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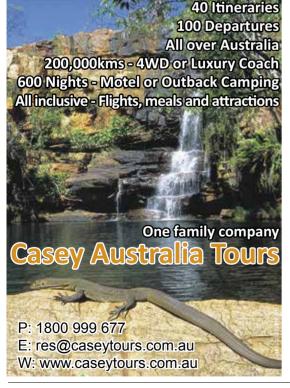


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Glorious Kimberley on show in new exhibition



Sonia Kurrara at Danggu Geikie Gorge with artwork Noonkanbah Highway 2018. Courtesy Mangkaja Arts Resource Agency

by Josephine Allison

IT HAS been a long but exciting road for Kimberley artists, art centres and the Art Gallery of WA in its quest to stage its exhibition Desert River Sea: Portraits of the Kimberley now open as part of the Perth Festival.

In the past 18 months this demanding project has seen gallery staff visit the Kimberley on many occasions and drive thousands of kilometres to liaise with artists young and old.

The hard work and long hours have paid off and the blockbuster exhibition of around 150 works is set to create widespread interest and acclaim. The landmark exhibition, an exciting, experimental and current look at contemporary Aboriginal art in the Kim-

berley, showcases Kimberley artists and features new works from six art centres and three independent artists alongside a selection of works from the collections of the Art Gallery of WA and art centres.

Acclaimed artist Sonia Kurrara's commissioned work depicts the moment in which colonisation impacted on her directly. It represents the sandy billabong country along the Fitzroy River being overtaken by pastoral stations. Kurrara is regarded as one of the great artists from the region, full of energy, often drawing all night. More of her works will be shown at the Museum of Contemporary Art in Sydney in March.

Working on cow hides for the first time, Kurrara, Ngarralja Tommy May, John Prince Siddon, John

(Johnny) Nargoodah and Mervyn Street have used leather as a new medium to depict the impact of station life on Aboriginal people in the Kimberley. Street used a head shaver to shave and carve a station cattle scene.

New works by Daniel Walbidi and artists from Mangkaja Arts Resource Agency form part of the exhibition, focusing on station stories from artists' personal and collective memories. The Mangkaja Arts commission also features, bush-dyed textiles and repurposed ready-made objects.

Walbidi's work, Wirnppa (2016-2019), is a sand installation and video work depicting Wimpa, a salt lake in his ancestral country in the Great Sandy Desert.

Margaret Albert and

Eva and Ivy Nargoodah created labour-intensive textile works, bush-dyed clothes made from Dinao flour bags. Eva's son, artist Illiam, produced a suite of knives foraged from old door hinges and other objects found on cattle and sheep stations near Fitzroy Cross-

The exhibition was co-curated by Carly Lane, curator of Aboriginal and Torres Strait Islander art and Emilia Galatis, community liaison and project co-ordinator, who both visited the Kimberley on many occasions. Galatis travelled from Broome to Kununurra in her car, picking up art works along the way which were put on a truck and brought to Perth last year.

The exhibition itself

has been 18 months in the making, but is part of a six-year project funded by Rio Tinto. The Art Gallery of WA has been researching and working with artists and art centres across the Kimberley to develop a better relationship, give back to artists and art centres and create opportunities to grow their practice, such as delivering arts workshops on subjects of their choosing, says Carly Lane.

The project started with a vision to work with artists in WA; I'm one of the more recent Desert River Sea staff members. But the Kimberley was an obvious region to focus on because Kimberley artists have been a part of the national arts conversation for decades.

continued on page 14



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Hetherington

From the editor's desk



Jennifer Merigan

THANK YOU to the many people who took the time to contact me and send condolences, cards and flowers following the death of my father and co-founder of this paper Quentin Smythe. Its been so lovely to read the many anecdotes that people have shared with me, reiterating how he genuinely touched so many people's lives with his happy and positive outlook. It means a lot to me and my family that so many have taken the time to share their special memories of him.

This month in our second installment of our Meet the Author series, Josephine Allison interviews local author Steven Hawke about his new book The Valley which is an epic tale from the Kimberley. See page 5 for details.

Local artist Willemina Foeken says that at 74 she is busier than ever with her art. An experienced art teacher who has taught all levels from primary school to university, Willemina is still teaching at her studio in Southern River. She is holding an exhibition titled, Dwellingup Revisited which features a selection of oils. water colours, pastels and relief prints of bush scenes, kangaroo paws and banksias from the area. Her exhibition will be held at the Forest Discovery Centre Gallery, 1 Acacia Street, Dwellingup from 3 March to 4 April.

The Royal Western Australian Historical Society commences their History West Community Talks this month and the first one for the year will be an illustrated talk from historian and biographer Dr Ross McMullin. The talk will focus on stories from his book Farewell Dear People: Biographies of Australia's Lost Generation featuring talented identities including several West Australians who were killed in WWI.

Join us online: www.haveagonews.com.au **UPDATED DAILY**

The talk will be held on Friday 22 February at 10am at the Soheadquarters ciety's at 49 Broadway, Ned-Cost \$10 per lands. person, bookings essential, call 9386 3841 or email:admin@histwest. org.au

There's always so many great events happening in WA during summer and a couple of my favourites include WA Ballet's Season at the Quarry which falls under the Perth Festival umbrella. There's nothing better than enjoying a night under the stars watching the superb dancers strut their stuff with four different works. This year's season In-Synch: Ballet at the Quarry runs until 2 March. The other event I believe just gets better each year is the many offerings of the Perth Fringe Festival. My favourite of Fringe, La Soirée, has returned with a new show and I can happily say I left my troubles at the door to smile, laugh, sing and gasp for two hours of fabulous

Don't forget you can keep up to date with us between issues of the paper on Facebook and at our website.

frolicking entertainment.

I wish you a happy and healthy month.

> Jennifer Merigan **Editor**

jen@haveagonews.com.au

Have a Go News Quick Quiz

- 1. Who was dubbed "Father of the Kimberley"? 2. WA's first government railway line was opened in which year (1879, 1887 or 1900)?
- 3. June 1 commemorates what in WA?
- 4. Why is August important to WA?
- 5. The colony's first Agricultural Show was held in 1834, 1898 or 1907?
- 6. What was named after the Scottish birthplace of Sir George Murray, Britain's Secretary of State for War and Colonies?
- 7. Who was the first explorer to make the west-toeast crossing?
- 8. Whose tribe occupied land south of the Swan river (son of Midgegooroo)?
- 9. Name WA's two major works by CY O'Connor. 10. War-time Prime Minister John Curtin lived in which Perth suburb?

Answers on page 47.

Funny historical fact

ON 26 February 1297, the Dutch played a game in the city of Loenan aa de Vecht involving a stick and a leather ball which was called kolf, meaning stick or club, this may be the first recorded game of golf.

Quote of the month

DON'T waste so much time worrying about your skin or your weight. Develop what you do, what you put your hands on in the world.

Mervl Streep

Urban slang

Nocialise

TO ignore friends in public for your smartphone.

Great West Aussies - Did you know?

MIN Jee Lee, at 14 in 2011, was the youngest golfer to qualify for the Australian Women's Amateur Tournament. Kristie Smith at 17 was WA's youngest-ever women's amateur golf champion in 2005 and was 2008 Australian amateur champion before turning professional and joining the European tour.

Ageing research snippet

Harvard Medical School reports that probiotics may help boost mood and cognitive function

RESEARCHERS have found that the gut and brain are connected in a partnership called the gut-brain axis. They are linked through biochemical signaling between the nervous system in the digestive tract and the central nervous system including the brain. The gut has been called a second brain because it produces many of the same neurotransmitters as the brain does, like serotonin and dopamine all which play a key role in regulating mood. Research from a small study reported in the Journal of Gastroenterology found that women who ate yoghurt mixed with probiotics for four weeks were calmer when exposed to images of angry and frightened faces compared to those who hadn't taken the supplements. Other research on Alzheimer's patients who took milk mixed with probiotics scored better on cognitive tests than those who didn't. It's too early to determine the exact role probiotics play in the gutbrain axis as research is still ongoing but early results show that they not only support a healthier gut, but a healthier brain, too.

Word of the month

Fescue (noun)

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Tales of a journo from Perth who made his move to retire in New York



Old mates Lee Tate with Peter Simunovich

by Lee Tate

TOWERING teenager Peter Simunovich, with the stature to match any AFL ruckman, made quite an impression when he reported for work at the *Sunday Times* in the 1960s.

I arrived at the newspaper at the same time: Two boys from different backgrounds starting out as newspaper copyboys - with hopes of being elevated to journalists.

Peter did make his mark - in both journalism and football - becoming chief football writer for Australia's peak daily newspaper, *The Sun*, in sports-mad Melbourne.

But he had no great desire to be a sports writer nor for the series of adventures that eventually led him to living in New York for the past 30 years.

Peter, 71, has spent the past two years mentoring troubled youth in New York after he retired from reporting world sporting events for Australian and international media.

He responded to a public appeal by then New York mayor Michael Bloomberg for retirees to help deal with aimless youth.

Peter waded-in to listen to the issues brought-up by damaged teenagers and offer some encouragement.

"A 15-year-old boy whose father was a gang member had fathered a child and was trying to cope," said Peter, in Perth for a two-week holiday.

"Against backgrounds like this and with a culture of alcohol and drugs, you discover how tough life is for these kids. It helps just to have someone who'll listen to them."

Peter's own family came through tough times. His father, Tony left his new wife, Cvita, in Croatia in 1937 to start a new life for them in WA.

But World War II intervened and Cvita couldn't join her husband for nine years.

Peter was born in Perth in 1947 and his "I was offered accommodation at the Phoenix Hotel, *The Sun's* drinking hole, owned by Collingwood 1953 premiership captain, Lou Richards and his wife Edna," Peter said.

"I was given full-board for \$15-a-week. I must have been the only journalist to be given a front door key to the Phoenix. And, naturally, I became a life-long Collingwood supporter.

"I watched the last Grand Final in New York and though I am a loyal West Australian and glad for the Eagles, I was deeply disappointed for the Pies to go down."

Dominated by happenings in the football world as he wrote the sport's daily headline news, Peter mixed it with legends including Kevin Sheedy, Mick Malthouse and Ron Barassi who still keep in touch.

They are part of a constant troupe of Australians who catch-up with Peter when flying through New York.

In Melbourne, Peter met a vivacious, ambitious journalist, Nene King, the future queen of Packer's magazine edi-

Peter, with his Catholic background, married Nene, with her Jewish background, in Melbourne. Lou Richards and I were in the groom's party

After their marriage broke-up, Peter took his holidays in Europe and the US where he took a liking for the pulse of New York.

"After 20 years of sports, I wanted to do something else. I decided to try freelance journalism in New York and, aged 41, off I went," he said.

Peter wrote sports, general news and features for several outlets including News Ltd, Agence France Presse, NY's Daily News and Newsday and Australian magazines.

He enjoyed assignments covering greats including Michael Jordan and Luc Longley. In Aspen, Colorado, he caught-up with tennis ace Chris Evert to talk about her tennis future and her new baby.

Peter has become a US citizen, buying a

City of

programs and activities

happening in your community.

small apartment, joining his local church and following issues in America and Australia.

Along NY streets and through Central Park, Peter has noticed the odd famous face and takes it for granted. He names Meryl Streep, Dustin Hoffman, Jerry Seinfeld, Charles Coburn, Alec Baldwin with Kim Basinger and Woody Allen with Mia Farrow.

"Tony Curtis caused a stir when he walked through a bar. He had two women on each arm. And a big smile on his face," Peter said.

In his Upper Eastside neighbourhood Peter has also seen a couple of passing popes – John Paul II and Benedict XVI.

Around the White House he's spotted Ronald Reagan, Richard Nixon, Bill Clinton, George Bush snr, Barack Obama and Donald Trump.

"New York is a lot cleaner and safer than it

used to be and Australians can feel comfortable coming over," he

Peter says Perth is:
"a nice size – clean for a city. People here are

a city. People here are amazingly friendly."

Peter, without the trace of American accent, admits to having Vegemite

every morning he's here.
"And something else I
haven't had for years, an
Aussie vanilla slice."



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Tuesday 12 March – Lake Monger Recreation-

al Club, Gregory Street (near Wise St.) Wembley. **Tuesday 19 March** – South Beach Kiosk Car

Park, Ocean Drive, South Fremantle. **Tuesday 26 March** – Trigg Island, Clarko Re-

serve, (sea end of Karrinyup Rd).

Tuesday 2 April – Burswood, Resort Drive

(Causeway end). For further information viisit www.over55walk ingassociation.myclub.org.au. To find out more:

Find. Connect. Live

sister, Elli, two years

later. After his journalistic

cadetship on the Sunday

Times, Peter took the

advice of senior journal-

ist Barry Robertson to

gain wider newspaper

experience outside WA.

reporter on the Hobart

Mercury before joining

Melbourne's Sun as a

and I became his re-

placement. I wound-up

writing football for 20

years," smiled Peter over

coffee in Fremantle.

"A sports reporter left

sub-editor.

So he became a news

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Copy & Advertisement Deadline – 25th of the month prior to publication

The Have a Go News MARCH edition will be published on Friday 8/03/19

Publishers: Concept Media Street address: 137 Edward Street Perth WA 6000

> PO Box 1042 West Leederville

WA 6901

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Website: www.haveagonews.com.au Founded by Judith Treby (Dec) and

Printers Fairfax

Quentin Smythe (Dec)

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1-18



Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

I FOUND Where Opinions Matter do Australians deserve to live in poverty? an interesting article. The changes occurring in our society take us down a road that we sometimes wonder what happened.

Here are some further points for consideration.

Job losses particularly of lower paid jobs and lack of security for workers.

Companies and businesses folding - some by poor management - others intentionally by deceit.

Increases in the cost of water. power, gas, transport, school fees, health/medical, and local government rates.

The enormous salaries and bonuses paid to CEOs and senior executives of some companies and to senior State and Federal civil servants have increased out of hand over the past decade.

The lack of affordable housing and the resulting homelessness.

Increasing shortage of services for mental and other health prob-

The government chops and

changes the civil service at will now and departmental heads are appointed and paid for political service. This has had an enormous effect on the culture of what was once a very respectable institution that provided a good service to Australians!

The best example of this public service change, which affects many Australians on a regular basis, is Centrelink. The difficulty in communicating with this organisation causes problems for many.

The homeless, jobless and those struggling through age, health and poverty are largely ignored.

Service, empathy and good old fashioned support is needed for a healthy society, but many citizens receive poor service, poor advice, lack of housing, and are ripped off by illegal phone and email scammers, and legally by builders, banks, insurance, superannuation and aged care organisations to name a few.

Where are the policies and more importantly action plans to rectify this? Who's talking, who's listening and who's doing something about these issues? Politicians are only

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interested in their own jobs, prestige and egos.

At election time we have the usual big money promises (our money don't forget) for many lower priority projects, which buy the votes of people in marginal seats.

We need look at some real needs and list these in priority order, maybe collectively we can start on making a change for the better.

I personally think every Australian should be given a living wage, none of this unemployment, disability and aged care benefits. This would be a major social change and have enormous benefits, avoiding many of the problems that exist today.

This election may be the time to start, by being heard. We need collectively to be united, stand up and be counted.

I have vented some frustration with our system and maybe have triggered some thought or motivation for others.

Yours faithfully,

Ron Bennetts MBus AIT MIE Aust CPEng (Ret)



Early General News and columns Courses & Classes Great Home & Gardening

21-32 Let's Go Travelling **Puzzles**

34-36 37-44 45-46

48-50 Arts Scene Socially Dear Editor, LIFE does not have to be

complicated.

The older generation could teach the younger generation a thing or two about simple pleasures and gratefulness.

Most of us would like

to live a long and healthy life. However, I'm just learning about some of the drawbacks of been a nonagenarian as my mum in Ireland is 97 and finds it very lonely and isolating

Mum is fit and healthy and very alert with her crossword puzzle solving. She still lives in the family home (as she still likes her independence and is set in her ways) on her own. Dad died at the young age of 95.

Mum's always been

pretty independent, some of her milestones include getting her ears pierced at 85 and for Christmas that year she bought her first treadmill. I think she thought 85 was the new 25.

Although she has lots of family nearby, all her siblings and friends are long gone and she finds it difficult to communicate with this younger generation who have little in common with her.

However, there is great excitement in the air as I

found out in a recent telephone conversation.

For about a year now, every Tuesday goes to the mum neighbouring villages old folks home and cheers up the residents with stories of old and a lot of reminiscing.

The telephone conversation went something like this...

"Hi Ger, I'm still here, not gone yet, went to Specsavers and had my hearing aid serviced and battery in pacemaker is replaced so I'm good to go.

"As you know, I get a little lonely at times so I'm quite excited that the old folks home have asked me if I would like to come for a sleepover for a few days!"

The excitement in her voice was fantas-

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New Steve Hawke book taps into the different world of the Kimberley



Steve Hawke

by Josephine Allison

PERTH writer Steve Hawke's long love affair with the Kimberley started as a young man when he was drawn there by accident. His first adult novel The Valley, a masterfully told epic of the Kimberley, reflects his deep understanding of an area few Australians know much about.

"After growing up in Melbourne, the Kimberley drew me there by accident more than anything," Hawke told Have a Go News. "I was still really young at the time and living in Darwin doing a bit of writing.

Some people from the Kimberley made contact the Kimberley set in the world of remote Aboriginal communities and cattle stations and this secret valley," Hawke says.

"It's a tale that binds these four generations together around the mysterious disappearance of a young woman, the mother of Dancer Jirroo. I suppose, above all, it's a family saga set in a place sort of unusual to most Australians.

"It's remote country with the story set almost entirely in the indigenous world, nearly all the characters are Aboriginal people. That obviously comes with my own experience; I lived in the Kimberley for a long time and I have worked with communities up there and Aboriginal organisations for almost a 40-year

"On one level it is a love letter to that country and to the people there, it is a country I love and the people I know, I'm trying to bring that world to life. It is a bit of a window to that world but it is not a political book; it's a story that will take people there in a natural way.

'The story that unfolds is basically a quest by Dancer Jirroo and his grandfather Two Bob Walker to follow through the story of Dancer's mother who disappeared when Dancer was a small boy.'

Hawke says The Valley is not a sequel to Barefoot Kids, a children's novel which featured Dancer Jirroo as one of five Broome children with a backstory about Dancer's missing mother. "But it was a story that got into my head and I had to chase it down, tease it out and that became The Valley.

"I made my first attempt at writing this book back in 2008, just after I finished writing Barefoot Kids. But I got a bit lost along the way, things were a bit convoluted so I put it aside for a while, then returned to it.

"It's such a strong story that it wouldn't let go of me, demanded I come back and have another crack at it. I finished up being really pleased with the shape it took in the

The book has been described as a mystery story and a ripping yarn but one that also provides an insight into a world where indigenous people have won back their rights to country, but then have to make the cattle stations they have inherited from white people profitable. It's also about how the decisions made as an adolescent can set the course for an entire life and for the lives of their descendants.

"Reviews so far have been positive," Hawke

says. "It takes a while for things to pan out but Fremantle Press did commit to do a second print run after feedback from book shops, which is encouraging.

The Kimberley features in Hawke's writing in previous works including Noonkanbah: Whose Land? Whose Law? Barefoot Kids and the play Jandamarra that premiered at the Perth International Arts Festival in 2008 and toured the Kimberley in 2011, and A Town Is Born: The Fitzroy Crossing Story.

Turning 60 this year, Hawke is busier than ever, with a second novel, Making Memories and cluding a short book on Aboriginal football leaends Polly Farmer and Bill Dempsey also due for release. His partner, Lesley, is also a writer.

Hawke plans to return to the Kimberley around March-April. Living in the Perth hills and writing from a home office that is a converted garage with pleasing views at each end for inspiration, he likes walking in the Beelu National Park each morning and describes himself as a mad keen Eagles football follower.

The Valley (\$27.99 Fremantle Press), is available from good bookshops.

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across. It was 1978 when

up with the whole land

rights movement starting

to gather strength. I was

asked to do some work

with the people and I did.

place, loved the country

and people and never left until 1991 when I settled

in Perth."

erations.

"I fell in love with the

The opening chapters

of Hawke's recently re-

leased novel The Valley

centres of a major inci-

dent in the life of a young

man in 1916 which im-

pacts on following gen-

at one level about four

generations of men in

"It is a family saga

Kimberley Land

was starting



all quarters for the book: Awesome WA: 1,001 Fair

Dinkum Facts about WA.

More copies, by jour-

nalist Lee Tate, our regular

contributor, are available

after a reprint to meet de-

Gowan wrote: "It's a very

wonderful book - filled

with interesting facts and

figures about this amaz-

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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

Re: Do Australians deserve to live in poverty?

WE are a rich country so we can look after the poor - no arguments. Or do we put up with the rich flaunting their wealth while others have nothing?

We do not have to use charity, the government must provide for all people. That is why we voted for them. Remember:

They came for the unions I did nothing, I was not in the union.

They came for the Jews, I was not a Jew, I did nothing.

Then they came for me.

The world is changing, there will be fewer jobs due to technology. We must look after each other.

Yours sincerely

S Savvin Carramar

Dear Editor.

RICK Steele's delightful yarn about his grandson vomiting into the church charity box labelled 'for the sick' (January 2019 Have a Go News) says heaps about the need to not display ambiguous wording on public objects.

A similar example of this is the signs placed at the entries to the Northbridge tunnel shortly after it began operating. These yellow rectangles each bear a couple of small hooded lights and the black printed instruction 'Stop When

Sound advice indeed. One can never be too careful.

Ian Campbell Armadale

Dear Editor,

I HAVE on several occasions enquired at Centrelink whether or not I should report that I am travelling overseas and been informed that unless I am going for more than six weeks it is not a requirement. It appears from reading the article in the Have a Go News that it is not necessary. Can you help confirm this?

Max Zverk

Response from Centrelink HI Max,

If you get the age pension and plan to go overseas for six weeks or less. you don't need to tell us about your

You only need to tell us you're leaving Australia if you're going to live in another country, you get payments under a social security agreement with another country, or if you came back to live in Australia within the last two years and started getting the age pension since then.

However, different rules apply to different payments, so you may be required to let us know before you leave the country if you receive a payment other than age pension. You should check the information on our website about taking your particular payment out of the country, to confirm if or when you need to notify us. See humanser vices.gov.au/paymentsoverseas

Some people like to get quick, tailored information on how their payments or concession cards may be affected, so they let us know about their travel plans using their Centrelink online account through myGov.

While you're online, it's also a good opportunity to check the information on our website about the rules for taking PBS medications out of Australia. Sincerely.

> **Hank Jongen** general manager, **Department of Human Services**

Personalised medicines coming to a clinic near you soon



Murdoch University's pro vice chancellor health sciences Jeremy Nicholson

by Frank Smith

EVERY person is different. We have different genetic makeups, have been exposed to different environments and have a different biome - the bacteria, viruses and other organisms that live on and in us. Complex interactions between these genetic, lifestyle and environmental factors - together called the phenome - contribute to a person's health and disease risk.

So it should be no surprise that that the one-size-fits-all approach to medicine is not necessarily the best.

Murdoch University's pro vice chancellor health sciences Jeremy Nicholson, explained how phenomics - the study of gene-environment interactions - could help us live longer and healthier lives.

He is also the executive director

of the recently announced Australian National Phenome Centre (ANPC) attached to Fiona Stanley Hospital. The ANPC has been set up as the centre for expertise in metabolic phenotyping and is set to revolutionise the diagnosis, prevention, precision treatment and prediction of diseases like cancer and diabetes in individuals and populations around the world.

He said the research should help transform the health of millions of Australians and billions of people world wide, with initial emphasis on cancer, Alzheimer's, autism, obesity and diabetes.

Professor Nicholson outlined many of the exciting developments in this field at the annual Sir Walter Murdoch lecture last month. For example by linking a surgical cutting tool to a mass spectrometer surgeons are able to distinguish between normal and tumour tissue. This is the iKnife, a surgical tool which gives surgeons real time information about their patients as they operate on them.

"At present some 30 per cent of women treated surgically for breast cancer have to undergo a second operation. We expect this to fall to one per cent using the iKnife," he said.

In another study the gut biome of two groups with similar genetic make up, one of Africans and the other of Afro-Americans, was studied. After two weeks on an American diet of burgers and fries the Africans developed a similar biome to the Afro-Americans while the

Afro-Americans given a typical African diet developed an African type biome, which is much less likely to lead to obesity and cancer.

"The Africans loved their diet and the Afro-Americans hated theirs, he said.

Professor Nicholson outlined how phenomics can help doctors diagnose diabetes more precisely, so the right drug and treatment can be applied sooner.

Data visualisation tools, which enable patients and doctors to study and interpret health conditions in a more engaging way, were also developed.

The ANPC plans to build 'global atlases' of human disease, providing insights into future health risks which everyone on the planet can benefit from.

"Phenomics is the big thing for 21st Century medicine. We all want to live long and healthy lives, and the aim for researchers and medical professionals is to help people not just live until 100, but to be healthy throughout this time.

"In order to do this, we need to intervene early to know what is coming and phenomics can help us to achieve this. In the future, precision medicine will start at birth, Professor Nicholson said.

He also explained how phenomics could help inform the fight against current and future public health issues like antibiotic resistance, obesity and an increase in tropical diseases in developed countries as a result of climate

Don't be a victim - be scam savvy in 2019

by Hank Jongen, general manager Department of Human Services

WITH the new year in full swing, it's important to be aware of scams and how

to protect yourself from them.

Scammers can be very convincing. They may send emails, SMS messages or make phone calls pretending to be from Centrelink, Medicare or the Australian Taxation Office.

Scammers can target people at any time. However, there are a few ways to help identify whether it's really Centrelink contacting you or a potential

Phone calls

We do make phone calls to people but unless someone is expecting a call from us, it's best to be cautious. If you're unsure about a call you've received, you should ask

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Messages from us won't include a person's name or contact details to call and we will never ask a person to reply to these emails or SMS messages.

We would never ask you to provide personal information such as your Centrelink Reference Number, sign in details, passwords, banking details, or identity documents. We also wouldn't ask you to purchase gift cards or vouchers such as iTunes cards, in order to get a rebate or back payment.

If you receive a suspi-cious email or SMS from someone claiming to be us, don't open it, don't click on any links, and don't reply to the sender.

You should delete the message and report the scam to Scam Watch by visiting www.scamwatch. gov.au

What to do if you think you've been scammed

There's a few things you can do if you think you've been scammed.

If you've given your personal information to a scammer, you should call our Scams and Identity Theft Helpdesk on 1800 941 126 as soon as possible, and write down as much information about the scam as you remem-

We have information about current scams and where to get more help on our website. Go to www. humanservices.gov.au/ scams.

If you have a question for Hank email info@ haveagonews.com.au

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Where Opinions Matter - time the pollies stopped treating seniors as second class citizens



by Lee Tate

POLITICIANS really should cease treating seniors as second-class citizens.

Seniors are called on to justify their living standards, their assets, their spending and even their holidays if they want to be part of Australia's tight-rein pension system.

Centrelink workers perform a tough job, noting, listing, tracking and checking activities of senior citisens. Seniors who've worked all their lives, inside the law and paid their dues and taxes.

Centrelink gets downand-personal with senior citizens - because governments require it. That's governments of

all political persuasions. Governments made up of politicians who do not have to endure the same Big Brother demands made on the rest of us.

Politicians do not have to face Centrelink red tape or the demand for personal details and financial records and constant updating of bank and investment records. And even explanations of long holidays.

Really, what a pathetic, unfeeling way to treat law-abiding, retired and responsible Australians by governments who claim they are listening to the people.

In Australia, pensioners' assets determine their pension levels. Everyone who has accumulated reasonable wealth after paying great taxes is due for nothing from Big Brother.

For qualifying pensioners, the family home - so far - is exempt from being assessed for pension or part-pension. Unless...

Unbelievably, if seniors decide after their lifetimes' work to take their dream caravanning trip around Australia, they may be severely penalised with pension cuts.

Staggeringly true, as Have a Go News readers were advised by Hank Jongen, general manager, Department of Human Services, recently.

"If you are temporarily absent from your principal home, it can still be considered an exempt asset for up to 12 months," he said.

"However, if you are travelling around Australia for more than 12 months, this is where we need to look at whether your principal home is the one on the ground or the one on wheels.

"If you have vacated your principal home for this entire time, Centrelink may decide your caravan or motorhome is the exempt principal home and your family home will become an assessable asset."

could lose You your pension.

The Australian Government has decided that they can cut pensions of retirees who go off for a long holiday and chose not to live in their family home for a year or more.

And if you should rent out your family home while you're away and don't declare the rent to Centrelink, you'll be in strife. If you do declare any additional income, as demanded, your pension will likely be cut.

Should you update vour car, caravan or anything else, make sure you tell Big Brother. Centrelink needs to know if your assets are growing so your pension can be cut accordingly.

But if you do buy a car, your accounts - on which your pension is based - will at least show less and you may pick-up a small pension increase.

This is the way solid, senior citizens are being lorded-over by politicians whose incomes and generous retirement benefits keep them from falling into the clutches of Big Brother Centrelink.

I wonder, is your local federal MP aware of this disgraceful demand or how you feel about it?

Considering the billions of taxpayers' dollars spent by the government in Australia and generously, supporting other countries citisens. Politicians are mean-minded - or at the very least, blinkered - about senior

Australia's pension system and Big Brother's demands and expectations are unduly harsh. There are people who find it so daunting they opt out and miss out on what is rightfully theirs. After their working lives. in their golden years (haha) of retirement.

How much of Centrelink's money, energy and time would be saved if they were relieved of the many overbearing, un-

necessary, unfair and cruel demands of the pension system?

All assets are considered: Real estate, financial and superannuation investments, income streams and business assets plus the market value of cars, boats and caravans

When ABC radio opens its microphones to pensioners' tell-all stories, heart-felt cases of suffering came tumbling out, in dealing with the system. in not being heard and the undue stress at being overlooked or trodden-

Pensioners talk of battling with the system, having to provide detailed financial records and frequently having to update them. Being treated like naughty schoolchildren.

Pension assessments should be simple and fair, easy-to-follow and bear-in-mind pensioners' lifetime commitments and their contributions, past and present. Seniors deserve respect. They're not getting it from politi-

If everyone bombarded their politicians with their grievances, governments might take note.

P.S. You can check you're not breaking the law through Centrelink's Financial Information Service or by attending their seminars. Go to www. humanservices.gov.au/fis

Tell us what you think email info@haveagonews. com.au or write to Have a Go News PO Box 1042, West Leederville 6901.

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Hoodies' need your help in the south west





Above; Hoodies Boodjidup Beach © B Wvkes Left; Karen Majer

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by Karen Majer

IF you are fortunate, your holiday visits to south west beaches or inland lakes along the south coast might have yielded sightings of 'hoodies', or hooded plovers, small sandy-brown birds with a distinctive black head and white neck that dart around at the base of the dunes or bob for food at the water's edge.

They lay their eggs in scrapes in the sand above the high tide mark and in early summer the cute tiny chicks can be seen scurrying around on the beach.

The two hoodie chicks pictured are lucky to be alive and their 'bling', in the form of numbered bands and 'flags', could conservation efforts for their species. It's an amazing rescue story. A young girl spotted tiny eggs floating in the sea near Augusta. She scooped them up and popped them in a quail egg incubator. Two little

hoodie chicks emerged. The dedication of FAW-NA (Fostering and Assistance for Wildlife Needing Aid) volunteers who chopped up mealworms.



collected seaweed with invertebrates, miniscule and even took the growing chicks for beach visits, led to two healthy juveniles being banded and released at a quiet loca-

Unfortunately, long-term survival still can't be guaranteed. The exposed location of their habitat and nests means that hooded plover are vulnerable to disturbance by beachgoers, dogs, foxes and recreational vehicles. They are listed as 'vulnerable' on the international list of threatened species and as 'priority fauna' in Western Australia. Now they face an added threat - rising sea levels and unusually high tides reaching their nests, as presumably happened to these eggs.

The community is contributing to the conservation effort through an annual count organised by Birdlife Western Australia. The Beach-nesting Birds project has been working with community volunteers across Australia since 2006 to raise awareness among beach users and train local volunteers to monitor beach-nesting birds, identify threats and improve management. Eggs and chicks are protected through temporary fencing, signage and artificial shelters, and Birdlife is researching new ways of protecting birds and improving breeding suc-

A new WA project run by the Department of Biodiversity, Conservation and Attractions (DBCA), the Capes Hooded Plover Project, is monitoring the local population from Cape Leeuwin to Cape Naturaliste during the breeding period of August to April with a summer

Conservation Christine Taylor said the objective is to increase monitoring and reporting of hoodies with a focus on finding nests so the Department can implement nest protection measures.

"Since September 2018 we have trained 20 volunteers to monitor birds and report findings online through the Birdlife Australia Beach nesting birds data portal," she said.

"So far nests have been reported at six sites, allowing DBCA to install temporary signage and fencing to protect the birds from disturbance.

"It's too early to tell population trends resulting from this project but it's great to get as much information as possible on our local population."

Christine says that people can help by adhering to signage, walking along the water's edge through hoodie areas, keeping dogs on a leash and reporting any hoodies seen to Birdlife WA.

If you happen to spot a little bird with 'bling', that report will be particularly exciting!

If you'd to be involved in the annual count, contact Birdlife WA wa@birdlife.

For information on the Capes Hooded Plover project contact christine. taylor@dbca.wa.gov.au

Neighbour-to-neighbour



Village Hub member John Carroll helped neighbour Faye Bawden to install a clothes dryer in her unit

IF you made a new year's resolution to lend a hand in 2019, Connect Victoria Park's Village Hub has the perfect opportunity: Neighbour-to-Neighbour program.

In the past, when we needed a hand in the home, in the garden or caring for pets, we could easily reach out to neighbours for help. Nowadays, it's common to not even know our neighbours by

To help people reconnect, the Village Hub is developing Neighbour-to-Neighbour, a program that makes it easier for older people in the Town of Victoria Park to ask for assistance with the kind of tasks that neighbours are able to help with.

It may be changing a light bulb, weeding the garden or feeding the cat - it all helps people to live in their homes independently for longer. But it can also be spending an hour reading aloud, commenting on the news or telling stories.

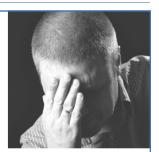
Neighbour-to-Neighbour is part of the Village Hub, a project by Connect Victoria Park that provides opportunities for people 55+ to stay active and healthy, to meet and get to know others, share interests, learn new skills and develop friendships.

Through an online portal, Village Hub members are able to lodge a request for help with small tasks, and other members or volunteers from the local community can view requests and accept the ones that suit them.

The result may be long lasting, life changing

To know more, visit www.connectvictoriapark. org or if you're interested in this idea in your local community, email village@connectvictoriapark.

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"I have been taking Magnus Shield for the past 4 months and I have noticed some great improvement, mainly it helps me to reduce the urgency to go to toilet and frequent urination as well. I used to wake up 6-7 times a night, and now I only wake up 3 times a night or less. Previously, I have to stand for few seconds to pass urine in the night time, now that problem has been solved, and also the burning sensation is also gone. Thank You Graminex for this product"

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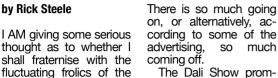


February the time of Fringe, frolics, flatulating and fluctuating...



by Rick Steele

Left; Blue-footed Booby bird Above; Rick Steele



The Dali Show promises adult only nudity, and there are a number of burlesque and drag queen shows with more than a hint of risqué flirta-

The Twisted Vaudeville Circus is presenting a show called, Booby Trap. I don't suppose it's got anything to do with the blue footed booby bird from the Atlantic Ocean?

Pompadour Productions present Burlesque Idol 2019 in the Pleasure Garden, and the Surrealist Salon promotes Burlesque and oddities galore. Should be that read, (odd titties?) We had an uncle that we thought

Phoebe's Fond Farewells offers everything you wanted to know about funeral songs but were afraid to ask. She could be dead on the monev!

Wild her ness: a psycho-drama: Perth born Poppy Sloan, touches on modern dating, Madonna, consent education and why the show is her very own Frankenstein. It is billed as: "poetic education and sexual ventilation.'

wondering was whether sexual ventilation is like when I take off my Y fronts?

The talk - let's talk

about sex. Mish Grigor hosts an awkwardly intimate show discussing sex with your own family. Yikes. That reeks of hit

and miss. No way! There is a trio of Scottish persons talking all things from the high road and you take the low road and we'll have a wee dram of whiskey before ya.

Musically there's lot going on all over the show, with a Johnny Cash tribute and a serious look at the rock'n'roll from Sun recording studios, an interesting take on the sex and drugs and personal rocking and rolling of Fleetwood Mac.

Our Perth Blues Club is excited because we may be hosting a bloke called Pat Powell.

Originally from Bristol, (Brexit Country) of Jamaican extraction, Powell has made Sydney his base for the last 30 years while he has toured the world with superstars, as a backing vocalist, and supported artists like James Brown, George Benson, the Eurythmics and more. Pat will be performing downstairs at His Majesty's.

Billy Connelly has been in the news lately with his ongoing health problems. It reminded me of some sound principles he passed on for Baby Boomers and their elders.

(a) If you are out there in the real world, and you pass a latrine or public

convenience - use it. (b) you're in open air and alone momentarily and feel a case for flatu-

lating – don't trust it. Our own local superstar funny man, Peter Dee (the D) has come down, Crook in Tobruk, and I know you all wish him well. Here's a pinch from the 'D'.

My wife and I have been arguing about who should

take the garbage out. I said. "You take it out, you cooked it.'

Cheers dears.

A little bit at a time will get you there



fringe festival fraternity.

by Jon Lewis

IT is all too easy to become overwhelmed with a problem and there is a relaxing solution.

I have found, especially lately, the best way to complete an arduous task is to do a little bit at a time. It's just that simple and that easy.

Some tasks will require

a working plan and with others you can see the

way immediately.

For example... we had an old couch or was it a sofa? This purchase of pleasure had served us well enough but it was time for it to go.

Sadly, the covering of 'pleather' had disintegrated in the unforgiving Australian sun and now was as unwelcome in our house as it was in anyone else's we tried to migrate

It was far too big to fit in the car, too ruined for the front verge and insufficiently big to order a bin.

In one of my bursts of wonder I decided to see how small I could make it if it was in pieces. It required an afternoon of cold drinks, a saw and an eager electric screw-

Wow... never had I witnessed such a poorly made piece of furniture. It made my plan of turning it into outdoor furniture with a lick of paint quite fanciful.

You see it was built of chip board and cardboard... yes... cardboard!

I did manage to salvage a few nice pieces of wood and found some parts worthy of recycling.

Now I had the task of methodically placing a little bit in the rubbish bin each week.

Some in the yellow bin and more in the red bin. Bit by bit, week by week until it was all gone. Just like that.

I had heard of a couple who once disposed of an entire car that way and they said it only took a year or so.

I use the same process to do my tax return. First, I make out a list of what is needed. This list is updated as I realise I need more. Then each day I do a little bit and cross some off the list. This continues until it is all done

I have applied this also to preparing my radio show on 6PR and even to going camping.

They say a journey starts with a single step.

So much can be achieved if we just do a little bit on a regular basis until it's done.

It's that simple. All the best.

Mandurah Study Group seeks new members

by David Smeeton

UNIVERSITY of the Third Age (U3A), a movement that began in France and now operates in many countries, provides doit-yourself learning for older people who wish to keep up with events, developments, and subjects that interest them in a congenial environment.

U3A opens up a world of interests from science, history, current affairs, travel, general knowledge, music appreciation, art, and poetry; all presented by members themselves. U3A members are people who are keen to extend their knowledge and interest in world affairs. and culture

The university is not about tests and exams, but members themselves compiling presentations on a wide variety of

U3A is looking to attract more members in the coming year to join the Senior Citizens Community Centre in Ormsby Terrace, Mandurah on Tuesdays, Wednesdays and Thursdays from 1.30pm.

Christine Norman, president of U3A, will be holding a workshop on the basics

of putting a visual presentation together.

We are looking for new members telling us about their interests," she says, "and we are always willing to give a helping hand in building up an interesting idea and putting a presentation together.

The workshop will be held on 13 Feb-

Later in February there will be presentations on garden design, Broadway musicals, African safaris, the Magna Carta, and public art in Western Australia.

At the general meeting on Tuesday 26 February Scott Severn, senior mosquito operations officer with the City of Mandurah, will talk on control of the pesky

U3A courses can be followed on line in your own home, and in your own time. U3A Mandurah has joined the online courses and the history of espionage is available to members.

"Why not come along and join us?" asks Christine Norman, "You will find us a stimulating social group with a wide range of interests.

If you have any queries please call on 9535 6565.

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LIVE A LITTLE COOLER

What you need to know about receiving a UK pension...



by Mike Goodall

OVER the last month there have been several articles written in publications around Australia about making additional contributions to the UK to enhance your UK State Pension and specifically in regard to some less expensive Class 2 contributions. I wish to make several important points relevant to our readers.

If you are already past the UK State Pension Age (SPA) you are not eligible to make these Class 2 contributions. If you are past SPA you are eligible to make Class 3 contributions to enhance or to help you qualify for a UK State Pension for up to six

years from the last tax year before you reached SPA. For every UK tax year that you don't contribute you lose another year off the six years, eventually reducing your option to zero.

There are additional criteria that you have to meet to qualify for Class 2 rates. The final decision is in the hands of the international case workers at her Majesty's Revenue and Customs (HMRC) and unless you supply them with accurate information that

links in with their records, your application for Class 2 payments could well be rejected and you offered Class 3 rates.

That is why it is important that you work with people that understand the rules and the criteria so that applications sent to HMRC can be processed as quickly and as efficiently as the HMRC allows them to be. Current turn around for a response from HMRC is 40 working days (eight weeks) plus three weeks

postage each way. That is the swiftest it has been for a long time.

There are also other things to consider before making contributions to the UK including, making sure that you are paying for years that actually count towards your UK State Pension and how your Australian pension will be affected.

In the past HMRC did not inform people which years would and wouldn't count towards their UK State Pensions and when caught out,

they refused to pay back the unnecessary contributions.

I have recently received a few queries regarding life certificates. These are posted by the Department of Work and Pensions (DWP) to the last address that they have for you on file. You must have the documents certified and returned to the UK quickly or your pension will be stopped. Failure to notify the International Pension Centre of a change of address or non-return of the form will mean the temporary loss of your UK State Pension. Most UK State Pensions are paid every four weeks so make a note in your diary to make sure that the payments are arriving regularly.

Anyone who would like to discuss the above in greater detail or need advice on any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail: mikec goodall@btconnect.com

READ US ONLINE www.haveagonews.com.au

Cascade Tours have released a list of all inclusive day tours for clubs or groups, including many new and interesting tours, which include morning tea with homemade cake, tea and coffee served in china cups.





We have been doing seniors' tours for over 20 years and would like to take care of your club.



Please contact CHRIS for a copy of our lovely day tours Phone 0413 741 556 or 9574 0218 (ah/evenings) www.cascadetours.net cascadetours@bigpond.com

Masters Swimming WA - bringing families together



Lizzie O'Brien 20th swim medal Lorne Pier to Pub

by Nadine Georgiades, project coordinator - Masters Swimming WA

MASTERS Swimming WA prides itself

on swimming for fitness, friendship and fun and that is certainly true for Lizzie O'Brien, Perth City Masters member. Lizzie started swimming at the age of

Lizzle started swimming at the age of 12 in her local Pier to Pub ocean water swimming event and this ignited her love of swimming.

It also formed a major bond between father and daughter with her late father discovering Masters Swimming in his mid 40s and the two of them competing against each other throughout her childhood.

As she improved, their times got closer together and she began to beat him on more than one occasion. They always argued over who got the better tides, as in open water swimming their age difference meant starting times were often a couple hours apart, and each could blame their times on those tides.

Later, when she had moved away from Melbourne, it became a great opportunity for her to go back and visit friends and family in Victoria. Lizzie still sees many of the people that she used to swim with at the event each year.

Lizzie competed in her 20th Lorne Pier to Pub swim this year, which shows you what swimming can do to bring people and families together. Camaraderie, common interests and a love for swimming is what Lizzie loves about being a member of Masters Swimming WA.

Memberships are now open for the 2019 year so why not visit our website www.mswa.asn.au and find your local club and starting swimming with likeminded people.

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Success Village

123/27 Pearson Drive, Success

With two large sized bedrooms, and a very generous bathroom, this corner Unit has a real feeling of space from the moment you walk in the front door. A lovely outdoor courtyard can be used for entertaining and enjoy the split system air-conditioning all year round in this newly renovated Unit.

For sale from: \$355,000



Success Village

84/27 Pearson Drive, Success

This spacious 3 bedroom Unit even has room for the grandkids! This home has open plan living, a large bathroom and second toilet matched with quality finishings. A lovely outdoor courtyard can be used for entertaining and enjoy the split system air-conditioning all year round in this newly renovated Unit.

For sale from: \$390,000



Success Village

≔3 **⋒**1

Unit 65, 27 Pearson Drive, Success

This 2 bedroom 1 bathroom home is perfect for somebody looking to downsize. This home has open plan living matched with quality finishings throughout. A lovely outdoor courtyard can be used for entertaining and enjoy the split system air-conditioning all year round in this newly renovated Unit.

For sale from: \$320,000

Call Adam 0431 795 686 for more information or visit scrosswa.org.au/retirement-villages

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Nourish and nurture your relationships this Valentine's Day



Rhonda Parke

by Rhonda Parker, CEO Alzheimer's WA

ON February 14, millions of couples from around the world celebrate Valentine's Day, showing their love and appreciation for their significant other with flowers, chocolates, cards and gifts.

One of my favourite times last year was Valentine's Day. I had the privilege of joining a Valentine's Day dinner dance with couples where one had a diagnosis of de-

mentia. I witnessed the hope and need to enjoy closeness with one's partner transcending illness and the changed roles that caring creates.

However, for many people Valentine's Day may trigger painful memories of a relationship that has changed after their loved one was diagnosed with dementia.

It is important to remind ourselves that it is possible to find ways to maximise your relationship and companionship through the journey of life with dementia, just as we do in other journeys through illness. I saw this at our dinner dance last year.

We all have certain ways we adjust and cope with change. A diagnosis of dementia will bring big changes to your life and to the relationships you have with people you

love. Although some of the changes will be painful, if we continue to stay open to the possibilities of change, we might begin to see what it can add to our life rather than just experience what we see it taking away. This is not to underestimate the impacts of a diagnosis of dementia.

It is a heartbreak each time, but it is important, as with other things in life, to remember the some things don't change – the constants that have characterised your relationship for years and decades.

It is hard to let go of how things might have been - the pressure of this for everyone involved can be substantial. The person with dementia feels the pressure of trying to be how they were, live up to a standard or expectation and feel a sense of failure and incompetence if they cannot. Change means change, and this means that things will not be exactly as they were. Although often challenging, acceptance can be a helpful and positive quality in times of change.

Try not to hold onto things as they used to be. Although some parts of your relationship might stay the same, some parts will change. This is inevitable and will happen with any big impact in someone's life. Embracing this change can strengthen and grow your relationship.

Many couples find that facing life's struggles together has strengthened them or added a new dimension to the love and companionship they share. Adversity produces strength in ways that complacency doesn't.

Being with a person with severe dementia requires us to cast off our norms and step into their world on a level of intimacy we rarely expect of ourselves. Dementia can teach us about being human

International author and dementia communication specialist Michael Verde writes: "The living human body is always communicating and thus is always longing for a loving response. People with dementia need to feel that they belong and matter no less than we do, and no amount of cognitive deterioration alters that biological and spiritual fact. Healing the disease of dementia takes love, affection and intimacy."

Acknowledge your feelings. They don't go away by being pushed aside or ignored. If we have

trouble acknowledging our own feelings, we may then also have trouble acknowledging those of the people we are supporting. Speak with a counsellor or someone who you feel safe and comfortable with, to share your vulner-

It can be easy to lose the essence of a relationship if it becomes all about functional care and day-to-day tasks. Finding ways to nourish and nurture your relationship beyond this will add to the quality of life for both of you.

Here are a few ideas to make your Valentine's Day special:

1. Look through old albums and find photos that bring back emotional memories

2. Bake a cake or cook a meal together

3. Go and see a romantic

movie or watch a romantic DVD

4. Take a trip to the florist and buy some fresh flow-

ers 5. Enjoy a meal out at your favourite restaurant

6. Enjoy a walk together 7. Most of all, remember the bonds that have held your relationship through the years, and celebrate all that has been and is.

8. Remember that someone living with dementia may not remember what you have said or done but they will always remember how you made them feel

Tell those you care about that you love them every day, not just on Valentine's Day. This includes, parents, siblings, children and friends as well as our spouse and lover. The greatest joy in life is to love and be

My mate - vale to Have a Go News' co-founder Quentin Smythe



Phil Paddon and Quentin on the delivery run to Jurien Bay in 2017

by Phil Paddon

I REGARD myself as a lucky person because I met Quentin when I became involved with the Seniors Recreation Council many years ago.

He was the quintessential newspaper man. To be with him or around his office when he was in full cry was something to behold. His right-hand girl (Judith Treby) was just as adept at sending back a fast, entertaining quin

However, life for Quentin came crashing down when he lost Judith, his soul mate and wife of 50 years in 2016.

Even with his family, his passion for *Have a Go News*, the Seniors Recreation Council, his church and lots of lovely friends, his life was consumed by grief

consumed by grief.

Quentin and I went on a monthly trip to Jurien Bay delivering his beloved paper Have a Go News. On those days he used to get as excited as a child as we em-

barked on our run and enjoyed camaraderie with the people we met on the road.

He loved chatting with the coffee girl at Gin Gin Brook roadhouse (as long as we made it by midday). The butcher at The Lobster Shack in Cervantes was another of his favourites.

But through the laughs and the chatting, grief would sit with him almost as though Judith should have been with us both.

Quentin's tales of courting

Judith and playing his trombone and the two of them riding their Vespa scooter heading for a gig in a jazz band would conjure up much laughter.

His tales of Golden Fleece service stations and the Firestone Tyre Company were also very entertaining, but so many stories were left untold.

My old mate – no matter what the death certificate says – Quentin I believe you died of a broken heart.

I'll miss you.



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You'll find Palace Cinemas upstairs at Raine Square, bordered by Wellington, William, Murray and Queen Streets in Perth.















Make the most of limited hearing ability - communication not isolation



Dianne Chapman, Barbara Alcock and Ona Rugayach are making hearing loss visible. They wear ear muffs to create awareness of hearing loss

by Frank Smith

HEARING loss comes with ageing for all but a lucky few. Nearly three quarters of people aged over 70 have at least some hearing loss.

Hearing aids provide part of the answer but communication by friends and partners hearing-challenged people can make life a lot easier.

Barney Clarkson of Better Hearing Australia (WA) says the four things that older people need to do to enjoy a long and healthy life is to keep moving physically,

keep your mind active, do something creative and socialise

He says some activities like joining a bowling or tennis club or dancing achieve a blend of all these.

For people who are hard of hearing lip reading classes and learning Auslan the Australian sign language provides a similar blend of activities.

"We run morning lip reading followed by a break for socialising at the coffee shop and then Auslan classes.

"It is good for the brain and covers all bases," he said.

Better Hearing Australia has compiled a of information sheets designed to help both the hearing challenged person and their communication partner develop strategies to imcommunication between them.

Strategies for the hearing challenged

If you tell people that you have a hearing problem they will be more likely to look directly at you when talking, speak clearly and they will not be surprised if you don't respond appropriately.

Let your communication partner know what you need to make a conversation easier. Watch the speaker's face, you can get a great deal from visual cues on the speaker's face.

If you need to ask someone to repeat what they said, make clear what you did hear so they don't have to repeat everything.

If you are having difficulty with a certain speaker, make polite requests. If they have a soft voice, ask them to speak a little louder. If they speak too fast,

ask them to slow down so your ears can keep up. If they turn away from you while talking, ask them to face you when they speak.

If you doubt you understood a message correctly, confirm with the talker what you heard. However, if you are lost in the conversation because you did not hear, you should say this as soon as possible.

Even with hearing aids, hearing may be difficult where there is lot of background noise because they amplify background sounds as well as conversation.

When socialising with friends choose a quiet environment at a time when it is not too busy and try to choose a less noisy posi-

Be patient with yourself, family and friends and people you encounter throughout the day. Don't blame yourself or others for your difficulties.

Advice for a communication partner

Couples have to learn that they cannot communicate as easily now as they did when they were young and need to adapt to the new situation.

If you are talking with a person with a hearing loss, do not shout or exaggerate your mouth movements. Speak a little more slowly and a little more loudly, in a natural voice.

Face the listener. If you have your head in the fridge, under a range hood or are in the next room you are unlikely to be heard.

Listeners will benefit by being able to watch your lips, so do not cover your mouth.

If your listener has missed something you said, repeat what

said one more time, using clear, but not exaggerated. speech. When giving directions or instructions, ask 'does that make sense?

Although it may be difficult for you to converse with someone who has a hearing loss, it is a greater

challenge for that person. WA Hearing Day is on Tuesday 26 February. The main event is a Q&A session 'Communication not Isolation'.

Similar events will be run by local councils. The events are designed to raise community awareness of hearing impairment and ways to protect hearing from the damage caused by loud noise.

It also provides an opportunity for individuals who have a hearing loss to share their experience and help to create a greater understanding of their needs and aspirations.

Glorious Kimberley on show in new exhibition by Josephine Allison

continued from front cover

"There is also a network of art centres across the region that the gallery could work with to build a closer connection to artists in the Kimberley.

Curators hardly ever get to visit artists in their home town and we often only see or meet each other when we are all at the same exhibition elsewhere. This exhibition and the research project were about strengthening that relationship and connection with artists and art centres in ways other than what we already do and, hopefully, they also found it beneficial.

'Now I have met a number of artists in the exhibition and it was only in the past year that I got to travel to different parts of the Kimberley with former gallery staff member and support officer Geraldine Henrici. She was based at our Broome office to ensure artists across the region had someone to contact closer to home. At the start of the project, the artists said they would like a major exhibition of their work at the Art Gallery of WA - a solely Kimberley art show.

"Gallery staff were fully on board with this idea as an exhibition can be a great way of engaging with artists and supporting long-term growth of, in this case, the arts industry in the Kimberley. We wanted to ensure that artists and arts workers both had opportunities to grow and personally develop, something often impeded by distance.

Galatis says she did a fly-buy through the Kimberley, collecting art works to be transported to Perth.

"It was a big undertaking, I had been up and down to the Kimberley last year, helping develop art works in most groups.

"Some artists had trouble starting and having a concept because of the sheer amount of work, so I was able to support the process and report back. Many of the art centre commissions were quite different and the making of a work would take a month - in some cases six months.

"In once instance, 30 artists worked together collaboratively on one large installation and, in another, 15 artists all took something and made it individually but came back together to form one collaborative work around the same

"Dementia and palliative care patients were also included. We ran workshops in residential aged care to ensure they were not left out. We had children working on projects. The elders in the community considered it important that if they were working with a state institution there should also be a means to teach young people about their culture and new artistic mediums.

"A lot of the commissions, though experimental, were directed by older people who used it as an opportunity to teach broader audiences and their younger generation. For example, we had old people making animation and young men making coolamons (an Aboriginal container made of wood or bark).

"Everyone across the Kimberley was invited to take part.'

Desert River Sea: Portraits of the Kimberley runs at the Art Gallery of WA until 27 May. En-

HEARING AWARENESS WEEK 2019 Sunday 3 to Saturday 9 March

COMMUNICATION NOT ISOLATION

Hearing Awareness Week 2019 activities are for people affected with hearing impairment and/or loss, their family, friends and anyone interested in learning more about hearing impairment and hearing health.

HEARING AWARENESS WEEK MAIN EVENT:

Deafness Council Q+A with Moderator Geof Parry of Channel 7 News and a panel of community representatives. Tuesday 26 February @ 8.45am

"Communication not Isolation" - The best strategies to help with your hearing loss **Topic**

Where Boulevard Function Centre, Floreat Forum

deafnesscouncilwa@amail.com

Q+A and Presentations are open to the community, please see further information at www.deafnesscouncilwa.org.au

FOR FURTHER HEARING AWARENESS EVENTS PLEASE CONTACT:

ACCESS PLUS WA DEAF

Free Auslan Coffee + Chat Saturday 23 February 10-11am Free Baby Sign Class Friday 1 March 10-12noon Email enquiry@accessplus.org.au for more information and to rsvp

AUSTRALIAN HEARING

The Australian Hearing Bus will be at Floreat Forum on Tuesday 26 February 8.45am-3pm offering free hearing checks.

BETTER HEARING AUSTRALIA WA

Better Hearing conduct Lip Reading and Auslan (Sign Language) Conversation classes on Tuesday mornings during the year, as well as holding social activities.

For further information visit www.betterhearingwa.org or phone 0455 224 292

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EAR SCIENCE INSTITUTE

Lions Hearing Clinics will provide free hearing screenings for the month of March.

EARBUS FOUNDATION

Unsure about your hearing aids or hearing test? Consult our audiologist for free, independent advice. We do NOT sell hearing aids. Bookings essential, places limited. Wednesday 6 March only. Call 9328 4574

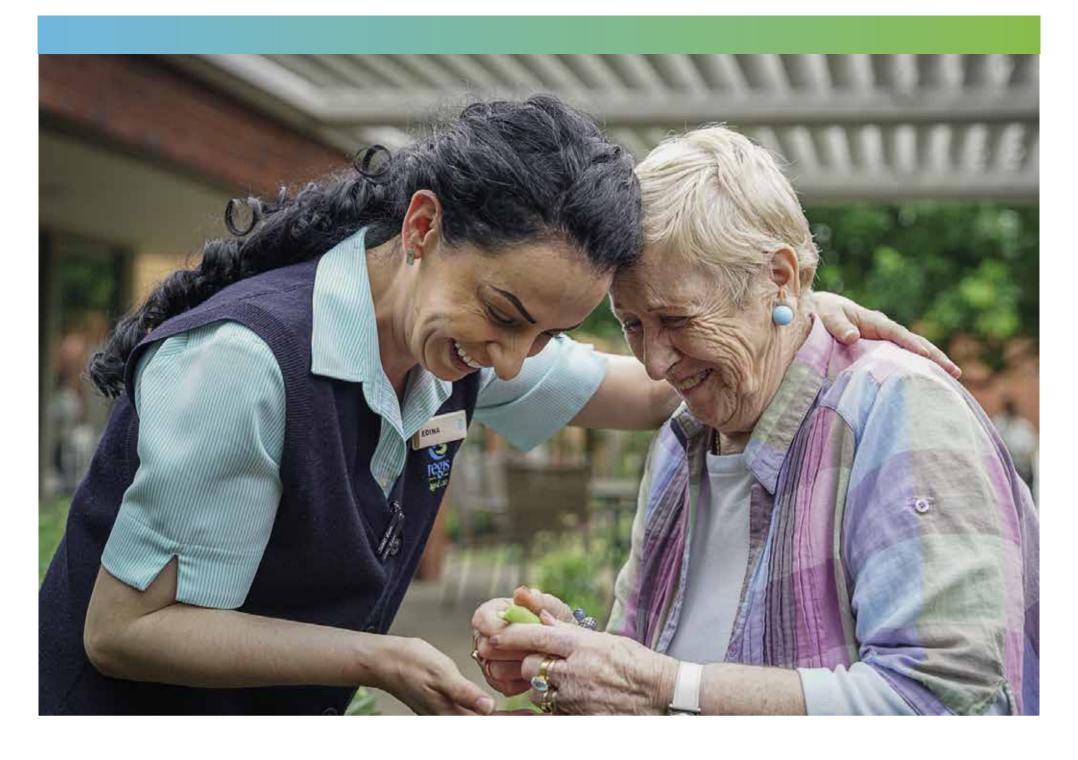
TELETHON SPEECH & HEARING

'Loud and Clear' for Early Year Educators Free presentations around speech and hearing milestones Tuesday 12 March Email speech@tsh.org.au or phone 9387 9888 for further information









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Call **1300 998 100** Visit **regis.com.au**



TV Talk with Lee Tate - television viewing can be murder...



TELEVISION viewers love nothing better than a good murder mystery.

Ratings across the world show murder and crime star among the small screen's top programs

Murder programs are as thick as thieves. The great Agatha Christie set the benchmark for murder plots - stories followed to this day.

Frankly, we swamped with murder/ violence programs. I scanned the TV guide for just one week and turned up all these:

Murders, Midsomer Murder Mysteries, Murdoch Mysteries, Murder Blue Murder, Silent Witness - Copycat Murder, Prime Suspect, Revenge (movie), Major Crimes, CSI: Miami, Criminal Minds, Killer Tapes, Law & Order (a family is murdered in their sleep), Bones (a couple is discovered dead), Horror

Movie series, Poirot. Sherlock Holmes, Father Brown (a woman is accused of murdering her father), Death in Paradise.

In TV-land, bodies are dropping all over the place: men, women, children, pets, enemies, friends, wives, husbands, partners, politicians...

They are shot, hanged, poisoned, run-over strangled, drugged and anything else that pricks the imagination. These days, little is left to the imagination. Drama and gore have snowballed crept up on us like thieves in the night.

There are even murder comedies and cartoon murders.

It does make you wonder. Where do we draw the line? We know children and certain people - nutters perhaps - are influenced by what they see, sometimes - too often - with tragic copycat results.

The issues - crime, blood and guts - are not new. Far from it, ever since Shakespeare made a sensation of murder. Seniors know the issues, our generation introduced laws, regulations and promises from TV networks about programming, content and foul language.

happened? What's It's free-for-all murder-and-mayhem viewing - day and night. Open slather. Foul language is a programming mainstay. But is it what we want? In the big picture, we know it does us no good and sometimes a great deal of bad - even deadly behaviour.

"I'm amazed at what you see on television,' says actor Michael Caine, star of more than 100 movies.

"People seem to glory in it and that scares me. Violence has consequences... it's sort of pornography."

And as to movie characters belting and thumping each other, Caine says: "People are struck time and time again and the next time appear they sport a bit of elastoplast, not even a black eye or missing

"If you were a real victim of the violence you see in some films, you would be in hospital or dead.

"I'm worried by the sorts of computer games kids play these days when their characters smash someone over the head and there's no blood. What sort of a generation are we bringing up?"

Murders and massacres are part of our viewing lives, not only in the who-done-its but regularly on the nightly TV news and even in kids programs.

Governments, seemingly, aren't going to get tough. But they will act if there's enough noise from the public. Is it what we want and are we prepared the pay the price by inundating our lives with violence and negativity? The public silence is deafening.

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Find the secret word to win a \$200 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. Captain Cook Cruises
- My Delicious Cakes & Decorating
- 3. Gypsy Jazz Festival
- 4. Aussie Redback Tours Kings Tours and Travel
- 6. Beachside Prevelly Villas
- Affinity Tours Australia
- 8. You Plate it 9. Alchera Living

10. The Richardson Aged Care

11. Skids Swimwear

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

Congratulations to Erica Ward our November 2018 winner.



Leading expert talks on stem cell nutrition in Perth

A WORLD expert on stem cell nutrition, Linda Hoggard, will be in Perth Saturday 16 February to give a free talk.

She is a firm believer in the use of stem cell nutrition after personally discovering that the product helped her live a more positive and healthy life following an unwell childhood. She has also been using it in her busy clinic for the past 10 years.

Linda decided to help other people understand how to release more adult stem cells to heal their bodies naturally and she now travels the world telling her story. So, we are very lucky that she has agreed to come to Perth to share her expertise and knowledge.

"Stem cells are the natural repair and renewal mechanism of our bodies. We need them daily as our bodies are constantly

breaking down, however as we age our natural release rate of adult stem cell drops," says Linda. "As much as 45 per cent by the age of 35, 50 per cent by the age of 50 and 90 per cent by the age of 65.'

Adult stem cells turn into any type of cell our body needs for

"If you take only one supplement, this is the one that I recommend, it is anti-inflammatory, mood enhancing and nutritious with 67 vitamins and minerals.

"I encourage everyone to come along to the talk, so you can hear how powerful stem cell nutrition is and how adult stem cells work and repair the body."

For more information on how stem cell nutrition can transform vour life or to book for the talk. phone Sandra on 0412 479 156.

Retirement living at its best

Retirement is a new beginning to be enjoyed - one where you choose the way to live your life. At Southern Cross Care we recognise this. In selecting one of our retirement villages, you will be part of a community that embraces independent living. You will be able to live an active healthy life that offers an aspirational lifestyle, safety, security and peace of mind - right at your door step.

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Foley Village is a modern, state of the art retirement village featuring a total of 86 terraced Units with either two or three bedrooms. Located just six kilometres from Fremantle, a public bus route is conveniently located just outside the village. The village offers an abundance of social activities and is close to the local Catholic Church and shopping centre. Foley Village is pet - friendly, so you can bring your fury friend with you!



Foley Village

Villa 9, 84 Collick St, Hilton This stunning 2 bedroom 1 bathroom

Unit has quality new fixtures and fittings throughout. This home has open plan living, air-con and a private backyard with a grassed area.

For sale from: \$365,000



Foley Village

Villa 48, 84 Collick St, Hilton

This 2 bedroom, 2 bathroom Unit has a large main bedroom with walk in robe, en suite bathroom and air-conditioning. The living room and kitchen has a feature skylight, airconditioning and a computer nook is adjacent to the living room. A second bedroom with semien suite bathroom and laundry with shopper's entrance from the single, closed in garage, makes this a very desirable home.

For sale from: \$529,000



Foley Village

=2 **1**2

Villa 35, 84 Collick St. Hilton

This stunning 3 bedroom, 2 bathroom home is the largest Unit in the beautiful Foley Village. With open plan living, double remote garage, air-conditioning and a spacious outdoor area, this Unit will sell quickly!

For sale from: \$610,000

Call Adam 0431 795 686 for more information or visit scrosswa.org.au/retirement-villages

Southern Cross Care[†](WA) Inc.

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₽3 **⋒**2

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The Bradford Exchange proudly introduces this fine jewellery exclusive



The pendant arrives in a velvet jewellery pouch and gift box along with a Certificate of Authenticity



Sparkling Faceted Emerald Accents the Bail

25-carats of genuine emerald!

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A rare and magnificent fine jewellery treasure

Worn by emperors, favoured by Cleopatra, and seen glittering from the Crown Jewels, the emerald has been cherished for centuries. It is believed that those who wear emeralds are blessed with wisdom, good fortune, and joy. A Bradford Exchange Exclusive design, the "Nature's Treasure" Emerald Pendant features a rough-cut, natural emerald that has been tumbled until smooth and polished to bring out its lustre. The 25-carat drop hangs from a 46cm sterling silver chain. The large emerald

is complemented by a beautifully-cut, faceted emerald which sparkles from the sterling silver bail.

An Exceptional Value; Satisfaction Guaranteed

Respond today to acquire your pendant for \$199.95 or five instalments of \$39.99 plus \$19.99 postage and handling, backed by our 120-day guarantee. Send no money now. Simply complete and return the coupon or go online today at www.bradford.com.au/glamour

> Shown larger than actual size Pendant measures 3cm high:

> > 01-16472-001

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Please Respond Promptly

YES! Please reserve the "Nature's Treasure" Emerald Pendant for me as described in this advertisement. I understand I need pay nothing now.

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Signature:

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

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Seniors Recreation Council Jottings Seniors Recreation Council of WA Inc. THANK YOU VALE: 15/10/1935 - 31/12/2018

VALE: Quentin Smythe, 1935 - 2018

Quentin was a foundation member of Seniors Recreation Council of WA, during his time with the council he held roles including board member, vice president, treasurer, mentor, friend and supporter. He was involved in the planning and development of many of SRCWA's programs and services including, Have a Go Day, Club Management Awards, LiveLighter Activity Information Days and LiveLighter Aged Care Games. Quentin, through Have a Go News, was also a major sponsor of everything that SRCWA has produced and organised over the years. He was a true gentleman and was loved and appreciated by everyone, he will be greatly missed and will always live on in the hearts of the SRCWA family. Our thoughts go out to Jen, Dingo, Tahlia and all the family at this sad time.

SRCWA Rockingham branch, Have a Go Day, a LiveLighter Event

On Wednesday 17 April, Seniors Recreation Council of WA's Rockingham branch is conducting a Have a Go Day at the Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro from 10am to 2pm. This free event will showcase clubs and groups from Rockingham and surrounding areas. There will be a variety of activities to 'have a go' at and many static displays. Any clubs, groups, community organisations or businesses that would like to attend on the day can 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 and Cultural Industry and Dept of Communities.

Pole Walking

The purpose of this exercise is to use two poles, often called hiking or trekking poles, to add a new dimension and use up extra energy when walking. Pole Walking is an easy, efficient and low stress activity that provides a total body workout. Users get a greater increase in muscle endurance and toning in their shoulders, back, chest, upper arms and abdominals. The poles provide stability and add more 'spring; into steps as they push along. The use of poles helps to reduce stress in the knees and other joints. Pole Walking loosens up tension in neck and shoulders and is beneficial for those who sit in one position most of the day. Posture improves with the correct technique and it is up to 40 per cent more effective as an exercise than regular walking. Oxygen intake increases significantly, and heart rate is 5-17 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

The Winter Wonderland Ball will be held in the Astral Ballroom, Crown Perth on Wednesday 5 June, from 1pm to 4.30pm. Afternoon tea is provided with the entertainment featuring the live band Satin Doll and afternoon floorshow. Tickets cost \$37.50 per person. 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 to attend these events, please call the SRCWA office on 9492 9774 and provide your contact details so you will receive advance notice for registration.

Key Diary Dates for 2019

Healthy Lifestyles Expo 2019, Leisure Fit Melville

17 April Rockingham Have a Go Day,

a LiveLighter Event, Aqua Jetty, Warnbro Sound Ave, Warnbro 5 June Annual Seniors Winter

Wonderland Ball, Astral Ballroom, Crown Perth.

10 to 17 November

29 March

WA Seniors Week

13 November Have a Go Day,

a LiveLighter Event, Burswood Park Great Eastern Highway, Burswood



Rediscover the Swan River on a Captain Cook Cruise



PERTH is even more beautiful and relaxing from the water than on land.

Captain Cook Cruises are the experts in Swan River cruising experiences with a wide selection of day and evening cruises; visitors can choose between unique wine cruises departing daily from Perth to vineyards in the

Swan Valley as well as shorter scenic and lunch cruises from Perth and Fremantle.

Captain Cook Cruises is the most experienced cruise operator on the Swan River, with a dedication to providing the best service and experience possible.

Located in the Elizabeth Quay precinct on Barrack Street Jetty, they offer a chance to relax afloat and soak in the beautiful Swan River that we sometimes take for granted.

The full day Swan Valley Gourmet wine cruise is the only experience in Australia that will take you from a busy capital city to a prestigious wine growing region and back all in the one day. This unique cruise offers an unforgettable visit to the award winning Sandalford or Mandoon Estates. Chosen as one of the top 10 experiences in Australia by Trip Advisor; this cruise offers the full experience - morning tea, wine tasting, gourmet lunch,

river commentary, entertainment and more. Captain Cook Cruises also offers 75-min-

ute cruises with or without lunch between Fremantle and Perth, half day Upper Swan lunch, twilight cruises or enjoy the evening on a dinner cruise - complete with mouth-watering West Australian food and

Discover the best that the Swan River, Perth, Fremantle and the Swan Valley have to offer with Captain Cook Cruises and rediscover your river. Prices start from just \$27.

To see the special offer for Have a Go News' readers see advertisement on page 7. WIN WIN WIN

Thanks to Sealink's Captain Cook Cruises we have a dinner cruise for two people, valued at \$230 to give away to a lucky reader. To be in the draw simply email win@haveagonews.com.au with Captain Cook in the subject line or write to Captain Cook Cruises competition, C/- Have a Go News PO Box 1042, West Leederville 6901. Entries close 15/3/19.

Often there's no will - but that should not be the way



by Jennifer Merigan

LAST year when we surveyed our readers 17 per cent of respondents (about 30,000 people) said that they didn't have a current will.

With Wills Week being held from 10 - 16 March Have a Go News wants to remind people about the importance of having documents pre-

Preparing a will reminds

CELEBRATING

100 YEARS

us all of our demise, but it's important also to ensure that your wishes are followed through for your beneficiaries.

It's important to think about Guardianship and an Advanced Care Directive and nominate someone you trust to make decisions on your behalf if you become incapaci-

With the prevalence of second marriages and blended families it's necessary to update docu-ments following major life

When you marry or remarry your existing will becomes invalid and that means your new spouse will probably inherit everything if you don't have an updated will. A properly prepared document will ensure all family members, including previous children are provided for.

If you are living in a de-facto relationship, have the same discussions and preparations as if you were married, or prepare a pre-nuptial agreement to ensure adequate provision for each other and your families.

As people are living longer, updating and reviewing your will has become increasingly important. 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 or more years.

Moreover, If you get divorced it automatically revokes and invalidates any will made while you were married.

A properly prepared will and other end of life documents provides peace of mind for you and your family. See below for a selection of lawyers who specialise in end of life document planning.

The Public Trustee is running free community seminars on wills and planning ahead.

The talks will provide advice and enhance understanding surrounding deceased estate and financial administration processes, as well as other helpful information such as having an Enduring Power of Attorney and Enduring Power of Guardianship in place, advance health directives and safeguarding against financial or elder abuse in later life.

During February the Public Trustee will visit the south west to host seminars starting with Busselton on 18/2, Manjimup on 19/2 and Bunbury on 20/2. Phone: 1300 746 116 or visit www.trybook ing.com/ZFTG to register.

During Wills Week from 10 - 16 March the Public Trustee will host free wills and estate planning seminars around the metropolitan area including visits to Armadale, Bentley, Cockburn, Joondalup and several in the CBD. Bookings are essential. Phone 1300 746 116 or visit www.try booking.com/ZIDS



We specialise in:

- Wills & Estates
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"The subject of death and wills can

be guite confronting to deal with,

For an initial one hour consultation with an

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and accommodating'

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however HHG's approach was soft

Worried about the hassle and stress of making a will?

WILLS WA make the whole process easy and stress free. A mobile lawyer from Wills WA will come to your home to assist you with your will and other important

This removes the stress and inconvenience from the will-making process.

Lawyer Sigi Cohen appreciates that it can be difficult, time-consuming and expensive to go to a law office in the city or elsewhere, and not everyone has the time or access to transport.

For this reason a mobile wills service is an easy and relatively inexpensive option.

Your wills and other documents can be drafted in the comfort and convenience of your own surroundings.

Whether you live at home, in retirement accommodation, in an aged-care facility or even if you are in hospital, Sigi will be happy come over and meet with you any day, seven days a week, to draft your will, enduring power of attorney and enduring power of guard-

The mobile service is offered to all, including pensioners, singles or couples, working or retired. Wills WA offers pensioners a discounted price.

For further details visit www.willswa.com.au or call Sigi on 0424 613 700.

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classes AND courses

Village Hub fosters better ageing as more Australians live to 100



Minister for Senior Australians and Aged Care, Ken Wyatt

AUSTRALIANS are living longer, with more people reaching 100 years of age than ever before.

Although our longevity has increased, we still need to work on planning for later life to ensure those extra years are quality years, said Ken Wyatt, Minister for Senior Australians and Aged Care, at Connect Victoria Park's Village Hub first birthday celebration.

He said that today, between 3,500 and 5,000 people aged over 100 years of age live in Australia. By 2050, there will up to 30,000 people of that age.

'Organisations like yours [Connect Village Hub] enable people to fully realise the enjoyment of life," he said.

Mr Wyatt visited Connect Victoria Park last month and joined members of the Village Hub at a high tea to celebrate their achievements in their first vear of operation

The Village Hub is an innovative and member-driven program that is changing the face of ageing by offering people aged 55 and opportunities to connect, be active, develop their interests and contribute to community.

It is an initiative of Connect Victoria Park and received seed funding from Lotterywest and the Town of Victoria Park.

"We need to focus on better access to aged care and quality care but, more importantly, better ageing", said Mr Wyatt. "We don't have those discussions in this country. We talk about football and cricket, but we don't talk about what happens when we take that journey to 100 years.'

He said many older Australians end up lonely and socially isolated as the ties that connected community in the past break down.

"What I see overseas are people in their 90s still active. Our farmers in the bush are still working. But in Australian cities there are people 65 years of age in aged care facilities wasting away and you are breaking that mould by getting involved," he said.

Mr Wyatt joked that he himself would like to attend some of the Hub's activities, such as the Improving Sleep seminar, as he could use some help in

that area.

The Village Hub has an extensive calendar of courses, classes and activities. In its first year of operation, its members danced, exercised, volunteered, cooked, walked, cycled, did creative writing, and even discussed local solutions for climate change. At the end of 2018, the Hub counted 200 members. The target for 2019 is to reach 400 members.

"What you've done is you've taken away the notion that I live in the suburb of Victoria Park. What you're talking about is: 'I live in a community in Victoria Park where we have fun, where we connect'. You're talking about the very thing that centres on you as an individual being part the lives of others, said Mr Wyatt.

Mr Wyatt reminded Village Hub members that knowledge skills.

and ability to contribute to community are absolutely important in the future that we have going forward as

a nation. Village Hub members are beacons for his mission as a minister: "to have more similar hubs where

we reengage people with each other.3

If you would like to find out more about Vic Park Connect email village@ connectvictoriapark.org call 9361 2904 or visit 5 Mackie Street, Victoria

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Getting the balance of mind and body right



ANGELA Freychet (pictured above) grew up in country Western Australia, and has lived abroad in Japan, India, Norway and France.

She has a BA in education and 23 years experience teaching yoga and meditation and she is also a certified hypnotherapist with the National Guild of Hypnotists of America.

Her background is in Hatha yoga, which she studied in Rishikesh and Bangalore, India.

learned She quickly that the traditional yogic postures of the east were not so easily accessed by Western bodies and began to seek out other modalities including - Feldenkrais, Bio-Energetics and Vipassana meditation.

She also received many hours of supplementary training through contact with chiropractors, physical therapists, and doctors.

Angela has taught yoga, meditation and hypnosis in schools, prisons, hospitals and in the private business sector, and has given hundreds of private sessions, workshops, and classes, motivating, inspiring, and supporting people on their journeys of healing and self-discovery.

Angela says that more people are seeking yoga, meditation and hypnotherapy for stress relief.

"There are many effective and very simple techniques available to us that can quiet the mind and re-establish the connection with ourselves. By taking the time to pause, and by caring enough to give attention to the way we feel, we tap into a place within us that is innately peaceful. When we do so, we give one of the kindest gifts we could give ourselves."

Angela holds yoga classes in Carine, and has a hypnotherapy practice in Nedlands.

For more information, contact Angela on 0424 65 99 33 www.mindbody maintenance.com.au

Have you ever square danced?

MODERN Square Dancing has a long, proud tradition of more than 50 years in Western Australia. Thousands of dancers have enjoyed the fun, the friendship and the music of more than 100 call-

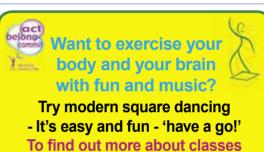
Some current dancers have been active members throughout this time and two callers have just notched up their 50th year.

The Square Dance Society of Western Australia is inviting anyone who has square danced at any time in the past to join current dancers at a reunion dance on 9 March. The afternoon will be a great opportunity to catch up with old friends, reminisce over club memorabilia, enjoy the music old and new - and even get back on the floor to dance again. Callers will do some easy brackets to assist with distant memories.

All former square dancers are welcome to rekindle the enjoyment of earlier times and to experience the new music and calls. New songs are being converted to square dance calls all the time, so there will be lots of new music to entertain, whilst also meeting new dancers.

The reunion dance will be held on Saturday 9 March at the Midland Town Hall from 1pm. Entry is free to all and a complimentary afternoon tea will be served.

Assistance with transport could be possible. Phone Janice on 0410 818 732 for more information and any assistance.



phone Steve 0419 900 441 or 1800 643 277

www.squaredance.org.au

"Square dancing is fun and friendship set to music"



Easy-to-learn dance steps | Great music Low physical impact | Lots of fun Cost is only \$8 per class! MONDAYS 9.30am - 10.30am

WEDNESDAYS 9.30am - 10.30am FRIDAYS 10.30am - 11.30am at WA Stage School - Unit 6/2 Mulgul Rd, Malaga **Enrolment and more information:** 8558 | Email: reception@wastageschool.com.au





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Healthy Lifestyles Expo

LeisureFit Melville

Friday 29 March 2019 10am to 2pm 431 Canning Highway, Melville

Free entry and light refreshments.

Free **Event** Age Friendly Initiative

Come & enjoy a wide variety of static displays, activities, health checks, discussion corner & try something new. For more information contact your relevant council office

Melville: Fremantle: 08 9364 0666

08 9432 9999

Cockburn: SRCWA:

or visit www.melvillecity.com.au/over55expo

08 9411 3877 08 9492 9773











Cake decorating classes...



Daisy Biscuit Bouquet

16 March

12.30pm-3.30pm

Learn techniques on how to pipe and make royal icing look smooth. You will also make small accessories to create the cutest and yummiest daisy biscuit bouquet centre piece.



Chocolate High Heel Shoe

27 March to 10 April

Wednesdays 6pm-8pm

Learn to make an edible chocolate high heel shoe. You will be taught to use a polycarbonate chocolate mould, piping techniques to decorate the shoe, plus make hand-filled painted chocolates.

Bookings are essential phone 9418 5929

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Let's GO MOTORING

Tony McManus is reflecting and reminiscing driving the new Toyota Hybrid



by Tony McManus

WE revisited the 70s and 80s, at Phil Collins Not Dead Yet concert in Perth last month. What a fantastic show and notwithstanding what others may have thought, two hours of joyful songs and remarkable musicianship.

Then Western Australia's best Uber driver drove us home in a new Toyota Camry Hybrid. And all the while, Phil's encore song, Take Me continued to Home. pound my chest.

For a moment, everything seemed right with the world. The concert, then the drive home to suburbia felt reassuring. It reminded me of a happier, more carefree time.







Left to right; Toyota Corolla Hybrid 2019 - Toyota Camry Hybrid 2019 interior - Toyota Camry Hybrid 2019

It's what great pop/rock songs and concerts do take you back.

Were the 70s and 80s really a better time? Or is nostalgia not what it used to be?

Speaking of special memories, going back, there have been dozens of outstanding television and radio, car commercials; some still resonate today. Toyota were and remain, masters of fantastic and wildly effective marketing campaigns. One of the most notable around

1972 was sung by Matt Flinders; When I was just 18, It Was a Very Good Year. Toyota sold a stack of Celicas, and Coronas, all the while encouraging us to aspire to Cressida or Crown

That brilliant, memorable Toyota campaign was based on the song, It was a Very Good Year, composed by Ervin Drake in 1961 and originally recorded by Bob Shane with the Kingston Trio. It was later made famous by Frank Sinatra's version in D minor, which won the Grammy Award for Best Vocal Performance, Male in 1966.

I was humming the song several times last week while driving, new Toyota Corolla and Camry hybrids.

2019 has begun as a very good year.

Both felt immediately comfortable to drive; both look great. Camry has design overtures from Lexus and it didn't feel boring. That would have been unimaginable only a couple of years

ago. It looks nothing like the Camry of old, but is still reassuringly sensible, as are all Toyotas. There was only a hint of undeclared elegance. Who would have thought that?

Corolla Hybrid that was the real surprise, funky looking with a fantastic cockpit. Quiet and fun to drive, but it's not a track car. Most who commented were full of personal Toyota Corolla stories. And there were many of them. All were surprised to learn

its available as a hybrid. I guarantee Toyota will address that during the coming footy season.

If you find the whole global conversation electric cars around confusing, perhaps even a little confronting, you're not alone.

If you ever test drove a Prius then thought: computer said no, you can happily forget everything you formerly understood. It's safe to relive those very good years, now with a greater sense of style, comfort, affordability; all with a touch of class.

Toyota does technology well. It's no secret the world is moving quicker and with more uncertainly than ever, but for now, I can confess, that hybrid is the go when combined with Toyota's certainty, charm and a confident

2019 has begun a very good year. As an owner of new Corolla or Camry you'll be in for some very good years: "Oh what a

GREAT HOME and GARDENING

If you love plants or gardens it may be time to join a gardening club...







Gardening clubs are a great way to meet people, LtR; Geranium & Pelargonium Society of WA - Cacti and succulents - African Violet Society of WA Inc

by Colin Barlow

WITH the advent of the computer but more importantly the internet, it can be easier to sit at home and Google away to get all the information or social interaction you require, but is this really good for you?

Surfing the Internet and social media can be good when controlled or used in moderation. If

you enjoy or love plants and gardens, you can see them on the internet and screen, but nothing beats the real thing - touching and smelling plants or just sitting or walking through gardens and enjoying their beauty and ambience.

There are many health benefits to gardening as we age gracefully and head to retirement. Gardening is a hobby that

needs to be nurtured, rather than a chore to be undertaken. Getting your hands dirty is good for

Including gardening your daily life improves heart health and reduces the risk of stroke, particularly for those over sixty years old. Around 30 minutes a day in total is recommended, which may be split into smaller

There is also the added benefit of Vitamin D from sun exposure, during cooler periods to help moderate ward off cold symptoms and keep our bones strong. But don't forget activities in the sunscreen if working outdoors.

> plants and their own food usually eat healthier than non-gardeners. Consuming fruit and vegetables in season is good for our digestive systems and a great way to get kids into gardening and back into nature. A little dirt under the fingernails is good for

segments as time allows.

our immune system and may help reduce allergies

and asthma. Gardening is one of the few activities that you can participate in regardless of age and is a terrific way to engage and interact with other people. Gardening with your children or grand children is another enjoyable way to spend quality time with your family.

Garden clubs, societies, community gardens, allotments and school gardens are a number of ways to meet other people. Most have monthly meetings.

The best place to find out what gardening clubs are near you is to check out the member page of the WA Horticultural Council at www.horti culturalcouncil.com.au/ members/. You can also get in touch with them through your local council or school for commu-

nity gardens. Working or just enjoying being in a beautiful garden or green space will also help you to relax and increase your sense of achievement and well being.

An Australian study in 2006 on how lifestyle factors affected onset of dementia reported a 36 per cent lower risk of dementia for those who participated in gardening activities. The combination of a sense of personal achievement, the stimulation of both p cognitive activities set in natural surroundings, is good for us all.

People often ask me how do you know so many plant names? I have always been interested in plants from a very young age and I tell them that there is always something new to learn and to try out with gardening, so by learning about plants it keeps your brain and body active. What better place is there to be than out in touch with nature?

So go out meet some new people and do a bit of gardening in 2019. It is good for us all!

Love your plants

The end of summer is the time to plan ahead for a bumper spring show and to enjoy a little plant

February brings Valen-

galore to choose from. My favourites are the exotic looking new mini Phalaenopsis orchids, which look classy in a vase, terrarium or mini garden. These orchids are also easy to care for and to rebloom later on. Houseplants in decorative pots and containers make a designer gift for interior decorating at home and will help to clean the air and improve the health of your loved ones too. There is nothing more exciting than a plant sale. Luckily for us the best

tine's Day. It is the perfect

chance to express your love for those close to

your heart. For garden lovers there are orchids

plant sale in Perth - The Garden Clubs & Societies Fair - will be held on the 23 - 24 of February at the South Perth Communit Centre on the corner of South Terrace and Sandgate Street in South Perth. Participants will be showcasing their plants and products which in-

clude African violets, bromeliads, bulbs, cacti, chrysanthemums, clivias, cottage garden plants, cycads, ferns, frangipanis, gerberas, hibiscus. hoya, iris, orchids, palms, pelargoniums, roses, succulents and wildflowers.

There will also be garden tools and books and gifts available. Entry is \$5 for adults 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 visit www.horticulturalcouncil. com.au.









let's go travelling







A GROUP of 40 Have a Go News readers celebrated Australia Day by participating in the Antarctica Day flight aboard a chartered Qantas aircraft.

Ably led by Tahlia Merigan, everyone enjoyed this unique experience. The plane departs early it takes about four hours to go south, then it's four hours flying across the expanse of Antarctica and four hours home. The feedback we have had from our group has

been wonderful, from amazing service to once in a lifetime views and lots of great information. See page 51 for photos of the group.

We will be taking another group for the next flight which is in 2021. Check out our website for some more stunning photos.

Emirates have announced that they are cutting back flights from Perth to a single flight per day. They have also announced that they will be changing their luggage allowances from the standard 30kg to 15kg or 25kg depending on the ticket booked. Check with your travel agent before booking to ensure you don't get caught out.

We stayed in touch regularly and Ann and her husband Geoffrey hosted annual tours to France each year which we promoted in our pages. Ann was a vivacious, talented and inspiring woman who I very much

I extend a farewell to

travel writer and author

Ann Rickard who passed

away in January. I had

the pleasure of meeting

Ann when we travelled

to Malaysia many years

ago and again when she came to Perth and

we held a book launch

of some of her hilarious

travel books.

Research from travel insurer Get Going lists

admired and I send my

sincerest condolences

to her husband Geoffrey

and her family.

the places which people are most likely to catch a bug. These include India, Kenya, Peru, Indonesia, Sri Lanka, Thailand, Dominican Republic, Mexico, Costa Rica, Cuba, Egypt and South Africa. The bugs which most travellers are exposed to include Hepatitis B and C, malaria, dengue fever, typhoid and yellow fever. Most of these are transmitted through contaminated food and water (or ice), poor sanitation, human mosquitoes contact, and money.

It's a reminder to ensure that you visit your doctor before you travel and have the necessary injections, take antibacterial wipes or gel, wash your hands after handling money and ensure

you have an effective insect repellent. ***

If you have a travel issue, would like a particular destination featured or want to share some information, don't hesitate to contact me on my email.

Our website has lots of great travel information updated regularly and I encourage you to take a moment to visit it at www.haveagonews. com.au

Happy trails

Jennifer Merigan **Travel Editor**



Gypsy Jazz Festival at Waroona



Guitar legend Hank Marvin

by Frank Smith

WAROONA, a lively country town just 110km south of Perth, is host to the two-day Gypsy Jazz Festival during the March long weekend.

The Festival takes

place at Drakesbrook winery. The winery is in an idyllic lake-side setting on the edge of the Darling Scarp with views right across the coastal plain to the Indian Ocean.

The winery was totally destroyed in the massive bushfires that spread and totally destroyed the nearby town of Yarloop just three year ago. Its rebuilding is a tribute to the courage and perseverence of owner Bernie Worthington.

A gypsy theme Djan-go Festival Village has been set up in the winery grounds. There will be daytime entertainments as well as two major concerts starting at 5.45

pm each evening. The village features daytime musical and dance entertainment including lake deck jamming sessions, musi-cians' tents and special

entertainment for kids There will be pop-up markets, gypsy themed stands with gypsy clothes and jewellery, artists' kiosks, delicious local and International foods caravans, stalls and gazebos and an ice cream parlour. Not forgetting the Gypsy Jazz Village beer marquee, the Drakesbrook Fine Wine marquee and food and beverage stalls with pancakes, tea, coffee, juice and candy.

Saturday's concert will feature a line-up of international and Australian Gypsy Jazz artists including guitar legend Hank Marvin and other special guests.

Sunday's concert will feature the Robin Nolan Trio, direct from Amsterdam, Nunzio Mondia, Gary Taylor, Voudou Zazou and other artists.

Enjoy great food and wine as you recline to the sizzling sounds of swing with stunning views from the Winery Green overlooking the stage on the Winery Lake.

Caravan and camping sites are available, so why not make it your long weekend destination?

Each ticket-holder will go into a free prize draw for a chance to win \$10,000 cash (conditions apply). Tickets from \$55.

Buy your tickets on line at Ticketbooth events.ticketbooth.com. au/events/28060 or at the Festival Village on the day.

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

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let's go travelling travel options for the mature







Take a bite out of Xi'an - discovering the culinary delights of this Chinese city





Left to right; Hanguangmen morning market © Trevor Templeman - Guide Michelle and her guests enjoying a Xi'an bing © Tiana Templeman

by Tiana Templeman

FROM its famous terracotta warriors to the ancient walls which enclose the city, Xi'an has an impressive array of cultural and historic attractions. However, many visitors don't realise it is also at the crossroads for some of China's most famous cuisines.

Xi'an was located at the start of the Silk Road and, with many travellers and rare spices passing through the city, it developed a rich and diverse culinary landscape which still exists today.

One of the best ways to experience it is on a 'Xi'an Walls and Street Stalls'

We began our tour near the Drum Tower in the heart of the old city where our guide Michelle gave us an overview of the plan for the day before we set off in search of some of Xi'an's best food. However, this tour is not just about eating, which was a good thing as I made the mistake of eating breakfast before the tour. There is a lot of serious (and seriously good) eating to be done around Xi'an. You definitely do not need breakfast

beforehand. Michelle explained the history of Xi'an as we walked through a traditional neighbourhood, telling us about the city's significant cultural impact on China. Xi'an is often called the birthplace of Chinese civilisation due to the fact it was the capital city of 13 imperial dynasties, the most of any city in China, with many ancient structures still preserved.

Our first dish of the day was a roujiamo (or Xi'an hamburger) which consists of flaky leavened bread and shredded meat. These are finger licking good and available throughout the city at street stalls and roujiamo restaurants which resemble a fast food store. Michelle took us to one of the latter which provided the perfect gentle introduction to Xi'an's street food scene.

We then took a short bus ride to our next des-Hanguangmen tination, morning market, which was adjacent to the city's inner wall. Pomegranate is a local specialty and was in season while we were in

Xi'an, with the majority of the fruits grown at Lintong where the terracotta army is located. Not surprisingly, there were many stalls selling this popular fruit as well as lots of other locally grown produce. Michelle explained the area around Xi'an has some of China's best agricultural land and good local produce is readily available for locals and local restaurateurs.

As we left the bustling market, Michelle took us around a corner to try our next Xian delicacy, a Xi'an bing which is the Chinese equivalent of a meat pie, with beef, spring onions and garlic enclosed in a thick, flaky pastry pancake that looks like a jaffle. She explained there are so

many different herbs and spices in a traditional bing and making the pasty is so labour intensive, that it is not a dish locals attempt to create at home. I loved the tickle of Szechuan pepper on my palate and the spicy filling which was a little bit zingy without being too hot. This was my favourite dish of the tour and I've been craving it ever since I got back to

We needed a break from food by then so it was perfect timing for a stroll to Xi'an City Wall Park where locals were participating in activities including tai chi, fan dancing and Qin opera, the traditional opera of the Shaanxi Province. We also enjoyed watching some men practising water calligraphy, writing original poetry on the around with large brushes dipped in water. Michelle translated some of the poetry for us and it was beautiful.

It seemed fitting that we walked from here to the street known as Calligraphy Street which was filled with shops selling everything from parchment to brushes of every shape and size, including

park. If you would like to bring back a quintessential Xi'an souvenir, you will find it here. I was tempted by all the beautiful coloured inks, even though I am not sure what I would have done with them when we got home.

After a visit to the serene Wolong Temple which is more than 1,800 years old, we headed to a dumpling restaurant where we watched our lunch being made through the window. Our mix of pork with green leek and beef with yellow leek dumplings were perfect to share before we ventured to a tiny hole in the wall rice wine distillery which was one of the oldest in Xi'an. The tour usually visits a noodle restaurant as well but the best one was closed for some reason and we were already full of food, so we said it was fine to pass on the noodles.

We ended our tour at Xi'an's city walls where Michelle gave us some information on their history and showed us where to walk or hire a bike to explore this ancient structure. I visited the terracotta war-

riors the following day but to my surprise it was the Walls and Steet tour - not Qin Shi Huang's terracota army which I had travelled so far to see - that was the highlight of my stay in

Xi'an also has a Muslim quarter which is famous for its street food but it isn't open in the morning which is why Michelle didn't take us there. However, it is definitely worth seeing. Intrepid Urban Adventures run a separate evening tour to this area or you can find the entry to it near the Bell Tower. It's best to go in the early evening when it is bustling, but not too busy, so you can enjoy the atmosphere without getting jostled too much.

FAST FACTS

The Xi'an Walls and Street Stalls tour runs for 3.5 hours and includes five traditional snacks, public transport and City Wall entrance fees. It leaves daily and costs AU\$108 per person.

www.urbanadventures.

The writer was a guest of Intrepid Urban Adven-



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let's go travel options for the mature.





Three ways to book your flight, but who do you trust?



by Frank Smith

YOU can book a flight through a High Street travel agent, an on-line booking service or direct with an air-

Jenny Franceschi at Kings Tours says it should cost the same or similar either way.

"However, if a client choses to book direct with an airline or on an online travel website, and they need to make a change or cancel their booking, then they need to deal direct with the airline or online travel website themselves.

"I have had people who have booked direct and then when they needed help, contact me, which to be honest is quite rude."

Many online travel websites are not in Australia and many you can't contact by phone.

The best-known in Australia are Expedia, Webjet and Bestjet.

Bestjet was placed in administration in December last year, reportedly owing \$23 million and leaving many customers without the tickets they had paid for.

Customers who paid by credit card should get a refund from their bank, called a chargeback. Others travellers may lodge an insurance claim if they're covered. However, standard travel insurance policies do not provide protection for insolvency.

So many travellers who booked with Bestjet have lost their money.

Another problem with on-line agents is their tendency to drip price. They quote a fare and later you find a fee for booking or using a credit card is also payable.

Not that on-line booking services are the only businesses that can go bankrupt. I was booked to fly to Adelaide when Ansett went belly up. I had paid by credit card so I eventually got my money back, but I had to travel by bus.

And much earlier I paid a Northbridge travel agent some \$8000 for

round the world tickets for myself and family. They crashed and while I did recover my money some weeks later from insolvency insurance, I had to rebook much closer to my departure day at a higher price.

Another option is to book directly with an airline. Often airline websites will show different prices for different days of the week so you may be able to save money by flying on a cheap

However, these sites limit you to one airline. Planning a trip from Perth to Egypt and Morocco, Emirates wanted me to fly from Egypt to Dubai rather than the quicker and cheaper Air Maroc flight direct from Cairo to Casablanca.

Ms Franceschi says travel agents will also give expert advice on itinerary construction.

There are airfares available that the public would never find direct on an airlines website or an online travel website because the systems can't construct them. They have to be done manually.

"Last week we had a client with an itinerary that was researching online and then decided to come to us. The initial airfare was coming out over \$4000 and we were able to construct it for just over \$2000," she

"We will also give advice on the itinerary order, recommendations on how long to stay in places and whether visas are required. Some agents will even organise visas for vou and make sure that your passport is valid.

'There are many horror stories about people turning up at the airport with less than six months on their passport and could not depart. A travel agent will never let that happen," she said.

So, what is the best strategy?

Check the cost of a flight using either booking or airline sites, so you have an idea of a reasonable price.

Then visit a physical travel agent to book, negotiating if their quote seems too high. Often the agent will be able to offer a cheaper price or a better way of doing the trip, Moreover you have someone to complain to and get help from if things go wrong.

But to be on the safe side ask if they carry insolvency insurance.

Have a worry-free trip.

Easter Break Margaret River and Albany

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and 3 nights at the Le Grande Motel, Albany. Day 5 & 6 - Sightseeing in Albany; incredible sculptures on "Chainsaw Drive", the wind farm, Princess Royal Fortress. National Anzac Centre. Brig Amity and the Pioneer Village. Dinner and the AMAZING Field of Light Avenue of Honour.

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Reminiscing fishing for local banded sweep



Sweep are great kids' fish and take a variety of small baits

by Mike Roennfeldt

WHEN I was a kid grow-

ing up in Perth, I spent whatever time I could around the water, looking at fish. If I had fishing gear with me, which was quite often. I would try to catch them. Any fish, any time, anywhere, that was my creed.

Our family went camping most holidays and I guess I had a charmed childhood in that respect because almost invariably it was to a coastal location.

Moore River, Miami, Rottnest, Peaceful Bay and Bayonet Head at Albany hold special memories. The first four particularly, because there were reefs and I liked nothing better than wandering around them, poking in rock holes, occasionally impaling an

octopus with my gidgie and sometimes fishing on the edges with a handline

Most reef fish were soft and flabby, a bit spiky to handle and generally not welcome back at the tent for eating. The closest thing to a good-looking fish in the rock holes and under the ledges were banded sweep. were firm fleshed, silvery, easy to handle and considered acceptable table

Of course, we didn't call them sweep. There wasn't a whole lot of fishing knowledge in our circle of family and friends, so we probably made up our own names or used the common kids' vernacular. These fish were christened Angel Fish when I was very young and the more universal John Dory when I became a bit more worldly.

They were great little fish, often in small groups and you could catch them quite easily on a small piece of the unfortunate occy I'd speared previously.

When I took up snorkelling later in life, I came ful characters these fish are in the inshore coastal environment. Their curiosity and friendly nature that sees them coming right up close to divers has probably been their downfall; they are sitting ducks for a gung-ho individual armed with a hand spear or speargun.

to realise what wonder-

I'm pretty sure this is why we don't see them nearly as much around population centres as we once did. It's a pity, but hardly a situation peculiar to banded sweep.

While banded sweep are most often found on inshore reefs, their close relatives, sea sweep, tend to be more offshore on deeper reefs.

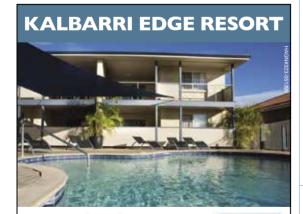
Barry According to Hutchins' great ence book Sea Fishes of Southern Australia, banded sweep grow to 46cm and sea sweep to 61cm. With sea sweep, the characteristic broad bark bands are much less distinct and the tail is more forked. Hutchins also rates the sea sweep as better eating, but judgement of eating quality can be very subjective.

I release all the banded sweep I catch now, because they are much nicer to look at swimming around than on a plate. The underwater world seems somehow friendlier when there are sweep coming up to check you

Besides, they are great kids' fish and as I discovered all those years ago, they are one of the few good-looking species accessible to youngsters poking around inshore reefs.

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market From free with events appearances by celebrity TV cook Adam Liaw to a rollicking evening of sea shanties, seafood and beer, from luxurious degustation meals and lots of wine and beer tasting

opportunities and even a feast among the lights at Albany's Mt Clarence, Taste Great Southern has something for everyone.

There are plenty of events with free entry over the festival.

Kicking off the celebrations is a Perth wine tasting event on 3 April at Lot 20 in the city showcasing wines from three Great Southern wineries, 3drops in Mt Barker,

toric York to name a few.

Castelli in Denmark and Zarephath in Porongueach showcasing four wines and with small platters featuring Great Southern produce available for sale.

Down in Albany from 4 to 14 April the doors will be open for Friends of the Festival, to the Taste Great Southern Greenroom at Liberte, where mixologist Keryn Giles has created a special festival cocktail to accompany a different Great Southern canape each evening.

On Friday, 5 April the free action moves to Denmark for the Rockcliffe night market with a cooking demo from celebrity cooks Anna Gare and Adam Liaw, aided by MC Verity James. The mar-kets held in the grounds of the Rockcliffe Winery feature stalls of local produce, food and wine and live music. There is a \$10

fee for car parking.

Adam Liaw will be taking a stroll through the Albany Farmers Markets to check out the local produce including seasonally available fruits, vegetables, farmed meat, dairy, cheese, fish, seafood and much more, all from the Great Southern Region on 6 April from 9am to 10am. The markets will also be open on 13 April.

Another market fea-turing local growers and producers of fresh and gourmet foods and Great Southern Wines, local artisans and live music will be open at the Albany Boatshed on 7 April and 14 April.

Just outside Albany at the Kendenup Town Hall markets on Saturday, 13 April, talented Perth chef Scott Brannigan will use the fresh produce available on the day to create something tasty for visitors to the markets, full of Frankland Wine Shed stalls featuring wineries, gifts and local produce.

Later in the day on 13 April, local restaurants and bar will set up on Stirling Terrace with entertainment from four local music acts, creating a great street party.

For wine lovers several events will focus on the diverse range of wines from the Great Southern including Wine Journey on 9 April at both the Albany Boatshed and

and 10 April at the Albany Boatshed, a wine and cheese masterclass on 11 April at Freehand Cellar Door in Denmark and also a workshop, Fermentation Fun Times, guiding people through the process of fermentation, at Freehand on 13

April. beer lovers Amongst the Steel Craft Beer and Food degustation on 9 April offers an eight course food and craft beer degustation at Wilson Brewery with food from Runes Catering Chef, Sally Francis.

And to finish off after all that you might need a coffee, so a coffee brewing workshop to help create great coffee at home, is to be held at Beck and Call Coffee in Albany on 13 April, which could be just the thing.

For more details and tickets to all these events go to www.tastegreat southern.com.au/events

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The Club 55 Travel Club caters for individuals, couples and small groups. They pick up from various locations around Perth, including Belmont, Booragoon, Bassendean, Bentley, Innaloo, Whitfords and Perth City.

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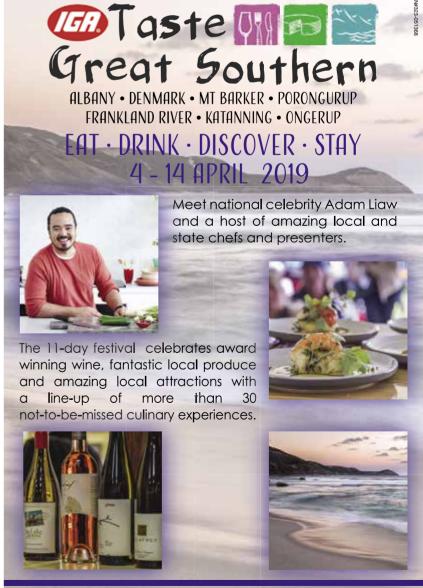




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Enjoying the delights of Rotto through the eyes of a grandchild



Island cruising

by Lee Tate

ROTTNEST Island through the eyes of our granddaughter, 8, was clearly going to be different to our perception.

How to keep a young girl occupied for two days, what to see apart from quokkas and how demanding would it be on our ageing

And the cost. Let's face it. A holiday isle sojourn was never going to be cheap.

"Nothing on Rotto is free. They'd tax the air if they could," muttered our island coach driver to the jam-packed passengers.

Despite the obvious bike-riding attraction for an adventurous kid, we declined, opting for the on-off bus trip to get us started. (\$20 adults, \$15 concession, \$15 children for the one-hour trip).

There's also a two-hour bus tour with more commentary (adults \$99.50, concession \$94.50, children \$56.50) but we scotched that

Thankfully, we fluked two sunny days so The Basin was a nobrainer for an eight-year-old, bobbing about in the protected rock pools while grandparents plopped on the sand before taking-up sentry duties in an open shelter atop a cliff.

It's an easy stroll back to The Settlement from both The Basin and Pinky Beach, two most-favoured family sites, even in damp bathers and thongs. And easy enough for grandies.

These days The Settlement, especially the renovated mall, is a hotbed for quokka selfies: camera-wielding tourists on knees, under seats and lying on their backs, tempting the animals onto their stomachs with questionable foods to get that special close-up snap.

Everybody must have a quokka selfie. Helpful hints on quokka selfies are given on a sign on the bus.

Our eight-year-old charge was happy enough to pop-in to the island museum. Later in the day, she asked if she could return to look closer at a stuffed animal. (Museum fee: gold coin).

We strolled The Settlement streets, wandered along the waters of Thomson Bay where grandchild had a dip and then returned to the odge for plunges in the pool and spa.

Coughing-up for overnight accommodation was a bit of a luxury at \$340 but made the adventure easier for us, no rushing for an afternoon ferry and having a central base with bags secured.

We managed to steer clear of mini-golf which can be played

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anywhere and instead checked-out Bathurst Lighthouse and two quaint churches.

A Catholic priest, watering his sparse garden, welcomed us for a sticky-beak of the grounds and, as with every place on the island, there was an enlightening historical briefing board.

This included the peaceful Wadjemup Burial Ground after grandchild had noted photos of chained, gaoled Aboriginals in the mu-

Naturally, we checked-out the busy bakery which has thankfully been vastly expanded and improved. (Pies \$6.50, white bread \$6.50, water \$3.10 a 600ml bottle).

The upgraded supermarket, bearing a no-quokka sign (they clearly can't read), had apples priced at \$4 a kilo more than those we bought on the mainland. We had brought our lunches from home and, given island prices,

were thankful we did. Simmo's was generous with its ice-cream serves, despite costing \$16.50 for three. There are plenty of good-standard barbecue sites and undercov-

er seating in key areas of the island and the information centre has gone high-tech, slick – but perhaps a tad clinical.

Volunteers, continuing to keep the island financially-afloat, present plenty of smiling faces.

We took the Rottnest Express which included a bus pick-up and return to south of Coogee. The only dampener was mooring at Fremantle to see our Rottnest Express bus leaving without us.

After our angry noises to staff, the bus was recalled and home we were headed after a holiday that helped bridge a generationgap. All-up cost: \$800. That certainly puts it in the special outing

And granddaughter's response? "Could we stay for a year next time?"

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continues to surge it's

the perfect time to re-

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zas to three-course feasts Riva is a relaxed restaurant which offers a variety of exceptional dishes and a wonderful wine list. Or enjoy a cocktail from awardwinning mixologist Grant Collins.

Each day, this beautiful island brings a brand-new adventure. The only caveat? You'll never want to leave.

The Karma Spa is set in a gorgeous heritage house and is a chic space with a full spectrum of restorative treatments to keep guests relaxed and rejuvenated during their island vaca-

A high-point is the Massage Apothecary Bar where the team of bodyworkers co-curate a personalised experience for people with oil blends tailored around relax, de-stress, activate, meditate and mood booster.

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group. For those who love to play golf, Karma have a fabulous stay-and-play deal for people to stay at the resort and play either nine or 18 holes on the island's only course. Head to Gov's Sports Bar for a cold pint after the game or dinner at Riva. No clubs, no problems. You can hire a set from the pro golf

shop. For more information about packages and bookings visit www.kar magroup.com or see page 32 of this paper.

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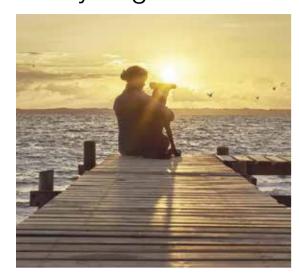




WA's GREAT Outdoors CARAVANNING · CAMPING · ACCOMMODATION



Every dog deserves a holiday - pet friendly accommodation in Western Australia



THIS month we provide a handy guide to petfriendly accommodation options in WA.

Before taking your dog on holidays it's always good to make sure they are up-to-date with all their vaccinations, microchipped and they have a collar with an identification tag with your mobile

number.

It's worthwhile taking along dog food, dog bowls for water and food, some clean bedding, a few toys and of course a leash. Many areas of regional WA are laid with baits so do ensure your dog is well supervised and find the contact details of a vet close to your accommodation.

Albany - Denmark Timbers

Youngs is a multi level holiday house situated between Denmark and Albany and close to many attractions. The property sleeps up to six in comfort with two large bedrooms and a loft. The bedrooms have their own balconies and there's also a large balcony with a barbecue and eating area undercover. The fully equipped kitchen includes a dishwasher, a washing machine and a dryer. Pets are welcome and should be advised when booking. Call Nadia on 0439 411 880 or visit www. talltimbersatyoungs.com

Busselton

Four Seasons Holiday Park in Busselton offers dog friendly accommodation all year round. Located just 200

metres from beautiful beaches they have a range of self-contained cottages, on-site vans, powered and unpowered sites. Call 9755 4082 or email stay@fourseasonsresort.com.au

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Dwellingup Forest Dwellingup Lodge offer luxurious one or two bedroom fully self contained chalets in a beautiful forest setting. Dogs are welcome to

stay and bookings can

be made on 9538 0333.

Fremantle

Holidays aren't really holidays, if you cannot have your favourite doggie friend with you - come to Fremantle and rent a dog friendly property for your break. Westerley Accommodation have four properties, all properly fenced and close to dog parks or beaches. There are outdoor shade areas in all properties but not all have lawns so visitors may need to take their dog out for a nice walk. These accommodations provide people and their furry ones an opportunity to relax and holiday together. There is no extra charge for a dog but there is a bond - repayable when the owners see that there are no signs of anything left behind. To be a landlord's pal, please bring all the bedding required and also covers for furniture

or beds if the spoilt one is normally allowed to linaer on the lounge or on the doona. Westerley Accommodations look forward to hosting Have a Go News readers and their furry friends soon. When booking please let them know you saw it in Have a Go News. See advertisement below or call 0407 083 174.

Hazelmere **Banksia Tourist Park** offers an array of accommodation including one to three-bedroom chalets or powered sites in their park. The park is pet friendly and offers doggy day care. The park is located near the beautiful Swan Valley and offers a haven for those who wish to holiday with their dogs close to Perth. Mention holiday with dogs when booking and pets stay for free. Call 9250 2398 to secure a booking.

Margaret River Beachside Prevelly Villas offer guests five holiday homes in Prevelly Park to choose from. The villas are located across from the store and it's an easy walk to the pristine dog beaches in the area. Well priced for visitors these villas offer the perfect beachside getaway with you pooch. Call 0417 969 770 for

bookings. Neergabby Willowbrook Farm is a pet friendly caravan

park situated on forty acres, only a one-hour drive north of Perth. From the moment you pull into the driveway you will be captured by its ambience, with its large grassed campsites, Australian native trees, authentic shearing shed, small pioneer cemetery and the original homestead, built in 1874. Wind down and take in the splendour with a walk around the property, admire the murals painted by local Perth artists Jean and Steve Wainwright or relax on the front veranda where you can simply enjoy the serenity. Call 9575 7566 or email willowbrook.farm@bigpond. com for bookings.

Port Gregory

Linga Longa Lynton Station is located right near the Pink Lake and Port Gregory Beach. They offer farm stay camping, dongas and cottages. Pets are welcome - call 9935 1040 for bookings.

Waroona

Lake Navarino Holiday Park is a short one hour drive from Perth and caters for all budgets and tastes with a selection of cabins, cottages, glamping tents, powered and unpowered sites. Located two minutes from the lake where visitors can swim and relax. Dogs are welcome - call 9733 300 or email linda@lakenava rino.com.au

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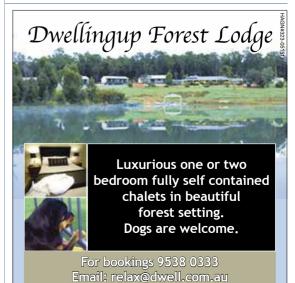
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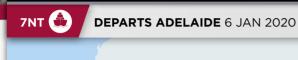




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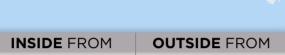


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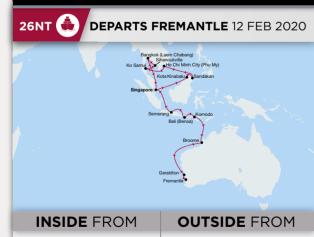
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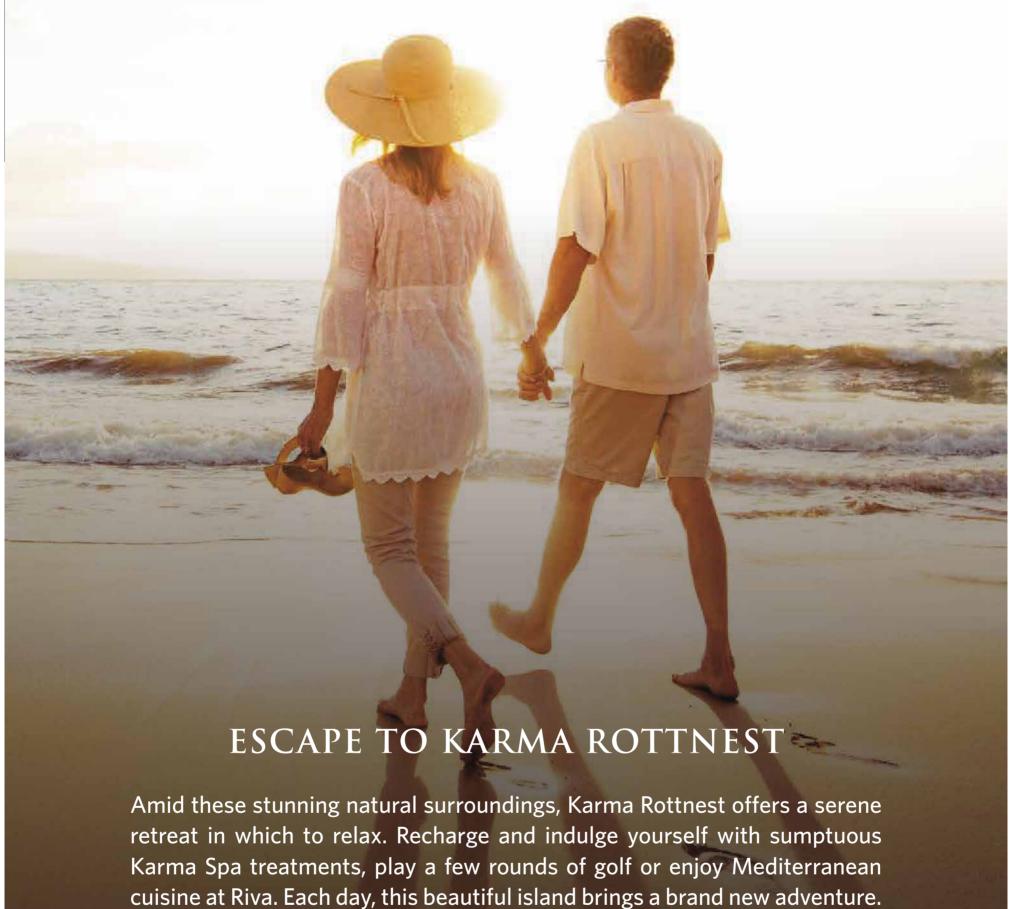
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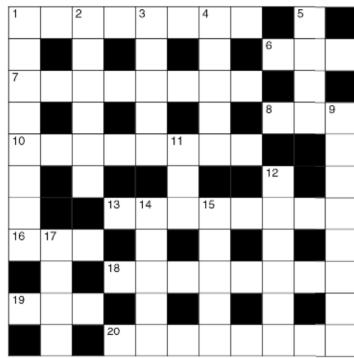
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Have a Go News PUZZLES PAGE



CROSSWORD



© Lovatts Puzzles

#323 February edition **PUZZLES** - Solutions appear on page 47

D

A

E

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STRAIGHT CLUES **ACROSS**

- 1. Lethargic (8)
- 6. Forbid entry to (3)
- 7. Truth is ... than fiction (8)
- 8. Maiden name indicator (3)
- 10. Agreeable (8)
- 13. Canasta or bridge (4,4)
- 16. Prosecute (3)
- 18. Can-do (attitude) (8)
- 19. Limit (price rises) (3) 20. Column base (8)

- 1. Bugle funeral salute, the ... (4,4)
- 2. Computer monitor (6)
- 3. Touches down (5)
- 4. Severe (5)
- 5. Disconcert (4)
- 9. Other-worldly (8)
- 11. House cooler, ... conditioner (3)
- 12. Lasso (6)
- 14. Emerged (5)
- 15. Travel by car (5)
- 17. Thunderous sound (4)

CRYPTIC CLUES ACROSS

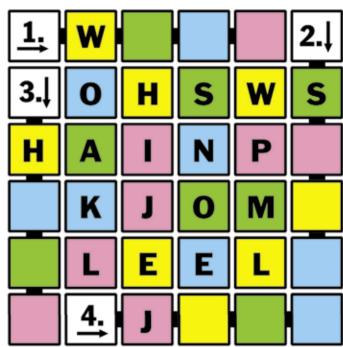
- 1. Lacking energy, record fewer items (8)
- 6. Beat a retreat, initially, to pub (3)
- 7. More bizarre foreigner (8)
- 8. Born in the Pyrenees (3)
- 10. Nice to see farm worker embrace leading lady
- 13. Guard came to Spooner for a session of poker
- 16. It's odd for Terry to have a go (3)
- 18. Certain to be optimistic (8)
- 19. He left cheap hat (3)
- 20. Stampede stall containing stand for hero (8)

- 1. Tune played at final station (4,4)
- 2. Protect from film and television (6)
- 3. Large and small nations (5)
- 4. Back of ship looks grim (5)
- 5. Put off Fay's speech (4) 9. A theory'll sound fragile and airy (8)
- 11. Pairs keep in tune (3)
- 12. Rope is a trial to untangle (6)
- 14. A fragrant flower cropped up (5) 15. Golf stroke provides motivation (5)
- 17. Raw call of big cat (4)

Create as many words of 4 letters or more using **Wheel Words** 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. 26 Good 38 Very Good 45+ Excellent

SQUARE SHUFFLE

Take one letter from each colour to make up 4 four-letter words that are all different materials. We have given you the first letter to get you started. Every letter must be used once only.







Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

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Butterflied duck with nectarines





by Vince Garreffa

PEOPLE mostly eat duck when they go to restaurants and rarely cook it at home. This recipe is so easy, you will be cooking great duck at your home from now on.

Ingredients for 4 1 semi-boneless butterflied duck (duck size 18-25) 50ml soy sauce 50ml dry sherry 50ml peanut oil 10ml sesame oil 1 tablespoon of ginger, finely chopped West Australian lake salt freshly cracked black pepper

4 nectarines Method

Buy a semi-boneless duck that has the ribcage and crotch bones removed by ducking down to your favourite butcher. If you can't, then just split a whole duck down its back and hit it with a meat mallet gently until it's a flat, butterflied duck. Either way, salt and pepper your duck and rest it for

10 minutes while you mix the sauce ingredients in a deep, flat roasting dish.

Now immerse your duck in the sauce, turning often over two hours (when I'm lazy I leave it in the fridge overnight). Now place the duck on a rack (skin side up) on a tray about 2cm deep and roast the duck at 200°C for about 30-40 minutes for semi boneless or 40-50 minutes for fully bone

These cooking times are for a duck that is about 2kg (size 20). For larger ducks, cook longer and if you can't stand pink duck flesh, then definitely cook longer you unlucky duck you. The fat should cook off and leave the skin crispy with moist meat.

The nectarine halves should be panfried at a gentle heat with a little marinade so that they get caramelised and a little soft. Duck with cooked nectarines is just yum. Boil the leftover marinade and serve it next to steamed rice and chinese vegetables.

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 8am – 6pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mon do.net.au

Knife and fork talk with the Dining Divas



The delicious fare at the Bayswater Hotel buffet

by Judith Cohen and Pat Paleeya

IT'S been 18 months since these divas visited the Bayswater Hotel and we're happy to report the quality has not changed and the seniors buffet is still great value at \$19.95.

There is a vast variety of hot and cold food to suit all tastes and oodles of it. Judging by the number of seniors tucking in, this is a very popular venue on a daily basis.

We chose between us

battered fish, meat balls, coleslaw, steamed vegetables, meat pie with filo pastry, Greek salad and a little lasagne, just for starters. Everything was very fresh and looked and tasted a treat. Tea or coffee is included in the price.

Even though our eyes were bigger than our bellies we each had to have two helpings of thick custard (reminiscence of our childhoods) topped off with pineapple pieces tossed with shredded coconut which we thought had the addition of coconut cream. Very moorish but a third bowl was out of the question.

The staff are especially friendly and helpful making the experience very pleasant indeed. We will return.

Since our last visit there has been an addition of The Bayswater fronting Coffeehouse onto Railway Parade which can be accessed from the street or from the inside.

There is a cosy area near the original 1898 fireplace plus tables and chairs extending the length of the room. Through the door is the terrace complete with tables and red shade umbrellas and the noise from the street is mini-

The atmosphere in the Bayswater Hotel remains welcoming and friendly.

Four forks **Bayswater** Railway Parade (just opposite the railway station).

Phone 9271 7111.

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

BAYSWATER HOTEL \$19.95 Seniors buffet

Mon-Fri 12-2.30pm Railway Pde. Bayswater 9271 7111

HIGH WYCOMBE

TAVFRN \$10 seniors lunch menu Mon-Wed 11.30am-3pm

9454 2236

THE NEWPORT HOTEL

\$10 lunch specials Mon- Fri 12-2.30pm 2 South Tce. Fremantle 9335 2428

FEDERAL HOTEL \$15 lunch special

Mon-Fri 12-3pm 23 William St. Fremantle 9335 1645 (not available public holidays)

7TH AVENUE BAR AND RESTUARANT

\$17 2-course senior lunch menu Mon-Thur 11am-4pm 74 Helena St. Midland 9250 1099

INGLEWOOD HOTEL \$17 lunch special

Mon-Fri 11.30am-3pm Beaufort St 9370 5511

BOAB TAVERN Under \$20 seniors

menu Mon-Fri 11am-3pm 107 Dundas Rd High Wycombe 9454 2236

NUMERO UNO RISTORANTE

\$15 lunch special Wed-Fri 12-2pm Unit 4/93 Petra St. East Fremantle 9339 0199

BENTLEY HOTEL

\$15 lunch special Mon-Thur 12-3pm 1120-1124 Albany Hwy. Bentley 6253 4100

Stop and smell the rosés



by Frank Smith

ROSÉS are the ideal wines for summer entertaining, dining or just relaxing with a cool glass of wine. They go well with seafood and chicken and passably well with a traditional Aussie barbecue. There is a lot of variation amongst rosés. Most are made from the predominant grape variety of the region. All should be drunk while young.

Here are a few offering quality drinking as well as value for money..

Jacob's Creek Le Petit Rosé Brut Cuvee has aromas of rose petals and spice. The palate is vibrant with varietal flavours and a chalky acidity which leads to a soft, lengthy yet restrained finish. Drink as an aperitif, but it also goes well with seafood and white meat dishes, especially cold chicken and salad. RRP \$21.99.

The Natural Wine Company Organic Rosé **2018** is a pinkish rose gold colour. It has aromas of strawberries and cream with a touch of orange peel and a pallet of light red fruit. The wines alides over your tongue, filling your mouth and finishing with a dry savoury kick. RRP \$18.

Stoneleigh Wild Valley Rosé 2018 is wild fermented by the micro-flora that occur naturally in the Rapaura (NZ) environment. This delicate. rose-pink wine shows fruit aromas of strawberry, loganberry and redcurrant. The palate is crisp and dry with more red fruits and a hint of spice. The finish is long fresh and savoury. RRP \$19.99.

Jacob's Creek Prosecco Spritz Rosé has aromas of blood orange zest with a touch of herbs. The palate is balanced bitters and citrus, with underlying crispness derived from the Prosseco grape variety which also contributes to the slight sparkle. Try it with a mixed anti-pasta RRP \$19.99

Jane Brook Estate Plain Jane Rosé is made from a blend of Margaret River Cabernet Sauvignon and Malbec. It is dark for a rosé, pink with a violet tinge. It displays an intense aroma of cranberries, strawberry leaves and sorbet. The palate is smooth with flavours of mixed fruit and crisp dry finish. RRP \$16 but while stocks last \$99 per dozen picked up from the Swan Valley cellar door. They will even throw in a bottle of verjuice free,

Happs Fuchsia 2017 is a unique style of rosé wine made from an unusual and undisclosed blend of mainly red grapes. It has a perfumed aroma akin to roses, strawberry, fairy floss and fruit salad with hints of lychee, pear and fruit tingles. The palate is a blend of berry flavours, soft acidity, sweetness and slight astringency and natural effervescence. RRP \$18.

Robert Stein Farm Series Rosé is made from a blend of early harvested Merlot and Shiraz. This rosé is garnet pink in colour, with aromas of rich red fruits on the nose and a pallet of fruit with a touch of candy and a long crisp savoury finish. RRP \$18.

IF YOU want a particular recipe of mine, 530 Kalamunda Rd 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,

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West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your phone number.

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Now is the time to enjoy healthy home-made lunches

by Noelene Swain

NEW year is usually filled with promises of new ideas and refreshed commitment to make lunches healthy, delicious and irresistible. That certainly requires some planning and effort and a little preparation will make it easily achieved.

If you are making a packed lunch

interesting and even add a little surprise note of your love and thoughts

to brighten the day.

A combination of carbohydrates, meat (or meat alternatives), fruit, vegetables and dairy is perfect. For example, a ham, cheese, lettuce and tomato wholemeal sandwich with dried or fresh fruit for a snack. Changing the fillings in sandwiches

for someone to take away, keep it on a regular basis will ensure that people don't get bored, which often

results in the tendency to snack.

Water is always the best choice for drinks however if you feel pressure to give something with a little more flavour, opt for juice. Choose 100 per cent juice for best nutri-tional value and if the flavour is too strong, simply dilute with a little wa-

Planning ahead will help you get through the busy times. Think through the lunches you will be pre-paring for the next week and buy the ingredients during the weekly shop.

To keep food fresh, wrap sandwiches in plastic wrap or put in snap-lock plastic bags. Lunchboxes that contain a small water bottle are ideal. Simply fill the bottle, freeze and place in the lunchbox. Frozen tetra juice packs also do the trick. Easy lunch ideas include fruit salad, vegetable sticks, dried fruit, fruit or savoury muffins, mixed nuts, sushi and rice paper rolls, pikelets, yoghurt, pita bread filled with salad vegetables, fruit in season such as grapes and of course, water.

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Mushroom, ham and rocket pitta pizzas



Preparation: 10 minutes; cooking: 12 minutes; serves: 4

4 pitta pocket breads 1/3 cup tomato paste 200g shaved leg ham, roughly chopped 300g cup mushrooms, thinly sliced 1 cup grated mozzarella cheese salt and freshly ground black pepper olive oil cooking spray 60g rocket leaves extra virgin olive oil, to serve

PREHEAT oven to 220°C. Place pitta breads on two baking trays. Spread evenly with tomato paste. Top with shaved ham and mushrooms. Sprinkle evenly with mozzarella cheese. Season with salt and pepper. Spray pizzas with olive oil to lightly coat. Bake for 10 - 12 minutes or until cheese melts and pitta bread is crisp around the edges. Top each with rocket leaves, drizzle with extra virgin olive oil. Serve.

Handy hint: vary the toppings. Grilled chicken, pineapple, fresh tomato and zucchini all work well.

Avocado and tuna sushi rolls



Preparation: 15 minutes; cooking: 20 minutes; serves: 4

2 Lebanese cucumbers 2 avocados, peeled and sliced salt and sugar to taste

½ cup rice vinegar ½ cup mirin or dry sherry

2 cups water

2 cups short grain rice

small can of tuna in spring water, drained pickled ginger, wasabi paste and light soy sauce

COOK rice until tender (about 20 minutes). Stand with lid on for 10 minutes. Add mirin, vinegar, salt and sugar. Allow to cool. Spread nori sheet on sushi mat on a flat surface. Spread rice over each sheet, leaving three cm border on two sides. Place some avocado, tuna and cucumber five cm from edge of rice. Roll up to form a log shape. Wet edges to seal. Refrigerate until firm. Repeat with remaining sheets. Trim rolls. Cut each in half diagonally. Serve with pickled ginger, wasabi paste and light soy sauce.

What's fresh in the market place



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

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, a somewhat dull skin 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.

Nectarines: Plentiful supplies of these summer favourites are now arriving in store and the prices are very affordable. Luscious yellow fresh varieties are sweet and juicy eating - perfect for snacking, freshly sliced on your morning cereal or as fruity sorbet, you really only need to puree and freeze. Pile them high in the fruit bowl and they will disappear as if by magic.

Swiss brown mushrooms: The velvety chestnut colour of Swiss brown is irresistible and with plenty of flavour they are just right 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







Mains - Thai chicken/Quiche/Chicken or Beef curry Sides - Homemade garlic bread or homegrown salads Tasting platters - mixed with cheeses and more...

Sweets - Cake/homemade ice cream /lime & mint summer sorbet

Beverages* - Tea/coffee/homemade micro brewery beer/



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PLUS 1 middy of beer/cider or
1 glass of wine or cup of tea or coffee

Bookings essential.

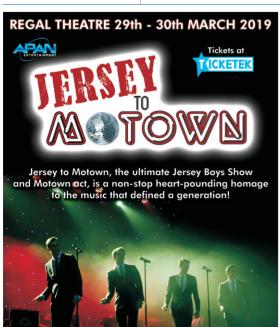
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Brunch with T - the foodies are coming to Inglewood...





SHOW

ICE CREAM

STANDING

FACTORY

Clockwise from left; Ninth and Merchant's 'the works' breakfast and Australia Day muffin - Tahlia Merigan

by Tahlia Merigan

INGLEWOOD is fast becoming a foodie's delight with its regular Monday night markets along with a growing selection of

restaurants and cafes.

Its central location and easy parking make it a popular choice.

To kick off this column for 2019 we made a visit to the new kid on the

PERTH'S FAVOURITE SHOW IS BACK!

Inglewood block - Ninth and Merchant.

It is the sister restaurant to North Perth's Blake Street Merchant. Located at the former American style restaurant Miss Kitty's, the place has been renovated with a light and airy modern kitchen and bar.

They also sell a variety of interesting homewares along with gourmet teas and coffees and for diners there's a good selection of newspapers and magazines to browse.

We decided to celebrate our Australia Day long weekend with brunch. On arrival we received a friendly greeting from the host who asked about our coffee order before we had even sat down.

Our waiter brought us the brunch menu which offered a good selection of cereal, healthy dishes, and pancakes along with standard hearty fare. I popped up to check out the cakes and muffins and found the waiter had forgotten to give us the weekend brunch specials.

Our coffees rived quickly and were smooth, creamy and well-priced at \$4 each but just not hot enough for our liking.

After discovering the specials menu my guest changed his order and our host was very accommodating about the change.

I chose 'the works' breakfast (\$24) which came with two eggs (I chose poached), bacon, potato gems, smoked homemade tomato, beans and merchant sourdough.

It was a large serving which although I tried my best I couldn't finish. The smoked tomatoes were delicious, the homemade beans very tasty and the potato gems added a perfect crunch for the dish. The only thing I found disappointing was the food was not hot enough, the bacon not crispy enough and there was a relish served which didn't complement the beans and smoked tomato fla-

My guest chose the Australia Day muffin



(\$15) which came with a house made English muffin, sausage, egg, bacon and a smoky barbecue sauce. He said it was meaty and delicious and the egg yolk spilled spectacularly down the side.

We both ordered a cold pressed orange juice for \$7.50 each which were home-made, fresh and sweet.

We mentioned to our very hospitable host and co-owner Nathan that our coffees were too cold, and he said that we should ask for them hotter, although I would disagree with that. He was very friendly, and I am sure after its few teething problems Ninth and Merchant will be a popular choice in Inglewood.

They plan to open for dinner and drinks this month but check first as I couldn't find the exact date.

2.5 spoons

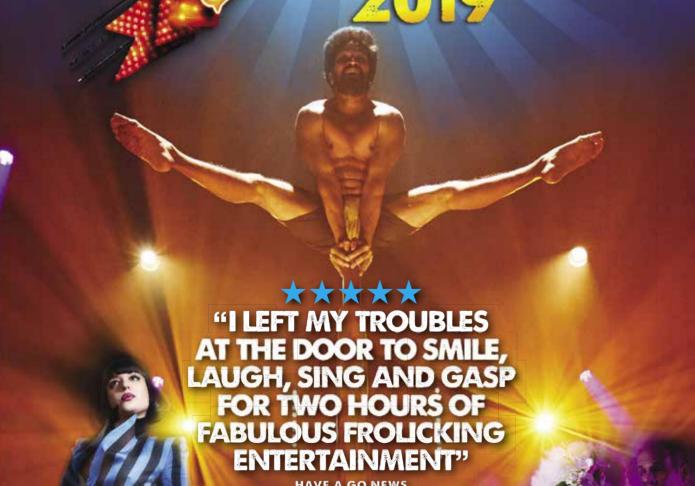
Ninth and Merchant, 882 Beaufort Street, Inglewood hello@ninth merchant.com.au

Open Monday to Sunday 7am to 3pm.





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Downsizing ADVERTISING FEATURE



The prosperity of living - de-cluttering can change your daily mood



Whether we are blessed

and living in the home of

our dreams or are rent-

ing a small unit, home is

where you live and what

Way back in 1982 I was

a newlywed living in Syd-

nev. We had the cutest

little character home but it

was in dire need of reno-

vations. As I stood looking

at the bathroom, I thought

about what I could do to

make some cosmetic

changes in the meantime.

I went to a two dollar

shop and bought fabric,

a shower curtain and a

little maidenhair fern. I

made curtains and a skirt

that coordinated with the

I had \$7 on me and

you make it.



by Zofia St James

WHILE thinking about content for this month's column I came across the idea about the prosperity of living, which is as important as the prosperity of our financial and property situation.

It's all about the art of living well and being grateful for all we have. shower curtain to cover the pipes under the basin.

That began my foray into decorating on a budget. The prosperity of living well is the joy and pride you take in yourself, your home and the food you prepare daily. Have fun with it and it need not cost the earth, but planet home will reward you greatly.

Last month I wrote about the new year, encouraging readers to make a list and action it this year.

If you feel instant fatigue at the mere thought of cleaning out the cupboards, or you need to paint but can't make a decision on colours, these jobs tend to go on the back burner... again.

Instead make a list of projects and enjoy the accomplishment by ticking off one by one the items you have been meaning to do forever.

I know that decorating is just beyond some people, so I always say to look through magazines at what appeals to you and, at the risk of sounding juvenile, cut out the images and create your home room by room.

Creating a vision board is powerfully defining; what you see is exactly you and your taste.

Tarting up the joint is

great but let's achieve a clean slate first and do a little tidying up.

I know I cannot function adequately in chaos. If we declutter cupboards, clear closets and make the secret places look good, this will inspire the rest. So take some time to do that before we start on what we can see.

Have fun chucking things out, it's actually therapeutic and cleansing.

Start in one room and go through your house systematically. Do include the shed/storeroom and garage. There is no fun in hoarding. Maximum harmony is experienced in reinstating order.

Take a little trip to Howards Storage World and be amazed at the options for maximising storage areas for every room.

This month let's aim to get the kitchen, fridge and pantry organised.

Kmart offers a really nice array of stackable bamboo wood storage boxes for pantries as well as cutlery dividers unlike the generic white standard ones.

Coles have both tall and shorter glass canisters with a brushed chrome lid for \$5 each. Get your food stuffs out of the boxes that never open nicely even when

you follow the directions, then you can see what you need to replenish at a glance.

Clear the deck, put unnecessary stuff away and have a space for food preparation. I know this is basic stuff but it really does make a difference to your head space and quality time.

The trick to being organised is staying organised. Anything that builds up is just going to require more time and will to do it.

Time is of the essence to start really living and loving your life style. Find extraordinary in the ordinary just for you, because our everyday life is the sum of our lives.

I'll stop preaching now and do a bit of tidying up myself. Have a beautiful month ahead.

Zofia offers an interior style consultation for readers and would like to offer one reader each month a free hour's consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. She offers a special rate for Have a Go News' readers and knows how to style on a budget. If interested in a free hour's styling please contact Zofia on 0406 336 607 or email zofiastjames@ hotmail.com

Q&A at AIR in Mandurah

THIS month's guest speaker at the Association of Independent Retirees Mandurah regional branch (AIR) is Donna Myers, a financial information service officer, from the Department of Human Services.

Donna will answer relevant questions about options that are available to aged pensioners.

AIR (Mandurah branch) meets on the fourth Monday of every month (except when that clashes with a Public Holiday).

Their next meeting will take place at 9.30 am on Monday 25 February at the Halls Head bowling Club, 2 Sticks Boulevard, Erskine.

Visitors are welcome to join the group and are invited to stay for morning tea.

For enquiries please ring Eva llett on 9534 5215, or Sylvia Hodgkinson on 9527 2383.

What's on at St Patrick's Anglican Church



Regular services of Holy Communion 10:15am each Sunday

Kids Program runs during school terms Kids Program; Each week the children have great fun listening to a story from the Bible, talking about it, singing, playing and doing craft.









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Inveterate Luggie traveller Maureen Corrigan checking in for a flight

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RETIREMENT APARTMENTS IN THE CITY OF MELVILLE

The trend is worldwide, and judging by the struggle Australian retailers have had over Christmas, Australia is no exception.

It's not just the millennials who are resisting the urge to accumulate things, says marketing lecturer, Brendan Canavan.

'People are increasingly interested in experiences instead; the priority is making and sharing memories - interacting with other people and places, attending events, undertaking adventures and so on.

'Consumerism has been the beating heart of Western economies for generations; if can't be resuscitated, it raises profound questions about how society will function in future," said Mr Canavan.

Across the board, all demographic groups are looking to spend their money on doing rather than accumulating. Even the motor vehicle industry is in decline world wide as people choose to keep their cars longer or use other ways to get about, while tourism is experiencing huge growth.

In the mobility industry there has been a significant move towards the travel end of the market as Baby Boomers reach the age when walking is not so easy, but travel is still

TheReserve

an experience they want to enjoy.

Managing director of Scooters Australia, Peter Fraser, says that there has been a distinct change in the mobility scooter industry over the last five or six years.

"We have seen an enormous shift towards portable scooters from people wanting to travel, but have some difficulties in walking far," said Mr Fraser.

"People want to see the world, travel around the country, or go on a cruise, and portable scooters are just the thing when something compact and lightweight is need-

Folding scooters like the Luggie can be taken on a plane, they will fit in a small car boot and are compact enough to store in a cruise liner cabin. With Lithium ion batteries, there is no issue with airlines taking the scooter on board, most of which have now developed simple procedures for booking the scooter in before departure.

"It's experiences people are after, not more stuff, and for those that can't walk as far as they used to when they were younger, a portable scooter like the Luggie can do the trick," said Mr Fraser.

Selling your family home made easy with **Southern Plus Realty**



SELLING your family home can be a daunting and stressful experience in today's current real estate market, particularly when you are considering moving into aged care.

To create a more positive experience for retirees in Western Australia Southern Cross Care (WA) Inc. (SCC) have launched their Real Estate business Southern Plus Realty.

O'Halloran, Jane SCC's general manager, strategy said Southern Plus Realty would provide an invaluable service for those looking to move into an SCC

retirement village or residential care facility but who needed to sell their family home at the same

"We know that when making the decision to move into a retirement village or a residential care home there are many important factors to consider, in particular the sale of the family home. This can be a very stressful situation for many people.

"With Southern Plus Realty, our licensed real estate professionals can remove a lot of that stress by providing a seamless 'one-stop shop' service by not only assisting clients to sell the family home, but also organising the purchase of a unit at any SCC retirement village.

"With an in-depth knowledge of the financial implications of entering retirement living or aged residential care. our team understand the importance of obtaining a realistic appraisal to correctly determine the type of lifestyle and accommodation you need. We have the skills and experience to assist you to determine details on lease for life for retirement living and negotiating your accommodation bond and associated daily care fees, which are payable in residential aged care," said Mrs O'Halloran.

Leading the Souther Plus Realty team will be Adam Green, a licensed real estate professional with extensive experience in both traditional property and retirement village property transactions.

"With his broad range of experience in the real estate industry and strong commitment to customer satisfaction, Adam will ensure SCC clients receive the best possible service and advice throughout the whole process," she said.

For more information about Southern Plus Realty please contact Adam Green on 0431 795 686 or visit south ernplus.org.au/realty

Let the new year begin AUSSIE REDBACK Tours takes pride in giving their pas-

sengers fun filled, exciting tours, bringing together people from all over the country to make new friendships, relationships and wonderful memories.

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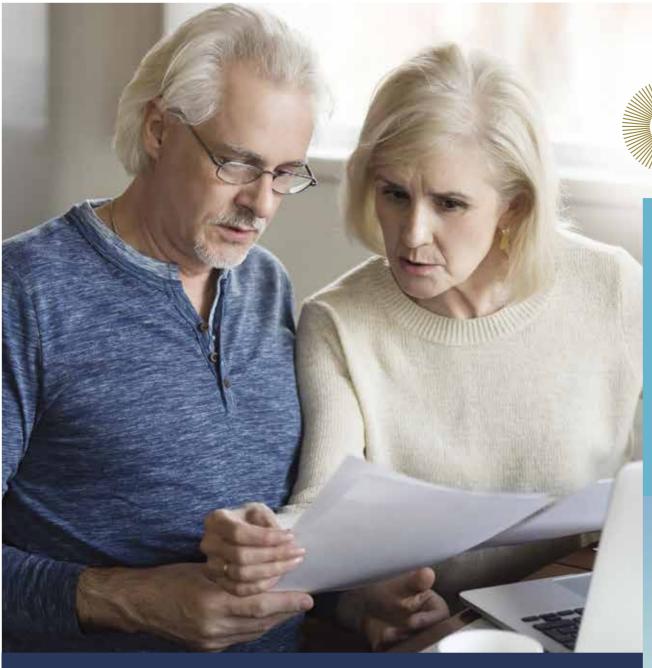


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options through:

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- Exploring your future property needs.
- Aligning property with your future needs.
- Strategising your property transition.

AUSTRALIA'S "DEMOGRAPHIC TIME BOMB"

The Australian Department of Treasury in both its "Australia to 2050" and "2015 Intergenerational" reports describe that over the next 40 years, the proportion of the population over 65 years of age will almost double... At the same time the growth in the population of the traditional workforce age is expected to slow to almost zero. Treasury reports this to be a permanent change. It's a simple fact... there will be fewer workers to pay for Australia's aging population.¹



Australians are entering their twilight years with mortgage debt.

Around 46 per cent of Australians expect to retire with debt, according to research undertaken by superannuation fund, REST Industry Super in April 2017.

REST's white paper entitled, "The Journey Begins" compared the attitudes, finances and expectations of older working Australians with those currently retired and the younger working generation.

REST chief executive, Damian Hill said, "As the majority of assets for older working Australians are locked up in the family home, carrying mortgage debt into retirement can be a cause of financial stress for retirees." ²

Freedom Nicheliving can assist over 50s to "rightsize" their housing requirements in established suburbs.

Take the opportunity to find out why Freedom Nicheliving housing solutions are fast becoming the "rightsize" housing option of choice that could potentially revolutionise your future years!!

For more info please contact:

Ian Barr - Senior Advisor Freedom Nicheliving E: Ian.Barr@nicheliving.com.au P: 0417 910 473

References: 1 Treasury Department of the Australian Government Australia to 2050 and 2015 Intergenerational reports 2 REST Industry Super "The Journey begins" April 2017

FIND OUT MORE AT NICHELIVING.COM.AU Nicheliving

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Downsizing ADVERTISING FEATURE

What are your retirement plans? Meet Ray and Lin Colley and read about theirs

by Jennifer Merigan

EVERYONE has different dreams for want they want to achieve when they retire. Some want to travel, some want to start a new business, some want a tree change and some want a combination of all of these.

I met Ray and Lin Colley late last year and after chatting to them they were happy to share their story about the retirement plans which they have put

into action.

In late 2015 they were both running their own businesses; Ray had a food service business and Lin had a greeting card franchise.

They had come to the time when they weren't enjoying working in their businesses anymore and found it stressful and said they spent much of their time chasing people for money, so they decided it was time to retire.

They put their plans

into action which included closing their businesses, selling their family home, decluttering and having a garage sale. This enabled them to become debt and stress free.

They also bought a caravan and put a deposit on a house at National Lifestyle Village's development in Vasse which was under construction.

Now stress free they prepared for the trip of a lifetime travelling around Australia in their caravan.

They set off during Easter 2016 on a 16-month adventure across Australia in a 24' Adria Caravan towed by an Isuzu MUX. They said the car towed the van with ease and was very economic on fuel, averaging just 13 litres per 100 km towing.

Ray said they were complete novices when they crossed the Nullabor, although equipped with all the gear for an outback adventure their plan was to be in Darwin by winter.

They headed to Esperance through Norseman past Fraser Range Station, to Whyalla and then straight up the middle through Woomera, Coober Pedy, Alice Springs and onto Darwin.

Ray said he and Lin wanted to visit Litchfield and Katherine on the way through as they thought they would probably never go again.

This gave Lin the opportunity to take a hot air balloon ride over Alice Springs and both of them hiked up Katherine Gorge.

"This showed us how unfit we both were, we both nearly had a heart attack, but we're a lot fitter now thanks to that trip," said Ray.

After Darwin the plan was to head across to Townsville and then travel down the east coast.

They made stops through Queensland and found the most-friendly RV park in Australia at Julia Creek on the Berkley Highway on the way to Charters Towers.

They also loved their stay in Stanthorpe, Queensland which is 800 metres about sea level and where it snows in winter. Ray said they planned to stay two weeks and ended up staying for three.

In New South Wales they visited the Blue Mountains, the Snowy Mountains and Cooma.

They trailed into Victoria at Lakes Entrances and headed west through Traralgon, Yarra Valley, Ballarat, Bendigo, Heathcote, Macedon Ranges and Daylesford. Then into South Australia and through some of their favourite wine regions.

Ray says that he and Lin are lovers of food and wine and during their 16-month adventure they visited 22 wine regions around the country. Two in Queensland, seven in NSW, seven in Victoria and six in South Australia.

Ray and Lin said they knew they were never going to be long term grey nomads, they just wanted to do this trip and see Australia.

"We thought we would do our big caravan trip as our first step into retirement as I was 65 and Lin was 58 and travelling around in a caravan is easier when you're a bit younger.

"We noticed that a lot of 70 and 80-year old people we met during the trip struggled a bit," said Ray.

During the trip they



Top; Ray and Lin Colley enjoying retirement Above; Lin Colley taking a hot balloon ride over Alice Springs

covered 40,000 km towing the van for 17,000 km of that.

On returning to Perth they have since sold the van and said it was a great investment as it only depreciated 10 per cent during the trip.

Ray and Lin are entering their final stage of the plan as they are about to move into their new house at National Lifestyle's Village in Vasse in early March.

When making the decision to move to the area

they said they looked at the easy access to Perth, hospitals and the lifestyle the area offered and decided it was perfect for them.

They still plan on doing some of the things they love, including travel and are keen to do some work driving tour buses and making preserves.

"It offer us a new healthy lifestyle where we can walk and cycle and be able to grow old disgracefully," said Ray.

Industry embraces code of conduct for retirement living



RETIREMENT living operators are adopting new industry standards that were launched in December 2018.

The Retirement Living Code of Conduct, which was released by the Property Council of Australia Retirement Living Council, in conjunction with Leading Age Services Australia

(LASA), sets new standards for the way retirement villages are managed and operated across the country.

By setting out a series of operating standards the code aims to ensure integrity and best practice in the way retirement villages communicate with residents throughout the stages of moving into the community, living in the community and leaving the community and the way disputes are resolved.

Retirement community operators that sign up to the code will be listed publicly to ensure current and prospective residents are able to easily identify participating villages when making decisions around retirement

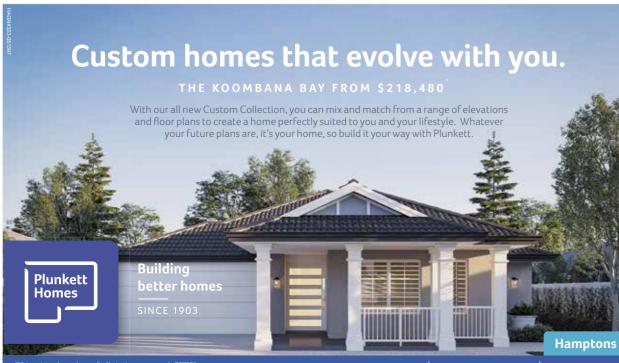
"We are still in the early stages of the code but the uptake from industry so far has been really positive," says executive director of the Property Council RLC, Ben Myers.

"As an industry there is a recognition that improving the customer experience will yield positive outcomes for all and we look forward to the Code of Conduct being embraced broadly as an industry standard."

Code compliance will be self-determined and supported by a refreshed industry accreditation scheme which will launch later in the year. The code is presently in the implementation phase and operators have until 1 January 2020 to ensure full compliance.

More information on retirement living can be found at www.awisemove.com.au and a full copy of the Retirement Living Code of Conduct is available at www.retirementlivingcode.com.au.



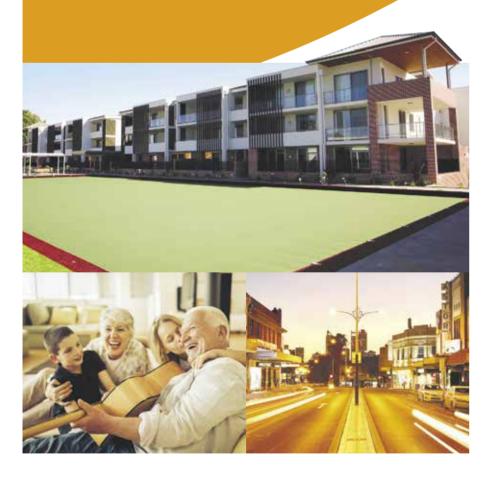






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Jownsizing ADVERTISING FEATURE

Retirement village residents to benefit from alliance between Alchera Living and Melville Cares



From LtR; Alchera Living's Alan Marshall CEO, Graham Sauvage chairman, Melville Care's June Barton Patron, David Endersby chairman and Richard Foster CEC

ACCESSING services which help older people remain in their home and yet stay connected to their community can be overwhelming for seniors and their fami-

Recognising this, Alchera Living and Melville Cares have created an alliance to provide information and support to the residents of Alchera's four retirement villages and prospective residents planning to make their new home in an Alchera village.

Alchera's chairman, Graham Sauvage, said: "having flexible dedicated specialist visits from Melville Cares to meet one-onone with existing and prospective residents and their families to discuss services will give a sense of surety and comfort that assistance is available if and when it

Both not-for-profit organisations already

have a variety of connections, including their origins as initiatives of the City of Melville. In their many years of operation, both have continued to work predominantly in the Melville area. The two organisations also share another connection. Melville Cares director and patron, June Barton, is a past chairperson of Alchera's board.

Over the years the relationship has grown as Alchera's residents have accessed Melville Cares for a variety of home care and social support services. Alchera's residents can now look forward to accessing group or individual information sessions, help with accessing ACAT assessment, together with outings and other social activities aimed at overcoming social isolation.

With the signing of a Memorandum of Understanding, Alchera Living and Melville Cares look forward to strengthening their alliance for the benefit of existing and future residents of Alchera's retirement villages, and supporting residents' wish to remain living independently.

Alchera's chief executive officer, Alan Marshall, said: "this new alliance builds upon Alchera's approach of providing extra value beyond just bricks and mortar. It is a logical progression to Alchera's appointment of a dedicated resident liaison officer who provides assistance to village residents."

Melville Cares manager of operations, El Bennett, added that: "the support team are ready and enthusiastically looking forward to working with Alchera Living in supporting their residents to remain in their village homes for as long and as strong as

Retired, not expired... why you should consider retirement living with Southern Cross Care (WA) Inc.



GONE are the days when retirement living was tied to the stigma of rundown facilities and old-fashioned aged care options.

Retirement is a new beginning to be enjoyed one where you choose your own way to live your life. Today's retirees have a growing number of options available when thinking about how they will spend their later years. Some are tempted to stay in their homes; others are interested in downsizing; while residential care homes are

potential options, too.

But, for people who want to continue to enjoy an independent and fulfilling life, a Southern Cross Care (SCC) Retirement Village could be a better alternative.

Sales consultant, Adam Green said: "Southern Cross Care provides friendly independent living.

"At Southern Cross Care, we create communities, bringing likeminded people together to continue to live an independent life full of choice

and freedom. In selecting one of our villages, you will be part of a community that enhances choice. You will be able to live an active and healthy life that offers an aspirational lifestyle, safety, security and peace of mind - right at your door step.

The villages pet-friendly, in close proximity to public transport and offer a range of amenities such as shopping centres as well as beautiful lakes and gardens. Village community centres offer a comfort-

Completion Early 2020

able place for social and recreational activities as well as regular events, visiting entertainers and organised outings on the village bus. Of course, it's completely up to residents to be involved as much or as little as they

"A full-time village manager and staff provide personal support and are there to assist residents with any concerns, while a 24-hour emergency call system offers peace of mind," Mr Green said.

Recently SCC opened

new medical services at their Success Village. Residents now have the convenience of an onsite health and wellness clinic offering access to onsite GPs, and allied health services

SCC has villas available at villages located in Shelley, Hilton, Cloverdale, Forrestfield, Rossmoyne and Success. If you are interested in finding out more contact Adam Green on 0431 795 686, or visit scross wa.org.au/retirement-vil



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Downsizing



Sabina Apartments is set to soar on the skyline in Applecross



Maire Cameron at the Sabina turning of the sod ceremony

PERTH'S leading apartment developer, Finbar, has seen a positive start to the year with a number of developments in various stages of construction.

"We have completed three developments during the past year and we currently have three developments under construction," said chief operating officer, Finbar, Ronald Chan.

"Having a strong development pipeline ensures we can offer people completed apartments ready to move into now; or if they need time to organise their finances, they can secure an apartment with a deposit now with nothing more to pay until it's completed," he said.

Finbar's Sabina development in Ap-

plecross is on track to be completed in early 2020 having reached its important ground-level construction benchmark late last year. At 30 storeys, Sabina will soon be making its mark on the Applecross skyline.

The building's height and location ensure exceptional views; and with its extensive range of resort-style amenities and closeness to the river, local shopping and high frequency public transport, Sabina is proving to be a popular development, particularly with owner-occupiers.

Maire Cameron sold her large family home in Shelley to downsize to an apartment in Sabina.

Commenting on her decision to move, Mrs Cameron said: "I was looking to downsize to a home where I felt secure and that I could safely lock-up and leave when I travel."

"I wanted to be in a central location, close to the river and city and that has space for the grandkids when they visit and I will certainly be making use of the facilities such as the pool, dining room, theatrette and the guest apartment."

Apartments at Sabina start from \$420,000. Visit www.sabinaapplecross. com.au for more information or contact selling agents, Neil Kay (Knight Frank) on 08 439 687 688 or Eric Hartanto (Harcourts Applecross) on 0421 272 152.

NLV residents buck the trend in exercise statistics



NLV residents buck the trend with exercise...

A REPORT released last year by the Australian Institute of Health and Welfare (Australia's Health 2018 In Brief) stated that older Australians are not doing the recommended amount of exercise for their age each week.

This is a statistic that

National Lifestyle Villagers have taken as a challenge, with a large number of residents taking up the classes and activities on offer at their communities.

Hillview Lifestyle Village manager lain Reid says that the residents there are a healthy bunch. "When people move into our Village, they walk everywhere because everything here is within walking distance," said

"Some of these people have never previously set foot in a gym and never done an exercise class in their life and they now they show up every week for their classes.

"I really see a change in people when they come here.

"They don't come here to slow down that's for sure.

"We all know that if you keep physically fit you're happier and healthier, so joining in one of the many classes we offer, or simply meeting other residents for a stroll around the beauti-

ful grounds is a great way to boost health," said lain. Hillview resident Carol

Hillview resident Carol Brown is a big fan of the fitness classes.

"I always played lots of sport, and I am loving the social side of classes in the village.

"We have guests come in and we do the activities and then enjoy a coffee afterwards, so it's a great catch up.

"Friends who have never exercised much in their life are coming in every week," said Carol.

"The Village layout is also conducive to activity – I walk to the clubhouse, to the bus stop, to the shops, to my friends' houses, I really don't need to drive anywhere," she added.

World's lightest folding mobility scooter



TRAVELSCOOT is the lightest and strongest portable mobility scooter in the world. Including the battery is weighs only 15kg and will easily fold to fit in a small space such as an overhead locker on a plane (Qantas and all major airline approved).

The TravelScoot easily folds down in seconds, allowing you to take it with you anywhere at any time to participate in activities with family and friends. The

handlebar and seating are height adjustable and it has a built-in cane/crutch holder.

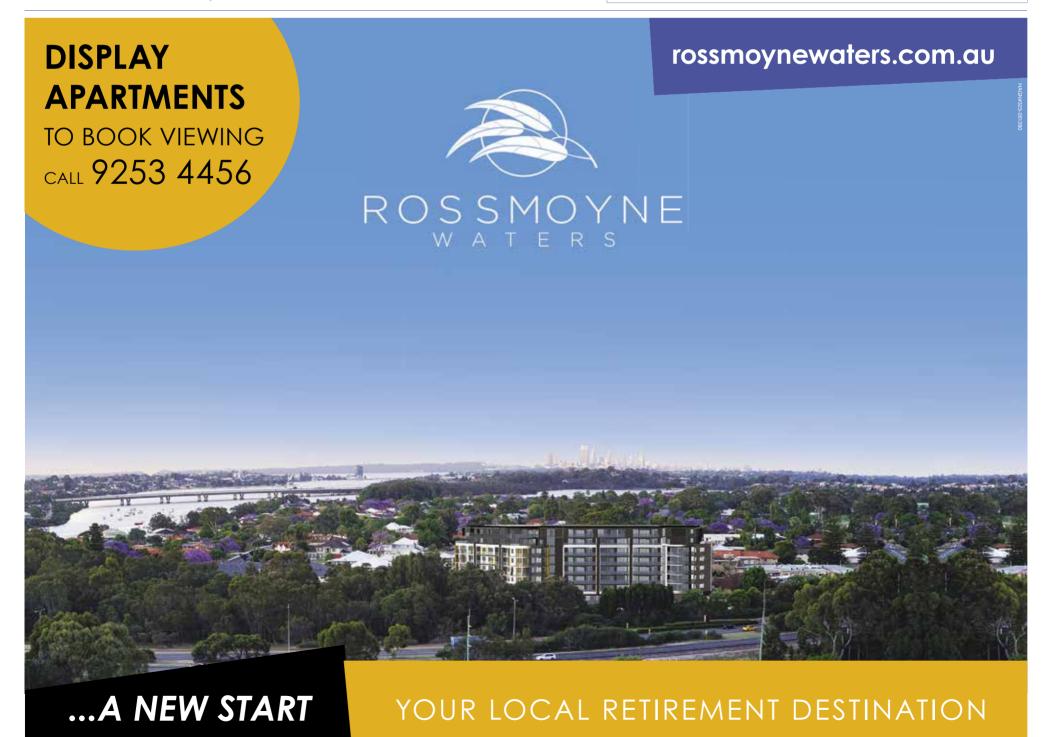
It is comfortable to ride, handles wheelchair ramps with ease, can be ridden on cruise ships and can drive short distances on hard sections of grass or gravel.

The Travelscoot battery use the latest lithium ion technology and will travel about 20km on a single charge.

Thousands of Australians have been using the TravelScoot for more than 10 years and its German design has proven reliability and performance.

No other lightweight scooter comes close to the Travelscoot in terms of reliability, lightness and strength. It is made of aircraft alloy, doesn't rust or corrode and will give years and years of reliable service.

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SwanCare excels in National Retirement Village Survey 2018

Survey completed by residents

7.9 Overall national satisfaction rating

8.7 SwanCare satisfaction rating



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healthy living Madvertising Feature 8



health options for the mature west australian





Get smart to stay safely in your home for longer



TADWA's business development manager Melissa Young

by Frank Smith

YOU often see fitness enthusiasts wearing Fitbits or other wrist monitors, such as the Apple watch, that record how much exercise they take.

Health and fitness also trackers can monitor your sleep patterns; telling you how long you've been

asleep, the quality of your sleep and how many times you woke in the middle of the night.

The same technology can be extended to monitor the health and well-being of older people in greater detail and provide valuable information for their healthcare provider as well as enable

them to stay at home for longer.

Technology for Aging and Disability (TADWA) at Bassendean designs and builds a wide range of equipment to help older and disabled people participate in everyday activities.

Business development manager Melissa Young says: "It is a myth that older people aren't interested in technology. For example, women over 65 are the biggest growth area for smart phones.'

TADWA has man-ufactured a GPS enabled pendant to prevent dementia patients getting lost when they take a walk. It incorporates an accelerometer that sends out an SOS if the wearer falls.

"You can wear it round your neck or attach it to a dog lead. It provides emergency access to up to five people and gives them the wearer's coordinates so they can be quickly found.

"Technology in the pocket allows seniors to stay at home longer.

"The pendant cost around \$450, but some people consider there is a stigma attached to

wearing a pendant so they prefer to wear an Apple watch.

"An Apple watch with GPS cost around \$1000. It also records how much you stand and walk, it detects falls and has an SOS function."

An app for one version of the Apple watch monitors electrical patterns in the heart and alert users to any potential problems and abnormali-

"It also tells time and remembers appointments. You can even can answer a phone call from your wrist if you are wearing it."

Ms Young said a wide range of systems are under development.

These include continuous glucose mon-itoring (CGM) devices for diabetics. These measure blood glucose every few minutes and report to the wearer or a carer any deviation from safe levels. Others incorporate insulin dosing systems automatically adjusted to the user's glucose reading.

Smart Home Ambient Assisted Liv-ing (SHAAL) systems integrate data from sensors around the home on doors, fridge, toilet and microwave and from body monitors.

Sensors such as infrared detectors, pressure mats, automatic bedroom lights, biosensors for vital signs and temperature monitors, captures data describing activities of daily living and health-related events.

A computer uses this data to learns your normal behaviour pattern and alerts carers if something changes.

Personal monitors include various models of Fitbit, Germin's Vivofit, Samsung Gear Fit and the Apple Watch.

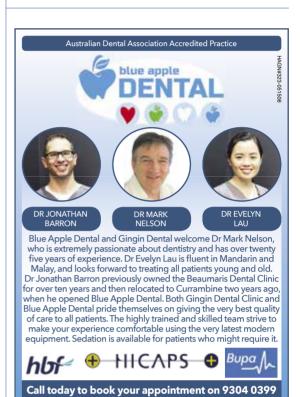
"TADWA make sure you understand how to use these devices. We demonstrate their use and make sure it is appropriate," Ms Young said.

"It is important to choose what is right for your needs. Technology is cool but functionality is the key.

"We make sure the choice is right for the client and help them make a choice. That's where TADWA sits," she said.

Call 9379 7400 for further information.









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TODAY!

healthy living advertising feature



health options for the mature west australian





IF a lifer he co

90 TABLETS

Improving prostate health with an effective natural therapy

IF you know someone or a loved one who is suffering from poor prostate health, don't worry. It's a common problem and help is available.

The prostate is a walnut-sized gland that wraps around the urethra at the point of the bladder in men. Prostate gland enlargement can be caused by prostate cancer, but most of the time it is attributable to benign prostatic hypertrophy (BPH).

As men age, the prostate gland often increases in size. The enlarged gland puts pressure on the urethra, acting like a partial clamp and thus causing numerous urinary symptoms. BPH affects more than 50 per

cent of Australian men in their sixties and 90 per cent of men above the age of seventv.

Magnus Shield® is an extract created from the pollen (the male seeds that enable flowering plants to reproduce) of various plants, including ryegrass.

It has anti-inflammatory properties which decreases swelling and improves urine flow. Magnus Shield also works on the urinary tract by relaxing the smooth muscle of the urethra, thus improving urine flow, increasing bladder muscle contraction to push the urine out, and relaxing the sphincter muscles, which help hold the urine in the bladder.

Together, these actions would improve the urine flow rate and reduce the amount of urine remaining in the bladder after urination, thereby decreasing urinary frequency.

In a double-blind, placebo-controlled study, 60 men suffering from BPH were treated with Magnus Shield or a placebo for six months. Nocturia (frequent urination at night time) was improved or eliminated in 60 per cent of the patients treated with Magnus Shield compared to 30 per cent of the patients treated with a placebo. In addition, 57 per cent of patients treated with Magnus Shield showed improvement in bladder emptying compared to only 10 per cent in the placebo group. Residual urine volume

and prostate gland size also decreased significantly in the patients receiving Magnus Shield.

Magnus Shield is safe and well tolerated. No adverse reactions to its use have been reported. It is taken orally and does not cause reactions in patients who are usually allergic to pollen.

Magnus Shield® is available direct from Graminex Australia Pty Ltd. Visit the website at www.magnusprime.com or call 1300 360 289 for more information.





New treatment being trialled for idiopathic pulmonary fibrosis

THERE is no known cure for the lung condition idiopathic pulmonary fibrosis (IPF). However, a potential new treatment is being trialled by the Institute for Respiratory Health with the aim of improving the health of those suffering from the condition.

IPF is a type of chronic lung disease characterised by a progressive and irreversible decline in lung function. Symptoms typically include gradual onset of shortness of breath and a dry cough. Other changes may include feeling tired and/or nail clubbing.

The Institute for Respiratory Health strives to advance its research of IPF through clinical trials, where a potential new treatment is tested in individuals who currently have the condition, in the hope of learning more about how to better treat the disease.

The team of staff in the clinical trials unit at the Institute for Respiratory Health are currently calling for volunteers to participate in clinical research trials aimed to achieve improvements in IPF treatment.

Felicite Kelsall, head of the clinical trials unit, encourages anyone who has had a diagnosis of IPF to contact them to confirm their eligibility to be a participant in this trial.

"We need to learn more about IPF and being part of a clinical trial can help us to find better treatments for this condition,"

she said

The Institute for Respiratory Health is a not-for-profit medical research institute committed to creating a better life for those living with respiratory conditions.

It also conducts clinical trials for a number of other respiratory illnesses including asthma, bronchiectasis, COPD/ emphysema, cystic fibrosis, idiopathic pulmonary fibrosis, and alpha 1-antitrypsin deficiency. If someone lives with IPF, or

If someone lives with IPF, or any of the other mentioned respiratory conditions, and want to help to find answers please email the friendly team at ad min@resphealth.uwa.edu.au or call 6457 3198 for more information.



LOVELY AUGUSTA

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The Augusta Retirement
Units are administered by a
small group of volunteers.
Unit available for occupation
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Two bedroom, one bathroom, open plan Price \$175,000

For enquiries, contact Judith Childs 0448 975 810 (8am-5pm)



VOLUNTEERS REQUIRED

Institute for Respiratory Health

New Idiopathic Pulmonary Fibrosis (IPF) Clinical Trial

Our leading Clinical Trials Unit at the Institute for Respiratory Health is dedicated to finding better treatments for the respiratory condition,

IPF, and we need your help.
If you have been diagnosed with IPF in the last 5 years, and currently not receiving Pirfenidone and Nintedanib you may be eligible to participate. For the first 24 weeks, you will be on either active drug treatment or inactive placebo. After 24 weeks,

all participants will receive the study drug. If you are interested in determining whether you may be eligible to participate or would like more information, please contact the team;

(08) 6457 3198

www.resphealth.org.au admin@resphealth.uwa.edu.au

Diagnosed
with dementia?
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alzheimer's wa

the dementia experts

Friend to Friend FREE	Please nominate a category for your advertisement. Tick one box only. Travel companion Pen friend Seeking a friend Seeking a partner	Abbreviations used in <i>Triend to Triend</i> ALA: All letters answered E GSOH: Good sense of humour N SD: Social drinker N NS: Non smoker N SOR: South of River T WLTM: Would like to meet
1	Address	23x16cm and are ob
İ	I am over 45 years of age	Entries not accomenvelopes will not be

Seeking a Friend

ACTIVE gent, 60, no baggage, neat appearance, happy nature, looking for reasonably slim, well presented lady, 50-60 for companionship, relationship.

Reply Box 8133

A GENUINE Aussie girl WLTM a genuine gent Aussie or English, 69-75, barbecues, movies, picnics, just the simple life, let's meet for coffee and chat south of river. ALA. Reply Box 8144

AUST lady, postcode 6022, very well presented, intelligent, GSOH, NS, SD. WLTM honest, decent Australian guy, friend, 65-69, GSOH, outings etc. Coffee first, see if compatible and common interests, probably not travelling though. NOR. Reply Box 8134

GENT mid 70s, living in great southern, fit and healthy. WLTM lady for long term relationship, travel etc.

Reply Box 8137

LADY 69 looking for a compatible companion for quality time together, movies, meals, drives, laughs, homelife. I am a well presented med build blonde, blue-eyed, 5'6", gorgeous looking girl! SOR. Hope to find you. Reply Box 8138

LADY mid 70s, caring, active, enjoys gardening, family life, social outings, quiet times together.

WLTM gent GSOH, NS,

SD, NOR. Reply Box 8141

LADY widow, 74, easygoing, young at heart. Enjoys keeping fit, music, reading, gardening etc. WLTM unattached gent, 70-80, NOR, to share if compatible, social activities and travel. How about we meet for coffee and chat? Reply Box 8148

LADY WLTM gent. 80. loving, caring, eating in/ out, travel, quiet evenings in, TV, walks, NOR, SD, NG, NS, good company. Reply Box 8149

MATURE widower, sincere, caring, fit, fin sec, GSOH, NS, NG, SD, wide range of interests. WLTM lady, up to 80, with similar attributes to develop special relationship. Rockingham, Mandurah, Pinjarra area.

Reply Box 8153

NOR lady, active, slim, fit, GSOH, kind, caring nature, likes to travel and is friendly, intelligent. Seeking similar type of gent who is DTE, well groomed with manners and positive outlook.

Reply Box 8146

WHERE are the fun to be with gentlemen around 70! Me; DTE, NS, SD, near Fremantle, seek happy, virile man who is caring to be my best friend/lover. I enjoy music, theatre, travelling, friends and lots of

Reply Box 8154

Seeking a Partner

ATTRACTIVE English lady, 70, well presented, feminine, med build, educated, own home, fin sec, enjoys reading, walking, music, gardening, country drives. WLTM well presented, fin sec gentleman, 65-73, not married or seperated for long term permanent relationship. SOR. Reply Box 8140

ATTRACTIVE well presented lady, 72, many interests, fin sec, NOR. Enjoys reading, walking, music, socialising, country drives. WLTM unattached, genuine, tall, well presented, kind, loving, gentleman 65-75 for longterm special relationship, friendship, GSOH, NS, ALA.

Reply Box 8150

FEMININE baby boomer, circa 1952, very fair, blue GSOH, SD, NS, DTE, NG, likes swimming, reading, movies, gardening, music, AFL, walks. cooking. WLTM kind man well presented, TLC, ALA, no ties.

Reply Box 8135

GENT 76, healthy, active, NS, enjoys walking, beach, movies, life in general. Seeks lady for friendship, relationship, SOR. TLC.

Reply Box 8147

GENT Aussie, 75, slim, active, GSOH, NS, NG, SD, fin sec, loving, caring, kind, good listener, patient, drives, walking, movies, gardening, music, singing, handyman. WLTM slim, loving, caring lady, any nationality, 62 plus, SOR.

Reply Box 8136

NEWS UPDATED DAILY www.haveagonews.com.au

GENT UK/Australian, late 60s, well presented, educated, fin sec, enjoys travel, gym, family, beach, coastal walks, usual social activities. Seeks compatible, intelligent, attractive, slimmish, easygoing lady to mid60s, social activities, travel companion, whatever, northern suburbs, coffee?

Reply Box 8145

GENT WLTM lady for dancing and travelling, has caravan, GSOH, NS NG, SD, prefer lady 60-70. Reply Box 8139

LADY 69, slim, fit, enjoys dancing, bush walking, swimming, born again Christian. WLTM male with some similar interests.

Reply Box 8152

LADY WLTM active, 65-70, guy, NS, interested in travel, open to explore future possibilities with tall, slim lady. Enjoys usual social activities, GSOH, missing that special friend, partner, travel companion. Looking forward to your reply.

Reply Box 8142

Seeking a Travel Partner

ATTRACTIVE slim, tall, lady, seeking friendship, view to relationship. Enjoys travel, outdoors, dinners. Seeking, honest, caring, fin sec, tall, slim gentleman, 65-75, keen traveller, intelligent with good sense of humour. Reply Box 8132

GENT mid 70s, WLTM genuine lady to travel around the Greek Islands. I am NS NG SD DTE GSOH, NOR, maybe a partnership could develop. Coffee and a chat would be good. Hope to hear from you.

Reply Box 8143

MALE 50 WLTM DTE male or female, similar age for Australia Asia cruise. NS, SD, departs November 2019. Reply Box 8151

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.

#323 February edition **PUZZLES Solutions**

3	8	9	1	5	6	4	7	2
4	6	7	2	8	9	3	1	5
5	2	1	4	3	7	6	8	9
9	1	3	6	7	5	8	2	4
8	4	5	3	1	2	7	9	6
6	7	2	9	4	8	5	3	1
2	5	4	7	9	3	1	6	8
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1	3	6	8	2	4	9	5	7

L I S T L E S S STRANGER EASAN Н CARDGAM

> |E|D|E|S|T|A|L C Lovatts Puzzles

Wheel Words:

IPIOISII TI

Aped, Apse, Cape, Clap, Leap, Nape, Neap, Pace, Pale, Pane, Peal, Pean, Pend, Plan, Plea, Pled, Slap, Snap, Span, Sped, Apace, Apnea, Aspen, Caped, Clasp, Lapse, Paced, Paean, Paled, Panda, Paned, Panel, Pecan, Pedal, Penal, Place, Plane, Plead, Scalp, Scape, Sepal, Space, Spade, Spend, Canape, Lapsed, Palace, Pascal, Placed, Planed, Spaced, Clasped, Enclasp, Scalped.

9-letter word: LANDSCAPE

Square Shuffle:

Wool, Silk, Hemp, Jean.

Have a Go News Quiz Page 2: 1. Alexander Forrest.

2, 1879.

3. Foundation of the Swan River Colony.

4. Foundation of Perth.

5. 1834.

6. Perth.

7. John Forrest.

8. Yagan.

9. Water pipeline to Goldfields, Fremantle Harbour.

Cottesloe.

Each person may submit one entry every month.

DTE: Down to earth

TLC: Tender loving care

ND: Non drinker NG: Non gambler NOR: North of River

STOP: Please read new instructions carefully Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend PO Box 1042 West Leederville WA 6901.

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Friend to Friend: When replying to an entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend,

PO Box 1042, West Leederville, WA 6901.

(example only) Send your reply on a single sheet of paper.

Place in a small envelope 11B (measures approx. 14 x 9cm).

No greeting cards, bulky items and photos.

All replies will be forwarded early in the next month.

All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.



SOLUTIONS MATCHMAKING 'The safest way to meet a genuine and suitable companion" 9371 0380

MAYLANDS LADY 65 Petite, fresh-faced, youthful widow, active, honest, open-minded, very well grmd. Sk decent man w/ a GSOH to c'van travel, cruise & be long term companion 63-73.

TUART HILL LADY 67 Slim, pretty blonde, Irish descent, vibrant, indep, loval, d.t.earth, eni sport, travel, eatina out, dancing, walking. Sk man 62-72 w/ a fun & healthy o/look.

NORTH BEACH LADY 66 Refined, educated, green eyed blonde, 165cm, slim, fit, attr, enj yoga, beach walks, a movie, plays, musicals, the arts, casual dining & likes the country. Sk gent 60-72.

THE HILLS LADY 72 Gorgeous, slim, petite, brown eved brunette, Italian/Aust, smart, fun loving, warm, personable. Enj family, friends, travel, volunteering, exercise, music, sk gent w/ gd old fashioned manners & GSOH 68-78.

VIC PARK LADY 69 Active, positive, kind & loving, enj the simple things in life. Sk clean living gent w/ sound values 65-75 pref Christian, view perm r'shp.

MURDOCH GENT 67 Tall, well built, well armd, easy on the eye, honest, e/going, enj gd conversation & interaction, golf, boating, socialising, travel. Sk attr, modern woman w/ fun loving personality 58-67.

FORRESTFIELD GENT 68 Div, tall, good looking, great smile, d.t.earth, dependable, very young o/look, enjoy anything with the right person. Sks a genuine lady who is non judgemental & has kindness towards others 58-65.

OAKFORD GENT 65 Young, fit, good looking, good old fashioned manners, a thorough gentleman, successful, active, very grounded & easy to get on with, sk youthful lady w/ pride in herself 55-65.



SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995

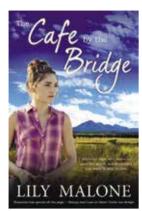


A selection of Australian feel-good tomes to tantalise book worms...



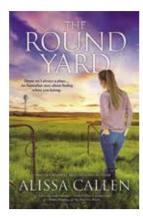
The Last Days of the Romanov Ballet by Kerri Turner

AUTHOR Kerri Turner gained degrees in dance and writing and has beautifully combined her two passions into her de-

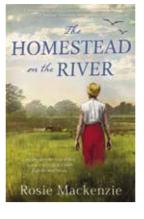


but book The Last Days of the Romanov Ballet.

Meticulous research shines through the pages as one steps back in time to the end of Imperial Russia and its excesses including its ballet com-



pany. As WWI takes its toll and the country is on the brink of civil war, the two lead characters have to decide what is worth more... their art, their country or each other. The characters will dance



off the page as you wind your way through this Russian saga.

Published by HQ Fiction – RRP \$29.95.

Café by the Bridge
by Lily Malone
This is the second

book in Malone's Chalk Hill series which focuses on an invented town in the south west. Readers are in for a rural romance as we meet more characters from this small town with a big heart. This story focuses on scammers, justice and learning to trust again. Malone's further development of the town's characters will have readers wanting more in this series.

Published by HQ Fiction – RRP \$29.99.

The Round Yard by Alissa Callen

A good old-fashioned rural love story comes through the pages of Callen's latest book *The Round Yard*. A good tale

is never complete without intertwining some of life's twists and turns with the lead characters aching to find a sense of belonging. Add in unlocking a few family secrets from the Second World War and the lights will be burning bright into the night as readers find this tome hard to put down.

Published by HQ Fiction – RRP \$29.99.

The Homestead on the River by Rosie Mackenzie

Mackenzie has produced a stunning piece of historical fiction which will take the reader to India, Ireland and Australia. Covering a family's saga and one with a few untold secrets. Lillie O'Sullivan discovers her parents have been harbouring secrets that could destroy the family and ruin their future in their new home of Australia. A great piece of historic fiction featuring love, loss and betrayal.

Published by HQ Fiction - RRP \$29.99.

WIN WIN WIN

We have one copy of each book to giveaway to some lucky readers. To be in the draw simply email win@havea gonews.com.au with Books in the subject line or write to Book Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 7/3/19.



King of Thieves - the biggest and most daring robbery in British history

INFAMOUS thief in his younger years, widower Brian Reader, now 77, pulls together a band of misfit criminals to plot an unprecedented burglary on the Hatton Garden safe deposit.

The thieves, all in their 60s and 70s except for one, employ their old school thieving skills to

plan the heist over the Easter holiday weekend. Posing as servicemen, they enter the deposit, neutralise the alarms, and proceed to drill a hole into the wall of the

When police are called to the scene and the investigation starts, the cracks between the misfit gang members begin to show as they row over how to share the goods and become increasingly distrustful of each other.

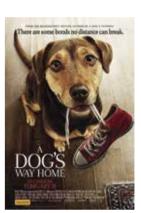
Meanwhile, the crime has become public knowledge, and a frenzy of speculations begin. As details about the crime come to light, both the British public and the media are captivated, and the investigation is followed with bated breath around the world until the criminals are eventually captured.

Featuring an all-star ensemble British cast including Michael Caine, *King of Thieves* is in cinemas 28 February.

WIN WIN WIN

WIN WIN WIN
We have 10 double
passes for some lucky
readers to win. To be in
the draw simply email
win@haveagonews.
com.au with King in
the subject line or write
to King of Thieves c/Have a Go News PO
Box 1042, West Leederville 6901. Competition
closes 24/2/19.

There are some bonds no distance can break



A DOG'S WAY HOME chronicles the heart-warming adventure of Bella, a dog who embarks on an epic 400-mile journey home after she is separated from her beloved human.

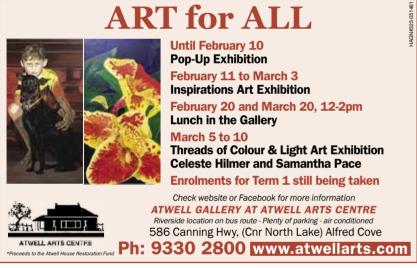
Join Bella – a sparky, loveable pup – on her journey to return to the person that saved her. Along her journey, she too helps many people and embarks on a fun and sometimes dangerous adventure. Every step she takes, brings her closer to the home she knew and the person she loves.

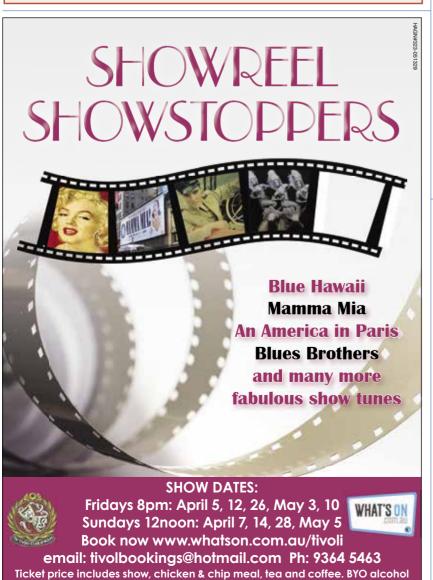
Stars Bryce Dallas Howard, Ashley Judd, Jonah Hauer-King.

In cinemas 28 February.

ary. WIN WIN WIN

We have 10 double passes for some lucky readers to win. To be in the draw simply email win@havea gonews.com.au with Dog in the subject line or write to A Dog's Way Home c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 24/2/19.









An honest and passionate performance



David Gray to perform at Riverside Theatre

AFTER scaling enormous heights with album sales over 12 million (including the highest selling album ever to-date in Ireland with White Ladder), BAFTA, Brit and Grammy nominations, a Q Award, two Ivor Novellos and much more, David Gray returns revitalised with a new perspective, energy and new sound to take to his adoring Australian fanbase.

English singer-songwriter's breakthrough album White Ladder first introduced him to Australian audiences in 1998 and was a showcase for his tempered roar of a voice, as it is for his finely-honed powers of social observation. His wit's-end ballad This Year's Love proved that it is often the simplest emotions that hit the hardest.

In 2005 Gray's seventh album Life in Slow Motion debuted at No.8 in the Charts in Australia and was followed by Draw The Line, Foundling and Mutineers all hitting the charts in Australia. David's eleventh studio album Gold In A Brass Age, will be released in early 2019 and will be performed live in Perth in April, along with his back-catalogue of career-defining songs.

With a loyal Australian fanbase and a plethora of albums to enjoy, there's no doubt tickets to see David Gray live in Australia this April will be in high demand.

David Gray fans can pre-order his new album at davidgray.com for de-

He will be performing on Sunday 14 April at the Riverside Theatre, Perth. Bookings through Ticketek.

passes simply email

win@haveagonews.

com.au with Beale in

the subject line or call

the office on 9227 8283

during office hours.

Closes 16/2/19.

Eight-part thriller now available on DVD



FROM the producers of The Missing and Liar,

this new eight part series White Dragon will have you on the edge of your seat.

University lecturer Jonah Mulray's world is turned upside down when his wife Megan, a high-ranking international development worker, is killed in a car accident on a mountain road outside Hong Kong.

Overcoming his fear of flying, Jonah jets out from London to identify the body. Alone in an unsettling alien environment, given the runaround by overworked underpaid local and cops and haphazardly assisted by the British Consulate, Jonah discovers that the accident is not all it seems.

Megan had been living a dangerous double life that left her exposed to sinister business interests. A web of conspiracy deepens as the evidence points to murder. In stores now RRP

WIN WIN WIN

We have five DVD's to giveaway to some lucky readers. To be in the draw simply email win@haveagonews. com.au with Dragon in the subject line or write White Dragon c/ Have a Go News PO Box West Leeder-1042. ville 6901. Competition closes 28/2/19.

Paying homage to original kings of comedy



Steve Coogan and John C. Reilly star as Laurel & Hardy

STARRING Steve Coogan and John C. Reilly as legendary comedy duo Laurel & Hardy, Stan & Ollie is the heartwarming story of what would become the pair's triumphant farewell tour.

With their golden era long behind them, Stan

and Ollie embarked on a variety hall tour of Britain and Ireland in 1953. Between personal grievances and dwindling audiences, they face an uncertain

While the charm of their double-act wins back legions of adoring fans, the duo must pull out all the stops to save their precious decades-long friendship before the final curtain falls.

From acclaimed screenwriter Jeff Pope (Philomena), Stan & Ollie celebrates a unique friendship and legendary working partnership with humour and warmth. Coogan and Reilly deliver performances of nuanced, comic genius - the perfect pair to pay homage to the original kings of comedy In cinemas 21 February.

WIN WIN WIN

To be in the draw to win one of 10 double passes to Stan & Ollie simply email win@haveagone ws.com.au with Stan in the subject line or call the office on 9227 8283 during business hours to be in the draw. Competition closes 21/2/19.

A 1970s love story set in New York



FOLLOWING his Best Picture Academy Award winner Moonlight, writer/ director Barry Jenkins adapts James Baldwin's acclaimed novel If Beale Street Could Talk.

A love story set in 1970s New York, If Beale Street Could Talk gives voice to a couple's unbreakable bond and a family's empowering embrace, as told through the eyes of 19-year-old Tish (KiKi Layne).

Friends since childhood, Tish and Fonny (Stephan James) fall in love and are soon expecting their first child. But their plans for the future are derailed when Fonny is arrested for a crime he didn't commit. Relying on familial and inner strength, Tish and Fonny must fortify themselves against a world intent on tearing them apart.

Breathing new life into Baldwin's brilliant narrative of black America. Jenkins delivers a beautifully crafted feast for the eyes, ears and heart with this quietly powerful masterpiece.

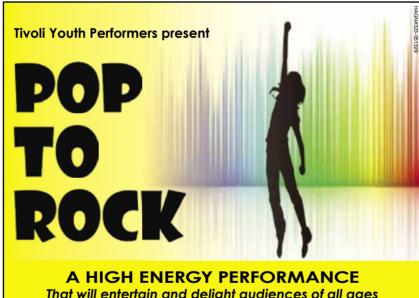
Newcomer KiKi Layne and Stephan James are captivating as the young lovers and their chemistry is palpable. They are supported by an outstanding ensemble cast, including Regina King, who won the Golden Globe for Best Supporting Actress for her role.

In a story of hope, If Beale Street Could Talk tells us to trust love all the

In cinemas 14 Febru-

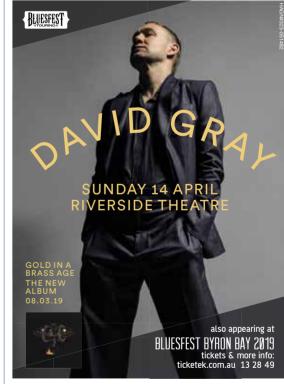
ary. **WIN WIN WIN**

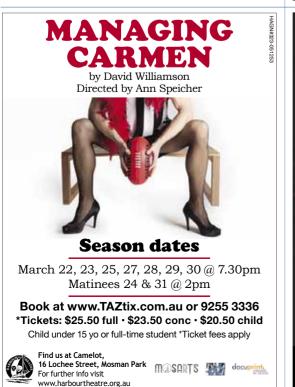
To be in the draw to win one of 10 double



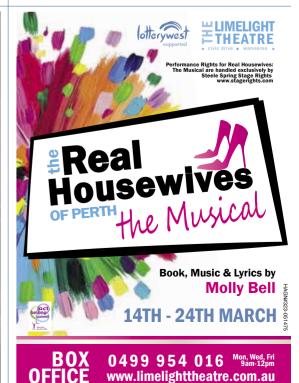
That will entertain and delight audiences of all ages **PERFORMANCES:**

Fridays 7pm: March 22, 29 Sundays 2pm: March 24, 31 BOOKINGS: www.whatson.com.au/typ Enquiries email: tivolettes@hotmail.com 9364 5463











Becoming Colleen: finding the shoe that fits - coming out at 82



BECOMING Colleen, a new Australian documentary about a transwoman 'coming out' at 82, makes an important contribution to broadening our understanding of what is gender, as well as being a movingly told tale of a life lived both well and lovingly, despite the difficulties.

While the majority of Australians may never have given the gender question a second thought, for others it can be a key concern, particularly when the gender written on your birth certificate does not match the way

you feel about yourself.

Becoming Colleen evocatively captures this dilemma in tracing the life of Colleen. Through beautifully portrayed memories, a touching story emerges of a boy, and a man, finding creative ways to negotiate life when 'the shoe just doesn't fit'.

Proudly sponsored by RAAFA, the WA premiere of *Becoming Colleen* is being screened at the Alexander State Library Theatre, on Thursday 14 March 2019. Arrive at 5.30pm for light refreshments and 6pm start. The film will be

followed by Q&A with a panel of trans elders, giving us a unique chance to hear their perspectives on issues raised in the film.

This special WA premiere screening is being organised by GRAI (GLBTI Rights in Ageing Inc) and Transfolk of WA. Colleen Young's story is essential viewing for aged-care providers as well as anyone wanting to think more deeply about gender, family relationships, or the right to be safe and welcomed.

GRAI chair, June Lowe, said: "We all deserve to be respected and celebrat-

ed for who we are. Through promoting understanding and empathy, *Becoming Colleen* will certainly be influential in making this become a reality for trans

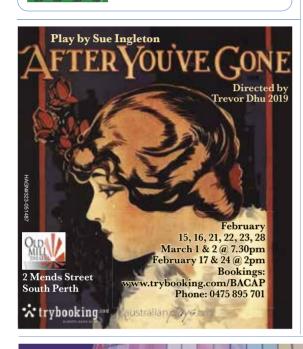
"We are delighted to have RAAFA's partnership with this screening, which will help open hearts and minds in the wider community as well as give reassurance for sexuality - and gender-diverse elders, their families and loved ones"

Book for *Becoming Colleen* through: www.becoming-colleen.eventbrite.com

Love the movies?

See the latest movie reviews and win tickets

www.haveagonews.com.au



Picnic at Hanging Rock comes to Darlington Theatre



DARLINGTON Theatre Players present their first play of the season for 2019, *Picnic at Hanging Rock* directed by the very accomplished Rob Whitehead.

On a summer's day in 1900, three Australian schoolgirls on a picnic expedition to the remote Hanging Rock abscond from their group. They are last seen heading towards the beckoning

In Tom Wright's chilling adaptation of Joan Lindsay's classic novel, five performers struggle to solve the mystery of the missing girls and their teacher. Euphoria and terror reverberate throughout the community, as the potential for history to repeat itself becomes nightmarishly real.

Picnic at Hanging Rock plays at Marloo Theatre, Greenmount from 1 – 16 March.

Tickets \$18-\$22 www. trybooking.com/YZDU or 0490 098 552.

An inspiring story of women's rights



FELICITY Jones and Armie Hammer star in On the Basis of Sex, the inspiring true story of a young Ruth Bader Ginsburg, a passionate and dedicated lawyer who brought a case

before the US Supreme Court in 1975 that could change women's lives for the better.

Her claim: that the law discriminates on the basis of gender. At the heart of Ruth's

journey is a moving romance with her husband Marty (Armie Hammer) and a poignant relationship with her daughter, who embodies a new generation of women following in Ruth's footsteps. As Ruth struggles to be heard, even hired, in a profession dominated by men, Marty becomes her greatest ally in a partnership built on love and equality.

Ruth Bader Ginsburg was later appointed Associate Justice of the US Supreme Court, a position she holds to this day. See where her story began in this stirring, heartfelt drama.

In cinemas 7 February. WIN WIN WIN

We have 10 double passes to giveaway to some lucky readers. To be in the draw simply email win@havea gonews.com.au with

gonews.com.au with Basis in the subject line or call the office during business hours on 9227 8283. Closes 12/2/19.

The music that defined a generation

THE ULTIMATE Jersey Boys and Motown Show is a non-stop heart-pounding homage to the music that defined a generation.

Invoking the spirit of some of the world's most iconic and legendary performers, this high energy show brings back the unforgettable sounds of *Frankie Valli and the Four Seasons*, *The Temptations*, *The Four Tops*, *The Jackson Five* and Stevie Wonder to name a few.

Highlights include top 10 hits such as Walk like a Man, Big Girls

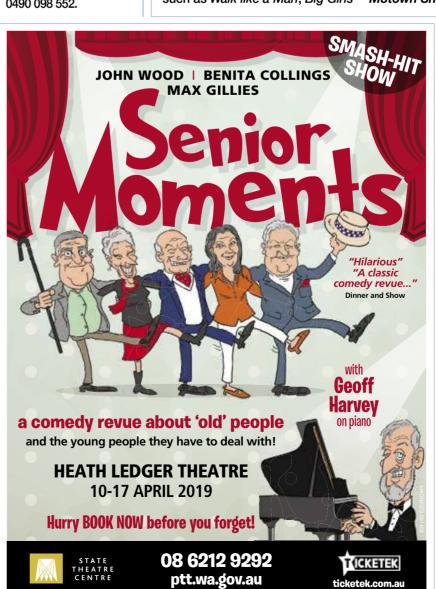
Don't Cry, ABC, Blame it on the Boogie, My Girl, Under the Boardwalk, Celebration, Superstition, Shake Your Tail Feather and many more. It is a signed, sealed, delivered sure-fire entertainment hit.

Playing four shows at the Regal Theatre on 29 and 30 March. See page 35 for details.

WIN WIN WIN

See the Have a Go News Facebook page for your opportunity to win one of 25 double passes to The ultimate Jersey Boys and Motown Show.





Experience the soul of Cuban music



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See advertisement for booking details on page 48.



SCENE SOCIALL

































SCENE (1): AUSTRALIA Day was celebrated in the air when a group of Have a Go News readers took to the skies to fly across Antarctica on a day trip like no other. Our tour guide Tahlia Merigan who was on her second flight to Antarctica said, "every flight is different, and the views were sensational." Our group enjoyed the Qantas hospitality and service plus enjoyed meeting the Antarctic experts on board as well as the live radio cross to the Australian station. It's a flight like no other. Our next Have a Go News group flight is scheduled for Australia Day 2021. SCENE (1): Top row from left to right; Have a Go News' host Tahlia Merigan - Craig and Deb Smith - The Qantas 747 getting ready to head south to Antarctica - Alan Hogg - Maxine Spencer - Hilary Hiscoe and Susan Prodger. Second row LtR; Sheila Simons, Judith Beur and Leonie Higgins - Ken, Linda and Aneta Murray - Sally Willis and Penny Price - Doreen Moffett and Ann Studman - Paul and Doreen Gibson. Third row LtR; Margaret and Noel Oxley - Karen Manson, Zoe Manson and Avril Peters - Bernice Thomas - Neil McMurtrie and Vivien Howard - The views of the trip.













SCENE (2): MORE than 140 members of the Over 55 Walking Association exchanged their club T-shirts for formal attire when they gathered for their end of year luncheon at Miss Maud's restaurant. Have a Go News paid a visit on the day and met Father Christmas along with many of the members. We certainly thought the spread at Miss Maud's looked sensational and the service team were friendly and helpful. Members enjoyed fine hospitality, raffles and door prizes. Members extend their thanks to the social coordinator Yvonne for arranging the function. The Walking Club returns to regular walks in March - see page 3 for details.

SCENE (2): Top row, from left to right; Mariel Brennan and Jill Howarth - Anita Searle Ancilla Decampi and Barbare Hennessy. Second row LtR; Fran Carter, Anne Semann and Phil Paddon - Jim and Jenny Drysdale. Third row LtR; Yvonne Gibbs, Father Christmas and Miss Maud's duty manager Ryan - Gordon and Val Bennett.





SCENE (3): THE Probus Club of Karrinyup and North Beach recently celebrated their 35th birthday on 14 January at the North Beach Bowling Club where they hold their regular meetings. Have a Go News' editor Jennifer Merigan was invited along to celebrate the milestone. She enjoyed hearing about the club's about Have a Go News. Also attending the event was WA president of Probus, Marie Bolt who entertained the crowd with the many benefits of Probus. People are encouraged to join Probus clubs around the state and will be made most welcome. It's an opportunity to enjoy activities and social occasions and make new friends. Anyone interested in joining the North Beach/Karrinyup club should contact membership coordinator Joanne Hall on 0413 215 104.

SCENE (3): Top row, from left to right; Jeniffer Hutton and Carolyn Field - Marie Leitch and Elizabeth Brennan. Second row, LtR; Probus WA president Marie Bolt cuts 35th birthday cake with Karrinyup/North Beach club president Bob Morris - Gillian Wright and Joanne Hall, Third row, LtR: Jocelyn Robertson, Margaret Watson and Henry Sills. Fourth row; Dezira and Peter Mulder - Jan Gray and Julie Demspey. Fifth row; Maxine Hart and Arthur Wright.



SCENE (4): SILVER Taps extraordinaire tap dancers Judi Grant and Carole Metcalf have achieved some amazing results in the Follow Your Dreams National Tap Dance Championships in Melbourne. They competed in four tap duos as well as the solo masters national championship. Congratulations to the ladies for taking out first place in the Song and Dance duo (score 97); first place Tap Duo (score 97); first place Own Choreography Tap Duo (score 97) and second place Broadway Jazz (score 98 - winners received 98.5) Judi and Carole said they had never done a jazz number before. Judi was placed third in the National Solo Masters and Carole came fourth. Carole said that so many people were totally blown away when they learned their ages - both ladies in their 70s. Carole would love to hear from anyone who would love to take up tap dancing - call her on 0416 191 043. SCENE (4): Carole Metcalf and Judi Grant

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