

Trust us to care for your beloved pets and home



House and Pet sitters

Phone Jenny 0400 611 840
jenny@houseandpetsitters.com.au
www.houseandpetsitters.com.au

FREE MONTHLY

Have a Go

NEWS

SINGLE?
We have your partner



Providing a personal introductions service for active seniors since 1995

NO COMPUTER NEEDED!
9371 0380

SOLUTIONS
We have your partner

See Friend to Friend page for Solutions Contacts Column

www.solutionsmatchmaking.com.au

LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

PRINT POST 100022543

VOLUME 27 NO.06 ISSUE NO.310 JANUARY 2018

IN THIS ISSUE



let's go travelling

- Have a Go News' editor Jennifer Merigan interviews chef Paul Iskov
- Twilight sailing aboard the *Duyfken*



Lee Tate interviews photographer Frances Andrijich



- Josephine Allison speaks with Perth theatre legend Ray Omodei
- Retire in Style
- Food & Wine - reviews, recipes and more

COMPETITIONS/GIVEAWAYS

Win a trip for two people to Singapore

\$200 Shopping voucher

Blackwood Rhapsody Concert

Taste Great Southern

Upper Reach Twilight Concert

FILMS - *Molly's Game*, *The BBQ*, *Sweet Country*

Finding Your Feet, *Swinging Safari*

DVD - *The Windsors*

BOOKS - *Reflections of Life from an Essex Girl*

Visit www.haveagonews.com.au

Like us on facebook



SUPPORTING SENIORS' RECREATION COUNCIL OF WA (INC)

Established 1991

Celebrating 27 years in 2018

High Quality, Great Tasting Meals



Over 65 main meal choices + soups and desserts
Special dietary meals available
Puree meals available
No contracts

Meals from \$7.45

(conditions apply)

Delivered to your door

Call Today

(08) 9378 2544

www.homechef.com.au

Art that inspires



Don't miss the Perth season of Shen Yun

WHEN was the last time you saw something so beautiful, it changed your life?

Shen Yun presents art that's breathtakingly beautiful. Each performance is at once exciting, moving, and inspiring like nothing you've ever seen. The secret? *Shen Yun*'s works are steeped in a classical aesthetic and timeless virtues. It's art that transcends the trends and tastes of our day.

Discover why *Shen Yun* is inspiring people everywhere, from leading fashion designers and Hollywood producers to musicians and CEOs. This season it's your turn to be inspired!

The divine beauty and profound wisdom of a lost civilisation

Shen Yun's unique artistic vision expands theatrical experience into a multi-dimensional, inspiring journey through one of humanity's greatest treasures - the five millennia of traditional Chinese culture.

This epic production immerses you in

stories reaching back to the most distant past. You'll explore realms even beyond our visible world. Featuring one of the world's oldest art forms - classical Chinese dance - along with patented scenographical effects and all-original orchestral works, *Shen Yun* opens a portal to a civilisation of enchanting beauty and enlightening wisdom.

Traditional Chinese culture - with its profoundly optimistic worldview and deep spiritual roots - was displaced by communism in China. Today, only the New York-based *Shen Yun* is keeping this precious heritage alive on stage. And it's an experience that will take your breath away.

Music that runs millennia deep

When the yellow emperor of antiquity fought a terrible monster, he used resounding battle drums to defeat the beast. Two thousand years later, the great sage Confucius said that music could help govern a

country. And ancient Chinese doctors believed music even had the power to heal.

Music is such a big part of every *Shen Yun* performance - from the live orchestra that accompanies each dance to the vocal and instrumental solos on stage. *Shen Yun*'s orchestra is one of a kind, harmoniously blending the distinct beauty of ancient Chinese instruments with the grandeur of a Western orchestra. The result is a gorgeous and vivid sound with great emotional range - perfect for bringing to life the soul of an ancient civilisation - the yellow emperor of antiquity.

Shen Yun performs at the Regal Theatre (474 Hay Street, Subiaco) from 24 to 28 January. Ticket prices: from \$100 to \$200 (Children under four are not admitted).

Ticketek 1300 795 012 / Presenter helpline 0477 280 668.

Online booking: Ticketek.com.au

More information: www.ShenYun.com

**PACKS
— A —
PUNCH**

All new EU22i.
200W More Power.
BEST GOT BETTER.



HONDA

*4 year warranty applies for domestic use only and does not apply to engines sold as separate units.

HGMM310-049224

From the editor's desk



HAPPY New Year and here's to a happy and prosperous 2018 for us all.

I had a lovely break over the festive season and we are now back in the office settling in for a terrific year for *Have a Go News*.

We are proud to be delivering this WA family owned and operated paper to you for the 27th year of publication.

To kick off the new year our friends at Scoot and AccorHotels have given readers the opportunity to win a trip for two to Singapore.

You can read more about this and find out how to enter on page 22.

We have a new team member in the office and I take this opportunity to welcome aboard Lynda Butler.

Fringe World commences this month with a plethora of shows popping up all around the city and Northbridge. We have featured some of the shows in this issue with lots of giveaways on our website and you can keep up to date with regular show listings and reviews there. The web-

site is updated daily so please make a visit.

A new item for the paper this year is the introduction of our opinion column on page seven. This month Lee Tate tackles an age-old debate since Federation of WA succeeding from Australia. We want to hear from you and what you think. Email, write to us or head to Facebook and add your comments to the post there.

We have also introduced a fuel watch section on the website to keep you up to date with the cheapest days and places to buy fuel. We publish a lot of interesting and informative items we can't fit into the paper so it's worthwhile visiting regularly.

If you are looking for a guest speaker for your club or group, we will recommence our *Living Histories* program in February. The talk covers our *Living Histories* project which has seen hundreds of people share their stories of what life was like for them in WA in the 1950s and 60s.

In the talk we cover these decades and provide tips on writing your own piece of history.

If you would like to book a talk, please call the office on 9227 8283 or email Tahlia@haveagonews.com.au

Michael Lennon wrote to me after reading my editorial in relation to scammers in last month's

issue. He said that when working as a conveyancer he attended some WA Police Service Fraud Squad seminars. He would like to share some of the tips from them.

In relation to scam emails, Michael says that although most tend to go straight into the junk email folder, if they do manage to get into your inbox folder to move them across to the junk email folder and once there click on "Block" and hopefully you will never get them again.

Another tip was that if an email looked suspicious don't touch the "Reply" key. If a suspicious email shows the email address of a client or friend, the best thing, other than phoning them, is to click on "Forward" and then either manually type in the person's email address or insert it from your contacts' address section. Ask your friend or client if they sent the email which you have forwarded. If you click on "Reply" your request would not go to your friend or client but back to the scammers. Thanks to Michael for taking the time to share this information which helps keep us all digitally safe.

I wish you a happy and healthy January.

Jennifer Merigan
Editor

jen@haveagonews.com.au
www.haveagonews.com.au

Have a Go News Quick Quiz

1. Which West Aussie took over hosting the European Song Contest?
 2. Name Australia's Attorney-General in 2017.
 3. Holden operated in Australia for 65, 77 or 70 years?
 4. The Batavia munity off WA's coast was in the 16th, 17th or 18th century?
 5. Name WA's cricket coach in 2017.
 6. When was *Have a Go News* established 1991, 95 or 99?
 7. Which State has Qantas Founders Museum?
 8. Where's the Tamar Valley?
 9. Where was WA's first official business conducted?
 10. When did ABC program *Countdown* start?
- See page 43 for answers.

Ageing research snippet

Thinking and feeling young helps you live longer...

RESEARCHERS from University College London found that older people who felt three or more years younger than their actual chronological age had a lower death rate than those who felt their actual age or those who felt older than their age.

The power of positive thinking does work – so a great New Year's resolution is think younger, feel better, live longer!

Quote of the month

*"Spring passes and one remembers one's innocence.
Summer passes and one remembers one's exuberance.
Autumn passes and one remembers one's reverence.
Winter passes and one remembers one's perseverance."*

Yoko Ono

Urban slang

Avatar

an icon, pictorial or 3D representation of a person online. In the online gaming community for example a character seen by other players is their avatar. Origin Hindu mythology – an avatar is a physical incarnation of a deity on earth.

Win a \$200 shopping voucher



FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win a \$200 Coles or IGA gift voucher.

There are 11 advertisements in this issue which

contain a blue circled letter for the Ad Words promotion.

Find the 11 letters to make up the word and then send your entry in to be in the draw to win.

Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad Word.

1. UWA Podiatry Clinic
2. Diskbank
3. Mackillop Family

- Service
4. Telecommunications Industry Ombudsman
 5. Hetherington Funerals
 6. Taoist Society
 7. Escape Holidays (2nd advertisement)
 8. Aussie Redback Tours
 9. KP Financial Planning
 10. Atwell Arts
 11. The Rise

Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- *Have a Go News* PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 8/02/18.

Have a go at ten pin bowling in the new year

NEW members are welcomed at the ten-pin bowling club at AMF bowling alley in Manning Road, Cannington.

The club plays on Tuesdays from 12noon to 2pm. No experience is necessary. Interested people can call Grace on 6293 1823.

LIONS Cancer Institute Mobile Skin Screening Clinic will be soon in your area...

For bookings please contact:

17 February BROOKTON

Phone 9642 1377 or email brookton@crc.net.au

11 March Melanoma WA BUNBURY

Bunbury & Districts Power Boat Club
For queries phone 1300 882 353 or email info@melanoma.org.au.

18 March Melanoma WA MANDURAH

Keith Holmes Reserve
Phone 1300 882 353
No bookings required for Melanoma March

For information visit
www.lionscancerinstitute.org.au

WEMBLEY WARE ASHTRAYS JUGS BOWLS VASES FIGURINES

WANTED TO BUY

Free Appraisals * All Metro Areas * Top Cash Prices Paid

- Old English China
- Tin Toys
- Motor Oil Bottles & Tins
- Australian Pottery
- Badges
- Enamel Petrol/Oil Signs
- Pre-1940s Tools
- Footy Items
- Old WA Footy Badges
- Old Silver items
- Old Radios
- Banknotes & 50c Coins

Pre-1940s **COSTUME JEWELLERY** Rings Necklaces Bracelets

Old Kangaroo Eagle Koala Magpie Kookaburra Footballer Figurines

Old WA Hotel Ale & Beer Advertising Mirrors Signs
Soda Bottles Jugs Marble Bottles All Colours & Sizes
W.A. GINGER BEER BOTTLES & DEMIJOHNS

OLD COLLECTABLES

Call for a Specialist Buyer with over 30yrs experience to visit you today

9313-1940

Pre 1940s W.A. STONE GINGER BEER BOTTLES & DEMIJOHNS

SHELLEY * DARBYSHIRE * CLARICE CLIFF * REMUED * CALYX * GRACE SECCOMBE



UWA Podiatry Clinic

Offering a comprehensive range of podiatric services provided in student clinics fully supervised by qualified podiatrists.

If you are concerned about a foot or ankle problem, whether painful or not, call or email us for an appointment today.

No referrals required. Discounted rates.

Corner of Park and Crawley avenues, Crawley

(08) 6488 4522

clinic-podiatry@uwa.edu.au



CRCOS Provider Code: 001266

PRIME MOVERS INC

Fitness and exercise for the over 50s

'Join Prime Movers'

Our classes for 2018 recommence throughout the metropolitan and regional areas the week starting **Monday 5 February**. Start the year on the right foot and come along and give it a try and enjoy our friendship and camaraderie for both men and women.

Over 5,000 members

70 plus classes a week

Classes include stretching,

low impact exercise and muscle work

Instructors are trained by health

and fitness professionals

Annual membership \$15

with a class fee of \$3

Visitors are welcome to try a class for \$4

Phone 9386 2049

between 9-5pm Monday to Friday

www.primemovers-exercise.com.au



HAGN310-048786

The spectrum of life is captured through this professional photographer's lens



Above; Tai chi in the park taken exclusively for Have a Go News
Second row, left to right; Frances Andrijich © Clair Negri - Canal Rocks © Frances Andrijich
Third row; Frances Andrijich captured the late Heath Ledger



which has replaced many of her previous outings, shooting from helicopters.

Her subject may be a model, film star or sports champion like female soccer player Sam Kerr. Heath Ledger kicked-up his heels in his 90-minute photo shoot.

Or it might be an upcoming international name like Perth's beautiful Mikhaila Todd, a model and DJ at some of the world's hottest nightclubs who happens to be Frances's daughter.

In China, Frances was a guest of the West Australian government to photo-showcase the best of our state to the Chinese. At the exhibition, Frances catches-up with WA's Professor Barry Marshall whom she photographed as Nobel Laureate.

Premier Mark McGowan and Tourism Minister Paul Papalia were at the China Art Museum with WA's Tania Malkin and Hugh Brown and renowned Chinese photographer, Madame Yu Huiwen.

Frances's skills are known to governments and corporations and she spends much time shooting in the south-west, particularly Margaret River.

Back home, she can be heading to the red dust of the north-west or the cool, green south west where she's a constant and well-recognised photographer at winery events, beach breaks, rocky coastline or international festivals and product launches.

Frances has contributed to 14 books including popular *The West*, featuring amazing WA images, and quirky *Consider Clotheslines* with text by Susan Maushart

Whether in dangerous South African town sites, meandering through Moscow's great halls, traversing Indonesia's remote islands or capturing the Croatian countryside, Frances finds fuel for her life's passion.

"In my work I see the whole spectrum of life, meet the people in the bush, see what happens behind the scenes and

get close to the decision-makers and leaders.

"Portrait photography can be incredibly personal and you sometimes get close to people. You have to form a quick connection. I am incredibly lucky doing what I do," she told me.

"It's a big responsibility, especially doing magazine covers.

"You have to meticulously plan the shoot, gather your equipment, get to the venue, arrange other members of the team, be organised and committed but receptive to things out of your control—including the people and the weather.

"You can't lose your cool. Clients and editors never want to hear about excuses. You've got to get the shots," she said.

Arriving back from China, Frances is required in the south west but squeezes in time with her partner, prominent WA documentary-maker Michael Muntz.

"And I always set aside four weeks a year to spend time with my grandsons Freddy and Artie and daughter Annaliese, (host of radio show The Queen Sesh with Constance Hall

on Hit network), in Sydney or when they come here.

"Hanging out with my daughters and grandsons, reading them children's books, is my favourite thing in the world," she said.

Working odd hours, Frances nevertheless tries to maintain regular stretching exercises along with pilates and regular walks.

She's also target for her mum Jagoda's Croatian-based cooking.

"After a tough assignment in the south-west I can't turn down a bowl of mum's home-made soup or biscuits on my way home," she laughs.

Frances came to Australia from Croatia with her dad, Nicola, and mum when she was four.

"As a migrant myself, I have always appreciated the way new arrivals to these shores shape our identity," Frances explained in an introduction to her works.

Most of Frances's work is centred on stills photography but in the new era she takes in video and computer-based new media requirements as well as the drone.

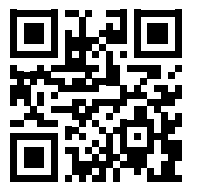
Frances acknowledges that with the stresses and

strains or professional photography with its long hours she can't continue indefinitely but feels her calling will last for several more years.

As she has put it: "The kaleidoscope of colours that splash along the Swan River, the spectacular sunsets of our coast and that astonishing rock of an island, Rottnest, with its secluded bays and crystal-clear waters – all have a majestic, distinctive beauty.

"Mother Nature is an expert artisan," says the artist who has captured it all on camera.

Have-a-Go
NEWS



www.haveagonews.com.au

RECORDS & SHEET MUSIC WANTED



Single items or complete collections.
PLUS memorabilia
Ring **PAUL** anytime on

0417 974 914



Lifecare Law.

Wills
Enduring Powers of Attorney
Guardianship
Advance Health Directives
Executor Assistance
Retirement
Home Advice
Inheritance Claims
Property
Co-ownership
Life Tenancies
Family Trusts
Testamentary Trusts
People Passing Away without a Will

9336 7511

lifecarelaw.net

lifecarelaw@ma.legal

MORGAN ALTERUTHEMEYER
LEGAL GROUP

FARM LIFESTYLE

MUNDIJONG BEEF/HAY FARM

WANTED:

Retired/semi-retired couple

We are offering subsidised rent for odd jobs. We have a self-contained open plan unit, part furnished with verandah.

\$100 pw + power. Pets considered

If you love farm life and are still active - let's talk

Phone KEVIN 0429 153 244



Antique Fairs

Take a step back in time



Fremantle: Italian Club
65 Marine Terrace, Fremantle
Saturday 3 February 9am-3.30pm
Entry: **Adults \$4 Kids FREE**

**For enquiries phone Fair Co-ordinator
Warren 0417 536 472**

by Lee Tate

PERTH'S Frances Andrijich, 61, stepped up to photograph 40 smiling, older women performing their morning tai chi exercises in a Chinese park recently.

Her endearing images were captivating but they weren't destined for Frances's photo album. They may instead feature in some of the world's best magazines.

The tai chi photo shown above, is exclusively for *Have a Go News*.

Frances is the artist behind the works that have dominated magazine photography in WA for a generation.

Hardly a household name, Frances Andrijich, though, is familiar to the publishers and editors of Australia's elite magazine publishers, including newspaper magazines and glossy supplements.

If you have opened an Australian magazine in your lifetime, you will have seen a photograph by Frances: A landscape, an entertainer, a winery, a surf beach, a rocky coast, an enticing dish or a cuddly pet. Even a clothesline or three.

On her shoots, the mother-of-two and grandmother oversees a

team which may include a stylist and make-up artist with hand-picked clothing, props and lighting.

Frances has built a creative collaboration with stylist Paul O'Connor and hair and make-up artist Hendra Widjaja. Permanent assistant Clair Negri manages the cameras, lenses, computers and tripods.

For outside shoots, they may engage their eye-in-the-sky drone



SECRET HARBOUR
GOLF LINKS

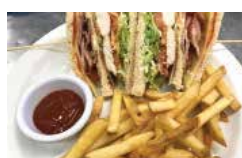
Mad Monday Senior Special

Play WA's number 1 public golf course Secret Harbour Golf. Links for less than half price.

18 Holes of golf PLUS a club sandwich and chips **\$29**

9 Holes of golf PLUS takeaway coffee **\$19**

To book call 9524 7133 or book online
www.secretsgolf.com.au



Bookings subject to availability and not available public holidays.

DiskBank
DIGITAL MEDIA SPECIALISTS

Transfer your family memories today!

Film, Video & Images transferred to DVD, Hard Drive or USB.

Transfer Services on offer:

Video: VHS, VHS-C, Hi8, Beta, Mini DV, Umatic and more
Film: Super 8, Standard 8, 16mm, Sound and non sound
Images: Photos, slides and negatives of all sizes
Data recovery: SD and Memory cards
Audio: Vinyl and cassettes

08 9388 0800

94 Jersey Street, Jolimont WA 6014
www.diskbank.com.au





Food & Wine • Club News • Healthy Living • Property & Finance
Caravan & Camping • Let's Go Travelling • Arts/Reviews • Scene Socially

Copy & Advertisement Deadline – 25th of the month prior to publication
The Have a Go News FEBRUARY edition will be published on Friday 9/02/18

Publishers:	Concept Media	Journalists	Josephine Allison Frank Smith Brad Elborough Lee Tate
Street address:	137 Edward Street Perth WA 6000		
Postal Address:	PO Box 1042 West Leederville WA 6901	Columnists	Colin Barlow Jon Lewis Karen Majer Tahlia Merigan Mike Roennfeldt Hugh Rogers
Tel: (08) 9227 8283			
Fax: (08) 9227 8293			
Please address all correspondence to the Editor			
Email the editor/travel editor:		Contributors	Noelene Swain Vince Garreffa
jen@haveagonews.com.au			
Email to production:		Admin	Lisa McMahon
production@haveagonews.com.au			
Website: www.haveagonews.com.au		Production/Graphic Artist	Suyin Boehm
Printers	Rural Press	Advertising sales:	
		Advertising Sales Manager	Peter Johnston (08) 9227 8285
Founding Editor	Judith Treby	Direct Line:	
Editor	Jennifer Merigan	Email: peter@haveagonews.com.au	
/Travel Editor		Features Manager	Tammy Scott
Assistant to the Editor		Sales Account Manager	
	Tahlia Merigan		Lynda Butler

The attention of advertisers is drawn to the Trade Practices Act 1974 and the provisions in the Act which apply to advertising. Warranty & Indemnity: Advertisers and/or advertising agencies upon and by lodging material with the publisher for publication or authorising or approving of the publications of any material INDEMNIFY the Publisher, its servants and agents against all liability claim or proceedings whatsoever arising from the publication and without limiting the generality of the foregoing so indemnify each of them in relation to defamation, slander of title, breach of copyright, infringement of trademarks or names or publication titles, unfair competition or trade practices, royalties or violations of rights of privacy and WARRANT that the material complies with all relevant laws and regulations and that its publication will not give rise to any rights against its servants or agents. All advertising material submitted for publication will be accepted only on the understanding that the material provided is not in contravention of any provision of the Trade Practice Act and Trade Descriptions and False Advertisements Act (W.A.) and the publisher may rely on that understanding. Although every care is taken the Publisher shall not be liable for clerical or printers' errors or their consequences however caused and no responsibility can be accepted by the Publisher where publication is delayed or prevented by factors beyond the control of the publishers. The Publisher reserves the right in its absolute discretion to alter in whole or in part or to withdraw from publication any advertisement. No advertisement undertaken by a client shall be reliant on supporting editorial. All editorial submissions shall be used at the Editor's discretion. All editorial submissions published in this newspaper remains the property of the publishers and cannot be reproduced without written authority.

The editorial views expressed in this publication are not necessarily those of the publishers.

WANTED TO BUY

Antiques and Collectibles
Deceased Estate Specialists
- Estate Sales conducted

We are looking to purchase the following:
old paintings • Royal Doulton • Shelley China
Australian pottery • Wembley Ware • medals and
badges • stamps, coins and banknotes • vintage watches • postcards
vintage handbags • costume and fine jewellery • militaria
old advertising • sterling silver items • fountain pens • vintage cameras

From one item to a house full, we buy anything old and interesting as long as we don't have to feed or water it!

We are also down-sizing specialists and can organize a complete relocation - call Sally for more details

For a FREE consultation in the privacy of your own home call NICK 0498 009 880 or SALLY 0407 672 878

Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor,
HOW could we forget our early childhood? It was so vivid and full of interesting things.

At Christmas time memories are stirred and we recall events, places and people of that distant past.

Reflecting on those times so long ago I think of the traditional lunch we enjoyed of roast chicken or duck, roast vegetables and of course plum pudding.

The plum pudding was always a highlight, made so by the thrill of finding a threepenny piece or hopefully more than one. Our Dad was always the joker and how he did it was a bit of fun and mystery for he always seemed to have more than usual success at finding those little silver coins.

The following afternoon a trip to South Beach, with the much prized coins safely in deep pockets, was an agreeable aspect of Christmas.

To many people, these days South Beach only means a loca-

tion of Fremantle but in the time I am reflecting on that this destination meant a totally different thing.

Merry-go-rounds, chair-a-planes, swings, Ferris wheel, hit-em-and knock-em and the dart stalls plus how could we forget, the slot machines.

The penny slot machines were always the winner even though we thought we were going to come out the victor and never did. The chance machines were many and varied. Some gave the opportunity to have a money back option and some were of the fortune teller variety. All fleeced the gullible of their pennies.

The main pleasure, for me as an eight or nine year old, was to cross the road from my home and swim in the ocean. The open ocean was a natural facility, always available and appreciated by the young of the area. Boredom was a word never used or known with so much fun so close to home.

I never ventured further out than chest high – a height at which I felt

safe and secure. Even then sharks were an ever present thought. My mother always insisted I was not to take our dog with me when swimming. The belief was dogs attracted sharks.

As I aged from a tot to a teenager I ventured forth to swim at South Beach where there was a shark proof area attached to the jetty. The enclosure had heavy mesh wire around substantial piles. The back fenced area had a supporting corner with triangular decking and the far side had a similar triangle. Swimmers used these decked spaces to either rest after a long swim or to sun bake.

A building adjacent to the beach was known as the Hydra Dome. Change rooms were available and a small shop traded in the summer.

This was the South Beach I remember, much different now to those days of long ago.

Yours sincerely,
D. M. Morris

Dear Editor,
TO start the New Year with stories in the media about restricting 80 year olds holding driving licences is a disgusting farce.

Yes, I agree if at 80+ years you are incompetent or demented, that is a natural course of events.

But many older persons are more competent than the rest of the world's population, especially when compared to the politicians who make up these rules.

To remove the right to drive from older people who are often volunteers at this very point of their lives, is a complete slap in the face. Many worthwhile organisations simply would not exist without volunteers, many of whom are over 80 years of age. Their importance as volunteers has been not been considered nor understood.

Many volunteers locate themselves to where they can help with the community's needs, be it at hospitals, education

centres or other care facilities.

To take this away because of an uneducated guess is to remove all credence of a government run by incompetents.

For example if we were to remove an 80 year old Justice of the Peace's driving licence, we have also lost another signatory at a signing centre.

How is an 80 year old JP going to get to a signing centre, without battling the bashers on public transport? Is the Department of Justice,

going to provide a taxi pick up and drop off, for our 80 year old JP... I think not.

But thanks for your years of service and happy new year.

Kindest regards,
**Terry Weston JP
Secret Harbour**

Ed: A public opinion poll found 45 per cent of Australians said all drivers over 80 should lose their licences. The State government has no proposals to change the law relating to seniors driving licences.



Index



- 1-16 Early General News and columns
- 17-18 Classes & Courses
- 19-33 Let's Go Travelling
- 34 Puzzles
- 35-42 Retire in Style
- 43 Great Home & Gardening
- 44 Healthy Living - Aged Care
- 46-47 Food & Wine
- 48-49 Arts
- 50 Friend to Friend
- 51 Scene Socially



**MacKillop
Family Services**

Right now children and young people need a home. Can you help?

We're seeking carers who can provide a safe and nurturing home to children with complex needs who are unable to live with family. If you are passionate about children and young people and have experience working with children who have been exposed to trauma, we'd love to hear from you.

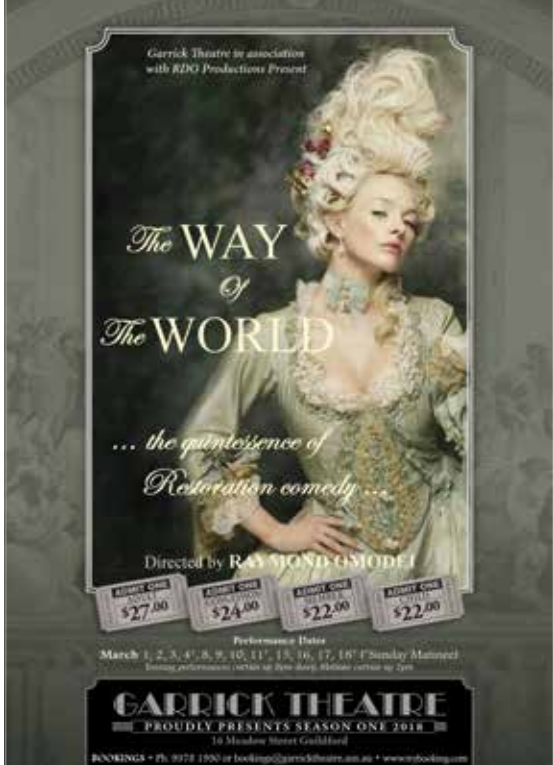
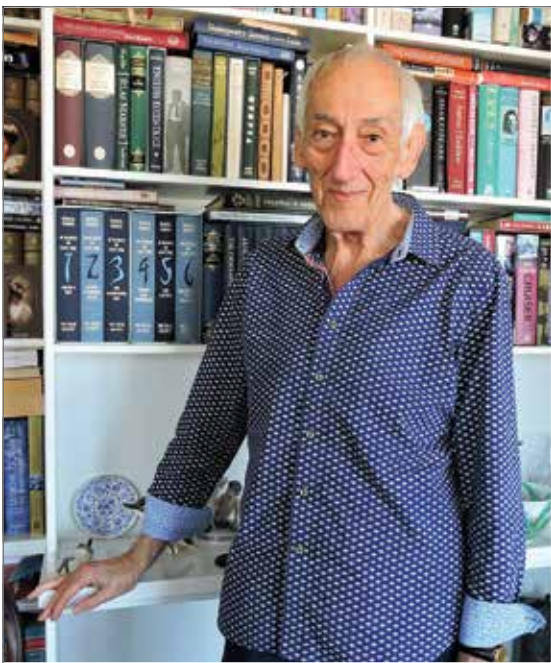
Foster carers need to be flexible and able to meet the needs of the child. Full training and 24 hour support will be provided. Carers are supported by MacKillop staff and financial payment is provided to cover the cost of care.

www.mackillop.org.au/foster-care

08 6477 1000



Ray Omodei - back on stage



Right; Ray Omodei, 82 years young
Above; Ray Omodei returns to Garrick Theatre to direct *The Way of the World*

by Josephine Allison

AT almost 82, revered Perth actor and director Ray Omodei is gearing up for a busy few months – with no plans for retirement. He is about to embark on directing the celebrated William Congreve play *The Way of the World* for his fourth time, now at Guildford's Garrick Theatre.

The play premiered in early March 1700 in the theatre at Lincoln's Inn Fields in London. It is regarded as one of the best restoration comedies and is still occasionally performed. At the start, it struck many audience members as continuing the immorality of previous decades and was not well received, but social mores changed and it went on to receive acclamation.

Omodei, who has been busy at rehearsal in the weeks leading up to Christmas, is directing a cast of six men and six women, with some doubling up in various roles. Some of the dialogue has been adapted for the times.

"I saw the play at the National Theatre in London in 1969 and had read it as a schoolboy," he said.

Omodei went on to direct the play at the

Hayman Theatre in Bentley, the Hole in the Wall Theatre in 1984 and at John Curtin Senior High School in Fremantle. He considers *The Way of the World* the best restoration comedy with celebrated British actress Dame Edith Evans appearing in productions in 1924 and 1948.

"It is the top of anything, the crème de la crème and one of about six plays I have done more than twice. All the action happens in the space of a day, there is love, lust, greed and revenge and a strong feminist message."

The play will be done in period costume at the Garrick. It centres on two lovers Mirabell and Millamant, in order for them to marry and receive Millamant's full dowry, Mirabell must receive the blessing of Millamant's aunt, Lady Wishfort. Unfortunately Lady Wishfort is a very bitter woman whose despises Mirabell and wants her own nephew, Sir Wilfull, to wed Millamant.

Have a Go News first interviewed Omodei in 2013 and he said then that he had no plans to retire. He was born in Wiluna in 1936 and when gold ran out in the area in 1947 his family left the town and settled

in Kalgoorlie. The Kalgoorlie Repertory Theatre became the young Omodei's weekend haunt and break from school.

He trained as a teacher at Graylands Teachers College and excelled in designing sets, props and costumes for many productions. As a teacher at Kalgoorlie Senior High School he was involved with staff and students staging grand operettas in the Town Hall.

His full-time professional career started in Perth in October 1971 when the late Edgar Metcalfe invited him to join his National Theatre Company at the Playhouse in Pier Street as an associate director. In January 1973 Omodei joined Sydney's renowned Old Tote Theatre as a director at the new Opera House, where his first production was *The Playboy of the Western World*.

He was the first director permitted to premiere Patrick White's plays in WA and his premiere productions of *Educating Rita* and

Shirley Valentine, the latter with Amanda Muggleton, helped establish Willy Russell's name in Australia. His wide repertoire covers classic, modern international and contemporary Australian playwrights. He has produced and directed more than 200 major plays.

"For as long as I can remember theatre of some form has been integral to life itself – as have all the arts," he said.

Omodei has received a string of awards down the years including WA Citizen of the Year for services to arts, culture and entertainment and Heritage Award for outstanding lifetime achievement in the performing arts.

"I love what I am doing and if something appeals and I am approached, I will do it. Life is too much fun to retire completely," he said.

The Way of the World runs at the Garrick Theatre, Guildford, 1-18 March. For bookings email garricktheatre.asn.au.

WANTED TO BUY

Furniture, China, Books, Records, Tools, Coins, Bank Notes, Watches, Toys, Costume Jewellery, Tobacco Tins, Enamel Signs and all collections bought. Lic No. 1115

Jones of Guildford PH: 9378 2065
Police Cleared & Licensed - OPEN 7 DAYS

Feel CLEAN & FRESH ALL DAY!

Saves money!

Installs in minutes

- ✓ Warm water wash
- ✓ Warm air dryer
- ✓ Soft closing lid
- ✓ Twin nozzles
- ✓ Ladies wash
- ✓ Heated seat

AS SEEN ON TV

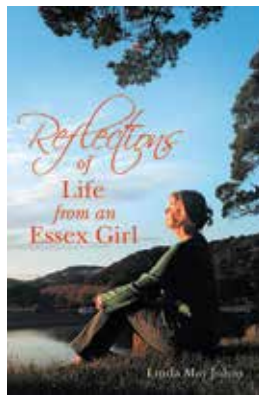
The BIDET SHOP

Call today **08 6315 4252**
www.thebidetshop.com.au

Quote for DISCOUNT 801G0

Voted BEST BIDET IN THE WORLD 2 years in a row

Simple, non-judgemental and honest



Reflections of Life from an Essex Girl
by Linda May Johns

Reviewed by
Pat Paleeya

BEING an 'Essex Girl' myself I was expecting to be taken on a trip down memory lane immersed in Linda's musings whilst she was walking through the

bluebells in Okenden Woods, or picnicking on the village green in picturesque Finchingfield.

But alas no such memories were to be found. However Linda's poetry is simple, non-indulgent and honest.

She has been writing poetry from an early age, so the poems span around 50 years, from fifteen-years-old to present day. It is interesting to note the change in perspective and attitude as Linda matures. There are poems written as a teenager that are angst ridden and rebellious, and those that are sentimental and questioning as Linda experiences love, loss and happiness throughout her life.

This is a slim volume,

nothing is hard to understand, these reflections and observations are universal – such is life.

Reflections of Life from an Essex Girl is available from the following online retailers: Angus & Robertson, Booktopia, Amazon and Kogan.

WIN WIN WIN

We have one copy to give away. To enter email win@haveagonews.com.au, with the book title in the subject line or write to Reflections of Life from an Essex Girl, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of your envelope. Competition ends 31/1/18.

CAVERSHAM WILDLIFE PARK

THE FARM SHOW

Daily 10am 1pm 3pm

MEET THE WOMBAT & FRIENDS SHOW

Daily 11am 2pm 3.45pm

KOALAS

Open 9am-9.30am, 11.30am-12, 2.30pm-3pm, 4pm-4.30pm

KANGAROOS

Open all day

SITUATED in Whiteman Park (off Lord St or Beechboro Rd)
Phone 9248 1984 Email sales@cavershamwildlife.com.au

♥♥♥♥♥♥♥♥♥♥

The Matchmakers Find your NEW LOVE 2018.

During and after your holidays and FOREVER... OPEN 7 DAYS 10am-6pm

Proudly WA owned/operated/successful All city/country enquiries welcome! LADIES/GENTS 45/85

LOVE MATTERS friend/companion/lover/partner

Ph Maureen@TLD 0409 763 638
www.lovedetective.com.au

Stay Sharp Program

as seen on Channel 7 Today Tonight
Promoting Physical & Cognitive Health

The **Stay Sharp Program** is an 8 week progressive program for the over 55s introducing you to the basics of eccentric exercises coupled with cognitive and memory exercises to aid in reducing a persons relative risk of developing dementia related diseases and improving overall health and wellbeing.

Prof. Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the greater benefits of eccentric exercises.

Dr. Jenny Brockis (The Brain Fitness Doctor and renowned author) has committed her valuable time to help us develop the cognitive component of the program to keep those brains active!

8 weeks \$80

Next Program Commences
THURSDAY 1 FEBRUARY 2018

9.30am - 12noon
Perth & Tattersall's Bowling Club
2 Plain St, East Perth

REGISTRATIONS

(08) 6558 1833

info@staysharpprogram.com

Is it hard to see what's in your pantry?

To fix your pantry. Call Brett Gaffin. The Inner Drawer Specialist at Easy Access Kitchens.

Make your kitchen better with inner drawers from Easy Access Kitchens

DON'T CHANGE YOUR DOORS

BUILT IN CORNER PANTRY

PANTRY-MICROWAVE

PULL OUT CORNER

DEEP DRAWERS

NARROW PANTRY

JUST FIT INNER DRAWERS

Easier to see what you need to buy.

The Kitchen and Pantry Drawer Specialist.

3/4 CAROUSEL UNIT

Call Brett for help on

For your safety we only use blum 65kg drawer runners & Guarantee our drawers will make your life easier.

It doesn't have to be....Call 0416 067 493
Read what our customers have said at www.easypasskitchens.com.au

Love, perception and dementia care on a personal level



Rhonda Parker

TO START the new year Alzheimer's WA's chief executive officer Rhonda Parker would like to share the following story from the husband and carer of someone with dementia. One of the objectives of Alzheimer's WA is to give people living with dementia a voice. Please read Bill's moving story.

by Dr Bill Jenkins

MY NAME is Bill Jenkins. I am a retired academic and psychotherapist. In 2009 my wife, Heather, a professor of special education, was diagnosed with frontotemporal dementia. I cared for Heather at home until 2012, when she moved into a dementia care facility. Currently, I am an advocate,

a father, grandfather and poet (biljenkinspoet.com). I begin this piece on love, perception and dementia care with a story from my childhood. I was born and raised in a fishing village in the north of Scotland. When I was a boy, on Friday afternoons after school, my friends and I would rush down to the harbour wall to watch the fishing boats return from five days at sea.

The boats had left a minute past midnight on Monday (bad luck to go out on the Sabbath) and they returned on Friday between about three to six o'clock to unload their catch for sale the next day. The reason we went to the harbour wall was to see who could recognise the boats first as they came over the horizon. It was a vigorous competition. In all the years that I took part in this weekly ritual, I never once recognised a boat first. Why not? I wasn't visually impaired, but the following information might help you understand.

All those years ago, my father was in business and all my friends' fathers were fishermen.

Their fathers were on those boats. When I strained to identify a boat, I was looking for physical characteristics, for the name on the prow, where the cabin was placed, colour and so on. I was just looking for things, my friends however, were looking for their fathers.

In 1923, the Austrian philosopher Martin Buber, wrote an essay called *I and Thou*. In this essay he made a distinction about the way we perceive the world. He made a distinction between seeing other human beings and seeing objects. He named our perception of other human beings as forming 'I – Thou' relationships and our perceptions of objects as forming 'I – It' relationships.

Getting back to the harbour wall, my friends were looking at the boats in 'I – Thou' terms, personal terms, as the father they loved and missed might just be on board. They were looking for a beloved person; I was just looking for fish.

Different motivations – I make this distinction because it points to an extremely significant issue in my experience of dementia care.

During the year or so leading up to Heather's diagnosis, I had been aware of various subtle changes in Heather and in our relationship. She was less emotional than she had been, more likely

to share personal details of our life together, even with strangers, and she appeared to have lost interest in some of our shared interests. As a couple we had been very close and we had been married for 35 years at the time of the diagnosis. We loved each other and we knew each other very well. But as a consequence of the emerging dementia our mutual and loving relationship came to an end. However, something significant happened once the dementia became well established and I had been caring for Heather for a year or so. The development of dementia is usually seen as progressive loss of function: mental confusion, incontinence, recognition failure, apathy, memory loss, irritability, aphasia, dysphasia and so on. This increase and gradual progression in our partner's dysfunction can change the way we perceive our loved one. It is largely insidious, it creeps up on us.

Being totally embedded in caring for my wife Heather, I was completely unaware that my perception of her had changed. I had stopped seeing her as my loving partner, and started seeing her as an object of care. During my caregiving the way I saw my wife had shifted from an 'I – Thou' relationship to an 'I – It' relationship, without me being aware of the change.

One day I had a brain snap and realised what was happening. Memories of my time as a student of philosophy, in particular of the work of Martin Buber broke through the fog of dementia care. I had been thinking of Heather largely in terms of her deficits, and my care in trying to help compensate for them.

I didn't fall in love with Heather 45 or so years ago because of all the amazing things she could do, I fell in love with a human being, a person, a lovely and wonderful woman and that hadn't changed. I had just stopped seeing it. The dementia had blinded me to the love in my life.

Reflection on this realisation pointed to the importance of not losing sight of the personhood of the individual with dementia. It is such a destructive disease, not only does it deprive the individual of crucial functions, it is destructive of fundamental and mutual love, it also destroys relationships with family and friends. At the core of this destruction is the loss of the perception of the person, where the person becomes seen in dysfunctional terms.

Normally, the perception of who we are, our identity, is firmly connected with what we do, and what others expect us to be able to do.

However this experience with Heather

taught me that who the person is does not change, even when their capabilities change. I would like to stress my belief that dementia does not change who the person is, despite changes to their functional capacities.

But what about love? The love that Heather and I shared mutually had gone, and there was no hope of its resurrection. But when I looked into Heather's eyes, I loved her still. This realisation helped me to see Heather in the light of a different kind of love, a love that persists and transcends the circumstances in which we might find ourselves. It is a love that enabled me to focus solely on who Heather is, not on what she could or couldn't do, what she could or couldn't share. So we could say that this kind of love helps us to see our world in a different way, in a way that is solely other directed, not self-directed.

Those of you with knowledge of ancient Greek thought will have detected that I have been talking about two different kinds of love. The mutual love is known as Eros – romantic love, which creates a loving space through mutual physical and emotional attraction. The other is Agape – the kind of love that does not rely on mutuality, it

does not need reciprocation. This is the kind of love that saved me from the chaos of dementia.

Finally, in my caring, why did I come to focus on Heather's loss of function, and lose sight of her personhood? I believe that it was self protection, a way of reducing the focus on the loss of our mutual love, in particular the loss of her expression of loving emotion towards me. However, I suspect, that this may be a more complex issue.

The experience that I have tried to describe above is, I believe, an experience shared by many loving partners when one of them develops dementia.

I believe that it is crucial to not lose sight of the person, it is also crucial to allow oneself to love without the need for reciprocation.

With this kind of love we are able to assert and support the personhood of our loved one, without expecting anything in return.

With this kind of love we are able to support our friends and family.

With this kind of love we are free to open our life and our experience to others.

Finally, with this kind of love we strengthen ourselves so that we can continue to care for our beloved, without being blinded to focusing on who they are by the impact of dementia.



WANTED TO BUY

Old valve radios (pre 1955), any condition, surplus valves and other parts. Also other valve era items. Private collector/hobbyist.

Call NEIL
0407 448 331

Who cares if you live the good life at home?

Juniper Cares



We understand you treasure living at home and value your lifestyle and independence.

Our trained, caring staff bring a full range of services for you to choose from that are adaptable to your needs.

We listen and can help make it possible for you to enjoy your home and be with family and friends for many years to come.



Let's talk today! **1300 313 000** Juniper.org.au

Supporting older Western Australians since 1949



Are you always tired and sleep badly?

SLEEP Disorders Australia will present a free public discussion of this growing health problem in our community. You are not alone – sleep disorders can be dangerous to your health and can be treated.

The speaker will be sleep and respiratory specialist, Doctor Chris Kosky at Sir Charles Gairdner Hospital.

Some of the areas that will be discussed will be:

How do you know if you have a sleep disorder?

What are some of the causes of poor sleep?

What are the dangers to your health of poor sleep?

What is the latest medical research on sleep disorders?

What are the best treatments to improve your sleep?

Why is the use of continuous positive airway pressure (CPAP) increasing so rapidly?

The latest advances in CPAP technology making for easier use

To hear the answers to these questions, come on Saturday 10 February at 1.30pm in the Hollywood Hospital lecture theatre. Enter gate 5 off Monash Ave and park in the multi storey car park and follow the signs.

For any enquiries phone Lorraine 0419 199 744.

ELECTRIC BICYCLES FOR SENIORS



E-Glider \$1590
www.rilu-e-bike.com.au



City Flash \$1890
Tel: (03) 8395 2616

European style and quality, electrically assisted bicycles suitable for riders of all ages, shapes and sizes!
2 YEAR WARRANTY

Check our website and order the RILU e-bike of your choice through your nearest Orbit Fitness, or local bike shop

No License
No Registration
No Sweat

RILU e-Bike

Where opinions matter – secession and independence for Western Australia debate



TO celebrate the New Year we introduce a new opinion column for our pages and we want to hear what you think about the subject. Feel free to email or write with your opinions. We want to encourage healthy and friendly debate... Ed

by Lee Tate

THE tide is turning, I believe, on our true great debate: Western Australia's secession.

Many of us who asked why should WA secede, now ponder why not?

The issue that has been fermenting is fanned by a GST that even Canberra concedes is vastly unfair to the West.

Secession supporters are no longer coming primarily from the ranks of loonies, the hard-done-by, academic dreamers, business hopefuls or political agitators.

So, we are headed for heated debate. Let's be ready for it. The issue is obviously divisive but let's not build a case based on bitterness against the East.

Sure, the 2.5 million of us domiciled west of the border have good reason to be genuinely aggrieved.

But we would do well

to develop a strategy focused on the future, not with an anti-East sentiment. The goal would be a better life for West Australians. A prospering nation run by our own people.

Western Australia has the resources, the know-how, the people, the skills, the attractions and the geography to stand on its own resource-rich feet.

If Western Australia was a separate country, it would be among the top 50 economies in the world by GDP. Our exports account for about half the nation's total.

We are flush with iron-ore, alumina, crude oil and liquefied natural gas, nickel, gold, ammonia, wheat, wool and live sheep and cattle.

The iron ore boom may have dipped but WA can now say it has the world's largest source of lithium. Earth's lightest metal, lithium is crucial for energy storage, electric vehicles and smart phones. And the world is moving into alternative energy.

Let's have a properly-planned blueprint to answer all our secession queries. A panel of top legislators and lawyers to map out how to move to independence, a committee to draw up a public discussion paper, a declaration from political parties on their policies and submissions from businesses, unions and economists on all aspects of future trade, business and jobs.

WA could build a significant fleet of patrol vessels to combat illegal

fishing, illegal migrants (potentially carrying diseases) and smuggling. Defence missiles could be stationed across the north-west and defence bases such as Garden Island maintained.

We will control a border, decide our policies and negotiate terms of trade with the east.

When should we act? Do we wait until WA's population reaches five million or 10 million? Whenever it is, let's be ready. Let's have the debate, spell it all out and lay the groundwork.

Our national rulers in Canberra are 3,718 kms from Perth. That's further than London to Moscow (2,500 kms).

There are many arguments why WA can't or shouldn't go independent. Let's hear them all, let's debate them and let's keep it to this side of the

border. Western Australia for West Australians.

The Constitution of Australia describes the national union as one indissoluble Federal Commonwealth and makes no provision for states to secede from the union. So let's hear from our judges and lawyers how it can be done.

In 1926, newspaperman James MacCallum Smith and others established the Secession League.

In 1933, Nationalist Premier Sir James Mitchell's government held a secession referendum. Of 237,198 voters, 68 per cent favoured secession. A Labor government sent a delegation to London to petition the British government.

The House of Commons established a committee but after 18 months of negotiations

and lobbying it declared it could not legally grant secession.

Iron magnate Lang Hancock founded the Westralian Secession Movement in 1974, arguing national trade barriers harmed mining and wheat export industries which earned a disproportionate amount of Australia's foreign exchange.

In 2008, former premier Richard Court said that the case for secession was strengthened while the Commonwealth continued to exploit WA's economy and failing to evenly share the prosperity.

In 2011, Minister Norman Moore said WA should secede and rely on China and the US for military defence and be free from Canberra's influence.

In 2013, *The New York Times* grouped WA with

Scotland, Wales, the Basque Country and Catalonia as "places seeking maximum fiscal and policy autonomy from their national capitals".

Liberal Party life member Rick Palmer declared: "The federation is not working the way it is supposed to".

Palmer said WA was being punished for developing its resources industry while Victoria and NSW banned onshore gas exploration, Tasmania was happy to remain 'the biggest national park in the world' and South Australia was being powered by windmills.

Mr Palmer pointed to the Australian Rugby Union's axing of the Western Force from the national competition as another example of the east coast 'screwing' WA.

After discussions in Parliament and a motion

at the 2017 Liberal Party State Conference, a non-partisan Western Australian Secession Movement has been born.

Fresh life comes to the debate. Do we need the difficulties, the wrangling, the pain to tackle the issue?

Well, we've had decades of difficulties, wrangling and pain dealing with Canberra and it's not going away.

Let's lay the groundwork and be ready to take the reins.

Let's not call it secession but independence.

What do you think? Email us at info@haveagone.com.au with succession in the subject line or head to our Facebook page to write your thoughts. You can also write to us at Opinion c/- Have a Go News PO Box 1042, West Leederville 6901.

***12 months FREE Strata Levies**
*Selected villas only

KINGSLEY RETIREMENT VILLAGE

186 Twickenham Drive, Kingsley

AMAZING VALUE \$249,000

2 bed 1 bath

Kingsley Retirement Village provides comfort, security and companionship in a pleasant, relaxed environment in the prestigious suburb of Kingsley.

The village is divided into exclusive cul de sacs with individual features and landscaped gardens.

Your beautiful home will offer you freedom and security without restricting your lifestyle.

Active social club with weekly functions and events

HOME OPEN
Sunday 2PM-2.45PM

Celebrating Christmas at the Holly Wood Tuesday Morning Show



Marie Hood and Michelle Davies

by Michelle Davies

OUR beautiful Perth Town Hall was very welcoming as we arrived for our final show of 2017. Christmas decorations sparkled on each round table, laden with plates of quiches, mince pies and Christmas cake.

Our final concert for the year by the Tivoli Club of WA, put us in the mood with happy Christmas songs, a chorus line of dancing and brilliant tap dancing. The costumes were fresh, colourful and sparkling as the dancers whirled around.

We welcomed our deputy Lord Mayor, together with her mother and daughter, Emily, who spoke, and wished us a peaceful and joyous Christmas.

On a table in a corner of the hall was a huge pile of gifts – donated by our generous audience members. They will be distributed to various charities, (St Bartholomew House, Women's Refuge, Spirit of the Street Choir and the homeless).

Compère, Bernard Carney took to the stage to reflect on what a variety of top quality shows we have had this year. We had our biggest attendance ever in 2017. We raised \$2,677 with raffles over the year: \$400 for St Bartholomew's House, \$400 to Wheelchairs for Kids, \$1,000 to With our Christmas Party we raised \$505 to go to the Spirit of the Street Choir.

Bernard called onto the stage the volunteers who helped to make it all happen over the year. He thanked each one, and then – surprise! Father Christmas arrived with a big "ho! ho!" and a big bag of presents for each of the volunteers.

The Tuesday Morning Show returns to the Perth Town Hall on 13 February from 11am to 12noon.

LEEMING RETIREMENT VILLAGE

2 Theakston Green, Leeming

AMAZING VALUE \$314,900

2 bed 1 bath

HOME OPEN
Sunday 12.30PM-1PM

Ideally located within the Leeming Retirement Village, this beautifully presented strata villa has been newly renovated with new carpets and paint. Walk to Bull Creek Shops. A short stroll to the Village Centre where all social activities in the Village take place. Enjoy a weekly game of bingo, crafts club, snooker, fortnightly social club dinners and movie nights to name a few of the activities that take place at the Village.



134c Stirling Hwy, Nedlands
Visit us online www.marron.com.au

**Rhett Marron 0421 631 116
or 9386 8614**

rhett@marron.com.au



A year of innovation for the Over 55s Canoe Club



Over 55 Canoe Club members enjoying another beautiful calm and sunny day...

by Jeremy Haslam

AFTER all the exertions over the year, rushing down rapids, drifting on calm and serene waters, freezing in the early mornings, or just good food and camaraderie, the O55CC 2017 season drew to a close. And what a season — the largest membership ever; innovations such as splitting the paddlers into leisurelies and mainstreamers; plenty of rain providing lots of excitement for the brave ones; and beautiful calm and sunny days too. New rivers explored; a new venue (Walpole) for

the yearly campout; and ending with a revitalised committee taking us forward into 2018. The month started with the delights of the end of season lunch held at the Swan Yacht Club. Right on the edge of our beloved river in East Fremantle this was a fitting venue for the 60 or so members, spouses, and friends to gather to enjoy each other's company. Other than the highlight of the food and drinks of course (we are good at that) there was the annual award of the ducks by our venerable Duckmaster. The rule is that if you fall in

the water from your kayak you will get a duck — a certificate for your wall and a duck badge to go on your kayak. There is no escaping the Duckmaster who has spies everywhere and whose decision is final, even if wrong. There is a certain protocol to all this. First you must strenuously deny the event ever happened, then when faced with the witness statements you blame someone else or the weather or suggest the Duckmaster gets new specs. But none of this will work: you will get your duck. Each person was brought to the front

of the room to hear the citation (with generously embellished facts) from the Duckmaster, photographed for posterity, and generally paraded for the amusement of everyone. Oddly enough it seems people actually enjoy it. Some even getting more than one duck so they can go through it all again. The following week saw the members down at Champion Lakes for the annual fun and games. Balloon popping jousting, kayak polo, and slalom racing being on the menu. This is the only event where capsizes and generally falling about

do not qualify for ducks. Divided into teams, the paddlers used every skill they possessed to be on the winning side churning the normally calm waters of the lake into a frothing mass in pursuit of balloons or outsize polo balls. In the end the red team won the day, though no one can work out by what devious and secret formula the referee (aka the Duckmaster) arrived at the decision. But final is final and the season drew to a close.

Although the club is now full and not anticipating any new members in 2018 unless there are some retirements, you are welcome to phone club president Kate (9526 2168) or secretary Ken (9447 5624).



Employee of the Year Jen Rosso with CEO Wayne Belcher

Awarding excellence in aged care

SIX TEAM members from the Braemar Presbyterian Care workforce have been acknowledged in the organisation's annual Care and Friendship awards, which were hosted late last month at the Raffles Hotel. The awards, which are based on nominations from residents throughout Braemar's three facilities in Fremantle and the surrounding area, together with their families, acknowledge the dedication shown by the individual staff mem-

bers concerned. The overall employee of the year was Jennifer Russo from Braemar Cooinda, who was recognised for her outstanding and consistent contribution to Braemar residents over the year. Chief executive of Braemar, Wayne Belcher (OAM) said the annual Care and Friendship awards were an important opportunity to recognise employees who demonstrate excellence in their work in aged care.

Pompeii extended



Don't miss Escape from Pompeii at WA Maritime Museum

IT'S no surprise that *Escape from Pompeii: the untold Roman rescue* has been a hit with Western Australian audiences. The exhibition is an incredibly rare opportunity to see 2000-year-old Roman artefacts in Fremantle.

The WA Maritime Museum has announced that due to popular demand, the exhibition will now enjoy an extended season until 18 February.

The exhibition reveals the untold story of the dramatic rescue attempt following one of history's most famous and devastating natural disasters — the eruption of Mount Vesuvius and the destruction of Pompeii.

As well as incredibly beautiful and ornate objects, the exhibition displays everyday objects, from saucepans to jars that stored wine, olive oil or garum (the fish sauce for which Pompeii was famous), and even some examples of food, such as a preserved loaf of bread.

Five haunting body casts of victims of the eruption are also included, capturing their final moments preserved in ash.

There's also the chance to say farewell to the exhibition during the final weeks by celebrating at the Pompeii After Dark themed events "Arrivederci - Italian Wine Tasting" and "Ciao Pompeii - After Dark"

Visit www.museum.wa.gov.au for more information and tickets.



EXTENDED DUE TO POPULAR DEMAND
Closing 18 February

ESCAPE FROM
POMPEII
THE UNTOLD ROMAN RESCUE

WA MARITIME MUSEUM, FREMANTLE
BOOK NOW – museum.wa.gov.au

Say farewell to the exhibition during the final weeks by celebrating at the *Pompeii After Dark* themed events: *Arrivederci – Italian Wine Tasting* and *Ciao Pompeii – After Dark*.



Escape From Pompeii is developed by the Australian National Maritime Museum in association with Expona and Contemporanea Progetti.



\$5 FUN DAY OUT



Jump on board the Crown Bus

Daily until 21 January

Crown Rewards members enjoy transport to and from Crown, a delicious seafood buffet lunch at Carvers and bonus vouchers all for just \$5.

For the full timetable,
visit crownperth.com.au
or call 9362 7926



Conditions apply, see crownperth.com.au. \$5 Crown Rewards member price, \$10 for non-members. Bonus vouchers not available to non-members. Regular Riders will not be stamped during the promotion period. Transport refers to the Crown Bus or metro bus services. Image for illustration purposes only.



\$5,000 IN EACH SAFE

Daily until 28 January

Dine or play to earn entries for
your chance to crack the code
to \$5,000 from 11am to 9pm.

Will your lucky numbers
open a safe?

Conditions apply, see crownperth.com.au. Must be present to win. One attempt per entry to a maximum of three attempts at one time. Image for illustration purposes only.

Sunday morning coming down and reminiscing about the good ol' days



by Rick Steele

BACK in the good ol' days when beer meant Swan or Emu and there was no such thing as boutique beers with lemon in them or craft beers with everything from honey to whose knows what else. Beer was beer.

It was the time when Perth had the petrol station roster system which left many a newcomer like myself, driving round in circles trying to follow

arrows and signs that seemed to confuse even the locals. Just trying to get some Golden Fleece in the Valliant.

It was also the time of the two Sunday sessions. Wow, this was new to me.

Back in NZ you still could not buy a drink on a Sunday, unless you belonged to a footy club or were staying in a luxury hotel. What a bummer dude!

I recall with some clarity, that the morning hours were 11am till 1pm.

Home for lunch with the missus and kids – that was the theory anyway.

Sunday arvo session ran from 4.30 to 7.30pm. Channel Nine Sunday night movie at 8pm. Please, don't forget the drive-in movies, after ses-

sion with two longnecks of Emu on the floor of the Holden behind the driver's seat with a blanket and a packet of Marlborough reds. WARNING. Smoking shortens your cigarettes!

Me, myself, personally, was forging ahead at breakneck speed, playing solo, meeting new people, learning Neil Diamond songs as fast as I could, and would quite often find myself playing in Freo for the morning thirst quencher and in Scarborough for the arvo soiree. Bottoms up!

One hot summer Sunday morning I arrived at South Terrace Fremantle and began to load in for elevenses start. I was greeted by a very grumpy and still inebriated publican's wife who was hav-

ing to work the bar because the barmaid had run off with a sailor.

I could sense trouble, so I made polite noises and set about my business. She banged around behind the bar as I crooned my way through *Red, Red, Wine; Fire And Rain; Solitary Man; Sunday Morning Coming Down*, until our first customer appeared.

A nice old fellow, a retired Greek fisherman I think. He smiled at me and made his way to the bar to be greeted by miss sour puss 1972. He was served his first middy without incident and left his change on the bar, as was the custom. We had met before and I think he made a request for a song which was greeted with a scowl from behind

the bar.

He politely asked for another middy and as he moved to pick up his change he accidentally knocked his glass and it broke.

Well, you would have thought South Fremantle had lost the Grand Final, WWII had broken out! The language that came out of that woman's mouth would have sailors blushing.

With that she said, "You're going to pay for that," and snatched a ten dollar note off the bar. He tried to explain that in those days a middy glass was probably costing 10 or at the most 20 cents. She wouldn't listen and added that she didn't like him in her bar anyway. He looked up at me, who was watching it

all while warbling away, winked and then said to her: "Well, if you reckon I broke ten dollars' worth, I may as well break ten dollars' worth."

The small bar was mostly plaster walls with a hideous mural of sea-side fishing nets, lobsters, scallop shells etc., long stained with the yellow of nicotine. Fisherman Pete picked up a tray of clean glasses and with the arm of a pro baseball player began to throw them one by one all around the room. He carefully punctuated his throws to keep in time with the music. He was like my percussionist.

"Busted flat in Batten Rouge... smash, head-in' for a train... smash, Bobby thumbed a diesel down... smash, just be-

fore it rained... smash, took us all the way to New Orleans."

The landlady was ducking, weaving, swearing, cursing and screaming she was calling the cops.

He continued calmly with a big smile until the tray was empty, smiled and waved to me and walked out the door.

An hour later or so, as I launched into *Song Sung Blue* Mr Plod arrived.

"Hello, hello, what's going on here then?"

"Yer not gunna believe this ocifer..."

Have a wonderful day on 26 January celebrating everything we love about living in Australia.

And remember: keep death off the roads - drive on the footpaths.

Cheers dears.

Slow NBN Speed? Free help is available

THE Telecommunications Industry Ombudsman is a free and independent dispute resolution service for residential consumers and small businesses who have an unresolved complaint about their phone or internet service.

Their services include dealing with individual and recurring complaints, promoting fair and effective resolution of complaints and providing information and analysis to community, government and the telecommunications industry.

Slow data speed over the national broadband network is a common complaint from residential consumers and small business.

Kevin*, a small business owner in Geraldton, signed up for a national broadband network internet plan based on advertised speeds.

Kevin was also sold a modem with the new internet plan on the basis that technical support for the modem would be included.

After switching to the new national broadband network internet service Kevin noticed the data speeds at his business were significantly slower than advertised.

He ran several speed tests then sent the results to his business's internet service provider.

Not only did the internet speed did not improve but technical support for the modem was not included from his service provider.

Kevin contacted the Telecommunications Industry Ombudsman.

Through the Telecommunications Industry Ombudsman's conciliation process the internet

service provider agreed to refund the cost of the modem, provide Kevin's business with one month of free internet service and discount the service fees incurred to date by 50 per cent.

After investigation by the service provider Kevin's internet speed also started performing as advertised.

If you are a residential consumer or small business owner like Kevin you should firstly aim to resolve your complaint with your phone or internet provider.

If the complaint remains unresolved visit the Telecommunications Industry Ombudsman at www.tio.com.au or call 1800 062 058.

*name changed to protect privacy.

Some inspirational advice



by Jon Lewis

DRINK plenty of water.

Exercise when you can and remember to smile, you'll be glad you did. Long walks or short walks, either is good.

Eat healthy, with a few more vegetables on the table.

Pepper's ok, salt not too much. Your doctor

loves salt free.

Gossip is bad medicine, kindness is golden.

If the sky is blue, it will do. If it's grey, it won't always stay that way.

A call from a friend should not be ignored. Reply timely and they may call again.

Share a table, if it's the last one. You were

alone and now it might be fun?

Hold your head high, there is plenty to see.

Be careful the money you spend, we don't really need more. Enjoy what you have. It's your life that's in store.

If you are thirsty, drink plenty of water.

Happy new year! All the best.

Do you have a problem with your phone or internet service?

The Telecommunications Industry Ombudsman can help.

The Telecommunications Industry Ombudsman provides a free and independent dispute resolution service for residential consumers and small businesses who have an unresolved complaint about their phone or internet service.

Call us: 1800 062 058*

Go online: www.tio.com.au



Interpreting service:
131 450



For more information, visit
www.relayservice.gov.au



*Calls to our 1800 number from landlines are free. Calls from mobile phones may attract a fee, which will vary depending on your service provider. If you are calling from a mobile phone, let us know and we can call you back.

*Leading the way in
health and wellbeing*



**BLACK SWAN
HEALTH LTD**



Make 2018 your healthiest year yet!

You can kickstart your health today with Black Swan Health's 5 week **Health and Wellness Program**. You will learn about:

- Protecting your heart
- Healthy eating
- Weight management
- Successful self-management - including problem solving & goal setting
- Physical activity - including benefits and recommendations



The next Health & Wellness Program starts on Tuesday, 16th January 2018 at Black Swan Health's Osborne Park centre.

Don't miss out! Register today on our website or by calling 9201 0044.

Want to learn more? Contact us to find out how our dietitians, physiotherapists, counsellors and diabetes educators can help you achieve your health goals today:

(08) 9201 0044 | www.blackswanhealth.com.au



Osborne Park
137-145 Main Street
Osborne Park WA 6017

Joondalup
Sanori House, 126 Grand Blvd
Joondalup WA 6027

Midland
Suite 19, 53 The Crescent
Midland WA 6056

Fremantle
Suites 105-108, Wesley Central
Fremantle WA 6160

Seniors Recreation Council Jottings



Left to right; Hon Mick Murray and Seniors Recreation Council State President, Hugh Rogers

Welcome to 2018 I look forward to an exciting year for us all in WA.

Seniors Recreation Council of WA gratefully acknowledges the invaluable support of a major grant from Lotterywest towards *Have a Go Day* 2017, a LiveLighter Event which last year celebrated 25 years in Burswood Park. The grant was presented to us by Hon Mick Murray MLA. Lotterywest supports local community organisations and events. Keep the money in WA by purchasing lottery tickets from your official Lotterywest outlet.

SRCWA Christmas Variety Concert

On Wednesday 6 December, SRCWA held the 2017 Christmas variety concert at the Morley Community Recreation Centre and the audience was treated to an afternoon of entertainment of songs, music and comedy. Kate Hindle opened the concert singing a variety of sing-a-long tunes.

The *Band of Mates* Terry Bennetts, Evan Platschinda and Ginger Cox entertained the audience with some classic songs, instrumentals and Australian ballads.

Each year we try to introduce a new artist to showcase their talents, and this year was no exception, with the amazing voice of Johanna Hemara from Queensland. The audience laughed and sang along with feature artist Justin Standley, his comedic style and amazing vocals were enjoyed by everyone. During the intermission the crowd was treated to a wonderful performance by Sarah Broome while everyone enjoyed afternoon tea. Kingsley Day keyboard master was also entertained and was ably assisted by Phil Rego on drums.

Thank you to Phil Paddon and Terry Bennetts along with their team of supporters who put an enormous amount of time and effort into the show. Thank you to Pat Paddon who made enough Christmas cake to feed everyone and along with her volunteers served everyone afternoon tea.



Farewell to Kate Chetwin

SRCWA held a thank you morning tea for Kate Chetwin on 20 December. Kate was employed on a four year funded contract which was unable to be renewed due to the economic climate. Kate came to SRCWA as a student in 2013 to work as part of the *Have a Go Day* team to complete her student practical placement hours prior to graduating with a Bachelor of Business, Major in Event Management and Major in Marketing. Kate has been an integral and dedicated member of this organisation for four years and will be greatly missed. Kate also worked closely with SRCWA Rockingham branch. The Rockingham branch went through a transition time where they did not have a secretary and Kate took up this role voluntarily until the committee found a replacement. Kate has a very strong work ethic and her ability to manage and organise events, work within a team environment and individually has been exemplary. We wish Kate all the very best with her future endeavours and if any organisation is looking for an event manager with a great deal of experience Kate would be an asset.

Key Diary Dates for 2018

6 June, Annual Seniors Ball, Astral Ballroom, Crown Perth.

18 April, Rockingham Have a Go Day, a LiveLighter Event, Aqua Jetty, Warnbro Sound Ave, Warnbro

11 to 18 November, WA Seniors Week

14 November, Have a Go Day, a LiveLighter Event, Burswood Park, Great Eastern Highway, Burswood

ADD LIFE TO YOUR YEARS DIRECTORY



Grab a copy of this handy guide and join a club or group. Contact SRC for your free copy.



Hugh Rogers
President

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

Masters Swimming encourages people to have a go



by Nadine Georgiades

IT'S that time of the year again with plenty of open water swimming events happening. *Have a Go News* has been a strong supporter of our novice swims and we have two 'try it' swims in the early part of 2018.

Our LiveLighter MSAW open water swim

round three is the 2018 Swim Thru' Perth on Sunday 21 January. It has a 250m swim as does our round six swim, Coogee Jetty to Jetty Swim XX11 on Sunday 11 March.

This is an ideal way to dip your toes into open water swims and we are seeing a lot of interest in these shorter distances from a very wide variety of participants. If you are

considering your first open water swim or are keen to be involved in a fun and safe event, please visit www.mswa.asn.au for detailed entry information for this event and other open water swimming events held in WA.

We also have a swim on in Mandurah on Australia Day which offers a one km as well as greater distances.

Masters Swimming is also gearing up to host the 2018 National Championships in April at HBF Stadium. This is an event for Masters members only so if you are keen to have a swim then you need to join one of our clubs for the 2018 season.

We have signed up two new official partnerships in ASB Marketing and Hopgood Ganim Lawyers which will assist with creating a fun and professional event.

If you are interested in finding out where your closest local Masters Swimming Club is, head to our website to see a list of our clubs and their contact information on our clubs page 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 this year.

It's the new year - time to reflect on what nature means to you



Left to right; Karen Majer - Red-eared firetail finch © Boyd Wykes



by Karen Majer

WHAT does nature mean to you? A friend asked me that question recently and I was hard-pressed to answer. It is complex and profoundly personal.

To me, nature is the natural world, whether it be deep wilderness or red-eared firetail finches eating seeds in my gar-

den. We are blessed to live in a beautiful part of the world, a biodiversity hotspot with many and varied natural environments from ocean to forest.

Sadly, however, it is becoming more difficult to access true wilderness. The impacts of human activities are every-

where, from plastic in our seas to pollution, loss of vegetation and the rapid extinction of native plant and animal species. Even the atmosphere hasn't escaped, with our climate changing due to land clearing and rising greenhouse gas levels.

Everything is interconnected. The earth's crust

with its fragile soil layer, groundwater, wetlands, vegetation and the thin band of gases that make up our atmosphere, together form a life-support system for us and all the living things that share our planet. We interfere with its balance at our peril.

As a scientist, I can describe nature in terms of ecology and the services that the environment provides. As an environmentalist, I log values and impacts and feel desolate when I see the extensive damage that we have wrought.

As a human I am nurtured by our natural world. I feel inexpressible joy at the leap of a humpback whale and can be reduced to tears by hundred-year-old trees felled

and threatened ringtail possums made homeless in the path of development. Nature supports us, feeds our souls and is entitled to exist in its own right.

As we enter a new year, I ask that each of us takes a moment to dwell on the magnificent, fragile place that we call home and on ways that we can extend a hand to protect it. The smallest acts, maybe planting some flowering shrubs for the bees or supporting your local conservation volunteers, can add up.

Margaret Mead said: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

Nominate a worthy woman for the WA Women's Hall of Fame



ALL AREAS
All Hot Water Plumbing & Gas
www.tapdoctor.com.au
CALL NOW
1300 130 827
or 9335 1552



NO CALL OUT FEE

The Australian Museum of Motion Picture and Television, Western Region Inc



CLASSICS OF THE SILVER SCREEN
2018 Film Program presents for your pleasure
Summer Holiday
starring Cliff Richard
Monday 26 February
Live organ music before the show
Admission; Members \$6 Seniors \$9 Public \$11
Grand Cygnet Cinema, Preston Street, Como
Ph 9367 1663
Doors open 9.15am Screening starts 10am

Email: waregion@ammpt.asn.au or write to The Secretary, PO Box 5147 Dalkeith WA 6009

Preserving the rich heritage of Western Australia's Moving Image Industries



THE CENTENARY of International Women's Day in 2011, was celebrated in Western Australia with the launch of the WA Women's Hall of Fame.

This annual event has become the most prestigious recognition program for women in this State, with 164 WA women acknowledged by induction to the Hall of Fame.

Last year editor Jennifer Merigan nominated *Have a Go News'* founding editor Judith Treby who was posthumously recognised for her contributions to WA on the Roll of Honour.

This is a wonderful way for a woman in your life to be honoured for her contributions to Western Australia.

Throughout our history Western Australian women have left their mark in communities through business; growing industries, leading movements, mentoring, building communities, fundraising, working in science and research, the arts, childcare and volunteering, providing positive role-models and encouragement to the young women of our future.

The WA Women's Hall of Fame provides the opportunity for women from all walks of life, from all regions in this state and from all cultural backgrounds to be recognised for their achievements and the difference they have made to the lives of other Western Australians.

ISHAR, Multicultural Women's Health Centre, proudly hosts this year's WA Women's Hall of Fame with support from Lotterywest and the Department of Local Government and Communities.

ISHAR, encourages everyone to consider nominating a woman they know. It may be their mother or another relative, a colleague, a friend, a neighbour, or simply someone they admire.

The 2018 inductees will be selected from one of the following categories: Community, Business, Health, Education, the Arts, Culture, STEM (science, technology and mathematics) and Sport. It is easy to nominate, and will take no more than 15 minutes.

Nominations for the WA Women's Hall of Fame will be accepted until 5pm on Wednesday 7 February. It's easy to complete the form, simply log on to the website www.wawomenhalloffame.com.au/nominations.htm

Nominations are also accepted by mail to the WA Women's Hall of Fame Secretariat 20 Henry Lawson Lane, East Perth WA 6004.

Abracadabra
Plumbing Gas & Hot Water

LICENCE # PL 7849 GF 9742

PENSION DISCOUNT

- **Blocked drains**
- **Hot water systems**
- **Leaking taps and cisterns**
- **Burst pipe detection & repair**
- **Gas installations & servicing**

Phone 9341 8486 or 0417 957 026
www.abcplumbing.com.au

WIN A CRUISE FOR 2!

Visit our Sterling
New Life Facebook
Page to Enter
or
Call 1300 665 890

Total Value of Prize \$5,000

- 5 night / 6 day cruise
- Return Economy Class flights ex Perth
- 1 nights' accommodation Carlton Hotel (pre-cruise & post-cruise)
- Return airport/hotel/airport transfers

STERLING NEW LIFE:

THE SMART HOUSING SOLUTION IN RETIREMENT

PROPERTIES FROM 165,000!*

Sterling New Life Benefits Include:

- ✓ No Exit Fees
- ✓ No Council Rates
- ✓ No Weekly Facility Fees
- ✓ No Water Rates
- ✓ Freedom of Lifestyle
- ✓ No Hidden Fees

ENQUIRE ABOUT A PROPERTY NEAR YOU:



MEADOW SPRINGS 30/B Broadmoor Loop

2 Bedroom, 1 Bathroom
Available from \$165,000*
Contact Andy on 0427 087 660



MANDURAH France Street Apartments

2 & 3 Bedroom, 1 & 2 Bathroom
Available from \$186,000*
Contact Andy on 0427 087 660



CRAIGIE 3/62 Revitalise Circuit

2 Bedroom, 2 Bathroom
Available from \$248,000*
Contact Mark on 0418 952 250



HEATHRIDGE 6/103 Caridean Street

3 Bedroom, 2 Bathroom
Available from \$303,500*
Contact Mark on 0418 952 250



YANCHEP 2/54 Mullins Way

3 Bedroom, 2 Bathroom
Available from \$177,000*
Contact Mark on 0418 952 250

"The best
retirement
housing
solution
I've ever
seen"

- Mitch
Johnson



Enquire today!

Call us on:

1300 665 890

www.sterlingnewlife.com.au

Sterling First Projects Pty Ltd ACN 162 801 425
(licensed real estate agent T/C 68744) trading as Sterling New Life
The information contained in this advertisement was correct as of November 2017.
*Pricing is correct at of November 2017 and subject to availability.

Latest coin reference guide cuts the grade



by Mickel Smits

THIS month I received into stock the new 28th edition of the *Renniks Australian Coin and Banknote catalogue*. First published in 1964, it is the longest standing reference for up-to-date values. It is printed in A4 format comprising more than 300 pages and retails for \$40.

An innovative addition to this latest edition is a four page guide as to how to grade the condition of coins. This often determines their market value.

There are two well-known methodologies by which one can grade a coin's condition. One is called the Adjectival Standard while the other is the Sheldon Coin Grading Scale which was developed in 1949 by an American collector, Dr William Sheldon. The two methods are executed differently and when compared could even be considered to be contradictory.

The Renniks guide endeavours to correlate the two.

Traditionally, Australian and European numismatists have used the Adjectival Standard, however the Sheldon Scale has become popular in recent years due to the international marketing of this system by independent grading services based in the USA. They have appointed agents here and overseas that charge for this service.

The Adjectival system defines a coin's grade progressively upwards from Good, to Very Good, Fine, Very Fine, Extremely Fine, Almost Uncirculated, Uncirculated, Choice Uncirculated, Gem Uncirculated and Fleur de Coin (French for Flower of the Die). They are abbreviated as G, VG, F, VF, EF, aUnc, Unc, ChUnc, Gem and FDC. However, there can be lower and higher variants of these grades whereby a coin, as an example, might be deemed to be just shy of Extremely Fine or slightly better and so they are described as Almost Extremely Fine (aEF) and Good Extremely Fine (gEF or EF+).

The Sheldon Scale allocates a number of points to the coin. The maximum score is 70 which is designated as MS70, the MS being an abbreviation for mint state. So a coin in

the ultimate condition which is adjectively described as Fleur de Coin would correspondingly be a Sheldon MS70. However, very few coins qualify for this standard and therefore most are of a lesser grade. This is where it becomes complicated. It is unfortunate that the Sheldon method also combines an adjectival abbreviation with its numerical score as a prefix, for example, F12, VF20, EF45 etc, however these adjectival prefixes are not the same as in the Adjectival system. In that system the aforementioned coins would be only VG, F and VF respectively.

A collector who uses the Sheldon system might describe a coin simply as 'extremely fine', but the same coin as seen by another collector who follows the adjectival method would be only 'very fine'.

Is there room for confusion here? There certainly is. Fortunately *Renniks* have included a table which translates the Adjectival grades to their Sheldon numerical equivalents. *Renniks* also add illustrations and explanations to assist the collector to fathom this vital element towards determining their coin's value.

For more information email – smits@westnet.com.au

Fake stamp worth more...



by Mickel Smits

IT is difficult to believe, even for the initiated collector, but a forgery of Australia's rarest, regular issue Commonwealth stamp is worth more than the genuine item.

The stamp in question is the first edition £2 Kangaroo and Map stamp issued in 1913. According to the Australian Commonwealth Specialists Catalogue, a genuine used example is valued at \$6000 whereas the forgery is catalogued at \$7500. In mint condition the values are \$12,500 and \$17,500 respectively.

So how can it be that the forgery is worth more? Well firstly, the forgery is rarer with about a dozen of the used ones known to exist and just two examples of them are mint. Secondly, and in this case importantly, the forgeries were all produced by the most renowned stamp forger of all time, Jean de Sperati.

The international philatelic elite consider him a genius because he fooled most of them for decades. As a result many of his 550+ different forgeries covering about 100 countries have become highly collectable and prized. Such can sometimes be the way in collecting.

To forge the £2 Kangaroo stamp convincingly, Sperati adopted an ingenious method, which he also applied to many of his other cunningly deceptive forgeries.


In 1913 the Australian post office issued a series of 15 different kangaroo and map stamps ranging in face value from a halfpenny to £2. The lower face-value stamps were printed in the millions with the numbers diminishing significantly as the denominations rose. The 10/-, £1 and £2 stamps were of limited use at the time. Sperati acquired examples of the common, low denomination stamps from the series with which he proceeded to fade out the designs by bleaching them, yet he cleverly managed to retain the postmarks. He then printed his forged design upon the blank stamp using photo-lithography. The finished item therefore exhibited the correct characteristics of paper type, watermark and perforations along with a contemporary postmark. Other forgers generally created theirs from scratch and hence were detectable on scrutinising these characteristics.

In 1954, following 20 years of procrastination for fear of the effect this might create in the marketplace, the British Philatelic Association succeeded in convincing Sperati to sell to them, for a princely sum, his dies, proofs and remaining forgery stock. Aged 70, with failing eyesight and apparently wishing to prevent some undeserving imitator acquiring his tools and techniques, he agreed to sell.

They couldn't beat him, so they bought him out. He died three years later.

The Association then exhibited his equipment and published reference books enabling collectors to study their minute design idiosyncrasies and thereby identify his forgeries.

For more information email – smits@westnet.com.au



E-edition delivered into your inbox

Enjoy the digital paper in a new page turning format. Perfect for phones, tablets and ipads.

Have the 'E' edition of *Have a Go News* delivered directly to your inbox each month.
*Be the first to read the news and enter our competitions.

To register, please email readers@haveagonews.com.au

*Conditions apply. May also include offers and promotions throughout the month.



escorted ESCAPES[®]

REGISTER FOR A FREE EVENT NEAR YOU

Exclusive deals available on the day

You're invited to attend a FREE and informative session to discover the myriad of amazing travel experiences Escape Travel and Escorted Escapes have in store for you.

- Fully escorted touring from Australia
- Small group touring (max 20 people)
- NO HIDDEN FEES - Airfares / transfers / taxes / visas / tipping included
- Unique itineraries
- Meal inclusions
- Local tour leaders and specialist guides

Whether you are wanting to travel to Africa, South America, Asia, or the Northern Lights, we have it all covered.

SESSION TIMES:
10:00am Africa
11:30am The Americas
1:00pm Iceland, Scandinavia, and the Northern Lights
2:30pm Asia

DATES & VENUES:
Mandurah – Tuesday 30 January, Catch 22 Tapas & Cocktail Lounge
Fremantle – Wednesday 31 January, Esplanade Hotel
Joondalup – Thursday 1 February, Joondalup Resort

Hurry, seats are limited!
REGISTER ONLINE: www.escapetravel.com.au/store-events
or call today - 135 381



EscapeTravel[™]

CALL **135 381**
escapetravel.com.au



FORD MUSTANG

GARAGE CUCKOO CLOCK

**Not Sold
In Stores!**



It's time to rev up your day with the exclusive "Ford Mustang Garage" Cuckoo Clock only from The Bradford Exchange! This limited-edition, quartz-accurate timepiece is customised from top to bottom with authentic details inspired by the breakthrough 1964 1/2 Pony car. Widespread demand is expected, so act now to acquire yours in five instalments of \$59.99 or \$299.95, plus \$19.99 postage and handling, backed by our 365-day money-back guarantee. Reply today, but send no money now. Simply complete and return the coupon or go online today at www.bradford.com.au/ford

Shown smaller than actual size of 23cm H x 18cm W x 17cm D, excluding hanging pendulum and weights

For quickest delivery, order online:
www.bradford.com.au/ford
Quoting promotion code: **96268**

Requires 3 "AAA" batteries and 1 "AA" battery, not included. Sound may be turned off.

Ford Motor Company Trademarks and Trade Dress used under license to The Bradford Exchange. www.FordMotorCompany.com

An original design inspired by vintage petrol stations where attendants were happy to shine up a beauty like the Mustang!



At the top of each hour the 1964 1/2 pulls out of the garage with engine revving



Metal pendulum with authentic Mustang logo and chains with hanging piston weights

01-17914-001
©2018 The Bradford Exchange Ltd. A.B.N. 13 003 159 617

PAY NOTHING NOW

THE BRADFORD EXCHANGE

Please Respond 12th February 2018

YES! Please reserve the "Ford Mustang Garage" Cuckoo Clock for me as described in this advertisement. I understand I need pay nothing now.

Mr/Mrs/Miss/Ms _____ First Name: _____

Surname: _____

Address: _____

Postcode: _____

Phone: _____

Email: _____

Signature: _____

1. ONLINE at www.bradford.com.au/ford
quoting promotion code: **96268**

2. MAIL no stamp required, to: The Bradford Exchange,
Reply Paid 86369 Parramatta NSW 2124

3. PHONE: Toll-Free 1300 725 103 8am-5pm Mon – Fri

Please allow up to 10 business days for delivery. All sales subject to product availability and reservation acceptance. Credit criteria may apply. Our privacy policy is available online at www.bradford.com.au. You must be over 18 years old to apply. From time to time, we may allow carefully screened companies to contact you. If you would prefer not to receive such offers, please tick this box. ☐

TV Talk - let's talk about local television for Western Australia



by Lee Tate

I'D LOVE to see a regular, dedicated West Aussie program on prime-time TV. A full-scale weekly program with West Australians talking Western Australia.

Yes, we have a few state-related programs (travel, fishing) plus Seven's *Today Tonight*. And there's community station, West TV on channel 44 but with coverage only of Perth.

Where on prime TV can West Aussies express

their views, hear from and watch local entertainers and see debates among WA community leaders and characters?

I'm thinking part-serious but with plenty of home-grown entertainment, useful information, colour and fun.

Parochial? Certainly! Such a program would genuinely reflect WA's unique character and flavour. Visitors from abroad, interstate or Mars could gain an understanding of who we are and what we have to offer by switching on the box.

There's so much diversity on TV. We watch what people are doing in Mongolia and Iceland and, of course, in the eastern states.

But what do we even know of our own people? Our own leaders and

characters. What openings do we have for our own entertainers?

Complicated issues including politics and business could be explained simply and local issues debated. We could see the many now-faceless community leaders such as mayors and councillors and learn about their areas and their views.

Budding entertainers could show us what they have, get some media exposure and perhaps attract some local opportunities before they follow the well-worn road east.

Perhaps it requires more than one program: one for local issues, debates and interesting information and one showcasing our entertainers, past and present.

Why couldn't we have a talent blend: a budding

young singer, an inventor, a zoo keeper, a radio producer or presenter, a university expert, a north-west miner, a scientist, an indigenous elder and an athlete?

We journalists know there's endless WA talent, characters and world-class achievers coming out of the woodwork but often the first we know of it is when they make their marks abroad or interstate.

The program would have to be classy and choosy about its talent – good enough to be shown anywhere.

It might lead to a State-of-Origin TV series. We could all watch each other's State-based programs in friendly rivalry.

Importantly, a West Aussie TV show should accurately reflect Western Australia – not an

American or British copycat – with guests and hosts carefully chosen; a rotating panel of hosts or presenters; a program of surprises.

Western Australia's features are its climate, its beaches, its south-west, its north, its deserts, its national parks, its animals and plants, its mining, its food, its gold, its diamonds, its iron ore and gas, its farming, its entertainers and its sport (there's always sport).

Most of all, it is people. Let's meet the people, hear from them, find out what drives them, what they do, what makes them laugh, what they provide to the state, what they love, what they hate.

What are WA councils across the state up to, where do our professional fishermen go,

what's happening to our seal population, who works on Garden Island, what are school students doing?

Snake handlers, sail-makers, drug-testers, private detectives, parking inspectors, dam-builders and Aboriginal kids who fly to school

in Perth from the north-west each term – all have stories to tell.

Our parochial program could interview visitors. We are still interested in outsiders. We're not that parochial.

What do you think? Email leetate@live.com.au.

Community NOTEBOOK

- HARBOUR SUNDAYS**
28 January – 25 February, Sundays from 5pm
Maritime Museum Balcony Fremantle
Live local music and DJs.
Free entry
- ARALUEN'S CHILLI AND AVOCADO FESTIVAL**
3 - 4 February 10 am-5pm
Araluen Botanic Park, Roleystone.
Family entertainment, local produce and an opportunity to purchase Araluen tulip bulbs.
Ph 9234 2200
- CITY OF VINCENT**
6006 in the park.
Sunday 28 January 4pm-9pm
Food stalls, bouncy castle, baby animal farm pop up bar and good music.
Woodville Reserve, North Perth.
Free event.
- ONE DAY IN FREMANTLE**
Esplanade Reserve 28 January from 2pm.
A celebration of Australia's diversity for everyone.
This is a free family event, bring a picnic and enjoy the kid's activities
- AUSTRALIA DAY CELEBRATIONS**
CITY OF CAMBRIDGE
Perry Lakes Reserve
26 January 8.30am-12.30pm
Entertainment provided on the day plus a free breakfast generously provided by Lions Club of Floreat.
- CITY OF ARMADALE**
Evening of festivities and fireworks from 5pm-9.30pm
Free family event, food stalls and plenty of activities for all ages Minnawarra Park.
Ph 9394 5000
- CITY OF MANDURAH**
Friday 26 January 7am-11.30am
Head to the foreshore, enjoy a \$6 cooked Aussie breakfast thanks to the Lions Club of Mandurah.
Live music thanks to the Mandurah Concert Band.
Alcohol and smoke free event. No pets.
- CITY OF SOUTH PERTH**
Morning ceremony 8am-9.30am.
Sir James Mitchell Park, Flag Pole.
Rotary barbecue breakfast \$5 from 9.30am-10.30am
Coode St South Perth
- CITY OF COCKBURN**
Coogee Beach Reserve
26 January 8am to midday
Family fun day, free sausage sizzle, sandcastle workshop and more
Ph 9411 3444
- CITY OF ALBANY**
26 January 12pm-8pm
Middleton Beach
Come down and enjoy a day of food, fun and nonstop entertainment.
- ESPERANCE**
Australia Day Adventure Land Park Rotary Shire Day
26 January 8am-1pm, The Esplanade
All welcome. Local artists, bric-a-brac, jewellery stalls plus other attractions.
Ph 9071 1430
- SHIRE OF TOODYAY**
26 January 7.30am-10am
Celebrate Australia Day with a free barbecue breakfast to be followed by the Australian Citizenship Ceremony and Community Citizen of the Year awards.
Live music and family entertainment.
- CITY OF BUNBURY**
Skyfest Australia Day Celebrations.
Bicentennial Square and Graham Bricknell Music Shell, Blair Street Bunbury
An amazing day of activities culminating in the biggest fireworks show in WA outside of Perth. From the traditional Aussie breakfast at 6.30am to the fireworks from 8.30pm.

Treating you like the first family we've ever served is what makes our service second to none.



It never escapes us that each family is unique.
That's why we care for each family we serve as if it were our first - first to experience our understanding our caring and most of all our personalised service. It's the least we can do to show you that in our eyes your family's care is second to none.

Call us on 1300 554 300 all hours



Hetherington
Funerals

Our family caring for your family



classes AND courses

ADVERTISING FEATURE

From ballet to ballroom - Ron Barker made his mark on the Perth dance scene



Roberta Scudder and Ron Barker

by Adam Penn

RON Barker is a well known name on the Perth dance scene, making his mark down the years in a life of triumph and tragedy. Born in Adelaide in September 1936 he moved to Perth with his parents at aged 10. At 19, while on national service he realised he had no dance skills for an end-of-year ball. So he took up lessons with a friend, at Scudders in Northbridge and Gilkisons in Perth. It wasn't long before Ron decided

he 'liked this caper'. When his national service ended, Ron continued his dancing, choosing Scudders and attending medal classes on Saturday afternoons. Beryl Cox, eventually to become his mentor, offered Ron complimentary private lessons so he could catch up with the rest of the class. Ron was encouraged to dance competitively. In 1957 he partnered a fellow student, in a beginners' competition at the Midland Town Hall, dancing the gypsy tap and the merrilyn. He

hated every moment of it and decided to end his competitive dancing career. But he was asked to partner another fellow student lone Hicks, in her gold ballroom medal. A lot of work followed with Ron frantically trying to learn the routines. Regaining some confidence from his more than adequate performance, Ron re-embarked upon his competitive dancing, winning the amateur new vogue State titles in 1964 and 1965. In 1965, Ron turned professional and started dancing cabaret with Roberta Scudder. The same year, well known WA choreographer Norma Atkinson asked Bob Scudder to find four men to partner her dancers in a pas de deux ballet routine at His Majesty's Theatre. As one of the partners, Ron found himself being instructed in classical ballet by Norma and in lift work by Ron Pashley. He learnt skills in ballet, jazz and tap dancing, while continuing to work with Roberta for competitive cabaret and new vogue events. In 1966 and 1967 Ron and Roberta won the WA Professional Exhibition titles competing against Alwyn Dedman and oth-

ers. In 1967 he went to Melbourne to watch the World Championships and take lessons from Jack and Edna McPherson, who completely changed his approach towards dancing. In 1968 Ron and Roberta were appointed the WA representatives to the Australasian Professional New Vogue championships, making up a team with Derek and Pam Gatley, the WA professional ballroom representatives. Ron and Roberta took the Australasian cabaret title. Ron later had a new partner Margaret Loftus (née Felton), and the pair won the South Pacific and Australasian titles in the new vogue and cabaret fields and every WA title in both categories. Ron then partnered Robyn Grant, and the pair won numerous state and national titles in new vogue and cabaret. In Queensland they won the 1971 South Pacific championships and Brisbane Star titles. They won both titles at the Australasians in Sydney. Ron then retired from competition at the national level. Ron started dancing standard and new vogue at state level with Leslie Norris while training for his members' ballroom

under Derek Gatley. He moved to Geraldton with his job and recalled enjoying his time teaching with Doreen Dawson who asked him to choreograph two pieces and dance the role of Prince Charming in Cinderella. In Perth, he danced with the Perth City Ballet in the role of Woolfred in Giselle. In 1974 Ron and Roberta took over the dance school from Bob Scudder, but a year later Alan Bond bought the building. After renting floor space from Winnie Wright in Piccadilly Arcade for a few months, they moved their school to Queen Street, Perth and later to Irwin Street. In 1976 Ron opened the Ron Barker School of Dancing at the Mount Lawley Tennis Club, the Mount Lawley Protestant Hall in Beaufort Street and his home base studio at St Alban's Church Hall in Highgate. After eight years, Ron again moved his school to the Blind Association building in Maylands where he remained until 2004. Ron married Catherine Henderson in 1991 and became the proud father of a daughter, Emily who became accomplished in music, voice and acting while sharing her parents

love of dance. Tragically, Catherine was killed in a car crash in 2004, in which Emily was critically injured. From then on Ron took on sole responsibility for his daughter's care. For more than 30 years Ron held the office of registration officer for the WA branch of the Australian Dancing Board of Control and continued in this role with Dancesport WA. For a time, he worked for both organ-

isations in this capacity. In the early 2000s Ron was officially recognised for his contributions to dance in Australia by Dancesport Australia. He passed away in July 2014 after a life dedicated to dance. If anyone in the Perth dance scene has historic photos and information for Adam Penn's ongoing dance series, please contact Adam at tophat97@optusnet.com.au or on mobile 0412 361 917.

Boogie Beats

Experience the fun of Boogie Beats, a specialised dance program for over 50's!

Easy-to-learn dance steps | Great music
Low physical impact | Lots of fun
Cost is only \$8 per class!

MONDAYS 9:30am - 10:30am
WEDNESDAYS 9:30am - 10:30am
FRIDAYS 10:30am - 11:30am

at WA Stage School - Unit 6/2 Mulgool Rd, Malaga

Enrolment and more information:
Ph: 9249 8558 | Email: reception@wastageschool.com.au

WA STAGE SCHOOL

Classes start 29/01/2018

So... you thought you couldn't draw



THE word's out! You can draw. All that's needed is some practical information about the brain and some fun drawing exercises. These will allow you to break out of what you can now do and re-connect with the creativity that you

didn't even know you had. Jan Cross, founder of the Extraordinary Mind Project, said a primary job of your brain is to very efficiently have you repeat what you already know exactly as you already know it. Which is good, otherwise you would have to re-learn how to walk and talk each morning! However, it also means that if you are a stick man level drawer, for example, your brain will maintain you doing stick man drawing... perfectly. Until you find out how to intercept your stick man style drawing patterns. Then you will find yourself seeing and approaching many things afresh, much as you did as a child, before you had many answers. It works for everyone and many

participants report unexpected benefits; better concentration at work, deep relaxation, more peace, more confidence, on-going excitement. One participant, Kerry Nunn, found her depression disappeared and the classes have helped her write a book since recommended by Curtin University. "The project is not just about drawing; drawing just helps you see the results more quickly," she says. Free workshops on the Project's techniques are being held on 24 and 29 January and 1, 3 and 6 February in Murdoch and Mt Lawley. Call 0488 755 088 for details or visit calendar at www.extraordinarymind.com.au.

Do you have HIDDEN CREATIVITY?

Do you have a feeling that there's more to you? Or maybe you're tired of that 'stuck' feeling, of being at a standstill in some area.

Chances are the way your brain is currently wired is holding your creativity (and you) prisoner.

Want to break free and let your HIDDEN talents show? Join us for 2.5 hours to find the key to unlock creativity you always secretly hoped you had - but somehow have never been able to access. Startlingly improved drawing skills are just the beginning!



- ✓ Surprise yourself often with fresh perceptions and insights, new skills
- ✓ Notice creativity flow into many areas of your life
- ✓ Awaken an amazing sense of many new possibilities for you

"Breakthrough method!! Unbelievable results. Changes your thinking" ~ Sonja Kay

"I am amazed at the rate of growth over such a short time" ~ Mark Davies

3,500+ Perth people have found the key ... now it's your turn!

Come to a fun, FREE Introductory Workshop

Wed 24 Jan 7pm Murdoch
Mon 29 Jan 7pm Mt Lawley
Thu 1 Feb 7pm Murdoch
Sat 3 Feb 10am Murdoch
Tue 6 Feb 7pm Mt Lawley
Courses begin 10 & 13 Feb

BOOK NOW HERE to secure your place:
extraordinarymind.com.au
Jan Cross: 0488 755 088
jan@extraordinarymind.com.au

LEARN TO Dance!

Classes range from beginners to intermediate. No partners required. Adult evening classes Monday to Friday weekly

BALLROOM | LATIN | SALSA | CERO
ROCK 'N' ROLL | JIVE/SWING | SEQUENCE
WEST COAST SWING

DAY CLASSES
11AM Beginner Ballroom
12.10PM Beginner & Intermediate Latin
1.20PM Intermediate Ballroom
2.30PM New Vogue Sequence

ZUMBA \$10
THURSDAY 7PM BEGINNERS WELCOME
Medium, intensity class/High & Low options
Go at your own pace.

SOCIAL DANCE FRIDAY 2 FEBRUARY
8PM Entry \$10 BYO drinks DJ music
Floor shows and general dancing.

SOCIAL DANCE FRIDAY 23 FEBRUARY MASQUERADE THEME
8PM Entry \$10 BYO drinks
Floor shows and general dancing.

KIDS' CLASSES MONDAY & TUESDAY 4.45PM TO 5.45PM
KIDS' HIP HOP - THURSDAY 4.30PM TO 5.30PM

PRIVATE LESSONS AND WEDDING DANCE AVAILABLE

FREE TRIAL LESSON
With this Ad - Terms & Conditions apply

Jus Dance

For more information call Jenny on 0413 430 721 | Visit www.jusdance.com.au
1984 Albany Hwy enter off Burwash Place, Maddington

classes AND courses

ADVERTISING FEATURE



To participate in our exclusive Active Ageing Liftout, to be appear in the March 2018 edition, call **Have a Go News** on 9227 8283.

Have a Go NEWS



FREE exercise program for women who have had breast cancer

What is YWCS? To assist women in their recovery from breast cancer, YWCA Encore combines land and pool exercises to improve mobility, strength, general fitness and self confidence. Guest speakers around health and well-being are also part of the program which takes place in a relaxed, positive and fun environment.

Who can take part? Women who have had breast surgery at any time in their lives are invited to enrol in this program.

What does it involve? The program runs for 2 hours a week over 8 weeks. Land based and hydrotherapy pool exercises are tailored to each individual, accommodating all fitness levels.

Attendance is by enrolment only and to participate medical clearance is required.

Helping to restore mobility, flexibility and confidence through exercise

To enrol or for more information call 9440 3501 or email programs@ywcaperth.com.au
Funded by the WA Department of Health

Movement techniques keep you active and mobile



by Jenny Price, Feldenkrais practitioner

A FELDENKRAIS Method® Awareness Through Movement® (ATM), class practitioner guides you through a planned sequence of movement explorations.

You will be encouraged to pay close attention to the sensations of each movement and to practice the movements very gently and slowly, ensuring that you feel safe and comfortable throughout.

As you attend to im-

proving the quality of movement, unnecessary muscular tensions throughout the body are reorganised and released.

Students are often amazed at the clear changes that occur through the neuromuscular re-patterning that happens in a lesson.

"Each time I am amazed that such tiny movements make such big changes," said Yvonne who was attending one of my Awareness Through Movement (ATM) lessons.

At the final class for December 2017, all the participants were lying on their backs on their mats, sensing and feeling for any differences they could notice now, at that end of the lesson, which they didn't notice when they first laid down on their back and felt the contact their body made with the floor.

I'd like to introduce people to some of my class. There's Joan (aged 80) and Marg (aged 79) who have been attending an ATM class for 30 years and 20 years respectively. Yvonne and Rita are in their 60s and have been coming to ATM classes for about 15 years.

When I asked them why they attend the ATM class they all had similar responses – the lessons keep them mobile and active and help them

with their everyday activities.

Diana is our youngest and most recent member. She has been coming to class for nearly two years.

She has given me permission to share why she loves coming.

"The classes themselves aren't just a movement class for me, they are almost meditative so that when I come out of them, I am very relaxed, and my body feels like it's just had a great massage," she said.

"It has had a very large positive effect on my systematic inflammatory arthritis – not only helping lessen the overall inflammation and pain but, also, when inflammation does affect different parts of the body, I am able to use Feldenkrais to work out ways to better move those parts,

resulting in experiencing reduced pain and increased movement.

"Further, it has greatly helped reduce the intensity of my migraines. Since taking Feldenkrais lessons, I am better aware of different parts of my body that are feeling tense. Using Feldenkrais techniques I have learnt, I am able to lessen the tension in those areas, when I feel a migraine coming on or am experiencing one, which results in a lessening of the severity of the migraines," said Diana.

Awareness Through Movement classes are held throughout the metropolitan area and in some country areas.

For information about ATM classes email wa.div@feldenkrais.org.au visit www.feldenkrais.org.au or phone 1800 001 550 or 0448 446 253.

A healthy start to the new year

WHAT better way to start the year than with a change to your daily routine which is sure to improve your mental, physical and spiritual health.

Taoist Tai Chi™ classes offer a method steeped in the tradition of an ancient wisdom and provide a way to develop a body that is strong, yet supple, balanced and energetic; a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient.

The Taoist Tai Chi Society, an international vol-



unteer-run, charitable organisation was founded almost 50 years ago by a Taoist monk, Master Moy Lin-shin, and teaches this ancient art to more than 40,000 members in 26 countries around the world.

The instructors are accredited volunteers with a commitment to ongoing training led by advanced instructors. So, people can learn Taoist Tai Chi™, using a tried and tested teaching method, and begin to get the benefits quickly and effectively.

"My physical, mental and emotional health have improved immensely. And it's always incredibly enjoyable", says Sally, a member who has embraced Taoist Tai Chi™ as part of her daily life. "My only regret is that I didn't begin learning much sooner".

Cultivating mind, body and spirit is easier than ever right now. Join any beginner class in February, at any of the locations around Perth and all the classes in February and March are free.

Come to one of their Open Houses around the metro area and sample a little of what Taoist Tai Chi™ classes can do for you. What are you waiting for?



greenwood yoga academy

FLEXIBILITY • STRENGTH • VITALITY • SERENITY



New classes commencing 15 January
Yoga for everyone of all ages!

Learn how to feel good, develop awareness and understanding of self as you practice.

Book now! Phone: 93423355

www.greenwood-yogaacademy.com.au

The Feldenkrais Method® The Best Move You Can Make
Feldenkrais Method group classes are known as Awareness Through Movement® (ATM) classes. In an ATM class, a practitioner will guide you through a planned sequence of movement explorations. You will be encouraged to pay close attention to the sensations of each movement and to practice the movements very gently and slowly, ensuring that you feel safe and comfortable throughout.

Awareness Through Movement Classes - Metropolitan area

• Attadale	Kim	9337 1486
• Bullcreek	Michele	0402 957 350
• Carlisle	Mini	0401 746 436
• Claremont	Sean	0417 849 425
• Darlington	Tanja	0416 281 529
• Duncraig	Sandy	0407 221 729
• Fremantle	Molly	0400 366 559
• Glen Forrest	Annemarie	0439 585 782
• Greenwood	Sandy	0407 221 729
• Hilton	Catherine	0410 762 049
• Joondanna	Sandy	0422 120 254
• Kalamunda	Tanja	0416 281 529
• Leederville	Bronwyn	9444 3401
• Maylands	Judith	0422 177 971
• Mt Claremont	Vanessa	0416 101 854
• Nedlands	Vanessa	0416 101 854
• North Beach	Linda	0418 456 404
• North Perth	Alison	0405 972 211
• North Perth	Jodie	0405 972 211
• North Perth	Molly	0400 366 559
• Perth City	Yvonne	0434 957 064
• Riverton	Yvonne	0434 957 064
• Roleystone	Leonie	9397 5675
• Scarborough	Bronwyn	9444 3401
• Shenton Park	Sara	0415 363 313
• Shenton Park	Sue	0407 717 056
• Subiaco	Sarah	0418 606 683
• Thornlie	Shirley	9459 0887
• Wembley	Jenny	0439 881 300
• Willetton	Jenny	9457 0513

Awareness Through Movement Classes - Country areas

• Busselton, Lorraine 0428 108 589	• Hyden, Bernadette 9880 7015
• Manjimup, Nina 9776 7214	• Margaret River, Eleanor 0421 420 632
• Newdegate, Barb 0427 747 060	• Northcliffe, Nina 9776 7214
• Northam, Wendy 0447 025 557	

Australian Feldenkrais Guild - WA Division wa.div@feldenkrais.org.au
www.feldenkrais.org.au Phone 1800 001 550 or 0448 446 253

Make a healthy start to 2018

Try Tai Chi & Feel Great!

Improve energy, health, posture, balance & coordination.

Reduce stress, joint pain, back pain.

Special Offer

FREE Tai Chi Classes for FEB & MAR 2018

Join our Beginner Class

Come to any Taoist Tai Chi™ class in the Perth metro area in February and get the first two months free!

This free membership offer includes access to unlimited classes at any of our metro locations.

It is easier than ever to make a healthy start to the new year.



www.taoist.org.au

CALL 9371 7033 or 1800 108 801
EMAIL perth.au@taoist.org

Taoist Tai Chi Society of Australia Inc
A VOLUNTEER, NON-PROFIT & CHARITABLE ORGANISATION

OPEN HOUSE – Try Tai Chi

- Free event before classes start.
- See demos of tai chi & have-a-go.
- Everyone is welcome, come along for a cup of Chinese tea & nibbles.

Tues 23rd JAN

9.30 to 11.30am
BECKENHAM: Mills Park Centre, 86 Brixton St.

Thurs 25th JAN

9.30 to 11.30am
PADBURY: The Fleur Fraeme Pavilion, 11 Macdonald Ave.

6.30 to 8.00pm
ROCKINGHAM: Gary Holland Community Centre, Kent St.

Sat 27th JAN

9.30 to 11.30am
CURRAMBINE: Currumbine Community Centre, 64 Delamere Ave.

9.30 to 11.00am
SHOALWATER: McLarty Hall, McLarty Rd.

9.30 to 11.00am
SUBIACO: The Palms, Cnr Rokeby & Nicholson Rds.

10.00am to 12.00noon
BAYSWATER: 52 Railway Pde.

2.00 to 4.00pm
GOSNELLS: The Lyl Richardson Hall, Agonis Centre, Albany Hwy.

Sun 28th JAN

3.00 to 5.00pm
FREMANTLE: East Fremantle Lawn Tennis Club, Jerrard Drv.

3.30 to 5.30pm
FORRESTFIELD: Forrestfield Hall, Cnr Hale & Anderson Rds.

Mon 29th JAN

6.30 to 8.00pm
BALDIVIS: Mary Davies Library & Community Centre, 17 Settlers Ave.

Sat 3rd FEB

9.00 to 11.00am
NORTH BEACH: Stirling Community Centre, Charles Riley Reserve, 7A Kitchener St.



travelling

let's go travelling

JANUARY 2018

Fervor's Chef Paul Iskov • Housesitting abroad • Twilight sailing onboard the Duyfken

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



To celebrate the New Year Scoot is giving a lucky reader the chance to win a trip to Singapore for two people. See page 22 inside for details on how to win.



The Best of
**Australia's
Great Rail
Experiences
with Villa**

FreeCall **1800 066 272**
Visit **www.villa.com.au**

let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian



HAPPY New Year – I'm excited to kick off this year with readers having the opportunity to win a trip to Singapore thanks to Scoot and AccorHotels. The competition will be open until 28 February, so don't delay and get your entries in. See page 22 for details.

★★★★

This time last year we were preparing to visit Antarctica on the special Australia Day flight. This chartered flight occurs every two years and we are making plans to offer this to readers again for 2019. We will have details in the next issue about prices and bookings. It was an amazing opportunity to see and learn about Antarctica and was one of the most outstanding travel experiences I have had the opportunity to partake in.

★★★★
There's a lot going on in Perth and WA over the next few months. An exciting addition to the city will be the opening of Yagan Square which will link the city with Northbridge. Most of the food and beverage outlets are finalised and will be serving a wide range of cuisines. This is a great step forward for Perth and after years of works I am sure everyone will be happy to see it completed and enjoy the new addition to our city.

★★★★

There are a range of terrific events happening down south with Bridgetown celebrating its 150th anniversary with a special concert. Readers have the opportunity to win some double passes to attend this on page 25.

★★★★

Taste Great Southern will be held from 8 – 25 March with a plethora of events on offer in the region. Read more about this in this section and see my interview with local chef Paul Iskov who offers a unique pop up dining experience utilis-

ing bush food.

★★★★

The Perth Holiday and Cruise Expo has changed dates this year and will be held at Crown Perth Grand Ballroom on Saturday 17 and Sunday 18 March. This long running expo provides people with an opportunity to plan, book and explore under one roof. The expo has been running since 1997 and remains the only independent travel expo in WA.

★★★★

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

Our new website has lots of great travel information – take a moment to visit it at www.haveagoneews.com.au
Happy trails

Jennifer Merigan
jen@haveagoneews.com.au
Travel Editor



Rail, cruise and coach in one trip



Left to right; The TranzAlpine rail on Waimakariri Bridge - Enjoy Milford Sound onboard the Milford Mariner

NEW Zealand is a destination rich with natural beauty. A place where you can see fiords carved by glaciers, experience authentic Maori culture and witness slumbering volcanoes. Take in this unique beauty from the spectacular viewpoints of rail, cruise and coach.

Whether you are marvelling at the spectacular glaciers or picturesque fiords or simply relaxing, New Zealand is magical by coach. Relax in armchair comfort as you travel through each region, feeling secure in the hands of a professional coach captain whose reliable knowledge includes numerous facts and figures, stories, legends and many laughs along the way. Unwind and really experience Middle-Earth knowing the hassle of overlooking hidden locations or taking a wrong turn is removed.

Grand Pacific Tours and Kings Tours and Travel present the 20-day rail, cruise and coach holiday

which allows you to experience the 'land of the long white cloud' in absolute luxury, while you are escorted by tour guide and coach captain. Visit all the best of attractions of North and South Islands, including three spectacular rail journeys and five scenic cruises.

Experience the TranzAlpine rail journey as a highlight of your tour, renowned as one of the great train journeys of the world. The train features huge panoramic windows and roof skylights, allowing the best view of the scenery, while the comfortable seats have plenty of legroom.

Depart Christchurch and travel through the patchwork farmlands of the Canterbury Plains, follow the Waimakariri River, climbing into alpine scenery on a series of spectacular viaducts, river valleys and spectacular gorges as you ascend to Arthur's Pass located in the centre of the Southern Alps. An expedition on the TranzAlpine is truly unforgettable.

Another key highlight of your holiday is an overnight cruise on the *Milford Mariner* on Milford Sound. The cruise style is relaxed, allowing 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 dolphin and penguins.

The *Milford Mariner* then anchors in a sheltered cove, where you can join the nature guide and explore in the vessel's tender craft (small boat) and kayaks. Or, if you prefer, you can simply relax on deck and soak in the beauty of this amazing place. Spend the night on board the *Milford Mariner* and wake up in one of the most beautiful places on earth.

There is no better way to visit New Zealand.

View the full itinerary for the 20-day rail, cruise and coach tour on page 26 and 27 or call Kings Tours and Travel on 1800 677 760 for more information.

SENIORS BREAKS

4 Day 3 Night Albany Getaway

Three Chimneys Bed & Breakfast
Price includes full cooked breakfast daily

\$277.50pp
twin share

\$480
solo traveller

Best Western Motel & Apartments Albany

\$199.50pp
twin share

\$399
solo traveller

Why not add an Albany History & Highlights tour from \$89 per person?
Highlights includes Mt Clarence, entry to the National ANZAC centre, Middleton Beach and the Brig Amity.

busy blue bus
TOURS • CHARTERS

*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 2017/18 with great deals for Busselton, Esperance, Albany, Kalbarri, Kalgoorlie and Pemberton.

Western Australian Visitor Centre
55 William Street, Perth

FREECALL 1800 812 808

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

The Great Value Tours to Asia and Beyond

SALE ON NOW

2018

Toll Free: 1300 842 688
E: sales@mwttours.com.au
W: www.mwttours.com.au
f MW Tours
m mwttoursaustralia

16 Days Vietnam and Cambodia Delight	20 Days Japan, Korea, Taiwan Triple Indulgence
<p>Hanoi, Halong Bay, Hoian, Ho Chi Minh City Saigon, Cu Chi Tunnels, Phnom Peh&Siem Reap</p> <p style="text-align: right; background-color: #003366; color: white; padding: 2px;">Fully inclusive From \$4,295</p>	<p>Taipei, Kaohsiung, Kenting, Seoul, Gwangju, Sun Moon Lake, Busan, Andong, Mt.Sorak, Tokyo, Kyoto&Osaka</p> <p style="text-align: right; background-color: #003366; color: white; padding: 2px;">Fully inclusive From \$6,995</p>
15 Days The Best of Vietnam	15 Days Japan Cherry Blossom & Garden 2018
<p>Hochiminh City, Saigon, Mekong Delta, Hanoi, Cu Chi Tunnels, Dalat, Nha Trang, Danang & Hoi An</p> <p style="text-align: right; background-color: #003366; color: white; padding: 2px;">Fully inclusive From \$3,885</p>	<p>Tokyo, Hakone, Mt.Fuji, Takayama, Kanazawa, Kyoto, Nara, Hiroshima, Miyajima,Kobe, Osaka</p> <p style="text-align: right; background-color: #003366; color: white; padding: 2px;">Fully inclusive From \$7,480</p>
16 Days Mighty Yangtze & Hong Kong	14 Days Colourful Holi Festival
<p>Shanghai, Nanjing, Wuhan, Fengdu, Chongqing, Victoria Cruise on Three Gorges & Hong Kong</p> <p style="text-align: right; background-color: #003366; color: white; padding: 2px;">Fully inclusive From \$4,885</p>	<p>Delhi, Agra, Bharatpur, Ranthambore, Jaipur, Jodhpur,Udaipur</p> <p style="text-align: right; background-color: #003366; color: white; padding: 2px;">Fully inclusive From \$5,295</p>
15 Days Natural Wonders of China	16 Days Glittering India Diwali & Camel Fair
<p>Zhangjiajie, Tian Men Mt, Yichang, Yangtze River Cruise, Chongqing, Jiuzhaigou & Chengdu</p> <p style="text-align: right; background-color: #003366; color: white; padding: 2px;">Fully inclusive From \$4,885</p>	<p>Kolkata, Varanasi, Agra, Fatehpur Sikri ,Jaipur, Pushkar & Delhi</p> <p style="text-align: right; background-color: #003366; color: white; padding: 2px;">Fully inclusive From \$5,485</p>

inclusion: All flights with taxes and fuel surcharge, meals, 4-5* hotels, sightseeing& transfers, English speaking Tour Guide, tipping for most of tours. * Travel insurance, visa are excluded

<p>RAIL SAIL QUEEN ELIZABETH</p> <p style="text-align: right; color: red;">13 NIGHTS DEPARTURE 13 FEBRUARY 2019</p> <ul style="list-style-type: none"> Flight Perth to Adelaide 2 x night Adelaide Grosvenor or similar 4 x night cruise on Queen Eliz Adelaide to Melbourne 1 x night Melbourne Quality Hotel Batman's Hill on Collins or similar Melbourne to Sydney 1st class rail 2 x night Syd Mecure Sydney or similar One way Gold class journey on the Indian Pacific Sydney to Perth <p>INSIDE CABIN \$4563 pp t/share OUTSIDE CABIN \$4753 pp t/share SINGLE from \$6007</p>	<p>SOUTH COAST EXPLORER EX PERTH</p> <p style="text-align: right; color: red;">10 NIGHTS DEPARTURE 13 MARCH 2018</p> <p style="font-size: small;">Fly to Melbourne - premium airline • 2 nts in Melbourne - accom in Quality Hotel Batman's Hill on Collins or similar • Tramcar 3-course dinner • depart Melbourne on Golden Princess • 2 nts Golden Princess • 2 nts accom in Adelaide at Mercure or similar • Adelaide City Highlights half day tour • 2-day food, wine and natural wonders of Kangaroo Island • 2 nts in Adelaide at Mercure • Barossa Food & Wine Experience tour • depart Adelaide for Perth on Indian Pacific (gold service)</p> <p>INSIDE CABIN from \$4068 pp t/share, OUTSIDE CABIN from \$4123 pp t/share, single supp from \$4910</p>	<p>3 CITIES & 3 TRAINS</p> <p style="text-align: right; color: red;">11 NIGHTS DEPARTS PERTH ON SUNDAYS</p> <p>Rail travel on the Indian Pacific, Perth to Sydney in Gold Service cabin</p> <ul style="list-style-type: none"> Includes meals, drinks and off train experiences 3 nights 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 2 nights in Adelaide Adelaide City Sights Tour Air travel, Adelaide to Perth
<p>CRUISE THE BIGHT</p> <p style="text-align: right; color: red;">8 NIGHTS DEPARTURE 30 NOVEMBER 2018</p> <ul style="list-style-type: none"> Flight from Perth to Adelaide 4 x night Oaks Horizon or similar Victor Harbour tour - full day 1/2 day City Sights Murray River Highlights - full day Astor cruise 4 x night <p>INSIDE CABIN \$1455 pp t/share OUTSIDE CABIN \$1555 pp t/share</p>	<p>SOUTH AUSTRALIAN EXPLORER</p> <p style="text-align: right; color: red;">7 NIGHTS</p> <p style="font-size: small;">Depart Perth on the Indian Pacific at 10am • Adelaide City highlights or Adelaide Hills & Hahndorf • 1 night accommodation in Adelaide at Sage Hotel • six day car hire with Budget • Barossa accom 2 nights in Lyndoch Hill • free day in the Barossa • Drive from Barossa to Cape Jervis to join ferry • Kangaroo Island accom with 2 nights at Kangaroo Island Seafront Adelaide accom at Sage Hotel or similar</p> <p>PER PERSON TWIN SHARE \$2963, single supplement \$3566</p>	<p>GOLD \$4800 pp t/share PLATINUM \$6520 pp t/share</p>

let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

A hearty gourmet feast in Germany can be savoured from city to city



From left to right; City of Frankfurt - lunch in Frankfurt - Rüdesheim am Rhein - mushrooms and other fresh produce can be found at everyday food markets

by Michelle Karaman-Jones

NEW destinations bring new thoughts and new foods to savour. I always wonder whether our tastes change when we're in a new destination or whether that destination just has better quality food than we are used to at home.

My recent trip to Germany left me with this conundrum, but either way my taste buds were the winner. I was lucky enough to experience fresh produce from everyday food markets and festivals unique to Germany coupled with a few Michelin star restaurants, and I was in gourmet heaven.

German food is rich, hearty and delicious and many popular German dishes make great comfort food. Each region has its own specialties and traditional cuisine which changes from one city to the next.

The central city of Frankfurt is known for its green sauce. This is made from hard-boiled eggs, oil, vinegar, salt, and a generous amount of seven fresh herbs, namely borage, chervil, cress, parsley, salad burnet, sorrel and chives. The sauce is served with peeled boiled potatoes, accom-

panying either hard-boiled eggs or roasted beef brisket.

Other dishes which left their mark on me included rippchen, cooked pork served with sauerkraut or schweinshaxe (pig knuckles) that are weighed on the spot and served with mashed potatoes and sauerkraut. Another dish which was a little lighter included four boiled eggs with gruene sosse or tarrenbrot, an open-faced sandwich with raw beef, pickles and onions.

Dishes like these have strong regional roots, but German food is more varied than you might think. Germans are intrepid travellers. This adventurous side has left its mark and has dramatically changed culinary life over the past 50 years. In fact, the Germans are among those with the most international range of food in Europe.

The seven million foreigners who live here who brought their foods with them have made important contributions to this development. Practically every cuisine is represented: Asian and Mediterranean, Turkish and African, Thai, Chinese, Indian and Vietnamese, Greek, Spanish, and Italian, to name a few.

Another major change came with

the 'organic' movement (which Germans call öko). Suddenly, people were fascinated with growing their own food. Organic foods can be found almost everywhere.

We got to visit three main cities in Germany including Hamburg, Rüdesheim am Rhein and Frankfurt am Main.

Hamburg is one of Germany's large cities. It is very liberal and its people demonstrate a strong independent streak. As I walked along the main streets, the colourful graffiti said it all. Opposition to the G20 that was held in Hamburg in July 2017 plus several other political causes were represented.

Hamburg was an independent city until German unification in 1871. Our guide summarised Hamburg simply: "No castles or nobles here in Hamburg. What we have is a harbour... we have two rivers; one for making money (import) and other for spending money (export)."

Rüdesheim am Rhein is a wine region in the Rhine Gorge. It is a land of beautiful hillsides and is a part of the UNESCO world cultural heritage site. It lies in the Regierungsbezirk of

Darmstadt in Hesse – it is officially known as Rüdesheim am Rhein which distinguishes it from nearby Rüdesheim an der Nahe. This region's wines are one of the world best known Rieslings.

Frankfurt is Germany's fifth largest and most international city and has some interesting contrasts. It's the financial powerhouse of the country and home to an amazing range of skyscrapers. There is also much historic architecture.

If you are interested in the history and architecture of the city, the old City Hall and the Saint Bartholomew's Cathedral are among the most impressive examples.

A population that has a good number of English speakers can be very useful if your skills in the local language are limited, and many Germans take a great pride in being able to speak English well.

I found that most people will respond in English if they realise that your German is not particularly strong.

Germany is the one of the safest countries in Europe. Crime in Germany is at a very low level, and there is a little risk for travellers when it comes

to pickpockets or muggings.

The German people are polite and generous with most happy to help if they spot you are in any difficulty.

The autobahn, a complex highway system, is one of the most famous aspects of German transport, but a good bus network and efficient trains help to make getting around the country easy and painless for travellers.

Traveling by train in Europe is an experience within itself. It's relaxing, you can see beautiful parts of the countryside and it can be a great way to meet people.

Our train journey started from Copenhagen and we travelled direct to Hamburg. While it's mostly an ideal way to get from place to place, there can be some minor hiccups with the system. Make sure you know exactly what track your train is arriving on and the train number as a train to Frankfurt may arrive 10 minutes before your train to Paris and, before you know it, you're in Germany. If you're ever unsure, there is typically always someone at an information desk around that can help.

For more information on Germany visit www.germany.travel/en

escorted
ESCAPES®

REGISTER FOR A FREE EVENT
NEAR YOU

Exclusive deals available on the day

You're invited to attend a FREE and informative session to discover the myriad of amazing travel experiences Escape Travel and Escorted Escapes have in store for you.

- Fully escorted touring from Australia
- Small group touring (max 20 people)
- NO HIDDEN FEES - Airfares / transfers / taxes / visas / tipping included
- Unique itineraries
- Meal inclusions
- Local tour leaders and specialist guides

Whether you are wanting to travel to Africa, South America, Asia, or the Northern Lights, we have it all covered.

SESSION TIMES:
10:00am Africa
11:30am The Americas
1:00pm Iceland, Scandinavia, and the Northern Lights
2:30pm Asia

DATES & VENUES:
Mandurah – Tuesday 30 January, Catch 22 Tapas & Cocktail Lounge
Fremantle – Wednesday 31 January, Esplanade Hotel
Joondalup – Thursday 1 February, Joondalup Resort

Hurry, seats are limited!
REGISTER ONLINE: www.escapetravel.com.au/store-events
or call today - 135 381

EscapeTravel™

Tailor-Made Holidays

CALL 135 381
escapetravel.com.au

Flight Centre Travel Group Limited (ABN 25 003 377 188) trading as Escape Travel. ATAS Accreditation No. A10412.

ETMARK79840

let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Travel further visit us online
www.haveagonews.com.au





INSUREANDGO

 Cover up to 100 years of age

 Unlimited overseas medical expenses

 All medical conditions considered

10% off travel insurance!

Promo code: haveaGo10

P:1300 550 396 insureandgo.com.au

Are you ready to Scoot to Singapore?



Mercure Singapore on Stevens, clockwise from top left; Infinity pool - Suite - Food Exchange

SINGAPORE has been a much favoured destination of Australians for years and thanks to Scoot and AccorHotels one lucky reader will be celebrating the New Year with a visit.

The Lion City offers fabulous food from hawker stalls to high-end restaurants, a range of activities including the spectacular and unique Gardens of the Bay, historical and cultural sites and an abundance of shopping.

The winner will enjoy two return economy airfares including 20kg checked in baggage, taxes and a meal each way aboard Scoot.

Accommodation is for three days and two nights in a suite at AccorHotels newest integrated lifestyle hub, the Mercure Singapore on Stevens. The complex features 772 guest rooms, 14 dining outlets, two outdoor pools and tennis court. It is strategically located at the edge of Orchard Road, a precinct close to the city's best shopping and entertainment and conveniently accessible via the hotel's shuttle service.

Scoot took to the skies in June 2012 as the low-cost arm of the Singapore Airlines Group and in July 2017 they merged with Tigerair Singapore to position themselves for a new chapter of growth.

The airline has carried more than 50 million guests and operates a fleet of 16 state-of-the-art, wide body Boeing 787 Dreamliners and 23 young and modern Airbus A320 aircraft.

Scoot's network at present encompasses 62 destinations across 16 countries with Honolulu just added and Kuantan and Berlin joining the destination list soon.

In addition to fantastic value airfares, a safe, reliable and contemporary travel experience, passengers will enjoy the Scootitude level of service. Amenities on board include Wifi, in-seat power on selected flights and the ability to redeem and accrue Singapore Airlines KrisFlyer miles.

In 2015, 2016, 2017 and 2018 Scoot was voted the Best Low-Cost Airline in Asia Pacific by AirlineRatings.com and ranked in the top 10 of the world's best low cost airlines by SkyTrax.

Tickets for Scoot can be booked on line at www.fly-scoot.com or contact the call centre for Australia on 02 9009 0860.

The prize is valued at more than \$3000 and the competition is open up until the 28 February, 2018. See below for details on how to enter.

The winner can fly to Singapore from Perth, Sydney, Melbourne or the Gold Coast.



Get caught in the travel web with

Aussie Redback Tours

Day Tours
Fri 26 Jan '18 **Australia Day Mystery Tour**
Sun 04 Feb '18 **Heading South Mystery Tour**
Sun 25 Feb '18 **Pinnacles Lobster Lunch**
Sun 11 Mar '18 **Gingin / New Norcia**
Sat 17 Mar '18 **St Patrick's Day Mystery Tour**
Sun 18 Mar '18 **Harvey Harvest Festival**
...plus many more in our brochure!
\$99 (\$95 Seniors) inc. morning tea & lunch
Pick-ups Joondalup, East Perth, Rockingham

Extended Tours 2018
17-23 Feb **Albany Esperance Explorer** 7 days from \$1,920
03-07 March **Margaret River Food/Wine Trail** 5 days from \$1,320
13-24 Mar **Tasmania, the "Apple Isle"** 12 days from \$4,440
02-14 Apr **The Great Central Road** 13 days from \$3,945
...plus many more in our brochure!





Phone us now on 1300 662 026
Email: aussieredbacktours@yahoo.com.au
Website: www.aussieredbacktours.com.au

2018 brochure out now!

WIN A TRIP for two people to SINGAPORE with Scoot



To celebrate the New Year Have a Go News is giving a lucky reader the opportunity to win a fabulous trip to Singapore including accommodation. Thanks to Scoot and AccorHotels, one lucky reader will have the opportunity to win a trip to Singapore for two people. The prize includes three days and two nights accommodation at the Mercure Singapore on Stevens Hotel in a suite and includes breakfast and return economy airfares for two people on Scoot.

To be in the draw simply tell us what airline the lucky winner will fly to Singapore then email win@haveagonews.com.au with Scoot in the subject line or write to Scoot Competition C/- Have a Go News PO Box 1042 West Leederville WA 6901. Don't forget to include the answer to the question and your name, address and phone number.

Competition closes 28 February 2018 – winners contacted by phone and announced on 15 March 2018.

Terms & Conditions: The prize is not redeemable for cash. The prize must be taken by 30 June 2018 and the winner must allow 30 days before to organise ticket claim. Prize includes return economy tickets for two people, taxes, 20kg luggage and a meal for each traveller. Accommodation is for 3 days and 2 nights in a suite at the new Mercure Singapore on Stevens, valid for the period until 30 June 2018. Flights are (ex Perth, Melbourne, Sydney or Gold Coast only). Advance reservation required, subject to availability, blackout dates apply. The winner will be required to have their photo taken for publicity.

2018 Escorted Holidays on the Indian Pacific and The Legendary Ghan

The Legendary Ghan and the Incredible Top End

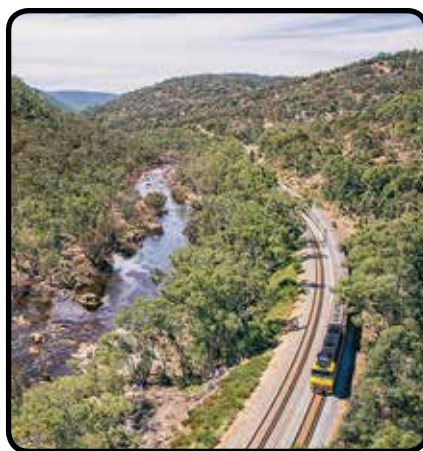
Travel to the Northern Territory to explore the Top End's sights. You will share in the Territory's ancient landscapes, enjoy a sunset dinner cruise on Darwin Harbour, cruise the waters of the famous Adelaide River to see the abundant wildlife and tour Darwin. Then aboard a legend in Australian history, The Ghan rail journey, enjoy the exciting new four day Ghan Expedition journey from Darwin to Adelaide. Prepare for an experience of unimaginable proportions as the legendary Ghan takes you deep into the heart of Australia, and when the train stops along the way, the real adventures begin with amazing off train excursions.

Highlights | Darwin Sunset and Dinner Cruise | Litchfield National Park Touring | Corroboree Billabong Cruise | Darwin Sightseeing | The Legendary Ghan (Darwin to Adelaide) | Nitmiluk Gorge Katherine | Alice Springs Off Train Excursions | MacDonnell Ranges Outback Evening BBQ | Coober Pedy Off Train Excursions

The Ghan and Top End Featuring Darwin, Katherine, Alice Springs and Coober Pedy
8 Days | Sunday 1 to Sunday 8 July 2018 | Price \$6545 pptw | Single Option \$225



Two Great Trains – One Epic Journey



This epic adventure combines two of Australia's great rail journeys with the City of Churches, Adelaide. Travel in Gold Service aboard the Ghan from Darwin to Adelaide then enjoy 5 nights in Adelaide which is situated on the Torrens River, surrounded by the beautiful Mt Lofty Ranges and centrally located to some of Australia's most famous wine regions. Following your great adventures in South Australia, step aboard the Indian Pacific for more Gold Service as you cross the Nullarbor on the journey from Adelaide to Perth.

Highlights | Darwin Harbour Dinner Cruise | New Darwin RFDS Tourist Facility | New Bombing of Darwin Harbour Story | Gold Service - The Ghan and Indian Pacific | Off Train Excursions – Katherine, Alice, Coober Pedy, Rawlinna | The Nullarbor Plain | Giant Pandas of Australia | Adelaide Botanical Gardens | Adelaide Hills Touring | Adelaide Oval Tour | Historic Carrick Hill | Barossa Valley Touring | The Ghan Expedition and Indian Pacific Journey | Featuring the Delights of South Australia

12 Days | Tuesday 5 to Saturday 16 June 2018
Price \$8360 pptw | Single Option \$195

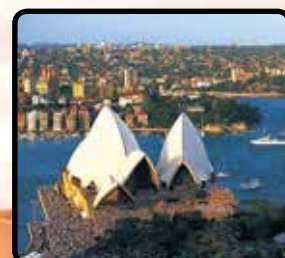
Journey from Perth to Sydney on the Iconic Indian Pacific

On your holiday, experience the breadth of our great country aboard the world famous Indian Pacific. As you travel one of the world's greatest rail journeys you will traverse 4,000 kilometres and witness Australia's Nullarbor Plain with its arid and vast open spaces. In contrast once you arrive into Sydney you will be spoilt with some amazing experiences including the peaceful gardens and historic estate of Vaucluse House, a behind the scenes guided tour of the Sydney home of the ABC and a road trip to the Southern Highlands to view beautiful gardens and to learn about the famous cricketer Sir Don Bradman. The highlight of your holiday will be the Matinee musical production Evita at the Sydney Opera House starring Australia's own Tina Arena.

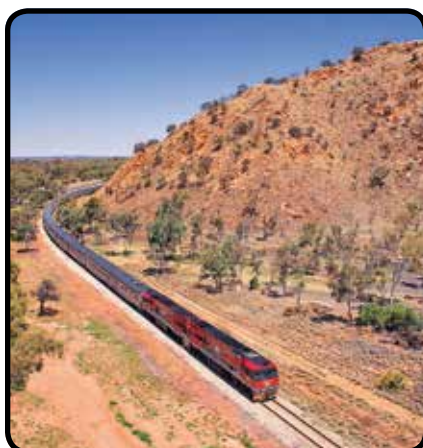
Highlights | Indian Pacific Train Journey Perth to Sydney | Off Train Excursions - Kalgoorlie, Cook, Adelaide, Broken Hill and Brand New Blue Mountains Experience | Musical Production Evita, Sydney Opera House | ABC Ultimo Guided Tour | Vaucluse House and Estate | Bowral and Southern Highlands | Sutton Forest Garden | Sydney Harbour Ferries | Bradman Museum and International Cricket Hall of Fame

Indian Pacific Coast to Coast and Evita at the Opera House

8 Days | Sunday 7 to Sunday 14 October 2018 | Price \$5945 pptw | Single Option \$590



Incredible River and Rail Delights



Join villa for a distinctly different holiday experience that combines Australia's two great icons, The Mighty Murray River aboard the PS Murray Princess and The Legendary Ghan. This rail and river cruise experience is twice the fun with wonderful experiences awaiting you. Cruise one of the longest rivers in the world to experience classic Australian outback country, enjoy picturesque Hahndorf then sample the romance of train travel aboard The Ghan as you travel to Alice Springs on your overnight journey. Arriving into Alice, this famous outback town is fascinating and a tour of the MacDonnell Ranges will leave you mesmerised.

Highlights | 4 Nights PS Murray Princess Cruise | Monarto Zoo | Hahndorf Walking Tour | Adelaide Hills Produce | The Cedars Guided Tour | The Ghan Adelaide to Alice Springs | Alice Springs Touring | The MacDonnell Ranges | Dinner Under The Stars

Adelaide to Alice and the Mighty Murray
Featuring The Ghan and PS Murray Princess

10 Days | Monday 7 to Wednesday 16 May 2018
Price \$6195 pptw | Single Option \$915

2018 Holiday Brochures Out Now!
Call for your **FREE** copy now!

All Villa Carlotta Travel holidays are fully escorted, depart from Perth and include courtesy home collection (Perth and Mandurah metro only)*, airfares, taxes, insurance*, gratuities* and most meals.



1800 066 272



travel@villa.com.au



villa.com.au



villa holiday your way

FreeCall 1800 066 272 for full itineraries or to make a booking. Itineraries are subject to change. Terms and conditions apply.



let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Perth couple's seven year travels across 13 countries



by Jennifer Merigan

PERTH couple Peter and Debra Holst have spent the last seven years housesitting around the world taking their retirement dreams to the next level. It all started in 2010 when they were cycling through France and met a couple who talked

about having left their animals at home to go on holiday. "We both wondered how they managed to leave the animals and go on holidays and they told us about the housesitting concept," said Debra. "Following that trip, we were asked to housesit a chateau in the Cham-

pagne region and then the couple we met cycling asked us to housesit for them and it just snowballed from there," she said. The Holsts' returned to Perth in 2011, rented out their house and began their housesitting sojourn across 13 countries, often with return visits to various homes.

"The more housesitting you do, the more you enjoy the animals and it's quite fascinating to housesit for animals we've never had before – not only have we looked after dogs and cats, we've looked after ducks, sheep, pigs and even a one a half metre iguana."

They say that all the animals have individual personalities which makes each housesit interesting and different. For Peter and Debra housesitting provides a low-cost travel option and though it may cost a lot to get to some of the destinations, the accommodation is free and often the use of a car is included. The couple take out an annual travel insurance policy through Nomads which allow Australians to renew their policy while they are overseas.

Clockwise from left; Peter and Debra's first house sit riverside near Entraygues France - Peter housesitting with Ziggy the 1.5m Iguana - Imagine having to put up with these views everyday in southern Turkey - Fancy taking four dogs walking on your own beach in Thailand - Peter and Debra Holst did - Each morning Jane and Noodles would watch for the food coming before venturing out - Snow and baguettes anyone?





Month of February
SPECIAL
Pay for 2 Nights
Stay for 3

Relax - Refresh - Rediscover





Come and unwind, listen to the birds sing while admiring the surrounding forests. Experience the unique charm of our two bedroom mudbrick cottages. Forest walks, log fire, TV/DVD/CD player and free WIFI. Only 5km to Pemberton.

TEL: 9776 1638
Email: info@treenbrook.com.au
Web: www.treenbrook.com.au




NORSEMAN



The Gateway to Western Australia



- Nullarbor Links Golf Course - the world's longest golf course
- Tin Camels - a tribute to the Camel Trains that carried mail and freight
- Beacon Hill - Enjoy a walk trail and panoramic views of Norseman
- Phoenix Tailings Dump - resembles a topless pyramid and contains gold
- Granite Woodlands Discovery Trail - 16 interpretive sites, offers opportunities for camping, bushwalking, exploring granite rock formations and viewing spring wildflowers
- Pack a BBQ picnic and take the 28 km heritage trail to explore Dundas Rocks' huge ancient boulders and rock formations.
- Hyden Rock - enjoy the rock's walks, surrounding flora and fauna.
- Bromus Dam - free camping area with bushwalks, lots to explore or a great place to have a BBQ or picnic.
- Mt Jimberlana - 5km east of town, offering spectacular views from the top with a picnic area at the base.
- Phoenix Park - educational, historical and is close to the town centre



Norseman
Community Resource Centre
Your local connection



2018 NEW Tour Brochure

All extended tours include courtesy home transfers



2018 Seniors Coach Tours

Wannadoo Tours specialise in fully escorted extended coach tours including courtesy home transfers. Some of our upcoming extended tours include Jalbrook Wine Women & Song, Easter at Kalbarri, Four River Cruises, Springtime Wildflowers, Hot Air Ballooning, Murder Mystery plus many more.

Day tours for individuals with pickup points from Mandurah to Perth.

Day tours available for groups at discounted prices to suit all budgets, includes choice of own pickup point. Your group choose the tour and we take care of the rest.

Wannadoo Tours also offer a seniors GROUP Tour brochure with more than 80 tours to choose with great discounted rates.



Wannadoo
Tours

Call today for a FREE 2018 tour group or individual brochure

Let's journey together and become part of the family that is Wannadoo Tours

Contact Wannadoo Tours for further info 1300 146 757

wannadoo@westnet.com.au www.wannadootours.com

of emergency contacts, your animal's routine and the commands they understand, so we can keep everything as normal as possible. "When we arrive, we take photos of things and make sure everything is back in the same spot when we leave, including light and power switches. "Most of the time we know how to operate everything in the house before the owners depart," she said. In the seven years away the Holsts say that France has become their favoured destination, so much so that they applied and received visas for long term visits. "France has the wow factor, it has everything we enjoy, we are very much into hiking and cycling and we take our bikes everywhere we go. "We particularly love the Pyrenees and we find the French people lovely and the food and scenery superb. "France has got everything that we like. We have some sort of attraction to the place and it's where we love staying the most," they said. Debra and Peter hope that by sharing their story they may inspire other people to take up the opportunity to housesit too. After their many years on the road they now only

work with the website TrustedHousesitters.com because they've found that they operate in a professional manner and are happy to promote them. "It's only \$99 per year to be part of that site – it's a win-win situation for both parties, some homes are not luxurious but it's the experience you gain from each housesit – it's the experience of living somewhere different and not just the actual house you live in," Debra said. Debra stresses that if you do choose to housesit that you don't cancel on the owners if you get a better opportunity. It devalues the industry and it's something that can really affect people's plans. "Some people just enjoy a two-day or a one week housesit, but we like anything from a week to three months." And will this intrepid couple return to Perth anytime soon... "We have no plans to come home – housesitting is indefinite for us," they said. TrustedHousesitters.com launched in 2010 and provide a global community of pet lovers who help each other travel. The site is available in 140 countries and it costs \$99 for members to list their homes or to register as sitters.





Quality
INN

Quality Inn Railway Motel - Kalgoorlie

Opposite the train station - 5min walk to Hannan Street

SENIORS DISCOUNT \$135 per night

Includes full buffet breakfast plus bottle of house wine with every dinner booked

Freecall 1800 055 249 | www.railwaymotel.com.au



let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Bridgetown celebrates its 150th anniversary



Left to right; Deborah Conway will be performing at the Blackwood Rhapsody - National Trust Bridgedale House will be the venue

by Dennis Lingane

BRIDGETOWN is running a year of special events, including a mega picnic outdoor concert in February to celebrate the 150th anniversary of this picturesque south west town.

Singer-songwriter Deborah Conway will head up a diverse list of talent in this *Blackwood Rhapsody*, a five-hour family concert that is being staged on the lawns of the National Trust Bridgedale House on the banks of the scenic Blackwood River on 24 February.

The concert in this historic setting will showcase an exciting and entertaining range of musical performers, from local schoolchildren reciting age-old nursery rhymes to the WA Police Pipe Band (current Australian champions).

Other artists will include acclaimed opera singer Justin Freind; former WA Symphony Orchestra (WASO) concert master Ashley Arbuckle who, having defeated a neurological condition that forced his early retirement from the WASO in 1999, has embraced jazz in his musical rebirth. He will be part of the *Three Merry Gentlemen* with James Harwood on harmonica and David Bardsley on piano playing nostalgia jazz;

the hugely popular blues trio *Ten Cent Shooters*, described by legendary Australian bluesman Phil Manning as the most powerful acoustic band he has ever heard, are guaranteed to get people up dancing; while spoons performer Deb 'Spoons' Perry will add her own unique level of novelty entertainment.

The concert will also include several well-known singer-songwriters from the south west including Tracey Barnett, country/blues/folk acoustic duo Short and Curly, Mary Myfanwy and Beth Carlessi. The event has been organised by the local award-winning *Jubilee Singers* that will also perform at the concert.

The National Trust has made the gardens of the 1863 Bridgedale House available to the community for this gala event. The audience is invited to bring their own blankets, chairs and picnics.

Spokesperson for the organising committee Linda Vowles said: "The National Trust has been very helpful and generous by allowing the use of Bridgedale House for this unique event. Bridgetown shire, local service groups and businesses are all working with us to present a fabulous event for this special year in the town's history. It will be a mem-

orable evening."

Bridgetown, that declares itself as the Winter Capital of WA and is often referred by locals as "Fridgetown" because of the overnight low temperatures that make log fires part of the town's attraction, was rated as the place of most interest in WA during 2017 according to Wotif.com.

This interest is obviously driven by the many major events hosted annually by the town that will all be given a special focus for the 150th celebrations. These include the massively successful Blues Festival that celebrated its 25th anniversary last year; the Easter Tennis Tournament that draws hundreds of tennis enthusiasts from the metropolitan area; the Blackwood Classic (the south-west version of the Avon Descent); the Blackwood Marathon featuring teams of up to five athletes (runner, canoeist, swimmer, equestrian and cyclist); Country Music Festival in March; Festivals of Country Gardens that see many owners throw open their homes to gardening enthusiasts from around the State; and the popular three-month-long Winter Festival that includes the lavish gourmet experience Banquet on the Bridge with catering provided by the town's

many restaurants.

There will be many extra events this year to celebrate the 150th including an historic transport cavalcade in September, says Bridgetown-Greenbushes Visitor Centre manager Darrel Hodgins.

"The town's popularity is because of its family-friendly attractions including animal feeding, new swimming pool, a skate park, lots of walks, parks, river activities, wineries, funky boutiques, food and beverage outlets and organic food trails.

"Visitors are finding it is the perfect place for a stopover or as a base for exploring the south west. The tourist accommodation provides for a range of tastes and budgets from caravan park and B&Bs to high-end luxury self-contained accommodation," she said.

"Every day we have people coming into the Visitor Centre saying how they have been visiting for years and are now buying a home down here. An additional attraction is that Bridgetown is the only town to have been awarded heritage status in the south west by the National Trust."

Blackwood Rhapsody, Saturday 24 February, 4.30pm Bridgedale House, Bridgetown. Tickets on sale now: on-

line at www.trybooking.com/342924. \$45pp, children 12-18 \$30, children under 12 free.

WIN WIN WIN

Have a Go News is pleased to offer five lucky readers the chance to win double passes for this mega Blackwood Rhapsody concert. To be in the draw simply email win@haveagonews.com.au with Blackwood in the subject line or send an entry to Blackwood Rhapsody Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 31/1/18.

Win a trip to Singapore
See page 22



Tweed Valley Lodge

On the Blackwood River, Bridgetown

RAC ★★★★★ Your tranquil adult retreat in a picturesque riverbank setting 2 kms from Bridgetown CBD featuring

- Spacious, self-contained, luxury accommodation
- Stunning riverside location
- Bird lovers' paradise with late afternoon feeding
- Unit for disabled available with King size or twin bed configuration

View our website and/or give Julian and Jenny a call

Tel: 9761 2828

www.tweedvalleylodge.com.au

Best Western Kalgoorlie

**ONLY \$119
PER NIGHT
FOR 2!**



- FREE continental breakfast daily
- FREE wireless broadband internet, FOXTEL
- FREE tea, coffee and biscuits in your spacious motel room
- FREE welcome drink when dining at the Katherine Station Restaurant
- POOL, restaurant, cocktail bar, BBQ & guest laundry

*Subject to availability - bookings essential - some blackout dates apply.

Best Western Hospitality Inn Kalgoorlie

560 Hannan Street, Kalgoorlie

9021 2888

kalgoorlie@hospitalityinns.com.au

www.hospitalityinnkalgoorlie.com.au

Each Best Western branded hotel is independently owned and operated. © 2014 Best Western International, Inc. All rights reserved.



LAZY LOBSTER
Holiday Units/Chalets,
PORT DENISON/DONGARA

Quiet, comfy, lovely garden setting. Free Wifi.

Fully self-contained well-equipped units.

Only a 2 min walk to beach and Marina.

COACH PICK-UP AVAILABLE

WEEKLY RATE \$500 p/c unit, \$600 p/c chalet \$10 extras

Ph 9927 2177 Email: lazylobster@westnet.com.au

Visit www.lazylobster.net.au

Making Smiling History Wagin Woolorama aims to showcase the best of what regional WA has to offer. There are prestigious livestock competitions, a comprehensive trade and consumer fair, free entertainment for all ages, a fashion parade and all the elements that make it a unique country show with wide audience appeal, culminating in a Saturday evening rodeo spectacular.



115th Wagin Agricultural Show and 46th Woolorama

Wagin Showgrounds 9-10 March 2018

www.woolorama.com.au phone: 9861 1611

CELEBRATING RURAL EXCELLENCE

- 400 commercial exhibitors
- Sheep
- Cattle
- Ute muster
- Horses
- Craft
- Poultry
- Art
- Photography
- Rodeo (Saturday)
- Lifestyle displays
- Shearing
- Wool handling
- Wine baa
- Entertainment
- Machinery
- Markets
- Sheep dogs
- Side shows
- Industry displays



12v - it's what we do

Caravan / Camper Trailer
Electrical problems?
Bring it in to us

- Car to caravan charging problems?
- Batteries not holding a charge?

Contact us for all your electrical, brake controller, charging solutions and rear vision systems needs

1300 136 556

Jandakot - Midland



DEERING
AUTRONICS

"your auto electrical experts"

DRUMMOND COVE HOLIDAY PARK



***BACK TO SCHOOL SPECIAL!**

***Stay min 2 NIGHTS to receive BACK TO SCHOOL SPECIAL discount:**

Kui Members 30% Non Kui Members 20%
***Offer expires 28/02/18**

- Self contained park homes
- Large caravan/camping sites
- Shop/Liquor store
- Swimming pool/dogs allowed

Panoramic Ocean Views
1633 NW Coastal Hwy, Buller 6532
- 10 mins North of Geraldton
Nestled in tranquil bushland

Phone Anne & Dave 9938 2524

Web: www.drummondcove.com Email: holidays@drummondcove.com



Rail, Cruise & Coach NEW ZEALAND

**20 DAYS, 24 OCTOBER TO
12 NOVEMBER 2018 &
2 MARCH TO 21 MARCH 2019**

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 and 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.

DAY 1 & 2 PERTH TO AUCKLAND B / D

Your holiday begins when you are picked up from home by a private vehicle and transferred to the airport. Meet your fellow passengers and fly to New Zealand. Upon arrival into Auckland, we will transfer you to your hotel for immediate check-in. Enjoy breakfast at the hotel followed by time at leisure.

Hotel: Grand Millennium Hotel for 1 night

DAY 3 AUCKLAND TO BAY OF ISLANDS B / D

Enjoy a city tour of Auckland, dubbed the 'City of Sails', before travelling to Matakohē to enjoy a visit and informative talk at the Kauri Museum. Travel via Whangarei to Paihia, situated in the heart of the beautiful Bay of Islands. 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 for 2 nights

DAY 4 BAY OF ISLANDS B

Today is a left free for you to enjoy how you wish.

DAY 5 BAY OF ISLANDS TO AUCKLAND B / L / D

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 before returning to Paihia. Enjoy a picnic lunch before travelling south via Whangarei, call into the Parry Kauri Park to see a magnificent example of a Kauri Tree before arriving into Auckland's north shore. You will see stunning views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf.

Hotel: Spencer on Byron for 1 night

DAY 6 AUCKLAND TO ROTORUA B / D

This morning 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 of rolling hills and green pastures famous for dairying. Continue to Rotorua to visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.

Hotel: Sudima Hotel Lake Rotorua for 2 nights

DAY 7 ROTORUA B / D

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 TO 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 then continue south to the capital city of Wellington.

Hotel: James Cook Hotel Grand Chancellor for 2 nights

DAY 9 WELLINGTON B

A highlight this morning will be time to explore Te Papa, New Zealand's National Museum with exhibits that embrace both Maori and European views. Reboard your coach for an extensive city tour. Enjoy time at leisure this afternoon and the evening is also free to explore Wellington's lively food scene.

DAY 10 WELLINGTON TO CHRISTCHURCH 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. Travel via coach south through some of finest farmland area's to the garden city of Christchurch.

Hotel: Distinction Christchurch for 2 nights

DAY 11 CHRISTCHURCH B

Today visit the International Antarctic Centre, designed to provide an informative account of life in Antarctica. This is followed by an introductory city tour of Christchurch. This afternoon includes a journey on board the Christchurch Tram at your leisure, one of Christchurch's leading attractions. This evening is free to explore the local cuisine.

DAY 12 CHRISTCHURCH / ARTHUR'S PASS / FRANZ JOSEF B / D

This morning board the TransAlpine, one of the great train journeys of the world. Travel over massive viaducts, river valleys

**2018
BROCHURE
OUT NOW!**



DOWNLOAD YOUR COPY AT
WWW.KINGSTOURS.COM.AU



OR REQUEST A FREE PRINTED COPY
1800 677 760 or 9380 6656



LAST AVAILABLE
PLACES ON OUR
MARCH 17 2018
DEPARTURE!
For pricing and details
please contact us.

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 for 1 night

DAY 13 FRANZ JOSEF TO 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: Copthorne Hotel and Resort Lakefront for 2 nights

DAY 14 QUEENSTOWN B / D

Today is left free to enjoy Queenstown how you wish. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. Sit back, relax and enjoy a gourmet barbeque dinner which the chef will prepare in front of you at the Colonel's Homestead.

DAY 15 QUEENSTOWN / MILFORD SOUND 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 fjord'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.

Cruise: Milford Mariner for 1 night

DAY 16 MILFORD SOUND TO 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 for 1 night

DAY 17 TE ANAU TO DUNEDIN B / D

Travel via Gore and Balclutha to Dunedin. After time for lunch board the Silver Fern railcar for a journey along spectacular clifftops overlooking the Pacific Ocean and Blueskin Bay. On return to Dunedin's historic Edwardian Railway Station, board the coach for an informative city tour. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.

Hotel: Scenic Hotel Southern Cross for 2 nights

DAY 18 DUNEDIN B / D

This morning travel along the Otago Peninsula to Larnach Castle where you hear of the tragic and scandalous history on a guided tour. Enjoy time to wander around this Garden of International Significance followed by a delicious Devonshire Tea. Return to the city for some free time. You might choose to board The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail (optional).

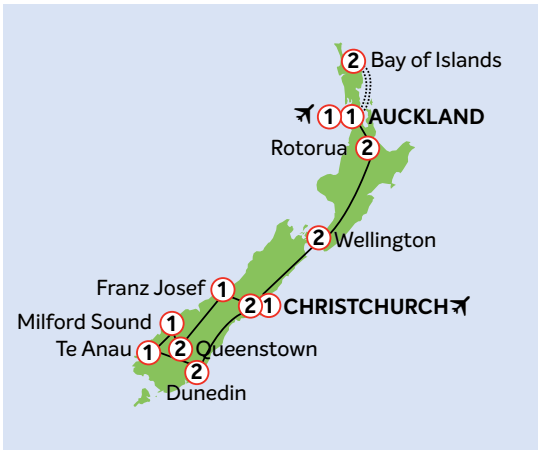
DAY 19 DUNEDIN TO CHRISTCHURCH B / D

This morning visit Olveston Historic Home, containing treasures from a bygone era before travelling to Oamaru, famous for its limestone. This evening enjoy a farewell dinner with your new found friends.

Hotel: Sudima Hotel Christchurch Airport for 1 night

DAY 20 CHRISTCHURCH TO PERTH B

This morning it is time to say goodbye. You will be transferred to the airport for your flight home to Perth. Upon arrival into Perth, your driver will be waiting to take you safely home.



20 DAYS
for only
\$7,390*

★ Tour Highlights

- ★ Tour through the North and South Islands of New Zealand
- ★ City sights tour of Auckland, Wellington, Christchurch and Dunedin
- ★ Visit the Waitangi Treaty Grounds
- ★ Overnight Cruise in Milford Sound
- ★ Sight Thermal mud pools & geysers
- ★ Ride on the Glenbrook Vintage Steam Train
- ★ See the snow-capped peaks of the Southern Alps
- ★ Cruise across Lake Te Anau to visit the Glow Worm Cave
- ★ Take a rail journey on the TranzAlpine

Tour Inclusions

- Home pick-up and return by Hughes
- Escorted from New Zealand by an experienced Grand Pacific Tour Director
- Return economy airfares and taxes
- Premium tour with luxury coach travel & professional driver
- 18 nights 4 star hotel accommodation, 1 night on board the Milford Mariner & four rail journeys and five scenic cruises
- Early check-in on arrival in Auckland including breakfast
- Breakfast daily, 1 lunch and 14 dinners
- All sightseeing and entry fees as per the itinerary
- BONUS** touring jacket

\$ Tour Cost Per Person

\$7,390* Twin Share
\$9,580* Single Price

*Conditions Apply. Tours are based on reaching a minimum number. Home pick-up and return is organised by Kings Tours and is included based on a set radius - surcharges will apply outside these areas. Other special conditions may apply to each individual tour, please contact the office for further details. The above cost include \$175pp of air taxes which are subject to change. Price valid ex Perth.



WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



COASTAL HOLIDAYS

let's gotraveling





Marron © rules.fish.wa.gov.au

Marron season open

THE Marron season has kicked off and runs until midnight on Monday 5 February. Large numbers of marron fishers are expected at popular camping locations on the major freshwater rivers and irrigation dams in the south west.

Compliance and education officers from the Department of Primary Industries and Regional Development will be visiting fishing locations to ensure fishers know and follow the rules.

The ongoing sustainability of the fishery depends on strict rules, including what marron fishing gear you may use. The recreational use of traps is illegal in public waters in WA, due to their

potential to 'ghost fish' and impact on native species such as turtles, native water rats and birdlife.

Fishers are urged to remember that the Shannon River and Margaret River and its tributaries upstream of the Ten Mile Brook junction and waters within 300 metres upstream and 50 metres downstream of the Bussell Highway traffic bridge are closed for marron fishing.

Nearly 11,000 recreational marron fishing licences will be issued for this season.

Licensed fishers are urged to know the limits and rules that apply by accessing the recreational fishing guide for marron online.

You can purchase a marron fishing licence online at www.fish.wa.gov.au, where you can also access the recreational fishing guide for marron. Suspicious or illegal fishing activity should be reported to FishWatch on 1800 815 507.

The strict fishing rules makes this one of the most carefully managed recreational fisheries in Australia.

The diversity of the catch



Miss an early gaff shot on a cobia and you probably won't see the fish again for quite a while

by Mike Roennfeldt

WHEN you have fished for a long time you come to realise that each species of fish has characteristics that are recognisable. That can be in terms of how they fight, how they feed and how they react to particular situations.

Arguably, the most obvious distinguishing characteristic is how they fight. Some species respond in a way peculiar just to them.

Take my favourite, for example, the iconic bonefish. When a bonefish takes off after hookup on a fly rod, each powerful tail beat is transmitted through

the rod and the steady nodding rhythm of the long wand tells you immediately what you have hooked.

I can remember catching batfish on fly up north years ago. They were living around a structure, probably a rock wall or jetty pile, and when hooked they spiralled straight down. I can't recall any other species spiralling down like that.

Yellowfin tuna, in the last stages of a fight when they are tired, start circling down below. Keep enough pressure on and they will eventually spiral upwards, begrudgingly.

Apply strong pressure to a hooked Samson fish

and it will make a mad, blind charge away from you, yet keep just steady pressure on and they will often just stay in the vicinity of the boat or merely move slowly away. Yellowtail kings, close cousins to the Samsons, are equally strong but much more conniving, likely to head straight in among line snapping rocks or caves at the first opportunity.

The energy of a skippy in the first stages of a fight is unmissable. It's almost frenetic and there's no relaxing. King George whiting, on the other hand, usually let you bring them up a bit before they panic and power dive straight back down to the bottom.

Cobia are interesting and quite similar to a Samson in some ways. They will often come in really easily at the start, just to get a look at you I suspect. There is often an opportunity for an early gaff shot at this stage but be pretty sure before you have a go. Mess up the gaff shot and the fish will explode, either snapping you off as it races away under the hull or disappearing for absolutely ages as you work up a sweat on the rod trying to get it back.

Longtail tuna, in decent sizes of 15kg or more, have endless stamina. They don't always go fast but they seem to go forever if you've hooked one on light gear.

Coral trout are smash-and-grab merchants, flashing up to the surface to crunch and popper or similar before bolting straight back into their ambush spot in the coral. Baldchin groper are pretty good at bolting back into the coral too and you have to be quick to stop a mangrove jack getting back into a snag before you can apply enough pressure to sway the tug-of-war.

It's all part of the wonderful diversity of the sport and much of the reason why people often say: "I learn something every time I go fishing".

Best Western Esperance

ONLY \$125 PER NIGHT FOR 2!



- FREE continental breakfast daily
- FREE wireless broadband internet, FOXTEL
- FREE tea, coffee and biscuits in your motel room
- FREE welcome drink when dining at the Seasons Restaurant
- CENTRAL town location opposite the bay
- POOL, restaurant, cocktail bar, BBQ & guest laundry

*Subject to availability - bookings essential - some block out dates apply

Best Western Hospitality Inn Esperance
44-46 The Esplanade, Esperance
9071 1999
esperance@hospitalityinns.com.au
www.hospitalityinnesperance.com.au



Each Best Western branded hotel is independently owned and operated. © 2014 Best Western International, Inc. All rights reserved.

Family Holiday Park

only 1 hour from Perth




We cater for all, as we have cabins, cottages, glamping tents, caravan/tents sites and beautiful natural unpowered sites all in bush setting.

We are two minutes drive to the lake where you can swim, enjoy water sports, relax and even camp the night under the stars.

Come and see us, we look forward to meeting our old and new friends.





147 Invarell Road, Waroona Ph: 9733 3000
Email: linda@navarino.com.au www.navarino.com.au

Find yourself in Bunbury and get lost amongst its natural beauty



With its proximity to Perth - the Bunbury Geopraphe region is an ideal place for a well-earned getaway. Whether you're into adventure, nature or excitement, art exhibitions, shopping or culinary delights at one of Bunbury's award-winning cafes and restaurants, it's the perfect coastal holiday destination.

www.visitbunburygeopraphe.com.au



Esperance Getaway



ATTRACTIVE SUMMER RATES!

FROM \$115 a night per room
\$125 a night twin share

Clean, comfortable and affordable


31 DEMPSTER ST, ESPERANCE PH: 9071 1533
Email: reception@bayviewmotel.com.au







Explore Kalbarri

www.kalbarri.org.au

Kalbarri Visitor Centre
Phone (08) 9937 1104
Great discounts!

"Ask The Locals" 



WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Have a taste of the Great Southern



Clockwise from top; Rockcliffe Night Markets - Fervor's chef Paul Iskov - celebrate 40 years with Galafrey Wines Long Table Lunch

IGA Taste Great Southern runs from 8 to 25 March with events in Albany, Denmark, Mount Barker, Porongurup, Frankland River, Katanning and Kojonup.

British chef Marco Pierre White, best-known to Australian viewers as a judge on *Australian Masterchef* and *Hell's Kitchen* will be in WA for the event.

Often referred to as the first celebrity chef and the godfather of modern cooking, White was the youngest chef ever to be awarded three Michelin stars.

White will be making his first visit to the Great Southern region, continuing the trend over the past two years of well-known chefs like Colin Fassnidge, Miguel Maestre and Tobi Puttock being spoilt with the quality of the amazing local produce.

The Albany Wine and Food Festival is just one of around 50 events being held as part of Taste Great Southern.

On 17 March, White will appear at the Albany Food and Wine Festival and attend the Fervor Three Anchors dinner on that evening. The eight-course degustation dinner focuses on local and native Australian ingredients prepared by Paul Iskov.

White joins top Indonesian chef Chandra Yudastwara and former *Masterchef* contestant and TV cooking presenter, Justine Schofield along with

Scott Brannigan, Anna Gare, Paul Iskov, Don Hancey, Sophie Budd, Kenny McHardy, Russell Blaikie, Stuart Laws, Vincent Lim, Dan Wegener. Great Southern chefs and presenters include Amy Hamilton, Frederick Kirby, Sally Francis, Nic Lancaster, Marty Morgan, Ian Gatjens and Kade Sims.

Tourism Minister Paul Papalia congratulated the festival's organisers for securing White to appear at the event.

"Marco Pierre White has been one of the biggest names in the culinary world for decades and it is a massive coup to have him appear at Taste Great Southern," Mr Papalia said.

Taste Great Southern is a celebration of the wine, food and tourism of the region with a line-up of great wine, local food, craft beers, spirits, tourism product, produce, local crafts with live music and guest chefs sharing their inspiration for local produce at cooking demonstrations, along with wine seminar sessions.

For more information about Taste Great Southern visit www.tastegreatsouthern.com.au

WIN WIN WIN
We have two double passes to the VIP opening night of Taste Great Southern to be held at the Shoe Bar, Yagan Square on 21 February. To be in the draw simply email win@haveagonews.com.au with Taste in the subject line or write to VIP Night Taste Great Southern c/- Have a Go News PO Box 1042 West Leederville 6901. Competition closes 31/1/18.

Bringing people together



Barbara on tour with Aussie Redback Tours

AUSSIE Redback Tours takes pride in giving their passengers relaxing, fun filled, exciting tours, bringing together people from all over the country to make new friendships, relationships and wonderful memories.

Company owner, Sharon Kersting, says: "We at Aussie Redback Tours enjoy getting to know our passengers, and we have made some lovely friendships over the last three years, with passengers who continue to support us with repeat business."

"People from all walks of life enjoy our leisurely tours, even those who have ongoing ailments; some with underlying medical conditions, and some suffering with grief from losing a loved one."

"One of our passengers, Barbara (pictured with a shandy on our recent Christmas Lunch Mystery Tour) has undergone countless medical procedures, but that doesn't stop her. She shows a determination to get on with life while she can," said Sharon.

Barbara says: "It hasn't been the best year for my health, but it ended up ok."

"I have osteoarthritis in my knees and need a knee replacement, but that's on hold now as I have just finished six months of chemo for Waldstrom's macroglobulinemia – a type of non-Hodgkin's lymphoma."

"Two weeks after treatment I took off to Tasmania with Aussie Redback Tours, which helped me get over it."

"Even my pacemaker behaved itself this year. I find mixing with the other lovely passengers, whether it be on day tours or extended tours, certainly is the best medicine. But I'm sure there are people out there that have been through a lot more than me," said Barbara.

"This is just one example of one of our passengers who lives life to the fullest while she can, and it certainly has opened my eyes to how we should all tackle life", says Sharon.

"Get out there, get on with it and enjoy your twilight years in the company of like-minded seniors. We at Aussie Redback Tours wish you all a wonderful and enjoyable 2018," she said.

READ US ONLINE www.haveagonews.com.au

Double Beach Caravan Park
By the river and the sea

We are a very neat and tidy Holiday Village located 8km's south from the city centre

- Greenough Rivermouth Walk Trail runs 15kms along the river which is a minutes walk from the park
- Beach is 5 minutes walk
- Free bbqs and camp kitchen facilities are available
- Swimming pool
- Tennis courts
- Volleyball
- Basketball hoop
- Playground
- We have a large bird aviary with peaceful surrounds
- Office and mini mart open 8.30am to 5.30pm daily
- pet friendly

Discounts apply when STAYING 2 OR MORE NIGHTS

*Conditions apply

4 Hull St, Cape Burnery WA - 8km south of Geraldton

PH 9921 5845

E: grcp@wn.com.au www.doublebeach.com.au

Jacaranda Guest House

A short walk to town centre, beach and the Busselton Jetty



SUMMER SPECIAL 20% OFF Mid Week Stays
Conditions apply. Not including Public Holidays

Centrally located in the town of Busselton, Jacaranda Guest House was the first guest house there in 1961. Nestled amongst English-style gardens with a BBQ and outdoor seating. Free continental breakfast served daily.

Ph 9751 5973 30 West Street, Busselton
Email: jacarandaguesthouse1@westnet.com.au

Ningaloo Bed & Breakfast

3 spacious rooms with queen bed & own ensuite
Generous continental breakfast included
Free wireless internet
Guest lounge, fridge & BBQ facilities
Plenty of parking for your car & boat on semi rural block



Call John or Sheila

9949 2293

or visit www.ningalooBedandBreakfast.com.au

Kooljaman at Cape Leveque



EXPERIENCE | EXPLORE | CONNECT | LEARN | PLAY | RELAX

MENTION 'Having a Go' - STAY 4 PAY FOR 3

Offer ends 30/04/18

Book your stay at Kooljaman, where every guest is family and you are always welcome home.

www.kooljaman.com.au

Ph 9192 4970 Email reservations@kooljaman.com.au

Kooljaman is proudly owned by the Bardi Communities of Djarindjin and Ardyaloon.



KALBARRI EDGE RESORT



Luxury new resort next to town centre

Edge Seniors Deals!
Luxury accommodation
***\$71.50 per person per night... that is less than half price!**

Includes FREE restaurant breakfast daily
FREE courtesy coach pick up and Rainbow Jungle transfers
FREE welcome drink
FREE upgrade to spa suite. Min 2 persons
And FREE desserts when having dinner at Edge Restaurant (with main course)
*conditions apply



BOOK NOW

www.kalbarriedge.com.au

info@kalbarriedge.com.au

1800 286 155





Unique bush food dining experiences pop up around the state with Fervor



Clockwise from left; Chef Paul Iskov plating Jenny Feast Photography - A marron dish - Fried salt bush is one of his tasty snacks

by Jennifer Merigan

CRISPY saltbush, marron cooked in paper bark, pickled quandongs, smoked mullet and kangaroo sliders are just a few of the very Australian dishes on chef Paul Iskov's menu.

Iskov and his pop-up dining expe-

rience Fervor travel the length and breadth of the state, partnering with indigenous land owners to source and utilise seasonal and regional foods.

He says it's not only about preparing and cooking the food but providing the opportunity to educate diners

about bush foods.

After completing his apprenticeship in the south west, Paul spent about five years at Amusé and then went on a cooking tour working at some of the top 50 restaurants of the world including Vue De Monde, D.O.M Coi, Pujol and Noma.

On returning home in 2013 he was extremely inspired and wanted to utilise the knowledge he had garnered, so he planned a pop up dining experience in a barn which turned out to be very well received. So began Fervor.

"I was always interested in native Australian ingredients and working in those restaurants opened me up to experiencing ingredients which were very local, native to their region and not often used in restaurants or cooked at home," he said.

"I love that there are so many different flavours and textures in bush food and sitting down and learning about them and working them into my cuisine."

His fully equipped commercial kitchen van travels around WA providing dining experiences in unusual places. Some of the destinations they have popped up at include the Pinnacles, Karijini, Margaret River and Albany.

"We have a core team of three of us and when we go to each location we utilise local chefs and front of house people to help out and we encourage local Aboriginal trainees to help and work with us at the events."

"One of the main things we try and get across is to do something in a respectful way with the traditional owners. They are the ones who have looked after and lived off this land for thousands of years.

"I believe this is a great way for indigenous and non-indigenous people to work together and I think it's important to include local Aboriginal people when we promote traditional bush food," he said.

Have a Go News met Paul and his team late last year when he showcased some of the dishes he will serve at the Karijini experience in April.

Think about cured emu in red gum ash on a brown butter damper with fresh youlk (native radish) and green tree ants. Who would guess that green ants would taste like citrus?

What about marron wrapped and cooked in paperbark which is tender, delicious and the smoky bark flavour resonates through the marron beautifully.

Forget about a beef slider, his kan-

garoo slider is a delicious smoky, juicy mini burger garnished with youlk pickle that totally tantalises the tastebuds.

Iskov utilises kangaroo because he says it's a sustainable and healthy meat and an animal which encourages the growth of native plants, unlike cattle and sheep.

The Fervor team have a busy season ahead with events planned in Fremantle, Busseton, Albany and Karijini.

As one of the guest chefs at Taste Great Southern he will be hosting a long table dinner on Middleton Beach.

"We love the Great Southern, the produce there is mind blowing and it's really exciting to have great ingredients to work with. At this event we will be focusing on seafood," he said.

This young WA chef is leading the way with Australian food concepts promoting sustainability, indigenous collaborations and damn fine food.

Check him out in Fremantle on 27 and 28 January, at Taste Great Southern in Middleton Beach, Albany on 17 March and Karijini in April.

Bookings for his events can be made through his website at www.fervor.com.au

Delightful *Dinosaur Discovery* exhibition free for grandparents during January

THE WA Museum know that grandparents often help with child care during school holidays, and it can be tough keeping the grandkids entertained... that's why they'd like to offer grandparents free entry* to their *Dinosaur Discovery* exhibition at Perth Convention and Exhibition Centre before it closes this January.

Learn about the world of dinosaurs with

your grandchildren and prepare for a close encounter with the most extraordinary creatures to ever walk the earth.

Featuring more than 23 moving, life-size models of the Cretaceous period (145-66 million years ago), *Dinosaur Discovery: Lost Creatures of the Cretaceous* is like nothing you've ever experienced.

Enjoy an awesome day with dedicated


kids' activities, a centrally-located play zone, digital dinosaur track experience and much more.

On Wednesdays and Fridays they also have free story time at 11 am.

Don't miss your chance to experience *Dinosaur Discovery* these school holidays - this stunning exhibition must close on 28 January, so don't miss out.

Simply quote 'Grandparents Go Free' at the ticket desk at Perth Convention and Exhibition Bureau or call 1300 134 081 to book your tickets. For more information on the exhibition visit www.museum.wa.gov.au.

*Free adult entry for up to two grandparents to the *Dinosaur Discovery* exhibition with a full paying child. A saving of up to \$25 per grandparent.




Taste Great Southern

8 - 25 MARCH 2018


ALBANY • DENMARK • FRANKLAND RIVER
MT BARKER • PORONGURUP • KATANNING

THE AMAZING SOUTH COAST
EAT • DRINK • DISCOVER • STAY

JOIN CHEFS








Marco Pierre White



Justine Schofield

45 events over 3 weekends Degustations Festivals
Wine Events Intimate Dinners Long Table Lunches Markets
Celebrity Chefs Fantastic Food Award Winning Wine

For full information and to book event tickets, go to
TASTEGREATSOUTHERN.COM.AU

Short tours from Villa to whet your travel appetite



Canberra Balloon Spectacular is one of the longest running hot air ballooning events in the world

VILLA Carlotta Travel has an assortment of short breaks to tantalise travellers this year. Here is a selection of some of their best.

The Jalbrook Concert 2018

Head down south with

Villa Carlotta Travel on 16 February for the annual Jalbrook Concert featuring Wine, Women and Song and an evening with the South West Opera Ensemble. Highlights of this short break includes Fairbridge Village, a Collie

River cruise and of course the wonderful Jalbrook concert at Balibungup. With a delicious picnic hamper provided, guests enjoy a glass of bubbles and the show before villa's luxury coach returns you to your accommodation at the Quality Hotel Lighthouse in Bunbury. www.villa.com.au/Our-Tours/Jalbrook-Wine-Women-and-Song

See the killer whales of Bremer Canyon

Get ready for a once in a lifetime opportunity. Travel with Villa Carlotta Travel to the south coast and be prepared for an incredible wildlife experience. Enjoy a cruise to the Bremer Canyon with Naturaliste Charters - a stunningly beautiful, remote habitat abundant with marine wildlife: whaler sharks, giant squid, sperm whales, masses of sea birds and the largest aggregation of killer whales (orcas) in the southern hemisphere. Orcas congregate in this part of the ocean in abundance. Witness them in all their magnificent glory. Departing 20 March, this

four-day adventure tour will have your heart racing with excitement. www.villa.com.au/Our-Tours/Discovery-Bremer-Bay-Killer-Whales

Canberra Festival and Balloon Spectacular

Head to Canberra for the Canberra Balloon Spectacular, one of the longest running hot air ballooning events in the world. See pilots inflating their balloons on the lawns of Old Parliament House before heading into the sky while you enjoy a wonderful outdoor breakfast. What a backdrop! Departing 9 March, this six-day holiday will include the amazing Enliven Canberra Festival, the Museum of Australian Democracy, National Library, High Court of Australia, Australian War Memorial and delightful Cockington Green Gardens. www.villa.com.au/Our-Tours/Celebrating-Canberra-in-Autumn

FreeCall 1800 066 272 or email travel@villa.com.au to book your spot on one of these short breaks now.

Escape to Augusta for Summer!



STAY 3 GET ONE FREE
Convenient central location
Fully self-contained rooms • TV • Internet
Guest laundry
Room available to accommodate the disabled

Augusta's Georgiana Molloy Motel
84 Blackwood Avenue, Augusta
P: 9758 1255 E: g.molloy@wn.com.au
FREE CALL 1800 180 288
www.augustasmolloymotel.com.au

Joondalup Caravan Repairs



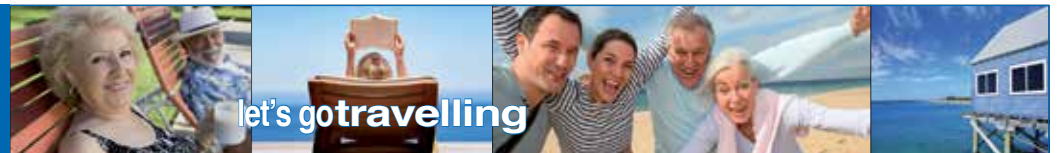
Servicing • Repairs • Spare parts
Insurance work • Accessories
Solar Systems • Alterations • Awnings
We also manufacture composite panels

For all your Caravan, Motor home, or Camper trailer needs. Secure indoor accommodation if your van needs to spend the night.

PHONE 9206 4933
Unit 13/21 Warman St, Neerabup WA 6031
admin@joondalupcaravanrepairs.com.au

WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Duyfken summer twilight sails



Community support saved the day for the little dove...

Back in October 2017, *Duyfken* suffered a serious setback with the flooding of the starboard engine during the last of the winter storms that lashed the city. The ship was pummelled by 45 knot winds and one metre waves for the better part of 12 hours at her berth at the South of Perth Yacht Club.

The damage bill to replace both engines (they couldn't replace one without the other) was \$138,000 – not money that a small not-for-profit foundation has sitting around in its bank account.

So, this went out to the community with a crowd funding program. To date 320 donors have contributed \$119,000, with amounts ranging from \$5 to \$10,000. This was an unbelievable response to the challenge the Foundation faced. They're not quite there yet, with \$19,000 still to be raised.

Do you think you can help? If so call the *Duyfken* office on 0401 082 108 and Pic Lee can advise on how to make a donation.

SAILING before a refreshing afternoon sea breeze on the Swan River aboard the 16th century replica sailing ship *Duyfken* has just got to be one of those... put it on the bucket list experiences during Perth's summer months.

And what an experience it is.

So far this summer more than 300 passengers have already stepped aboard *Duyfken* to experience life as it was 400 years ago... well sort of.

Back then life aboard ship was pretty tough. Not so today during one of the Swan River summer twilight sails. The waters are calm, the ship is stable, so sea sickness is not a threat and as a guest aboard you will receive food and beverages to compliment the sailing.

Oh yes... and did we mention the sunsets and the Perth skyline at dusk? The only place to capture these great images is aboard *Duyfken* on her three and half hour twilight sails, that depart the South of Perth Yacht Club at 4pm, returning at around 7.15pm.

Now don't let age hold you back... the oldest passenger to date has been 95 years young, and she had an absolute ball. January is now sold out, but you can still grab a ticket or two for the sailing dates in February and March. For details call the *Duyfken* office on 0401 082 108, and mention *Have a Go News* for your 10 per cent discount.

Melodic music at Upper Reach Winery



ADAM Hall and the *Velvet Playboys* make their return to kick off the 14th season of twilight concerts at Upper Reach Winery on 3 February.

Winery owner Laura Pearse says the band are fantastic entertainers with a captivating performance and raw energy that will have everyone up and dancing.

The band's music is rooted in the jazz and rhythm and blues music of the 1940s and 1950s. Their music is inspired by artists such as Louis Prima, Frank Sinatra, Sammy Davis Junior, Ray Charles, Jackie Wilson and Chuck Berry to Harry Connick Junior and *The Blues Brothers*.

Alongside Adam on vocals and trumpet, the band includes Mark Turner on guitar, Anthony Dodos on trombone, Matthew Hanson on drums, Kate Pass on double bass and Ronan Chapple on keys.

The Swan Valley winery holds its twilight concerts to celebrate each year's vintage. There will be four concerts in February and March, featuring bands with music geared to get audiences on their feet and dancing on the lawn.

Nueva Salsa will bring its Cuban salsa music, cha cha and samba to the winery on Saturday, 17 February, Libby Hammer and her Quintet play on Saturday, 3 March and the *Velvet Playboys* with Adam Hall return for the final concert on Saturday, 17 March.

The concerts have become a big hit in the Swan Val-

ley and always sell out so it's a good idea to book early. People can either come along with a picnic to enjoy sunset before the show or can book in for dinner at the restaurant which overlooks the band performing on the stage below.

The menu of two courses includes a shared tasting plate as an entrée and a choice of main courses. Cost for dinner and concert is \$99.

Concert goers can enjoy Upper Reach's award winning wines, which will be for sale either by the glass or by the bottle.

General admission for the concert is \$39 per person, with free admission for children under five and \$18 for five to 17-year-olds. A general admission season pass to all four concerts costs \$120 per person.

Upper Reach Winery is at 77 Memorial Avenue, Baskerville and is open every day from 11am to 5pm.

The phone number for the cellar door is 9296 0078 and for the restaurant is 9296 3883 or visit www.upperreach.com.au.

WIN WIN WIN

To be in the draw to win one of three double passes to the Upper Reach Twilight Concert on Saturday 3 February simply email win@haveagoneews.com.au with UpperReach in the subject line or call the office during business hours on 9227 8283. Competition closes 28/1/18.

KEN PEACHEY CARAVAN REPAIRS

- Specialists in all types of caravan repairs and alterations
- Insurance claims
- Jayco warranty
- Canvas, vinyl work

194 Campbell Street, BELMONT
Phone: AVRIL, MIKE, JASON DAVIES
9277 1381 Fax: 9277 8528
Email: info@kenpeachey.com



Ahoy - set sail on the Swan River for a twilight sail like no other...



Exclusively for *Have a Go News* readers is a 10% discount for individuals or groups to participate in the *Duyfken* 1606 replica's twilight sails in February and March.

Step aboard at the South of Perth Yacht Club where you will be welcomed by friendly crew to experience the sensation of this unique form of river sailing.

Duyfken putters down to Mosman Bay taking in the sights and sounds of the river. The return journey she sets full sail to glide along Melville Water.

The experience lasts for three hours and includes ship's tour, the opportunity to participate in the sailing experience, drinks (wine, beer, soft drink) and food aboard this superb replica ship. There is no better way to capture the essence of the Swan River and Perth. Ship departs 4pm and returns about 7.15pm.

DON'T MISS YOUR OPPORTUNITY TO RECEIVE THIS EXCLUSIVE 10% DISCOUNT NOW!

What passengers have said...

Many thanks to the crew of *Duyfken* for a delightful sail, really nice to get the idea of *Duyfken* with her sails up, enjoying the wind. Anna Pembroke

That was fabulous even in the strong winds, we will recommend it to everyone. Thank you, Leonie and Peter

Thank you all for a simply wonderful afternoon! Absolutely marvellous! Jennifer van der Hoek

Call the *Duyfken* office on 0401 082 108 and mention *Have a Go News*.

www.duyfken.com

Celebrating Bridgetown's 150th 1868 - 2018

DOWNUNDER COUNTRY Country Music Weekend

16, 17 & 18 MARCH - BRIDGETOWN, WA



Graeme Hugo
Kadina, SA



Camille & Stuie French
Sydney, NSW



Peter Pratt
Illabo, NSW



Kevin & Dehla Brown
Brisbane, QLD



Terry Bennetts (Perth), Mary Myfanwy (Bridgetown), John Orr (Wambo), Dave Burgess (Albany), Kate Hindle (Collie), Di Harris (Thornlie), Bill Rowley (Traralgon, VIC), Gypsy Chicks (Perth)

PLUS MANY MORE LOCAL ARTISTS
All artists and walk up artists are to supply two copies of chorded music for the backing band

Hosted by Campfire Country
David & Therese Bridgetown, WA
Ron Evans, Mayanup, WA
Musical Co-ordinator, Steve Hill, Bunbury, WA



A weekend of traditional country music and bush poetry

Friday 1pm-5.30pm; Walk-ups 6pm; Old Time Dance 7pm-11.30pm; Guest Artist Concert Saturday 8.30am-11.30am; Local Artists 11.30; Line Dancing 12.30pm-6pm; guest artists 6pm-7pm; Old Time Dance 7pm-11pm; guest artists Sunday 8am; bush poet's breakfast Sunday 10.15am-4pm; country gospel and guest artists 4.40pm-6.30pm; walk ups



Ph 0429 109 334 (David/Therese), 9761 9055 (Coleen) or email downundercountry@westnet.com.au
Tickets available at the gate: Weekend pass \$40pp
Friday \$15pp - Saturday \$25pp - Sunday \$15pp

Camping on site: unpowered \$10pp for weekend (payable at the gate) powered sites (bookings limited 0429 109 334)

www.downundercountry.com.au



A star is born - Broome man makes good with the universe...



Left to right; Stargazer Greg Quicke - Greg carries out community, corporate and school talks between filming assignments

by Lee Tate

GREG Quicke's interest in the cosmos was drawn like a tide pulled by the moon. And it's turned him into an international media star.

Up in the Kimberley with its world-famous king tides, Greg's earlier life as a pearl diver was dictated by the gravitational draw of the moon.

"You can only dive for pearls on the smaller tides. The people who work and live here intensely follow the cycles of the moon," says Greg.

But that was many moons ago. With time, Greg has armed himself with an expert's knowledge of the moon, the sun, the stars, the planets and the universe.

For 22 years from a farmer's patch of property on Broome's outskirts, Greg has been leading community stargazing.

When a couple of British television producers turned-up among a crowd of tourists, they liked what they saw and heard and reported back to London on a new discovery: Greg Quicke.

The heavens opened with a way for Greg to spread his words on the wonders outside our world to a massively-enhanced international television audience.

At 56, Greg is co-presenter, with Britain's internationally-famous British scientist Brian Cox, of the BBC/ABC popular program, *Stargazing Live*. The program has brought vast, new audiences to astrology.

The first series was a huge hit in Britain and Australia with Greg's long silver beard and hair

evoking the image of a worldly-wise wizard. The amateur expert and the eminent scientist made a powerful team.

When the two were in NSW, Greg located a microscope to show Professor Cox a part of the universe he'd never seen and the two clicked over their mutual passion.

Greg was quickly signed for another series of *Stargazing Live*.

These days the boy who set out early from Bridgetown in search of adventure - and found it in a number of fields - carries out community, corporate and school talks between filming assignments.

To see Broome's unlikely shining star in action, I join 48 mums, dads and kids in Greg's patch of earth, 20 minutes north of the town.

At the end of a sandy track, through a gate kept closed to keep-in the farm owner's cattle, Greg is set for the crowds that come three or four times a week to hear from words of wisdom from the wizard.

Eight telescopes and binoculars set on tripods are arranged in front of 50 red camping chairs set in a semi-circle. Small red lights are strung along a presenter's patch. (White light seriously impedes night-time viewing and is never used).

Greg's set-up has been assisted by a couple of volunteer American scientists including an astrophysicist who have come for a few months to watch and learn.

Broome's 300 cloudless nights a year with clear viewing of both northern and southern

hemispheres makes for a stargazing hotspot.

At 6pm precisely as darkness is about to fall Greg begins to explain what's happening above us as and planets and stars light up and sparkle.

"In the tropics here we are lucky. Darkness comes quickly. Then it takes about 20 minutes for our eyes to fully adapt," says Greg.

And he's had plenty of night-time experience, having spent large chunks of his life sleeping in a swag under the stars when working as a mechanic on Top End and Kimberley cattle stations.

Greg's two-hour talk is entertaining and fascinating. It's no lecture.

"It's an adult presentation unless it's a school group. I tell parents they're welcome to bring children if they think they won't get bored," he says.

Hardly. All the kids in our session are riveted, brimming with questions and eager to take turns at the telescopes ranging in sizes from 8in to 16in in diameter.

"Have you seen Jupiter yet?" Greg asks.

"Jupiter has 69 moons but we only see a few of them."

Greg pulls out a powerful laser torch and points to the stars and planets. As if on cue, the long tail of a bright falling star streaks across the sky.

"It's actually a meteorite," quips Greg.

During the talk, the American astro physicist calls out something. Greg directs our eyes west to bobbing, moving lights.

"It's the international space station with some men and probably women on board," he says.

Greg tells us plenty: the moon is actually black (we see it white only because of the sun's reflection) and that in six months from now the earth, moving at break-neck speed, will be hundreds of thousands of kilometres away and half-way around the sun.

He points to where the planets and major stars are and where to find the zodiac clusters.

Like many scientists, Greg isn't a church-goer but acknowledges "an order, an intelligence out there".

Greg's brochure reads: "In the time it takes you to read this, our entire solar system will have travelled 7,000 kms through space on its way around the Milky Way galaxy. Are you having fun yet?"

It's a tone that reflects his talks and his approach to life and beyond. Greg tells his audience that despite 400 years of knowing the earth is round, mankind still has a flat-earth mentality.

"We still say the sun is going down or coming up but what is happening is that earth is turning away from the sun. But there's no short way to say that!"

Greg says we'd be better off consciously recognising earth's place in the big scheme of things and what is happening in space. He bemoans bright lights in urban areas interfering with what could be seen by everyone at night as part of our education and understanding.

"All the world's lights should be pointing down to the ground instead of being wasted. It would save about a third of our precious energy," he says.

Greg, whose Astro Tours has neem delivering "intensely-practical astronomy to humanity since 1995", warns his audience that stargazing can be infectious.

He's right about that.

Plan your escape to new and exciting travel destinations this year...



ARE you looking for a different way to travel and experience the best the world has to offer? Do you want to travel to new and exciting destinations?

Escape Travel in Western Australia are proud to announce the release of their new small group touring range, *Escorted Escapes*. With no more than 20 people on any one trip, the smaller group size allows for more freedom and flexibility in where you go, where you stay, what you do and how you travel.

Escorted Escapes offer a great opportunity to travel the world. Whether you're going as a couple, with friends, or as a solo traveller, you'll explore the world with like minded people. They offer 13 different itineraries covering six continents. From Antarctica in the south to Iceland in the north, they make travelling to bucket list destinations easy and affordable. Escape Travel specialise in Africa and South America, but also offer wonderful trips throughout Asia and Europe. They travel in the best time of the year for each destination and offer unique itineraries that are tailor made for clients.

Escorted Escapes offers people transparent and inclusive pricing. They include return economy airfares to and from Perth, all visa costs, tipping throughout each trip, extensive sightseeing and most meals. Each trip is fully hosted from Australia by an experienced travel professional, plus has a local in country tour leader as well as specialist local guides. These inclusions and the small group sizes ensure you are well looked after on your holiday and add up to incredible value for money.

The tours are designed for the mature traveller. They like to take time and travel at a leisurely pace and minimise the one night stays and instead focus on two and three night stays in most places. They always travel in comfort using private air conditioned vehicles and the accommodation used is carefully chosen for its prime location. Once on tour with Escorted Escapes most things are included in your pre

paid trip cost, so there are very few optional extras or additional costs to incur.

They would like to invite you to find our more about Escorted Escapes at their free customer information seminars. By attending one of the seminars you are eligible for an additional discount on your tour, and you are also in the draw to win a \$2000 travel voucher towards your Escorted Escape.

Tuesday 30 January - Mandurah
Wednesday 31 January - Fremantle
Thursday 1 February - Joondalup

To register for these please visit your local Escape Travel. Call 1300 842 375 or visit the website www.escapetravel.com.au/store - events

They look forward to sharing the passion for travel with you when you join us on an Escorted Escape.

www.escortedescapes.com.au

Have a Go News E-edition delivered into your inbox

Enjoy the digital paper in a new page turning format. Perfect for phones, tablets and ipads.



We now offer readers the service to deliver the 'E' edition of *Have a Go News* directly to your inbox each month.

*Be the first to read the news, enter our competitions and get up to date on new information.

To register, please email readers@haveagonews.com.au



let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

The Caribbean island nation of Cuba offers a real life time capsule for travellers



Cabbie with his superb 1955 Buick as image of Che Guevara looks on

by Roderick Eime

THE Caribbean island nation of Cuba has been a hotbed of revolution for nearly 500 years. And now with the passing of the controversial hero, Fidel Castro, it is poised for yet another. Roderick Eime settles in with a mojito and a Co-hiba to explore the new Cuba.

WITH the world tumbling headlong into a multinational homogeneity quicker than you can say "would you like fries with that?", it's refreshing to see Cuba retain a staunch individuality that goes against the tide of global blandness. But for how much longer?

Let's remember that in recent history Cuba came to a virtual standstill in

1960 after Fidel Castro and his revolutionaries overthrew a corrupt, US mob-backed government, confiscating and nationalising hotels, government services, housing and civil infrastructure. As a consequence, the new republic immediately fell victim to a long-standing US trade embargo that continues more-or-less to this day. A glimmer of hope was raised with some relaxation of sanctions by the Obama administration, but much of that new freedom was reversed by a protectionist Trump. Right now, Cuba is in a sort-of renaissance twilight zone, ready to move forward, but hampered by an unpredictable fog on the road ahead.

Combined with Castro's curious brand of

Latino socialism which all but eliminated private enterprise, the freehold property market and capitalism generally, Cuba found itself in a real-life time capsule. The populace had security of shelter, education, medical and food, but little or no incentive, nor progressive mechanism beyond that.

Historic Havana
"We have a wonderful heritage in our architecture and culture," says Pedro Vazquez, a noted Cuban architect and urban designer, "but the lack of ownership means little or nothing has been done to maintain it."

Vazquez is referring to the urban sprawl of civic and residential structures all over Havana that portray a confusing mixture of proud colonial revival and sad neglect. Most buildings in the UNESCO World Heritage-listed 'old town' are preserved and maintained by the state and host many thousands of tourists on a regular basis, but not far away are signs of a frail, teetering metropolis. Demolition may be forbidden, but without attention, many ageing structures fall victim to the salt air and elements and simply collapse of their own accord.

As an unabashed car nerd, my attention is immediately drawn to the mobile motor museum continuously on the move

around the streets of Havana. I'm told tens of thousands of pre-1960 US-made cars still rattle and belch around the roads, kept alive by hybrid engine transplants and lashings of body filler. Chevrolet, Ford, Buick, Dodge, De Soto, Lincoln and even extinct brands like Studebaker, Edsel and Turner can be spotted by the astute car buff.

One excursion on my itinerary is a ride to 'Finca Vigia', Ernest Hemingway's former residence in a pair of well-maintained Chev Impalas operated by local auto-entrepreneur 'Nostalgicar'. Keeping these old girls in such neat trim is a non-stop labour of love as well as a healthy budget few Cubans can afford. Most of these old cars operate as ad hoc taxis, supplementing the shortage of reliable public transport and expensive (for locals) official cabs.

The ancient valley of Tobacco

To the west of Havana is the province of Pinar del Rio, famous for its tobacco production. Here we meet Benito whose family have been here in the Vinales Valley for five generations producing the valuable crop first cultivated here by the Spanish in the 16th century. Modern tobacco is derived from the wild 'cohibo' weed used by the long gone Arawak indian

'belique' (shamans) during ceremonies. From that rough leafy plant sprung a most valuable primary product that has become a major contributor to the Cuban economy alongside coffee and sugar.

We're shown the art of hand rolling the cigar into its familiar, leafy tube. Leaves from the mature plant are selected at different times and for different purposes and 'cured' in a thatched barn identical to those used by the early Spaniards. Leaves are hung on horizontal wooden poles for weeks to dry and 'cure'.

For instance, the top leaves are called 'volado' (hot) are harvested first and used as a binder for the cigar's contents. Next, a week or so later, the 'ligero' (light) leaves are plucked and used as the wrapper. Finally, the lower leaves or 'seco' (dry) ones are gathered and used for the filler. These will dictate the final flavour and aroma of the cigar.

Like so many small private farms in the valley, 90 per cent of Benito's crop is selected for agreed government production under controlled conditions while any remainder is left for him to sell as he wishes. This is typically as 'cleanskin' cigars which come without any certified branding but smoke as well any Cohiba or Monte Cristo for a fraction

of the price. Yes, I bought a clutch of 10 for not much more than a buck each.

UNESCO time capsule: Trinidad de Cuba

Along the southern shore of the island is the World Heritage city of Trinidad de Cuba where the entire central portion of the city has set aside for preservation.

One of the most visited destinations in Cuba outside of Havana, the narrow cobbled streets are usually filled with camera-toting tourists snapping the 500-year-old houses, painted in colourful tones. Many are still occupied by residents, while others are boutiques, restaurants, bars and curio shops.

Most of the souvenirs you find throughout Cuba are mass-produced by state factories. The magnets, postcards, carvings and baubles get a bit tiresome after a while, but Trinidad does nurture a small population of original artists like Lazaro Niebla, whose wood relief carvings feature the elders of Cuba in stunning 3D on recycled cedar window shutters.

Getting to Cuba

Travel to Cuba can be a bit confusing with constantly changing regulations, so it is this writer's strong recommendation to consult an experienced agent and join a tour or cruise like Peregrine Adventures

small group 'Cuban Panorama' which combines land excursions with small ship cruising to explore some of the lesser-visited locations. Alternatively, big ship fans can get aboard the 2000-passenger MSC Opera which operates year round from Havana.

www.peregrineadventures.com || www.msccruises.com.au

The writer travelled in Cuba as a guest of Peregrine Adventures.

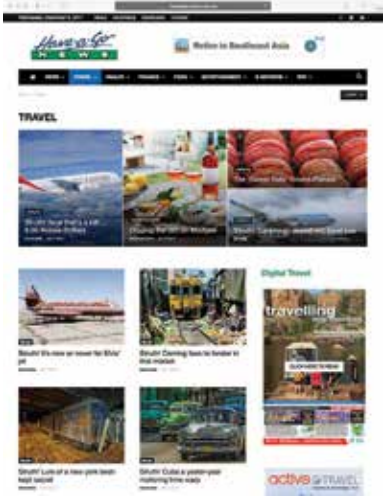
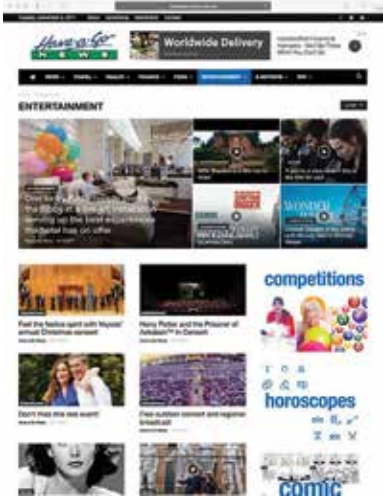
Cuba Timeline

4000BC - Ciboney tribes first inhabit Cuba
1500s - Spanish colony established. Native people die out.
1762 - Britain invades and briefly occupies Havana.
1892 - José Martí founds the Cuban Revolutionary Party in New York
1902 - New independent Republic of Cuba gains nominal US protection after Spanish-American War
1959 - Fidel Castro leads a socialist revolution, nationalising foreign assets.
1962 - Cuban missile crisis. Soviet ties strengthened.
1991 - Soviet collapse leads to economic hardships and unrest. So-called 'Special Period'
2008 - Fidel Castro resigns. Brother Raul succeeds him.
2014 - Trade and immigration restrictions relaxed
2016 - Fidel Castro dies

KEEP UP TO DATE DAILY with your favourite newspaper

VISIT US ONLINE

EXCLUSIVE content and competitions



Have a Go News provides mature Western Australians with quality lifestyle information to enable them to live a healthy and fulfilling life



Visit www.haveagonews.com.au and join our online community

PUZZLES

SUDOKU

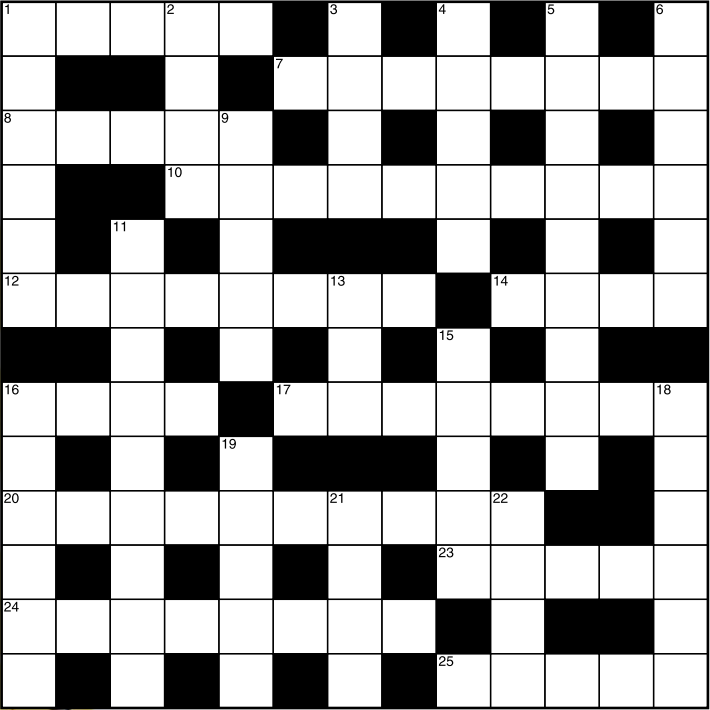
Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

	3			4				
6		7					4	2
	4	9			1		8	7
1					2	5		
7			8	5	3			1
		5	6					8
4	7		1			8	3	
9	5					6		4
				3			2	

© Lovatts Publications Pty Ltd - www.lovattspuzzles.com

CROSSWORD



ACROSS

- 1. Student's written assignment
- 7. Dig
- 8. Bay
- 10. Cabbage dish
- 12. Forsakes
- 14. Non-alkali
- 16. Gallivants (about)
- 17. Lecturers
- 20. Logos
- 23. Bitterly pungent
- 24. Fangs
- 25. New Delhi is there

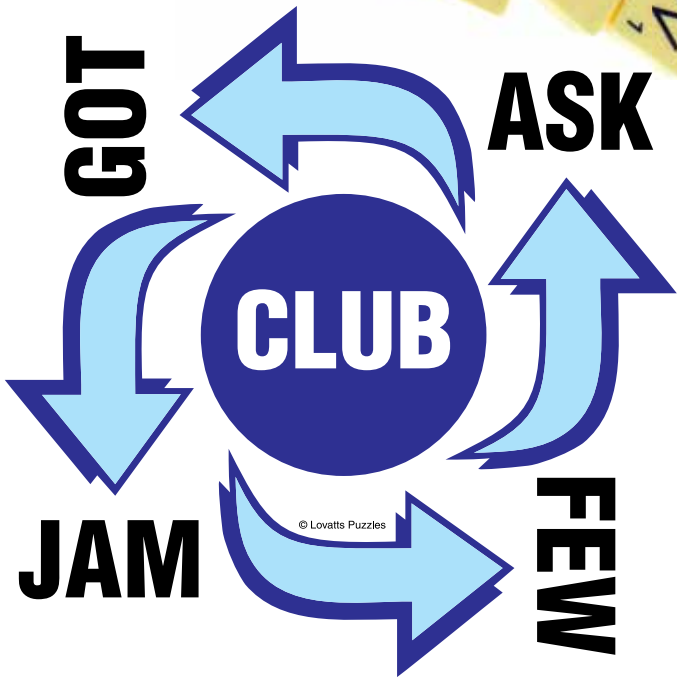
DOWN

- 1. Puzzle
- 2. Positive votes
- 3. Wheel shaft
- 4. Lays off (worker)
- 5. Unfilled jobs
- 6. Hit hard
- 9. Belated
- 11. Abrasive sheet
- 13. Siesta
- 15. Island nation, Sri ...
- 16. Roof channel
- 18. Actress, ... Bullock
- 19. Soft cap
- 21. Plays (the fool)
- 22. Quick look-over

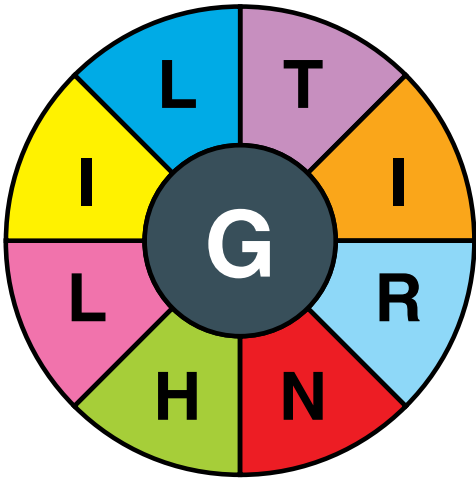
#310 January edition PUZZLES
Solutions appear on page 43

TRANSFORMERS

Take a letter from the middle word and, without changing the order of the letters, fit it into the three letter word to make a new four letter word. Repeat the process, using all the letters of the middle word.



Wheel Words



Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

10 Good 15 Very Good 20+ Excellent

KEEP UP TO DATE DAILY with your favourite newspaper

VISIT US ONLINE
EXCLUSIVE content and competitions



Have a Go News provides mature Western Australians with quality lifestyle information to enable them to live a healthy and fulfilling life

Visit www.haveagonews.com.au and join our online community



Retire in Style



Well being in retirement



IN 1900, the average life expectancy of people was about 50 years old.

Due to advances in medicine, health care, diet, technology and improved lifestyle choices, the average life expectancy of Australians is now around 80 for men and about 84 years for women, with many people now making it to 100.

This means that the post retirement years provide an opportunity to create a new life stage which offers opportunities to pursue passions, give back to the community and create a new life.

One of the keys to tapping into this important life stage is to challenge the stereotypes formed and often reinforced in our culture. Thinking younger and feeling positive about ageing can often determine that we live longer, happier and healthier lives.

Many people think retirement is an opportunity to devote yourself to taking it easy, but this is not the case. It is a new life stage demanding that you get out and 'have a go'.

Harvard University experts say for optimal well being in retirement you need to say engaged with your own interests and with other people.

After leaving behind the nine to five routine people sometimes face difficulties in creating a new routine.

This is where it is important to start planning activities and pursuits and to communicate with your partner or spouse about shared and individual goals.

"If you have a partner at home who is not used to you being around all the time, there has to be a recalibration," says Dr Michael Craig Miller, assistant professor of psychiatry at Harvard Medical School.

It's well worth having a plan as you get ready to retire. Whether it's volunteering, taking a class, joining an exercise group, learning new skills or even launching a new career, this is the time to act and do something that means something to you personally and keeps you coming back for more.

Research has found that social activity and engagement is just as important to health as exercise and a healthy diet.

The trick is to combine a balance of activities that keep you engaged and challenged.

"We grow and keep our brains alive by being engaged with things that challenge us," Dr Miller says.

Whatever you choose, don't make it too easy — or too hard.

"The sweet spot is the stuff that's just outside your reach, where you have to work and concentrate. Those are the kinds of challenges that help us feel alive and engaged."

If you are newly retired and looking for a new activity to challenge you, check out our clubs pages at www.haveagonews.com.au

Dog ownership is good for your health and well being



Dr Ben Milbourn and Belle

by Frank Smith

A STUDY of the health records of 3.4 million Swedes between the ages of 40 and 80 has found dog ownership leads to lower levels of cardio-vascular disease (heart) in single person households and death from all causes in the general population.

In Sweden, every person carries a unique personal identity number.

Every visit to a hospital is recorded in national databases. Even dog ownership registration has been mandatory in Sweden since 2001. Researchers can access this data after identifying information is deleted.

Associate Professor Tove Fall of the Department of Medical Science, Uppsala University, Sweden and his team studied whether being registered as a dog-owner was associated with cardiovascular disease or death from any cause over a 12 year period. People with previous signs of heart disease were excluded from the study.

The results showed that single dog owners had a 33 per cent lower risk of death from all causes and 11 per cent lower risk of heart attacks compared to single non-owners. Dog-owners in multi-person households also had lower risk of death but less so than in single households.

Dr Ben Milbourn, senior lecturer in occupational therapy at Curtin University said he believes pet ownership is good for an owner's

mental health.

"Having to look after a pet puts structure in your life. They need cleaning and feeding. Dogs bring routine and adds meaning and purpose to your life.

"It is easy to put off taking exercise on your own, but harder to put it off if your dog demands a walk."

Dogs also increase social interaction.

"When walking with a dog you make connections with people; you become an instant member of the community," he said.

"The benefits of pet ownership depend on the person, their environment and other circumstances. For example an older person who experiences decreased mobility, may want to think twice about owning a larger dog that requires long walks every day.

"Ask yourself is it worth the risk as you age? My aunt in her 90s has been a dog owner all her life. When her last dog died she adopted a plastic dog and looks after it in the same way as the real dog."

Professor Fall speculated that

the direct effects of dog ownership on health is by alleviating psychosocial stress factors, such as social isolation, depression and loneliness that have been linked to increased risk of coronary heart disease, cardiovascular death and all-cause mortality.

Just patting a pet can ease stress and reduce your blood pressure.

"A very interesting finding in our study was that dog ownership was especially prominent as a protective factor in persons living alone, which is a group reported previously to be at higher risk of cardiovascular disease and death than those living in a multi-person household.

"Perhaps a dog may stand in as an important family member in the single households. Other explanations include an increased well-being and social contacts or effects of the dog on the bacterial microbiome of the owner," says Professor Fall.

The study was published in *Scientific Reports* in November 2017.

Ed's note: Many retirement villages are now pet friendly.

Here's a great secret for golfers to tee off with this New Year

TO play golf regularly is many people's retirement dream. Secret Harbour Golf Links has an unbeatable deal perfect for retirees. The sublime Graham Marsh designed links golf course is a wonderful golfing experience, one that players will not forget in a hurry.

Not only has it one of the best golf courses in WA, the veranda surrounding the award-winning bar and brasserie is the perfect

place to watch golfers practising while enjoying a great lunchtime selection from JP's menu.

The house favourite is the steak sandwich and the off-the-menu Monday special is JP's club sandwich.

Secret Harbour Golf Links is one of the largest public 18 holes golf courses in Australia. Golfers will be enthralled at the way the course design incorporates the majestic natural

surrounds and large open fairways. Measuring 6095 meters from the blue tees it is a great way to get your daily exercise.

Peaceful and serene, located just metres away from the ocean it's easy to feel lost in the serenity of water, lush green fairways and carpet-like greens.

There are some great signature holes including the par four, Eight. Only 299 metres long, big hitters try to carry the water and

land on the green. However, the safe approach is to knock your drive short of the water and have a 100 metre hit to the green. Beware that the huge Koi don't eat your golf ball if you hit it in the drink.

Secret Harbour offers senior card holders their mad Monday special.

Play 18 holes of golf and enjoy a JP's club sandwich with chips for just \$29 per person. Make it a regular meet up with your mates

as this gives you a saving of more than 50 per cent. There is also a nine hole rate at \$19 which includes a takeaway coffee. Players can book online at www.secretsgolf.com.au or call 9524 7133.

General managers Ben Sweeny and Mitch Roberts and their passionate team look forward to welcoming *Have a Go News* readers to the (no longer secret) Secret Harbour Golf Links.

Retire In Style

NEW MANAGEMENT ***
*** NEW PRICES

SAVE \$25,000

LOOK WHAT WE OFFER

- High spec, luxury finished, two-bedroom villas ready to move in
- NO EXIT FEES when selling - YOU keep the profit
- Spacious & friendly recreation centre
- 7★ Energy Rating for low heating & cooling bills
- Safe, pet friendly village
- Designed for access, and 'Ageing in Place'

VIEWING OPEN
Tues & Friday
10am - 2pm

Rentals available from \$295 per week

* SELLING FROM
\$138,000



At Willow Creek Mews

Legend Crescent, Greenfields
Mandurah WA 6210

For appointment to view
or for more details:
Phone 0424 284 889

* Homes sold on a Life Lease Regulated by the Retirement Villages Act



SCENIC LAKE ESTATE

NEW over 55s Lifestyle Village



Start your new lifestyle
from just \$239,000

- Resort style facilities
- Quality built, affordable homes
- On site managers and security
- Social, friendly atmosphere
- Locally owned and operated



www.sceniclakeestate.com.au

PH: 9390 3909 M: 0417 783 147

Cnr Lake Road & Bay Court, Champion Lakes

Retire in Style



Downsizing with upside - the benefits of courtyard apartment living

MAKING the decision to move into a home that better meets your requirements (when the kids are no longer boomeranging back) and does not need as much maintenance, often leads to considering apartment living.

But not everyone wants to live in a high-rise development with only a distant connection with the ground.

Some apartment developments however are different, especially in established suburbs where lower heights are encouraged. Palmyra Apartments Estate East is one of these developments. Comprising five boutique buildings of three storeys with a focus on native landscaping, the just-launched development offers a number of ground floor courtyard apartments

that provide all the benefits of contemporary apartment living and large private open spaces to enjoy.

Courtyards provide the perfect opportunity to have large outdoor alfresco settings that would normally fill a regular balcony, as well as the ability to get creative with pot plants, offering just the right amount of gardening without the back-breaking weeding.

If that's not getting you wondering whether a courtyard apartment is for you, remember that in a brand new, gated apartment development like Palmyra Apartments Estate East, you get the security and the peace of mind of having the strata company managing all the maintenance around your new home. This provides

residents with true independence, enabling you to continue to flourish in your current way of life and take off on your next big holiday without worrying about what needs to be done while you're away.

But it's not just a question of security and peace of mind. If you sit down and work out your actual costs, including time and effort, you would be surprised to find that the synergies of paying strata fees provides a much better outcome for your wallet as well as your lifestyle.

Forget cleaning the gutters, fixing the retic, putting out the bins, cleaning the pool, mowing the lawn, sweeping up the leaves, resealing the decking, and the thousand and one other

things that go to looking after a house. Your simple quarterly strata levy makes good, practical sense while being kind to your hip pocket.

In addition to the cost and time saving, there are also the resort facilities that are on hand. Imagine having a 25 metre solar heated lap pool only metres from your apartment, with a spa, pool cabana with barbecues, sauna, residents' lounge with pool table, and a gym. Palmyra Apartments Estate provides an opportunity to live how you deserve to live.

If you're attracted by courtyard apartment living and think downsizing could work for you, go to www.palmyraapartments.com.au or call Robin Schneider 0418 914 281 and take your first step towards a better lifestyle.

RETIRE WELL

FREE Retirement Planning Seminar



HOW long will my money last?
HOW much do I need to retire comfortably?
WILL I be eligible to receive Age Pension?

Crown Perth, Botanical Room
Wednesday 7 February
6pm - 7.30pm

To register - contactus@kpfp.com.au
phone 9293 3855

Offices in East Perth and Kalamunda

KPFP
KP Financial Planning

GDKP Pty Ltd ABN (61 606 192 769) trading as KP Financial Planning is a Corporate Authorised Representative (1237882) of Matrix Planning Solutions Limited ABN (45 087 470 200), AFSL and ACL No. 238256

@kpfinancial

Retire in style at Scenic Lakes Estate



THE new Scenic Lake Estate is a locally owned and operated picturesque lifestyle village. It caters for the active over 55s looking to downsize and become part of a friendly, social environment.

Established along the Wongong River, the nature-inspired estate offers affordable, quality built homes and facilities, all within a secure and welcoming community.

The desirable location in Champion Lakes offers

a range of nearby amenities and services such as shopping precincts, restaurants, cafés, hospital, train station and health care professionals.

Scenic Lakes tranquil landscape is complemented by the substantial lodge and resort style facilities for residents to enjoy.

For more details on the Scenic Lake Estate phone 9390 3909 or visit www.sceniclakeestate.com.au

PRE-LAUNCH OPPORTUNITY



SABINA

APPLECROSS

1 Bed 1 Bath *from* \$410,000

2 Bed 2 Bath *from* \$590,000

3 Bed 2 Bath *from* \$870,000

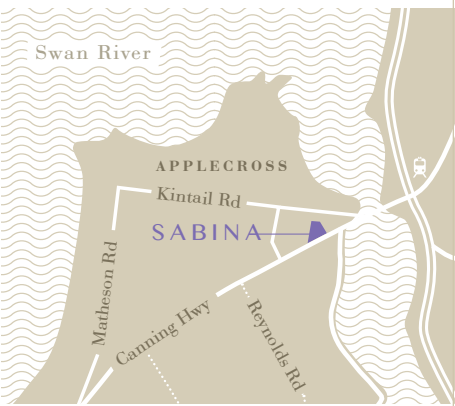
Image includes artist impression. Prices and availability are subject to change.

APPLECROSS AFFLUENCE

A prestigious Applecross address deserves amenities to match.

Building Manager and Concierge • Grand Lobby Entrance • Cool Room • Cabana with Outdoor Kitchen • 5th Floor Garden Deck • 25m Swimming Pool • Sauna • Outdoor BBQ • Residents Lounge with Bar • Games Room • Business Lounge • Music Room with Piano • Guest Apartment • Cinematic and Media Hub • Gymnasium • Private Dining Room with Kitchen • Wellness Room • Bin Chute • 8 Star NatHERS Energy Rating • Car Share Services • Car Charging Station • Car Wash Bay • Video Intercom, CCTV • Security Access Reader System

REGISTER YOUR INTEREST TODAY
sabinaapplecross.com.au or call 6314 6698



Retire in Style



by Mike Goodall

A HAPPY New Year to all readers. Let us hope that 2018 brings about some good news in the campaign to have our UK State Pensions paid at the same rate as if we were living in the UK.

Some positive news for Expat pensioners is that in recent weeks the pound sterling has strengthened against most world currencies. It is at its highest level against the Australian dollar since BREXIT began.

UK trade and business is looking good, which

could strengthen the pound further and help us receive more dollars for our frozen pensions.

The All Party Parliamentary Group (APPG) meeting with the International Consortium of British Pensioners (ICBP) reiterated that they are campaigning for pension parity for all. However, they have not responded to questions as to whether they still view partial uprating as a step towards full uprating/parity.

Many couples divorce in later life and this can mean financial hardship for one or both of the former partners. However, in certain circumstances a divorced person can claim a UK State Pension based on their previous spouse's National Insurance contributions. In the last year we have

recovered large amounts of money for divorcees who had no idea that they could be entitled to anything from the UK because they had never worked there.

It is worth checking out whether you meet the conditions and whether there could be cash owing to you.

I have received several enquiries about the possibility of returning to live in the UK on a temporary basis to receive and retain UK State pension increases. Several years ago, if you returned to stay in the UK for more than 183 days you could return to Australia and keep your uprated pension benefits.

However, over the last few years the UK have been gradually tightening up. You now have to become a permanent UK

resident. This makes you liable to pay UK income tax and could affect your will and make you liable for inheritance tax.

Before moving back to the UK you need to get advice from a tax specialist qualified to give advice in both the UK and Australia on how your Australian super and any Australian State Pension are treated. You will have to pay a fee but trying to do it on your own could be very risky.

Dual tax specialists are a rare breed so check out they have current updated qualifications before employing them.

The UK International Pensions Centre say:- It is quite difficult to give definite advice as each case is specific to the actual person involved and can change from one person to another

depending on their own personal criteria.

However, as a general rule as long as the person is eligible to pay utility bills such as, gas, electricity, water rates, community tax etc., and is on the electoral register and they are living in the UK for more than six months, then they should be classed as a permanently resident and receive their pension unfrozen. If they then leave the UK for a short holiday

they should retain their pension unfrozen.

If they are to be away from the UK for an extended period of time and have previously been in receipt of a frozen pension, depending on how long they are away from the UK and where they go to, they might revert to a frozen rate pension.

Any person in this situation should contact the International Pensions Centre by calling +44 191 21987777 with their

details to receive correct up-to-date information.

This is very general information as it depends on the person in question and their individual circumstances.

Anyone who would like to discuss the above in greater detail or requires help on any aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via email: mikecgoodall@btconnect.com

Ridgewood development about to start

CONSTRUCTION will start in early this year on the first stage of a \$48 million seniors housing development at the corner of Lukin Drive and Hinchinbrook Avenue in Ridgewood.

Housing Minister Peter Tinley turned the first sod at Haven Ridgewood – a partnership between the Department of Communities and Southern Cross Care (WA) (SCC).

Stage one will see respected builder Pindan release 104 lots to

the market as house and land packages and incorporate 54 affordable dwellings and 36 walk-up apartments. Stage two plans for additional lifestyle apartments, a commercial precinct, medical centre, supermarket and commercial and retail spaces.

About 75 per cent of homes in Haven Ridgewood will sell for less than the Ridgewood median house price of \$387,000 and all homes will sell below the Perth median house

price of \$519,000.

The Department of Communities contributed 6.8 hectares of land for the project, which at June 2014 was valued at \$7.68 million. SCC will provide apartments for social housing tenants in consideration for the land.

This will come as welcome news for the building sector. The construction phase of the new affordable housing development for people aged 55 or older will support up to 50 jobs.



****COMING SOON****
Webber Gardens,
2bedroom unit,
garage attached,
street frontage
Weeronga,
1 bedroom unit

Alchera Living
Choice. Independence. Respect.

Affordable housing.
Independent living for over 55s.
No GST or Stamp Duty applicable.
Not-for-profit organisation.
Freshly renovated units set
in beautiful grounds.
Close to shops and transport.
Solar panels. CCTV.
Friendly atmosphere with social centre.

Weeronga and Webber Gardens, Willagee 2 BEDROOM UNITS AVAILABLE
Priced from \$270,000 to \$310,000 ****NEW PRICE****

FOR RENT - Bull Creek, 2 bedroom unit at \$280 per week
Winnacott Gardens, 3 bedroom unit at \$350 per week

For further information or to view, call 9314 5884 or 0429 893 018
Lifemark Accredited, Member of Property Council of Australia

LUXURY PARKSIDE APARTMENTS - NOW SELLING



SELLING
FAST!
ENQUIRE
TODAY

Unrivalled on every level.

Offering a stunning parkland location, timeless architecture and luxurious resort-style amenities, Eden represents an opportunity to both downsize and upgrade. Best of all, you can take comfort knowing your Eden apartment is yours to own outright, enjoy and even re-sell in time if you wish, without any exit fees. Visit our stunning display suite to find out more.

ON-SITE DISPLAY SUITE - TUES-SUN 11AM-3PM, 1 FINISHLINE VIEW, FLOREAT

ANOTHER PREMIUM ADDRESS BY

EDGE
VISIONARY LIVING

HILLAM
ARCHITECTS

CALL TODAY

EDGE
VISIONARY LIVING

SHARON HAWKINS
0405 180 279

W
PORTEOUS
ARCHITECTURE

ANDREW PORTEOUS
0488 118 687

REGISTER YOUR INTEREST NOW

edenfloreat.com.au

Retire in Style



ADVERTISING FEATURE

New management at retiree friendly Willow Creek Mews in Mandurah



SIENA LIVING prepares to take over the management of Willow Creek Mews in Greenfields, Mandurah and some of their homes are being offered for sale at prices not seen for years.

The village is now four years old and after es-

tablishing itself as the most affordable village in Western Australia, Siena Living thinks it is ready to go further.

Willow Creek Mews appeals to retirees who want a quality home in peaceful surroundings and the assurance of

continued affordability in an unpredictable world. This has seen the village mature, but there is more to life than affordability. A village needs to embrace all its residents so they become an integral part of their community and enjoy every day, be it within the village or outside, retired or nearly retired. It is not about the chosen few – it is about everyone.

Village manager Kellie Briggs is enthusiastic about the changes. She says: "With the long term management contract in place it means we can now have much more control on the destiny of

the village rather than just trying to influence it.

"It enables residents to get involved at the ground level and know their input will contribute to the future well-being of the village.

"The developers put the building blocks for our village in place and without doubt have created a financial structure like no other village. It is now our turn, and that of the residents, to build on those foundations to create the village they want to live in, and one we want to be involved in."

But it isn't just the financial structure that is unique, even though it

has been internationally recognised and set to be trialled in Canada and the UK.

"Every home is designed to the principles of 'Ageing in Place' where every aspect of ageing has been taken into consideration to ensure a resident does not need to move out of their home prior to nursing home care being needed."

Care can be brought to the home under a host of community care packages from an array of local health providers and this is a big draw for many retirees.

Priced from \$138,000.

Homes are all built with a minimum seven star energy rating and that means lower heating and cooling bills. Design features like a raised ceiling in the open plan living areas, a huge double bedroom and an extra-large study or spare bedroom all add up to make these homes that little bit special. All homes have a large undercover garage, European appliances, fitted carpets or timber effect flooring and two outdoor living areas.

For those not wanting to buy, Siena Living has set aside several homes as rentals for suitably qualified tenants who

can, if they want, opt for long term leases.

Willow Creek Mews is located in Greenfields and convenient for shops, buses, and the Peel Health Campus. It is only a few minutes bus ride to the train station or to Mandurah foreshore where the unique lifestyle of Mandurah can be enjoyed to the full.

The village is regulated by the Retirement Villages Act and financially structured to maximise all current state and federal concessions. People can inspect villas by making an appointment with Kellie on 0424 284 889.

Make your next step with the security of RAAFA.

As one of Western Australia's longest standing, largest and most respected providers of Retirement Living Estates, RAAFA offers you the benefits of an organization with an impeccable record on all aspects of security.

With a RAAFA Retirement Living home you can be assured of joining a warm and friendly community enjoying a wide range of superb resort-style facilities, and endless social and recreational activities.

Retirement Living apartments and/or units, are located in RAAFA Estates in Bull Creek, Merriwa, Mandurah and Albany. In all these communities you can have the peace of mind to Lock-up-and-Leave knowing your investment, home and belongings will be in the same state you left them in when you return.

• Personal Security

With walled estates, a range of security systems and procedures operating 24/7, and close-knit communities providing organised passive surveillance, RAAFA has an exemplary record on personal security.

• Financial Security

As a well-managed, self-funded, not-for-profit organization offering low fees, total transparency and a history of resident's satisfaction in WA for over 40 years, RAAFA can be trusted to provide the optimum financial outcome on your investment.

Two Bedroom Retirement Homes available now in Mandurah, Merriwa and Albany from \$250,000.



The newly completed and fully occupied Orion Terraces apartment complex in Bull Creek.

You don't need to be ex-service to acquire a RAAFA Retirement Home.

Call now to inspect Retirement Homes available in a RAAFA Estate near you on (08) 9288 8400.

RAAFA Head Office: 2 Sleaford Road, Applecross, WA, 6153
Email: enquiries@raafawa.org.au Fax: (08) 9311 4455
Web: www.raafawa.org.au

RAAFA
Retirement
Living

Live better in retirement

MONEY Magazine announced Heartland Seniors Finance as 'Best Reverse Mortgage' for the third year running at its annual Best of the Best awards held in Sydney last month.

Assessed using data from independent finance research company, Canstar, Heartland's Reverse Mortgage product has once again been recognised as offering the most outstanding value for customers.

Ranked on a combination of features and costs, Heartland's Reverse Mortgage stood out from the crowd through having a broad range of features, providing flexibility and no ongoing fees.

Heartland Seniors Finance CEO, Andrew Ford said they are thrilled to win the Best Reverse Mortgage award for the third year running.

"To receive recognition from *Money Magazine's* Best of the Best awards is a great honour for Heartland. That said, our greatest satisfaction is helping thousands of Australians to live a better retirement.

An industry leader in the reverse mortgage market, Heartland Seniors Finance truly understands the financial needs of older Australians and offers the ability to meet the ever growing gap between superannuation, the pension and retirement needs.

"Many Australian seniors are finding it hard to live a comfortable retirement. Heartland is really pleased to help older Australians release the equity in their property through our reverse mortgage product, so they can live the retirement they deserve and stay in their own home," said Mr Ford.

The Heartland Reverse Mortgage is designed to help older Australians manage their financial requirements in retirement. Common uses range from house renovations, consolidation of debt, travelling, or to simply take the stress out of day to day living expenses.

The amount that can be borrowed depends on a number of factors, such as age (minimum 60 years), location and the valuation of their home.

For more information, contact Heartland Seniors Finance on 1300 363 388 or visit www.seniorsfinance.com.au

TURN BACK TIME



Be young
Be happy
Be you

Call Joy 0439 557 578
Visit www.joyensor.sisel.net



At Vibe Baldivis, we think nothing should hold you back from having a life filled with good friends, engaging hobbies and plenty of travel. If you're ready to downsize but definitely not ready to slow down, you'll find a lot to love at your secure friendly lifestyle village, Vibe Baldivis.



Enjoy the financial and lifestyle benefits of downsizing into a modern
1, 2 or 3 bedroom home

From a low **\$159,000**

Our doors are open every day from 10am to 4pm!

Take a walk through our scenic village,
enjoy some refreshments and view the 10 unique
display homes open until 18th February.

To find out more about Vibe Baldivis and our nine other villages,
visit nlv.com.au or call 9524 4403



Retire in Style



Quality time with grandparents important for fighting ageism in society

by Frank Smith

AGEISM stereotypes are common in western societies. What senior hasn't been called a silly old fool or much worse at times by a younger person or been discriminated against or patronised because of their age?

Research at the University of Liège in Belgium found that ageist attitudes can be found in children as young as three, but young people who say they have very good contact with their grandparents were the least prejudiced.

"The most important factor associated with ageist stereotypes was

poor quality of contact with grandparents," said Allison Flamion, a psychologist who led the research team. "We asked children to describe how they felt about seeing their grandparents. Those who felt unhappy were designated as having poor quality of contact."

To assess aspects of ageism, the researchers studied nearly 1,200 children and adolescents between the ages seven and 16 in the French-speaking part of Belgium. The youths were primarily white, from both urban and rural areas, and from a range of socioeconomic statuses.

The researchers asked the youths

their thoughts on getting old and about the elderly. They also collected information about the health of their grandparents, how often the two generations met, and how the young people felt about their relationships with their grandparents.

The children and adolescents generally expressed neutral or positive views of older people. Girls had slightly more positive views than boys and girls also tended to view their own ageing more favourably.

Grandparents' health was also a factor in youths' views on ageism: young people with grandparents in poor health were more likely to hold

ageist views than youths with grandparents in better health.

"When it came to ageist views, we found that quality of contact mattered much more than frequency," said Ms Flamion.

The most important factor influencing youths' views was the quality of their contact with their grandparents. The study characterised contact as good or very good when they said they felt happy or very happy (respectively) about the prospect of seeing and sharing time with their grandparents.

Frequency of contact, mattered much less than quality of contact.

"For many children, grandparents are their first and most frequent contact with older adults (other than their parents)," said Stéphane Adam, professor of psychology at the University of Liège, who coauthored the study.

"Our findings point to the potential of grandparents to be part of inter-generational programs designed to prevent ageism. Next, we hope to explore what makes contacts with grandparents more rewarding for their grandchildren as well as the effects on children of living with or caring for their grandparents."

The results were published in the journal *Child Development* last year.

Wearable Pain Relief Device

PROMOTES RECOVERY <ul style="list-style-type: none"> • Use after workouts • For any exercise • Golf, tennis, yoga, etc. 	RELIEVES ALL TYPES OF PAIN <ul style="list-style-type: none"> • Knee • Back • Muscle • Joint • Chronic 	100% DRUG FREE <ul style="list-style-type: none"> • Non-prescriptive • No side effects
---	--	---

Visit Oskawellness.com now!



USE CODE: HAVEAGO
To receive \$55 off your Oska Pulse!

Contact Mike 0438920147 or Darren 0414230022



Foster carers needed in the Bunbury area

BEING a foster carer is one of the most important and rewarding roles. It's a perfect opportunity for retirees to give back and help children in our community. Each year, the number of children and young people requiring foster care grows more rapidly than the number of individuals and families who are accredited to care for them. As a result, there is a shortage of foster carers in WA.

By volunteering to become a foster carer, you can help children achieve a brighter future by caring for them in your own home and offering them the warmth of a family environment. By providing your love and support, you can have a lasting

impact on a child and ultimately change a life. The difference a foster carer can make to a child's life is immeasurable.

Children and young people who need foster care range from newborns to 18 years of age. Foster carers can select the type of foster care that works for them and the age group that is most suitable for their household.

In Bunbury, MacKillop Family Services provides specialist foster care for children and young people who have high or complex needs. Children requiring specialist foster care may have experienced significant trauma or a difficult start to life. Specialist foster carers are provided with 24-hour support and guidance to ensure they can provide the high-level of care required.

MacKillop Family Services WA state director, Jennifer Hannan said: "Foster carers come from all walks of life. They are people committed to helping the child have the

best start to life possible, and develop a sense of belonging. Where possible, foster carers support children and young people to connect with their family and their culture."

The WA Carer Recruitment team are looking for are people who have a home that can provide a nurturing environment, people with time to spend with the child or young person adjusting to a new home and able to support the child or young person through their ups and downs over several years.

Experience in caring for children or young people and an understanding of the impact of trauma on the child, are desired. Ideally the home would not have any other young children living there, and maintain an inclusive family dynamic.

"People sometimes wonder if they could do foster care and exclude themselves with 'I couldn't be a foster carer because I don't own my own home,' or 'I'm too

old to be a foster carer.'

In fact, anyone can be a foster carer. We encourage people from any background, family configuration or socio-economic group to apply," Ms Hannan said.

Foster carers find it very rewarding when they start to see the impact a safe, stable and nurturing home can provide to a child or young person. The child can begin their journey, heal their trauma, engage in school, make friends, and enjoy a safe positive life full of new opportunities.

MacKillop Family Services is seeking specialist foster carers in Bunbury and surrounding communities. If you have passion and experience caring for children and young people, please contact MacKillop Family Services. Visit www.mackillop.org.au/foster-care or directly contact the WA team at FosterCarersWA@mackillop.org.au or call (08) 6477 1000.

Akora: Award-winning Retirement Apartments



The best move you'll ever make

SwanCare's Akora Apartments have been named best seniors/aged persons multi-unit development at the annual Master Builders Association of WA Awards 2017.

The award recognises the innovative features built into Akora Apartments by BGC Contracting including internal communal spaces, energy efficiency, building adaptability, a rooftop terrace, generous living spaces, an engaging piazza and a ground floor café.

Volunteers recognised and wanted



Above; Braemar volunteer group aboard the Astor
Left; Darrell Thatcher, Braemar CEO, Wayne Belcher and Avril Rivers

TWENTY of Braemar Presbyterian Care's longest serving volunteers were recognised for their dedication and commitment during a volunteer function aboard the cruise ship *Astor* in December. The volunteers - who range in age from millennials to seniors in their 80s - were treated to a four course luncheon as well as a comprehensive tour of the ship, before being presented with a commemorative pin to acknowledge their significant contribution to the not-for-profit aged care organisation over their many years of volunteering. Braemar Presbyterian Care is currently calling for locals in the Fremantle and City of Melville area who may have a few hours to spare each week, and who would like to explore volunteering opportunities, to get in touch by contacting 08 6279 3600.

Over two-thirds sold! Call SwanCare on 6250 0016.

akoraapartments.com.au



Retire in Style



ADVERTISING FEATURE

There is much to consider before you retire...



OVER years of providing retirement planning advice KP Financial Planning have come to recognise that many people who are about to enter retirement are fearful of how long their money will last and if they

will be able to do the things they would like to in retirement.

While there is an obvious difference between the working years and the retirement years – money is being contributed to superannuation while you are working and being withdrawn when you retire – many people continue to invest their money in the same way.

This can be a risky strategy when you consider that poor investment performance during retirement is impacted by the requirement to draw money out of your savings in order to meet ongoing expenses, including the legislative requirement to withdraw a minimum amount from superannuation when it is in the pension phase.

The importance of properly planning for retirement cannot be overstated. There are many factors that can impact on how long your retirement income will last.

These may include stock market performance, how long you live and the ability to supplement retirement income with the Age Pension, just to name a few.

It is how these factors are dealt with that can potentially make a significant difference to how long your retirement income will last.

KP Financial Planning will be running a free retirement planning seminar on 7 February at Crown Perth.

The session has been developed to improve people's understanding of financial considerations for retirement.

It will cover the key financial risks and provide examples of strategies that can be implemented to maximise people's retirement income by utilising their own resources as well as the Age Pension where possible.

GDKP Pty Ltd ABN (61 606 192 769) trading as KP Financial Planning is a Corporate Authorised Representative (1237882) of Matrix Planning Solutions Limited ABN (45 087 470 200), AFSL and ACL No. 238256.



WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 2 for details.



THE RESIDENTIAL LIFT COMPANY



We offer two storey lifts that are affordable, purposed designed for fitting into new and established homes. They are electric, surprisingly compact and can be custom built to fit into the most amazing spaces with no lift shaft. It's a great alternative to a stair rider, with wheelchair and walker friendly models available. It's GST free for those unable to climb stairs due to health issues.



This lift is designed by an Australian, made in Australia for Australians.

Showroom: Interfloor Access (WA distributor)
15 Resource Way, Malaga (by appointment)
Tel: 9276 6060 or Leone Pearson 0412 196 372
Email: leonep@interflooraccess.com.au
www.residentiallift.com.au

Arthritis sufferers can benefit from a bidet

BARBARA Nash simply dreaded going to the toilet, the combination of arthritis and a bad back made what is a simple thing for most people almost impossible for her.

Her doctor had said a bidet would solve her problem but the cost for installation and space required for the traditional stand alone BIDET to be installed in her home was just too expensive. Barbara says her luck changed when visiting her friend Norma in the next suburb. While she was there she had to go to

the toilet - a thing she dreaded most while she was out.

Well she was amazed by what was on her friend's toilet! She asked Norma what it was and Norma explained that she had a COWAY Bidet toilet seat installed only a few weeks ago by The BIDET SHOP®. "The chap was so nice and helpful."

She went on to say, "it has a heated seat and soft closing lid but the best thing is, once I have finished going to the loo I simply press the wash button on the remote control and the Bi-

det cleans me with a stream of warm water, the in-built fan then dries me off with warm air and I haven't used toilet paper since. It's the best thing since sliced bread!"

Well Barbara hesitantly went in to the toilet and used the COWAY Bidet, she pressed the large button on the remote control and she was clean. She cried tears of joy and relief now that her toileting problems were solved. She rang The BIDET SHOP® straight away and ordered one. Since then Barbara

has introduced four of her other friends to this life changing machine.

"I just didn't know how many other people out there were having trouble going to the toilet. My advice to everyone is get a COWAY Bidet put on your toilet, I did and it changed my life."

For more information or to purchase call The Bidet Shop® on 08 6315 4252.

Have a Go News readers may qualify to have their Bidet fully funded.

Please call them to ask how.



2 BED HOMES AVAILABLE FROM
\$245,000*

Inclusive of
**\$10,000
CASH BONUS**



The Ultimate Retirement Lifestyle

SETTLERS LAKESIDE offers peace of mind for over 55s who are seeking an independent lifestyle. All homes are low maintenance and have been designed for comfortable retirement living.

RESORT-STYLE FACILITIES INCLUDE:

- 8 rink synthetic bowling green
- Indoor heated swimming pool, spa and sauna
- Caravan parking
- Resident clubhouse with library and daily activities
- Village bus for local shopping trips
- Pet friendly village*

SETTLERS
LAKESIDE

194 Old Mandurah Road, Ravenswood
Call Cathy 0439 911 152 to find out more
Email: Cathy.Nicolle@settlerslifestyle.com.au
Web: settlerslifestyle.com.au/wa

*Terms and conditions apply.

OPEN FOR INSPECTION Every Wednesday, Thursday and Saturday 10am – 2pm

Retire in Style



ADVERTISING FEATURE

Upgrade your soft furnishings with January sales



Left to right; Zofia St James - Change is as good as a holiday, LTR; new towels, sheets and pillows - invite the outdoors in with a potted plant

by Zofia St James

CHRISTMAS and New Year has and come gone and here we go again into another year.

I do hope that you all enjoyed a wonderful festive season with your friends and family and you are feeling motivated and inspired to have a great year ahead.

I moved house in mid December and I have to say although it was executed with precision and organisation it was exhausting. I then proceeded to host Christmas at my new place which brought in a new chapter for the New Year.

It's amazing how a new place makes all your household things feel quite new again. Placing furniture and art in a different way is exciting.

As traumatic as a move can be, I have to say the cull of closets and cupboards always feels good.

Then add some fresh new items thrown in. It's a bit like the old saying 'change is as good

as a holiday.' Which is just as well for me as the move cost as much as a holiday.

I am sure you're all aware of the amazing sales on at the moment. This is the perfect time to have a close look at what could do with an upgrade around the house.

Linen, towels, bedding and pillows are the most basic of things but actually provide the perfect opportunity to give your place a bit of a make over.

Let's start in the bathroom. A new toilet brush, soap dispenser and toilet roll holder set is a somewhat minor detail but actually provides a fashionable statement. Buy four new towels, two hand towels and a bathmat and instantly you have modernised your bathroom.

Choose two colours that complement the room so that when one set is in the wash the other colour provides a different effect.

Place a succulent plant on the counter and any bathroom will look better.

Living rooms can be brought back to new life with cushions and a throw and a potted palm in the corner to invite the outdoors in.

A mini make over for the bedroom consists of new sheets and bed cover, a throw and a cushion and a new print.

We always need new pillows and often neglect ourselves here (me included). They don't need to be expensive but fresh new pillows and sheets are always going to make sleeping more comfortable.

As it's summer right now choose a new quilt cover set that reflects the season or even a coverlet in white. Coverlets are a new take on a bedspread but are the perfect summer weight with a top sheet. They are usually pure cotton or linen. I only use mine in summer and pull out the wool quilt and cover for winter.

I like having a summer look which is white and then change to a different look for winter.

Going further you could add a floor rug at the end of your

bed to compliment the art at the head of the bed. Every bedroom needs a chair, it's so handy. I have just put an heirloom one in the corner.

Spending money on your environment is important as comfort is lifestyle. And lifestyle is the gift we give ourselves to live each day in comfort with style.

This is my passion and I love to preach it.

Treat yourselves to lovely comfort and style this year. Happy New Year... the best ever for us all!

Zofia offers an interior style consultation for readers. She may be able to assist with de-cluttering, restyling, choosing what pieces of furniture to take and of course personal styling. She offers a special rate for Have a Go News readers and she knows how to style on a budget.

For those who would like to contact Zofia call her on 0406 336 607 or email zofiajames@hotmail.com

Great product for grey nomads



Honda EU22i inverter generator

FOR more than 15 years, campsites around Australia have looked the same... camping chairs, sleeping bags and Honda's EU20i inverter generator.

The world's best selling leisure generator, the Honda EU20i was the perfect size for campers who wanted to take advantage of what nature has to offer in the comfort and style they enjoy.

The EU20i powered hair dryers, toasters, provided light, made coffee, kept tents cool, charged mobile phones and most importantly, kept quiet.

However, with the use of more electrical appliances in day-to-day life, campers demanded more power. So... Honda gave them what they wanted.

Introducing the all-new Honda EU22i inverter generator. With 200W more power and added features, the Honda EU22i is the best in its class. Used for leisure, back-up power and for the work site. It really packs a punch.

The Honda EU22i delivers better than commercial quality electricity, it has greater fuel efficiency via the built-in eco-throttle*, increased diameter of oil filler for improved draining and catching of oil and improved recoil starter handle with new metal guard.

It has Honda's advanced 4-Stroke GXR120 engine, which is 20 per cent larger in capacity than the EU20i generator. The GXR120 has a maximum output of 2200W and up to eight hours of continuous operation (*with eco-throttle switched on when rated at 1/4 output), four litre fuel tank and whisper-quiet operation.

All Honda products are backed by an industry-leading four year domestic warranty*, and 400+ authorised dealers across the country. These units were available early January at RRP \$2099.

Follow Honda Power Equipment AU on social media:

www.instagram.com/hondapowerequipmentau/
www.facebook.com/HondaPowerEquipmentAU/

Subdividing Transforms Lives

What's most remarkable about subdividing is how it can transform the lives of those who need it most.

Jane had her life changed forever in the blink of an eye. Unfortunately for Jane, she had lost her husband to cancer a little over a year ago and was left in dire straits. With a loss in income, things grew increasingly difficult and Jane was unsure of what to do. Everything had been on track for her and her husband; they had built a new home in Kewdale for themselves to retire in with an aim to subdivide the rear block to help fund their retirement. However, Jane was now left with a new house and

a large block of land, with no money to afford completing the landscaping after the new build. As well as that, she had no means to fund the subdivision costs or sustain herself.

The backyard had become a chore to maintain, and still dealing with her loss, it was no doubt a challenging time for Jane. Although she knew that she had between \$250,000 - \$260,000 sitting in the yard, she didn't know how to get to it!

As luck would have it, one of Jane's friends had seen an advert in Have a Go News about Unlock Your Block's fully-funded model. With the idea

of having Unlock Your Block fund and project manage the entire subdivision, it almost seemed too good to be true! As Jane was still nervous, her friend gave Unlock Your Block a call on her behalf and described to us her situation at length.

They ran through the numbers to make sure the project was going to be beneficial to Jane, and guided her to seek independent financial advice regarding subdividing and her retirement with the funds received. With Jane optimistic and well informed, she decided to proceed with Unlock Your Block and start a new chapter in her life!

With full transparency and all costs paid by Unlock Your Block, they also helped Jane to secure a buyer for her block off the market through their own database! The end was a touching result. The block sold for \$250,000, meaning Jane could now fulfill her husband's goal and complete her garden, as well as live comfortably in retirement.

Even better, Jane has now booked a flight to visit her family overseas, for the first time in over 15 years!

Fab Marion

No Upfront Costs

No Hassle

No Risk

Unlock the value in your backyard

unlock your block is an easy, simple and safe way to unlock the value in your property by turning your excess land into cash without using your own money.

To Find out more about how **unlock your block** can work for you, phone: (08) 6161 1790 or visit our website www.unlockyourblock.net.au



"We had no idea where to start or what to do with subdividing our block until we met Fab. Fab and the team took care of everything which was a great weight off our shoulders. We would highly recommend using them!"

Wayne Mitchell, Wembley Downs

unlock your block

GREAT HOME and GARDENING

ADVERTISING FEATURE

New Year resolutions for a prosperous summer garden



Prosperous gardening tips, from left to right; Vibrant pelargonium Big Red - inspirational succulents for a waterwise and textural look - darling dahlias - fortnightly feeds of liquid fertiliser is essential for healthy growth

by Colin Barlow

AFTER the excesses of Christmas and New Year celebrations you may be forgiven for neglecting your garden just a little bit. But once the mince pies, Christmas puddings and the odd glass of wine have settled, it's time to work off those extra kilos with some gardening, plus it's great fun and good for both you and the garden. Maybe you could even encourage your children, grandchildren, partner or friends to help you out during the school holidays, so get stuck in and be a little creative too. My tips for a prosperous garden this summer:

Lawns
Lawns that have hosted family gatherings, games of backyard cricket and had cars parked on them over the holiday period may be looking a little worse for wear. Compacted lawns will benefit from aeration with a garden fork or lawn aerator/corer. This allows air and water to penetrate down into the roots, relieving compaction. Mechanical aerators can be hired for larger lawn areas. Apply a soil wetting agent such as Ezi-Wet, Everdrop, Wettasoil, Gro-sorb or Waterwise in the early morning or late afternoon and water it in thoroughly. Increase the cutting height of your lawnmower and allow the grass to grow a little longer in summer. This will help your lawn withstand drought and keep it cooler. Cut around sprinkler heads to ensure that they pop-up correctly.

Fertilise your lawn now to encourage growth and long-term health. Suitable lawn fertilisers for summer include Scotts Lawn Builder All Purpose, Bailey's Brilliance, Richgro Extra Green, Powerfeed LawnFeed and Munns Golf Course Green.



Vegetable Patch
If you don't have room in the garden, plant up some pots of vegies and herbs. Plants that do well in containers include basil, parsley, chives, oregano, tomatoes, capsicum, chillies, eggplant, cucumber and zucchini. Add some home made compost or buy some soil conditioner, compost or manures from your local nursery and apply it as a two cm layer to the surface of the soil. Mix in a couple of handfuls of Bentonite clay and keep it away from the stems of your plants except for tomatoes. Top with a layer of pea straw or lupin mulch to discourage weeds and keep the roots cool. Continue to feed vegies fortnightly with liquid fertiliser to encourage strong healthy growth and great tasting food. Try the organic based options including Powerfeed, Scotts Pure Organic Liquid Plant

Food, Yates Dynamic Lifter Plus and Charlie Carp. Keep a look out for caterpillars and mites on your tomatoes, capsicum and eggplants. Yates Success Ultra and Dipel are safe organic methods for controlling caterpillars. Natrasoap and Eco-Oil will help to control mites that can cause mottled or bronzed foliage, distorted growth and leaf drop. **Fruit**
Feed avocado, citrus and fig trees with a complete fertiliser such as Scotts Pure Organic Plant Food, Richgro Fruit and Citrus Premium Fertiliser Plus or Baileys Energy every two to three months to encourage strong healthy and vigorous growth. Continue baiting for control of fruit fly with Ceratrap, Eco Naturalure, Natures Way Fruit Fly Killer or Richgro Naturally Based Fruit Fly Spray up until harvest. My preferred method is netting the whole tree with fruit fly netting to guarantee 100 per cent control. Just ensure that the netting is secure around the trunk of the tree. Commercial Netmakers in Bibra Lake sell fruit fly netting off the roll in varying lengths. Bird or veggie netting will not stop fruit fly, as the fabric weave is not fine enough.



Garden
Protect newly planted and moisture sensitive garden plants with an application of an anti-transpiration spray such as Droughtshield. This reduces moisture loss from foliage and lasts for up to 90 days. I find hydrangeas and coastal plants benefit the most from this during the warm summer months. Always spray both sides of the foliage, preferably in the cooler parts of the day. Seaweed solutions reduce stress from drought, heat and pest and disease attack, so apply them every fortnight throughout summer. Eco Seaweed, Seasol and Pure Organic will stimulate your soil and protect your plants at the same time. Check that your sprinkler heads are not blocked or covered by foliage causing dry spots in the garden. Mulch your garden beds with compost and then add a five to 10 cm layer of coarse organic mulch such as pine bark. Apply a wetting agent to your whole garden, so that you encourage a deep root system and avoid wasting any water via run-off. Delay cutting any plants back hard until autumn to avoid sunburn. **Flower Garden**
Add some summer colour to your garden beds or troughs with the vibrant pelargonium Big Red or the vast array of available petunias, zinnia, geraniums, cosmos and dahlias available at your local nursery. Try creating your own waterwise succulent garden. Many species

make an interesting and colourful display in pots and containers and are suitable for sun or partial shade are too. Check my mobile succulent planters at Market Grounds, Kings Square, Perth for ideas. There I have used a selection of different cultivars from the Aloe, Cotyledon, Crassula, Echeveria, Kalanchoe, Mesembryanthemum, Sedum and Senecio genera of succulents to create textural and inspiring boundaries to the alfresco areas. Lightly trim hibiscus to keep them dense and

compact and continue to dead head roses to encourage another flush of flowers. **Indoor Plants**
If you are going away on holidays, make sure that someone will come in and water your plants while you are away. If not, place the plug in the bathtub and then put an old towel in the bottom of the bath. Partially fill the bath with around one to two cm water, so that it just covers the towel. Then place your indoor plants on top of the saturated towel. This should

keep them happy for around a week as long as some natural light is available. Wipe the leaves with a clean sponge soaked in water to remove dust that can reduce transpiration. Alternatively place your plants outside in the shade and wash off gently with a hose. I wish all readers of the Have a Go News a very happy, healthy and prosperous New Year and look forward to providing you all with more great gardening tips throughout the coming year.

Gardens from Eden
Creators of Paradise
LANDSCAPE design, Construction, Consultancy and Maintenance AWARD winning gardens designed by professional designer/qualified horticulturist - Colin Barlow
Mobile: 0422 212 327 Ph/Fax: 9354 4176
Email: gardensfromeden@iinet.net.au
www.gardensfromeden.com

#310 January edition PUZZLES Solutions

Wheel Words: Gill, Gilt, Girl, Girt, Grin, Grit, Nigh, Ring, Ting, Girth, Glint, Grill, Light, Night, Right, Thing, Hiring, Riling, Tiling, Tiring, Lilting, Tilling, Trilling. 9-letter word: THRILLING
Transformers: Gout, cask, jamb, flew.
Have a Go News Quiz Page 2: 1. Joel Creasey. 2. George Brandis. 3. 70 years. 4. 17th century. 5. Justin Langer. 6. 1991. 7. Queensland. 8. Tasmania. 9. Garden Island. 10. 1974.

E	S	S	A	Y	A	S	V	B
N		Y	E	X	C	A	V	A
I	N	L	E	T	L	C	C	L
G		S	A	U	E	R	K	A
M		S	R		S	N	E	
A	B	A	N	D	O	N	S	A
		N	Y	A	L	I		
G	A	D	S	S	P	E	A	K
U		P	B		N	S	A	
T	R	A	D	E	M	A	R	K
T		P	R	C	A	C	R	I
E	Y	E	T	E	E	T	H	A
R		R	T	S	I	N	D	I

2	3	8	9	4	7	1	5	6
6	1	7	3	8	5	9	4	2
5	4	9	2	6	1	3	8	7
1	8	6	4	7	2	5	9	3
7	9	4	8	5	3	2	6	1
3	2	5	6	1	9	4	7	8
4	7	2	1	9	6	8	3	5
9	5	3	7	2	8	6	1	4
8	6	1	5	3	4	7	2	9

© Lovatts Publications Pty Ltd - www.lovattspuzzles.com

Have a Go News
Have a Go News is available on subscription
Have a Go News is available on a 12 month or 24 month subscription. This will ensure the delivery to your home of a copy of each issue as well as chances to enter our monthly competitions.
\$35 for 12 months or \$70 for 24 months, covers postage and packaging from your first delivered copy. Simply fill in your details, cut out and send to: 'Subscriptions' Have a Go News, PO Box 1042, West Leederville WA 6901 or email payment details to accounts@haveagonews.com.au.
Name: _____
Address: _____
Phone: _____ Email: _____
Signature: _____
Payment (please circle): Cheque / Credit Card / Money Order
CREDIT CARD DETAILS: _____
EXPIRY: _____
SUBSCRIPTION \$35 for 12 months

A giant leap towards a cure for Alzheimer’s disease (and one step back)



Adopting a healthy lifestyle earlier in life may protect against dementia

by Frank Smith

A CURE for dementia remains elusive, but a team led by Michael Heneka of the University of Bonn, Germany has a made massive step forward in understanding the mechanism in the brain that causes damage. They have found a process by which inflammation triggers the build-up of amyloid-β protein plaques in the brains of people with Alzheimer’s disease

In people with Alzheimer’s disease, aggregates of amyloid-β protein build up in the brain to form plaques, leading to nerve cell damage and memory loss. Inflammation is thought to have a role, but the exact nature of its involvement has been hard to pin down.

Professor Heneka and colleagues have shown in mice that inflammatory cues trigger immune cells called microglia to release specks of a protein called ASC. This binds to the amyloid-β protein and promotes the aggregation of amyloid-β clusters in the brain.

When they applied an antibody to prevent ASC from binding to amyloid-β, it reduced the formation of plaques in both cultured cells and in live mice.

The authors think that this process occurs in the very early stages of Alzheimer’s disease.

The paper was published in the prestigious international science weekly *Nature*, last month.

Professor Bryce Vissel, head of neuroscience and regenerative medicine in the Faculty of Science at the University of Technology, Sydney said this is an extremely important study for understanding Alzheimer’s disease. “This comprehensive

and elegant study from Michael Heneka’s group provides strong evidence in support of a disease mechanism and a new approach for treating Alzheimer’s disease,” he said.

“For decades, Alzheimer’s researchers have considered that amyloid is the cause of Alzheimer’s disease. This is in part because amyloid plaques are often seen in the brains of people with Alzheimer’s. It is not truly known what causes the plaques or whether amyloid causes Alzheimer’s disease.

“Despite this, there have been numerous failed attempts to develop drugs that remove amyloid from the brain of Alzheimer’s patients. Therefore we are looking for new approaches to both explain and block the disease.

“Our group has long been suggesting that inflammation is a key mediator of Alzheimer’s disease. This study showed the first direct link between inflammation and amyloid deposition.

“Interestingly, blocking speck formation prevented the spread of the amyloid in the brain and also reduced the extent of Alzheimer’s-like symptoms.

“This paper therefore clearly shows that ASC speck formation is instru-

mental in disease process showing unequivocally a link between inflammation and Alzheimer’s disease. This suggests a very exciting new way of thinking about the disease and treating it,” he said.

Meanwhile researchers from the Minnesota Evidence-based Practice Center (EPC) have reviewed published research of interventions aimed to help to prevent dementia in patients. None of them worked.

Physical activity
Sixteen trials compared physical activity with an inactive control. There was little evidence for the effectiveness of aerobic training, resistance training, or tai chi for improving cognition, although combining different types of interventions at the same time, such as physical activity, diet, and brain training, slightly improved cognitive test performance.

Prescription medications
Data from 51 trials comparing the effect of prescription medication with placebo or usual care on cognitive outcomes did not support the use of any known pharmacologic treatments in people with normal or mild cognitive impairment.

Brain training
Eleven trials of adults

found insufficient evidence that cognitive training exercises could prevent dementia. Group cognitive training improved performance only in the actual domain trained. For example, memory training improved memory, but did not improve any other aspects of cognition.

Over-the-counter vitamins and supplements

Nearly 40 trials compared over-the-counter (OTC) supplements, including omega-3 fatty acids, soy, ginkgo biloba, B vitamins, vitamin D plus calcium, vitamin C or beta carotene or multi-ingredient supplements with placebos, for preventing or delaying cognitive decline. There was little evidence to suggest that any of these worked.

The researchers found that none of these interventions improved cognition. But it could also be that the interventions started too late in life or for too short a time.

They said adopting a healthy lifestyle earlier in life may protect against dementia in later life. Moreover it is unlikely to worsen cognition and may have other health benefits.

The findings were published in *Annals of Internal Medicine* last year.



Over 65 Years of Relationship Centred Care

Care and Friendship since 1952


Since 1952 Braemar has been offering high quality relationship centred care for the elderly in Perth, Western Australia.

We offer aged care facilities in the City of Melville and East Fremantle area. Here, our team of dedicated and passionate aged care specialists are on hand to support all of our residents to live a fulfilling life.

Professional aged care services are always on hand, while our care team will work with each resident and their family to ensure a care plan is tailored to meet each resident’s needs.



To find out more about Braemar’s aged care services, visit www.braemarcare.com.au or find us on social media.



@braemarcare



Joan tangoes a lot more these days. Even if she walks a little less.

Don’t stop now.
There’s a life to live with Bethanie.

Call 131 151
bethanie.com.au



Bethanie
You're among friends

Stunning crystal bracelet - set with GENUINE Swarovski® crystals - all yours FOR LESS THAN \$60!



**INCLUDES
CERTIFICATE OF
AUTHENTICITY**

Why are we giving these bracelets away?

We've just secured 1,000 of these triple-tiered, crystal bracelets set with genuine Swarovski crystals for an incredibly low price. And that's why we're giving them away for just \$59.95.

BUT YOU MUST HURRY, STOCKS ARE LIMITED.

Quality Bracelets

Don't misjudge the quality of this elegant bracelet simply because of the incredibly low price. Embellished with 150 sparkling clear, Swarovski crystals, this triple-tiered bracelet is finished with dazzling, silver-tone plating and expands smoothly to fit almost every wrist size. It's the perfect bracelet for every occasion – so why pay \$200 or more for a similar bracelet when you can have one of these for just \$59.95?

Expect Compliments

You won't believe your eyes when you wear this bracelet for the first time - it is stunning! The brilliance and sparkle of the Swarovski crystals will raise your spirit and are sure to get admiring glances! We think you'll treasure this piece of jewellery forever and will pass it down through the family.

Each bracelet comes complete with its own gift pouch plus a Certificate of Authenticity.

Our Guarantee

Enjoy your dazzling bracelet for **90 days** and test everything we have said in this advert. If, for any reason, you are not 100% satisfied, you can return it for a full, NO-QUIBBLE refund. That's right, you have NOTHING TO LOSE!.

BEFORE PAYING
~~\$200~~
OR MORE

**ORDER NOW
and pay ONLY**

\$59.95
+ p&p

FREE GIFT



RING WORTH MORE THAN \$100

What's more, if you send your order within seven days of this announcement being placed, you'll also receive, **ABSOLUTELY FREE**, a stunning ring, set with genuine Swarovski crystals to complement your bracelet! Valued at over \$100.



QUALITY FEATURES & SPECIFICATIONS

- Set with genuine Swarovski crystals
- Triple-tiered with 150 sparkling clear crystals
- Set in silver tone plating
- Expands to fit all wrist sizes
- FREE gift pouch with every bracelet



Order online at: www.cmshop.today/CSB44

Lines Open 7 Days:
9.00am - 6.00pm

CALL NOW 1800 83 84 89

Ask for
Dept CSB44

☐ I am ordering within 7 days and claim my **FREE** genuine Swarovski crystal ring **VALUED AT MORE THAN \$100**

☐ Please send me a triple tiered **CRYSTAL BRACELET** set with **GENUINE SWAROVSKI CRYSTALS & FREE** gift pouch for **JUST \$59.95 + \$9.95 P&H.**

☐ I enclose a Cheque/Money Order payable to Century Mail for \$ _____

☐ Please charge my VISA/MASTERCARD as follows: ☐ VISA ☐ MASTERCARD

CVV _____ The last 3 numbers on the back of the card.

Expiry ____/____ Signature _____

Occasionally we may make your data available to carefully selected companies. If you do not wish to receive interesting offers from these companies, please tick this box ☐

If you do not wish to receive further communications from Century Mail, please tick this box ☐

Delivery normally within two weeks but please allow 28 days.

F2801

**SEND TO: CENTURY MAIL, DEPT CSB44
LOCKED BAG 2000, SOMERTON VIC 3062**

Mr/Mrs/Ms _____

Address _____

Suburb _____

State _____ Postcode _____

Phone _____ DOB ____/____/____

Email _____

☐ Tick this box to sign up for exclusive email offers from Century Mail.

© Century Mail 2018

food & WINE

...eat, drink and be merry...
ADVERTISING FEATURE



Brunch with T - great fare at Atlas



Brunch
with
'T'

by Tahlia Merigan

WE have heard lots of positive reviews about Atlas Food and Coffee in West Perth, so over the festive break Dan and I decided to pay a visit.

Although located in Hay Street, we found there was plenty of paid street parking available.

The décor is simple and bright with light wood and neutral colours. As it was a hot day we decided to sit inside rather than in the alfresco area.

It's counter service at Atlas and although it's not my favourite genre it



Left to right; Atlas Food and Coffee's flamingo cold pressed juice - miso scrambled eggs and hot cakes

seems to be pretty standard these days and the staff at the counter were very friendly. They also had self-service stations with a collection of sauces including barbecue, ketchup, Tabasco, HP, as well as Himalayan salt and pepper. And for those with pets there's a water jug and bowl at the water station.

For drinks we both ordered the flamingo cold pressed juice (\$7.50) which was delicious and refreshing – the coconut, rockmelon, mixed apple and dragon fruit was the perfect combination for the hot day. We both wished there was more of it in the bottle...

The food came out very

quickly and the dishes were presented so perfectly that we were both reluctant to eat them.

I ordered the miso scrambled eggs (\$18.50) which had an umami twist on this brunch classic with the addition of miso, fish roe and bonito flakes. To balance the dish they added a delicious sweet element of soft beetroot jelly.

Dan ordered hot cakes (\$19.50) which had a lovely texture. The combination of peach, white chocolate foam, matcha and dried raspberry worked harmoniously. The creative presentation of the white chocolate foam inside a waffle cone in the centre of the hot

cakes was what we loved the most about the dish.

Overall, we gave Atlas four spoons for their menu, friendly service, value for money and creative presentation. I can say that Atlas has left a good point on our brunch atlas and we will be back again soon.

Atlas Food + Coffee,
phone 6249 6457, 1238 Hay Street, West Perth
Monday to Friday 6.30am - 3pm; Saturday to Sunday 8am - 2pm



T's spoon ratings

- Five spoons** – excellent food and service – you must go!
- Four spoons** – overall good food and service well worth a visit!
- Three spoons** – reasonably good food and service but could make some improvements.
- Two spoons** – food and service needs improvement.
- One spoon** – would not recommend.



What's Fresh in the markets 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.

Donut peaches: A unique white fleshed peach, small and flat with a sunken centre (shaped like a doughnut). Can be eaten firm or soft and are naturally sweet and juicy. They're a huge hit with kids, as they are easy to hold in your hand, easy to eat and have great novelty factor.

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. They should be a deep, clear orange and some may even have a red blush. Apricots bruise easily, so carry them home with care.

Eggplant: Locally-grown hydroponic eggplants are plentiful now. They are best grilled or barbecued. 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.

Vince's ginger beef morsels



by Vince Garreffa

THIS meal is quick and easy for a warm evening. Prepare your meat in the marinade the night before and refrigerate it for 24 hours. The next day you only have to prepare your skewers and a salad. What a way to romance someone and impress yourself at the same time.

Ingredients for 6

- 1kg of yearling beef rump
- 6 cloves of garlic chopped

- ½ cup of coarsely chopped ginger
- ¼ cup of soya sauce
- ¼ cup of dry sherry or vermouth
- ¼ cup of rice wine
- ¼ cup of peanut or other vegetable oil
- 1 tablespoon of sesame oil
- bamboo skewers

Method

Trim your beef of all fat and cut into 2 to 3 cm cubes. Combine garlic, ginger, soy sauce, sherry, vinegar, peanut oil and sesame oil in a medium sized bowl. Add the meat and toss through until it is all coated with the mixture. Cover with plastic wrap and marinate for one to two hours at room temperature or up to 24 hours refrigerated. Soak your bamboo skewers in water for at least 10 minutes before threading the meat on to prevent them burning where they are not covered with meat.

Prepare a hot barbecue, hot coals or a hot pan. Drain the meat, keeping the marinade, and pat dry. Thread four to five chunks of meat onto each skewer, covering as much of the skewer as possible. Cook for two to three minutes on each side, turning only once and brushing with a little of the leftover marinade until browned outside but still rosy and juicy inside. Serve with a tabouleh salad.

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!



Dinner for one: Avocado and prawns - two ways

Avocado and prawn kebabs with paprika mayonnaise

- 1 teaspoon lemon juice
- ¼ teaspoon finely grated ginger
- ½ avocado, peeled, cut into thick slices
- 6 large, cooked prawns, shells removed

Paprika mayonnaise:

- 1 tablespoon mayonnaise (good quality or homemade)
- ½ tablespoon sour cream
- 1 teaspoon lemon juice
- small pinch paprika
- freshly ground black pepper
- chopped parsley to garnish
- bamboo skewers (soak for two hours in water, this stops them from burning when placed on heat)

COMBINE lemon juice and ginger in a bowl. Mix well. Cut thick avocado slices in half. Toss them in the lemon juice mixture. Thread a bamboo skewer with avocado slice, prawn and cherry tomato. Repeat until avocado, prawns and tomatoes are used up. Combine all mayonnaise ingredients. Mix well. Heat one teaspoon vegetable oil in a frying pan on medium heat. Cook kebabs, turning as needed until the prawns are opaque and cooked through. Serve kebabs with a side bowl of mayonnaise mixture, fresh crusty bread and a small green salad.

**Preparation: 15 minutes;
cooking: nil; serves: 1**

SOUTH PERTH SENIOR CITIZENS CENTRE

Come join our vibrant and friendly centre for 55s and over. Become a member for discounted lunches.

Services available (by appointment - members only*):
Podiatry - Tuesday & Thursday 9am-12.30pm*
Hairdresser - Tuesday & Thursday 8.30am-12.30pm*
Lifestyle activities: Scrabble, Bridge, Bingo, Rummicub, Chess, Mahjong, Indoor Bowls, Yoga, Tai Chi, Heartmoves and Zumba. **FREE iPad classes.** Scrapbooking and beads on Fridays. Singercise on Wednesdays.

Meals on Wheels: Available over holiday season, delivered daily, \$10 per person, soup, main course & sweets.

18 January: Mystery Bus trip, Berrington Nursing Home
23 January: Australian theme 'live entertainment', \$25
All activities resume as normal

MYSTERY BUS TRIP TWICE A MONTH!
53 Coode Street, South Perth
For bookings or further info
phone the centre 9367 9880

*conditions apply, advertised prices are for members

WILLOW POND brings you...

A KNIGHT to Remember

Wayne Stanley is

SIR TOM JONES plus

blow the house down

FRIDAY 9 MARCH 6.30PM TIL LATE
\$95 PER PERSON - INCLUDES 3 COURSE MEAL and AMAZING LIVE 10 PIECE BAND!

RAMON'S
AT WILLOW POND
Alfresco Restaurant
Museum & Gardens

BOOKINGS REQUIRED 9455 1187
459 Nicholson Road, Canning Vale
www.willowpond.com.au

We don't accept any discount card with these specials, including the Entertainment card

SENIORS CARD SPECIAL
from \$25 per person*
Available for lunch Monday to Friday

KIDS EAT FREE SPECIAL
Receive one free kids meal with every adult dish ordered. Offer available for children 12 and under, Monday to Thursday only.

Avocado prawn bites

Preparation: 5 minutes; cooking: nil; serves: 1

- ¼ avocado, roughly chopped
- ½ tablespoon reduced fat mayonnaise
- ½ tablespoon natural yogurt
- ⅓ teaspoon wasabi paste
- 3 cooked prawns, peeled with tail left on
- 2 slices pumpernickel bread cut into 4cm rounds
- 3 pieces pickled ginger
- dill sprigs

MASH together avocado, mayonnaise and wasabi. Place a dollop of avocado mixture on each round of pumpernickel, top with a prawn and garnish with ginger.



Enjoy those tasty barbecue treats



Char-grilled swordfish on warm avocado corn salad

by Noelene Swain

BLESSED with long, warm days in WA it seems a pity not to take advantage and partake in a little alfresco eating and 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 it is just a matter of selecting your choice of meat and veggies, then cracking open an icy beer 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 really well for firm white-fleshed fish and Mediterranean vegetables such as capsicum, mushroom and eggplant.

Marinades are a fantastic easy way to add a distinctive touch to a barbecue. A home-made 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 field mushrooms work really well marinated in olive oil, lemon juice and pepper then grilled till cooked and garnished with a dollop of a soft white cheese such as goat’s, ricotta or buffalo mozzarella.

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 enlivened by the addition of some toasted nuts and unusual salad varieties such as tatsoi and snow-pea 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 of us and throw another shrimp on the barbie! Give the following easy classic a go.

Knife and fork talk in Morley



Spice Rootz’s mild goat curry is delicious

by Pat Paleeya and Judith Cohen

THE best laid plans often go pear shaped, as ours seemed to be heading on our designated lunch day.

The venue we had chosen happened to be shut, so with a pout and a foot stamp we boarded a bus to Morley.

But as life pans out it turns out we made a serendipitous discovery at Coventry Markets with an Indian restaurant called Spice Rootz.

Lunch specials are under \$15 and there’s plenty to choose from. We decided to share a mild goat curry and rice for \$14.90 and a vegetable thali for \$13.90.

The curried goat melted in the mouth and tasted delicious. Each dish had its own uniquely flavoured curry sauce.

The vegetable thali consisted of paneer in machan masala, chana (chick pea) in masala and sabji (mix veg) in a miloni curry sauce.

This was super nice and more than ample. A very satisfying and tasty lunch. BYO doggy bag for leftovers as they don’t supply containers.

The decor has a black and white theme with Omo white tablecloths offset with comfortable modern black chairs, which altogether presented a very sophisticated dining experience. Staff were attentive and friendly. We would go back and take our friends.

Four Forks
Spice Rootz, Shop 4, 243-253 Walter Rd., Morley (Coventry Market).

Char-grilled swordfish on warm avocado corn salad

Preparation: 10 minutes; cooking: 10 minutes; serves: 4
4 Swordfish steaks, about 150 g each
2 tablespoon olive oil
1 shallot, chopped
corn from 2 cobs
½ red capsicum, finely diced
1 large avocado diced
¼ cup chopped fresh coriander
¼ cup white wine
2 tablespoon lemon juice
2 tablespoon red wine vinegar

HEAT a non-stick frying pan or char grill on high, add one tablespoon of the oil and sear the swordfish for one to two minutes or until starting to soften. Remove from pan or grill. Cover with foil and keep warm in a low oven. Put shallot, corn and capsicum in a pan and cook, stirring for one to two minutes. Add the avocado, coriander and white wine. Cover and steam for one minute or until heated through. Place avocado

corn mixture on heated plates and top with swordfish. Add lemon and vinegar to the pan and whisk into pan juices. Pour over the fish and serve immediately.



Pink is the colour for wine this summer



by Frank Smith

Rosé wines come into their own on hot summer days. They are thirst quenching and as a red wine drinker I find them more satisfying than whites in hot weather.

There is a lot of variation amongst rosés. Most are made from the predominant grape variety of the region. All should be drink while young.

Here is a collection of good value rosés for summer enjoyment.

Jacob’s Creek Le Petit Rosé 2016 is made from Pinot Noir, Grenache and Mataro in south eastern Australia. It is a very pale pink in colour with aromas of rose petal and spice. The palate is savoury and chalky with flavours of red berry fruit and a soft restrained finish. RRP \$19.99.

Angullong Fossil Hill Rosato 2017 is made exclusively from mature Sangiovese plantings. The name Rosato is a nod to its Italian varietal heritage. It is a modern

rosé with an enticing, lively, crisp palate. The flavours are of summer berries, cherries and spice which linger delightfully with a long dry, savoury finish. Serve it cool, but not too cold. RRP \$26.

Lowe Estate Headstone Rosé Biodynamic is made in the Mediterranean style; salmon pink, light in colour. The wine is majority Grenache with lashings of Zinfandel, Cabernet Franc, Merlot and Shiraz from organic vineyards. It displays unusual Grenache aromas of radish with a touch of marzipan. The palate is dry with flavours predominantly from the other reds. After about 12 months it starts to complex, the colour goes more orange and it develops a bit more taste. RRP \$28.

Lowe Jodie Wilbertree sparkling rosé is a very fresh looking salmon pink wine. The aroma is of apples with a slight whiff of lemon. The palate is dry with pleasant acidity and the merest hint of sweetness. The mousse is sus-

tained with smallish bubbles. Like most rosés the colour will change after a few months, so drink it now. This wine is sealed with a crown cork, so remember to take a bottle opener if you are going on a picnic. RRP \$22.

Stoneleigh Classic Pinot Noir rosé is from the Marlborough region of New Zealand’s South Island. The wine has a light blush colour. The aroma is perfumed, with floral notes and wild strawberry and stone fruit. The palate is light, fine and delicate, with yellow flesh plum and summer red berry fruit flavours. RRP \$17.99.

LaBise 2016 Adelaide Hills Rosé – Le Petite Frais – the small fresh one – is made from a blend of Sangiovese, Tempranillo and Shiraz grapes. It displays aromas of strawberries and raspberries with a rich palate containing little sugar. The winemaker recommends that the colder this wine is drunk the better to see the strawberry and raspberry fruits. RRP \$22.

WEEK DAY LUNCH SPECIALS

TWO 40 THREE BAR AND BISTRO
\$12.50 lunch menu
11am-3.30pm
Seven days
Shop 5 Coventry Village
243-253 Walter Rd
Morley
Ph 9275 3665

SHARKYS
\$18.90 lunch specials
Mon-Fri 11am-3pm
Dolphin Quay Mandurah
Ph 9534 8825

THE PARKERVILLE TAVERN
\$17 senior menu
Mon- Fri 12-2.30pm
6-18 Owen Rd
Parkerville
Ph 9295 4500

BAILEY BAR AND BISTRO
\$15 lunch special
11-4pm seven days
Reid Promenade,
Joondalup
Ph 9300 0633

CHARLES HOTEL
\$14 Seniors lunch special
Mon-Fri 11.30-2.30pm
Charles St North Perth
Ph 9444 1051

SOUTH STREET ALE HOUSE
\$10 Lunch menu
7 Days 11.30-3pm
277 South Street
Hilton
Ph 9337 1453

BAYSWATER TAVERN
\$19.95 Seniors buffet
Mon- Fri 12-2.30pm
Railway Parade
Ph 9271 7111

COMO HOTEL
\$12 seniors lunch special
Mon-Fri 12-3pm
Canning Hwy Como
Ph 9367 6666

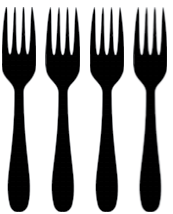
BOUVARD TAVERN
\$11 Seniors lunch special

Mon-Fri 12-2pm
21-23 Park Ridge Drive
Bouvard
Ph 9582 1533

CROWN CASINO
\$14.95 Lunch or dinner
Excluding public holidays

CICERELLO’S
Seniors deals
Option A \$13.95
Option B \$17.95
44 Mews Rd
Fremantle
Ph 9335 1911

NAGS HEAD TAVERN
\$15 Oldies but Goodies lunch
Cnr Ennis Av and Granges Dve
Cooloongup
Ph 9527 6666



No cook Mondays in Inglewood

STROLL down Beaufort Street from 7th Avenue to 10th Avenue every Monday night for the perfect opportunity to enjoy a variety of food vans and interesting stalls at the Inglewood Monday night markets.

From 6pm to 9pm every Monday night until April come along and soak up the atmosphere at this fabulous community event.

A variety of stall holders sell fresh produce, gifts, candles, honey and of course just about

every cuisine from all over the world as well as regular entertainment are on offer every Monday night. See you there!

Seniors’ Special: Meal and a Middy \$15*
(Wednesday to Friday - bookings of 5 or more)

Come and relax in our beer garden and enjoy our handcrafted award winning naturally brewed beers and ciders with great Aussie Tucker to match!

Your choice of one of the following;
Wood fired pizza (small)
Chicken or vegetarian baguette
Salt ‘n’ Pepper Squid
Fish and chip basket with tartare sauce
Spring rolls with sweet chilli sauce
PLUS 1 middy of beer/cider or 1 glass of wine or cup of tea or coffee

The Valencia Complex, 55 Benara Rd, Caversham
Phone 9377 4400 OPEN Wed to Sun
www.ironbarkbrewery.com.au

HAN310-048806





On the Silver Screen - Films to delight and entertain in January



Clockwise from top left; *Molly's Game* - *The BBQ*'s Magda Szubanski and Shane Jacobson - *Finding Your Feet* is a modern comedy

Molly's Game
STARRING Jessica Chastain and Idris Elba, *Molly's Game* tells the thrilling true story of Molly Bloom, the mastermind behind a glamorous, underground poker empire whose players included the rich, famous and most powerful men in America. In a career-best performance, Chastain portrays Molly as she transforms herself into the poker princess, running high-stakes games in LA and New York. But Molly's world comes crashing down when the FBI come after her, suspecting ties to the Russian mob. Academy Award winning writer Aaron Sorkin (*The Social Network*) delivers a quick-witted, fiery directorial debut with this riveting portrait of a smart, talented young woman who gambled everything, won big, then lost it all.

The BBQ

Dazza has a passion for barbecu-

ing, but when he accidentally gives his neighbours food poisoning, his reputation and dignity are on the line. To make amends he seeks tutelage from the tyrannical Scottish chef known simply as 'The Butcher'. Together they enter an international barbecue competition, pitting Dazza's homespun techniques against the world's best barbecue chefs. Starring a stellar Australian cast including Shane Jacobson, Magda Szubanski, Manu Fidel, Nicholas Hammond and Lara Robinson, this film will be a treat.

Finding Your Feet

When 'Lady' Sandra Abbott (Imelda Staunton) discovers that her husband of forty years is having an affair with her best friend, she seeks refuge with her estranged, bohemian, older sister Bif (Celia Imrie). Sandra couldn't be more different to her outspoken, serial dating, free spirited sibling. But it turns out dif-

ferent is just what Sandra needs and she reluctantly lets best friend drag her along to her community dance class, where gradually she starts finding her feet... and romance.

Featuring a star studded cast including Imelda Staunton, Celia Imrie, Timothy Spall, Joanna Lumley and David Hayman, *Finding Your Feet* is a hilarious and heart-warming modern comedy proving that it's never too late to start again.

WIN WIN WIN

To be in the draw to win one of ten in-season passes to any of the above films simply email win@haveagonews.com.au with Silver in the subject line or send an envelope to On the Silver Screen - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 31/1/18.

World's favourite ballet



FOLLOWING their sell-out 2017 performances of *Swan Lake*, the Moscow Ballet La Classique returns to Western Australia to perform the jewel of classical ballet, Tchaikovsky's ageless masterpiece *The Nutcracker*, a tale of bravery and dreams. It is proudly presented by Grand International Concerts.

The Nutcracker is renowned for the genius of Tchaikovsky - he created one of the most recognisable and enduring music scores ever written. Moscow Ballet La Classique with its artistic ballet mastery, lavish costumes and magnificent stage sets takes audiences on a journey back in time to the frost-covered, gaslight world of Clara, her beloved nutcracker doll and the magician Drosselmeyer.

This romantic tale with its blend of magic and realism brings to life the popular Tchaikovsky score featuring *Dance of The Sugar Plum Fairy* and *The Waltz of The Flowers*.

Moscow Ballet La Classique was founded in 1990 by its current artistic director Elik Melikov. With this delightful production of the much-loved fairy tale Moscow Ballet La Classique captures the imagination, the passion, humour and magic of the ballet.

Critics have raved with quotes such as: "As sweet as a nut, it doesn't get much better than this."

"Gloriously traditional production that captures all of the fairy tale enchantment and beauty one could wish for."

"You do not have to be a ballerina to love this lavish performance and lush music which magically brings to life one of our most loved tales," and many more.

Touring in WA in March, don't miss your opportunity to see this classic ballet.

Friday 9 and Saturday 10 March, Regal Theatre, Perth. Bookings: Ticketek 132 849/1300 795 012 or www.regaltheatre.com.au

Tuesday 13 March, Queens Park Theatre, Geraldton. Bookings: 9956 6662 or www.queensparktheatre.com.au

Friday 16 March, Mandurah Performing Arts Centre. Bookings: 9550 3900 or www.manpac.com.au

Saturday 17 March, Bunbury Regional Entertainment Centre. Bookings: 1300 661 272.

Sunday 18 March, Albany Entertainment Centre. Bookings: 9844 5005 or 1300 795 012.

By special arrangement with Origin™ Theatrical
EXCLUSIVE REPRESENTATIVE OF THE DRAMATIC
PUBLISHING COMPANY OF WOODSTOCK, ILLINOIS

Charlotte's Web
the musical

A wonderful family musical based on EB White's classic children's novel

Book by Joseph Robinette
Music & lyrics by Charles Strouse
Directed by Fran Gordon

Stirling Theatre, Morris Place, Innaloo
9, 10, 16, 17, 23, 24 February at 8pm
Matinees: 10, 11, 17, 18 February at 2pm
Tickets: \$25 adults, \$22 concession and \$20 members
Bookings:
Morris Newsagency 9446 9120 and trybooking.com/SESS

City Stirling

AFTER THREE SELL-OUT SEASONS, THE CREATORS OF SMASH HIT LA SOIRÉE RETURN WITH A BRAND NEW SHOW!

Club
SWIZZLE
FROM THE CREATORS OF LA SOIRÉE

★★★★★

"A FABULOUS SPIN ON CIRCUS" - THE SYDNEY MORNING HERALD

**COMEDY, CIRCUS, CABARET
SERVED WITH A TWIST**

FEATURING THE HOTTEST LIVE BAND IN TOWN!

FROM 25 JAN > ICE CREAM FACTORY, 100 ROE ST, NORTHBRIDGE
WILL SELL OUT! BOOK NOW AT FRINGEWORLD.COM.AU **FRINGE WORLD**
FESTIVAL 2018

Friend to Friend

FREE

For over 45's only



Please nominate a category for your advertisement.
Tick one box only.

- ☐ Travel companion
- ☐ Pen friend
- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered

GSOH: Good sense of humour

SD: Social drinker

NS: Non smoker

SOR: South of River

WLTM: Would like to meet
- DTE: Down to earth

ND: Non drinker

NG: Non gambler

NOR: North of River

TLC: Tender loving care



Name

Address

Postcode

I am over 45 years of age

(Signature)

Each person may submit
one entry every month.

STOP: Please read new instructions carefully
Write your advertisement in the grid below. Please
print clearly in ink using only one square per word.
Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901.

Obtaining replies to your Friend to Friend
Reply Box entry:
Please include two stamped (\$2) self addressed
C5 envelopes. These envelopes measure approx.
23x16cm and are obtainable from Australia Post.
Entries not accompanied by the correct sized
envelopes will not be considered for publication.

Seeking a Friend

A GENUINE, happy, slim lady, GSOH, WLTM gent about 75 to share interests, yours and mine, good company, conversation, long term if compatible, NOR.
Reply Box 7732

ALBANY widow, own home, NS, DTE. WLTM kind man for social activities, walks, country drives, dining out. ALA.
Reply Box 7750

ASIAN (Chinese) man late 60s, healthy. I am looking to meet man or woman for friendship only. Person to share interests, outings, dining or walking. Once or twice weekly.
Reply Box 7737

AUSSIE guy, 73, unhappy ties, normal looks, seeking discreet, amorous, blissful, enjoyable, on-going daytime encounters with a happy, uncomplicated, compatible lady to relish exquisite cuddles at your place. Meet for coffee first.
Reply Box 7745

AUSTRALIAN lady, 67, NS, DTE, genuine, caring, likes nature, music, movies, family. WLTM intelligent, respectful gent, NOR, friends first, view to relationship if compatible.
Reply Box 7739

CHRISTIAN mature, oriental widow, warm personality, positive disposition in life, easy laugh, adventurous yet prefers basics in life. "When a man finds a good woman he finds worth more than a 'jewel'" WLTM gentleman 62+.
Reply Box 7723

ENGLISH Aussie guy, young 66, sensitive, caring, Piscean dreamer, lost soul, passion for quality rock music eg Genesis, Gabriel, Sting, Chris Rea and many more. Also loves nature, cinema and concerts. WLTM lady 55-65, friendship maybe more. NOR, SD, NS, GSOH.
Reply Box 7734

KEEP UP TO DATE DAILY
Visit *Have a Go News* online:
www.haveagonews.com.au

GENT 60, NS, SD, 6'1", likes travel, movies, dancing, bush walking, dining out, bicycle riding, spending time with friends, seeks genuine lady, 55 to 65 for friendship relationship.
Reply Box 7744

GENT 66, 5'6", medium build, NS, SD, fit, healthy. WLTM lady to 65. Loves music, movies, barbecues and short country drives etc. Ideal New Year gift to deserving lady, very happy go lucky man.
Reply Box 7730

GENT 70, 5'6", widowed, loving, caring, NS, SD, GSOH, TLC. Interests: cooking, movies, walks. WLTM lady, honest, sincere, not scared to walk hand in hand, enjoys social activities, life in general, 65-75, living SOR, 6164. Let's meet for coffee, chat.
Reply Box 7725

GENT 70, looking for lady friend, 60-70, coffee first then who knows. Genuine offer, sensible, creative, caring is a start, that's me, is it you?
Reply Box 7728

GUY late 60s, 5'10", professional, near north, healthy, cheerful, fin secure. Philosophy, history, sunset walks, travel. WLTM genuine lady.
Reply Box 7753

IS there a lady SOR who WLTM a mature gentleman; caring, considerate, own home, fin sec. Let's meet for coffee and see how we get on. Nothing ventured, nothing gained. Looking forward to hearing from you ladies.
Reply Box 7748

LADY mid 80s, postcode 6111, WLTM gent around similar age, catch up for coffee, GSOH, young at heart.
Reply Box 7722

PERTH gent 60, fit, NS, SD, WLTM a happy, healthy lady, 55-65.
Reply Box 7738

SENIORS, wish to join a group of daytime happy, socially adjusted people? Weekly programs, SOR, CBD, participants must have integrity and present with neat dress code, NS, SD, email address and mobile numbers appreciated.
Reply Box 7729

Love the movies?
See the latest movie reviews and win tickets
www.haveagonews.com.au

VERY nice lady, widow, educated, various interests, looking for nice sincere gent, NS, NG for sincere gent. NS, NG for long term friendship/relationship. Must be financially secure. Meet for coffee SOR, 70-80 age group only please.
Reply Box 7736

WELL presented gent mid 60s, Asian born, medium build, educated, financially secure, semi retired, professional, NS, SD, live close to Perth, looking for 70+ Caucasian lady for friendship and more. ALA.
Reply Box 7731

WHERE is that special lady? I'm 75, live NOR, SD, NS, DTE, WLTM lady, 70+ who enjoys music, movies, country drives, travel, cruises and more. Future relationship may be.
Reply Box 7749

WIDOWED gent 68 NOR. Seeking happy lady companion travel-mate to share life with into future. Me; GSOH, DTE, NS, SD, NG. You; 55+, medium build, NS, NG, SD, no sarcastic, bad mannered verbal abusers need apply.
Reply Box 7726

Seeking a Partner

ASIAN lady, slim, 60+, kindhearted. Interests: walking, cooking, gardening, music, travel, dining out, socialising, GSOH. Looking for decent, genuine, gent with good manners, similar age, NS, NG, SD for permanent relationship if compatible.
Reply Box 7756

AUSSIE gent 70, has own home in Albany, seeks Asian lady mainly as a travelling companion. I love visiting Asian countries in particular using train travel and cruising. NS, SD and GSOH.
Reply Box 7735

AUSSIE male, 70yrs, into boating, fishing, dining out, movies, fitness and horse racing, not a world traveller, NS, SD, to meet slim lady, similar interests, SOR, 169cms tall.
Reply Box 7724

GENT 65, fit and active, well presented, young at heart, GSOH, NS. Enjoys movies, dining, travel, TLC, fin sec. WLTM caring, affectionate lady, age open, let's meet for a coffee and chat.
Reply Box 7746


Friend to Friend:

When replying to an entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100
c/- Friend to Friend,
PO Box 1042,
West Leederville, WA 6901.
(example only)

Send your reply on a single sheet of paper.
Place in a small envelope 11B (measures approx. 14 x 9cm).
No greeting cards, bulky items and photos.
All replies will be forwarded early in the next month.
All replies are strictly confidential and are not opened.
Replies must be in response to reply boxes no older than three months.



GENT, well presented, fin sec, retired businessman, caring, non-controlling, seeks intelligent, refined, attractive, church involved, born again Christian lady, youthful 60+, any nationality, GSOH, wide range of interests for quality long-term partnership.
Reply Box 7741

LADY 60s WLTM gent who is caring, genuine, honest, GSOH, SD, NS for company outings, quiet nights at home together SOR.
Reply Box 7727

LADY 65, fit, independent. WLTM gent, good natured, DTE, TLC, kind, for company and possible relationship. Interested in travelling, movies, walking, culture and arts. Genuine replies only please. SOR.
Reply Box 7751

LADY 70+, caring, sincere, likes gardening, family life, outings, social dancing. WLTM gent with GSOH, DTE, SD, NS to share good times together. NOR.
Reply Box 7754

NEWS UPDATED DAILY
Visit *Have a Go News* online:
www.haveagonews.com.au

LADY 71, educated, fin sec, NOR, NS, ND, DTE, GSOH, slim to medium build, WLTM gentleman, similar interests, walking, movies, dining out, country drives, healthy, travel, lots more to explore, similar life values. Genuine. Meet for coffee and chat.
Reply Box 7743

NEW year wish. I am hoping 2018 will be good to me. Lady, 66, blonde, wants nice gent, GSOH, SD, NS, SOR, WLTM partner to share happy times and life experiences together.
Reply Box 7721

PEACEFUL in nature, 61, gent, grateful for every day, slim to medium build. WLTM same, Euro Asian Caucasian to 65, have calming values, believes in truth, honesty, still looks at sunsets, trees, being who you are.
Reply Box 7752

Do you need a companion or friend?

Let

Have a Go News help you through our Friend to Friend page.

Get writing and send in your coupon.

PRETTY blonde, lady, 60s, very young at heart, smart, UK, loves WA, also Italian culture, travel, good music, shows, diverse interests, stable homelife, countryside. WLTM lifetime partner, similar values, loves the sea and lovely people.
Reply Box 7742

REFINED lady 69, UK born, well/groomed, educated, fin secure, medium build, GSOH, ND, enjoys reading, walking, current affairs, good conversation. WLTM unattached, sincere, well presented gentleman, 65-72, SOR, genuine replies only. ALA.
Reply Box 7740

SERIOUS slim, Euro gent, SD, NS, SOS, WLTM slim lady, 60+, active, easy going. ALA.
Reply Box 7747

Seeking a Travel Companion

I WANT to travel to Kalbarri, Monkey Mia in July. I'm 53, Christian, lady, attractive, trustworthy. If you are honest, reliable, with solid moral, ethical values, 46-60, love travelling, please respond.
Reply Box 7755

SOLUTIONS MATCHMAKING

"The safest way to meet a genuine and suitable companion"

9371 0380

NORTHAM LADY 65

wid, funloving, loyal, pretty blue eyed blond, intell, fin. indep, country girl with flair, sk active, affectionate man 60-70 enj walks, dancing, travel, speedway, adventure.

CLAREMONT LADY 75

striking green eyed brunette, youthful, modern, stylish, educated, very warm nature, loving, generous & a wicked sense of humour. Love o'seas travel, art, cooking for someone special. Sk gent 73-83.

BENTLEY LADY 68

kind, courteous, very easy to talk to w/ positive attitude & GSOH. A personable blue eyed blond sks gent 65-75 to enjoy retirement with. Likes going out doing things but just as happy to relax at home.

MANDURAH LADY 71

wid, ready to move forward, love again & be loved. Slim, attr, well grmd, fair hair, British, sk caring, honest, active man 68-75 & make the most of life.

NORTH BEACH GENT 78

loves local & overseas travel & would like to do a cruise w/a funloving, d.t.e.earth lady who is happy in her life & wanting companionship w/ someone special.

ROLEYSTONE GENT 83


Ret. Engineer, wid, British, Christian o/look, very active, on large property, old fashioned manners, enj bowls, outings, volunteers, sk ladyfriend for coffees, dinners, movies etc

MORLEY GENT 73

kind, easygoing, relaxed, 175cm, trim, looks after himself, is fit & likes healthy food, well travelled, likes travel, garden, theatre, exercise, sk happy, trustworthy lady 65-75.

ROCKINGHAM GENT 82

friendly, happy-go-lucky w/a heart of gold. Kind, helpful, sk sweet natured lady to go out, dinners, movies, drives, trips away & enjoying each others company.

SOLUTIONS

We have your partner

SOLUTIONSMATCHMAKING.COM.AU

Matching mature singles since 1995

SCENE SOCIALLY



SCENE (1): THE *Holly Wood Tuesday Morning Show* held its final show for the year in December and the Christmas spirit was alive and well with a huge crowd attending the event. Over the year funds from the morning tea and various raffles were distributed to organisations including St Barts, Wheelchairs for Kids, Spirit of the Streets Choir and Manna. The crowd enjoyed being entertained by the Tivoli Club which put on a very special Christmas show. The *Holly Wood Tuesday Morning Show* returns to Perth Town Hall on Tuesday 13 February at 11am.

SCENE (1): Top row, from left to right; Maureen Felton and James Gray - Rhett Peach and Janice Hill - Pat Harrison and Helen Mountstephen - Sonia Yeates, Margo Reburn, Fil Allen, Jack McEvoy and Ramon Reburn - Volunteers Pia Kehal and Jessie White - Denise Atkins and Natalie Braithwaite. Second row, from left to right; Sonia Yeates with deputy Lord Mayor Jemma Gree - Eleanor and Bernard Carney with Colleen Dixon - Manna's John and Bev Lowe - Staff from the Perth Town Hall, volunteers, along with compere Bernard Carney and Santa wish everyone a Merry Christmas. Third row; Philip Surtees, Anne Holland and Pauline Jerman

KIDS CENTRAL!

Join us for a morning of storytelling, craft and lots of fun.

SECOND TUESDAY OF THE MONTH

13 February
10.00am to 11.00am

FREE FUN FOR KIDS

www.wanneroocentral.com.au
950 Wanneroo Road, Wanneroo

CITY OF WANNEROO LIBRARIES

CHECK US OUT

Wanneroo CENTRAL



SCENE (2): T'was season to be jolly at Nedlands Community Care in Dalkeith on Wednesday 20 December as clients and staff came together to celebrate all things festive. More than 30 people took part in a Christmas morning tea to wrap up the year. Operated by the City of Nedlands, the centre provides a range of in-home services to assist people to remain living safely in their own homes.



SCENE (3): CAROLE Metcalf and Judi Grant (pictured) won the Masters tap duo for WA and are off to Melbourne to represent WA in the National Follow Your Dreams dance competition. Have a Go News wishes them the best of luck for the competition.



SCENE (4): 95-year-old resident, Doris Field got up close and personal with a giant python when local reptile handler and educator, Brian Bush, came to visit Baptistcare's Yallambee Residential Care in Mundaring. Doris said she was nervous about introducing herself to the giant python visitor. "But Brian assured me the snake wouldn't hurt me and I ended up with it around my neck like a scarf which is something I never imagined doing," said Doris. We think you are very brave!



SCENE (5): SINCE 1986 Southcare has provided much needed support to those in need at Christmas. Rising costs and continued unemployment levels in WA meant requests for emergency relief increased, with many families finding they needed assistance for the first time. More than 710 local families were given practical help to share in the joy of the season. The hamper food items and gifts were made possible by the generosity of people, churches, schools and service organisations in the community who kindly donated to the Southcare Christmas Appeal. Spearheaded by manager volunteer and community services Southcare, Vicki Morrell who took around four months to co-ordinate the appeal. The appeal could not be achieved without the dedicated team of volunteers who collect and make up food hampers, and, collect and distribute donations of gifts for children. In addition to the many private donors from the community who helped make 2017's appeal a success Southcare would like to give special thanks to Aquinas Junior College, City of South Perth, Collier Primary School, Como Baptist Church, Como Primary, Como Rotary Club, Curtin Primary, Duncraig Early Learning Centre, Friends Perth Royal Perth Hospital, Kensington Primary School, Lions Club South Perth, Mill Point Rotary, Penhisian Club, Penrhos College, Soroptimist International of South Perth, South Perth Early Learning, South Perth Primary School, Victoria Primary School, Waterford Plaza Shopping Centre and Wesleyana for their contribution and support.



SCENE (5): Clockwise from top left, left to right; Volunteers preparing to serve people and families queuing outside of Southcare Central; Southcare volunteer Tracey, centre manager Waterford Plaza Shopping Centre Vivienne Steur, Southcare volunteer Marie-Claire, CEO Southcare Dr Nicky Howe, Lions Club volunteer Lyn, Manager volunteer and community services Southcare Vicki Morrell; Southcare volunteer Shame, Lions Club volunteer Geoff; and, Southcare volunteer Stephen - Southcare volunteers Marie-Claire and Tracey gifting children's Christmas presents - volunteers preparing to serve people and families queuing outside of Southcare Central; Southcare volunteer Stephen, Southcare volunteer Shame, Lions Club volunteer Lyn, CEO Southcare Dr Nicky Howe and, centre manager Waterford Plaza Shopping Centre Vivienne Steur.

\$0 JOINING FEE*

JANUARY ONLY SAVE \$60!

FRIENDLY, QUALIFIED STAFF
TO HELP YOU ACHIEVE YOUR
FITNESS GOALS!

90+ GROUP FITNESS CLASSES
ACROSS BOTH CENTRES EACH WEEK
•LES MILLS•BOXING•METAFIT•YOGA
•STEP•POWER... AND MORE

LARGE SELECTION OF
CARDIO EQUIPMENT,
RESISTANCE MACHINES
AND FREE WEIGHTS

S

*Conditions apply. Enquire within for details



Find us on:
facebook®



9276 6538

A: Cnr Broun Avenue and Priestley Street, Embleton
E: waves@bayswater.wa.gov.au
W: www.bayswater.wa.gov.au/bayswaterwaves
F: www.facebook.com/bayswaterwaves



9208 2400

A: 28 Eighth Ave, Maylands
E: rise@bayswater.wa.gov.au
W: www.bayswater.wa.gov.au/therise
F: www.facebook.com/therisemaylands

