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VOLUME 27 NO.07 ISSUE NO.311 FEBRUARY 2018

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### let's go travelling

- Join *Have a Go News* on a day trip to Antarctica
- Great Wall of China
- Amazing South Coast



Jo Allison interviews sculptor  
Ron Gomboc



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# Just the two of them...



Australian soprano Marina Prior and tenor David Hobson

by Josephine Allison

POPULAR and much-loved Australian soprano Marina Prior and tenor David Hobson have a professional and personal relationship spanning more than 30 years. So what better title to describe their 40-performance plus national tour this year than *The 2 of Us*.

"David and I go back 30 something years, we obviously met when I was two and David was about 30," says Marina from Melbourne's Mornington Peninsula where she is having a few days' break before starting rehearsals for the Melbourne season of

the Bobby Darin musical *Dream Lover*.

"We last performed together in WA a few years ago at Leeuwin, the concert was a high light in such a beautiful place. I would love to do that again. This year we are looking forward to our WA visit - we tour Albany, Mandurah and Perth."

David intervenes from elsewhere in Melbourne: "Our show is literally a combination of everything we have known in musical theatre and opera. But we are adding something extra that audiences don't normally expect of us - being very open and honest and stripping away the mask

of what our performances usually entail - being ourselves, casual."

"We will have a lot of fun and do stories and scenes. Marina and I love Celtic and folk music and we both play guitars. Music director David Cameron is a brilliant guitarist as well so there will be Celtic music, folk music, pop music and the usual fare we are renowned for."

"Audiences are responding to the fact we are being ourselves on stage and so we come out and touch audiences in a real way."

Says Marina: "Doing concerts with David is a great highlight for me at any time, he is an

extraordinary artist and a great friend. So to be able to make music with your friends and accompanist David Cameron who is also a friend is an incredibly rare and wonderful thing."

"To be able to do what you love doing with people you love... it never ceases to astound me how incredibly blessed we are. We work really hard and have worked hard for a long time. Doing these concerts now is reaping the benefits of a lot of hard work for quite a few decades."

Says David: "We bring a lot of hard work, artistry and experience garnered over the years. These things don't happen

overnight, it takes years of training. I'm pretty sure audiences will enjoy our show."

*The 2 of Us* has already had a short season in Sydney, regional NSW, Melbourne and regional Victoria but the pace heats up this year when the two-hour performance visits most states. Marina and David will perform their classics from productions such as *The Phantom of the Opera*, *Les Miserables*, *West Side Story*, *Guys and Dolls*, *Chitty Chitty Bang Bang*, *La Boheme* and *Carousel*, plus songs from their award-winning albums and some carols favourites.

continued on page 4

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# From the editor's desk



LAST month we published a photo of tap dancers Carole Metcalf and Judi Grant on our Scene Socially page. Carole and Judi (who are both in their 70s although they look like they're 50) went to Melbourne last month to represent WA at the National Masters Tap Dance competition. I am very pleased to announce that they won. Carole would love to encourage anyone to take up the challenge and learn to tap dance. If you are interested call her on 0416 191 043.

★★★★

There's been lots going on in Perth in January. How lucky have we been with the milder summer which makes getting out and about just that little bit more pleasant. The Fringe Festival adds a terrific dimension to summer in the city and with

so many shows to see there is something for all tastes. Visit our website at [www.haveagonews.com.au](http://www.haveagonews.com.au) to see the many reviews and enter our competitions.

★★★★

We introduced our new opinion column last month tackling the debate about secession for WA. Well, it certainly generated a lot of feedback, so much so that we couldn't fit it all in the paper, so we have made a dedicated feedback page on our website. It was a topic people were either for or against. The most heartening thing I enjoyed from the debate was that everyone was respectful with their comments, whether they agreed or disagreed. One of the things I really wanted to demonstrate is that it is time for us as the elders in the community to show that you can have a debate and disagree with someone without being rude and abusive. It's the art of good conversation and let's promote that as much as we can.

★★★★

I attended the opening of Bethanie's new serviced apartments in Menora late last month.

These offer people accommodation at a level between independent living and aged care. Meals and laundry can be provided at a small charge and the atmosphere is light and bright. I was so impressed with the facility I thought I could easily move in there myself. In the 20 years in which I have been working for *Have a Go News* it's pleasing to see the provision for aged care is getting better and better.

★★★★

Our *Living Histories* program offers clubs and groups a talk covering the 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](mailto:Tahlia@haveagonews.com.au)

★★★★

Stay well and happy.

**Jennifer Merigan**  
Editor

[jen@haveagonews.com.au](mailto:jen@haveagonews.com.au)  
[www.haveagonews.com.au](http://www.haveagonews.com.au)

## Have a Go News Quick Quiz

1. Where are the Flinders Ranges?
2. NZ's Queenstown is on North or South Island?
3. What does business lobby group CCI stand for?
4. Name Perth's biggest council?
5. What is the Clipper Race?
6. Who is WA's Heritage Minister?
7. Which actress won Australia's record defamation payout in 2017?
8. At what level does Daniel Ricciardo race cars in?
9. Which footy player survived a serious tractor accident on his WA property?
10. Name WA's biggest public company.

See page 16 for answers.

## Word of the month

### Misanthrope

noun

This is a formal word, derived from Greek misanthropos "hating mankind," from misein "to hate" plus anthrpos "a man." From the same root, we get the English word anthropology "the study of humans." If you make a statement or do something that is particularly hostile or untrusting, you can call that misanthropic.

Someone who dislikes people in general.

## Ageing research snippet

### Calorie reduction could help the healthy ageing process

CLINICAL trials conducted by the Metabolism of Aging Research Program at the University of Wisconsin-Madison in the US have shown caloric restriction (CR) without malnutrition could be tolerated in humans but also produced beneficial effects for numerous clinical disease risks. Researchers found that those who restricted calorie intake without risking malnutrition had a slower pace of ageing. These methods may provide solutions for diets to enhance healthy ageing.

## Find the word - 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. Diskbank
2. The Bidet Shop
3. Three Dimensional Healing
4. Attune Hearing
5. BStore
6. Deering Autronics
7. Capeview Apartments
8. Parcel Property Perth/VIVO
9. National Skin Cancer Centre

10. Atwell Arts Centre
11. Amaroo Village

Entrants can enter via email [win@haveagonews.com.au](mailto: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 28/02/18.

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## Dolphins around town



BIG Splash dolphin trail is a mass public art exhibition raising awareness for mental

health, with 36 individually unique life-sized dolphin sculptures painted by various Australian artists. The initiative is intended to encourage conversations around adolescent mental health, providing young people with information on what help is available.

This is the dolphin in Supreme Court Gardens - check them out all over the city until 4 March!

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- 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

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# Red Dog vet Rick Fenny - the world is his oyster but WA is the pearl



Rick Fenny

by Lee Tate

RICK Fenny, star of Channel 7's *Desert Vet*, enjoys a life resembling a desert creature thriving on all the challenges, mishaps and adventures that nature can throw at him.

Nearly seventy adventurous years in the making, including 46 years honing his veterinarian know-how, Rick Fenny is an ideal media subject – in front of and behind the camera.

Rick spends large amounts of his life traversing WA's outback, nursing animals – wild and domestic – consulting animal owners and advising budding vets working in his empire.

Then there are his other businesses: Carbla station, near Shark Bay, his Albany luxury retreat Mai-

traya and his Ocean Park Aquarium. He acquired all three in one year.

"I'm always on the brink of bankruptcy," he told me from his Mosman Park home before setting off on another round of visits to his far-flung businesses.

In the past 10 years, he's driven more than 580,000 km in his Toyota Landcruiser.

"Of all the things I've done, the most rewarding is helping to raise seven children to adulthood," says the father and grandfather.

Rick's beat is possibly the biggest in the world. And as if all of Western Australia isn't enough, Rick has expanded his vet outlets interstate and even to Britain and France.

The world is the man's

oyster. In later years, though, Rick has slightly reined-in his interests, totally focusing on the state he passionately loves.

"Why do people go off to Bali because they think they can have a cheaper holiday. It bemuses me. What's cheaper than driving off in your car with a tank of fuel and a swag or staying in a caravan park?"

"All Australians should see what an amazing place we have: Karijini, Shark Bay, Ningaloo, Karatha and Roebourne regions.

"If I can encourage 100 people from the eastern states, 100 people from WA and get 100 people from going to Bali, then I've succeeded," he says.

Rick's ventures have the support of his wife Christine who travels her own roads.

"She likes to collect rocks and shells and things," he laughs.

Ed, the fifth of their seven children, runs Ocean Park, a fish farm he transformed into an aquarium promoting conservation and education. He then opened 4WD World Heritage area tours and day trips to Dirk Hartog island.

Youngest son, Sam, operates Carbla station, east of Shark Bay. Youngest daughter Julia lives on another family station Woodleigh.

At 28, Rick set up his first vet's practice in Karatha after having to go to Queensland to further his education.

In 1967, WA had no veterinary degree al-

though the state did pay for Rick's degree. In return, Rick was bonded to work for the WA Government for five years.

"I became the government vet in Derby. That set me up for life," he says, with a working life travelling to outback stations and driving at the end of every season to Perth.

Rick was best-known for his links with four-legged friend, Red Dog, the kelpie who wandered the Pilbara in the 1970s, being immortalised in a couple of blockbuster movies.

And when Red Dog's time came, it was Rick who put the dog down.

Rick is always one for new horizons. From vet clinics to tourism businesses and satellite management, while steering his kids, Rick now sees the media as his latest challenge.

While a film crew was documenting Rick's luxury resort – whose star guest was Lady Gaga – for the series *Unreal Estate*, Rick was told his own adventures would make the perfect film subject.

A film crew accompanied Rick all over the state, forming a partnership with Rick and the result is *Desert Vet*.

"I'd like to take it further – more of a documentary, perhaps for the ABC," says Rick, whose speciality is tackling new ground.

Rick says that anyone facing retirement should not forget that just like the body, the human mind is best when regularly exercised. Or, in his case, challenged.

Rick is proud of his heritage. Both sides of his mother's family, the

Mundays and the Gardiners, came out as pensioner guards in the 1850s.

Rick is hoping to pass on his skills and knowledge to the next generations.

The explosion of new veterinary technology has been good and bad, Rick says.

"Good for the health of animals but not so good for young vets who rely on the technology and don't develop their skills," he said.

"It's taken away a lot of the spontaneity of veterinary practice. We maintain that in our practices," he said.

Planning like a military commander, Rick sets a

comprehensive month-by-month program. He incorporates a territory including Perth, Albany, the Pilbara, Kimberley and further north, leaving a trail of recovering animals in his wake.

They're all part of his breathtaking beat. For now. The 69-year-old says he's keeping an eye open for new opportunities.

"Some people say I'm lucky. But luck comes when opportunity meets preparedness," says the happy wanderer.

*Desert Vet* will be shown on Qantas flights from April and plans for a six-episode series focusing on six regions of WA are underway.

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There are many different ways to collect stamps, whether it's thematic such as an aircraft collection or from a particular country or even for Cinderella stamps which are labels that look like stamps but are not issued by Government. There is a huge variety of themes to collect and enjoy.

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## Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor,  
I AM not at all keen on day-time driving, if I can avoid it.  
Apart from the rotten blazing sun and glare and the heat outside the car there are always the horrendous rude and selfish day-time drivers tailgating and cutting in front of you with no warning or signals.  
Recently when I was driving I had the additional annoyance of the roadside window washer.  
I reckon these people are a real menace and distraction on the road, and a danger to themselves and the road users.  
They just suddenly spring out of nowhere as we stop at a red light, and, without even asking permission they splash their filthy wet brush all over our windscreens, and no matter how much we protest they never move away.  
Where are the cops when you need them? They keep harping on how mobile phones are driver distractions, what about these sudden pop up window washers?  
Yours sincerely  
**Sathi Moses**

Dear Editor,  
LOVED the letter from D M Morris about early childhood. Whilst I do not have the recall that he has, I do remember at Christmas time all inlaws and outlaws gathered at either my grandmother's house in Claremont or one of the other aunties' places for Christmas lunch.  
There were tables set up and everybody brought basically what they would have had at home and it was all put on the tables and then it was a case of help yourself.  
The other thing I remember is on New Year's day we all went down to Rockingham, set up our blankets on the grass, usually tried to get the same spot every year and the food was brought out after we had been swimming for a while. Then we had to wait for an hour after eating before we were allowed back in the water, as in those days it was considered dangerous to swim straight after a meal.  
We mucked around playing cricket or whatever until the hour was up and then into the lovely calm, clear waters of the beach.  
No iPads, no mobile phones, no hand held computer games, just sand, sea, imagination and no pressure. Oh, those were the days.  
**Margaret Ryan Ballajura**

## Just the two of them... by Josephine Allison

continued from front cover

Last year was busy for the pair with Marina appearing in *Hello Dolly*, moving onto *Hay Fever* and now *Dream Lover*. "It doesn't always happen like that but it was a very rewarding year. I started the year with concerts with David and then to do a musical, a play, another musical and then a tour is keeping me happy.  
I love the diversity of work; doing concert work is very different to doing theatre work. I love them both equally so I feel really lucky to do a bit of everything."  
David performed at the Sydney Opera House recently with bass baritone Teddy Tahu Rhodes, musical theatre star Lisa McCune and soprano Greta Bradman in *From Broadway to La Scala*.  
Before their national tour begins Marina appears in *Dream Lover* until March and David appears in Opera Queensland's *Merry Widow* with Natalie Christie Peluso.  
It's a frenetic pace but the pair remain in touch off stage as well. "We meet up for dinner with our families and Marina is a really good cook," says David.  
The *2 of Us* plays at Albany Entertainment Centre 10 May, Mandurah Performing Arts Centre 12 May and Astor Theatre Perth 13 May. Tickets from Ticketek.

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# Local sculptor Ron Gomboc gears up for another busy year...



Ron Gomboc in his workshop in the Swan Valley

by Josephine Allison

SCULPTOR Ron Gomboc is busy inside his studio-workshop in Middle Swan preparing his latest work for Cottesloe's *Sculpture by the Sea* exhibition next month. The impressive 5.5 metre work entitled *The Elder* reflects his vision of Australia's indigenous people caring for their

younger generation.

In many ways, the work is also a reflection of Gomboc's lifelong work as a celebrated sculptor, who recently turned 70 with no signs of slowing down. He is the only Australian sculptor to take part in every Cottesloe *Sculpture by the Sea* exhibition since it began.

Wandering into his studio, which adjoins the

gallery, is a look into a busy artistic life. Gomboc shows the beautifully crafted gold-plated bronze on tiger iron stone base statuettes commissioned over the past few years by the Australian film industry for the Australian Academy of Cinema Television Arts awards. There are casts of horses heads from 1995 when Gomboc was

commissioned to create two 350 cm mirror image bronze horses for the Sultan of Brunei and a big array of other material accumulated down the years.

Gomboc's works are on show throughout the country. For someone born in Slovenia he has a deep empathy for Australia where he settled with his family aged 13.

The *Guardian* (2009), sits outside the Royal Flying Doctor headquarters in Broken Hill. The towering cyclone proof 12 metre high work *Northern Spirits* (2009) was commissioned by Fortescue Metal Group in South Hedland in memory of three people who perished in a cyclone.

Gomboc has received many accolades and awards in a 40-year career with numerous exhibitions, both solo and group shows in Singapore, Austria, Germany, Italy, Bulgaria, Slovenia, Japan, New Caledonia, France, China and South Korea.

Among his many awards is the 2003 Centenary of Federation medal

for outstanding commitment to the community in raising the awareness of art. In 2007 he received the Australian Defence medal.

Last year was a busy one after a Chinese cultural delegation visited Perth and were impressed with Gomboc's *Sculpture by the Sea* work at Cottesloe and the gallery sculpture park. He was invited as the only Australian representative to China to the fourth Silk Road International Arts Festival in Xian attended by artists from 103 countries. His sculpture is now represented in the Xian National Gallery Museum collection.

Later, as the only Australian artist, he was invited to take part in the International Contemporary Art Exhibition in Songyang.

"It was an enormous honour for me to see the Australian flag flying at the Songyang Art Gallery's official opening where my work was also acquired for their collection. Everything in China is done with a great deal of respect for history and culture.

Both events were wholly funded by the Chinese Ministry of Culture, a big promotion to the world of China's cultural awareness."

After China, Gomboc prepared for his 18th *Sculpture by the Sea* exhibition in Bondi last October with his work *Edifice, Edify* and for the Cottesloe exhibition. This year he is already working on two small private commissions and will also possibly take part in an international sculpture symposium.

Gomboc also has a strong commitment to help younger artists. To further promote sculpture,

he and wife Terrie have funded and presented an annual sculpture survey exhibition since 1984, encouraging students from tertiary institutions to take part and promote cultural exchange with international and national artists.

"Without Terrie all this could not exist," Gomboc says looking around the park outside the gallery filled with sculptures from around the world. Half are his and the others from various sculptors from around the world.

Another busy year ahead for this talented and innovative sculptor whose passion for his work still burns bright.

## Learn how to make the most of your health in retirement

BOB Ziegler will talk at the Perth northern suburbs branch of the Association of Independent Retirees (AIR) meeting this month on 'How to make your health last in retirement'.

Emeritus Professor Ziegler is 87 years old and lives a healthy and fruitful life. The US born retired scientist, has trav-

elled the world and has taken part in the Council on the Ageing's Living Longer Living Stronger (LLLS) program since 2004. This, he says, has brought enormous benefits.

He says as people age they tend to lose muscle mass which has a negative effect on the whole body. This can affect balance and often means

people can become restricted in movement. Exercising helps to get blood back to the heart. Living Longer Living Stronger gives older people quality of life.

People are invited to join AIR for their February meeting at 9.30am on Thursday 15 February. The meeting is held at the Fleur Freame Pavilion at

the corner of Marmion Avenue and Forrest Road in Padbury (entrance off Forrest Road).

All AIR members and any interested guests are welcome and there will be tea or coffee and biscuits provided. Cost \$4 per person including raffle.

For further information please contact John Muller on 9448 2520.

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## New members welcomed aboard the Riverpark Kayaking Club

DUE to many of the canoeing clubs having more than enough members, a new club has been formed to take the spill.

The Riverpark Kayak Club is especially for mature age people. It begins paddling in March.

The initial format is to welcome people to a friendly, easy and pleasurable Wednesday morning paddle on the Swan, Canning and other local rivers.

Newcomers will be given tuition in quiet water conditions.

A paddling style with an emphasis on injury avoidance and associated skills will be taught.

Kayaking and canoeing is experiencing a peak in popularity and this club should provide people with the opportunity to participate in group paddling.

For further information please contact Ron Jess on 9447 6610.

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## Seniors Recreation Council Jottings



### SRCWA Rockingham Branch – Have a Go Day, a Livelighter Event

Mark your diary for Wednesday 18 April when Seniors Recreation Council of WA's Rockingham branch conducts its annual Have a Go Day at the Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro from 10am to 2pm.

This free event will showcase club and groups from Rockingham and surrounding areas. There will be a variety of activities to 'have a go' at and many static displays.

For any club, groups, community organisation or businesses that would like to attend on the day please contact Carole Overington email: srcwarockingham@gmail.com or phone: 0412 715 173 for further details.

This event is Sponsored by Aqua Jetty, City of Rockingham, Have a Go News, Livelighter Healthway, Telstra, Kennards Hire, Simply Swing, IGA – Chelmsford Ave, Dept of Local Government, Sport & Cultural Industry and Dept of Communities.

### Pole Walking

Pole Walking is an easy, efficient and low stress activity that engages the whole body in a total workout. Pole walking utilises two hiking or trekking poles, it adds a new dimension to walking as an exercise and increases muscle endurance and toning in shoulders, back, chest, upper arms and abdominals. The poles provide stability and add more "spring" into steps. The push along helps reduce stress in the knees and other joints. Pole Walking loosens up muscle tension in neck and shoulders which is beneficial for those who sit in one position most of the day. Posture improves and it is up to 40 per cent more effective than regular walking. Oxygen intake increases significantly, and heart rate rises five-17 beats more per minute, compared to regular walking. To organise an individual or group demonstration call the SRC office on 9492 9773.

### SRCWA Annual Seniors Ball 2018

The Enchanted Garden Ball will be held in the Astral Ballroom, Crown Perth on Wednesday 6 June, 1pm to 4.30pm. Afternoon tea is provided with the entertainment featuring the live band *Satin Doll* and afternoon floorshow by *Rock n Jive*, ticket cost is \$37.50pp. There will be a door prize and many other prizes donated by Crown Perth, Have a Go News and Casey Australia Tours. To book your tickets or for further information call 9492 9773. This event is proudly sponsored by Crown Perth and Have a Go News.

### Tech Savvy Seniors

SRCWA in partnership with Telstra will be conducting Tech Savvy workshops and a Tech Savvy Seniors Tech Expo during the year. If you would like to register your interest for these events please call the SRCWA office on 9492 9774 with your contact details to receive advance notice to attend.

### Seniors Exergaming WA

The Seniors Exergaming WA program promotes activities for older people using the Xbox Kinect gaming console which includes ten pin bowling, balance activities and many other choices. Groups can contact SRC to organise a free demonstration on the use and benefits of the activities. Free training and a manual are provided to groups who wish to join this fun program. Currently the program is used by retirement villages, senior centres/groups and individuals. For further information on this program or to book a demonstration please call program manager Martin Yates on 9492 9774.

### Key Diary Dates for 2018

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.

# The right to feel the wind in your hair



One of the trikes

by Jennifer Merigan

LAST July, I came across a video from BBC Scotland about a young man who took residents from a nursing home out for rides on a trishaw.

I posted the video on the *Have a Go News* Facebook page and made the comment that 'we should do this in Australia'.

It generated a huge response from people

wishing we could have a similar concept in Perth.

I have since found out that this is a worldwide movement known as Cycling Without Age (CWA) and is represented in 37 countries with more than 1100 chapters, 1500 trishaws and it's about to arrive in Perth.

The concept started in 2012 by the generosity and kindness of Copenhagen resident Ole Kas-sow.

He wanted to help older people get back on their bicycles, but he had to find a solution to their limited mobility. The answer was the trishaw and he started offering free bike rides to the local nursing home residents and from there this worldwide movement began.

The idea for the Perth chapter began when local resident Karen O'Connor saw a Youtube video of elders enjoying a ride on one of these specially developed trishaws.

Karen approached RAAFA and the idea was immediately taken up with enthusiasm by the managers of the Retirement Living and Residential Aged Care sections.

Three bikes are set to arrive in Perth, one has been purchased by RAAFA, one by physio-

therapist Jacqui Heron from Attadale 520 who will partner with the City of Melville and the other by Alanagh Gooderidge who will be running a trike from Sorrento Quay.

The idea is to get residents outside and feel the wind in their hair. All rides are provided free of charge.

RAAFA CEO John Murray said they are very proud to be the first aged care organisation in WA to buy the Trio Taxi bike recommended by CWA to enable the residents on their Bullcreek site to 'feel the wind in their hair'.

Karen O'Connor has become an affiliate member of CWA and is looking for volunteer riders (pilots) to take people out on a slow ride along some of the great bike paths in the area.

The first bike arrives on the 13 February and

RAAFA already said that some of their residents are keen to volunteer their time to be a part of this project.

Alanagh Gooderidge launches the third trike at Sorrento Quay boardwalk on Saturday 24 February from 9am-11am.

The trike will be taking passengers between Trigg and Mullaloo. Contact alanagh@cyclingswithoutage.com.au to get involved or for bookings.

The Perth chapter of Cycling Without Age is hoping to have 10 bikes in the state by the end of the year.

For anyone who like to know more about this, please contact either Sandy Komen, general manager, Connected Living at RAAFA at skomen@raafawa.org.au or Karen O'Connor at karen@cyclingwithoutage.org.au

## Social security information for British expats



by Mike Goodall

THE world is now an international workshop and expats living in Australia have often worked in several countries.

In the 1970s and 80s the UK recognised this and began to negotiate reciprocal social security agreements with other countries including Australia.

Although this agreement was terminated by Australia in March 2001 (because the UK Government refused to honour a 1997 manifesto commitment by the Labour party to discuss unfreezing state pensions) in certain circumstances the years worked in Australia may count as 'contribution years' towards a UK State Pension.

I am aware of many cases recently where,

because of personal circumstances, expat seniors have returned to the UK to live.

Of the few that I have spoken with, none knew that when they returned to the UK, the years worked in Australia could, depending upon their personal circumstances, be used to enhance or even qualify them for a part UK State pension.

Unfortunately, if you have an Australian pension this will be taken into account but, as in Australia, you are always financially better off claiming both Australian and UK State pensions.

The years in Australia can only be counted as contribution years if you are living in the UK. If you moved out of the UK to another country you would lose those years again as the rule only applies to UK residents.

However, if you have worked in one of the EU countries as well as the UK and have moved to live in Australia the regu-

lations are different again and both the pension rules of the UK and the other countries have to be taken into account. If you are looking to claim your UK and EU pensions in Australia your individual circumstances need to be carefully considered.

Are you or have you been a wife or partner of a military person who has followed their partner overseas and not made National Insurance contributions during those years? If you are and are claiming a UK State pension in your own right (rather than based upon your partner's contributions) then you could be missing out on your pension.

National Insurance credits are not granted automatically, they have to be applied for.


The National Insurance Contribution credit scheme allows claims back to 1975, claims from widows and divorcees and claims from women born since 5 April 1953

or men born since 5 April 1951. Therefore, if you had gaps in your National Insurance record since 1975 and were with your partner who was serving overseas you could possibly be entitled to additional credits to enhance your UK State Pension.

When travelling to the UK and Europe don't forget to claim your pension increases while away. The rules have been tightened up over the last few years and they only accept applications (better by telephone) less than four weeks before you go and up to four weeks after you arrive. A window of less than eight weeks. Waiting until after you return home means you will most likely miss out.

I have spoken with two people this last week who have received e-mails inviting them to apply for their UK State Pension. If you receive such an e-mail do not open the e-mail or use the link as it will be a scam. The UK Pension Service or Department of Work and Pensions do not (except in very exceptional circumstances) use e-mail to contact expats informing them of their entitlement to a UK State Pension. They don't know your e-mail addresses and in many cases aren't even aware that you are in Australia.

Anyone who would like to discuss the above in greater detail or require help on any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via email: mike.cgoodall@btconnect.com

  
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# Where opinions matter



**Have a Go News wants to hear what you think about this subject. Feel free to email or write with your opinions. We want to encourage healthy and friendly debate...**

by Lee Tate

HANDS-UP all those who want to see more tourists teeming through Western Australia's turnstiles.

And hands-up those who believe that tourist hordes are either inevitable or necessary for the state's economy.

Either way, if WA genuinely wants the extra billions of dollars-a-year on offer from the world's wandering cashed-up tourists, we need to look at the big picture.

Hundreds of millions of Chinese as well as burgeoning numbers from India and a rising flood of wealthy Arabs are hitting the world's high roads and low roads. And if we want more of them, we need to offer them what they seek.

Few places in the world can match what WA has to offer and, of course, we have to continue to promote and push the natural wonders, special places, unique flora and fauna, white-sand beaches and glorious climate. The West Aussie way of life.

According to Tourism WA, 64 per cent of tourists come to see nature.

But, to expand our tourist market, we also have to listen closely to what else they want. Japanese visitors have said in surveys that they have gone home with plenty of money. They would have liked to have spent more on what they want.

Arab tourists have expressed disappointment

at WA with evidence showing they have shortened their WA stays in favour of Queensland.

The reason? Theme parks. Arab families – typically a husband with between two and four wives and several children want family fun time together. They'll pay mightily on fun parks.

Queensland has them – all-day fun venues along the coast. Take your pick. Come back tomorrow and the next day and the one after for different ones.

Perth has one or two family fun places but not nearly enough to satisfy the huge tourist market. Not grand enough to promote as special to WA.

Fun parks are not everyone's cup of tea for showcasing a state – or having at all. But we're talking tourists here. And fun parks want locals, too, like your kids and grandkids. But the big target for the big bucks is the overseas tourist.

Looking at other attractions, I was staggered to learn Sydney's modern-day primary attraction for the Chinese is the Sydney Fish Market. Last year, an amazing 380,000 Chinese zeroed-in on the Sydney Fish Market, many going directly from the airport.

Often escorted by Mandarin interpreters, most of the tourists sat down in front of seafood platters, took family and group photos and instantly emailed them home to apparently open-mouthed family and friends.

News of Sydney's fresh seafood is spreading in China by word-of-mouth. Chinese visitors to the fish market increased 15 per cent last year.

In WA, Fremantle's Fishing Boat Harbour could carry a much grander, fresh seafood market for tourists and locals. Other coastal spots could, too. They should be supported by state and local governments.

Meanwhile, the Chi-

nese tourism list of fascinating places they'd like to visit in Australia includes Kangaroo Island, Tasmania, Canberra and Margaret River.

They see these places as exciting, different.

And markets. Markets of all types.

Adelaide has a magnificent market, clean and fresh with extensive local produce, eateries and cheery operators. It sets a benchmark for smaller states.

Melbourne's several markets are a big tourist drawcard. In WA, Bunbury markets are wonderful.

What else could WA offer that's unique and could add to our natural offerings?

WA has all the makings for an interactive, high-tech sports museum showcasing the wide variety of sports excelled at and enjoyed by West Aussies to a world and national standard.

With big-screen depictions of champions, medal-winning efforts, dramatic footage, big surf, unbeaten hockey sides, motor racing, Olympic swimmers, surf lifesavers, athletics, cyclists and big-game fishing.

There's no shortage of fascinating sports material for a world-class WA sports museum.

Perhaps a decent-size Aussie-theme venue

close to Perth or Fremantle: Shearing demos with whip-cracking, damper-tasting, classic barbecues, horse-riding, cork hats, baby Aussie animals. Lay it on thick!

For WA to lay out a bigger welcome mat, it will take a combined, committed and careful effort. I'm thinking creative business brains and more flexible and tax-supportive government who all stand to win from the mighty gains.

But, of course, we have to really want the extra tourists. In WA last year, tourists spent \$10.1 billion. Just 10 per cent more in the future would be well worthwhile.

Tourists, meanwhile, will keep coming in modest numbers.

So, do we really want to take the next step and lure the hordes?

What's needed to paint the big picture? Do we have the commitment?

**What do you think?**  
Email us at [info@haveagonews.com.au](mailto:info@haveagonews.com.au) with **Tourism 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.**

For last month's feed-back on our secession article visit the website at [www.haveagonews.com.au](http://www.haveagonews.com.au).

# Home safety set for boost



Prevent slip, trips and falls - Tiddles and Frank show you how

INJURY Matters flagship program Stay On Your Feet® has launched their new campaign with the help of some new friends.

Home Safety with Frank and Tiddles, a short animated film, highlights the importance of making simple and low cost changes both inside and outside your home to prevent slip, trips and falls.

According to research, 50 per cent of falls occur in areas around the home.

Of these falls 42 per cent occur in hallways and entryways, 17 per cent occur outside the home, 12 per cent occur in bathrooms and toilets and 10

per cent in the bedroom.

The animation emphasises the small changes that can be made to remove hazards from your home to reduce the risk of falling by using the free home safety checklist and action plan.

Injury Prevention manager Rachel Meade says these resources will help keep already independent older adults at home longer, but will also aid those who may be less independent by allowing them to make changes at home to regain their self-reliance.

"It is imperative that older Western Australians recognise that simple changes such as replacing torn carpets or mats, making sure your home is well lit and keeping pathways clear has an immense benefit in the fight against falls in and around the home," she says.

"We wanted to come up with a fun, innovative way of advising older adults about these issues and Frank and Tiddles certainly get the message across, as well as keeping you entertained."

To see the new animation and to get your copy of the free Home Safety Checklist and action plan, go to [www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au) or call 1300 30 35 40.

You can view the video on the *Have a Go News* website.

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In this no obligation service, we encourage you to think of your family and friends first and then consider including a gift in your Will to a cause close to your heart.

\*A standard Will does not include complex matters such as control of trusts, ownership of companies and business interests or blended families



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**PEET**



# Three dementia research projects' from the UK to find better treatments



Rhonda Parker

by Rhonda Parker  
CEO Alzheimer's WA

REPORTS of miracle cures for dementia seem to surface often in the media. I take a cautious approach to reporting to you on so-called breakthroughs, as many are very early in the trial process, often still pre-clinical and not yet being trialled in humans. However, there have been some recent developments that are worth

sharing with you, to keep you up to date on attempts to find better treatments for this terrible group of conditions. I draw your attention to three research projects that have come out of the United Kingdom in recent months. The first looks at mapping proteins present in the brain of people diagnosed with Alzheimer's disease. The second and third focus on the use of medicines, one new and one existing, that show potential in combatting neurodegenerative diseases. Protein activity has been the subject of research into the most common cause of dementia – Alzheimer's disease – for some time. Two proteins form unusual clumps in the brains of people with the condition. These pro-

teins are known as tau and beta amyloid. Tau deposits are found inside neurons, where they are thought to inhibit or kill them, whereas beta amyloid forms plaques outside brain cells. Researchers at the University of Cambridge in the United Kingdom have been examining tau activity in Alzheimer's disease, and have used brain imaging techniques to map the build-up of tau. The results suggest the tau may spread in a similar way to influenza: the tau starts in one place and moves across neighbouring neurons and synapses to other places in the brain. This is called transneuronal spread and has been demonstrated in mice but not yet in people. Understanding how the tau protein spreads

across the neurons is a new approach to understanding Alzheimer's disease. This could inform the development of medicines to attack the protein and stop its spread, potentially halting disease progression altogether. The second research advance to report received coverage prior to Christmas, when the ABC reported on a ground-breaking new drug able to target a toxic protein present in the brains of people diagnosed with Huntington's disease. Huntington's disease is a genetic and progressive neurodegenerative disease leading to dementia, that usually surfaces between the ages of 30 and 50 years. Treatment breakthroughs in Huntington's disease may be

relevant to treating other types of dementia. The Huntington's research team has taken a gene-altering approach and has now conducted clinical trials in humans. The new drug being trialled stops a gene producing a particular protein thought to be causing the destruction of the brain tissue. In a one-off process, researchers injected the drug into the spine of patients, which led to a reduction in the levels of the toxic protein that causes Huntington's. However, the results are still early and the drug is yet to be trialled to see if it can slow progression of Huntington's disease. The drug has now been licenced by pharmaceutical company Roche. This research is cause for optimism giv-

en the results in clinical trials. Meanwhile, an existing drug, originally developed to treat Type 2 diabetes, has been found to significantly reverse memory loss in mice with Alzheimer's disease. There is a known link between Type 2 diabetes and Alzheimer's disease. Type 2 diabetes is considered a risk factor for Alzheimer's disease that may cause the disease to progress more rapidly. The drug was found to work by protecting the brain cells attacked by Alzheimer's disease in three separate ways, rather than relying on a single approach. In the trial the drug improved levels of brain growth factor, reduced the amount of amyloid plaques in the brain and

slowed down the rate of nerve cell loss. Researchers are now looking to test the drug on humans. At Alzheimer's WA, we support the pursuit of risk reduction, treatment and cure for dementia. There are currently no effective treatments for Alzheimer's disease, only medications focused on managing symptoms. These are limited in their effectiveness and there has been no new drug treatment for Alzheimer's disease for more than 20 years. While the global search for answers continues, we will continue to focus on supporting those living with dementia, providing best practice support, advice and education where dementia experts are required.

## We're with you every step of the way

Learning how to best manage your diabetes can be daunting. But you don't have to go it alone.



Whether you've just been diagnosed with diabetes or have lived with it for years, Diabetes WA is here to support you. If you have a question or need to know more about diabetes, call our helpline on **1300 001 880** to speak to our credentialled diabetes educators.

### Come along to a free workshop

Diabetes WA also has a range of free workshops that put you in the driver's seat for self-managing your type 2 diabetes. Meet people who are just like you and learn everything you need to know about diabetes.

**Don't miss out. The workshops are free however bookings are essential. To book into a workshop call 1300 001 880 or book online at [diabeteswa.com.au](http://diabeteswa.com.au)**

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DESMOND Workshops	
Riverton	Tuesday 13 Feb
Bunbury	Thursday 15 Feb
Northam	Friday 16 Feb
Mt Barker	Friday 16 Feb
Geraldton	Friday 16 Feb
Belmont	Saturday 24 Feb
Helena Valley	Monday 26 Feb
Narrogin	Tuesday 27 Feb
Collie	Thursday 1 Mar
Armadale	Friday 2 Mar
Subiaco	Tuesday 6 Mar
Gnowangerup	Friday 9 Mar
Rockingham	Saturday 10 Mar
Bindoon	Monday 12 Mar
Smart Workshops	
MedSmart	
Mirrabooka	Thursday 22 Feb
ShopSmart	
Melville	Monday 19 Feb
Midland	Wednesday 28 Feb
Cockburn	Thursday 8 Mar
CarbSmart	
Joondalup	Tuesday 13 Feb
Armadale	Friday 9 Mar
MeterSmart	
Mirrabooka	Friday 16 Feb
Joondalup	Wednesday 7 Mar
Connect With Diabetes	
Bridgetown	Monday 19 Feb
Armadale	Thursday 1 Mar
Bunbury	Friday 16 Mar

## Make a splash



HOLIDAYS are over and swimmers are back in the pool and ocean. Many new members are joining up to experience the benefits of swimming with a Masters Club. Masters Swimming are hosting the National Championships at HBF Stadium on 18-21 April which is a great way to meet and swim with like minded swimmers and have some fun along the way. The LiveLighter MSWA State Championship is being held this year at Rockingham Beach in conjunction with the Rockingham Ocean Classic on Saturday 3 March. It is a community swimming event in the calm waters of Rockingham Beach and is open to all competitors who meet the minimum age requirement. The event also incorporates the LiveLighter MSWA two km State swim and also has one km and four km events. Registrations are now open so visit the website [www.mswa.asn.au](http://www.mswa.asn.au) for more details. The Coogee Jetty to Jetty Swim XXII is also a great family event held on Sunday 11 March and it offers an opportunity to have a go at a 250m ocean swim for those wanting to test out open water swimming. For entry details please also visit the website [www.mswa.asn.au](http://www.mswa.asn.au). To renew or take out a new memberships or for those interested in finding out about a local Masters Swimming Club email [masters.admin@mswa.asn.au](mailto:masters.admin@mswa.asn.au) or contact a club direct through the Club page on the website [www.mswa.asn.au](http://www.mswa.asn.au). Masters' members swim for fitness and health, and Masters Clubs are more fun than swimming alone – so if you have talked about this in recent years then take the plunge and have a go in 2018.

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# Intentional living - making the decision to retire your way



by Karen Majer

MANY questions arise when we move into retirement. How long do we wish to keep on working, maybe part-time? Where will we live? A sea change, tree change or in our current community? What about downsizing housing? What interests or volunteer activities will we pursue with more free time? This can be exciting as new doors open or a daunting challenge.

My husband Boyd and I confronted the situation by taking 'a year out of time'. We rented out our Fremantle home to fund a year in the south west, agreeing to live in the present and not try to plan the future.

As it turned out, our plans evolved of their own accord while we travelled in our Avan, read books, went fishing and invited friends down to share our little patch of paradise.

Now we happily live on less in Margaret River, growing veggies and volunteering in our individual areas of passion – nature conservation and community transition to ways of living that are lighter on the earth.

Recently I came across the concept of intentional living and realised that we are doing exactly that. Intentional living means being aware of one's fundamental beliefs and willing to make an effort to reflect those beliefs in the way we live. Like-minded people often group together in intentional communities.

Associate Professor Drew Hubbell from Susquehanna University, USA is visiting WA to research Transition Towns as a model of intentional living. Transition Margaret River and other transi-

tion groups around the world are showing how people can build stronger, more resilient and happier communities that are more sustainable and less energy-intensive.

"Intentional communities go way back to the ancient people of the Indian subcontinent, China and Greece – ashrams, Buddhist monasteries, sophists," he told me.

"There are lots of medieval examples, both religious and secular, like the Diggers. The 19th century is littered with them, from Robert Owen's New Lanark to the Shakers.

"Modern examples start generally with E F Schumaker and 'small is beautiful' – ecovillages, co-housing and back-to-the-land communes were motivated by frustration with the ecological destruction of industrial capitalism. The

most prominent examples today are the global ecovillage movement and low-carbon communities. They are motivated by dissatisfaction with mainstream society and a desire to create a niche where they can experiment with living their values. They often demonstrate what society could be if it adopted their practical and innovative solutions to the problem of how to live well."

If you are interested in how to be more intentional in the way you live, you might start by thinking about your values and whether your lifestyle truly reflects them.

Writer Joshua Becker summarises it like this. "Realise that life is made of choices. Attitudes and decisions do not have to be determined by our past but can be chosen. We are surrounded by

a culture. We can determine its direction and see if we want the same or not. Know who we are and what we want (to do, communicate and contribute). Give time to our passions."

If joining in an intentional community appeals to you, Drew Hubbell has some advice.

"Start with some research. What intentional communities already exist here in WA? Are they accepting new members? Go for a visit, particularly on days when they are having community outreach events. Assess your own boundaries, needs, and definition of 'the good life' – would this community be a good fit? Do some research on the international ecovillage movement and low-carbon communities: find out about their ideals, practices, and

governance structures. Look at websites and initiate an email exchange. Go on holiday to one that is open to visitors."

Even if community liv-

ing isn't for you, the discussion about values and individual lifestyle choices might help you to focus retirement decisions on living your way.

### Mandurah Antique & Collectors Fair

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**Warren 0417 536 472**

## British Pensions in Australia's progress towards the uprating of UK pensions

IN November, two committee members of British Pensions in Australia (BPiA) attended a gathering in London of the International Consortium of British Pensioners (ICBP). The purpose was to meet with and educate 25 of the UK's new MPs with information about how many expat pensioners' felt about the outrageous UK Government's pension policy, which freezes the UK pensions of more than 500,000 retirees living overseas.

About 40,000 of these British pensioners have retired in Western Australia. It is the mission of BPiA and the ICBP to improve the retirement incomes of this group.

The campaign in which BPiA and ICBP is engaged is funded from small annual subscriptions used to help UK expats in establishing their UK pension entitlement.

During the visit to London, the representatives from BPiA met with the new MPs and were interviewed by some journalists. As a result excellent stories were published in *The Times* and the *Daily Mirror*. The headlines read: "Scandal of overseas pensioners who never get a rise" and "Frozen income brings untold hardships" respectively.

The final meeting of ICBP's five committee members, two from Canada, two from Australia and one from the Caribbean, concluded with an agreed strategy to persuade the UK Government to change its pension policy and unfreeze UK pensions in the near future.

This strategy focuses on encouraging all the Commonwealth Heads of Government, as a group of 47 nations, to challenge the UK government to stop discriminating between UK and Europe based and other overseas pensioners and in future to up-rate all overseas pensioners' pensions equally.

If successful this change would make the UK's pension policy compliant with the Commonwealth Charter's Human Rights Section II, which was signed by the Queen in 2013. This section states The Commonwealth "is implacably opposed to all forms of discrimination".

To set this strategy into motion, the ICBP's Chairman has written to every Commonwealth Head of Government, including Malcolm Turnbull, to call for action at CHOGM to have the UK's frozen pension policy overturned. Failure by the UK to comply, should bring about the threat of Britain's suspension from the Commonwealth.

To help this strategy's progress, two BPiA committee members met with Malcolm Turnbull in Sydney recently. This meeting was to outline the suggested strategy and to provide the PM with several reasons that multi-lateral action should be taken, rather than the bilateral approach he initially suggested, to resolve this appalling UK pension practice.

To help to fund this strategy, BPiA requests any UK frozen State pensioner who isn't a financial member of BPiA to join BPiA for a minimal \$20 annual subscription.

Moreover, they ask all UK frozen expat pensioners to write to their Federal MPs requesting they write to the PM asking him to take on the role of leader of the Commonwealth Heads of Government group on this issue.

The benefit to Australia will be more retirement income for almost 250,000 UK expat pensioners, the injection of a further \$500 million foreign exchange into the Australian economy and a reduction in Australian age pension payments of close to \$200 million per annum. Over four years this will benefit Australia's budget by \$1 billion.

Visit [www.bpia.org.au](http://www.bpia.org.au) and [www.pensionjustice.org](http://www.pensionjustice.org) or phone 1300 308 353 or 02 9521 7964.

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## PEET

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# Flowers in the morning



by Rick Steele

I GUESS it's not unusual that as you go through the withdrawal symptoms of the post-holiday blues, you find yourself dreaming of the highlights and reminiscing about past wonderful adventures.

I wonder, when I fall off this mortal coil and my life flashes before me, what will be in my 'best of' newsreel. Will it be censored? What about the X rated parts? Am I on the Stairway to Heaven or the Highway to Hell?

Way back, about the turn of the century, some of my stars seemed to align, and I was fortunate

to play an excellent blues concert in Singapore and then, after some marvellous hospitality, find myself on a plane to Zurich, Switzerland to meet the family of one of my great friends. I was met at the airport by third and fourth sons of Mr Casper Blumenthal Senior, and subsequently began the three-hour plus drive south to the canton of Graubunden and the first city or town on the Rhine known as Illanz.

Another 10 km of steep and winding road up the mountain side you are in Vella. Only the mountain goats and the men who herd the cows live higher.

After a welcome drink and an introduction to Mr Blumenthal which roughly translated means 'the valley of flowers', I was asked if I would like to go with Casper to Illanz next morning to explore and peruse.

"Fine, yeah, beautiful," I said, with a sleep-in in

mind, "about ten you reckon?"

"Actually, Dad likes to go pretty early, about six thirty," said Arnie.

"Yikes" said I, "he must have a good reason to wanna go that early."

Mr Blumenthal had been widowed for about two years.

"He likes to be the first customer at the flower shop," said Arnie, "so he can get the best flowers for mum's grave."

I kind of knew straight away I was with a lovely family and I have to report that the next three weeks were filled with memories for my life newsreel. I have returned twice since then, and I am saving for my next adventure to the second most beautiful country I have been to after NZ.

This year is already shaping up to be a busy and fruitful year and I'd love you to join me on the Decoy Paddle Steamer, the Grosvenor Hotel, Spirit of the Streets choir gigs, the Perth Blues Club or one of the *Have a Go* shows.

"Bring it on," I say.

Recent quote from Facebook.

"I never married because there was no need. I have three pets at home that answer the same purpose as a husband. I have a dog that growls every morning. A parrot that swears all afternoon. And a cat that comes home late at night..."

Cheers dears!

# Goals and resolutions to get jobs done



by Jon Lewis  
Radio 6PR  
overnight announcer

DO you have a new year's resolution? Did you, like so many, gleefully and lightly cheer one out when a friend enquired?

Unusually for me, I thought about it for quite some time.

Finally, I decreed with no escape clause, first time, every time. I even thought I could make it a popular tweeting hashtag.

For a while, perhaps even years, I've wondered about the time I waste or occupy far too casually.

A friend of mine 'Hans', a fine restaurateur, explained to me once that it takes just as much time, in his mind, to pick up a fork and clean it as it does to pick up a fork and look to see if it is clean. Therefore he always cleans, as it takes the same amount of time and the bonus is he's always certain.

Another friend of mine has a slightly different view, his opinion was to let the tasks build up and do them all in one go. He felt that this was the best way to manage time efficiently, intelligently and logically.

As I could not floor his logic I chose to follow his path. However, more and

more I was getting less and less done, as the pile grew more defiantly bigger and bigger. Clearly the downside to this intelligent view is the daunting size of the pile.

Quite frankly it got so big I elected to forget about it completely until it came tumbling down, oh dear. I had to do it then. When it was all done I had a wonderful feeling of freedom and happiness. I felt it was now time to change my plan... with all due respect to my friend.

This year 2018 (all ahead, full steam), I've decided to do it first time every time and see how that works out for me. So far, I'm happy to report, it's been going rather well. I'm achieving big goals and delightfully I'm achieving satisfyingly small goals too. The dishes

are regularly washed up, my shoes are regularly put away, the bed is regularly made and my tax is up-to-date... ahh.

The interesting thing is, I have actually ended up with more spare time to do the things I love. These include being with my friends and family, drinking coffee and going out, all of which I share with my darling wife.

With this new philosophy I have to allow myself the freedom to not necessarily have the job done perfectly. Settling for adequate at times needs to be the case. I know I can always come back afterwards and perfect it if required.

Why not try first time every time for a day and see how this method suits you?

All the best!

## Great camaraderie on offer at Over 55 Walking Club...

OFFWA, (the Over 55 Walking Association) finished off 2017 with an end of year luncheon at Bistro 10481 in the Swan Valley where 106 members celebrated the end of another year of fortnightly Tuesday morning walks.

The group resumes the regular

Tuesday morning walks on the 13 March at Perry Lakes. All are welcome to come along, register and walk for the annual fee of just \$10.

To keep up the camaraderie during the summer break OFFWA have organised some casual

summer walks at Kagoshima Park, Burswood, starting at 5.30pm. Bring along a picnic tea and join them for a walk around the river on 13 and 27 February.

If you want to know more, visit the web site [www.over55walkingassociation.myclub.org.au](http://www.over55walkingassociation.myclub.org.au)

## Karrakatta Club presents: Great Gardens of Europe - open to all

GARDENING presenter Deryn Thorpe from *All The Dirt* podcast will give an audiovisual presentation on some of Europe's best gardens for the Karrakatta Club in early March.

Deryn works as a garden tour guide and her talk *The Great Gardens of Europe*, will share sumptuous photos of some of her favourite well known and private gardens.

The talk is at noon on Friday 2 March at 4 Sherwood Court Perth and costs \$25 which includes a welcome drink or \$59 for a drink, two course lunch and coffee.

Book by 23 February, email [reception@karrakatttaclub.com.au](mailto:reception@karrakatttaclub.com.au) or telephone Mona on 9325 8111.

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# lendlease



# TV Talk - Good fodder from television's *Gourmet Farmer*



by Lee Tate

I'm a big fan of the SBS's *Gourmet Farmer* with Matthew Evans. And so are 320,000 others.

WA tourism chiefs take note.

Food critic Evans made a risky move, swapping his prominent role at the *Sydney Morning Herald* for a new life in a new place working at a

new game.

Bachelor Matthew had also just met and clicked with Sadie Chrestman. Two weeks later he was moving to Tasmania to begin farming and hosting a TV program: A city-slicker who knows nothing about farming.

"I met Sadie on a blind date in 2007 at a bar I was reviewing. I told her I'd be the tall guy who used to be skinny. She said she'd be wearing long boots," he said.

"I invited her over for spag bol and went to a bit of trouble making the sauce and opening a cracker of a wine.

"My decision to move to Tasmania threw a spanner in the works. We

tried a long-distance relationship for a few months but from my perspective it just wasn't working, so I broke up."

But a friend conspired to get Sadie, a Sydney screenwriters' agent, to Tasmania for a birthday party and one thing led to another...

"When we started filming *Gourmet Farmer*, I was single. By the end of the first series I had a partner and a child [their son Hedley, now six]," Matthew said.

Evans, a former chef, fattens pigs, milks a cow, tends a garden and writes about food from his office on Fat Pig Farm.

He's written nine

foodie books. There's his authoritative *Real Food Companion* and an autobiography, *Never Order Chicken on a Monday*.

With his deadpan, conservative delivery to camera, Matthew is, well, Matthew.

"Matthew couldn't care how he looks," says Sadie.

But he's genuine, involves others and asks questions and gets things done.

Matthew "attends markets and food festivals, sometimes in his hot red 1980s Fat Pig food van, specialising in old and rare breed pork".

He's a strong believer in real food where the provenance is known

and the producer valued. He believes in home cooking, using the seasons and geography as the guide.

"It is his hope that more and more people will try to grow their own food (just start with parsley and go from there), or know exactly where their produce is coming from," says a blurb.

Matthew leads his film crew around, across and within Tasmania.

Viewers get an insight into the countryside, farming practices, food and lifestyle, recipes, the locals, industry, specialist and hobby farming, markets, running a restaurant, food handling, fishing and diving.

Somehow, Matthew even takes Tasmania's cool, wet climate in his stride.

The program makes you want to go there. To see, to relish, to take part in what you have seen.

WA Tourism perhaps could take a leaf. Put your promotional dollars (our dollars) into a TV series with a genuine, low-ego host. Showcase our state. But not in the well-worn preaching, promotional upbeat tourism vein.

Viewers, we know, want to be taken on an adventure where locals speak for themselves, entertain and inform us but don't rave relentlessly about it.

WA's great attractions speak for themselves. They are perfect for the camera. We should be seen to be taking them in our stride. As Matthew does.

TV's *Home & Away*, filmed on a sensational, sunny coastline, attracts plane loads of British and Europeans, mostly as tourists but also many who stayed.

Matthew shows us the way. What he does is real, showcasing what Tasmania has to offer.

Western Australia can do likewise. We're in the box seat so let's put it on the box.

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

## Diabetes WA is here to help you with a variety of workshops

WHETHER you've just been diagnosed with diabetes or have lived with it for years, Diabetes WA is here to support you. The not-for-profit organisation has been helping Western Australians for more than 50 years.

More than 125,000 Western Australians live with diabetes, most of whom have type 2 diabetes – you might know this as 'mature onset diabetes'. While your doctor is your first port of call for medical advice, Diabetes WA's friendly diabetes educators can help you with educational workshops and advice when you need it.

### Learning how to live well with diabetes

Diabetes WA has a range of learning options depending on your situation.

If you're at risk of diabetes, or if you have type 2 diabetes and want some introductory information, Diabetes WA runs *Connect with Diabetes* information sessions to get you started on your diabetes journey. The diabe-

tes educators explain how diabetes works, the importance of self-management and what services are available in your area.

*Desmond* is a one day interactive workshop for people with type 2 diabetes, providing a space for them to share information and practical strategies on healthy food choices, physical activity and medications. Evidence shows that it really works – participants develop a better understanding of diabetes, and many reduce their HbA1c blood glucose results and improve their overall health.

Once you complete *Desmond*, you may want to come along to one of Diabetes WA's Smart workshops. These are short group sessions about specific topics:

*ShopSmart* helps you to decode food labels and make healthy choices while shopping.

*FootSmart* gives you everything you need to know about caring for your feet, which is particularly important for people with diabetes.

*MeterSmart* helps you to master the art of blood glucose monitoring and teaches you what all the numbers mean.

*CarbSmart* unravels the mystery of carbohydrates in a carb counting masterclass.

*MedSmart* teaches you everything you need to know about your diabetes medications.

All of these events are run throughout the Perth metro area, and are free for people who are registered on the NDSS (National Diabetes Services Scheme). *Desmond* is also available in regional Western Australia. You can find the full schedule on the Diabetes WA website [www.diabeteswa.com.au](http://www.diabeteswa.com.au) by clicking the 'Get Involved' tab and then looking for the 'What's On' tab in the dropdown menu.

### Diabetes can affect anyone

Diabetes WA has a number of tailored programs for Aboriginal people and people for whom English is a second language. If you are

part of a culturally and linguistically diverse community group that wants to learn more about diabetes, you can call Diabetes WA on 1300 001 880 to request a speaker.

### Only a phone call away

Wondering what your blood glucose level ought to be? Confused about what a diagnosis of prediabetes means? Not sure how to store insulin while travelling?

The diabetes experts at Diabetes WA are available to answer your questions from 8.30am until 4.30pm every week day, as part of their free service. The phone number is 1300 001 880.



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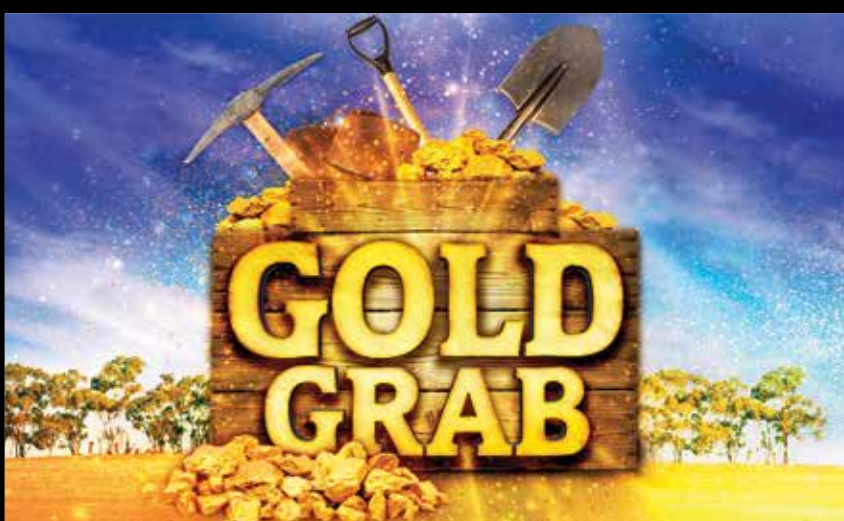
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# Damned if we do, damned if we don't... it's time we all came together



by Mickel Smits

AUSTRALIA Post has been issuing stamps to celebrate Australia Day since 1980. From 1997, the stamps have paid tribute to Australian legends with Donald Bradman being the first to be honoured. This year's series distinguishes the contri-

butions of TV personalities, Daryl Somers, Denise Drysdale, Kerry Anne Kennerley, Bert Newton and Ray Martin.

While not wishing to take the limelight away from these favourite, household-name TV stars, in view of the recent media blitz and heated debate both publicly and privately as to whether we should change the date of Australia Day, I feel it pertinent to reflect on last year's legends – indigenous Australians, Tom Calma AO, Lowitja O'Donoghue AC, CBE and Galarrwuy Yunupingu AM.

Have you ever heard of them? I hadn't, but when I read something of their backgrounds, it became clear to me that in the minds and hearts of our indigenous community, these people deserve to be recognised as Australian legends. They have made tireless contributions towards achieving human rights, social justice, land rights and the well-being of Aboriginal and Torres Strait Islanders.

The set of three stamps paying tribute to them set a new precedent. They were not released for Australia Day, instead, they were

issued during Reconciliation Week which falls annually from 27 May to 3 June. The 27 May marks the anniversary of the 1967 Referendum giving Aboriginals citizen status, while 3 June is Mabo Day.

Did Australia Post's public relations department insist on not releasing the stamps for Australia Day for fear of offending Aborigines? Or was it to avoid the prospect that that change-the-date advocates would seize on it as an opportunity to publicise their movement? Or was it Australia Post's intention to create awareness and

promote Reconciliation Week? I somehow feel there was an element of each of these in their decision making.

In their January/February stamp bulletin sent to collectors, the manager of Australia Post's philatelic department advised 'we (will) recognise some extraordinary individuals at a more suitable time of the year.'

Here's my two bobs worth: my understanding is that the 26 January was not celebrated as Australia Day by the whole country until 1935; those who think the date was the day the First Fleet arrived

should realise they first landed at Botany Bay but decided to settle at Sydney Cove about a week later. Then they raised the Union Jack with Captain Phillip declaring British sovereignty of this land. There are many who consider the date for Australia Day should be the 1 January, the day in 1901 when the federation of the states (colonies) created the Commonwealth of Australia.

While this day is historically appropriate, it of course clashes with New Year's Day which is already a holiday and so, in all Aussie-fairness, we'd have to

have New Year's Eve or the 2 January off too; but wait, what if we become a republic one day? What would we do then? Yes, we're damned if we do and damned if we don't and so, all said and done, I reckon this country and its citizens should strive for a new public holiday to recognise, offer respect, and celebrate our indigenous brothers and sisters and their forebears which, hopefully, will help heal the wounds, instil dignity and bring us all closer together.

To contact Mickel email – [smits@westnet.com.au](mailto:smits@westnet.com.au)

## From convict to matriarch - Australian convict history marks its 230th year



by Mickel Smits

THIS year marks the 230th anniversary of the arrival of the First Fleet and the establishment of the penal settlement at Sydney Cove in 1788. The transportation of convicts to Australia from Britain, for crimes we would consider to be petty today, continued for

a further 80 years.

Australia's *Convict Era* 1788-1868, is the theme for three new coins released by the Royal Australian Mint. There are two one dollar coins each of regular size with one being a silver proof edition. The third coin is a smaller, one tenth ounce gold proof.

On their website the Mint briefly mentions three notable convicts: child convict, Mary Wade, who purportedly raised 21 children who in turn became the ancestors of thousands of living Australians today including Kevin Rudd; William Henshall who designed and minted Australia's first of-

ficial coins, the Holey Dollar and Dump; and John 'Red' Kelly, the Irish father of Ned Kelly.

Mary Wade captured my imagination. At age 11, in the year the penal colony was founded, she and a teenage accomplice stole the frock, cape and cap off an eight year old girl while in a toilet. They pawned the frock and when the cape was found in Mary's room, she was tried and sentenced to death by hanging. A few months later, her sentence and that of all women on death row at the time, was commuted to transportation abroad. This reprieve was given by King George III to cele-

brate being cured of a degenerative brain disease.

Mary and another 225 female convicts were put onboard the *Lady Juliana* which departed before the Second Fleet and arrived 11 months later at Port Jackson in June 1790. There they found the colonists close to starvation as no further supplies had arrived from England. Even though they relayed the news the second fleet was soon forthcoming, Mary and 150 of the fittest women were transferred to Norfolk Island. She later gave birth to a girl, Sarah, by an Irish convict, Teague Harrigan (sentenced for stealing two coats), and then a

son, William, by Jonathan Brooker who was originally transported for stealing 200 pounds of glue.

With most colonists being illiterate and official records scant or lost, family histories were loosely maintained by word-of-mouth down the lines. A census taken in 1800 finds Mary living with Harrigan back in Sydney with church records documenting the baptism of a son, Edward, born in 1803. His birthplace was a tent. After Harrigan did not return from a whaling trip in 1806, Mary's next known whereabouts is on the Hawkesbury River where in 1809 she gave birth to a son with Jona-

than Brooker who passed his name to the boy.

As was the lot of most convict colonists, the young family endured severe hardship clearing, settling and subsisting on land granted to them. Three more children, Elizabeth, Mary and James were born between 1810 and 1814. Flooding of the Hawkesbury was a persistent risk particularly for crops and stock, so the family moved to a grant in the Liverpool district. Following a bushfire that destroyed their home, crops, vegetable garden and the carpentry tools of Brooker's trade, they resettled in the Illawarra district to start all over again.

Jonathan died in 1833. Mary died in 1859, aged 82 with 300 living descendants. As to her having 21 children, that has apparently been disputed. However her obituary in the *Illawarra Mercury* mentions that she had the largest family in the country, hence conferring upon her the recognition of being one of our early matriarchs. The design on the coins befittingly shows a large tree with roots deeply imbedded in the earth and foliage covering the limbs atop the tree with no doubt more to sprout below in time.

For more information email – [smits@westnet.com.au](mailto:smits@westnet.com.au)

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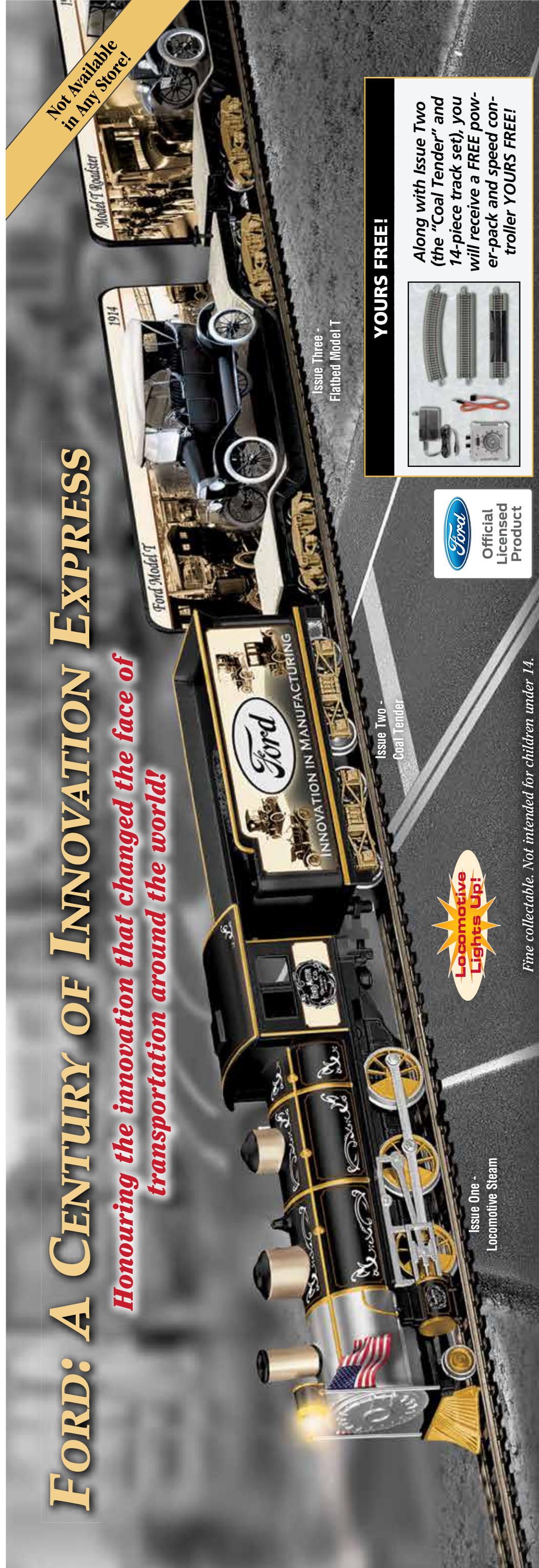


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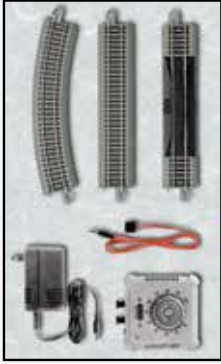
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#311 February edition PUZZLES Solutions

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Wheel Words: Coot, Down, Noon, Noun, Onto, Toon, Town, Udon, Undo, Unto, Wont, Wood, Count, Donut, Outdo, Tondo, Wound, Wonton, Woodcut. 9-letter word: COUNTDOWN

Transformers: Buoy, camp, baby, wept.

Have a Go News Quiz Page 2: 1. South Australia. 2. South Island. 3. Chamber of Commerce & Industry. 4. Stirling Council. 5. Around-the-world yacht race. 6. David Templeman. 7. Rebel Wilson. 8. Formula 1. 9. Barry Cable. 10. Wesfarmers

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NOTEBOOK

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PERTH JAPAN FESTIVAL 2018

Saturday 10 March 11am-6pm  
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HARVEY HARVEST FESTIVAL

20th Anniversary  
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Arts, culture, food, wine and markets.  
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Live entertainment, displays, activities, market stalls in a festival that promises colour, culture, connection and excitement.

EATON FORESHORE FESTIVAL

Sunday 11 March 8.30am-2pm  
2 Pratt Rd Eaton  
Entertainment, food vendors, sideshow alley and fun for all.  
Free event

MANDURAH CRAB FEST

Saturday 17 March, 10am-8.30pm  
Sunday 18 March, 10am-5pm  
A two-day free event celebrating local produce, fresh seafood, wine, local and national entertainment plus a spectacular fireworks display.  
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Contact Margaret 9249 2396, 0418 918 425  
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U3A SW METRO - INFORMATION MEETING

Seniors (over 50) are invited to attend an information meeting about U3A activities in the SW Metro Region on Friday 9 March at 12 noon. For further information and to register your interest, please contact Janet on 0418947463 or janetcarr@inet.net.au

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

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# Taking exercise without realising it - finding opportunities in everyday activities...



Improve your strength and balance with gardening

by Frank Smith

EXERCISE helps older people to maintain health, mental activity and reduces the risk of diseases such as Alzheimer's and heart conditions. But a survey of older people receiving community care, carried out at Curtin University by exercise scientist and researcher, Dr Elissa Burton shows that many older people have little interest in going to a gym. "They preferred to get their exercise doing household chores, gardening or going for walks," she said. "That probably applies to most people in the older age group, whether living at home with or without services". After an injury or illness, physiotherapists often prescribe structured exercises that target the injured area but once the injury has healed, older people often disregard them and re-

turn to their usual routines, which are often not very active. However, all is not lost. There are ways of making household chores and gardening effective as a way of improving strength and balance. "Any exercise is valuable if you have been doing nothing." "When you are doing the dishes or working round the house, try standing on one leg for (say) 20 seconds. Then change to the other leg. Find something like a benchtop to hold on to at first then repeat, without holding on, as you get better. "Weights are important for maintaining strength. Pulling a resistance elastic band several times a day give the same exercise as lifting weights, or lift the washing basket from the knees, not the back. Also practise getting up from a chair or the toilet without using your hands or avoid grabbing hold of a

bar if you can. "Many older people find that difficult. If you can get up and sit down several times a day it can compound over time to have a good effect, but the key is you need to keep doing it. "Hanging out the washing is another opportunity to exercise. So long as it is safe, try standing on tip toe when pegging out clothes." "It is good to undertake a mix of the things you enjoy when exercising. Tai chi is good for balance and lawn bowls provides good gentle exercise. "You need to keep doing it, so you don't lose it. Try to keep active every day. "Younger people with older parents can help by suggesting going for a walk when visiting them, perhaps then having coffee in a local café. Get them doing things that they enjoy. Socialising is great but being

active when socialising is even better. "Gardening can also be useful exercise. Weeding is good as it involves getting up and down and bending from the knees. Being able to get up and down from the ground is a task we don't think about, but it really is important and builds great strength. "Garden jobs such as dead heading roses is not particularly active and provides less exercise than walking. To gain benefits from gardening you need to lift things and get up and down multiple times to replace strength and balance exercises." "But do not try to do too much at once. People who have been inactive for much of their lives need to start slowly and build up their activity gradually," she said. "Those who have been active all their lives should continue to be.

# Can you survive on memories of chocolate, to help someone with dementia?

TAKE a moment to think what it might be like to lose your memory of amazing joys like the taste of chocolate, or even the liberty to pop up to the shops and indulge your taste buds for a magical moment. Unfortunately, this could be the reality for someone who is living with dementia. For a short time in March Alzheimer's WA are asking you to last only on your memories of chocolate to raise money for the 34,000 people living with dementia in Western Australia. The Chocolate Block Challenge is perfectly timed too, so you don't miss out on a chocoholics most favourite time of year... Easter! According to industry leader Roy Morgan, Australians are consuming more chocolate

than ever before. It seems many of us find it hard to resist indulging, but we know you can do it. Why not make it easier on yourself, and get the whole family involved? The Chocolate Block Challenge starts on 1 March and this year there are four ambassadors who will take part in the challenge and help raise funds for Alzheimer's WA. They are: Tim Gossage: Breakfast radio host and sports commentator John Burgess: Radio presenter and former *Wheel of Fortune* host Jessica Bratich Johnson: Handbag designer and former karate champion Pippa McManus: Fashion Illustrator Like many of us, the ambassadors have all been touched by dementia at some point in

their lives. Their support is invaluable. Every dollar raised helps ensure Alzheimer's WA is always here for those living with dementia. They believe that everyone deserves to be themselves, to do the things that are important to them, to have freedom and safety, to belong and have meaning and most of all to see joy in their lives as much as they can until the end of their days. A contribution can ensure that Alzheimer's WA can continue to provide person-centred care, support and services, which include: Counselling and support for families with a diagnosis Respite houses that are safe places to turn to and spend time in Special programs that encourage belonging

and joy Raising awareness and reducing stigma by changing negative opinions many have about those living with dementia. Don't flake! Take a time out from chocolate to raise money for people with dementia. Need help to stay off the wagon wheel? Get your family and friends involved too. There are simple fundraising ideas to help get you started, and they have even created a survival kit to help you get through the entire month without chocolate. Find out more about the 2018 Chocolate Block Challenge and sign up by visiting the dedicated Chocolate Block website [www.chocolateblock.com.au](http://www.chocolateblock.com.au). With your help, Alzheimer's WA will always be there for people who need them across Western Australia.

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# Sailing history captured in new film - *The Mercy*



The Mercy stars Rachel Weisz and Colin Firth

THANKS to Studiocanal Australia, we are giving readers the chance to win an in-season double pass to *The Mercy*. Based on the incredible true story that captivated the world, *The Mercy* follows Donald Crowhurst's extraordinary journey in his attempt to win the first round-the-world yacht race. Starring Academy Award® winners Colin Firth and Rachel Weisz, *The Mercy* sails into cinemas 8 March. **WIN WIN WIN** Five lucky readers have the chance to win an in-season double pass to *The Mercy*. To be in the draw, simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with the word *mercy* in the subject line or write to *The Mercy Competition* c/- Have a Go News PO Box West Leederville 6901. Competition closes 28/02/18.

# Hilarious comedy for Harbour Theatre with *Don't Dress for Dinner*

*DON'T Dress for Dinner* was first a smash hit in Paris and then became one of London's longest running comedy productions. Marc Camoletti's *Don't Dress for Dinner*, under the original title *Pajamas Pour Six*, opened in Paris in 1987 and ran for more than two years. Robert Hawdon's adaptation of this French original premiered in London in 1991 and ran for six years. Set in a stylishly converted French farm building, Bernard hopes to entertain his chic mistress while his wife

Jacqueline visits her mother. He has hired a cook for the evening and even invited along his best friend, Robert, as a suitable alibi. Perfect planning, or so he thinks. Supposing the wife and Robert are secret lovers and she decides to stay home after learning he is about to arrive? And what if the cook and the mistress, whose names are confusingly similar (Suzette and Suzanne), are mistaken for each other and have to exchange roles for the evening?

Add to that the unexpected appearance of a jealous husband, and you have the recipe for an hilarious evening. *Don't Dress For Dinner* plays at Harbour Theatre on 23, 24, 26, 28 February, 1 to 3 March @ 7.30pm with matinees @ 2pm on 25 February and 4 March. Bookings 9255 3336 or [www.tazitx.com.au](http://www.tazitx.com.au) (fees apply). Find Harbour Theatre at Camelot, 16 Lochee Street, Mosman Park. Plenty of parking at the door.

## Do you have what it takes?

For a short time in March, we are asking you to last only on your memories of chocolate to raise money for the 34,000 people living with dementia in Western Australia. **The Chocolate Block Challenge** is perfectly timed too, so you don't miss out on a chocoholics most celebrated time of year... Easter!

**SIGN UP OR DONATE NOW**

**The Chocolate BLOCK Challenge**

**alzheimer's wa**  
the dementia experts

1 - 31 March 2018  
[chocolateblock.com.au](http://chocolateblock.com.au) #iamchocolateblocked



# travelling

## let's go travelling

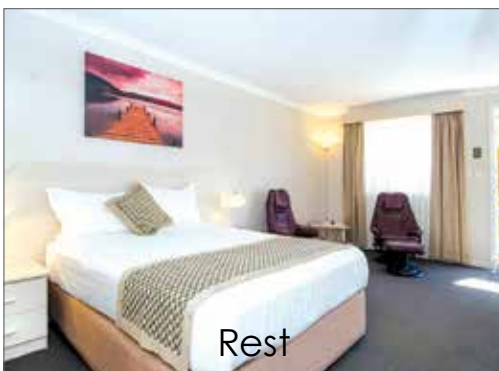
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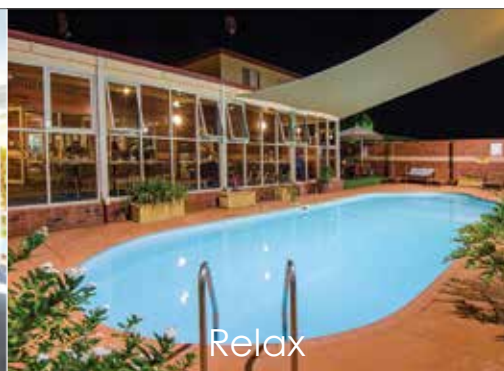
*Have a Go News' travel liftout  
...for the mature traveller*



The Mutianyu area of The Great Wall of China is one of the most spectacular sections to visit and writer Tiana Templeman was graced with snow when she visited Beijing late last year. Read more about her travels on page 22. Photo - Tiana Templeman



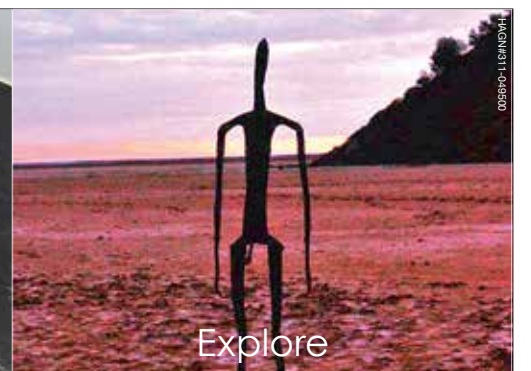
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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Last chance to Scoot to Singapore



Mercure Singapore on Stevens

SINGAPORE has been a much favoured destination of Australians for years and thanks to Scoot and AccorHotels we have a trip for two people to give away.

The Lion city offers fabulous food from hawkers 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 is 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 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. Offering amenities on board including Wifi, in-seat power on selected flights and the ability to redeem and accrue Singapore Airlines KrisFlyer miles.

Scoot was voted the Best Low-Cost Airline in Asia Pacific by Airlineratings.com in 2015, 2016, 2017 and 2018 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.flyscoot.com](http://www.flyscoot.com) or contact the call centre for Australia on 02 9009 0860.

This prize is valued at more than \$3000 and the competition is open until the 28 February, 2018. See page 24 for details on how to enter.

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



Above; A piece of signage Frank Smith found in India - Jennifer Merigan

often take on new meanings. Our intrepid journalist Frank Smith shared another of his interesting photos (see above) from when he was travelling through India and this one is sure to give you a giggle! If you have a funny photo you have taken, please feel free to share it with us.

★★★

Plans are now in place for the *Have a Go News* day trip of a lifetime to Antarctica. To whet your appetite, we have a lovely story about cruising to the frozen landscape but if you cannot foresee being able to take the long sea trip then this is the perfect way to experience Antarctica in a day. See page 24 for all the details on how to book.

★★★

Long flights seem to be

the new wave in air travel and last month United Airlines launched daily flights between Sydney and Houston. The Houston to Sydney leg takes 17 and half hours just pipping Qantas' Dallas to Sydney service at 17 hours. It's not long now before the Qantas' London to Perth service launches on 24 March which will be around 17 and half hours. Later in the year Singapore Airlines are re-starting their Singapore to New York route, in 2004 the route used to take 18 hours but with new aircraft there may be some time shaved off. It will be interesting to see the effects to travellers of being in the air for these long periods.

★★★

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 website has lots of great travel information - take a moment to visit it at [www.haveagonews.com.au](http://www.haveagonews.com.au)

Happy trails

**Jennifer Merigan**  
Travel Editor

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<b>CRUISE THE BIGHT</b> 8 NIGHTS DEPARTURE 30 NOVEMBER 2018 • Flight from Perth to Adelaide • 4 x night Oaks Horizon or similar • Victor Harbour tour - full day • ½ day City Sights • Murray River Highlights - full day • Astor cruise 4 x night <b>INSIDE CABIN \$1455 pp t/share</b> <b>OUTSIDE CABIN \$1555 pp t/share</b>	<b>SOUTH AUSTRALIAN EXPLORER</b> 7 NIGHTS 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 <b>PER PERSON TWIN SHARE \$2963, single supplement \$3566</b>	<b>GOLD \$4800 pp t/share</b> <b>PLATINUM \$6520 pp t/share</b>





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SUNDAY 25 MARCH 2018

★ City sights tour of Melbourne ★ Visit Melbourne's iconic Eureka Tower ★ High Tea at the Intercontinental Melbourne – The Rialto ★ Travel back in time at the quaint village of Olinda ★ Enjoy lunch at the Cuckoo Restaurant ★ Visit Cloudehill Nursery ★ Experience the Melbourne International Flower and Garden Show ★ Dinner on-board the Colonial Tramcar Restaurant



Breakfast daily, 1 lunch, 1 high tea and 2 dinners



5 nights' accommodation at the Travelodge Southbank

8 DAYS, \$2,750<sup>PP\*</sup>



## Autumn Leaves of VICTORIA

TUESDAY 24 APRIL TO  
SATURDAY 5 MAY 2018

★ Guided tour of Barossa Chateau ★ Guided tour of Mildura ★ Dinner on board the PS Rothbury ★ Pioneer Settlement Museum including cruise ★ Visit The Great Aussie Beer Shed and the National Holden Museum ★ Wine tasting at Brown Brothers Winery ★ Guided tour of Bright ★ Enjoy lunch at the Stag Deer Farm ★ Enjoy a Port of Sale cruise.. and more!



Breakfast daily, 7 lunches & 9 dinners



11-nights' deluxe accommodation with private facilities

12 DAYS, \$4,650<sup>PP\*</sup>



## Darwin to Broome KIMBERLEYS

WEDNESDAY 30 MAY 2018  
TO SUNDAY 10 JUNE 2018

★ Spirit of Darwin for a Sunset Dinner Cruise ★ Tour of Darwin including lunch ★ Breakfast with the 'croc's' ★ Sunset Dinner at Cullen Bay ★ Katherine Gorge Cruise ★ Guided Tour of Broome & Kununurra ★ Lake Argyle Luncheon Cruise ★ El Questro Station & Chamberlain River Cruise ★ Willie Creek Pearl Farm Tour ★ Sunset Dinner at Cable Beach.. and more!



Breakfast daily, 7 lunches & 10 dinners



11-nights' deluxe accommodation with private facilities

12 DAYS, \$6,650<sup>PP\*</sup>



## Andre Rieu PERTH

SATURDAY 24 TO SUNDAY  
25 NOVEMBER 2018

Enjoy a city escape for 1-night at the Four Points Sheraton including breakfast, dinner, A reserve seating at Andre Rieu and home pick-up and return. The career of Dutch violin superstar André Rieuspans more than 30 years – he is not only a first-class entertainer, he is the “King of Waltz”. He sure knows how to stage a grand show including romantic moments and witty twists.



Breakfast and Dinner at the Four Points Sheraton



1-night at the Four Points by Sheraton Perth

2 DAYS, \$695<sup>PP\*</sup>



## Tuscany ITALY

SATURDAY 26 MAY TO  
THURSDAY 7 JUNE 2018

★ Discover the Villa ★ Food & Wine Tastings ★ Guided tour of Florence and sunset drinks ★ Guided tour of Pisa, including the Leaning Tower ★ Tuscan Cooking Class ★ Two days at your own leisure ★ Lunch at a Tuscan Farm ★ Guided tour of Lucca ★ Guided Tour of the Cinque Terre ★ Memorable farewell dinner



Breakfast daily, 4 Lunches & 5 Dinners



10-night stay in a Tuscan Villa, Villa Casagrande

13 DAYS, \$7,990<sup>PP\*</sup>



## Kota Kinabalu & SINGAPORE

SATURDAY 21 TO  
TUESDAY 31 JULY 2018

★ Singapore Sights Tour ★ High Tea at the Fullerton Hotel ★ Breakfast with the orang-utans ★ Visit to Marina Bay Sands ★ Entry into the Singapore Gardens Festival ★ North Borneo Railway including lunch ★ Mari Mari Cultural Tour



Breakfast daily, 3 lunches, 1 high tea and 4 dinners



5 nights' accommodation in Singapore at Hotel Jen, Orchard Gateway & 5 nights' accommodation in Kota Kinabalu at Shangri-la Tanjung Aru Resort

11 DAYS, \$4,690<sup>PP\*</sup>



## Ancient Cities of CHINA

SATURDAY 1 TO MONDAY  
17 SEPTEMBER 2018

★ Enjoy a highlights tour of Beijing ★ Tour of the incomparable Summer Palace ★ Day excursion to the Great Wall ★ Tour to the Temple of Heaven ★ Visit the Giant Panda Reserve ★ Rowboat through the Shennong Stream ★ Ride the bullet train from Nanjing to Shanghai ★ Visit the bustling Chenghuang Market



Breakfast daily, 11 lunches and 11 dinners



15 nights luxury 5 star accommodation & 3 nights onboard a Victoria Cruise

17 DAYS, \$6,490<sup>PP\*</sup>



## Spain & PORTUGAL

THURSDAY 6 TO SATURDAY  
22 SEPTEMBER 2018

★ Tour the Prado Museum ★ In Toledo visit the Church of Santo Tomé and see an El Greco's masterpiece ★ Enjoy a tasting at the Vila Nova de Gaia ★ Visit Jeronimos Monastery ★ Tour the Rock of Gibraltar ★ Tour the Alhambra Palace ★ See Gaudi's extraordinary masterpiece, the Sagrada Familia Basilica



Breakfast daily and 7 dinners



14-nights deluxe accommodation with private facilities

17 DAYS, \$7,995<sup>PP\*</sup>



## Fremantle to Sydney TOP END

THURSDAY 11 TO  
MONDAY 29 OCTOBER 2018

Step aboard the Sea Princess and prepare for a vacation that will dazzle your senses. From the four-story Atrium to tantalizing dining options, a Vegas-style casino and a variety of incredible entertainment choices, you'll find a relaxing retreat while you discover the northern coastline of our precious Australia.



Breakfast Daily, 17 lunches and 17 dinners



17 nights' onboard the Sea Princess & 1 nights' accommodation at ParkRoyal, Darling Harbour

19 DAYS, \$4,580<sup>PP\*</sup>

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## Cruise & Discover the CORAL COAST

MONDAY 22 TO  
TUESDAY 30 OCTOBER 2018

★ Never go hungry on the Sun Princess with eight choices of dining restaurants and 3 specialty restaurants ★ Enjoy every moment with a range of on-board activities ★ There's plenty of entertainment onboard from musicals, dazzling magic shows, feature films, top comedians and dance floors



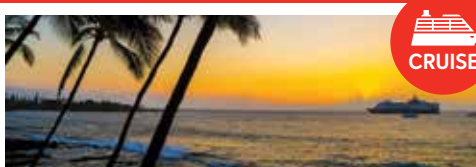
All Meals and Entertainment onboard the Cruise



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9 DAYS, \$1,990<sup>PP\*</sup>

Upgrades Available. Contact us for prices.



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THURSDAY 13 TO THURSDAY  
27 SEPTEMBER 2018

Sail aboard Majestic Princess®, the newest member of our fleet and enjoy the signature favorites you've always loved. There's plenty of entertainment on-board from musicals, dazzling magic shows, feature films, top comedians and dance floors.



Breakfast daily, 12 lunches & 13 dinners & all meals included onboard cruise



2 nights' accommodation in Sydney at the ParkRoyal Darling Harbour & 12 nights onboard the brand new Majestic Princess

15 DAYS, \$4,580<sup>PP\*</sup>

Upgrades Available. Contact us for prices.



## Gems of the MEDITERRANEAN

THURSDAY 6 TO SATURDAY  
22 SEPTEMBER 2018

Bask in the culture, cuisine, sunny skies and blue seas of the Mediterranean.

★ Enjoy cruising around the Mediterranean in a Balcony Stateroom ★ Visit The Sagrada Familia and Parque Guell ★ Local lunch in Barcelona ★ 3 night mini-stay in central Barcelona



Breakfast daily, 13 lunches and 13 dinners



3 nights' accommodation in Barcelona & 12 night cruise onboard Celebrity Eclipse

18 DAYS, \$7,995<sup>PP\*</sup>

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# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

## Snow on the Great Wall of China provides a unique winter experience



Left to right; Tiananmen Square - the Forbidden City, Temple of Heaven © Trevor Templeman - Rosewood Beijing Country Kitchen Oven © Rosewood Beijing. Inset; Hot pot at Red Bowl © Tiana Templeman



by Tiana Templeman

ON a cold December morning it feels as if the Great Wall is mine alone. The gentle silence of a snow-draped landscape has replaced the jostling crowds of summer and snowflakes are tumbling through the air, wrapping the wall in a soft white cloak and creating a winter wonderland. Snow at this time of year is almost a given, but watching it

fall on this ancient structure is a rare privilege.

Four sections of the wall can be easily reached from Beijing but savvy visitors favour Mutianyu which is located 90 km from the capital.

This segment was restored in the 1980s and is renowned for the visual drama of its tightly packed guard towers and knife-edged mountain peaks. Surrounded by towering pine trees and

stunning scenery, it offers a compromise between the slightly closer yet tourist-packed Badaling and the physically challenging sections at Juyongguan and Simatai. In summer visitors huddle in the towers to escape Beijing's searing heat but in winter these magnificent fortifications are pleasantly snug. Tower 14 is the highest point at Mutianyu and the ideal spot to view the long line of imposing towers and parapets stretching into the distance.

It is a visually dramatic introduction to Beijing and highlights why visiting in winter can be so rewarding. Not only is the landscape especially beautiful but the crowds of the summer months are nowhere to be seen and there are plenty of travel bargains to be

found. During low season it is possible to stay at a five star hotel for next to nothing and secure a table at the city's best restaurants without a hitch. Popular tourist sites can also be enjoyed in relative solitude.

It is easy to see three of Beijing's most famous sights – the Forbidden City, Temple of Heaven and Tiananmen Square – in a day if you take a tour. Intrepid Urban Adventures include popular 'must see' tourist attractions and the chance to interact with locals in an authentic way. As we watched a group practising qigong (which is similar to tai chi) in the park adjoining the Temple of Heaven, one of the ladies broke away from the class and came over to talk to our guide. I thought my husband and I might be in strife for taking photos but she was delighted to see overseas visitors watching the class and asked if we would like to join in. We were welcomed with warm smiles and the

music began to play once more as we followed the movements of the qigong masters at the front of the class, marvelling at their grace and control. When the song finished, we were rewarded with clapping and more smiles as we left the class and continued on our tour.

After lunch at an authentic local restaurant renowned for its tasty dumplings we explored Tiananmen Square and passed through the Gate of Heavenly Peace with its famous Mao portrait to enter the Forbidden City. This is the largest and best-preserved group of palaces in China and includes 720,000 square meters of courtyards, pavilions, great halls, flourishing gardens and nearly 10,000 rooms. Our guide strolled around the site with us, sharing tales of betrayal, spies and intrigue that were worthy of a Game of Thrones' plot. While the site itself is impressive, it is the stories which bring this place to life.

With so many things to see and do, it doesn't take long to work up an appetite. Beijing is a prime dining destination with restaurants to satisfy every taste and budget. Red Bowl at the Rosewood Beijing is the place to come for upmarket and affordable Chinese hot pot. Order your choice of simmering, flavoursome stock which is used for cooking seafood, meat and vegetables at your table. Friendly staff delight in giving 'hot pot lessons' to novice diners and the lively atmosphere makes for a fun night out. Some of the city's best Peking duck can be found upstairs at Country Kitchen where an open show kitchen and wood-roasting oven provide a fascinating insight into how this traditional dish is prepared. Don't forget to reserve a table and pre-order your duck to avoid disappointment. If you do a tour, your guide can also help with dining recommendations.

There are hotels to suit

every budget but it is best to book somewhere central to the places on your itinerary as Beijing's traffic is notorious. Staying at a hotel on the opposite side of town to the areas you want to explore can add up to an hour to your itinerary – and that is each way. Rosewood Beijing is a 15-minute taxi ride from Tiananmen Square and the Forbidden City and is ideally located for exploring the Great Wall as the hotel is on the way to Mutianyu. It also has a heated swimming pool for winter dips and one of Asia's best club lounges which is a comforting haven after a day spent exploring the hustle and bustle of Beijing. During winter the city is imbued with an almost surreal beauty with every scene pulled into soft focus by the snow. It is a magical time to visit.

**The writer explored Beijing with assistance from Intrepid Urban Adventures and the Rosewood Beijing.**

## Great Central Road - a picturesque scenic wonder

STARTING in Western Australia and finishing in the Northern Territory, the Great Central Road is a picturesque wonder of scenery and wildlife. It takes in some of Australia's iconic amazing outback such as the Great Simpson Desert, Petermann Ranges, Giles Weather Station, Lasseter's Cave, Kata Tjuta (the Olgas) and

Uluru (Ayers Rock).

Sharon of Aussie Redback tours says: "There has been talk for years now about bituminising this road, one of the last truly outback frontiers tracks in Australia and it would be a crying shame if this happens, as every truckie in the country would use it."

This year Aussie Redback tours will be running a 13-day tour of the area. The experience of travelling this road will stay with you forever and leave you longing for more of our stunning outback.

The tour also visits Kings Canyon, Alice Springs, (with its diverse landscapes and colours of the McDonald Ranges). The multi-cultural town of Coober

Pedy, (one of the largest towns in South Australia and source of 92 per cent of the world's opals). Woomera (famous for its history as a rocket test range), and Port Augusta on the Spencer's Gulf.

"We cover three states in this tour at a leisurely pace, so you have time to take it all in and marvel at what a wonderful country we live in and wonder how our pioneering ancestors survived."

"We enjoy two nights at Uluru, two nights at Alice Springs and two nights in Coober Pedy, so we can really enjoy ourselves on this truly outstanding tour. This is a fully accommodated 13-day tour and includes most meals, entries and attractions, and return flights to Perth. The experience of travelling this road will stay with you forever and leave you longing for more of our stunning outback," said Sharon.

The tour leaves on the 2 April. If you would like a full itinerary of this tour, please call Aussie Redback tours on 1300 662 026. The new 2018 brochure is out now.

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Sun 11 Mar '18 **Gingin / New Norcia**

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Sun 18 Mar '18 **Harvey Harvest Festival**

Sun 8 Apr '18 **Elvis Presley Mystery Tour**

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13-22 June **Gibb River/Bungle Bungles** 10 days \$4,600

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**2018 brochure out now!**

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ADVERTISING FEATURE



travel options for the mature west australian

## The Great Southern is host to Australia's biggest food festival



The Lake House Denmark

A LINE-UP of dozens of international, national and local chefs, combined with a mouth-watering series of food and wine events over three weekends in March, will make Australia's biggest food festival the most spectacular yet.

Event director for Taste Great Southern, Richard Campbell, said having chefs the calibre of England's Marco Pierre White, Indonesia's Chandra Yudasswara and Masterchef's Justine Schofield will provide a huge focus on food, produce and wine in the Albany region.

Add in some of the state's best chefs, the reason to take time to enjoy what the region has to offer becomes almost im-

possible to ignore.

"As well as having some fabulous chefs cooking at events ranging from secret dinners to long table lunches using ingredients ranging from seafood to Waygu beef and the wonderful fruit and vegetables of the region, there will be a host of other activities on offer," Richard says.

There will be 40 or more events in Albany, Denmark, Mount Barker, Porongurup, Frankland River, Katanning and Kojonup from 8 to 25 March.

Highlights include:

**The Porongurup Wine Festival** in Karriview on Sunday, 4 March from 11am to 5pm will celebrate its 30th year anniversary with local wineries presenting their award-winning cool cli-

mate wines for tasting. It will feature live music, fine wines, local food stalls and entertainment for the family including treasure hunts and grape stomping, cooking demonstrations with celebrity chefs and wine masterclasses, all set against the stunning backdrop of the Porongurup Ranges.

**The Rockcliffe Night Market** at Rockcliffe Winery on Friday, 9 March from 5pm to 9pm which features the best of Great Southern produce along with a cooking demonstration with guest chefs Justine Schofield and Anna Gare in a family friendly event filled with music, food, wine and fun.

**Wish You Were Beer** at the Brig Amity in Albany on Friday 9 March from 5pm to 9pm with Liberte's Amy Hamilton and Wilson's Brewing Co with a barbecue sundowner featuring top seafood and ale from the region aboard the replica of the vessel which brought the first white settlers to Albany.

**A 3drops Long Table Banquet** at Don Tapa, Fremantle on Friday 9 March from 7pm to 11pm with Joanne Bradbury presenting a showcase of cool climate 3drops wine alongside a sumptuous banquet prepared

by Don Tapa chef's Marcelo Kretzer and Gerrard Mitchell, showcasing seasonal produce from the Great Southern region.

**Barker + Bordeaux** at Plantagenet Wines, Mt Barker on Saturday 10 March from 3pm to 5pm, will provide comparisons between wines from the climatically similar Mt. Barker and Bordeaux. Cabernet Sauvignon is the King in both regions and the event will showcase some very expensive Cabernet Sauvignon dominant wines from Bordeaux from good vintages, against the much less expensive cousins from Mount Barker from several of the regions wineries.

**In the Raw**, at Ocean Foods, Emu Point Boat Harbour on Sunday 11 March from 11am to 2pm will explore the tastes of the Great Southern oceans with a selection of oysters, mussels and seafood matched with fabulous wines from the region. Guests will be welcomed with a sparkling wine and freshly shucked oyster, then enjoy three seafood tasting plates prepared by Jesse Blake paired with fabulous Great Southern whites, guided through the tastings with sommelier Dan Wegener talking about each wine

with a chef demonstrating some simple but tasty seafood selections before each course.

**Sundowner by the Lake** with Masterchef's Justine Schofield selecting a menu to be cooked by The Lake House chefs at The Lake House Denmark on Sunday 11 March from 5pm to 8pm offering food with the sun setting over the lake and karri trees, the mellow sounds of a live band and a glass of award winning wine.

Visitors to the **Albany Wine and Food Festival** at Eyre Park, Middleton Beach Rd, Albany on Saturday 17 March from 11.30am to 5.30pm will have the chance to rub shoulders with special guest Marco Pierre White while he discovers the amazing local wine and produce. The day will feature live local music, wine seminar sessions, Great Southern wine, local food, craft beers, spirits, produce, local crafts and more.

**The Katanning Harmony Festival** in the Katanning Town Square on Saturday 17 March from 1pm to 7pm showcases the positive aspects of cultural diversity with the community coming together to offer a festival that promises colour, culture, connection

and excitement where participants experience something different, learn something new and taste something delicious.

**A Long Table Dinner at Middleton Beach**, by Fervor in collaboration with Three Anchors, at the front of Three Anchors on Saturday 17 March from 4.30pm to 8.30pm will feature locally sourced and native ingredients which are presented in a unique long table degustation. Diners will be treated to ingredients such as marron, green ants, crab, youlk, wattleseed, seaweed, wallaby, muntie berries and many other exciting uniquely Australian ingredients.

**A Great Southern Wine Dinner** at the State Buildings in Perth on Wednesday 21 March from 6.30pm to 9.30pm will showcase the seasonal produce and world-class wineries of the Great Southern in the grandeur of the State Buildings Postal Hall. Tastings will be guided by La Violette, Rockcliffe, Express Winemakers and Willoughby Park during a three-course menu created by head chef Kim Brennan, each matched with a unique Great Southern Wine.

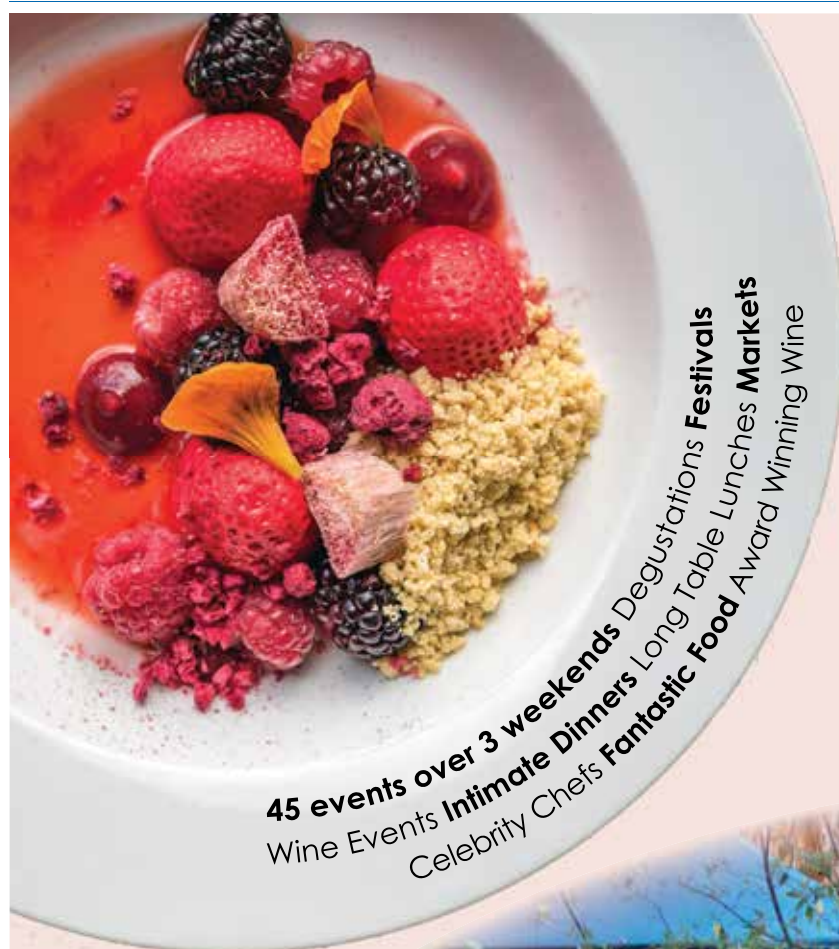
**A Secret Affair at Albany** on Thursday 22 March from 6pm to

10.30pm will take diners on a short journey on the amazing South Coast to discover some fantastic regional produce prepared Asian fusion style by Indonesia's chef Chandra Yudasswara, featuring local produce made with Asian flavours and matched with the wines of the Great Southern in a secret outdoor venue revealed on the night.

**Taste Denmark** at The Old Butter Factory and Mrs Jones Café on Saturday 24 March from 6pm to midnight, guest chefs including Anna Gare will be invited to get to know the Denmark community and connect with the local heroes of the Shire. Each chef will prepare their signature 'resilience' dish and each wine maker will share their wine choice based upon the theme.

**The Liberte Carpark Party** at The London Hotel Carpark on Saturday 24 March from 5pm to 10pm will celebrate the Great Southern with an Italian feast by renowned chefs Amy Hamilton and Joel Valvasori and the crew from Liberte in an Italian carpark party feast featuring the best food and booze the Great Southern has to offer.

The full program of events and tickets are available from [www.ta.stegreatsouthern.com.au/](http://www.ta.stegreatsouthern.com.au/)



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## Join *Have a Go News* for the day trip of a lifetime to Antarctica...



ON Australia Day 2017, a group of 22 *Have a Go News* readers joined a chartered Qantas flight to embark on the day trip of a lifetime.

"It was one of the most amazing day trips I have ever experienced," said *Have a Go News* editor Jennifer Merigan.

"It's nothing like a normal flight and the excitement that builds when the ice comes into view, is just something to behold.

"The crew, the service and the information throughout the flight makes it a trip of a lifetime.

"I also took my 82 year old Dad with me and he was overawed with the experience," she said.

This amazing trip is scheduled for Australia Day 2019 and *Have a Go News* will again be putting together a group.

Antarctica is the world's last great wilderness and we invite readers to join us for this day to visit Antarctica.

The excitement throughout the plane is unbelievable, it is not like a normal flight. Everyone is present for the same reason – to fulfill that bucket list dream of exploring an uncharted continent.

Australia is the only country from which a sightseeing flight can be taken over the frozen south.

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views over the ice and an unforgettable round trip.

The trip provides the complete Antarctic experience – Antarctic experts on board, live crosses to the Australian stations, videos and other informative activities.

Passengers will receive a comprehensive information kit, two full service Qantas meals plus in-flight snacks and full bar service – including champagne, wine, beer, spirits, soft drink and use of the state of the art entertainment system.

The crew provide wonderful service, the atmosphere on board is nothing like you have experienced before and passengers enjoy four full hours flying across the continent.

It really is an unbelievable experience.

The *Have a Go News* tour manager on board takes photographs of the views and our group, providing an exclusive pictorial record. Our passengers also receive a special Australia Day goody bag and name badge.

This day trip of a lifetime departs Perth on 26 January 2019 at 8am and returns at 8.30pm at night.

The following seating is available:

Economy Class Centre Cost \$1199 per person

Economy Class Standard Cost \$1999 per person

Economy Class Superior Cost \$2999 per person

Premium Economy Class Cost \$3299 per person

Business Class Centre - Cost \$4299 per person

Business Class Deluxe - Cost \$7499 per person

Ice Class - \$7999 per person

Please contact us for brochures and booking forms which detail the trip and the seating arrangements.

This flight only departs Perth every two years, bookings close 30 November unless sold out prior.

A \$300 deposit is required with booking and full payment is required eight weeks before departure. Travel insurance can be purchased for an extra \$90 per person and covers people to age 90, price subject to change.

Home pick up return can be arranged for an extra cost if required.

For further information, brochures and booking forms or to reserve your seat please call the office on 9227 8283 or email [jen@haveagonews.com.au](mailto:jen@haveagonews.com.au)

## Middle East sea life on show



A magical mystery tour of sea life from the Middle East

by Mike Roennfeldt

I RECKON I was losing fluids at a rate of at least a couple of litres an hour. The sun had long set over the exotic Middle Eastern city of Dubai but the humidity was still off the scale. I'd promised myself I'd visit the local fish market and this looked like being our only chance.

The olfactory assault started a block or so away. You couldn't miss the fact that we were getting close and when we got there the scene was more or less as I'd imagined, except perhaps a little cleaner and more organised.

Inside the spacious, open-sided shed, orderly rows of tiled plat-

forms had big white trays on top, each piled with crushed ice and an amazingly eclectic assortment of fish species, principally from the Arabian Gulf (or the Persian Gulf if you happen to live on the other side of it).

The very first table we came across had a stack of hairtails, backed up with an untidy pile of critters that were pretty close to our own eagle rays. An odd pairing I thought, but it was just the start of a bit of a magical mystery tour of sea life that was mostly made up from species that we are familiar with in local waters.

Mackerel tuna were probably the most

common species on display, but there were heaps of barracuda, a few smallish Spaniards and a couple of ripper cobia. Small yellowfin tuna, mullet and various members of the emperor family were scattered through the trays, vying for space alongside piles of prawns, cockles, juvenile tropical lobsters and small species that I didn't recognise.

A tray of pitifully small golden trevally was a sad sight, as were the piles of scissortail sergeants, cute little barred fish you often see in schools while snorkelling up north.

The gulf fishermen are obviously geared to opportunistic fishing. Many species were there in just ones and twos, especially the big ones. I got quite excited to see three or four big tailor around three kg each and there were some nice trevally of various kinds and a lone amberjack.

I was sweating so much I could barely see through the viewfinder to take photos. I would have loved to have spent more time there and learned a bit more about where the fish came from and how they caught them, but escaped instead to cool off on an abra (water taxi) on the short ride back-up the creek to our air-conditioned hotel.

If you're a keen fisherman, visiting local fish markets in any part of the world is something that shouldn't be missed. There are always surprises. Tailor from the Arabian Gulf, who would have thought? We'd had a swim in the gulf the day before and the water was almost uncomfortably warm and salty as hell. Not the sort of conditions I'd have thought tailor would enjoy, but there you go.

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## WIN A TRIP for two people to SINGAPORE with Scoot

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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](mailto: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.



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## First to the frozen continent for incredible wildlife encounters



Chinstrap penguins. Image by Jo See

by John Maddocks

I'M EARLY and I'm excited. It's the start of the spring expedition cruise season to Antarctica, and I'm on the first ship leaving Ushuaia in Argentina, the most southerly city in the world. At this time of year, we'll experience the Antarctic in all its ice-covered grandeur. It's an exhilarating prospect.

After all, ice is what this pristine, other-worldly wilderness is all about. Ninety-nine per cent of Antarctica's 14 million square kilometres is covered in ice, some of it four kilometres thick. Sea ice can double the size of the continent in winter, and much of it will still be there when we arrive.

There are, of course, many other exciting aspects of this trip. On the

way to Antarctica we visit the Falkland and South Georgia Islands, renowned for their incredible history and wildlife. Our first zodiac landings get us up close to Magellanic, rockhopper and gentoo penguins, upland geese, fur seals and hundreds of black-browed albatrosses nesting side by side in tall tussock grass on cliff edges.

We find friendly locals in the Falklands' capital Port Stanley, keen to welcome us to their remote outpost. This colourful town of 3000 residents boasts a government house and cathedral, but the most interesting attraction is the excellent, quirky museum. It houses fascinating collections that bring the islands' social and natural history to life.

While at sea on our way

to South Georgia Island, accompanied by circling albatrosses and giant petrels, we attend engaging lectures by a naturalist, ornithologist, photographer and historian. Legendary Antarctic explorer Ernest Shackleton is buried on the island and we learn of his exploits before visiting his grave next day at Grytviken, a former whaling station. After his ship was trapped in ice and sank in 1915, Shackleton and five others sailed a six-metre lifeboat 1500-kilometres across the treacherous Southern Ocean from Elephant Island to South Georgia. This feat is considered by many historians to be one of the greatest small boat voyages of all time.

South Georgia is home to spectacular nature experiences. Standing on Salisbury Plain with more than 100,000 king penguins as well as elephant and fur seals; this is the closest I've ever been to wildlife. The experience is heightened because these creatures have no apparent fear of humans.

At gorgeous Gold Harbour we witness elephant seals mating, one of the most dramatic and confronting events in nature. The massive males, which can be six-metres long and weigh up to 4,000 kilograms, fight each other

for the right to mate with around 50 females. At one point we have to quickly move out of the way of a huge male as he confronts another contender and then mates with a female. Other females and young seals nearby scatter to avoid being crushed. Our naturalist tells us that the mating season is brief, so we wouldn't have seen this exceptional event if we'd arrived several weeks later.

After our memorable wildlife encounters on South Georgia, we head to the South Shetland Islands and Antarctic Peninsula. When they come into sight several days later, my ice dreams become reality. Incredible, jagged, snow covered mountains dominate the horizon, flanked by massive glaciers. Brash ice covers much of the water's surface and huge icebergs appear.

Our first landings exceed every expectation. The sheer scale and beauty of the place is staggering. We are overawed, insignificant in the ice. We have made it to the end of the world, and now we know why we've come. We wanted to stand in a place like no other, a place that can bring you to your knees with its majesty.

The colours in Antarctica are surprising. Masses

of all-encompassing white snow and ice are offset by blue, grey and even black ice. Occasionally an exposed rock will feature bright orange lichen beneath a bright blue sky.

Each landing at places with exotic names such as Wilhelmina Bay, Yankee Harbour and Half Moon Island is different. We see Antarctica's largest gentoo penguin rookery and a massive chinstrap penguin colony. There is even some excitement as we're forced to abandon a landing and return to the ship when the wind rises unexpectedly and blows large chunks of brash ice into our landing site.

After four days, we leave Antarctica for our last adventure: crossing the notorious Drake Passage to Argentina. It's reputedly the roughest piece of ocean in the world and I've heard that its moods range from 'Drake shake' to 'Drake lake'. I'm rather relieved when it turns out to be the latter, as we enjoy two days of smooth sailing.

This provides a great opportunity to reflect on the highlights of the voyage. There's a presentation of the best photos taken during the journey, many of which are superb. Ultimately, however, it's a trip that no photos can adequately capture.

We've visited places in less than three weeks that took explorers like Scott and Shackleton three years to reach. Remote frozen landscapes, incredible wildlife encounters and a constant sense of adventure make this a mind-blowing experience, and one not to be missed.

### FAST FACTS

Getting There: Air New Zealand flies to Buenos Aires via Auckland and code shares with Aerolineas Argentinas for flights

from Buenos Aires to Ushuaia. [www.airnewzealand.com.au](http://www.airnewzealand.com.au)

Cruise: One Ocean Expeditions have cruises to the Falklands, South Georgia and Antarctica commencing as early in the season as 20 October, 2018.

Visit [www.oneoceanexpeditions.com](http://www.oneoceanexpeditions.com) or phone 133 368 123 (In Australia).

The writer travelled courtesy of One Ocean Expeditions.

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Brisbane's grand old ladies restored with style and attitude



Left to right; One of the Spicers Balfour Hotel's nine quirky, eclectic and elegant guest suites - The Osbourne Hotel originally opened in 1864

**BRISBANE'S Osbourne Hotel and Spicers Balfour are both steeped in history but these days as Helen Flanagan discovered, everything old might be new again.**

If only walls could talk. Designed for hotelier Charles Osbourne by Brisbane architect James Furnival and opened in 1864, The Osbourne Hotel in Fortitude Valley, had some interesting shingles: The Dead Rat, The Rat & Parrot and Fringe Bar with infamous characters to boot, from the Painters and Dockers unionists in

the 1970s to Bjelke-Petersen, polities and punters.

There is a famous story of the day about a man who was shot dead in the public bar in 1974. In the resulting coroner's inquest, some Painters and Dockers union members who were at the hotel at the time were called to testify. Predictably they had seen and heard nothing unusual. One man testified he was fishing a fly out of his beer at the time of the shooting, while another claimed that he was returning from the

toilet and was struggling with his zipper. A third said he was watching the first bloke try and get the "bloody" fly.

The Fitzgibbons family bought The Osbourne Hotel in 1980 from Castle-maine Perkins, for good reason. It was Brian Fitzgibbons' favourite watering hole during the war, when he worked in the naval stores at Teneriffe.

In a news-making move, the family even rolled out the red carpet to the kerbside for patrons and had girls in red bikinis serving drinks on roller-skates.

The Telegraph was aghast. "Wasn't the Osbourne of old a sort of place where you were ready to duck a roundhouse right? Dead right. The pub was a place where your record as a GPS old boy didn't carry much weight."

Today, with serious nods to the original, the Fitzgibbons family has restored the grand old lady. It has been completely stripped back to her original colourings, and fittings, the leafy beer garden and bistro are back, a glass roof has been added and the capacity has

been upped from 400 to 800 patrons.

The hotel serves an extensive range of craft, local and international beers, with 94 magnificent taps hosted throughout the venue. Two bespoken copper bulkheads, each home to 31 taps, are a major feature of The Outside.

Since 1936 four generations of the Fitzgibbons family have defined the world of hospitality. It is understandably in their DNA.

Gastro-pub aside, it's time for the Grand Dame of places to stay, Spicers Balfour owned by Graham and Jude Turner in New Farm's Brunswick Street.

The original building at number 37, fringed with frangipanis, was built in 1910 as a family dwelling, converted into lodgings for ex-servicemen after World War II and later backpackers' accommodation. London-born businesswoman Beverley Trivett purchased the property, delved into the history, decided a charming business hotel was de rigueur and eventually joined the

Turners to resurrect and restore the building.

The interior reveals a contemporary European design which is eclectic, quirky and elegant. Each of the nine guest suites has an individual charm and is an indulgent haven.

Number 17 Balfour Street, a Georgian Revival building was built in 1921 by Ada May Richards. Distinctive features of the two-storey stucco block include a pair of Doric columns flanking the entry portico and doorway entrances on both levels.

The flats were built at the start of the building boom to cater to the growing demand for rental accommodation. New owners wanted residences with a range of modern conveniences and were close to public transport and the city as tenants embraced the concept of modernity. Many blocks of flats were built on residential estates which were subdivided because of rising living costs.

Today the SIMLA building is companion to number 37, the main house with its check-in facilities, rooftop bar, Story Bridge

and city views, a guest lounge with library, function room and restaurant the Balfour Kitchen, is a oh-so private sleeping and entertaining sanctuary. At the end of a busy day it's just a stroll to what the French describe as 'pieds-à-terre', literally, a foot on ground, a residence or apartment for occasional use.

Limited to eight guest suites with a bedroom, sitting room, entrance hall and spacious bathroom, the interior design melds early 20s vintage pieces with a splash of contemporary style. Check out the leadlight windows, the black and white tile-pattern flooring - so very Art Deco, as is the curvy kitchen cabinetry. The floral linen curtains dress the French doors beautifully and the bathroom has a stand-alone tub. What's not to love about Spicers Balfour?

**FAST FACTS**

**Spicers Balfour Hotel**  
- Balfour St New Farm  
[www.spicersbalfourhotel.com](http://www.spicersbalfourhotel.com)

**The Osbourne Hotel,**  
Cnr Ann & Constance St  
Fortitude Valley. [www.osbournehotel.com.au](http://www.osbournehotel.com.au)

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**Ph 0429 109 334 (David/Therese), 9761 9055 (Coleen) or email [downundercountry@westnet.com.au](mailto:downundercountry@westnet.com.au)**

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## A night at the *Palace of the Stars* in York

tainment throughout time. Guests never know just what's coming next, and that's all part of the fun. The atmosphere is full-on; fancy dress is encouraged.

The five-star acts change each year (although crowd favourites return by popular demand) and include acrobats, singers, magicians, character actors, and dancers.

There's comedy, prizes, surprises, and a live orchestra for dancing the night away. Skit actors present snippets of the history of York; Australia's oldest inland town, and a stepping stone to the Coolgardie/Kalgoorlie Goldfields during Western Australia's frantic Goldrush days.

The 2018 A Night at the Palace of the Stars takes place on Saturday evening, 10 March at the heritage-listed and beautifully restored York Town Hall from 6.30 pm 'til late.

Supper is provided, along with a fair-priced cash bar. There will be opportunities for photos with the performers and that latest invention, the automobile. Vintage cars on show.

Tickets prices, including supper, are \$70 floor table, \$65 gallery.

Further information about the show is available on the event website: [www.palaceofthestars.com.au](http://www.palaceofthestars.com.au) and the author's facebook page: [karimacrobertsauthorfacebook](https://www.facebook.com/karimacrobertsauthorfacebook).

E- books and print versions of the novels can be ordered from the author's website [leela5chelandra.wix.com/chelandra](http://leela5chelandra.wix.com/chelandra)

Use the website contact form if you would like to order the personalised print copy or, email Karina at: [leela5chelandra@gmail.com](mailto:leela5chelandra@gmail.com)

A NIGHT at the *Palace of the Stars* is an exciting and unique night of theatre, song, spectacle, and dance, based on the historical fiction novels *The Palace of the Stars*, and *The Mine's Eye*, books one and two in the *Harker Investigates Mysteries* series, by Karina McRoberts.

The story takes place in a grand music hall, designed on the great architectural halls of Europe, and captures the unique flavour of present-day York, while bringing to life the town of yore. Based partly on historical events, this is no dry collection of facts, but a thrilling panoply of intrigue, humour, horror, romance and sizzling adventure.

One of the story's heroes, JT Gordon, Esq, prides himself on presenting the best entertainment from around the world. And that's just what the theatre show does. Also, as there is a time-travel element involved, added is the best enter-

Photograph by Norman Talavera

## Come for the Trees, stay for the experience

One of the best kept secrets of the Southern Forests Region is the 140kms of pristine coastline. With beautiful beaches, rugged cliffs and amazing vistas it is truly a wonder to explore.

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# WA's GREAT Outdoors

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## Come and be amazed at the south coast of Western Australia



THE amazing south coast stretches from Walpole

through to Bremer Bay, and inland to the Stirling

Ranges in southern Western Australia.

This area is widely regarded as one of the most beautiful and diverse regions in the world.

The region boasts beaches which are routinely named among the best in Australia, such as the incredible Little Beach, the aptly-named Elephant Rocks in Denmark and of course the iconic Middleton Beach, just minutes from Albany's city centre.

There truly is something for everyone along the amazing south coast, from gourmet wine-lovers, to intrepid 4WD explorers, to backpack-

ers and everyone in between. World-class wine, food, fishing, surfing, swimming, diving, hiking, mountain biking, whale-watching, four-wheel-driving, camping and myriad other activities are all on offer.

Experience the legend that shaped a nation at the National Anzac Centre, a state-of-the-art, award winning, interactive museum overlooking King George Sound.

Walk with the ANZACs and experience the Great War through their personal stories.

The Gap is one of the

most fearsome and formidable rock formations on the south coast, the new viewing platform allowing visitors to safely experience the raw coastline.

Check out the Albany Wind Farm overlooking the spectacular Sandpatch beach – a testament to Albany's aspiration to be a green city.

Visitors can also take a day trip to the Porongurup National Park or the Stirling Range National Park, home to Bluff Knoll, the highest peak in southern WA and one of the few places in the state which experiences snow-

fall. During spring the National Parks are filled with wildflowers, a truly beautiful sight to see.

From January through to April travellers can visit the Bremer Bay Canyon where they can view by charter boat the largest known group of killer whales in the Southern Hemisphere.

And from June through to September humpback, southern right and even blue whales can be spotted in Albany's waters.

There is so much to this amazing area – book a holiday down there soon.

## ANZAC story in Albany

ON 1 November 1914, the first convoy of Australian and New Zealand troops departed for World War I from King George Sound, Albany. For many, Albany was their last sight of Australian soil. Today Albany is known as the birthplace of the ANZAC story and the home of the National Anzac Centre.

In late 1914 more than 41,000 Australians and New Zealanders left Albany, bound for the Great War. The National Anzac Centre, a state-of-the-art interpretive museum overlooking King George Sound tells their story.

Walk with the ANZACs and experience the Great War through their personal stories. Follow them from Albany in 1914, to the Middle East, to Gallipoli and across the Western Front, and, for too few, home to Australia and New Zealand.

Set within Albany Heritage Park, the National Anzac Centre offers visitors a deeply personal connection with the Anzac experience. The content has been developed by the Western Australian Museum and Australian War Memorial.

Visitors assume the identity of one of 32 characters and follow their personal experience of the Great War: from recruitment, through training and embarkation, ship-board life on the convoys, on to the conflicts at Gallipoli, the Middle East and the Western Front, and post-war... for those who returned. These personal stories unfold through interactive, multimedia displays, poignant artefacts, rare images and film, and audio commentary.

As the story of conflicts within the National Anzac Centre draws to a close, the names of the 41,265 service men and women who left Albany in the first and second convoys are revealed: scrolling beneath a pool of reflections. The experience concludes with the discovery of each character's fate and a tribute wall where visitors may document their own feelings and messages to the ANZACs. These appear within the National Anzac Centre and are then shared with the world via the internet.

When travelling to Albany don't miss the opportunity to tour the centre.

The centre is open daily from 9am to last entry at 4pm (except Christmas) and costs \$24 for adults and \$20 concession.

## Various activities at Fitzgerald River National Park



FITZGERALD River National Park is one of the largest and most biodiverse national parks in Australia containing 20 per cent of the state's described plant species.

The park covers nearly 340,000 ha and is one of the most diverse botanical regions in the world, featuring more than 1,800 species of plants with 75 found nowhere else in the world.

There are 184 bird species, 22 mammal species, 41 reptile species and 12 frog species living in the park. A number of them have only recently been rediscovered here, including the dibbler and heath rat.

Bushwalking is a great way to discover more of the park and there are a number of trails in the park for all abilities including: West Mount Bar-

ren – allow one to two hours. For walks just over an hour consider the Point Ann Heritage Trail and West Beach Point. For walks up to two hours try the Twertup Walk and for those looking for a three-hour trek try the East Mount Barren.

Bushwalkers are advised to contact a Ranger to register for overnight walks or for further details.

There are numerous

fishing spots all along the coastline with a number of beaches in the park well known for rock and beach fishing. Normal fishing regulations apply.

Vehicle based camping is available at Four Mile Beach, Hammersley Inlet, Quoin Head, Fitzgerald Inlet and Saint Mary Inlet. Camping fees apply. For further information contact a Ranger.

During the winter

months (July to November) visitors can see southern right whales from the viewing platforms at Point Ann and along the coastline to Bremer Bay. Southern right whales come into the sheltered bays for calving and can be as close as six metres from the shore. Humpback whales can also be seen as they make their way up the and down the coast. The number of whales has been increasing every year since hunting ceased in the 1970s.

A visit to Fitzgerald River National Park highlights the wonderful diversity available in the area and is a must for those heading for the south coast.

More information on camping and bushwalking can be found at [parks.dpaw.wa.gov.au/park/fitzgerald-river](http://parks.dpaw.wa.gov.au/park/fitzgerald-river)

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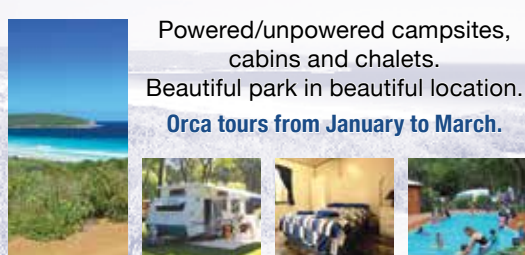


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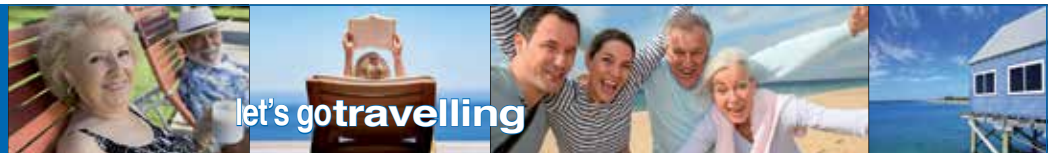
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# WA's GREAT Outdoors

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## Tom Price comes up tops in more ways than one



Left to right; Tom Price is a wilderness town with rising hills and a picturesque landscape - Pilbara Iron train

by Lee Tate

CHANCES are Tom Price isn't on your travel bucket list despite being Western Australia's "top town".

It's a title the locals like to use with tongue firmly in cheek because it refers to the place being the state's highest town, at 747m above sea level.

Whatever, Tom Price is a top town. And, we discovered, well worth the long road trip: 1,470km north of Perth, 633km from Exmouth, 417km from

Port Hedland. You get the picture: Tom Price is in the middle of nowhere.

The town and nearby peak, Mt Tom Price, are named after American Tom Price who was working in the region for a US company. Price strongly supported Lang Hancock's case convincing governments and mining companies to mine the iron-rich hills.

Mr Price, 71, died at his desk two hours after being told of the discovery of a super-rich ore deposit at the place. Iron ore mining is, of course, the big-

gest game in town and for \$35-a-head, visitors can join a guided bus tour of Rio's gigantic mine where the driver rolls-off statistics like the \$70,000 cost of each tyre on a massive earth-mover. And the \$1 billion conveying system.

The result of 40 years of blasting, crushing, washing and moving the ore to waiting ships is, frankly, a dirty great gaping hole!

The crater has to be seen to be believed. It's awesome. But so are the profits and royalties for the nation. And

the jobs.

The company's influence and support has made Tom Price a tidy town, a compact and well-behaved town with 4,000 inhabitants, two primary schools, a high school, an eight-bed hospital, supermarket with fair prices, pool, sports venues and a pub.

We wander into a café where the service is good – service is good everywhere here – with decent coffee and their own-made food. Lovely. And not at inflated north-west prices.

How welcoming to come in from days on the dusty trail to a town that has green grass, clipped gardens and imaginative, meaningful town sculptures.

A travel writer looks for the positives. Tom Price has positives in spades.

The town sits under Mt Nameless which isn't nameless. It has an indigenous name, Jarndunmunha.

The 1,228m-high hill's claim-to-fame in that it is WA's highest peak that you can drive to. You can also tackle it on foot over three hours or join the yearly foot race where the record is an unbelievable 16min-8secs.

4WD is compulsory to the mountain top – and it's a tough track you'd only want to tackle once. Bone-shakingly challenging – going up and down. Poor car.

But what a reward. You get a bird's eye view of the sensational region with its impressive, red-ducted hills and dales, the town, the mine in the distance and a patch that is atop bucket-lists around the world, Karijini. But that's another story.

Tom Price deserves to stand on its own fascinating feet as an example of what a town, a wilderness town, a place that was once a closed, company town, a former wild town can do for its citizens and its tourists.

For a taste of the Aussie outback, rising hills, picturesque landscapes, a respite from the endless open roads, to make you feel you are doing something different, for a break from the city, I really encourage you to take the adventurous route over a few sunny, warm days in the winter months.

We stayed a couple of days in the big caravan park (no bookings), then booked a couple more nights. We stayed a week and got a free night thrown-in.

Packing up, a regular big flock of birds screeches overhead and settles in the gum trees.

Further south you'd identify these raucous characters as white cockies. Here, the white birds are dusted red. Like pretty-much everything. Gotta love it!

Making Smoking 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.

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## Great year ahead for Club 55



CLUB 55 would like to wish its valued customers a very happy new year. It has a lot of exciting new tours on offer.

Brochures for this year have just been released and are now available online at the web site [www.club55.com.au](http://www.club55.com.au).

For those who prefer a hard copy please contact the office on 1300 653 696 and it will post one out.

The Club 55 Travel Club caters for individuals, couple and small groups. It picks from various locations around Perth, including Belmont, Booragoon, Bassendean, Bullcreek, Innaloo, Whitfords and Perth city. Membership of the Travel Club is free with registration online at the website or via a phone call.

Club 55 has just purchased a very nice touring coach equipped with rest room and will be introducing an extended touring program next month with some great weekends away and extended packages covering most of the state.

Large groups such as Probud Clubs, bowling clubs and retirement villages are also very well looked after and have a choice from more than 80 specially designed outings. All tours are done at an enjoyable leisurely pace.

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# WA's GREAT Outdoors

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## Ten free things to do during a Kalbarri autumn and winter wonder break



Left to right; Aerial view of Kalbarri - relax poolside at Kalbarri Palm Resort

AUTUMN is one of the best times to visit Kalbarri. Enjoy the transition from hot summer days to balmy blue skies with little wind and stunning mild days with cooler quiet nights. The water still holds its summer warmth for a dip.

March onwards is one of the most popular times to visit this beautiful coastal town.

For those who wish to wait a little longer to enjoy Kalbarri, June explodes into a kaleidoscope of colour with the onset of the wildflower season as well as the beginning of the humpback whale watching season. The average winter day in Kalbarri is sunny clear 22°C and a mild 10°C overnight. Never cold, just a very pleasant comfortable temperature to enjoy once the cold sets in down south.

Kalbarri is such a perfect town for seniors to visit as the whole town can be explored easily on foot and everything is relatively close. From your resort to town for shopping or coffee and then down to the foreshore is less than one km. And if you feel like a longer walk of around four km you can use the sealed path down past Blue Holes to Rainbow Jungle, Jakes Point and the coastal area of the National Park.

The new \$20 million Gorges Skywalk opens in the middle of this year. This will be an amazing new addition to the rugged inland gorges. Tours are available from town out to the gorges, which are about 25 km from the town. This new feature in the Kalbarri National Park will certainly be worth a visit and give everyone the best view possible into these stunning deep river gorges.

For seniors there are many easy and free activities to do, so even if they stay a week in this perfect holiday town they can do something different every day and not have to constantly spend money on activities. Here are some examples:

Daily pelican feeding at 8.45am on the foreshore is a must.

Take a dip at Chinaman's Beach. It is safe, calm and only 500 m

from the town centre.

Admire the fishing boats navigating the mouth of the river and read the history of the Zuytdorp at the memorial located on the hill.

Throw in a fishing line in the river mouth area. The whiting and bream are plentiful.

Venture to any waterfront area, only around a

one kilometre walk and look west in the evening for one of the best sunsets ever.

Get up early and see the kangaroos happily grazing on the town oval and golf course.

Walk beside the golf course fairway to see some of the best wildflowers around (June onwards).

Watch the local pro surfers at Jakes Point.

Walk along the fully sealed Melaleuca Trail to Blue Holes where you can safely swim or snorkel in the rock pools or just sit on the beach and enjoy the Indian Ocean.

Enjoy the large grassed foreshore area with barbecues and seating areas to just sit

back and relax.

TransWA seniors free passes apply for coach travel to Kalbarri every Monday, Wednesday and Friday and return coach Tuesday, Thursday and Saturdays.

If you don't wish to drive the six-hour trip, contact TransWA for reservations.

For best value single storey accommodation in town, check out the newly refurbished Palm

Resort with some amazing specials available outside of WA school holidays.

The best one at the moment is \$259 for three nights (for two people) which includes free restaurant breakfast one morning, a bottle of wine, pick up and drop off from TransWA, restaurant dinner discount voucher and a free upgrade to deluxe suites subject to availability.

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Freecall 1800 819 029 or email them on stay@palmresort.com.au or check their website www.palmresort.com.au. Palm Resort is very centrally located just a couple hundred metres from town centre and foreshore.

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## Ancient encounters along the Kimberley coast aboard a converted pearl lugger...



Climbing up to Ruby Falls for a cool freshwater swim  
© Roderick Elme

by Roderick Elme

"WE'VE got a visitor at the back of boat," skipper Rod calmly informs us as we're settling in for a cool drink after a full day's fishing the estuaries and tidal creeks around Doubtful Bay in the Kimberley.

"She's just popped by to say hello," he says. 'She' is a four plus metre Tiger Shark mixing with the gaggle of cheeky lit-

tle reef sharks that have come to investigate Kimberley Pearl anchored in the middle of the bay. We christen her 'Betty' and call out her as she glides serenely past the transom, occasionally taking a peak above the surface to exchange glances.

Fishing guide, Chris, is busily filleting our esky full of Mangrove Jack, Fingermark Snapper, Javelinfish, cod as well

as a couple of prize Barramundi won after hours of sweat and toil (and a few choice exclamations) amid the tangles of mangrove roots and oyster-encrusted boulders that typify these ancient waterways. Bite size scraps find their way into the water and the big predators posture and jostle for dining rights. The heads and big leftovers go aside for tomorrow's mud crab bait.

The coastal waters along the rugged Kimberley coastline are alive with fish of dozens upon dozens of varieties, a sure sign of a flourishing ecosystem that supports more than its fair share of predators from the greedy river fish, right up to the apex species of sharks and the stealthy four-legged reptiles on permanent sentry, always within an easy stone's throw.

As we sit in the dinghies, our hooks baited with tiny mullet and mesmerised by the sun and

the gentle slap of water against the metallic hull, there's plenty of time to ponder the enormity of our surroundings that have changed very little in the last million or so years. Massive, sheer cliffs contorted and tortured by incomprehensible tectonic forces have warped solid rock into wavy layers like so much sponge cake. Scattered among these bizarre formations are hundreds of galleries of ancient rock art that, after decades of archaeological study, have dated the oldest murals to at least 50,000 years. The so-called Bradshaw or Gwion Gwion paintings are starting to look like the oldest known to man and are found widely throughout the Kimberley north of the Prince Regent River.

In between our battles with the fierce fish, we swim in the sublime freshwater billabongs, ride the torrid tide through Talbot Bay's Horizontal Falls, ogle the cultured pearls

at Cygnet Bay and hike up to the expansive gallery of Wandjina art at Raft Point. Back aboard, chef Ty turns our catch into masterful creations that include such intriguing side dishes as deep-fried Barramundi skin and rock oysters (hand-harvested by ourselves) every which way.

Free of interruptions from mobile phones, noisy traffic or glaring street lights, the magnitude of the heavens take on truly cosmic proportions. Massive clouds of stellar gasses and billions of stars against a backdrop of Devonian-era rocks (350 million years) should remind even the most self-obsessed of their utter insignificance in this scenario. Whether you're a celebrated admiral of industry, a lauded president or a humble farmer, the Kimberley couldn't care less. You are just a temporary speck in the blink of evolution's eye. Let that sink in for a minute.

Kimberley Pearl (formerly *Dalumba*) is no newcomer to these waters either. Her previous lives as a trawler for Kailis and later, a pearling lugger for Paspaley stand her in good stead for the rigours of work in this arduous environment. As gratitude for years of faithful service, her new owners comprehensively outfitted her to a luxurious standard, making her ready for her next phase of life as a high-end, boutique fishing and expedition charter vessel.

"Once we began work on the refit, it was clear there was much more potential than just a private weekend fishing boat," said Jim Stevenson, whose family has run road transport operations from Fremantle for decades. "Mates encouraged me to take charter bookings for fishing groups and families which we've done for the last two years, and it's been a very pleasant surprise. We're now run-

ning scheduled seven, 11 and 14-day departures between Broome and Wyndham and working with travel agents and the wider leisure industry."

The two-year, stem-to-stern makeover included an entirely new living and operations section incorporating five super comfortable two plus one cabins with private facilities, expansive kitchen and dining, relaxation areas and machine space. Just four crew: a master/engineer, a two crew and a chef, handle all duties from navigation to baiting our fish hooks – and everything in between.

With the clear approval of Betty and her doting entourage, *Kimberley Pearl* is ready for many more years of stalwart service in the glorious waters of Australia's North West.

For further information and bookings, visit [www.kimberleyppearl.com.au](http://www.kimberleyppearl.com.au) or call Peter on 0408 753 069.

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## Mandurah Crab Fest celebrates its 20th anniversary



Enjoy unique food experiences and more at the  
Mandurah Crab Fest

© Monica Defendi Photography

MANDURAH is one of our favourite coastal areas and is home to the largest free regional event, the Mandurah Crab Fest.

Mark your diary for the weekend of 17 and 18 March to help celebrate the 20th anniversary of the festival which showcases the best food and entertainment on offer in the Peel region.

The free two-day festival includes more than 100 hours of free entertainment, including local and international acts across four stages, celebrities, unique food experiences, water way activations, live music and its namesake Mandurah's famous Blue Manna crab.

This year there will be a few surprises for patrons including a spectacular anniversary edition fireworks display.

Mayor Rhys Williams said Mandurah Crab Fest was a highlight in Western Australia's event calendar and the 20th anniversary was not to be missed.

"Crab Fest showcases what we all know, that Mandurah is such a spe-

cial place with plenty on offer – from our waterways, our people and our relaxed alfresco lifestyle," he said.

"The final touches are being put on this year's Crab Fest and I'm really excited, it's shaping up to be another crowd-please with something for everyone."

As part of the 20th anniversary celebrations, a giant inflatable Blue Manna crab will be visiting key Perth locations to help spread the news about the Mandurah Crab Fest, making a great opportunity to take selfie with Mandurah's iconic crab.

The giant crab will make the following appearances:

Sunday 18 February, 10am to 2pm at Hillarys Boat Harbour

Sunday 25 February, 12pm to 4pm at Fremantle Boat Harbour

Sunday 4 March, 9am to 1pm at Rottnest Island

Sunday 11 March, 11am to 1pm at Yagan Square.

To keep up to date with what's on offer at this year's Mandurah Crab Fest, visit [www.crabfest.com.au](http://www.crabfest.com.au)

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## Cheese lovers needed for Guinness World Records™ title attempt



Margaret River Dairy Company production manager, Thiago Bacellar © Tim Campbell

IT'S big and it's cheesy! Margaret River Dairy Company invites cheese lovers to join a Guinness World Records official attempt for the world's largest cheese tasting event on Sunday 25 February.

The official record is measured by the number of people attending a cheese tasting event at a single location.

The minimum to beat for the Guinness World Records title is 250 people, and Thiago Bacellar, Margaret River Dairy

company production Manager, said that they were aiming for a significantly higher number.

"For our Guinness World Records title attempt, we need more than 250 people to join us at the dairy to taste three cheeses. Everyone needs to be here at the same time for the tasting, each cheese will be explained and then we'll all eat each cheese at the same time – there are very specific requirements, but it's going to be a lot of fun.

"We've selected three of our most popular cheeses for the tasting – Brie, Original Club Cheddar and Original Farmhouse.

"We'll also have free entertainment after the official tasting and a gift for everyone who comes along to help us break the record – we'd love as many locals as possible to join us," he said.

To help Margaret River Dairy Company set a new Guinness World Record for cheese tast-

ing, people must register online before the day. Kids are welcome to participate but everyone must be happy to eat all three cheeses, otherwise they will not be counted.

The title attempt will start at 10am sharp and official activities will be completed by 11am. Participants are asked to arrive from 9.30am to be ready for the action.

To register visit: [www.cheesetasting.com.au](http://www.cheesetasting.com.au). The event will be held at the Margaret River Dairy

Company, 8063 Bussell Highway, Metricup.

Margaret River Dairy Company produces a range of award-winning hard and soft cheeses and yoghurts from its dairy and production facility in Metricup. Visitors can enjoy free cheese and yoghurt tastings, order coffee, milkshakes, and ice cream, and purchase picnic hampers, gifts and more.

Visit [www.margaretriverdairy.com.au](http://www.margaretriverdairy.com.au) or follow them on Facebook.

## Fabulous WA wines, beers and spirits



SUNSET Wine show provides a recipe for the perfect summer evening with expansive ocean views and extended opening times, while enjoying West Australian wine, craft beers, ciders, spirits and gourmet food at Scarborough.

Although Sunset Wine has been operating each year since 2014, last year was the first time it was held at the Brighton Reserve venue and event director Richard Campbell said this year's event will be tweaked to give visitors an even better experience.

"We've opened it up to

allow even better views of the setting sun and we've added an extra half hour at the start of the afternoon and half an hour at the other end of the day to really extend the sunset experience," Richard said.

The event will be a great experience, so gather with friends, listen to live music, sample beautiful WA boutique wines and watch the sun go down.

Richard said the event provided a great opportunity to sample wines from some of WA's less well-known wineries as well as some old favourites.

As well as wines to try,

visitors can buy a glass of wine to enjoy at the show or bottles to take home. A wine locker on site allows bottles of wine to be stored until it's time to go home.

A range of food will be available including tapas, pizzas, sliders and other festival food.

There are two ticket types this year, a general tasting glass for \$26 pre-purchase or \$30 at the gate and a Plumm tast-

ing glass for \$36 pre-purchase or \$40 at the gate. Children under 18 years are free accompanied by a guardian.

Both ticket prices include booking fees and provide complimentary wine tasting and live music.

Sunset Wine will be held on Saturday, February 17 and Sunday, February 18 from 2pm to 8pm at Brighton Reserve on Scarborough Beach at The Esplanade in Scarborough.

For more information and tickets go to [www.wineandfood.com.au/sunsetwine](http://www.wineandfood.com.au/sunsetwine)

**WIN WIN WIN**  
To be in the draw to win one of five double passes to Sunset Wine simply email [win@haveagone.com.au](mailto:win@haveagone.com.au) with Sunset in the subject line. Winners must be able to supply an email address to collect tickets. Entries close 15/2/18.

## Our surf culture celebrated...

ARAVINA Estate are making a big splash this summer where, for the first time ever, Western Australia's surfing history is being celebrated in an exciting collaboration with Surfing WA.

The WA Surf Gallery will be the first and only official collection of surfing memorabilia ideally located in one of the nation's most iconic surfing spots.

Just minutes from the world famous breaks of Yallingup, Margaret River and Gracetown, the surfing history of these areas have a large part to play in the evolution of the region to its current stronghold as one of WA's leading destinations for food, wine and nature.

From as early as the 1950s, surfers have been visiting with boards in tow to enjoy the pristine waters and incredible surf breaks, though it wasn't until the 1970s that the surf culture really took hold and they started

making the move to live and settle in the area.

With the wine industry taking root in the same decade, daily life picking grapes in the morning and riding the waves in the afternoon saw Margaret River start to flourish and become firmly entrenched as both a surf and wine destination.

While the journey down south has been one for plenty of generations of Perth families, it's surprising how many people are unfamiliar with the history of the region and how it

came to be transformed from a 'hidden secret' to one of the most popular surf havens.

A visit on a trip to the region to explore the carefully curated collection of surf memorabilia, surfboards, historical photos and stories from surf legends such as Taj Burrow is one that is bound to surprise and stimulate.

You might even spot a familiar face (or wave) if you look closely.

For more information visit [www.aravinaestate.com](http://www.aravinaestate.com)

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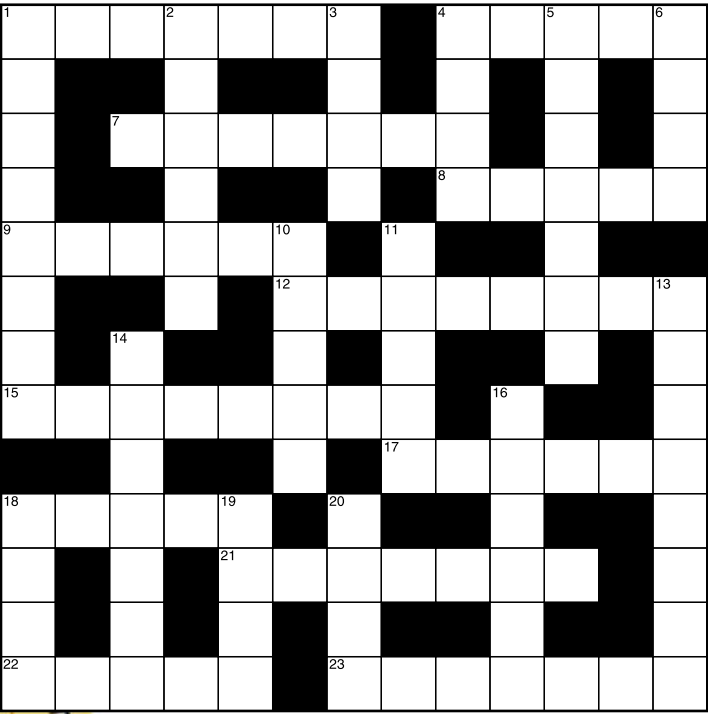
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Rating: ★ ★ ☆ ☆ ☆

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CROSSWORD



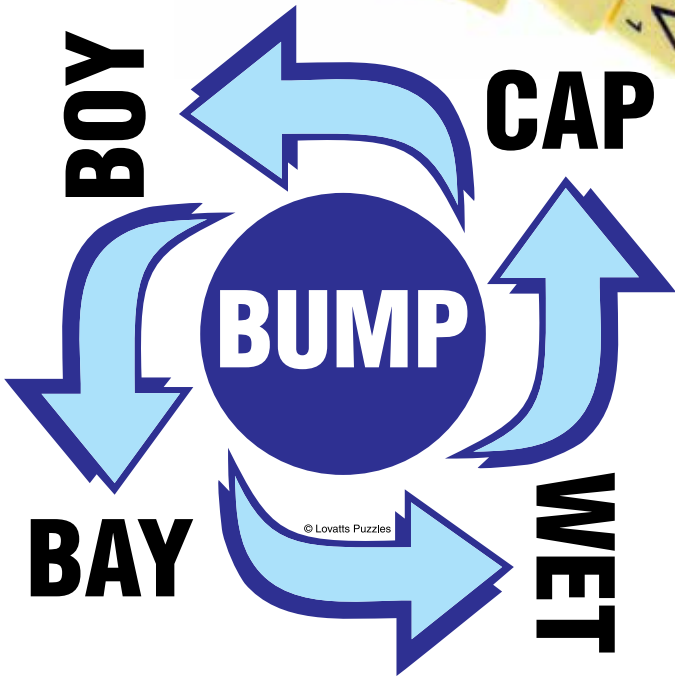
- ACROSS
- 1. Multiplies by two
  - 4. Bush
  - 7. Happens, ... pass (5,2)
  - 8. Period
  - 9. Pasta ribbon
  - 12. Dilemma
  - 15. Arousing
  - 17. Nail varnish
  - 18. African river
  - 21. Persian
  - 22. Tells stories
  - 23. Requisitioned

- DOWN
- 1. Trigger (bomb)
  - 2. Sits moodily
  - 3. Silk band
  - 4. Retail outlet
  - 5. Escaper
  - 6. Swelter
  - 10. Provide with gear
  - 11. Measure
  - 13. Discoloured
  - 14. Bar-code reader
  - 16. French woman's title
  - 18. Vast population centre
  - 19. Lubricates
  - 20. Defence pact

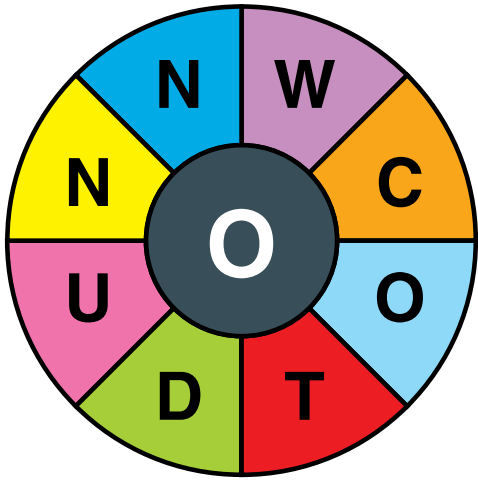
#311 February edition PUZZLES  
Solutions appear on page 16

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.

6 Good 9 Very Good 12+ Excellent

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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.





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**Mrs Patricia Glenson**

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**Mrs Emily Jones**

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**Graham Burgess**

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# classes AND courses

ADVERTISING FEATURE

## Book yourself in for 'the library within'



Alana Marshall

ALANA Marshall's passion for everything biblio-related led her to begin writing her blog *The Library Within* – and she's coming to Nedlands Library for three free workshops in March to talk about using books as therapy. Her blog has served as an expression of her enchantment with literature, libraries, lifelong learning and the engagement provided by

the insight and words of others.

The first workshop is 10.30am-11.30am, 6 March, focusing on "bibliotherapy" or healing the soul through literature.

From the first libraries in ancient Egypt and Greece, which were described as "temples to heal the soul", it was understood literature had a profound effect on the heart and intellect of the reader, allowing a deeper understanding of human nature and its conditions.

This first workshop will explore the history of bibliotherapy, its applications and benefits and some methods and techniques.

Workshop two, to be held 10.30am-12pm, 13 March, looks at applying bibliotherapy in daily life with participants sharing books that have had the most

impact and influence on their lives.

Alana will show how books can be used to understand yourself better, detail strategies for putting reading time to best use and provide some literary recommendations for guiding a personal development journey.

The third workshop on 20 March from 10.30am-11.30am has been dubbed "the philosophy of reading".

It will tap into techniques such as mindful reading and connecting with your inner storyteller, as well as strategies for building reading into your life as a productive and powerful habit.

Bookings essential at [www.nedlands.evanced.info/signup](http://www.nedlands.evanced.info/signup) – only 12 spaces available for each session.

Nedlands Library is at 60-64 Stirling Highway, Nedlands.

## New semester of learning



MALA – Mature Adults Learning Association – starts its first semester on 23 February and goes for the five Fridays until 23 March. The semester commences again on 4 May through to 1 June on Fridays only at the George Burnett Leisure Centre along Manning Road between the free-

way and Curtin University.

There are no exams, homework or educational levels required to be a part of MALA.

The program includes: Burrup Rock Art of WA; Interpreting the China Dream; Medicine and its Science – more than you wanted to know; What is the Quran; Contemporary

Poetry and Fiction; Reading like a Writer and Inside View of Literature.

From 4 May topics include: History of Computing and Personal Electronic Devices; Around the Pacific with a geologist; Women who made history; Art – a closer scene; Catalan history, culture and politics and Reading like a Writer (different topic).

Come and enjoy learning something new with other interested adults.

Phone Sue 9444 4902 or Julie on 0498 560 026 or Fran 9375 9286 for further information.

To enrol visit [www.perthmala.org.au](http://www.perthmala.org.au) and find out more about all the topics.

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16 Feb to 13 Apr, 12-2pm, no program Good Friday 30/04

**Wanneroo Aquamotion**  
Civic Drive, Wanneroo, 15 Feb to 5 Apr, 6-8pm

**Bunbury**, St John of God Hospital,  
700 Robertson Drive, Bunbury, 16 Feb to 13 Apr, 11am-1pm  
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# Downsizing

ADVERTISING FEATURE



## Relationship statuses and how your will affects the distribution of your assets



Above; Your existing will becomes invalid when you marry

Left; Framy-Anne Browne

by Framy Anne Browne,  
Partner, Lavan

IT'S never fun thinking about your will. Let's face it, the thought of your will goes hand in hand with the thought of your demise. It makes it all the harder to think about your will when you find a new love or see the end of an old one. However, failure to make changes to your

will when there is a change of a relationship status can cause disputes amongst your loved ones whilst you are still alive or after your death. So, with every new relationship or breakdown, you should review and update your will in order to protect the interests of other beneficiaries, including your children, upon your death.

Whether your new rela-

tionship is a de facto relationship or marriage, family law in Australia creates rights in your new partner's assets as time passes. The terms of your will (prior to the new relationship) do not protect your beneficiaries, as the rights of your new partner will, over time, take priority over their rights.

The following are some relationship status events that should trigger you to update and review your will:

### Marriage

When you marry, your existing will becomes invalid. Many Australians are unaware of this. If you fail to update your will when you marry, a large part of your estate may be left to your spouse. This may not be a concern in first marriages, but it may be problematic if you have other people that you want to provide for, including any children from a previous marriage. The only time that your will is not invalidated as at the date of marriage, is if you have a will that was entered into and which expressly states that it was made "in contemplation of marriage". Apart from this exception, you will need to update your will when you marry.

This also applies to second marriages, if you remarry, the marriage will invalidate your existing will. If there is no valid will at the time of death,

then your estate will be distributed in accordance with the default rules of distribution. These rules are known as the "rules of intestacy". Depending on the state or territory in which you live, your new partner may inherit everything or your children may receive a significant portion of your estate and even previous partners may also be entitled to a share.

As second marriages become more common and blended families increase, it is important that wills are accurately reviewed and updated when someone marries.

### Divorce

In Western Australia, getting divorced automatically revokes and invalidates your will, unless it was made in contemplation of the marriage ending. Again, in the absence of a will at the time of your death, your estate will be distributed under the rules of intestacy.

### Entering into a de facto relationship

Living together with someone does not have the same impact on a will as marriage. However, as time passes the person that you are living with has rights. Whilst de facto couples across Australia have had similar rights and obligations as married couples, proving a de facto relationship existed or did not exist is not always that

easy. The Family Court is plagued with disputes between people who claim or deny that they have been in a de facto relationship. It is important when contemplating entering into a de facto relationship to review and update your will. By updating and reviewing your will, you may wish to protect other beneficiaries such as any children from a previous relationship and/or you may wish to provide adequately for your new partner. It is most likely the surviving de facto has a strong claim to a portion of the estate, perhaps even a significant portion. Each state and territory has legislation which makes provision for eligible persons to make a claim against an estate where the deceased did not make adequate provision for a surviving de facto. The courts consider a range of issues in making a determination, including the nature and extent of the relationship, the nature and extent of any obligations and responsibilities owed by the deceased to the surviving de facto, the de facto's financial circumstances and extent of the deceased's estate, to name just a few.

Updating and reviewing your will has become increasingly important since Australians are living longer for various reasons. Longer lives mean a longer time living on this earth

and wanting companionship. Many a widow/er will set-up house with a new-found love after their partner has passed away. Retirees are now entering relationships that can last five, 10 years or more.

### Separation

If you separate from your spouse, the separation has no impact on your existing will. If you die whilst separated and not yet divorced, your assets will be distributed according to your will. In most cases, your former partner

will be the beneficiary. If this is not the outcome you want, it is highly recommended that you prepare a new will when you're preparing to separate. As separation rarely happens spontaneously and without thought, you have more time than you realise. Otherwise, prepare a new will immediately after you separate.

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# Downsizing

ADVERTISING FEATURE



## Heirlooms provide a sense of history in the home



by Zofia St James

I WONDER if anyone ponders the changes they would like to make, not the ones we are forced to make, but the ones we dream of doing. The key to loving how you live is knowing exactly what you love and planning on making it happen.

I constantly visualise and know exactly what I want. I see it in my mind and then go about making it happen. I also get a great kick out of being able to do this for clients. I think most people have

a rough idea of what they want but that's where it ends. It costs time and money – this I understand all too well and I am a firm believer in little by little, just like brushstrokes to a canvas, until the full picture emerges. This is the canvas of your home and lifestyle.

December saw me move into a new apartment and with the trauma of a move and a fulltime workload with no days free, I just kept envisioning the finished result and not the boxes, upheaval and stress. It's happened



and now I am enjoying the result. All that was old has become reimagined in a brand new space.

For those of you who may remember I used to write the fashion advice column for *Have a Go News* and my mantra was: six pieces could change your wardrobe, look and life; the story is the same with interior design.

It's about utilising what you have with some new purchases thrown into the mix to modernise the items that are of great sentimentality.

This is entirely possible, and it is easily achieved. I am more than happy to assist you and you can contact me for a call out to your home for advice or questions or via a phone call.

These days we are all about downsizing. For some it's the ability to completely start afresh – for others it's harder as every item is precious.

Late last year I had the

pleasure of meeting Merle who moved into an apartment from a sprawling rural property that was full of antiques acquired over her lifetime.

Firstly, I looked at the amount of room she was going to have. Then we decided what pieces were of paramount importance to her.

Merle so impressed me with her logical and realistic approach to a huge downsize that my job was easy. I tweaked some placement of objects and furniture in her new residence and also set about finding some new things. We added a rug and lamps to make it all come together.

You may have to relinquish the big formal dining table but an outdoor setting with our weather is workable.

The biggest thing to remember is that it is all about less maintenance and more ability to enjoy time spent on lifestyle whilst still having special pieces in your new space.

Do ask family members if they would like to have items that you are now not able to accommodate. In my case, a very dear uncle moved into a nursing home and now I have the most beautiful bookshelf and desk chair that has happily married

into my space. It will always be cherished as part of who he is and his enormously stylish interiors that shaped my own style over the years.

For the next generation it's about blending history with modernity. There is nothing like adding something with a story to an interior, that brings that family member into your future.

Life creates new chapters and endless opportunities to enjoy it. Whatever changes you are faced with this year embrace and enjoy the journey and see the opportunities as a positive one. It is about fun now, not dusting the mementos.

Happy Valentine's Day in this month of Love.

Zofia x

**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 [zofia.stjames@hotmail.com](mailto:zofia.stjames@hotmail.com)**

## Enjoy a small village feel



Residents Diane and Kay

FREE yourself from the big family home and make the move to a smaller residence at Leederville Gardens Estate.

Designed for those 55 years and over, Leederville Gardens is a peaceful and private village offering a carefree lifestyle at an affordable price.

Ideally located adjacent to parkland and beautiful Lake Monger, residents are just minutes away from all of the eateries, shopping and amenities of Leederville and the Perth CBD.

The village offers a range of options for people who take this important step into community living. Throughout the estate's 20-year history, residents have enjoyed the active lifestyle, securi-

ty, quality, comfort, companionship and a "not too big, not too small" feel that makes Leederville Gardens so special.

The village is run by professional and caring staff, who ensure residents are treated with respect and supported to maintain their independence.

"When it came to downsize to a smaller residence, the location was the most appealing aspect of the independent living at Leederville Gardens Retirement Estate. We have the convenience of nearby shops with our Village nestled between the vibrant Leederville and Mt Hawthorn shopping precincts," said resident Diane.

Another resident, Kay said: "Adjacent to our Village are ovals where we can enjoy many activities such as walking, playing with grandchildren, socialising or exercising dogs - or just exercising."

Both residents say there is a very welcoming atmosphere at Leederville Gardens with a strong social program to enjoy.

"There are many other attractions that go towards making the fabric of our village. We encourage people to come and have a look."

If you're thinking of making the move, call and make a time to visit. Bring your family - the kettle is always on. Leederville Gardens Retirement Estate is located at 37 Britannia Road, Leederville, Phone 9355 3400, email: [admin@villagesolutions.com.au](mailto:admin@villagesolutions.com.au) or visit [www.villagesolutions.com.au](http://www.villagesolutions.com.au)



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If you are aged 60 or over and own your own home, a Heartland Seniors Finance Reverse Mortgage may be able to help you get the most out of your retirement.

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# Downsizing

ADVERTISING FEATURE



## Reverse mortgage versus downsizing - which is the best option for you?

by **Andrew Ford**  
chief executive officer  
Heartland Seniors Finance

THERE is no right or wrong answer to this question as it really depends on your situation and personal circumstances as a retiree.

Ideally before you take any concrete steps one way or another you should become fully informed of the pros and cons with regard to downsizing versus a reverse mortgage.

But first of all, some disclosure. I am passionate about reverse mortgages and therefore openly biased. In saying that, I am not actually against downsizing. Quite the opposite – at Heartland Seniors Finance (Australia's leading reverse mortgage provider) we encourage prospective customers to consider downsizing

as an option and include this in our application process as we want people to make an informed decision.

Philosophically, I would much rather an Australian senior downsize to enable them to live a better retirement than be unhappy and have to tighten their belt in a house that doesn't meet their needs. Still, you need to weigh up your options and do your due diligence before deciding to downsize or take out a reverse mortgage.

### What is a reverse mortgage?

A reverse mortgage is just like a normal home loan that has been designed for the needs of seniors. It allows people aged 60 and over to release home equity for cash. No regular repayments are required,

though voluntary repayments can be made at any time, the interest is capitalised to the loan and final debt repaid from the future sale of the property. Importantly, you continue to own your own home.

When weighing up options, I think there are four key factors that you should consider:

### Emotional Attachment

A house is often more than bricks and mortar – it is a home. It is full of memories and is what connects you to your community. The community is often where your family and friends are, and where you feel safe and secure. If you are strongly attached to your home, a reverse mortgage may be a better option as you can access the funding you need without leaving your beloved abode.

### Practicality and Comfort

Moving house is not easy (just ask my wife who I dragged across the Tasman with our two kids at the beginning of last year), particularly if you are having to downsize and therefore reduce belongings. To release material equity often involves moving to a suburb that is further out from the city or town centre and into a much smaller house. Will you be comfortable with this? Where will the grandkids play and stay?

### Financial constraints

Selling and moving is expensive. There will be agent fees, stamp duty and moving costs. Moreover freeing up cash may affect your existing pension entitlements. One factor that is often not considered is that capital

growth on a lower value property will often be much less than that of a higher value property.

### Flexibility

Once you downsize, or move to a retirement village, it is often difficult to reverse that decision. The great thing about a reverse mortgage is that it provides flexibility. Heartland's Reverse Mortgage allows you to repay the loan, in part or in full, at any time, without penalty. This flexibility means you may be able to use a reverse mortgage as a transition before down-

sizing, to get a few more years to enjoy your home before deciding to move.

### Conclusion

If you are living in a large, valuable house that is too big for your needs, is difficult and expensive to maintain, and you can release material equity by selling and maintain your lifestyle, you should downsize.

But for many other seniors – from an emotional, practical and financial perspective – staying in the home and using a reverse mortgage to free

up some funds to provide an improved lifestyle and peace of mind may deliver a much better result.

Helping senior Australians live a better retirement is what we are all about at Heartland Seniors Finance

*Important notice: Applications for a Heartland Reverse Mortgage are subject to our loan approval criteria. Full terms and conditions will be included in any loan offer. Fees and charges apply. Credit provided by ASF Custodians Pty Ltd (ACN 106 822 780 / Australian Credit Licence No. 386781).*

## Easy maintenance housing options for downsizers in Craigie

ABN Group's Parcel Property has reached out to the wider market with an emphasis on providing downsizers easy maintenance housing options. With a growing portfolio of boutique apartments which are funded and backed by the trusted Alcock Family, buyers can have confidence in delivery of quality and well-designed new homes in a range of locations.

Vivo Apartments is an example of an architecturally designed project located in the heart of the newly established Vive Estate in Craigie. Vivo Apartments provide a unique and affordable opportunity to live a low-maintenance, contemporary

lifestyle with an outlook onto landscaped parkland.

Built by Dale Alcock Developments and designed by Harden Jones Architects, Vivo Apartments offer a coastal lifestyle close to Mullaloo Beach and Hillarys Boat Harbour, whilst remaining only a few minutes from the newly revitalised Whitford City.

The boutique development houses 12 two-bedroom, two-bathroom apartments, all featuring quality floor coverings, stone benchtops and European-style appliances.

"Our goal is to go back to basics and develop apartments in convenient locations that appeal to down-

sizers and owner occupiers wanting to free up capital in their older established homes to travel, or simply to enjoy the convenience and safety of apartment living," says Danielle Davison, Parcel Property's general manager built form.

"Being Craigie's first apartments and the only one of their kind in the area, Vivo Apartments provide housing choice and affordability to this northern suburb hotspot."

Construction of the apartments is now complete. Starting from \$399,000, they are being sold exclusively through Project Property Group. For more details visit [www.vivoapartmentsatcraigie.com.au](http://www.vivoapartmentsatcraigie.com.au).

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# Retirement villages and aged care aren't for everyone.

For many ageing Australians, retirement village living isn't something they wish to pursue. Not only can villages be expensive, but often their complex contracts and regulations can frustratingly restrict the lifestyle you've chosen to lead.

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Sterling New Life does not build villages - our properties are found in existing communities throughout Western Australia, meaning there may even be one next door! With a unique leasing structure, Sterling New Life housing is often a more affordable and cost-effective choice over traditional property ownership and aged care facilities, freeing up cash for you to enjoy the golden years of your retirement or to pass on to loved ones.

	Retirement Village	Sterling New Life
Upfront outlay for a similar property (approximately)	100%	60%
Ongoing management fee, facility fees or rent outlay	Yes - often in the range of \$100 - \$200 per week	No Fee
Deferred management fees or exit fees	Yes - up to 40% of the property value	No Fee
Exiting refurbishment costs	Yes - varies from village to village	No Fee
Repayment of funds subject to the sale of life lease to another buyer	Varies from village to village, sometimes controlled by the village operator	No

A Sterling New Life lease provides a number of benefits, including:

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# Downsizing

ADVERTISING FEATURE



## Seniors opting to start new businesses

by Frank Smith

AUSTRALIAN seniors are starting new businesses in their later years to a greater extent than most other developed countries, according to a report *Senior Entrepreneurship in Australia* written by teams from Swinburne and Queensland Universities of Technology.

Lead author of the report, Professor Alex Maritz, says seniors now run nearly 380,000 businesses, growing at a rate of 14,000 a year, contributing \$12 billion to the economy.

A new term seniorpreneur has been coined to describe anyone over 50 hoping to start their own business. Seniorpreneurs is fastest growing segment of entrepreneurship in Australia. The number of business start-ups are growing 54 per cent faster per annum their younger counterparts.

"The trend is driven by the experience of working for yourself not for a boss, the need for more income and a lifestyle choice. Many seniors like to give something back to the community," said Dr Maritz.

"Some are forced into starting a business by redundancy and the difficulty of find a job when you are over 50.

"They are into active ageing; they want to continue to participate in the workforce; They have good network contacts and business experience and they seek a better life/work balance than before retirement."

Dr Maritz said seniors are motivated to try late career alternatives that offers an attractive work/life balance, a flexible working environment and the means to supplement pension or superannuation to achieve their preferred lifestyle.

Other motivations included the need to be mentally stimulated, to stay physically active and lift self confidence on ceasing regular employment.

"Some are very successful and become very busy but they are busy for themselves, not working to make a boss rich," he said.

The study found that over one-third of new businesses started in Australia are run by seniors and over half of people over 50 years have considered starting a business.

Senior entrepreneurs work fewer hours in their business per week compared to younger people (18.5 to 23 hours), but they have more industry experience (13.25 to 7.5 years), invest more in their business (\$1,487,000 to \$272,000) and earn greater profits (\$264,000 to \$115,000).

The main industry sectors were professional services 19 per cent, retail and wholesale trading 19 per cent recreation, food, art and accommodation 16 per cent and volunteering and social assistance seven per cent.

Australia's ageing population is putting a strain on national finances as fewer taxpayers support an increased number of pensioners and these pensioners expect a higher standard of living than is supplied by an age pension.

Self-employment and middle-aged entrepreneurship to age 70 or later may be the solution to the ageing problem for many.

Dr Maritz offered this advice to seniors considering starting a business.

"Entrepreneurship is not for everybody make sure you have the necessary mix of skills and enthusiasm.

"Be prepared to upskill. Learning new things is great for seniors. Consider TAFE, university or on-line courses.

"Importantly network with like minded people, not necessarily of the same age group. Connect with groups and join clubs such as seniors learning networks."

Hone into whatever is your passion. There is a business model and a market for every niche idea, he said.

## Downsizing gives peace of mind



FOR Luce Rouwenhorst, feeling secure is one of the biggest benefits of living at the popular RAAFA Meadow Springs Estate.

"There is plenty of support here and I feel very safe," says Luce who

originally hails from Holland.

The 89-year-old bought a brand-new unit when she moved into the RAAFA estate 18 years ago.

"We used to live on a 17-acre block in Balingup and then a half acre block, but I said to my husband that it was time to downsize and so we put our name down for the estate," Luce explains.

"I'm very happy here, everything is conveniently located and it's extremely friendly.

"If you want to get involved, you can get involved, but it's up to you and it's what you make of it. I go along to patchwork

and craft sessions and help to run the library, so I find it very sociable.

"And I think if you end up on your own, living here still means you can have a very active social life if that's what you want.

"What's more, I love the fact that I don't have to do any maintenance, I have my own garage, there are proper streets within the estate and I can take part in as many outings as I like.

"Basically, there is so much to do, I don't think I could be happier anywhere else," she said.

Call 9288 8400 to inspect retirement homes in a RAAFA Estate near you.

## 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.

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Should you have a query regard these services or any other Lifecare Law issues then please contact our Lifecare Law team for an initial

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# healthy living


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## Education and support the key to health

TAKING control of your health may seem like a daunting task, but with small, ongoing health improvements, you can live a healthy and fulfilling life; even if you're at risk of or living with a chronic condition.

When Angus, 65, was diagnosed with type 2 diabetes, he sought help from a team of health professionals to get his health back on track.

"I asked my GP to refer me to Black Swan Health's diabetes program after researching programs in my area. I was curious and didn't really know what to expect from it, but I was delighted with the experience," said Angus.

"Overall, I am now maintaining healthy lifestyle improvements and able to live an enjoyable life. This might not have

been possible without the Black Swan Health team."

Learning about your condition and how to manage it can do wonders for your physical and mental health, says Black Swan Health's psychologist, Rachel Home.

"I can't overstate the importance of discovering a sense of control – this enables and en-

courages you to actively manage your condition," said Rachel.

Of course, it's never too early to improve your health, either. Black Swan Health offers a free five-week Health and Wellness Program to help you prevent chronic diseases and improve your overall wellbeing, with education and advice from experienced health professionals. Black Swan Health can deliver the full program or condensed workshop at your facility or centre, for audiences of 20 or more.

Black Swan Health also offers free educational programs for diabetes, heart disease, chronic pain, respiratory conditions and musculoskeletal conditions, delivered by expert physicians.

Call Black Swan Health on 9201 0044 or visit [www.blackswan-health.com.au](http://www.blackswan-health.com.au) to find out more today.

Programs are only available to Perth metropolitan residents who live north-of-the-river. They are delivered at Black Swan Health's Osborne Park, Joondalup and Midland locations.

## Learn to live the life you want



If you have weight issues, want to stop smoking, have post traumatic stress disorder (PTSD) surfacing again, or find yourself in an unhealthy relationship, Nita can help. Anxiety and depression issues, anger or rage problems – they too can be overcome.

As one lady told Nita:  
"In the past I have used a number of different facilitators to assist me with my issues. All were good, but sessions with Nita was the icing on the cake that I needed – a breath of fresh air. She explained things to me that made sense. A total package. Thank you Nita." B. N.T.

Offering internet, face-to-face or phone sessions, Nita is available for everybody. Private and confidential with a strong focus on empathy is the norm for her. The only thing you need do, is be honest, so that you actually integrate your mind, body and soul.

"Truly been listened to and understood..." D. Geraldton.

Nita's clients cannot recommend her therapy enough. If you're serious about improving your life, check out her website: [www.threedimensionalhealing.com](http://www.threedimensionalhealing.com) or contact Nita on 0450 588 048.

YOUR mind is a powerful computer. It links sight, sound, smell, touch and taste with feelings, thoughts and memories. It links our senses – and we remember.

Sometimes the smallest, most innocuous incident can trigger memories.

Change is a conscious decision. So no more blaming others; no more making excuses; you are in charge of you. You have a choice to stay the victim or become the victor and have victory.

Three Dimensional Healing counsellor Nita (pictured above) has been in the alternative field for more than 30 years and has heard a lot. She will make you accountable in a very safe environment.

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**No referral required,**  
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## Walking for fun and fitness

IF you love walking then why not join a group of likeminded people to walk for fun and friendship.

Registration day for the Over Fifty Five Walking Association (OFFWA) is on Tuesday 13 March from 9am at Alderbury Reserve, Perry Lakes, followed by the walk around the park. Registration fee for the year is \$10.

OFFWA meet for the following walks at 10am:

Tuesday 20 March: South Beach Kiosk Car Park, Ocean Drive – with a walk from South Beach towards the Round House and South Mole.

Tuesday 27 March: Clarko Reserve, Trigg (south end of Karrinyup Road) – with a coastal walk northwards.

Tuesday 3 April: Burswood, Kagoshima Park – walk along the river or around the bridges.

# Bethanie on the Park Serviced Apartments

## Grand Opening

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Join us for information sessions, an apartment tour and high tea to celebrate the completion of our Serviced Apartments and find out more.

DATE

Saturday,  
24 February

TIME

11am – 3pm

LOCATION

2 Plantation  
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**RSVP ESSENTIAL**

Call 131 151 anytime or visit  
[bethanie.com.au/grandopening](http://bethanie.com.au/grandopening)



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## Skin checks with free skin imaging available



Book a skin check for peace of mind

EVERY year, 2,000 Australians die from melanoma, despite skin cancer being mostly curable if found early.

With more than 750,000 Australians treated for skin cancer every year, there has never been a better time to book a skin check for peace of mind.

Changing the landscape of skin cancer care in Perth, National Skin Cancer Centres have recently opened their doors inside the Cottesloe Medical Centre (2/525 Stirling Highway). The dedicated facility provides skin cancer care without the need for a referral, combining state-of-the-art technology with unique expertise to evaluate your skin health from head to toe. The experienced doctors are specially qualified in skin cancer medicine and are supported by a team of highly trained staff.

Regular, professional skin checks are an important part of maintaining your skin health. During the exam at the Cottesloe Skin Cancer Centre, the doctor will utilise the revolutionary Canfield IntelliStudio skin imaging system to take a series of digital images of the whole skin surface, revealing the most subtle

changes and detecting skin cancer at its earliest stage when it is most manageable and requires least invasive treatment.

Full-body imaging is the most reliable means of accurately tracking changes over time and producing potentially lifesaving results as the high-resolution images allow easy side-by-side comparison at follow-up appointments.

The doctor will also examine the skin from head to toe using a hand-held microscope called a dermatoscope. This is sophisticated software and superior expertise working together for exceptional accuracy, and people can be assured that no suspicious mole goes unnoticed.

Opening special: Receive free full-body imaging with every skin check. Call 1300 117 546 or go to [www.skincancercentres.com.au/cottesloe](http://www.skincancercentres.com.au/cottesloe)

## Health advice from Attune Hearing



- Impaired or poor circulation
- coronary artery disease and angina
- myocardial infarction leading to heart attacks.

Australian research, based on the Busselton Health Ageing Study, suggests that obesity, smoking, peripheral arterial disease and history of cardiovascular disease were significantly associated with hearing loss.

Heart disease risk factors include:

- high cholesterol
- high blood pressure
- diabetes
- being physically inactive
- being overweight or obese
- smoking
- having a family history of heart disease or strokes

If people are at risk of a heart or circulatory disorder, it is important to get a base line hearing test so changes can be monitored. Any hearing loss should be discussed with a fully qualified audiologist or ear nose and throat (ENT) specialist.

Patients with hearing loss are eight times more likely to have ischemic heart disease compared with those with normal hearing.

Changes in hearing or sudden onset tinnitus (noises in the ears) can be an early sign of many medical conditions. It is important that any changes in hearing or tinnitus are fully evaluated and the reasons for these changes identified.

Improve the quality of life by looking after your hearing, it may even save your life.

At Attune Hearing their masters degree trained audiologists work closely with ENT specialists, providing accurate testing and monitoring of hearing. Should they detect a pattern that suggests an underlying medical condition they will provide a full report to your GP.

ATTUNE Hearing believes that hearing is an important part of overall health and wellbeing.

While the eyes have long been considered a window to the soul, research shows a link between hearing loss and cardiovascular health. The ear could be described as a window to the heart.

Hearing loss, particularly of low pitched tones may be an early warning sign of cardiovascular disease. The inner ear is sensitive to blood flow, so abnormalities in blood vessel condition may show earlier in the ear than in other parts of the body.

People may notice that speech is not as clear or that sounds around seem quieter. People may be more tired at the end of the day because they are having to concentrate harder to hear what is being said.

The Framingham Study in the United States found a significant association between low-frequency hearing loss and cardiovascular disease risk factors.

These included:

- strokes and transient ischemic attacks (TIAs).

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Email: [sales@blcbusselton.com.au](mailto:sales@blcbusselton.com.au)

Seniors Recreation Council of WA Inc

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A fun day of activities, music, dancing, food and information sites specifically for seniors.

Wednesday 18 April

Aqua Jetty

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10am-2pm

For information please contact:

Valma 9527 6660 or Carol 0412 715 172



## New WA research

WEST Australian scientists have secured new funding to explore a discovery that could reduce cases of type 2 diabetes linked to the use of cholesterol-lowering statin medications.

The team of Curtin University researchers, led by Professor Fergal O'Gara, has found in a new mouse study that statins drive changes in the body's gut bacteria, which can trigger the development of type 2 diabetes.

"The beneficial gut bacterial population is collectively referred to as the microbiome and its importance to our health status has only recently come to prominence in the medical world," said Professor O'Gara.

"Our microbiome is now being referred to as the equivalent of a new organ in the body that also needs to be managed and protected."

Independent studies have reported up to a 12 per cent increase of new type 2 diabetes cases among patients taking statins but – until now – the cause has been a mystery.

"Our work has demonstrated for the first time profound changes in the microbial composition of the gut following statin treatment and in our study, mice experienced higher fasting blood glucose levels and weight gain," said Professor O'Gara.

"We discovered the changes in gut bacteria were linked to the activity of a key protein receptor called PXR which is known to be involved in lipid and glucose metabolism. Both of these pathways are also altered in type 2 diabetes."

Professor O'Gara said the Curtin team would use a new \$80,000 grant from Royal Perth Hospital-based Diabetes Research WA, the state's peak diabetes research funding group, to investigate how the PXR and gut bacteria axis is modulated during statin use.

"As part of this research, we'll also investigate ways to prevent negative effects. This may ultimately lead to the development of new probiotic-type therapeutics to counteract the negative impact of the statin," he said.

"We are very excited about this work because we believe that a full appreciation of the role of the gut microbiome has not been adequately factored into the complex puzzle with regards to type 2 diabetes research."

Diabetes Research WA executive director Sherl Westlund said statins were commonly prescribed in Australia for those with or at high risk of cardiovascular disease. Rising rates of type 2 diabetes impact families across the country, so it is important that research such as this is supported.

"This work also has the potential to reduce not only cases of statin-induced type 2 diabetes but type 2 rates on the whole by understanding more about the PXR protein and its relationship with the cell factory in the gut," she said.

The first phase of the team's research has been published in the international research journal, *BMC Microbiome*.

The research team is now recruiting West Australians with pre-diabetes for a trial as part of this research.

To find out more about the study, contact [jose.caparos-martin@curtin.edu.au](mailto:jose.caparos-martin@curtin.edu.au).

Diabetes Research WA, based at Royal Perth Hospital, was established in 1976 to stimulate research into diabetes in Western Australia and has distributed more than \$5.8 million dollars for this work.

For information, please visit [www.diabetesresearchwa.com.au](http://www.diabetesresearchwa.com.au) or call 9224 1006.

## The Unexpected Guest comes to South Perth



OLD Mill Theatre present the very popular Agatha Christie play *The Unexpected Guest*.

Directed by Joan Scafe the story begins when a stranger lost in fog seeks refuge in a nearby house... only to find a man shot dead and his wife standing over him with a smoking gun.

But the woman's dazed confession is anything but convincing and the unexpected guest decides to help.

Remarkably, police clues point to a man who died two years previously but, as the ghosts of a past wrong begin to emerge, a tangled web of lies reveals family secrets and chilling motives – where the real murderer turns out to be the greatest mystery of all.

Playing from 23 February until 10 March. For bookings call The Old Mill Theatre on 9367 8719 or email: [oldmilltheatre@inet.net.au](mailto:oldmilltheatre@inet.net.au)

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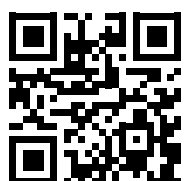
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Have a Go NEWS

[www.haveagonews.com.au](http://www.haveagonews.com.au)



# GREAT HOME and GARDENING

ADVERTISING FEATURE



## A cool WA summer makes the garden grow and really thrive



Left to right; Roses are a classic choice for Valentine's Day - Cacti, African violets and other beautiful blooms may be found at the Garden Clubs and Societies Fair

by Colin Barlow

FOR the last couple of months we have had a much cooler and wetter summer than usual for WA and our plants have been coping much better. Although that's good news, there are still plenty of summer tasks to keep your garden in top condition.

**Lawns**

Raise the cutting

height of the mower to reduce scalping of the lawn, shade the roots and keep the grass cooler.

Aerate any compacted areas with a garden fork or hollow tine aerator to alleviate compaction.

Apply a wetting agent to increase water penetration into the soil, reduce run-off and increase fertiliser uptake.

Fertilise your lawn with a phosphate free lawn fertilizer high in nitrogen and potassium to promote good growth and disease resistance.

**Vegetable Patch**

Sow seeds of the brassicas such as cauliflower, cabbage, broccoli, brussels sprouts and kale now for a bountiful winter harvest.

Feed tomatoes, chil-

lies and capsicum fortnightly with a fertiliser for improved flowering and fruiting.

Water all vegetables monthly with a seaweed solution to increase resistance to heat and water stress.

Trim long runners of rockmelon, water melons or pumpkins to channel the energy into the developing fruit

**Fruit**

Summer prune stone fruit trees to encourage fruiting spurs and discourage long sappy vigorous watershoots. Shortening all side shoots and leaders will result in more flowers and fruit and less vegetative growth.

Apply potassium sulphate to encourage shy flowering and fruiting trees, plus it is terrific for sweet tasting strawberries too.

Remove the leaves around bunches of grapes to aid their ripening and to increase the airflow to avoid fungal diseases.

Continue to feed citrus with a high nitrogen and potash fertiliser with added trace elements to encourage fruit development.

**Garden and Indoors**

Order and purchase your flowering bulbs as early as possible. Pick firm healthy disease free bulbs from your local nursery or garden centre, local supermarket or on-line store. Put your hyacinths, tulips and crocus in the veggie crisper for six weeks to encourage longer flower stems and increased flowering.

Deadhead and feed flowering annuals like Petunias with a high potash fertiliser every two weeks.

Spray newly planted trees and shrubs with an anti-transpirant spray to reduce water loss. Avoid spraying during the heat of the day.

Feed all your plants with a controlled release fertiliser.

Wipe the dust off the leaves of indoor plants, or lightly hose them off outdoors in the shade.

Be creative and plant up a cacti or succulent garden.

**Retail therapy**

If you would like to banish those summertime blues why not try some garden retail therapy for you or your

loved ones this month.

Valentine's Day is here again and you may be wondering what to give your special loved one. Red roses never fail to please, but they may only last a week at best. So why not give them a potted rose or for something on trend. Try a funky houseplant in a hanging basket or decorative pot, or a vase of potted Phalaenopsis orchids, or maybe a terrarium with miniature plants or succulents? You could make up your own to add that personal touch for a present that is certain to grow on them.

The perfect place to pick up some new, rare or unusual plants and gardening tips from specialist growers and collectors is the Garden Clubs and Societies Fair. The cream of Western Australia's amateur horticulture groups and societies will be on show at the South Perth Community Centre on the corner of South Terrace and Sandgate Street in South Perth from the 24 to 25 of February. Plants on show and for sale include African vio-

lets, bromeliads, bulbs, cacti, cottage garden plants, Cycads, ferns, Frangipanis, Gerberas, Hibiscus, Hoya, Iris, orchids, palms, Pelargoniums, roses and succulents. Garden tools and books will also be available. Entry for adults is \$5 and the fair is open each day from 8.30am on to 4pm on Saturday and 9am until 3pm on Sunday. Contact Helen Martin-Beck on 6361 7688 for further information or go to [www.horticulturalcouncil.com.au](http://www.horticulturalcouncil.com.au)

My favourite time of year for garden inspiration is right now, as I peruse the latest spring catalogues of colourful spring bulbs delivered to my letterbox. Perfect for pots and containers or pockets in your garden. A little thoughtful planning now will result in a spectacular riot of colour next spring.

Check these sites out on-line for a little garden inspiration:

- [www.diggers.com.au](http://www.diggers.com.au)
- [www.gardenexpress.com.au](http://www.gardenexpress.com.au)
- [www.mrfothergills.com.au](http://www.mrfothergills.com.au)
- [www.tesselaar.net.au](http://www.tesselaar.net.au)
- [www.vdqbulbs.com.au](http://www.vdqbulbs.com.au)
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# food & WINE

...eat, drink and be merry...

ADVERTISING FEATURE



## Vince Garreffa's cotolette Milanese with summer pickle



IN Liguria, Italy, grandmothers use this light tasty pickle to preserve leftover cotolette (schnitzel) for up to ten days.

The crumbs absorb the mix and give an incredible wet bite to the cooked meat. Eat the vegetables – they are superb. Any crumbed cooked leftovers can be preserved like this for your next picnic.

### Ingredients for six people

6 cold cooked crumbed schnitzel (cotolette)  
300ml white wine  
300ml white vinegar  
1 medium onion (thin julienne slices)  
1 carrot (thin julienne slices)  
1 celery stalk (thin julienne slices)  
5 cloves  
5 peppercorns  
2 garlic cloves  
2 bay leaves  
1 tablespoon sugar

### Method

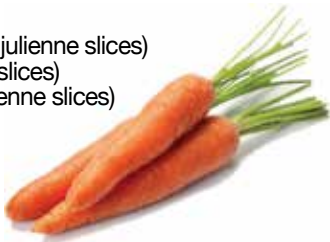
If you don't have leftover schnitzel you will just have to cook them especially for this dish, then cool them.

Take either veal or chicken, pound them out and then dip them in seasoned flour, followed by egg wash and then roll in breadcrumb mixture, with parmesan and seasoning to add flavour. Pan fry them gently until golden brown on each side.

Next put all other ingredients in a pot and simmer for 15 or more minutes till the juice is reduced by half.

Strain the juice over your schnitzel in a shallow container and save the vegetables, discarding the other ingredients.

To serve take out of the marinade if it has not been completely absorbed and decorate with the julienne vegetables.



## Knife and fork talk in the city



Bangkok on William, left to right; chicken and cashew nut stir fry and yen ta fo - enjoy the clean, light, bright and airy restaurant interior with a touch of elegance

by Pat Paleeya and Judith Cohen

THIS month we met up at Wellington Bus Port to make our way to a Thai restaurant in Perth called The Bangkok on William.

A lovely meander from the city piqued our appetite which was soon satisfied as the restaurant offers an extensive \$12 lunch menu.

The interior was clean, light, bright and airy. The two main walls were each decorated with eye catching traditional tapestries which were illuminated by a large but elegant chandelier (pictured above, right).

We chose two dishes, yen ta fo and chicken and cashew nut stir fry.

There was a choice of yen ta fo as a soup or dry noodles. I chose dry which

was delicious. The bowl was a tasty combination filled with squid, prawn, fish ball, fish cake, fried wonton, tofu and vegies.

The chicken and cashew nut stir fry was served on a blue and white patterned plate (see photo) which enhanced the meal and was beautifully presented.

Mixed vegetables and rice accompanied the chicken and cashews.

The cashews were just on the edge of being soft, the chicken very moist, the sauce perfect for both the vegetables and chicken and the nut combination was spot on. If we preferred, we had the option of spices to our liking. What a gem!

**Four forks**  
**Bangkok on William Thai Restaurant**  
3/440 William St, Perth 9228 3222

### Knife and fork talk ratings

**Five forks** – excellent food and service

**Four forks** – overall good food and service

**Three forks** – reasonably good food and service but could make some improvements

**Two forks** – food and service needs improvement

**One forks** – would not recommend



## WEEK DAY LUNCH SPECIALS

### THE BROOK BAR AND BISTRO

Ellenbrook  
\$18 Seniors lunch special plus wine  
beer or coffee  
Monday-Friday 12-3pm  
11 Main St  
6296 5699

### THE GREENWOOD TAVERN

\$13.90 Seniors lunch special  
Monday-Sunday 12pm-3pm  
349 Warwick Rd  
Bookings essential 9246 9306

### HALE ROAD TAVERN

Forrestfield  
\$20 and under lunch special  
Monday-Friday 11.30am-4.30pm  
64 Hale Road  
9453 2500

### THE DUKE BAR AND BISTRO

Carramar  
\$18 Seniors menu  
Monday-Friday 12-3pm  
2 Innesvale Way  
9387 7766

### CHARLES HOTEL

North Perth  
\$14 Seniors lunch  
Tuesday-Thursday 12-2.30pm  
Charles St  
9444 1051

### INGLEWOOD HOTEL

Inglewood  
\$17 lunch special  
Monday-Friday 11.30-4pm  
Beaufort St 9370 5511

### SOUTH BEACH HOTEL

South Fremantle  
\$12 lunch menu  
Monday-Friday 12-3pm  
396 South Tce.  
9335 2088

## Robust reds for summer barbecues



by Frank Smith

DRY January is now over, so those who participated can join the rest of us in enjoying a glass or two of wine.

The jury is out as to whether Dry January helps participants control their drinking but most commentators seem to think having one or two alcohol free days every week is a better option in ensuring we don't get addicted.

Now is barbecue season and nothing beats a robust red with steak, chops or kebabs cooked on a backyard barbecue. Here is our selection for summer drinking

**Taltarni 2010 T series Victoria Shiraz 2010** is made in the Pyrenees region. After vinification the shiraz is aged for 12/16 months in oak with minimal intervention prior to bottling. The winemaker comments that this Shiraz shows cherry and raspberry with white pepper and peach aromas. On the palate, it delivers a medium body of supple tannins and luscious fruit, with what seems to be an endless finish. RRP \$16-\$18.

**Robert Stein Shiraz 2014.** This Shiraz is made from a number of different blocks across Stein's 35-year-old Mudgee vineyard, hand-picked and fermented in open vats. It is a medium bodied, elegant red wine, displaying lifted red berry and spicy characters, with dark berry and chocolate flavours on the palate. Ripe, fine grained tannins fill the wine out, leading to a long finish. RRP \$25.

**Tyrell's Beyond Broke Road Shiraz.** This wine is a bright fresh example of varietal and regional character. Unlike traditional Tyrells wines the grapes were not grown in the Hunter Valley but at Heathcote, a dry central Victorian climate with cool nights and warm days. It has core aromas of dark plum, mulberry and chocolate balanced by fresh subtle pepper spice and flinty mineral notes. The palate has the soft rich feel of a full bodied shiraz but with fresh red fruit that helps keep the wine lively and supple. RRP \$18.99.

**Wingara La La Land Malbec 2017.** The Malbec grape is a bright ruby red, much favoured in Argentinian vineyards. The wines have aromas of black cherry, blackberry, plum, light violets and a spicy mocha background. The pallet displays bold flavours of forest fruits tinged with exotic spices and vigorous splashes of dark chocolate and savoury herbs. RRP \$18.

**George the Fixer Margaret River Cabernet Sauvignon 2016.** Chief winemaker Steve Meyer says the new range maintains the legacy of legendary winemaker George Wyndham with wines named from episodes of his life. Steve says the range will appeal to consumers seeking something out of the ordinary. It is deep red in colour with purple hues and aromas of blackcurrant pastilles and blackberry with hints of vanilla. The palate is mainly of black cherry with earthy overtones and subtle tannins. RRP \$24.99.

## 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](mailto:vince@haveagonews.com.au). Please include your telephone number so I can call you!



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ADVERTISING FEATURE

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# Late summer juicy and succulent plums are always worth waiting for

by Noelene Swain

AT LAST, juicy Western Australian plums are hitting their peak and what a treat they are! With beautiful rich colour, soft smooth skin and a sweet fresh aroma, just wait until you taste them. It's been quite a wait for the for these jewel coloured beauties but now they are ripe and ready, and the prices are very reasonable. Mid January to February is the best time for plums with an abun-

dance of large sweet and delicious fruit coming from throughout WA, including the Perth Hills, Donnybrook and Manjimup. There are around 200 different varieties of plums to choose from at various stages of the season so it's a bit tricky to select by variety. It's more common to choose the flesh colour and style that you prefer. Although every plum differs to some degree in colour, size and taste, the two main categories are;

European plums and Japanese plums. European plums are oval-shaped and about five to six cm long with a range of pink to purple skins. Flesh can range from yellow, to creamy-white, to blood red. Japanese plums are round to heart-shaped, five to eight cm long and their skin colour can range from yellow to red. Their flesh can be yellow, amber or yellow with red. In the coming weeks the firm yellow flesh varieties like Black Amber

and Amber Jewel will take the spotlight so there is no time to waste if you're a serious plum fan. Plums do not continue to sweeten once they are picked so choose carefully. Ripe plums lose their glossy sheen, so this is the best guide for the naked eye. Also ensure smooth skin that is free of blemishes, soft spots or discolouration. If you have purchased plums that are a little firm they may be left for a day or two at room temperature to soften.

Fresh plums make a quick, healthy and delicious snack on their own. A cold plum straight from the fridge makes a refreshing treat on a hot day. Ripe plums should keep this way for around five days. They are also ideal for juice, jams and chutneys, and make fantastic fillings for pies, tarts and cakes. Enjoy Western Australian plums while they are at their peak, right throughout summer. **Recipe supplied by Fresh Finesse: [www.freshf.com.au](http://www.freshf.com.au)**

## What's fresh in the markets



**Blueberries:** Luscious blueberries are plentiful in the stores at present. They are beautiful when served as part of a cheese platter or as a dessert with fresh cream or ice cream. Select plump fruit with good colour and a blue-grey, waxy bloom. Incorporate in pancakes, muffins, pies and puddings or as a topping for bought desserts or cakes. **Celery:** Select celery with fresh looking leaves and tightly formed stalks. Use finely sliced celery to add crunch and flavour contrast to salads, especially a Asian-influenced brown rice version drizzled with sesame oil and a dash of rice wine vinegar. Sliced portions are the perfect New Year detox. Substitute for a cracker to dip into hummus and tzatziki.

**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 the hand, easy to eat and have great novelty factor. **Swiss brown cup mushrooms:** Plenty of flavour and just the right size for popping into summer salads, rice pilafs and pasta dishes. These nutty brown mushrooms work well with Asian flavours such as chilli, ginger and coriander; try stir-frying with a dollop of hoisin sauce and serving with honey glazed pork and steamed greens. **Amber jewel plums:** A lovely large, red heart-shaped fruit that was developed here in WA. The rich gold-coloured flesh is sweet and juicy even when the fruit is firm. Buy plums with plenty of colour and just a little softness. Ripe plums lose their sheen, so the best guide to plum ripeness is to look for plums with an all over dull colour. For great tasting plums, correct storage and handling are important. If your plums seem a little firm they may be left for a few days at room temperature to soften. Store ripe plums in the refrigerator. Plums are ideal for juice, syrups, jams, chutneys and make fantastic fillings for pies, tarts and cakes.

Chinese stir fry with plums

Preparation: 5 minutes; cooking: 5 minutes; serves: 4

6 plums, halved and stone removed  
250g beef strips  
3 cloves garlic, crushed  
3 cm ginger, grated  
2 bunches bok choy, chopped  
1 tablespoon oil  
1 tablespoon soy sauce  
¼ cup plum sauce  
HEAT oil in wok or frying pan over high heat. Cook beef until well browned on both sides. Add garlic, ginger and bok choy. Stir fry until bok choy is just cooked, adding soy sauce when required. Add plums and plum sauce, and gently stir until plums are warmed through. Serve immediately with noodles or rice

Recipe for one - grilled peaches with vanilla ricotta

Preparation: 5 minutes; cooking: 5 minutes; serves: 1

2 yellow peaches, halved and stones removed  
½ tablespoon caster sugar  
½ tablespoon maple syrup  
½ teaspoon butter  
2 tablespoons fresh ricotta cheese  
¼ teaspoon vanilla paste or vanilla extract  
PLACE peach on a grill tray cut side up. Pour a little syrup over each peach and dot with a little butter. Cook under a hot grill until bubbling and heated through. Mix together ricotta, sugar and vanilla till smooth and creamy. Serve immediately with the grilled peaches.

## Brunch with T (and Dan) - brunching in groovy Basso on a Sunday morning

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.



Left to right; Dan and Tahlia - O2 Cafe's vegetarian breakfast and beef and beans tankard - Basso banana smoothie and cappuccino

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Fresh Food Market

Brunch with T

by Tahlia Merigan

THIS month I've been crazy busy out and about reviewing shows for Fringe World which I would love to share

with you, so head to our website for updates on the many shows on offer – [www.haveagonews.com.au/category/fringe-world](http://www.haveagonews.com.au/category/fringe-world)

However I found some free time on a lovely Sunday morning, so Dan and I headed to Bassendean to try O2 Café.

O2's décor is exposed brick and timber rafters with an interior vertical garden which gives a welcoming and interesting aesthetic.

No counter orders here and as we sat down we were promptly given menus and water for the table by our waitress. I ordered the Basso banana smoothie (\$7) and Dan ordered a cappuccino (\$4.20).

My banana smoothie was perfectly flavoured and not too sweet and just thick enough for my liking. Dan said his coffee was good and not too watery which is his pet peeve.

For brunch I ordered the vegetarian breakfast (\$18) and Dan ordered the beef and beans tankard (\$18) and we both agreed that the dishes were very reasonably priced.

Our meals came out quickly and we were surprised at the very generous servings.

The vegetarian breakfast had a huge serving of mushrooms, half an avocado, generous amount of sautéed spinach, two fried eggs, a small piece

of haloumi and a potato croquette with two pieces of toasted ciabatta bread.

The potato croquette was deliciously crunchy on the outside and smooth and creamy on the inside. The mushrooms were cooked nicely whole and not at all rubbery, the bread was toasted to perfection and my only criticism was that the avocado was not ripe enough for my liking, it was so hard it shouldn't have been served.

Dan's beef and bean tankard came with generous portions of beef, chorizo, bacon and beans underneath the baked egg, it looked spectacular and also had toasted ciabatta

bread on the side. Dan said it tasted delicious and homely – almost like comfort food and would be a perfect dish for a cold winter's day.

Overall, we give O2 Café 3.5 spoons for their value for money and serving sizes along with their atmosphere, great service and home style cooking.

**O2 Café, 24 Old Perth Road Bassendean, 0418 202 377**

**Wednesday to Monday 7.30am to 3pm.**





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- ☐ 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



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**STOP: Please read new instructions carefully**  
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Name ..... Address .....

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Phone ..... I am over 45 years of age ..... (Signature) .....

Seeking a Friend

**A GENTLE** slim Eurasian male, 175cms tall, 68, healthy, near NOR, fin sec, celebrates life through companionship, movies, theatre, dining out, sunset walks, quiet times, travel, Ghan, Tassie. WLTM sincere, feminine, slim caucasian similar interests.  
**Reply Box 7789**

**AUSTRALIAN** lady, NOR, GSOH, NS, DTE, late 60s, loves nature, music, dining, travel, family, reading. WLTM kind, caring, intelligent gent, friends first, long term possible.  
**Reply Box 7758**

**CHARMING** pretty lady, young 60s, enthusiastic, nature, medium build, loves WA, Italy, UK, sincere, respectful, giving, loves travel, good music, shows, current affairs. WLTM decent similar gent, secure, nature, share a good life, happy future.  
**Reply Box 7766**

**DANCE** partner wanted for lady, 77, postcode 6220, new vogue, old time.  
**Reply Box 7773**

**EDUCATED**, kind, caring, mature gent, SOR, fin sec, GSOH, SD, NS, NG with lots of TLC. WLTM lady with similar qualities to become friends and enjoy good, sincere company. Cannot wait to meet that special lady.  
**Reply Box 7772**

**GENT** 60, well presented with ties, easygoing, fit and active, young at heart, NS, SD, WLTM caring, understanding lady for discreet interludes, let's start with a coffee and a chat.  
**Reply Box 7785**

**GENT** 70, looking for lady friend over 60. Coffee first then who knows. Genuine offer. Sensible, creative, caring is a start. That's me. Is it you?  
**Reply Box 7774**

**GENT** 71, fit, healthy, loves all life's pleasures, NS, GSOH, WLTM a lady interested in travel and maybe establishing a honest relationship if compatible let's meet over coffee as a starting point. NOR lady would be great.  
**Reply Box 7764**

**GENT** widower, late 70s, s/w postcode 6280, SD, NS, DTE, NG. WLTM similar lady for trips away in caravan, 50/50 caravan sites, bush sites, self contained caravan, single beds, also occasional sea cruises. I'm healthy, quiet homeowner, 5'11", medium build.  
**Reply Box 7781**

**GOOD** bloke, 60, seeks a NS, SD, lady. I am well presented, intelligent and fin sec. Look forward to your reply.  
**Reply Box 7768**

**HAPPY** slim, 70s gent with a caring nature seeks a perfectly normal lady with a similar nature to make him even happier. I live NOR, NS, ND, NG and enjoy doing things together. No manipulators, control freaks or scatter brains.  
**Reply Box 7763**

**LADY** 75+, GSOH, loves good movies and good company. WLTM male, female for outings, maybe travel, friendship. NOR, let's meet for coffee.  
**Reply Box 7769**

**LADY** 168cm tall, slim, fin sec, WLTM, 65-70, genuine guy, interested in travel, open to explore future with lady who enjoys life in general, usual social activities missing that special friend partner, look forward to your reply.  
**Reply Box 7770**

**LADY**, mature, active senior, own home, fin sec, good company. WLTM interesting man, NS, NG, SD, GSOH, 80+ for meetings, intelligent conversation, occasional outings, companionship Mandurah area preferred.  
**Reply Box 7787**

**SEEKING** happy, outgoing gentleman 68-78, SOR, NS, SD, with a zest for life. Enjoy classical music, theatre, friends, fun! Be my best friend/lover, "Grow old with me - the best is yet to be." Honest, metro area, gentleman please reply. ALA.  
**Reply Box 7780**

**VERY** nice lady, widow, educated, creative, interesting, various activities, well travelled, NS, SD, SOR. WLTM sincere, well mannered, respectful of women, gentleman, fin sec, GSOH, 72-79 for long term friendship. Coffee or tea.  
**Reply Box 7771**

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**VERY** nice lady. WLTM gent 75+ for friendship, NS, SD, enjoys most things in life, movies, coffee, outings, lunch, DTE, TLC, NOR only.  
**Reply Box 7776**

Seeking a Partner

**1941** vintage country girl, heart broken too many times WLTM gentleman whom is loving and wants to live in the country, 69 to 75. Kick back and walk through this world with me holding my hand, be loving.  
**Reply Box 7783**

**A FRIENDLY** DTE lady is looking for a friend, male and future partner. WA born. I am loving, intelligent, active, caring, interested in travelling and enjoys outdoor activities, dining out, dancing, movies, theatre etc. Late 60s, happy disposition. Looking forward to your reply. ALA. SOR.  
**Reply Box 7777**

**ATTRACTIVE** lady, 69, SOR, 6107, postcode, WLTM sincere, unattached, fin secure gentleman, 66-73. Myself; UK born, feminine, educated, medium build, enjoy reading, walking, good conversation, music, current affairs, looking forward to your reply. ALA.  
**Reply Box 7765**

**ENGLISH** gent mid 70s, WLTM a genuine lady who is into country drives, movies, music, travel, cruising and more. I am NS, NG, SD, GSOH with lots of TLC to give, would like permanent partner, genuine replies only please.  
**Reply Box 7782**

**EURO** Australian lady, attractive, mature, slim, petite, youthful looking and spiritual. WLTM single, genuine, interesting, good fun gent who is fin sec and looking for soulmate, age open, 58 plus, SD, NG, no country.  
**Reply Box 7761**

**GENT** mid 70s, catch of the day, slim, 5'10", 82kgs, good health, live Great Southern, own home. If you are NS, adventurous, slim, like travel, TLC, give me a go, any nationality, genuine replies only. ALA.  
**Reply Box 7759**

**LADY** 60, DTE, GSOH, NS, WLTM gent for friendship, view to relationship if compatible. Likes travel, dancing, dining out.  
**Reply Box 7778**

**LADY** 70+, country born, enjoys family life, social outings, country drives, gardening. WLTM gent, GSOH, NS, SD, also to share quiet times together. NOR.  
**Reply Box 7775**

**LADY** 75 years young, honest, sincere, loving, caring, DTE, GSOH, enjoys life outdoors, music, travel, spontaneous, no ties. WLTM gent 68-78 who is genuine, up front, caring, no baggage, spend quality time together please write and let's see where it will lead. ALA.  
**Reply Box 7784**

**MAN** 51 NS, SD, educated, 6'3", SOR. Interests; travel, movies, arts, nature, music, beach, seeks genuine lady, 55-65, NS for long-term relationship if compatible.  
**Reply Box 7760**

**PARTNER** in life, honest, slim lady. Widow wants metro only gent, permanent relationship. I live SOR. ALA.  
**Reply Box 7788**

**SEEKING** sincere gent, 70s-80s, WLTM kind, funloving, well mannered, know how to treat a good woman, in return lots of TLC, enjoys the pleasures of being a couple. No caravans. Loves to travel.  
**Reply Box 7757**

**SKINNY** lady is sought by slim male. I am 60, active, healthy and well mannered. Looking for a long term companion.  
**Reply Box 7767**

Seeking a Travel Companion

**HAPPY** healthy, adventurous senior lady, postcode 6076, DTE, ND, NS, NG, WLTM grey nomad needing a companion half the cost for double the fun. Pipe dreams can come true. Life is for living not dreaming. ALA.  
**Reply Box 7779**

**HILLS** gent, fluent Polish, Indonesian, 65, 5'9", slim build. WLTM lady similar age and build as travel companion, NS, DTE. Interests; family tree research, cooking, gardening, travel, philosophy, planning Eastern Europe and Asia trip this year.  
**Reply Box 7786**

**LADY** mid 70s, fit, active. WLTM travel companion for cruising, caravanning, travel north for winter, NS, SD, NOR, metro only. ALA.  
**Reply Box 7762**

Friend to Friend:  
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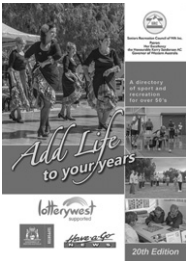
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**CHURCHLANDS LADY 70** slim, attractive, brn eyed brunette, wid, enj friends, family, movies, walks, garden, travel/cruise, happy to move forward w/kind, educated man 68-75.

**BENTLEY LADY 68** amiable blue eyed blonde, very well grmd, active, positive w/GSOH. Sk e/going, intell man w/good old fashioned values/manners 65-75.

**GREENWOOD LADY 64** very good looking, slim, petite, green eyed blond. Warm, loving, feminine, sensible, funloving wants to share all life has to offer w/honourable man 60-70.

**FREMANTLE LADY 72** slim, trim, youthful, quirky, artistic, joyful, vivacious & very easy to get along with. Sk kind, articulate, gd humoured man 67-80.

**MADDINGTON GENT 72** sweet, caring, big hearted, quiet, e/going, patient. A man w/simple tastes & loving nature sks happy lady for outings/companionship 68-75.

**DIANELLA GENT 74** seek life partner. Wid, 180cm, well grmd, lovely nature, intell, d.t.earth, personable, dependable, enj o'seas travel, cruises, bowls, social & homelife. Sk lady 65-75.

**COMO GENT 75** retired prof, fit, healthy, well spoken, well mannered, love travel, nice restaurants, good films, theatre, arts, wkends down south. Sk lady 67-77.

**WANNEROO GENT 73** dedicated, generous, kind, successful, businessman, 175cm, well grmd/spoken, gd humoured, sk lady to relax, laugh & enjoy life 65-75.



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Thanks to Singapore Airlines, ticket purchasers will go into the draw to win a trip for two to Rome and Florence and visit the Palazzo Corsini on the banks of the Arno River.

RICHARD DORMER  
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As the clock ticks back, and Gabriel's personal and professional lives unfurl, we explore the painful psychology of a man disfigured, while the shockwaves from

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*Have a Go*  
**NEWS**

## A photograph of a grand piano on a stage in a large, ornate concert hall. The piano is a dark, polished model with its lid open. The stage is made of light-colored wood. In the background, there are several tiers of red upholstered seats, and the ceiling is high with a grid of lights.

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**Mandurah Performing Arts Centre**  
Friday 25 May 2018  
Bookings - 9550 3900 / [www.manpac.com.au](http://www.manpac.com.au)

**Astor Theatre Perth**  
Saturday 26 May 2018  
Bookings - [astortheatreperth.com](http://astortheatreperth.com) or **TICKETEK**



# SCENE SOCIALLY



**SCENE (1): THE WA recipients of the Australian of the Year awards were sent off to Canberra with an early morning reception in the gardens of Council House on 23 January. Kath Mazzella, Sam Kerr, Peter Lyndon James and Tracey Westerman were in the running for the Australian of the Year awards. The Australia Day committee and Reconciliation WA worked together to provide a culturally inclusive program for the event. A sand mural designed by a young Noongar Yamitji woman, Acacia Colard created an interpretation of what a unified and inclusive Australia looks like – one that we are all proud to call home. Baldja Moort Dance Troupe complete with didgeridoo player James McClean performed several entertaining indigenous dances and got the crowd up too. Sam Kerr was successful in taking out the national Young Australian of the Year.**

SCENE (1): Top row, from left to right; Brian and Jean Aitken - Pamela Thorley and Camis Smith - Taliah Payne, Barry McGuire and Helen Todd - Tony and Kath Mazzella (WA Senior Australian of the Year) - Baldja Moort dance troupe strutting their stuff.  
Second row, from left to right; Former Governor Ken Michaels with WA Governor Kerry Sanderson - David and Heather Hinton - Glenis and Russell Albury - Denise Cheir and Anne Maree Ferguson - Carol Innes and Cr Janet Davidson - Joanne Burges and Gail McGowan.  
Third row, from left to right; Cr Joe Ferrante, Geoff Haerewa and Sandy Moore - James Back and Morgen Lewis.

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**Wanneroo CENTRAL**



SCENE (2): Top; Nipper the giant crab.  
Left; Mandurah Mayor Rhys Williams gives a demonstration of the best way to clean and eat a crab.

**SCENE (2): LOOK out for Nipper the giant crab who will be around town promoting this year's 20th anniversary of the Mandurah Crab Fest. See page 30 for more details. This year the two-day festival includes 100 hours of free entertainment, celebrities, food experiences, a spectacular fireworks and of course Mandurah's famous blue manna crabs. The Channel 7 Mandurah Crab Fest will be held on 17 and 18 March.**

**SCENE (3): JENNY Rutherford runs a fun and fitness exercise class for the Over 50s and likes to provide her members with opportunities to do things they never thought possible. Her and her daughters Tanita and Shonelle, fly regularly at iFly in Belmont so she thought it would be a fun activity for some of her class members to stretch their wings. She also persuaded her 86 year old mother Catharina to have a go which meant that three generations flew together. Now that's having a go!**

SCENE (3): Top row, Terry McMullan (going high with the class looking on).  
Second row; Helen Gallop flying high.  
Third row, left to right; Anne Kauer (69), Terry McMullan (68), Yvonne McCann (71), Beryl Della (78), Catharina Lechner (86), Helen Gallop (76) - Three generations flying together Catharina Lechner (Jenny's Mum) is flying, Instructor Tayne Farrant, Jenny Rutherford (red helmet), Shonelle Rutherford (purple helmet), Tanita Rutherford (pink helmet).



**SCENE (4): BETHANIE officially opened their state of the art Bethanie on the Park Serviced Apartments in Menora on 30 January. The facilities take retirement and aged care to a new level with the 48 one and two bedroom apartments. Minister for Seniors and Ageing Mick Murray MLA officially opened the facility and said during the tour how impressed he was the state of the art serviced apartments. Have a Go News toured the facility and we thought it provided a perfect balance of support and independence in a luxurious setting. Residents have the option of being fully supported with meals, laundry and the high tech Bethanie Wellness Hub uses advanced technology for residents for health monitoring. See page 42 for details on the open day.**

SCENE (4): Top row, from left to right; Beryl and Ron Hancock - Wendy and Thomas Morrison - Bethanie CEO Chris How, Minister Mick Murray and Rohan Taylor. Second row, from left to right; Louise Edwards and Glenice Haines - Janice Hankins and Elizabeth Weggen.  
Third row, from left to right; Deslee and Avon Moyle - Gladys and George Powell



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