February.

A different note is the Lotterywest Film Festival divided into two seasons featuring films from all over the world. Details of the first season (12 films) are included in the Festival brochure while the second season of nine films will be announced on 18 January. Twelve feature films and five Australian shorts will be screened in Albany.

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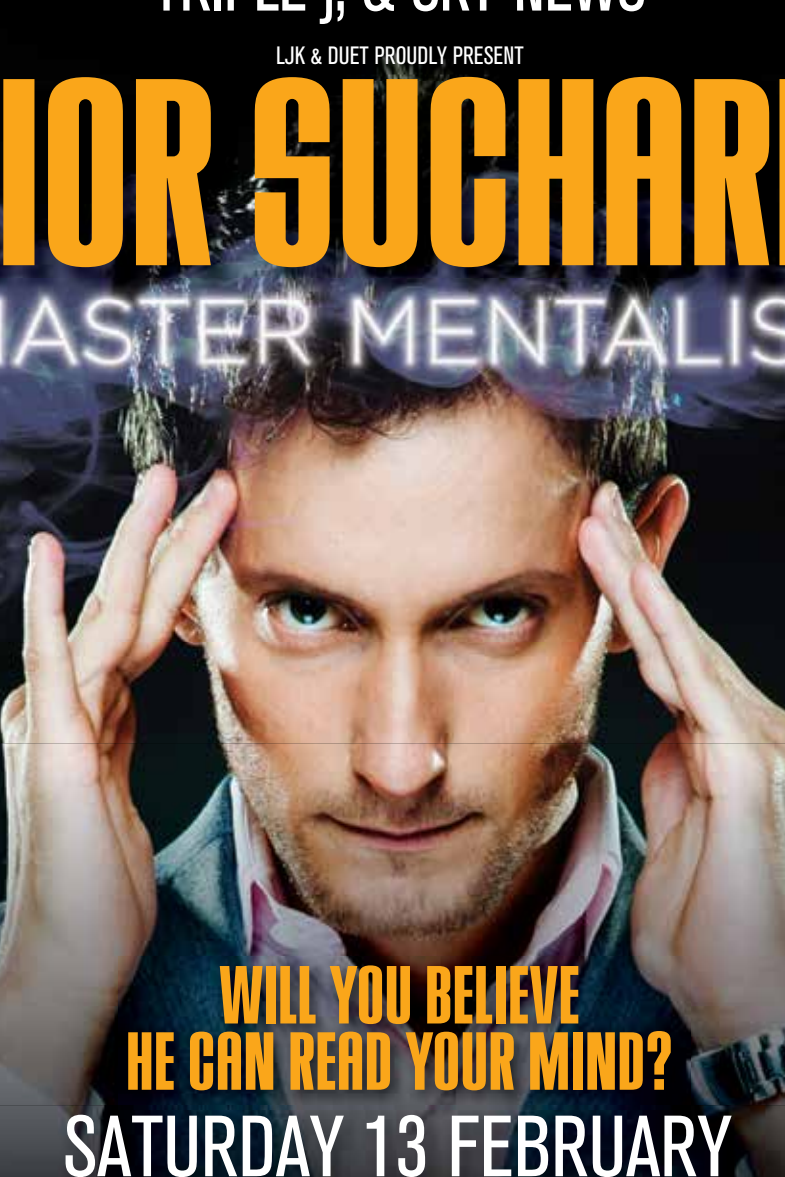
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A photograph of a performer, likely a dancer or singer, in a traditional costume. The performer is wearing a large, ornate headdress with many colorful feathers and a mask. They are holding a microphone in their right hand and have their left arm extended. The background is dark, and there are some blurred lights, suggesting a stage or performance setting.

A photograph of a wooden recorder, likely a soprano or alto model, lying diagonally across an open book of sheet music. The book is open to two pages, showing musical notation on staves. The recorder is made of light-colored wood and has several finger holes visible. The background is a dark, solid color.



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ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

Each person may submit one entry every month.

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Seeking a Friend

ARE you the one gent? GSOH, 70+, NS, ND, caring, affectionate, various interests, drives, dining out, tv, NOR, ALA, meet, chat, coffee. **Reply Box 6975**

AUSSIE gent, Albany area, 74, tall, 87kg, NS, ND, varied interests, prefer taller than 153cm, able to go where and when she pleases like me. I know you're out there, somewhere. **Reply Box 6979**

DON'T have anybody to go with to plays, free concerts, quizzes and cultural events? Ladies and gents, I'm waiting to hear from you. **Reply Box 6953**

DTE young, 69 years old, lady, enjoys swimming, theatre, movies, dining out, reading, GSOH, SD, NS, NOR. WLTM kind, caring gent, similar interests for friendship and maybe future relationship. Must be sincere. **Reply Box 6951**

EASY going, gent, mature, young outlook with lots of interests, slim build, WLTM Asian lady. See you soon. Take care. **Reply Box 6956**

FEMALE mid 70s looking for security, home, good kind man any age for me to love, care for you, cook for you, clean, share your bed, end our journey enjoying each other, not alone. Please write to me. Sincere. **Reply Box 6949**

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GENT, 64, GSOH, nice personality, easy to get along with. WLTM a lady for coffee, chat, quiet nights at home, music, cooking, travel, outings. **Reply Box 6967**

GENT 68, well worn but elegant and confident. Needs dropping down a peg or two. Please reply and I will send you an application form. Prefer morning person, content and interesting. **Reply Box 6945**

GENT 78, NS, SD, WLTM lady, 70-76 for friendship, GSOH. Like outdoors, fishing, campervan, dining in/out, meet for coffee. **Reply Box 6948**

GENT, Aussie, 56, easygoing, fit and active, GSOH, attached with ties. WLTM open minded lady for discreet, intimate occasions. Age not an issue, let's start with a friendly chat. **Reply Box 6963**

I AM an experienced keen dancer. WLTM a 6' tall male who is keen and reliable dance partner, aged between 58-78. Meet for coffee SOR. **Reply Box 6980**

LADY 66, reasonably well preserved, blonde, blue eyes, English born, looking for kind gentleman with various interests. Enjoys movies, dining out but long to have a good friendship and maybe relationship. NS, postcode 6004. **Reply Box 6947**

LADY 70+, WLTM gent with GSOH, NS, SOR, likes meeting new people for social outings in Mandurah area. **Reply Box 6974**

MANDURAH, 60, guy, fin sec, exceptionally clean, tidy, looking for same lady. Ready to live the dream, love, romance, travel, dining, affection, NS, SD, TLC, slim, enjoy outdoors. **Reply Box 6960**

MATURE gent, active with lots of TLC, WLTM caring lady in need of friendship, companionship, it's not easy to find the right person but if you don't try you'll never know. Time is precious. **Reply Box 6965**

NEW camping group for mature people, forming in 2016. All you need is your own tent, camper or caravan. Negotiable, plans and social events, possible if enough people apply. **Reply Box 6973**

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NEW Year's resolution, stop staying home alone, 'have a go', nothing to lose, tall, UK/Aus gent, NOR, well groomed, healthy, easygoing, caring, music, dancing, travel, 66, young. WLTM young, slim lady; caring, affectionate, warm, healthy, easygoing, alone. **Reply Box 6950**

NORTHERN Italian born, mature age, healthy Australian gent, NS, NG, SD, GSOH, lives SOR, metro coast. WLTM homely, DTE lady for sharing some friendly company and other activities. Nationality, race, colour, creed and age open. **Reply Box 6982**

PRETTY woman, 68, 165cm tall, medium build, feminine, honest, quiet, affectionate, presentable, active, GSOH, NS, enjoy beach, travel, caravans, cruise, reading, music, dancing, cooking, quiet times. WLTM gent, 69-75, NS, of similar interest. ALA. **Reply Box 6961**

REFINED well groomed, educated, sincere, romantic gent, Caucasian, retired, GSOH, 72, 167cm tall, 175kg, NS, NG, SD, own home, fin sec. Seeks similar, slim, attractive, Asian, Caucasian lady, 50-70, as partner, ballroom, dancing, usual social activities. **Reply Box 6962**

WIDOW early 60s, blonde, 6', slim, lonely, postcode 6111, likes board games, reading, renovating, family, dancing, music, TV, wine, travel, GSOH. WLTM well mannered gent, 6' plus, similar interests, no lounge lizards, for companionship and laughs. **Reply Box 6952**

Seeking a Partner

AS WE dance together, we will grace the floor in the rhythm of our melody. Oriental WLTM male partner, beginners class, ballroom dancing. 162cm tall, 52kgs, NS, ballroom dancing is better exercise than swimming. Age, nationality open. **Reply Box 6957**

ATTRACTIVE 55, young looking, WLTM Australian European, refined, 50-60, gentleman, loves music, art, good things in life, quiet nights at home, passionate love life. GSOH, SD, NS, honest, TLC, meet me you won't regret it. **Reply Box 6946**

ATTRACTIVE English Australian lady 67, medium build, educated, refined, postcode, 6107, GSOH, DTE, ND, likes good conversation, gardening, reading walking, country drives, WLTM unattached, reliable, European/Australian, gentleman, 65-72, prefer widower, genuine replies only. **Reply Box 6972**

ATTRACTIVE Japanese lady, 72, educated, caring, tidy, GSOH, NS, loves nature of Perth, painting, travel. WLTM genuine, sincere, honest gentleman who wants to share rest of life with love and respect. Genuine replies only. **Reply Box 6944**

GENT, Bunbury area, semi retired, mid 60s, medium build, NS, intelligent, quiet achiever, into outdoor lifestyle, outback travel, quiet home-life, non religious, not a saint, respectful. Seeks similar easygoing partner with pride in herself. Country only. **Reply Box 6981**

GENT, 69, mature, 5'4", outlook. Lots of interests. Enjoy outdoors, gardening, dancing, music, dining, cooking, long drives. I'm medium build, Blue eyes, fin sec. WLTM a lady 55-70, for a get together over coffee. Talk soon. **Reply Box 6955**

GENT, 77, NS, healthy, easygoing, enjoys music, movies, walking, most things in life, honest, seeks lady, 65-75, for long-term friendship, relationship. SOR. **Reply Box 6966**

GUY, 58, SOR, slight disability, living a simple life with no baggage. WLTM lonely, unattached lady. If you are seeking an honest, loyal, respectful partner then I would love to hear from you. ALA. Age open. **Reply Box 6968**

HAPPY New Year to all the beautiful young ladies. Are you looking for me? Gent; young looking, 73, tallish, loyal, trustworthy, GSOH, DTE, age, nationality, open, fin sec, NOR, quiet nature, anyone for coffee. **Reply Box 6954**

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LADY 168cm tall, easygoing, WLTM special, compatible gent, 65-70, enjoys companionship, travel, movies, wine, dining in/out etc, basically enjoying life in each other's company, maybe relationship later, initially coffee would be nice, genuine replies only please. **Reply Box 6970**

MATURE lady SOR, 168cm tall, blonde, healthy, active, feminine, groomed, intelligent, travelled, WLTM romantic, respectful, fit, clean, well presented, fin sec. Gentleman, slim to medium 65 to 75, NS for outings, dining in/out, possible travel if compatible. **Reply Box 6978**

ROCKINGHAM gent widower, 76, GSOH, NS, SOR, interested in line dancing, movies, driving, getting about, missing company of nice size 12, lady or less to enjoy life together. Age 68 to 74. **Reply Box 6971**

TALL, fit, active, retired, professional, guy, late 60s, living in Western suburbs, loves city and country living, travelling, especially sipping a glass of wine around an outback campfire. Seeking a refined, elegant lady with similar interests to share the good times ahead. **Reply Box 6964**

WELL presented gent, 58, no baggage, fit, intelligent, comfortably off. WLTM NS, SD, lady. **Reply Box 6958**

Seeking a Travel Companion

ENGLISH gent, 70, WLTM lady, interested in trip around Italy, next July to share experiences and experiences. Must be reasonably fit, NG, NS, SD, why not contact me and talk over a coffee. ALA. **Reply Box 6969**

FRIENDLY lady, mid 70s, English born Australian, fit, healthy with varied interests seeks travel buddy male or female in good health for travel Canada, Alaska 2016 sharing costs. Preferably someone in similar age group. **Reply Box 6976**

LADY 70, NS, WLTM similar for cruise partner. Likes craft, reading, DTE, ALA. **Reply Box 6977**

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SCENE SOCIALLY



SCENE (1): CONGRATULATIONS to Darts Western Australia president Betty Hislop who was awarded with the State Government's Volunteer Service Awards badge for continuously serving the community with her commitment to darts for more than 50 years. Betty is still actively involved in the game. Other recipients were Southern Districts Netball Association's Mary Cash, Scouts WA's Raymond Armstrong, Red Cross City Beach Unit's Heather Booth, Palmyra Rebels Netball Club's Beverley Buswell, Red Cross's Meg Loveland, Soroptimist International's Tess Passmore and St John Ambulance's John Ree.

SCENE (1): Seen at the awards were from left to right: WA Seniors Minister Tony Simpson with Betty Hislop - The recipients of the WA Volunteer Service Award badge for 50 years of service.

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SCENE (2): SENIORS Recreation Council held their Christmas concert at the Morley Community Recreation Centre in December. The 350 strong audience were treated to an afternoon of a variety of songs, music and comedy and a delicious afternoon tea.

SCENE (2): Seen at the day, from top left were: Kate Hindle - the fabulous Musicantes and Laura Dowling.

Are you ready to get Footloose at Marloo?

DARLINGTON Theatre Players at Marloo Theatre is proud to present the exuberant musical *Footloose*. With a cast of 50, directed by Joe Isaia, this production promises to be a highlight in DTP's Diamond Jubilee year; established in 1956, the players have gone from strength to strength bringing outstanding productions to the public.

When teenager Ren McCormack and his mother move from big-city Chicago to a small town, he's in

for a real culture shock. Though he tries hard to fit in, Ren can't quite believe he's living in a place where rock music and dancing are illegal. But he finds some small pleasure - Ariel Moore, a troubled but sweet girl with a jealous boyfriend and a father who is also the town's bible-thumping minister responsible for keeping it dance-free. With the senior prom around the corner, Ren and his classmates fight the no-dancing law in the hope of re-

vitalising the spirit of the repressed townspeople.

With an Oscar-nominated hit score (the film soundtrack album has sold more than 15 million copies world-wide) this celebrated film musical now bursts explosively onto the stage at Marloo.

Bookings with Gwyne on 92551783 or www.trybooking.com/JPGS 12 February to 12 March. Fridays, Saturdays and Wednesdays 8pm; Sunday matinees, 2pm.

Barking Gecko Theatre Company ensembles expanding in 2016

BARKING Gecko Theatre Company has offered workshops and educational programs that support young people's creative development and complement the company's award winning theatrical work since 1985. In 2016 it is opening up new venues with enriched content, overseen by the company's honorary scholar, Professor Robyn Ewing, AM of the University of Sydney.

Barking Gecko's artis-

tic director Matt Edgerton says, "our vision is to inspire audiences of all ages to embrace a creative life full of curiosity, empathy and play. Joining a Gecko ensemble can be the starting point for that journey."

Ensembles are term long drama programs available in three different age groups; Little Geckos for people aged 5-7, Junior Geckos, for ages 8-12 and Senior Geckos for ages 13-17. The first term starts on

Saturday 6 February.

Barking Gecko ensembles take place at the Subiaco Arts Centre, Koorliny Arts Centre in Kwinana and now at the University of Western Australia.

"We're really excited about bringing ensembles to more parts of the Western Australian community, so from term two this year we'll have our first Hills ensemble in Kalamunda and our first regional ensemble in Broome"

said Matt.

Parents and grandparents who want to find a way to encourage the development of the children's creativity can find out more about the ensemble program from the Company's website www.barkinggecko.com.au or calling 9380 3080. They can also join an ensemble by completing an on-line application and with term starting soon, are encouraged to do so as soon as they can.

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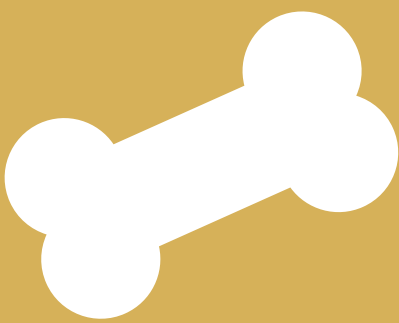
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