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PRINT POST 100022543

VOLUME 27 NO. 09 ISSUE NO. 313 APRIL 2018

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- Subantarctic Islands
- Holidaying in WA with dogs

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- Food & Wine - reviews, recipes and more

COMPETITIONS/GIVEAWAYS

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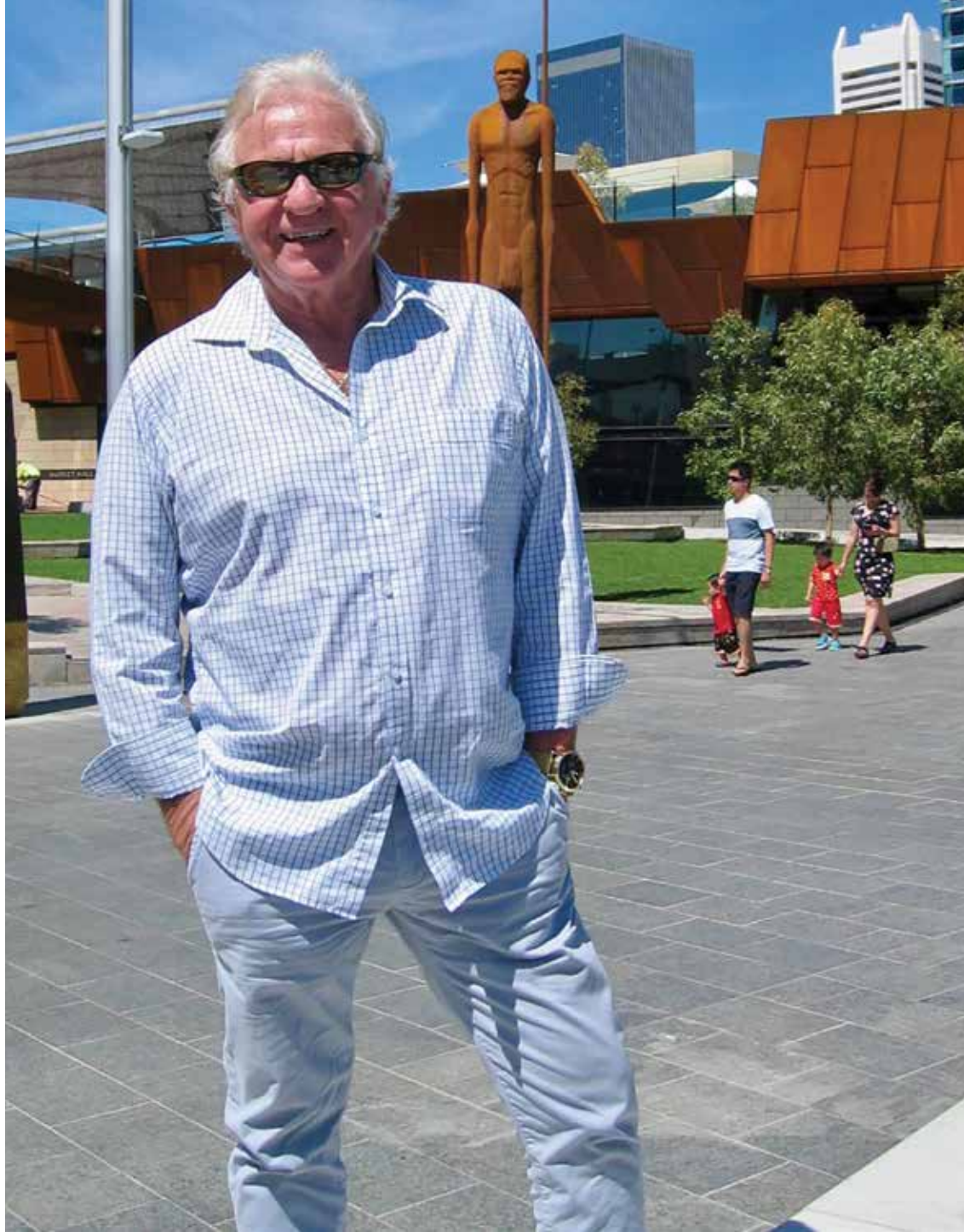
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 Food for life

Life is good for Normie Rowe



Normie Rowe enjoying a visit to Yagan Square

by Lee Tate

NORMIE Rowe, sitting in the sun at Yagan Square, is very much at home in Perth.

"I could have lived in Perth," he tells me during our one and half-hour chat. "There's a sense of community here that does not exist in other modern cities."

Normie was born in Melbourne, moved to

Sydney and settled on the Gold Coast, closer to entertainment opportunities.

He's far from a stranger to Perth with innumerable performances and appearances here in his eventful lifetime including 15 Telethon appearances in a row. And he'll be back on the fund-raiser again this year.

Normie has just starred in Ben Elton's smash

stage show *We Will Rock You*, involving a few weeks' stay in Perth, hosted by fellow entertainment legend Johnny Young.

The good mates, who met in Perth aged 17 when Johnny hosted *Club Seventeen*, often appear together in sell-out concerts. They are preparing for a gig at Perth's Friends restaurant.

Tanned and with a spring in his step, Normie, 71, says: "My voice has actually improved. It's the best it's ever been in my life."

Normie has emerged as a true survivor from the wild sixties of rock'n'roll. Helpfully, he didn't drink booze, didn't womanise and cared for his voice.

"People sometimes turn up at concerts holding one of my early

records, saying they've kept them longer than their marriages, sometimes several marriages," he laughs.

Normie, a former church choir boy, stays up-to-date with the entertainment game. Always has. Well after he had been Australia's most-popular singer and 20 years after his first singing lesson, Normie went back for lessons.

"At concerts in front of thousands of screaming kids, you can't hear yourself sing. But when I came back from Vietnam and sang at Sydney clubs, I could hear myself and thought: 'I'd better get lessons'."

Normie always played acoustic guitar but has extended himself and now plays electric guitar. He also commands a working knowledge of modern technology, his computer and smart phone.

"I can't stand technology if it's not working properly," he says.

Invariably when the curtain comes down on his shows, the star pitches-in to help load the band's gear.

"They appreciate it," he says.

Normie, who has a keen eye for a good script and turn-of-phrase, is not slow to polish his lines and sometimes collaborates on productions.

As well as his string of music hits, Normie has been a starring stage and television actor with roles in *Sons and Daughters*, *Les Misérables* (acclaimed for his portrayal of Jean Valjean), in *Evita*, *Chess* and the musical, *Cyrano de Bergerac*, which he helped develop.

Australia's heart-throb of the 1960s, Normie had 11 top-10 records in a row, starting with his first single, in 1965, an unlikely hit arrangement of Gershwin's *It Ain't Necessarily So* from *Porgy and Bess*.

Then his double-sided hit *Que Sera Sera / Shakin' All Over* hit the airways.

continued on page 18

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From the editor's desk



ONE of the functions I always enjoy attending is the annual WA Women's Hall of Fame inductions. It's held on International Women's Day - 8 March and this year's function was at Government House.

It was an emotional ceremony for me after my mum and founder of this paper, Judith Treby, was inducted last year.

What I particularly love about it is that it recognises and highlights the many women we have in our community who work tirelessly in their fields and whose work often goes unnoticed in the broader community.

This month our journalist Josephine Allison interviewed one of this year's recipients, Terrie Gomboc who is the wife of sculptor Ron Gomboc. We featured Ron in the paper last month and when I spoke to him at the ceremony he said he was so happy that Terrie had been recognised for her tireless work for the arts community.

You can read more about Terrie on page 19.

I have listed all the inductees in our Scene Socially section on page 55 and I also want to pay tribute to my good friend Gina Williams who was also inducted.

Gina is a former journalist who has now moved to a musical career sharing her talents with the world as a singer/songwriter. Gina realised about 10 years ago that there were only about 400 speakers of the Noongar language left and as a Balladong woman who didn't speak the language she went out and learnt it and to pay tribute as only a musician could, decided to write her songs in the language. Her album *Bindi Bindi* which is co-written with Guy Ghouse is one of the most beautiful pieces of music I have heard and her work in ensuring the language will remain and grow is truly admirable.

The WA Women's Hall of Fame now has a membership program available for people to join, it's \$50 per annum and these funds help foster the important work of the Hall of Fame. Visit www.womenshalloffame.com.au for details.

It's great to find out about what our local

charities are doing in our own backyard and continuing our series on charity begins at home this month we look at what the Salvation Army is doing in Perth.

If you are looking for a guest speaker our *Living Histories* program is available to clubs and groups. The talk covers the project which has seen hundreds of people share their stories of what life was like for them in WA in the 1950s and 60s. In the talk we cover these decades and provide tips on writing your own piece of history. If you would like to book a talk, please call the office on 9227 8283 or email Tahlia@haveagonews.com.au

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Stay well and happy.
Jennifer Merigan
Editor
jen@haveagonews.com.au
www.haveagonews.com.au

Great West Aussies - Did you know?

IN 1926 WA's Beryl Mills became the first "Miss Australia" after her proud dad Frank entered a photo of her in her bathers to a Packer magazine contest. The ex-Geraldton schoolgirl, 19, was taken on a meet-and-greet winner's tour of the US, chaperoned by her mother and Sir Frank Packer.

Ageing research snippet

New online test for Melanoma

Professor David Whiteman and Dr Catherine Olsen from Queensland's QIMR Berghofer Medical Research Institute have developed an online test for people aged 40 and over to predict their risk of developing melanoma over the next three and a half years. The risk predictor that calculates results based on seven risk factors for melanoma including sex, ability to tan, number of moles at age 21, number of skin lesions treated, hair colour and sunscreen use. The predictor was developed from the world's largest study of skin cancer and has proven highly accurate in tests. To take part in the test visit to <https://publications.qimrberghofer.edu.au/Custom/QSkinMelanomaRisk>

Have a Go News Quick Quiz

1. Where is Australia's biggest naval defence base?
 2. Where was Australia's offshore defence detention centre until 2017?
 3. Which Paralympian was jailed in South Africa?
 4. Australia's first female Anglican archbishop was appointed to which state?
 5. What is the biggest-selling recording of all time?
 6. The biggest-selling recording of all time sold how many copies - 35, 45 or 50 million?
 7. Which Perth beach has an Olympic-size swimming pool?
 8. *Little Big Shots* was on which channel?
 9. Where is the historic Rose and Crown hotel?
 10. Which park is on Mt Eliza?
- See page 14 for answers.

Urban slang

Lit - means awesome, excellent, turned up. That movie was 'lit' (really good).

Quote of the month

"TO all, I would say how mistaken they are when they think that they stop falling in love when they grow old, without knowing that they grow old when they stop falling in love."

Gabriel García Márquez

Funny historical fact

IN 1898, 14 years before the doomed *Titanic* sank, Morgan Robertson wrote a novel about a huge unsinkable ship called *Titan*. On a cold April night the fictional liner hits an iceberg and sinks!

Word of the month

Absquatulate

Verb
North American
Leave abruptly
'Some overthrown dictator who had absquatulated to the USA.'
Mid 19th century: blend (simulating a Latin form) of abscond, squattle 'squat down', and perambulate.



Find the word - win a \$200 shopping voucher

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

There are 11 advertisements in this issue which contain a blue circled letter for the Ad Words promotion.

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

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

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8. Bethanie Group
9. City of Rockingham
10. Finbar
11. Atwell Arts Centre

Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/04/18.

Congratulations to Inez Ewing our January 2018 winner.

Learn about animal rescue

KELLI Ellemor from Native Animal Rescue will talk about the history and the work performed by this organisation at the Perth Northern Suburbs branch of the Association of Independent Retirees (AIR) this month.

Kelli is the manager for the organisation which is located in 13 hectares of beautiful bushland in Malaga.

She is a registered veterinary nurse who has a passion for wildlife. This started when she wanted a turtle 19 years ago. Since then she has been with Native Animal Rescue and has worked her way up the organisation to become the CEO.

Anyone is welcome to join AIR for their meeting at 9.30am on Thursday 19 April. The meeting is held at the Fleur Freame Pavilion at the corner of Marmion Avenue and Forrest Road in Padbury (entrance off Forrest Road).

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

For further information please contact Norman Johnson on 9309 1044 or email pnair@gmail.com for further details.

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

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

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Max Kay with the Rockingham City Pipe Band

by Josephine Allison

"You make a living by what you get, you make a life by what you give" (Winston Churchill)

WELL-LOVED Perth personality Max Kay lists Churchill's saying as one of his favourite quotes. In a life lived to the full, Glasgow born Max lists himself as a former entertainer and theatre owner, former politician and a person who cares about the community and those less fortunate.

Not that Max has retired completely from the stage. On St Patrick's Day the Kalamunda Performing Arts Centre was a sell out for his music and comedy show *One More Time* which also featured several family members including wife Norma.

"I don't know what I'll call the next show," Max says during an interview

with *Have a Go News* at his Menora home. His great skills as a comedian and entertainer still run deep.

The boy who hails from Govanhill in the poorer south side of Glasgow, marvels at the fact he received the Order of Australia in 2003 for his services to promoting young artists as well as earning the Prime Minister's Medal and the 2001 Citizen of the Year award. He was also presented with a Vietnam Logistical Support Medal for lifting the spirits of deployed troops in that war-torn country.

Max reminisces about his home country and his long association with celebrated Scottish entertainer Andy Stewart, which brought him to Australia. Max was a singer with local dance bands in Glasgow in his teens and during his national service he entertained

with many of the military dance bands. Max joined Andy's troupe as a singer and comic feed during 1959 while Andy was performing with his Heather Mixture shows at the Inverness Empire. He quickly became a constant companion taking on the role of Andy's personal manager, handling his business and managing the touring company.

"I had been to Australia with Andy, touring America, Canada, New Zealand and here," he said. "We owned the US and Canada tour and took Scottish stars with us. People loved the fact we brought the smell of heather to them. We played Carnegie Hall in New York three times."

"I first came to Perth in 1961-62 and it was quite primitive, there was no Narrows Bridge and David Jones Town Hall store looked like it belonged to

the 1920s. But when I returned in 1966 the progress was unbelievable and I thought, 'my God, what a marvellous place to live', and I loved the climate."

"I had a friend in Perth who ran a cladding business so I invested in it, settling in Perth with Norma and two of our three children (a third was born in WA and the couple now have eight grandchildren)."

"I intended to give up the theatre, but footballer Jack Sheedy asked me to do some shows. I had to undergo a tonsillectomy and thought I would no longer be able to sing but my voice was fine, even better."

The decision to return to entertaining was prompted by the fact that an accountant had embezzled a big sum of Max's money.

"But he really did me a favour, prompting me to work hard, doing five

shows on Friday and Saturday and more at footy clubs on Sunday afternoons to earn extra," he said. "I clawed my way back financially, also working at the Red Garter in William Street, which had a Scottish theme."

Max returned to Scotland in 1974 to make a guest appearance paying tribute to Andy Stewart on Eamonn Andrews' *This Is Your Life*. Back in WA he hit the entertainment circuit big-time appearing with Noel Ferrier in *Cinderella* at the Regal Theatre, also working with Frank Baden-Powell and presenting plays at the Hole in the Wall theatre and later with Peter Harries.

On impulse, he bought a bar and restaurant and ran the Civic Theatre in Inglewood under the civic clock, later building his own Civic Theatre in Highgate which he operated for 25 years, with Norma at his side. Guests included Ronnie Corbett, Colleen Hewett, Max Bygraves and Phyllis Diller. The late WA premier Sir Charles Court became a supporter and mentor.

It was hard work but rewarding and Max was doing what he loved.

For years, both Labor and Liberal parties had approached Max to stand for office. He decided to run for Perth City Council and became a councillor for five years in the city he had grown to love. He headed 22 committees and chaired the Christmas decoration and Australia Day committees and enjoyed it all, but eventually decided poli-

tics wasn't really for him. Max retired in 2001 but retirement still means busy days. He works for Curtin FM radio, appearing weekly with Jenny Seaton, and ran the Scottish Hour as the kilted crusader. He is a member of Perth Theatre Trust, Swan Bells Foundation, Prostate Cancer Foundation, St Bartholomew's Foundation (homeless men and families) and council president of the Sir David Brand School for the Disabled.

Entertaining and charity work drive Max, who declines to list his age because of ageism. He also wants older people to embrace technology

rather than be left behind. That's most important, he says as a footnote.

Max is an inspiration really.

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Fundraiser for breast cancer



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Professor Chan is a founding member and director of the Breast Cancer Research Centre - WA, which is not for profit and is recognised throughout

Australia and internationally for its contribution to the survival of breast cancer patients.

She won the 2016 West Australian of the Year in the professions category and in 2017 was inducted into the WA Women's Hall of Fame.

She is an engaging and expert speaker and will be the highlight of a special fundraiser morning tea on Thursday 19 April at Mt Claremont Community Centre, Montgomery Avenue, Mt Claremont.

The morning is timed for 9.30am arrival for a 10am start and includes an unforgettable morning tea and musical entertainment by the popular group, *Bling*.

It finishes at 12 noon. Minimum entry is \$10 with no maximum - all tax deductible. All funds go to breast cancer research here in Perth and car parking is available.

For more information feel free to ring John Dingle on 0414 963 086 - or just turn up!

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

The *Have a Go News* MAY edition will be published on Monday 7/05/18

Publishers:	Concept Media	Journalists	Josephine Allison Frank Smith Brad Elborough Lee Tate
Street address:	137 Edward Street Perth WA 6000		
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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
A lesson in futility
TRY to go to the Camfield Pub at the Perth Stadium for lunch during the week by public transport.
Good luck, there is no bus and the closest train station is Burswood, which is kilometres away.
Even when the new bridge is finished it will still be monster hike.
Regards

Norman Martin

Dear Editor,
WE see Basil Zempilas almost daily in his many and varied media appearances and often wonder about his background – his work, family and sport.
The wonderful article by Lee Tate in the March edition enlightened us all.
What a great example of study, hard work, and family commitment he represents. His sporting knowledge and delivery is the epitome of a true professional.
How he gets to expertly pronounce some of those names across international events amazes me.
May good health, happiness and prosperity beset him, Amy and family for a very long time.
P.S. Move over Eddie, there's a new kid on the block – Basil Bountiful.
Thanks Jen,

**Geoff Shaw
Hillarys**

Letters to the editor... opinion column

LAST month in our opinion issue Lee Tate explored manners and are we as a society slipping...
Here's some of the feedback...
Bev Grieve - Thanks Lee, you have hit the nail on the head as all those situations you have described I have witnessed. We travel by public transport so see the bags and feet on seats. The rushing to alight from buses and trains but have found young school boys better at standing back to let you go first and also at giving up seats!!!!
Marcus Harris 74 - Bicycles should be registered. I'm fed up with being nearly run over by rude cyclists who not only push me off the footpath but don't even make a sound to signal passing.
M Stockwell - On a recent Saturday morning my husband and I attended our grandson's sport. We sat along a bench with a number of other families. Once the game started, the man (in his late 40s) next to us kept jumping up with his camera, taking photos. Fine – except he kept blocking our view of the (goals) /game.
My husband asked him to sit down as we couldn't see and he replied – "Well, go and sit somewhere else".
Viva Couling - Down the tub.
Cherrie Gardiner - Good manners like everything else going down the gurgla...
Morag Abigail Abel - Very disappointed with lack of manners in today's society.
Gaynor Hollins - Such a shame, it doesn't take much to apologise, or give way or stand up. My question is WHY? Surely all our children were taught manners, I know mine were, so why isn't it being passed on to our grandchildren?
Lyn Downton - Getting worse by the year sadly.
Kaye Marshall - NO young people say "Excuse me, please" if they walk or cut in front of you. I don't blame them because they have not been taught OLD SCHOOL manners.
Helen Ann Stephenson - Definitely on the decline, no hope for children when adults don't set the example. Such a shame. I always make a comment to applaud good manners when they are displayed.

Geraldine Brennan - I am frequently annoyed by supermarket cashiers who announce the total without a please or thank you. How hard is it?
Michele Legge Personally I have not seen any changes young people stand up for me on public transport (all over the world) I rarely am spoken to rudely.
Sylvia Reid - There's some good ones too but getting on buses after school is a nightmare. I'm 70 years old and have to go on a bus in the middle of the bunch and once couldn't get off because I was in a doorway and unable to move as students were all trying to pile in.
Brenda Balde - My real anti is when cashiers are serving people and their customers are having a conversation with someone on their mobile and treating the cashier so ignorantly!
People can read extended answers of feedback or the original article again, please visit our website at www.haveagonews.com.au and click on the feedback page.

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Thank God for the Salvos - a look at the what the Salvation Army does in Perth



Left to right; Tour of Harry Hunter Recovery Centre led by manager Michael Gray - Mark Curtis

by Lee Tate

MARK Curtis has good reason to say: "Thank God for the Salvos."

The 48-year-old former homeless man told *Have a Go News*: "They changed my life."

From drug-addicted battler to a society contributor, Mark has turned around his fortunes and has a new outlook on life. With new rewards.

Six years after entering the Salvation Army's Harry Hunter Recovery Centre, Mark runs the centre's vegetable and fruit garden, supplying produce to Salvo kitchens.

We take a guided-tour of Mark's corner at the Gosnells converted farm – a space he developed and grew with no prior gardening knowledge over three years.

"I'm the community garden co-ordinator," says one of society's former forgotten men.

Mark has become a valued and paid support worker at the centre. And he has other ideas and hopes for use by the centre's recovering addicts, that of creating a native garden and an amphitheatre where instruments can be played and events held.

For support, the Salvos need corporate con-

tributors as well as government funding. Long-time supporters include Dale Alcock Homes and Bunnings.

Our tour, led by manager Michael Gray, demonstrates how useful and successful the Harry Hunter Recovery Centre is with more than 230 addicts entering programs every year.

The sweeping grounds are therapeutic with ducks on a lake, pet birds with shaded areas, meeting places including a chapel and activities for the men and women whose quarters are kept separate.

Michael says the 40-bed centre provides a minimum 13-week residential program with clients completing positive lifestyle classes.

They receive counselling, work therapy through the garden and some farming and social activities. There's crafts, sport, music, lectures and religious sessions.

Clients gather to eat together for every meal, including breakfast which follows a walk after they are woken at 7am.

Clients also include non-volunteers, offenders where courts have chosen the centre for them over jail terms. Some are on parole. Salvos are turning them around, integrating them into society.

It's working. In a world where drugs have tragically taken and ruined lives, where families have been disrupted or devastated and politicians everywhere appear at a loss, Salvo programs, running 24/7, are making headway in WA.

Their goal: "To reduce the impact of alcohol and other drug misuse on individuals, families, local communities and resources" is being achieved week after week.

Michael says that with more sponsors, Salvo facilities and services can be improved and updated with new ones introduced. A bus would come in handy to transport clients to the station or to shops.

The Salvos also have The Bridge Program that provides a range of residential and non-residential alcohol and other drugs treatment services to individuals and families affected by substance abuse. This service is delivered at the centre in Highgate.

Within The Bridge House there are two distinct facilities offered. A Sobering-Up Centre operates 24 hours-a-day for intoxicated individuals with 14 beds and a safe place to sober-up.

Clients receive a meal, hot shower and an opportunity to have their clothes washed. A detox centre provides a five-seven day 'low medical' residential detox service.

Over a one-year period it costs \$5,000 to provide one serve of breakfast, lunch and dinner each day. To provide educational resources, costs \$8,000 for each client. And \$27,000 provides a month of counselling and case management to 32 clients in the Bridge program.

To employ a family counsellor costs \$50,000.

Mark Curtis is among countless thousands who continue to say: "Thank God for the Salvos."

Finding the herstory for 169 WA women

THE WA Women's Hall of Fame has inducted 169 remarkable women between 2011-2017. However very few personal records of the life and achievements of these women can be accessed through the State Library of Western Australia.

The State Library's charter is to collect and preserve the documentary history of WA and it is calling for donations of materials about these extraordinary women who have helped shaped Western Australia.

Family, friends and colleagues of these women can help the State Library capture the stories

of the remarkable contributions these women of influence have made to the economic, social and cultural fabric of Western Australia.

Original photographs, documents, diaries, personal correspondence and records can be donated to the State Library. The State Library preserves Western Australian history and makes it available to all.

Contact Collection Liaison via email at collection.liaison@slwa.wa.gov.au or call 9427 3111.

To find out who these women are view the slideshow *A History of Western Australia through 169 Remarkable Women* at slwa.wa.gov.au

Members wanted for Scarborough Probus

SCARBOROUGH Combined Probus Club would like to encourage more people to join their club.

Probus is a not-for-profit organisation for retired people to meet new friends, enjoy mental stimulation and the fellowship of club members.

The club meets every second of Wednesday from 10am to 12pm at the Trigg Island Surf Lifesaving Club.

The cost is \$5 per person, per month and this provides a ticket in a draw for two prizes, a scrumptious morning tea and a guest speaker.

Regular outings, luncheons and other activities are also organised for members on a monthly basis.

Contact Joy to come along to the first meeting for free on 9341 5110 or 0438 341 110.

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Our National Parks - a story worth telling



by Karen Majer

FROM Geiki Gorge in the north, cut through the limestone of Australia's first great barrier reef, to the Stirling Range in the south, formed by a collision in the earth's crust, WA's National Parks offer truly fascinating insights into the past.

Geologist and author

Peter Lane knows more than most people about these diverse landscapes. "National Parks are extremely important," he told me. "They are the most accessible natural environments for the public, most always great for camping, and of course that's where you'll find spectacular landforms and geology."

Peter recently released an updated edition of his book *Geology of Western Australia's National Parks*. I asked him why he had added a strong environmental focus.

"Continental drift and other geological processes have been the dominating influence on

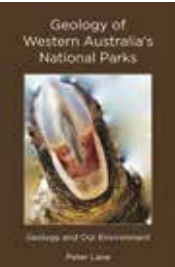
our environment and the extraordinary diversity of plant and animal life we have in Western Australia," he said. "It's a story worth telling."

The stories shed a different light on places we know well. For example the Darling Fault at the base of Perth's hills may have been part of the change that resulted in the evolution of Homo sapiens.

"Here's a good story, albeit not the only one about human evolution," Peter said. "India was joined to Australia along the Darling Fault. After a long process it drifted off some 135 million years ago, colliding with Euro-Asia, pushing

up the Himalayas and behind this mountain range, the Tibetan Plateau. This high plateau is very dry and draws in air from the Indian Ocean, bringing monsoon rains to India. All this moisture had to come from somewhere, and that somewhere was east Africa, where the drier climate saw the jungle replaced by open woodlands. To survive, to find food, the predecessors of humans, who lived in the trees, had to come down to hunt and gather. To do this successfully, they evolved to walk on just two legs..."

Peter encourages people to explore and enjoy our National Parks, and to find out more about them. "We are so fortunate that successive governments have preserved these areas. They are our cathedrals, our art galleries, our treasured connection to nature and in a million ways, places of learning."



Geology of Western Australia's National Parks fourth edition, 2017, is distributed by the Department of Biodiversity, Conservation and Attractions to most book shops in Western Australia. RRP \$29.95.

Preparing for the new season



Deep water rescue

by Jeremy Haslam

YES it is here again, a new season of club kayaking. Starting as usual with our safety day, then of course a good meal. Why not? But not on the same day though.

First it was time to renew our skills for those less than glorious moments, or even moments of danger. A lot to revise: paddle strokes to do this and that, capsizing (we are good at that sometimes) and getting back in the kayak which is not so easy. So off to Hillarys went 30 or so kayakers for the safe waters of the inner harbour on a lovely warm day at the beginning of March.

First a talk on the rules of the road for the river paddles, and the requirements for ocean paddling within 400m of land. Then it was time to revise our various strokes: forward power

stroke, sweep stroke and back stroke, draw stroke, high brace, low brace, and stern rudder. Those at the back of the class pay attention please.

The essential skill of getting out onto a pontoon and then getting back in to simulate the situation on a sloping river bank nearly caused some to come to grief. This was followed by intentional capsizes and getting out from underneath the kayak causing much hilarity. A passer-by asked whether we were beginners as a lot of people seemed to be falling in the water; cheek. Though fun, this is serious business, as being caught under the kayak is a frightening experience and it is best to get techniques straight in safe waters. Getting back in is equally amusing; it is very easy to go right over the top in

one's enthusiasm to hurl oneself into the cockpit. Deep water entry is altogether more difficult, but some members had been doing their research and practising new techniques demonstrating the heel hook, bum first, and scoop up. The latter method finding favour among us oldies as it required the least strength.

Later in the month it was time for another traditional get together. Forty or so members with guests sat down to a very hearty breakfast, swapping stories of how they just managed to avoid the rocks, or didn't really mean to fall in, and how the rivers are so beautiful in the rain.

The next outing is for real with our inaugural trip to Penguin Island — read about it next month.

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



Advertisement

Hearing Specialists Design and Release New TV Listening Device. Beats World's Best Hearing Aids Hands Down!



Heard the good news?

Two hearing specialists have designed and released a brand new wireless TV listening device which has outdone the world's most advanced hearing aids in delivering clear television dialogue for those with any level of hearing loss.

How is this possible?

The product was developed by hearing specialists over two years in conjunction with audio engineers from around the world to optimise circuitry to work for the three most common configurations of hearing loss.

Hearing specialist Don Hudson says having worked with hearing loss clientele over many years revealed that users were desiring clarity for television dialogue as a primary need, and the technology inbuilt into the device was centred around this requirement.

"Our clientele's main concern is to hear the TV dialogue, and the 'TV Voice Pro' system uses circuitry that is customised to work for hearing loss and optimise speech clarity for television listening. We have combined this technology with state-of-the-art wireless transmission. The result is a wireless TV headset which is brilliant for those with any degree of hearing loss."

How does it beat the world's best hearing aids?

We all know that TV programs are recorded with inconsistent levels of volume and clarity. The clarity of the person talking differs substantially from show to show and most TV programs also have an emphasis on interfering music and background sound effects. The new 'TV Voice Pro' system uses a uniquely designed speech clarification technology which enhances speech frequencies whilst reducing

the negative impact of music and sound effects. In addition, the device has been custom designed for a broad range of hearing loss.

"Initial prototypes of the product showed that one speech enhancement setting was not enough to cater to the needs of the various forms of hearing loss that exist. Further refinement and the creation of two more speech enhancement options made this product something that applied to the full range of hearing loss. The optimised audio is then transmitted in digital form directly to the wireless headset. Unfortunately hearing aids alone are unable to change the existing recorded audio produced by the television or surround sound speakers and have to work with the poor signal they receive from the air. Additionally, hearing aids alone will be amplifying noise around the house, which degrades signal to noise ratio and affects clarity for the television further."

Hearing Specialist Don Hudson

What's more?

TV Voice Pro clarifies TV automatically and is guaranteed to connect to any television in seconds. The user can hear the TV at their preferred volume from anywhere in the house, without affecting the TV volume for others in the room. At just 70 grams, it's incredibly lightweight and comfortable to wear, and is a fraction of the cost of purchasing a hearing aid. TV Voice Pro completely recharges itself when placed in its holder, so there is no need to change batteries.

The purchase price is \$349. Take advantage of free super-fast courier delivery, available for two weeks only. Simply call 1300 300 446 to place your order with the customer service team. You can also visit www.TvVoicePro.com.au for further information or to order online.

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Where Opinions Matter - do politicians really value our older population?



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

by Lee Tate

HOW much does Australian society and government really value its seniors?

We're constantly reminded there's only a certain amount in the money pool to go around and pensioners have to play their part.

But Australia's money pool has become immense. It's a Big Money Pool.

Not so many years ago, we talked in terms of millions of dollars for

budgets, businesses and big fortunes. Now it's billions.

Governments endlessly remind us of their hefty debts, yet they comfortably dip into the Big Money Pool to service debt.

First, let's examine what society does value. I'm not making a judgement on any of the following, just providing comparisons. Make your own judgment.

This is against a background where more than 330,000 age pensioners had their entitlements cut with at least 100,000 losing all entitlements under the stricter assets test from 1 January, 2017. And seniors, even on full pensions, struggling with living costs.

Here's some of what's circulating in Australia's Big Money Pool.

Our banks banked \$36 billion in profits last year. And banks put another \$14 billion into the Big Money Pool by way of taxes to the government. CBA alone tipped in \$2 billion.

The government will somehow find \$75 million to fund a royal com-

mission into the finance sector.

Australia's superannuation sector is worth \$2.5 trillion. (A trillion is a million million).

The mortgage market is worth \$1.6 trillion and the life insurance sector \$40 billion.

The nation's broadband network is costing \$50 billion. From The Big Money Pool comes \$90 billion for defence shipbuilding. The future frigates program is costing \$35 billion.

Indigenous peoples, three per cent of the population, receive \$33 billion a year (including health and education), \$6 billion for Indigenous-only programs and services. Nearly \$50 billion has been spent on Indigenous health programs.

All this money is from The Big Money Pool.

A new \$27 million micro financing scheme helps Indigenous people get access to advice and capital to turn their ideas into businesses.

The Closing the Gap program (to reduce Indigenous disadvantage on life expectancy, child

mortality, access to early childhood education, educational achievement and employment) cost \$130 billion over the past decade.

The Turnbull Government committed \$184 million to reducing smoking among Aboriginals. (Smoking rates fell 9 per cent from 2002-2015).

The average Indigenous person received \$7,743 in education-related funding in 2015-16, more than twice the \$3,140 received by non-Indigenous Australians.

Canberra this year announced an extra \$85 million for 2.7 million Australians who care for those needing assistance for a disability, age, mental illness or long-term physical illness.

Taxpayers lashed-out \$36 million to promote Australia in a campaign that included advertising during the US Super Bowl.

The former head of Australia's Productivity Commission, Gary Banks, said recently: "There have been a lot programs, a lot of expenditure, a lot of good work but very little

of it has been properly evaluated over time."

Also from the Big Money Pool: Australia's grocery sector generates \$102 billion yearly. The convenience store sector is worth \$20 billion with food accounting for \$8.3 billion of it.

Tourism generates \$12 billion, Australia's advertising market is worth \$16 billion.

The Melbourne-Brisbane inland railway is costing \$10 billion. While WA's debt is historically high, our gross State product is \$233 billion.

Some CEOs get more than \$20 million-a-year: Macquarie Group's Nicholas Moore on \$25.7 million, Domino's Pizza Enterprises' Don Meij on \$21 million and James Hardie's Louis Gries on \$21 million.

TV presenter Karl Stefanovic gets \$2 million a year and Lisa Wilkinson about \$1.5 million. Australia's average salary for a full-time worker is \$81,947, including bonuses and over-time.

Yes, the age pension is Australia's single biggest welfare payment,

rising from \$44 billion in 2015-16 to \$50 billion by 2018-19, about 10 per cent of total federal budget spending.

But the proportion of Australians 65-or-over will rise from 15 per cent in 2014-15 to 23 per cent by 2055.

Seniors have contributed taxes and charges over their entire working lives to help create The Big Money Pool and now trillions of dollars swirl around in it.

Australia is awash with money. It's just a matter of what's happening to it.

And what's a fair and just amount for

struggling seniors.

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

We have listed some of the comments received from last month's piece about Manners on our Letters to the Editor section on page 4. If you would like to read the full list of comments visit our feedback page at www.haveagonews.com.au

The Holly Wood Tuesday Morning Show welcomes everyone every week

EVERY Tuesday at the Perth Town Hall from 10.30am to 12noon, the *Holly Wood Tuesday Morning show* runs a free community service show.

Coffee, tea and biscuits are available from 10.30am for a gold coin donation and the show starts at 11am. Attendees are invited to visit Citiplace Community Centre upstairs at the Perth Railway Station to enjoy a range of low cost refreshments or lunch following the show.

17 April - Compere: Bernard Carney. Radio, television and cabaret entertainer Kelly Green will entertain you with a lively show of great rock and roll classic and nostalgic ballads.

24 April - Compere: Bernard Carney. Composer Rod Christian

and actress Jenny Davis will present songs from Rod's new musical about his parents WWII love story. From Perth to El Alamein and the Kokoda Track and back to Perth again, this story illustrates the power of love and faith against

a backdrop of war.

1 May - Compere: Bernard Carney. The Fair Maids of Perth and The Perth Morris Men - it's May Day and we are treated to English traditional dancing with bright ribbon sticks, flowery garlands, Bal-

drick's bells, horses head and wooden clogs, from the men and women who continue to keep the English Morris dancing tradition alive and pass on the stories of the dances.

8 May - Compere: Bernard Carney. Jenni-

fer Merigan from *Have a Go News* will update you on the news, events and competitions in this month's issue. Later J&P Melody Singers will entertain with flair and panache with some great songs from the Broadway shows.

60s and 70s cabaret show at RAAFA Meadow Springs

JOIN Eddie Storm, Kelly Green, Paul Ewing and the *Happy Tappers* for an afternoon cabaret show filled with entertainment and fun.

Tickets cost \$15 for the show on 24 May from 1.30pm to 3.30pm at RAAFA in Portrush Drive, Meadow Springs. Guests will also enjoy afternoon tea included in the ticket price.

Bookings essential to Vee on 0401 832 195.

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by Rick Steele

WELL do I remember Good Friday. Back in the 50s, it was the worst day of my year, every year. Easter is the busiest time of the year for a Church of England preacher, and as Jesus once said: “suffer the little children to come unto me”. And suffer as the son of a preacher I did. Dad’s first communion

It’s April - a time to reflect on the true blue

service was at six am. The next was at seven. Home for a cup of tea, boiled egg and toast and back to church for the nine o’clock which we kids would be dragged to with mummy. On our knees for what seemed like hours, no singing and an overall feeling of gloom. Great start to the day. Out in the streets traffic was dead slow, and in the neighbourhood – indeed everywhere – everything was closed. We would return home after church speaking in quiet voices while mum and dad discussed Mrs Jones’s lumbago and who was and wasn’t there at church. Mother dearest would then turn on the radio-gram and play her favourite records of the Kings College Choir from Cambridge, singing songs about Christ is dead, we are all miserable sinners and other exciting themes. A light lunch would follow and then a forced afternoon nap to prepare for the Good Friday march. For some reason Auckland NZ always seemed to be able to turn on grey autumn skies, with a touch of drizzle as Christians gathered together in lower Queen Street. I was too old for

the pushchair and as a five-year-old, now a schoolboy I was to march with brother and sisters, mum, and a thousand odd others for the two-mile procession to go another church service. Good! My dad would be at the front of the procession along with other preachers and a man carrying a giant cross. We just slotted in somewhere amongst the silent throng who all whispered or talked in very quiet voices, until the congregation began to move and the communication ceased. Traffic had been diverted and for the next two miles up Queen Street. I well remember the jeering, abuse, bad language and the odd piece of garbage thrown in our direction. By the time we got home and mummy would tuck me in bed, and I didn’t care if I got an answer to my question, I was just glad Good Friday had gone. Easter Sunday and he has risen is for another day. “Phew and thanks” I can hear you saying. Now we can prepare for ANZAC day. April the 25th, is the major day in ‘true blue’ culture and it is heartening to know that the celebrations are growing and the young seem to be embracing our heritage more and more each year. This year I have been invited and have accepted to sing my ANZAC

anthem at the Victoria Park dawn service with the Variety choir. Special, because some of them sang on the original recording. At 2pm I will be launching our fifth annual ANZAC Legacy Blues Concert at the Cannington Civic amphitheatre at 1317 Albany Highway. We are super excited to announce we managed to get the services of award winning Eugene Hideaway Bridges from Texas as a headline act. Also included on the bill are two-time Grammy award winner Lucky Oceans, and Bill Rogers from the Zydecats, the Ripp’n Horns, the lovely Birdland ladies, guitar showman Lindsay Wells and the all-star Bob Patient Big Band. Myself and retired major Peter Heaney will introduce and compete to tell the worst joke. Peter always wins. The amphitheatre and gardens make a beautiful setting, and there are food stalls and drinks available. Bring your own blanket or deck chair, bottle of red, the kids and grandma. The show is for all ages and guarantees good times. ‘And in the morning we won’t forget.’ I think Shakespeare said, “the whole world is a stage.” To me, life is like a three ringed circus - engagement ring, wedding ring and suffering! Cheers dears!

Loquacious Jon Lewis



by Jon Lewis
6PR overnight announcer

I REGULARLY try to learn something new. For me it keeps me positive, interested and I believe it also keeps my mind sharp. To make this happen I find regular challenges and one of those I enjoy is discovering new words. It turns out people I know enjoy it too. Persiflage is a word I’ve recently discovered. A charming caller to my night time 6PR radio show, Bertie, introduced me to the word, as it seems his doctor also enjoys discovering new words. He makes a point of finding a new word to share with his doctor on each visit. As my interlocutor Bertie and I chatted, he shared the definition with me and I will share it with you. Persiflage – light and slightly contemptuous mockery or banter. I think, perhaps, we have all met someone like this. A word I find far more friendly, and almost means the same thing is loquacious. It means tending to talk a great

deal or talkative. I wonder if I qualify? Can you imagine the fun when you introduce this word to a friend along the lines of “well that was loquacious” At the very least it would help you win at scrabble. There are also words that I’ve known for a long time, or should I say used for a long time and yet never truly understood their meaning. Are you familiar with the phrase ‘trials and tribulations’? I imagine you would know what a trial means, however do you know what a tribulation is? I didn’t and had to look it up. A state of great trouble or suffering. Now that I really understand the word I do not think I’ll use this phrase quite so casually again. I’ve also been learning words in other languages, Spanish certainly and lately as a friend of mine speaks Chinese and I have been learning a few words in Mandarin. (Ni hao – hello) All this, I believe, helps to keep my mind sharper than it was the day before. Oh an excellent caller, on a whim, gave me quite a challenge that I truly believe has no logical answer. In the English language there are three to’s (to, two and too). How would you spell the last word in that sentence? All the best.



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Museum of Geraldton
There are hidden treasures at the Museum of Geraldton these school holidays. Come aboard for some swashbuckling adventures on the high seas!

Museum of the Goldfields
Be inspired by the new exhibition – *kanalaritja: An Unbroken String* and join our exciting activities or take golden trails.

Museum of the Great Southern
Visit the Discovery Centre these April school holidays and dig up more amazing truths about life when dinosaurs ruled the Earth.

FREMANTLE

WA Maritime Museum
Horrible Histories – Pirates: the Exhibition. Find out what it takes to be a truly horrible pirate.

WA Shipwrecks Museum
Spare Parts Puppet Theatre joins us with the premiere of *Tom Vickers and the Extraordinary Adventure of his Missing Sock*.

To book visit sppt.asn.au or call 9335 5044.

- Museum of Geraldton 10 - 13 May
- Museum of the Great Southern 1 - 4 June

#wamholidayfun @wamuseum | 1300 134 081 museum.wa.gov.au

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JOIN US FOR A WEEKLY 'CUPPA AND TOUR'

North of River

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Timberside Villas, Woodvale	Thursday	2:00pm
Harbourside Village, Mindarie	Friday	2:00pm
Parkland Villas Ellenbrook	Saturday	10:30am
The Pines, Ellenbrook	Thursday	10:00am

South of River

Homestay Village, Queens Park	Thursday	10:00am
Parkland Villas Booragoon	Tuesday	10:00am
Lakeside Village, Bibra Lake	Friday	10:00am
Parkland Villas Mandurah	Wednesday	10:00am
Woodstock West, Bunbury	Tuesday	10:00am

Register for a weekly 'cuppa and tour' or personal inspection today on 1800 550 550 or simply join us at the time listed.

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Without faith, is there value in money in the brave new world

by Mickel Smits

I SUPPOSE you've heard of Bitcoin? Don't worry, I'm only going to talk about it for a bit. Bitcoin was created as an alternative means of holding and transferring your funds independently of the traditional institution-

al banking system. Not surprisingly, the cryptocurrency mania of this past 12 months has caused many to question what is actually real money. What does the future hold? On the one hand, you have the banks moving us towards a cashless society,

enabling greater control while eliminating its physical existence, and on the other, we have the cryptocurrency believers who supported the development of alternative financial networks. They say it is a safeguard against their wealth being potentially compromised by, for example, a banking or financial system collapse, while still ensuring they continue to have access to their funds.

It's a fascinating, some would say phantasmagorical, subject. As someone who deals with old money and has an understanding of its evolution, I find it astonishing, if not concerning, as to how so few have come to realise that in the period of only the last

three generations, the very essence and value of our money has been fundamentally and purposefully realigned and assessed.

When I ask people if they know what Fiat Currencies are, most say they don't. According to the Financial Times Lexicon, fiat currency is 'Paper money or coins of little or no intrinsic value in themselves and not convertible into gold or silver, but made legal tender by fiat (order) of the government. To place this in a historical context, one could think of three phases concerning the development of money.

First, money itself was a valuable object, such as gold, furs or peppercorns.

Second, paper money circulated, but this money

was backed by holdings of gold, and indeed could be converted into gold at a fixed price, at any time.

Third, paper money circulated, but it was not backed by anything other than the government's promise that it will refrain from printing too much money so as to make it worthless. Since the Bretton-Woods agreement, almost all paper money is of this type.

The problem, of course, was that sometimes governments broke their promise. Following WWI, Germany printed so much money that what could be purchased for one mark in 1918 cost about one trillion in 1923.

Germany foolishly printed trillions to pay for war

reparations imposed on them by the allies. In response to the GFC, central banks around the world injected, in real terms, bucket loads more, so their banking systems could refinance and remain afloat.

Investopedia has this to add: 'While fiat money is physical money (paper money and coins), representative money can be backed by different things. For example, a personal cheque is backed by money in the bank account. Without backing, both fiat money and representative money are completely worthless. Today, most representative money is backed by fiat currency. In the past, the money produced by a government was considered representa-

tive money. For every quantity of money printed, there was enough gold or silver to back it. A person could actually go and exchange the money directly for gold.'

The US dollar, and consequently the currencies of those countries bound by the 1944 Bretton Woods Agreement, shifted from being representative to fiat money when President Nixon decided to abandon the gold standard in 1971. The Agreement deemed the US dollar to be the world's reserve currency, backed by gold. It was dissolved in 1973. Today, all currencies are fiat. Bitcoins were purchased with them. They're both backed by faith only.

For more information email - smits@westnet.com.au or call 9325 3252.

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Collectors pined for 10 years for new Norfolk Island stamps

by Mickel Smits

NORFOLK Island is a delightfully quaint and scenic island situated about 1500 km east of Sydney. It is famous for its so-called pine trees, one of several varieties native to the South Pacific which, along with flax and hemp, may have been introduced to the island by early Polynesians. It is believed these settlers abandoned Norfolk Island sometime in the fifteenth century.

During his voyage of discovery, Captain Cook ventured onto the island in 1774, attracted by the tall trees which might be useful for mast replacements. Upon also finding the naturally-growing supply of flax and hemp which are used for making sails and rope respectively, it is not surprising the British authorities decided to establish a penal settlement there within months of the arrival of the First Fleet at Sydney in 1788.

On and off, the island remained a penal settlement until the last convicts were removed and sent to Tasmania (Van Diemen's Land) in 1855. The following year, under the governance of New South Wales, a permanent residential settlement was established by almost 200 Pitcairn Islanders (descendants of the mutineers of the Bounty) and Tahitians who had received permission from Queen Victoria to migrate there because the limited resources of Pitcairn Island were unable to sustain the growing population.

The need for stamps for overseas correspondence must have been negligible because it wasn't until 1898 that stamps from New South Wales became readily available. When the Commonwealth government assumed control of Norfolk Island in 1914, as a territory of Australia, the island's postal service then fell under the jurisdiction of the Commonwealth system with Australian stamps henceforth being used.

In 1937, it was decided that the island should have its own postal authority and so a series of stamps were designed and approved for pro-

duction in 1940, however their release had to be halted as the necessary administrative arrangements were delayed due to the bureaucracy becoming otherwise occupied during the Second World War.

In 1946, the business of finalising the new Norfolk Island Postal Authority was re-undertaken but it was then realised that the colours of the stamps printed in 1940 did not comply with the latest international colour codes of the day, as determined by the Universal Postal Union, and so the whole production run of 590,000 stamps was re-printed. Finally, in June 1947, some ten years after the proposal was agreed upon, the series of 12 stamps were released.

Ranging from a 1/2d value through to 2/-, their design featured a scene of Ball Bay, located on the island's south-east coastline, the image of which was derived from a photograph submitted by a local islander, Roy Bell. It is a truly beautiful series which in part compensated for the patience of collectors who eagerly awaited their release. The Ball Bay series is considered still today to be one of Norfolk's finest and most attractive.

This and subsequent issues were also made available to mainland collectors through the Australian Philatelic Bureau mail-order service and post offices across the country which helped to contribute to their popularisation and following.

In 1979, the Australian government agreed to allow Norfolk to become self-governing and by the mid-1990s, Australia Post discontinued distributing Norfolk's stamps.

Unfortunately the island ran into ever-mounting financial difficulties following the GFC and consequently the Commonwealth government eventually re-assumed control in July 2016. Their stamps have since been inscribed, Norfolk Island Australia. They are valid for use throughout Australia and are again available through Australia Post's usual outlets.

For more information email - smits@westnet.com.au or call 9325 3252.

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Approval Code: CHC36089-10/06

"Thank you for sending out Magnus Shield. I really believe they have been a great benefit to me. Before Magnus Shield, I was going to the toilet 3 or 4 times a night, now using Magnus Shield I've been going once a night, sometimes not all"

John W, Benalla, VIC

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Mike B., St Johns Park, NSW

"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"

Gordon M, Rochedale, QLD

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100 St Georges Terrace, PERTH 6000

Emslies Floreat Pharmacy
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445 Cambridge Street, FLOREAT 6014
207 Main St, OSBORNE PARK 6017
Shop G93, Karrinyup Shopping Centre
200 Karrinyup Road, KARRINYUP, 6018

Pharmacy 777

Shop 42, Whitford City Shopping Centre
Whitfords Ave, HILLARYS 6025

Health Kick Whitfords

Shop 234, Whitford City Shopping Centre
Whitfords Avenue, HILLARYS 6025

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Shop T101, Lakeside Joondalup S/C
JOONDALUP 6027

Greg's Discount Chemist

243 Great Eastern Hwy,
MIDLAND 6056

Pharmacy 777

Shop 17, Centre Point Shopping Centre
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Sanderson Road Pharmacy

Shop 15, 35 Sanderson Road,
LESMURDIE 6076

St James New Start Pharmacy
Stay Healthy Belmont

16A Chapman Rd, ST JAMES 6102
Shop 82B
Belmont Forum Shopping Centre
BELMONT WA 6104

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Shop 5 & 6
Cnr Belmont & Kenwick Rd
KENWICK 6107

Thornlie Naturopathic Centre

32 Selby St, THORNIE 6108

Rostrata Avenue Pharmacy

Unit 1 / 42 Rostrata Ave,
WILLETTON 6155

Health Kick Melville

Shop 10B,
Melville Plaza Shopping Centre
390 Canning Highway, MELVILLE 6156

Stammers Arcade Health 'N' More
7/265 Canning Hwy, PALMYRA 6157

Leighton Beach Pharmacy

108 Stirling Highway,
NORTH FREMANTLE 6159

Kardinya Health Foods

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Health Kick Spearwood

Shop 7, Phoenix Shopping Centre,
254 Rockingham Rd, SPEARWOOD 6163

Health Kick Rockingham

Shop G81, Rockingham Shopping Centre,
1 Council Avenue, ROCKINGHAM 6168

Leda Community Pharmacy

Shop 8 & 9 Leda S/C,
Feilman Dve, LEDA 6170

Wizard Warehouse Pharmacy

Shop 12, 175-179 Mandurah Tce,
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Spencer Street, BUNBURY 6230

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Dine or play to earn entries then be at the draws at the promotional stage for your chance to roll for cash.

Draws at 8pm,
9pm and 10pm.

Conditions apply, see crownperth.com.au. You must be present to win.

TV Talk - the changing face of television hits over 60 years



by Lee Tate

MUCH water – choppy and otherwise – has flowed under television's proverbial bridge since we first tuned-in.

So many things. Is it really only 60-something years since TV took over our lounge rooms?

For instance, we've moved from *The Comedy Company* to *Kath & Kim*. Both funny-bone classics but for different eras.

The Comedy Company

rocked the ratings from 1988 to 1990 on Ten.

The Sunday night series was created and directed by funnyman Ian McFadyen with its comedy strength in short segments.

It followed in the tradition of sketch comedy shows like *The Mavis Bramston Show*, *Australia You're Standing In It*, *The Naked Vicar Show* and *The D-Generation*.

Historians indicate that the show and its wonderful array of characters had: "a significant effect on Australian pop culture and had a cult following particularly on Australian youth."

Kylie Mole, portrayed by Mary-Anne Fahey made the word bogan popular from school yards to shopping centres.

The Comedy Company also brought us Con the Fruiterer, Col'n Carpenter, Uncle Arthur and David Rabbittborough.

Con the Fruiterer and sometimes his character's wife Marika, would pop-up on other shows, instantly recognised.

Comedian Kym Gyn-gell went on to create spin-off series, *Col'n Carpenter* in 1990-1991 while Glenn Robbins did public appearances as Uncle Arthur.

Kylie Mole was also in the second series of the ABC's *Kittson Fahey* in 1993.

Ahh! Good belly-laugh viewing.

There was also spin-off merchandise: *The Comedy Company Holiday Book*, *My Diary by Kylie Mole* and *Con's*

Bewdiful Australia.

Lunchboxes featured Kylie Mole and T-shirts starred Con the Fruiterer or Kylie Mole with their catch-phrases. Does anyone have a Kylie Mole or Con the Fruiterer doll?

This column has previously covered the excellence of Kath and Kim and Jane Turner, Gina Riley, Glen Robbins, Magda Szubanski and Peter Rowsthorn.

Let's just say they were very, very 'noise'.

The ABC's *Countdown* (1974 - 1987) also helped changed our culture and has been worked over many times on TV and in concerts.

Could *Countdown* be copied for the modern era? Nah! It wouldn't be the same.

Prisoner (1979 - 1986)

wasn't a program I caught but it was a mighty TV hit.

"Campy and violent yet somehow strangely endearing, it's a program that feels both way ahead of its time and extraordinarily specific to the era in which it was made," said one reviewer.

Frontline (1994 - 1997) was also a blast that probably couldn't be the same again. Part of what made *Frontline* great was that it wasn't just a lecture about the ratings-hungry amorality of current affairs TV but a thrilling drama in its own right.

The Dream With Roy and HG (2000 - 2004) was hot-and-cold for viewers. It was both loved (mostly) and hated. Tied to the 2000 Sydney Olympics for 16 days was *The Dream*.

"A relentless focus on contestants' genitals, a constantly-rotating roster of bewildered foreign athletes as guest stars and a large dose of genuine national pride combined into something extremely strange and entirely wonderful," said a reviewer.

"Go watch their live commentary of Eric 'The Eel' Moussamabani's incredible Pyrrhic victory in the heats of the 100 metre freestyle if you don't believe me. And we remember you, Fatso the Fat-Arsed Wombat."

Then we had the *Chaser's War On Everything* (2006 - 2009) which felt like undergraduate humour on steroids.

Talk about pushing the envelope. Julian Morrow was in legal hot water after presenting Charles

Stott of the Australian Wheat Board, mired in a scandal over business dealings with Saddam Hussein, with a novelty cheque that would help Hussein's legal costs.

The Chaser was different, fearless.

There was Clive the loud-mouth commuter talking about sperm samples on public transport and the fake motorcade of rented limos they drove through two security points at the 2007 APEC Summit. Chas Licciardello, stunned they had got in this far through security, stepped out a limo dressed as Osama Bin Laden.

Like so many of television's predecessors, it's not one for today.

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

Diabetes - *Desmond* puts you in the driver's seat and gets your health back on track



Stephenie Copping

WHEN Stephenie Copping was diagnosed with type 2 diabetes in 2010, she carefully followed her doctor's advice and took her medication. But five years

and a few health scares later, Stephenie decided she needed to learn more to be able to manage her diabetes day to day. When she heard about the *Desmond*

workshop, she booked in – a step which she believes changed her life for the better.

"You need to know what diabetes is, how it affects you, and how to manage it. *Desmond* has helped me tremendously and I think the minute you know have diabetes, you should go to a *Desmond* session", Stephenie said.

Desmond is a diabetes education workshop with a difference. It's not a lecture. It's an opportunity to learn how to manage your own diabetes in a re-

laxed, friendly and non-judgemental environment.

The acronym *Desmond* stands for *Diabetes Education and Self Management for Ongoing and Newly Diagnosed*. The workshops have demonstrated benefits for participants in both Australia and the UK. Results have shown that *Desmond* can help you to: lower your HbA1c (time-averaged blood glucose level); develop a better understanding of diabetes; improve your

physical activity levels; take steps to lose weight; take steps to quit smoking; reduce your risk of depression and improve your overall health.

Anyone who has type 2 diabetes and is registered on the National Diabetes Services Scheme (NDSS) is eligible to attend for free and bring a support person.

The *Desmond* program is available at locations throughout the Perth metropolitan area and is now available throughout

Western Australia.

Stephenie has now attended *Desmond* twice, as well as Diabetes WA's MedSmart workshop to learn more about her medications. Since she started her diabetes education journey Stephenie has managed to bring her blood glucose level under control and feels better within herself.

As well as learning how to manage her diabetes better, Stephenie also enjoyed meeting other people with diabetes.

"It made me realise I'm not alone," she said.

You can find your nearest *Desmond* workshop on the What's On section at www.diabeteswa.com.au, or call 1300 001 880.



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We're with you every step of the way

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



Whether you've just been diagnosed with diabetes or have lived with it for years, Diabetes WA is here to support you.


If you have a question or need to know more about diabetes, call our free helpline on **1300 001 880** to speak to our credentialled diabetes educators.


Come along to a free workshop


Diabetes WA also has a range of free workshops that put you in the driver's seat for self-managing your type 2 diabetes.


DESMOND: Meet people who are just like you and learn everything you need to know about type 2 diabetes, including information on food choices and medications.


The Smart Series: A series of topic specific education programs to help you manage your diabetes and improve your health.


 **ShopSmart** – this supermarket tour helps you decode food labels ('Classroom' format also available).

 **FootSmart** – everything you need to know about caring for your feet.

 **MeterSmart** – master the art of blood glucose monitoring.

 **CarbSmart** – unravel the mystery of carbohydrates with this carb counting masterclass.

 **MedSmart** – everything you need to know about your medications.

 **Connect with Diabetes:** Are you not ready yet to attend a workshop but want to learn more about diabetes? This information session is for people with type 2 diabetes, carers and those at risk of diabetes.

Don't miss out. The workshops are free however bookings are essential. To book into a workshop call 1300 001 880 or book online at diabeteswa.com.au

DESMOND Workshops

Subiaco	Tuesday 17 April
Armadale	Friday 20 April
Rockingham	Saturday 21 April
Cockburn	Thursday 26 April
Rivervale	Wednesday 2 May
Melville	Monday 7 May
Joondalup	Wednesday 9 May

Smart Workshops

FootSmart

Joondalup	Wednesday 11 April
Subiaco	Thursday 26 April
Belmont	Thursday 10 May

MedSmart

Subiaco	Monday 16 April
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Classroom ShopSmart

Armadale	Thursday 19 April
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ShopSmart

Morley	Friday 27 April
Dianella	Thursday 3 May

CarbSmart

Melville	Tuesday 24 April
Joondalup	Tuesday 1 May
Subiaco	Friday 4 May

MeterSmart




Melville	Tuesday 1 May
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Connect With Diabetes

Dianella	Monday 30 April
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2018-66

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#313 April edition PUZZLES Solutions

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Wheel Words: Etui, Euro, Ours, Oust, Quit, Roue, Rout, Ruse, Rust, Sour, Suet, Suit, Sure, Tour, True, User, Outer, Outre, Quest, Quiet, Quire, Quite, Quoit, Quote, Rouse, Roust, Route, Suite, Toque, Torus, Ouster, Risque, Squire, Squirt, Suitor, Suture, Torque, Uterus, Quietus. 9-letter word: TURQUOISE

Transformers: Swap, clip, ploy, prod.

Have a Go News Quiz Page 2: 1. Garden Island. 2. Manus Island. 3. Oscar Pistorius. 4. Kay Goldsworthy, WA. 5. *White Christmas* by Bing Crosby. 6. 50 million. 7. Scarborough. 8. Seven. 9. Guildford. 10. Kings Park.

If you’ve been putting off planning your service because of the expense, we have good news...



What many people don’t know is that you need **not prepay** when you plan your arrangements.

Call us on **9459 2846** all hours. Making arrangements in advance is simply the right thing to do for yourself and, most importantly, for your loved ones.



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Community
NOTEBOOK

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Community Hall Bassendean meets
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Ph Carol 9279 3718

SOUTHWEST RAIL AND HERITAGE CENTRE

Turner St Boyanup’s Act-Belong-Commit Traditional Trade’s day is on 22 April.
From 10am-2pm. Many forgotten trades on show.
Contact Norm 0459 712 552
email swrhc@railheritagewa.org.au

GERBERA RESEARCH GROUP INC.

Annual Show and Pot Sale.
Sun hardened gerberas and sundry other pot plants for sale.
Hammersly Community Centre.
Belvedere Rd. Hammersly
Saturday 5 May 10am -3pm.
Light refreshment available.

VOLUNTEER POSITION

The Carradine Choir Armadale would like to hear from a suitably talented pianist interested in filling the position of an accompanist to their community choir.
Details June 9496 0319 Glynes 9390 8045.

FRIENDS A SOCIAL AND CRAFT GROUP

Meets first, third and fifth Tuesday of the month from 9.30am-11.30am \$2 donation includes morning tea.
Board games, crafts, card making and outings. Concert by the U3A Perth choir 29 May at 10am.
Venue Function Room Lake Gwelup Christian Church
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Wendy 0438 921 729.

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

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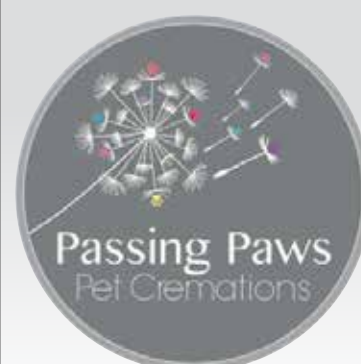
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Seniors Recreation Council Jottings



The triumphant Dowerin Companion Club

LiveLighter Aged Care Games - Avon

The LiveLighter Aged Care Games was held on 1 March at the Northam Recreation Centre where teams of seniors in care, carers and volunteers enjoyed the competition. This year eight teams took part with participants playing seated hockey, seated passball, bean bag toss and skittles. Shire of Northam president Cr Chris Antonio opened the games and a local student, Caitlin Morris, sang the National Anthem unaccompanied. SRCWA vice president Phil Paddon was MC for the day and volunteers from the Avon and Perth branches along with a team from Wooroloo assisted. Entertainment was provided by Jim Drysdale and Jenny Cole and 74-year-old Northam resident Alan Eades demonstrated inline speed skating during the lunch break. The perpetual trophy and gold medal winners with 352 points were Dowerin Companion Club, the silver medal winners with 327 points were Dowerin HACC and the bronze medal winners with 302 points were Killara Dragon Flies. The winner of the best presented plaque was Kalkarni Curlews and the oldest competitor was Anna Rakowski from Bethavon who is a sprightly 95-years-old. Congratulations to all competitors for a memorable day and thanks to all the volunteers who assisted, without their support the LiveLighter Aged Care Games would not be possible. Thanks to LiveLighter Healthway for sponsoring the event and Northam Shire, Department of Local Government, Sport and Cultural Industry and Dept of Communities for their support.



LiveLighter Seniors Activity/Information day in Cockburn

On Wednesday 14 March a group of 50 enthusiastic seniors enjoyed a LiveLighter Seniors Activity Information Day at the Cockburn Seniors Centre in Spearwood. People took part in a warm up routine and activities included, seniors Exergaming WA, indoor bowls, quoits, beanbag toss, carpet golf, bob (table billiards) and sticky darts.

Information was available from Australian Hearing, BreastScreen WA, Home Instead Senior Care, Independent Living Centre, St Ives Home Care and Seniors Recreation Council/LiveLighter Healthway. Thank you to Penny and Julie from the Cockburn Seniors Centre, the team from Wooroloo and SRCWA's volunteers and staff for helping to make this event a great success. Thanks to LiveLighter Healthway for their sponsorship and the City of Cockburn and the Department of Local Government, Sport and Cultural Industry and Dept of Communities for their support.

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

On Wednesday 18 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 club and groups from Rockingham and surrounding areas. There will be a variety of activities to 'have a go' at and many information displays. This event is proudly sponsored by City of Rockingham, Aqua Jetty, 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.

SRCWA annual Seniors Ball 2018

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

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



Hugh Rogers
President



Normie Rowe

"It exploded into number one and stayed there for 11 weeks," smiled Normie.

In England Normie toured with of major acts including *Sounds Incorporated*, Gene Pitney, *The Troggs*, Julie Driscoll, Brian Auger and *The Trinity*, *The Spencer Davis Group* and Kiki Dee.

In the US, Normie supported by Roy Orbison and represented Australia at Expo '67 in Montreal.

Normie prospered over the decades but it didn't make him rich.

"There's not really a lot of money in it for most of us. I like to have the best conditions, quality venues, the best sound and good bands. It all comes out and it all costs money."

Normie retains a manager, John Blanchfield (who had a hit, *Son of a Simple Man*, written by Perth export Brian Cadd).

"I'm not wealthy. That's not important. Money isn't the end of it," says the legend, hop-

continued from front cover **Life is good for Normie Rowe** by Lee Tate

ping-up to pay for our lunch.

Normie agrees that even for headline performers, there's a long time 'between drinks' with spasmodic job offers.

"But I see this is a chosen career, not a job," says Normie.

The leader of Normie's band, *The Playboys*, drummer Graeme Trotman still backs Normie and is the only original band member.

Normie is a strong family man, staying in touch with his two daughters, their husbands and children and Normie's son and his family.

He also meets regularly with ex-Army buddies and is a member of the Vietnam Veterans' Association.

Normie was conscripted to Vietnam in 1969, became crew commander of an armoured personnel carrier and served with distinction. After returning, he worked extensively on behalf of other Vietnam veterans.

Awarded an AM, Normie became a strong charity supporter, especially for children. A long-serving member of Variety Clubs of Australia, he became their national ambassador, winning their 'Heart and Soul of Variety' award.

Normie is remembered for a sensational TV incident in 1991. On the *Midday* show, hosted by Ray Martin, broadcaster Ron Casey made remarks about Normie's service in Vietnam and punched Normie.

There was some pushing and shoving during the debate but in 1998, they joined in a TV commercial for Bushell's tea, taking the mick-

ey out of their clash. Water under the bridge.

Normie, with his generous head of swept-back hair and trademark smile, is ready for life as it unfolds.

"One thing I've learned is to be ready for opportunities. In our business, that's pretty much all you can do," says the thrice-wed entertainer.

Normie loves the warmth. At home he's mostly found in Queensland's dress uniform of t-shirts, shorts and thongs. His girlfriend of the past few years, a consultant chef, visits from Byron Bay.

Once a week he joins ex-Army friends on the Gold Coast for a bite and a chat.

"Mostly, we talk about funny things but there'll be sad times when someone has passed away and we'll remember him as he was.

"Life is good, generally, I think. It is what you make it. I took my kids to hear a motivational speaker and I took notice when he said life is not about the cards you are dealt but how you play your hand.

"I always bear that in mind," says Normie, having endured the tragic traffic accident death of his son, Adam, 8, in 1979, followed by his marriage break-up and then ugly anti-Vietnam sentiment.

"You have to suck it up - to use a modern term - and get on with it.

"I've had a great life, so far. I think there's a percentage of my life left," he grins.

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Masters Swimming WA announces new patron

by Nadine Georgiades

MASTERS Swimming WA (MSWA) is proud to announce that Priya Cooper has been appointed patron of the organisation.

The feats of Priya Cooper OAM stand up against almost any Australian who has ever graced the pool - but her time as a golden girl of the Paralympic movement will be remembered for so much more. Priya claimed a total of nine Paralympic gold medals, three silver and four bronze with five world records. She was twice co-captain of the Australian Paralympic team, was named Australian Paralympian of the Year in 1995, Young Australian of the Year for Sport in 1999 and was awarded a Medal of the Order of Australia medal for her services to sport in 1993.

We are very privileged to have Priya become our patron and welcome her into our organisation.

We recently recognised members who have provided outstanding service to Masters Swimming WA. Elena Nesci from Claremont Masters was awarded the Excellence Award for 10 years service. Elena has served MSWA in several areas since 2008 when she became state coach and has been instrumental in the delivery of courses and workshops since then, as one of our two main coach educators. Elena has been a member of the National Coaching Committee for the past two years. From 2009 she was on the organising committee for the 2011 National Masters championships as event coordinator for the open water swimming event at Matilda Bay. Although her event expertise saw her involved in most areas as the 'go to' person. Elena has been a driving force for the 2018 Masters National Championships over the past 12 months. Congratulations Elena.

Nick Wyatt from Cockburn Masters and Fiona Wilkins from Perth City Masters were both awarded Merit Awards for five years service. Fiona has served MSWA since the organising committee was established for the 2008 World Masters Championships when she became of meet director. Since then Fiona was meet convenor and director for the 2011 National Masters Championships which involved another two years of hard work. Fiona joined the board of MSWA in 2015 as director of swimming and took on the national delegate role at the beginning of 2016. She is also the meet director for N18, another huge effort. Fiona recently has been appointed president of MSWA. Congratulations Fiona.

Nick Wyatt has served MSWA in several areas since the organising committee was established for the 2011 National Masters championships when he started as finance coordinator. Nick has also held this position for the past year after serving on the board as finance director. He has chaired the MSWA investment committee for five years and has been instrumental in setting up and improving the standard of MSWA's finances in that time. Congratulations Nick.

Over the years many readers of *Have a Go News* have taken the step to find out how enjoyable swimming with a Masters Club can be. So, if you are a keen swimmer and would like some fitness, friendship and fun, then consider joining a Masters Swimming WA club. Check out our website www.mswa.asn.au for a local club, make contact with them to find out when and where they meet and have a guest swim, without obligation.

For further information regarding Masters Swimming WA or any queries contact us on masters.admin@mswa.asn.au.

Terrie Gomboc's special award a reward for hard work and innovation



Terrie Gomboc

by Josephine Allison

TERRIE Gomboc, the woman behind the Gomboc Gallery Sculpture Park

in Middle Swan, says it was quite a humbling experience to be chosen as one of 14 respected West Australians to be inducted into the WA Women's Hall of Fame.

"It was also rewarding to realise that someone had thought that what I have done for so many years was worthwhile enough to nominate me," she said. "But I don't feel that it has changed me. I am still the same person, passionate about promoting cultural awareness locally and forging relationships from all over the world."

Terrie and husband Ron, a renowned sculptor, have run the Sculpture Park for 38 years, Ron's inspiring sculptures receiving accolades around the world in a 47-year career. For all that time, Terrie has been at his side, giving support and forging her own path in the arts world.

"My involvement in supporting and fostering arts in WA goes back much further than when the Sculpture Park started in 1980 and we purchased land in Middle Swan. In the early 70s we had a bronze casting facility that provided assistance to other artists and we often had artists in residence."

"In 1980 it became much bigger and more formalised. I never envisaged that the gallery would become as important as it has been with student involvement and ongoing cultural exchanges on a national and international scale."

Terrie said that from the early 70s sculpture in Perth was not presented to the public with only a few annual exhibitions by a small group.

"We changed that by opening the gallery, sculpture park and workshop-foundry facilities and staging numer-

ous sculpture exhibitions of individual artists and, most importantly, our annual sculpture survey exhibition. This year will be the 35th year and everything has been free to the public from the start."

Terrie said that from the beginning the gallery has been managed by herself without any regular help. This involved handling all the clerical work, as well as maintaining the building and its surrounds. Although the gallery was closed to the public on Mondays and Tuesdays there was still much work to do – book work and record keeping, and everything else necessary for the gallery to open five days a week.

"So all my weekends are tied up. Normally we close the gallery around Christmas Eve through January but although it is closed we don't often

travel away, we are still there doing all the maintenance indoors and outdoors.

"Our gallery is no different to other galleries in Perth that have already closed through lack of sales income. From the beginning, our gallery has been totally funded by us, mainly through irregular income from Ron's commission work."

"We have never received any financial assistance from elsewhere, either government or private. We are quite unique in the history of sculpture, there has been no precedence of an artist creating a venue such as this and funding it."

As for the future, Terrie says she and Ron are uncertain, keeping in mind they are both aged 70.

"That said, we are not planning to move from here or close."

We don't know what we don't know...



Rhonda Parker

by Rhonda Parker CEO Alzheimer's WA

WE often hear it said that we don't know what we don't know. This principle applies in many settings, none more so than in dementia care.

Having a loved one with dementia is difficult. One of the challenges for families is in choosing a care provider to support the dementia journey. The problem for families is knowing what good dementia care looks like and what to look for. So, what does 'best practice' in dementia care look like to family members?

The first starting point is that you don't need to be a professional to know what good care looks and feels like. The other starting point is to remember that the identification of best practice changes over time with increased evidence or knowledge. I often use postnatal depression as an example of this. We now look back with shame on how women with post-natal depression were cared for decades ago – they were placed into asylums, often for extended periods. We now know that this is not an effective treatment at all, rather it exacerbated the condition. Women

suffered from both the condition and the treatment.

While we are no longer in the dark ages in terms of our treatment of dementia, the care system is still widely built on a medicalised model and view of dementia – that it is a medical condition and the care is framed accordingly. This care model is designed to respond to the disease and the symptoms.

Alzheimer's WA's position is that dementia changes the way a person experiences the world, and any care response needs to start with an understanding of that. This is often referred to as person-centred care. The care responds to the person, their individuality, their needs and their experience of the world as they live with the progressive impairment of cognitive function caused by the disease.

Fortunately, the model of care for dementia is being reframed around the world, to recognise that dementia impacts how a person experiences their world, and that care must acknowledge that by providing care that fosters wellbeing to enable the best quality of life as possible.

The World Alzheimer Report 2016 states: "the needs of people with dementia, and their carers, change over time... healthcare should be continuous, holistic and person-centred, treating the whole person according to their values and preferences, not as a set of separate health conditions or problems."

A number of organisa-

tions and governments around the globe have recognised the importance of developing guiding principles detailing person-centred best practice care for people living with dementia. Person-centred care is also one of the recommendations of the interim report of the WA Government's Sustainable Health Review.

The federal government has released the draft of the revised Aged Care Quality Standards. These will form the basis for assessing quality in all aged care services, however, they are not dementia-specific.

Nation-wide standards that are specific to dementia care are yet to be developed in Australia. While we wait for changes in standards for the clinicians and the aged care providers, what should good dementia care look and feel like for those with dementia and their families?

Best practice dementia care recognises that every person is unique and has individual needs. Good dementia care starts with a culture change from top to bottom of the care team. It is not task or disease focused. Rather, it seeks to enable and support the wellbeing of the individual by creating an environment that encourages meaningful participation, where those with dementia engage to their fullest ability and experience joy, belonging and purpose.

I've seen the person who doesn't remember detail but who loves her date with the choir and sings entire songs; the person who has lost capacity for speech but who

can play the piano for visiting children and laugh with them; the man in his 50s whose dementia means he can no longer stay in his job but who loves to produce Christmas gifts in the men's shed, the person with dementia who is now also frail, bedridden and remembering little detail but who responds to voice, touch and smiling eyes, and the socially isolated people who enjoy their 'family' in the dementia houses we run where we build meaningful relationships between all, including staff, management, volunteers, clients, families and community members.

When considering who you will engage to care for someone with dementia, ask questions about the care that will be delivered, ask how it is made meaningful, personal and respects the right for each person to be treated as an individual with a human right to dignity. Ask if the care is driven by a philosophical position to enable as much meaningful engagement and participation as possible. This is what good care will do.

Don't say you don't know. You may not know all the medical terms and language, but you know what warmth, dignity, engagement, respect and empathy look and feel like. Sadly, we still can't impact the progression of dementia very much, and good care is the best option we have. Now that you know what it should look like, insist on it for yourself or your loved one.

If this article has raised concerns for you, call 1300 66 77 88.

Heartfelt address at service

DURING the Heart Foundation's annual Memorial and Thanksgiving service from 2pm to 3pm at Perth's St George's Cathedral on Sunday 6 May, guest speaker John Whittingham will share the positive outcomes of his journey with heart disease.

Mr Whittingham has atrial fibrillation, the most common abnormal heartbeat, which results in the upper chambers of the heart beating very rapidly and out of sync and causes quivering, or fibrillation of the heart walls. He also has an aortic aneurism.

Since being diagnosed with this serious heart condition four years ago, Mr Whittingham, who is from Butler and in his early 60s, has a different perspective on life. He is determined to make every day count and to share the knowledge he gained in grief counselling as a nurse to help others dealing with loss.

"I now make the best of every day," Mr Whittingham said. "I feel blessed because I know what I have – some people with heart disease are taken suddenly and that is heartbreaking for family and friends."

Having had dual careers as a psychiatric nurse and news cameraman, Mr Whittingham put these skills to good

use while working at The Hollywood Clinic. He made training videos and ran a carers' support group.

An advocate of exercise and a healthy diet, he walks 20,000 steps a day, enjoys cooking nourishing meals for his family and wants to use his knowledge and experience to contribute to the work of the Heart Foundation and support people with heart disease.

The annual service brings the community together to be uplifted by music and prayer and to light a candle in memory of a loved one who passed away from heart disease and give thanks for those who survived.

Clergy from St George's Cathedral, Salvation Army, Council of Churches WA and St Edwards Anglican Church will participate in the non-denominational service.

The One Achord Choir will sing hymns during the service and at its conclusion white doves will be released as a symbol of love and peace, followed by a complimentary afternoon tea sponsored by Mareena Purslowe Funerals.

Everyone is welcome to attend, however RSVP is essential by telephoning 9388 3343 or emailing linda.bolton@heartfoundation.org.au.

Mix and mingle and make new friends

JUST Friends is a social group for unattached people aged 60 years and over.

The aim of Just Friends is to encourage older singles to get out and make new friends and attend many events held throughout the year.

They meet in a relaxed and non-threatening environment where people are made most welcome.

Membership to the club is \$80 per annum

and attending a Mix and Mingle will cost \$5 for members and \$10 for non-members.

They meet every second and fourth Tuesday at the Claremont Yacht Club. By becoming a member of Just Friends you can also become a social member of the Yacht Club at no further cost to yourself.

Some of the events they organise include dinners, house parties, picnics, barefoot bowling, coffee mornings,

twilight sailing, theatre outings and many others.

Most of the new members make new friends and as an example, those wishing to travel will often find a companion to travel with rather than paying the single supplement which makes travel expensive.

If you would like to find out more about the club, please contact, Margaret on 0438 841 357.

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A school holiday guide for parents and grandparents



ANZAC Cottage special commemoration service



Children can participate in the ANZAC Cottage Sunset Service free workshop 'At the going down of the sun and in the morning, we will remember them'.

THESE evocative words written by Laurence Binyon in his poem *For the Fallen* continue to resonate more than a century after the words were published in *The Times* in September 1914. The Friends of ANZAC Cottage honour these words, the sentiment and the veterans of all wars at their annual ANZAC Day Sunset Service, conducted at the cottage at 5.15pm on 25 April each year. This service, thought to be the last ANZAC Day service conducted on the Australian mainland each year, also honours the community members who paid their respects to those who fought for our freedom by constructing this brick and tile cottage in one day in February 1916 as a memorial and as a home for a returned wounded soldier and his family. Given this inspiring history, the Sunset Service has a strong community focus with an informal ceremony, reminiscent of those citizens of long ago who gave their skills, their time and in many cases their hard-won money to build this long lasting memorial. Prior to the service, beginning at

4pm, there will be a free workshop for children. There young people can make their own wreath which can then be laid at the flagpole during the Sunset Service. This activity encourages children to be an active part of the ceremony and is marked by the respect and solemnity with which the children participate each year. In 2018, with the memorial recently installed at the cottage commemorating the animals that served alongside our defence forces, there is an opportunity to also honour the role played by the many animals during war time in saving lives and providing comfort to those so far from home. On ANZAC Day, the cottage, situated at 38 Kalgoorlie Street, Mt Hawthorn, opens its doors at 3pm. Visitors are welcome to view the displays and hear more about the cottage's unique history in a talk at 3.30pm repeated at 4.30pm. Entry to ANZAC Cottage is free and afternoon tea is available for a gold coin donation. For more information, please email Anne at chapan@highway1.com.au or call 0411 44 55 82.

Rollicking adventure

BELOVED garden gnomes from Gnomeo and Juliet are back for a whole new adventure in London. When Gnomeo and Juliet first arrive in the city with their friends and family, their biggest concern is getting their new garden ready for spring. However, they soon discover that someone is kidnapping garden gnomes all over London. They return home to find that everyone in their garden is missing – there's only one gnome to call... Sherlock Gnomes.



The famous detective and sworn protector of London's garden gnomes arrives with his sidekick Watson to investigate the case. The mystery will lead our gnomes on a rollicking adventure where they will meet all new ornaments and explore an undiscovered side of the city. This action-packed sequel features the voices of returning cast, James McAvoy, Emily Blunt, Michael Caine, Maggie Smith, Stephen Merchant and Ozzy Osbourne, plus Johnny Depp as Sherlock Gnomes, Chiwetel Ejiofor as Watson and Mary J. Blige as Irene. In cinemas 5 April.

WIN WIN WIN
Thanks to Paramount Pictures we have 10 double passes to *Sherlock Gnomes* to give away to our readers. To be in the draw simply email win@haveagonews.com.au with the subject line *Sherlock Gnomes* or call the office on 9227 8283 during business hours. Competition closes 16/4/18.

Meeting devoted to grandcarers in Floreat

GRANDPARENTS, especially those who are caring full-time for their grandchildren (they are known as grandcarers) are the topic of Floreat and Districts branch of National Seniors Australia's May meeting. Guest speaker is Grandcare coordinator at Wanslea Sue Baile, which is assisting more than 800 grandfamilies through their support groups and another 1500 or so families through their Grandcarers Support Scheme. There is a once-a-year payment from the WA state government to grandparents who are raising their grandchildren on a full-time basis. The meeting is on Thursday 10 May at Mt Claremont Community Centre, Montgomery Avenue at 9.30am for 10am start, finishing at 12noon. A splendid morning tea is served, car parking is available and the cost is \$7, or \$5 for National Seniors members. There is no need to book, just turn up for a warm welcome and a good time of fellowship and sharing with many others.

See page 50 for details about how to purchase a copy of the book *Stories from the Swinging 60s*

South of Perth Yacht Club

Not sure what to do with the kids in the holidays?
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West Australian Ballet's school holiday workshops

SEE your grandkids learn ballet from WAB's experienced teaching artists, watch the professional dancers in the studio, and make new dancing friends. Perfect for children wanting to try ballet without committing to a full term at a dance school, and experienced students wanting to keep dancing over the holidays. From 16 – 20 April for ages four to 13 years, visit waballet.com.au or call 9214 0707 for session times and to book.

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The king penguins were a highlight of a visit to Macquarie Island in the isolated territory of the Subantarctic Islands, read more about Mary Carroll's adventure on page 23.

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ADVERTISING FEATURE

travel options for the mature west australian



Left to right; Bob Simpkins took this photo in Chile - Doreen Savage snapped this one in Phuket - Jennifer Merigan

WITH the start of direct flights between Perth and London last month, WA needs to be at the top of our tourism game.

A survey that came across my desk said that Australia's ratings for friendliness towards for-

eigners has plummeted. In the past four years Australia has gone from 14th to 37th place.

Then listening to Radio 6PR's Perth Live, hosted by Oliver Peterson, he was reciting an email he received from some Eu-

ropean visitors.

The European travelling couple stated that they thought our state was beautiful but had a couple of complaints which tarnished their trip.

Firstly, they were astonished by the amount



of homeless people found in the city particularly between Hay and Murray streets. They said they have been to poorer countries and never experienced this level of homelessness.

They also noted that when travelling both north and south in the state they were only served by young foreign workers and were disappointed because they had come to Australia to meet Australians and enjoy the accent. Noting that they could have got the same accents in Europe.

They said they stum-

bled across 6PR and really enjoyed listening to it and felt it was the perfect medium to let us West Aussies know their thoughts.

I asked Oliver about his thoughts on the issue and he said: "I have travelled around WA from Esperance to Karatha and have to say everyone, whether they be West Aussies or foreigners working in tourism have been nothing but friendly and helpful.

"Tourists are generally happy people because they're on holiday and wanting to experience and explore a place that is new to them. All who work in tourism are aware of this because they want to leave the best impression possible for repeat business," said Oliver.

I agree with Oliver, on my travels I have had nothing but good service and have been served by lots of Aussies especially down south.

But I do agree with the couple about the amount of homeless in the city,

I often ponder that 30 years ago you would never see a homeless person in Perth and as much as I feel for their plight, I feel it does tarnish our city and wish the government could address this issue.

How do you think we stack up in the tourism stakes - have you had visitors from overseas make similar comments? Feel free to let me know via the email address below.

★★★★

Congratulations to Ron and Nola Cox from Warnbro who were our lucky winners of the trip to Singapore, I'm hoping to bring you another competition to win a holiday later in the year.

★★★★

Doreen Savage sent me a lovely email recently telling me how much she and her husband enjoy reading the paper, she also shared a funny photo from a trip to Phuket (see left) and wondered who would wash their feet in the toilet.

★★★★

Toilet humour strikes again because Bob Simpkins also shared a funny photo (see left) taken at a guest house in which he stayed when visiting Puerto Varas in Chile.

Feel free to share any funny photos with us you have taken while on your travels - just send me an email - we love to receive them.

★★★★

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

Our website has lots of great travel information - take a moment to visit it at www.haveagonews.com.au

Happy trails

Jennifer Merigan
Travel Editor



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And the winner is...



CONGRATULATIONS to our lucky winners of the Scoot to Singapore competition - Ron and Nola Cox from Warnbro.

Nola said she entered the competition quite a few times and was absolutely chuffed to receive the phone call on 15 March from *Have a Go News* saying that she was the winner.

Ron and Nola visited the office to receive their prize which includes two return economy airfares on Scoot including meals, baggage and taxes and two nights/ three days accommodation in a suite at the Mercure Singapore on Stevens including breakfast.

Thanks to Scoot Airlines and Mercure Hotels for the prize and look out for more competitions in coming months.

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ADVERTISING FEATURE

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The Subantarctic Islands - a journey to these little known territories



The subantarctic islands, left to right; Cape petrels at the Snares Islands - A volcanic arch at the Auckland Islands - Sea lions on Enderby Island/Auckland Islands - Giant kelp on Snares Islands

by Mary Carroll

MORE people climb Mt Everest than visit the Subantarctic Islands each year. These wild, remote and compelling groups straddle the boisterous Southern Ocean in a 700km wide arc, south and east of New Zealand. All, with the exception of Macquarie Island, are managed by New Zealand.

There are six Island groups and they include the Snares, so named by George Vancouver as he felt they were a snare to shipping. UNESCO-rated Macquarie Island, the largest lays roughly half way between mainland Australia and Antarctica. There are also the Auckland Islands which include Enderby and Campbell Islands, the Antipodes and the Bounty Islands mapped by William Bligh in 1788, the year Australia was founded.

We had some of the best weather ever recorded on these voyages with daily temperatures around 6°-13°C, surprising the expedition team of 17, knowing that some shipping companies cannot access these islands due to stormy conditions and the few who persevere, usually only visit annually.

Of the six pristine uninhabited islands, only three allow onshore visits and in selected numbers. Excursions included around a four to five km boardwalk stroll on the permitted islands and zodiac rides around all of them. At each landing, the expedition team were required to unload provisions and tents in case

the weather closed in and we were unable to return to the ship by zodiac.

Zodiacs are used to access the islands as the ship anchors out to sea at all times. Visits to the islands are taken very seriously with all boots (most are wet landings) brushed and washed in disinfectant back at the ship and all outer clothing and gear periodically vacuumed ensuring any mud, seeds and disease organisms are not transferred to the next island. Instructions are given regarding safety and approaching wildlife onshore.

Surrounded by engaging penguins in their thousands – the King reigns supreme on Macquarie – noting endemic penguins on other islands, the stately albatross of many varieties and sprawling elephant seals, fur seals and sea lions are all huge attractions to these islands. The sea also revealed its bounty of orca and sperm whales.

All the islands are now free of introduced species thanks to massive eradication programs. Rats, mice, cats, rabbits to mention a few, arrived with shipwrecks, sealers and whalers. Native grasses were under threat from rabbits, while the others decimated birds and their eggs. The pest-free islands now have seen the resurgence of many unique flora such as the mega-herbs Macquarie Island cabbage and the Ross Lilly – a hairy-leaved plant with a large single poker-like yellow flower. Others include the Hebe and the lovely red-flowered coastal Rata tree. It has also seen the return of

rare birds like the timid rail and the snipe, both no longer threatened. The mega-herbs on the islands are quite broadleaved with large flowers and it's not known if these evolved on the islands themselves or are relics that pre-date the Ice Ages.

Farming has been attempted but without success; the isolation, bleak weather and poor peat soil rendered life unsuitable for habitation, crops and livestock. These windswept islands are best left to the lonely, ancient cry of seabirds in the foggy heights of towering volcanic cliffs, the breathtaking grandeur of jagged peaks and razor-edged ridges – a return to life as it always was, forbidding, raw, inviting, yet furious at the same time.

The islands have not always enjoyed this splendid isolation. In the mid 1800s and early 1900s, whalers and sealers moved in, putting the seals and even the penguins at severe risk of extinction. Tens of thousands of each were destroyed for fur and oil; even penguins pelts were used for fashionable lady's muffs – (hand-warmers.) Thankfully, the slaughter ended in the early 1900s and numbers have revived.

Apart from recent contact with the islands, anthropologists have discovered ancient Polynesian middens dating back to the 13th century, the most southern of any Polynesian settlement.

Geologically, the islands are different with the Snares and Bounty Islands being granite outcrops. The Auckland Islands including Enderby

and Campbell islands are mainly volcanic basalt. All except Macquarie Island are considered part of the relatively newly named submerged continent of Zealandia that separated from the Australian plate around 85 million years ago. Put simply, the highest points formed all these islands plus New Zealand. Macquarie Island was an upthrust from the Australian and Pacific plates 700,000 years ago, a fairly new island in geological terms.

Macquarie Island boasts a significant research station, operated by the Australian Antarctic Division in Tasmania and was established by Sir Douglas Mawson in 1911 as a communication post between Antarctica and Australia. It has been manned since 1948 and is still important as a scientific and meteorological station.

Back on board, daily lectures by the expedition leaders kept us informed on everything of interest from marine life to birds and botany, geology and history, research on the islands to shipwrecks and pest eradication. Two young researchers from Enderby Island returning to New Zealand aboard

our ship after several months, informed us one evening of their findings and the life and hardships of remote island living.

It was a rare privilege to experience these timeless islands that lie untouched in all weather conditions with their ancient birdlife population that includes albatrosses, shearwaters, skuas, cormorants, giant and cape petrels, prions, terns, kelp gulls, penguins – even the rare yellow-eyed penguin endemic to the Auckland Islands, and a rare parakeet, all enjoying the serenity and harmony on their private sanctuaries.

These are desolate islands, well off the beaten track but inspiring enough for the ship's captain to be heard saying he will put these islands on his list of favourite destinations.

Perhaps the sight of soaring and dipping albatrosses over the ocean; the silence, peace and pure air fed the soul and like the captain, I think this is the tonic we all came away with after such a journey to territories little known.

Ponant will be sailing next to the Subantarctic Islands from 23 February – 11 March, 2019.



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Wonderful Qantas cabin crew

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

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Have a Go News editor Jennifer Merigan.

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

"The crew, the ser-

vice and the information throughout the flight makes it a trip of a lifetime.

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

The next amazing trip is scheduled for Australia Day 2019 and *Have a Go News* is putting together a group. Antarctica is the world's last great wilderness and we invite readers to join us.

The excitement throughout the plane is unbelievable, it is not like a normal flight. The trip provides the complete Antarctic experience - Antarctic experts on board, live crosses to the Australian stations, videos and other informative activities.

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After breakfast and a tour of the bay it's off to Esperance to spend the next three nights at the Bay of Isles Motel. Full cooked breakfasts and dinners are included.

Attractions in Esperance include the Cape Le Grand National Park, a replica of the famous Stonehenge, Esperance Bird and Animal Park and a fantastic boat cruise which includes morning tea, full commentary and sights of the amazing coastline, marine and bird-life, including NZ fur seals, sea lions and sea eagles.

Day five takes guests to Hyden to visit Wave Rock, drive through hidden gem, Wave Rock Resort before checking into the Hyden Motel. Autumn is a really nice time to visit the Rock and dinner at the motel restaurant is included.

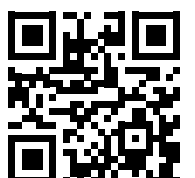
The last day travels back to Perth enjoying lunch in York and visiting the Sock Factory. Cascade's cars will then return people home.

Morning teas, cooked breakfasts, dinners, five lunches, all entry fees, boat cruise, free raffles and games on board the coach with a friendly, professional crew are all included, as is transfers from and to your home.

The cost is \$1670 twin share and \$1985 for a single.

For more details contact Chris at Cascade Tours on 0413 741 556 or 9574 0218 during the evening.

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Free Villa Travel Information Events



Come and join villa for exciting, informative travel presentations on upcoming villa holidays.

Learn about Villa Carlotta Travel's extensive range of holidays and services. Enjoy a relaxed venue where you will view slides presenting a range of villa tours as well as have the opportunity to talk to the presenters.

Rockingham Event - Gary Holland Community Centre
Wednesday, 9 May 2018 | 9.30am Arrival for 9.45am Start
Travel Presentations - WA, Australia and Solo Traveller Holidays

Perth Event - State Library of Western Australia
Tuesday, 22 May 2018 | 9.30am Arrival for 9.45am Start
Travel Presentations - New Zealand, Mauritius and Reunion Island, WA Tours and Australian Flower Festivals

Limited Seating - RSVP is essential. FreeCall 1800 066 272 or email travel@villa.com.au to book your place

Head to the Historic WA Goldfields



This six day villa holiday into the Golden Outback presents a memorable blend of history, legend, flora and fauna. Travel on the high speed Prospector Train to Kalgoorlie from Perth with the option of using your Free Pass. Relax and unwind as you enjoy this rail journey aboard the most sophisticated, passenger train in Australia. Explore the hub of gold mining then tour south to Esperance where the rugged coastline and pristine beaches contrast with the arid outback. Return home via the world famous Wave Rock near Hyden.

Highlights | Prospector Train Journey | Super Pit Lookout | Little Boulder Sweet Shop | Kalgoorlie Boulder Museum | Cape Le Grand National Park | Esperance Bird Park | Wave Rock and Hyden | Use Your Transwa Free Pass to Save

Golden Outback Triangle Featuring the Prospector Rail Journey

6 Days | Saturday 19 to Thursday 24 May 2018 | Prices from: Prospector Free Pass \$1610 pptw | Single Option \$325

6 Days | Saturday 8 to Thursday 13 September 2018 | Prices from: Prospector Free Pass \$1570 | Single Option \$325

Enjoy Spectacular Kalbarri this Winter



Kalbarri, the jewel of the Coral Coast features the spectacular Murchison Gorges and incredible rugged landscapes. A popular resort style holiday destination, Kalbarri has it all. Come and revel in the warmth and immerse yourself in the spectacular natural beauty of Kalbarri and the Murchison. Admire towering sandstone cliffs bordering the coastal reef fringes, cruise the pristine Murchison River, step out into the rugged outdoors, view ancient landscapes and relax in comfort at the Kalbarri Beach Resort.

Highlights | Kalbarri National Park | Kalbarri Wilderness Cruise | Murchison House Station | Murchison River Gorges | The Pink Lakes of Hutt Lagoon | Historic Lynton Station | Principality of Hutt River | Indian Ocean Drive

Kalbarri Natural Wonders

5 Days | Monday 21 to Friday 25 May 2018 | Monday 25 to Friday 29 June 2018 | Price \$1545 pptw | Single Option \$320

A Huge Range of Queensland Holidays on Offer



Photograph by Megan MacKinnon

Chamber Music in the Tropics

This brand new holiday by villa will have you immersed in the history and heritage of Charters Towers, the sights of Townsville and the beauty of Magnetic Island, a favourite island escape. Meet the locals on your many guided experiences, learn about the local history and hear the yams to be told. Your highlights continue with the largest living coral reef aquarium, a unique horse drawn canvas covered wagon ride and the golden history of Charters Tower. This wonderful holiday will also feature special musical events as Townsville hosts the 28th Australian Festival of Chamber Music. Each year the festival presents the finest musicians from around the world in a wonderfully unique and innovative program of concerts.

Charters Towers, Chamber Music and Townsville Featuring 28th Australian Festival of Chamber Music

8 Days | Wednesday 25 July to Wednesday 1 August 2018 | Price \$3955 pptw | Single Option \$620



Photograph by Nathan McNeil

Beautiful Tropical Cairns is Calling

Relish in the tropics and immerse yourself in everything that is Queensland! From Cairns to the misty mountains, a rich diversity of destinations and experiences awaits you. Bask in the warmth of the tropics, travel the famous Kuranda Railway, discover the beauty of the World Heritage listed tropical rainforests, enjoy tropical cruises, visit quaint villages and recline in comfort at your centrally located hotel.

Classic Cairns The Gateway to Tropical North Queensland!

7 Days | Saturday 9 to Friday 15 June 2018 | Price \$3760 pptw | Single Option \$435

Exclusive Solo Traveller Departure | **8 Days** | Thursday 5 to Thursday 12 July 2018 | Guaranteed Single Room \$4265 | Share a Room and Save \$505



Visit the Spectacular Daintree and Port Douglas

Join fellow travellers for a wonderful tropical escape filled to the brim with exotic Far North Queensland experiences. Reef and harbour cruises, rolling tablelands with magnificent local produce, crocodile adventures, majestic rainforest and woodlands and world heritage sites are enjoyed from your accommodation in Cairns and Port Douglas. Highlights include Kuranda rail journey, Tjapunkai dinner and show, and a walking sugarcane and coca farm tour.

Port Douglas, Cairns and the Daintree

8 Days | Saturday 30 June to Saturday 7 July 2018 | Price \$4575 pptw | Single Option \$895



Relax in the Queensland Hinterland

Join villa for a holiday into the beautiful hinterlands of Southern Queensland. Charming mountain villages, historic towns, innovative and skilled artisans, unspoilt national parks, mountain scenery, spectacular gardens and vibrant birdlife combine with iconic Australian attractions. With only two hotel changes and tranquil settings and destinations, you will find this a wonderful immersive Queensland experience.

Sunshine and Gold Coast Hinterlands

8 Days | Monday 10 to Monday 17 September 2018 | Price \$3465 pptw | Single Option \$520



Cairns to the Whitsundays

This amazing tour follows the glorious coast of Queensland from Cairns to the Whitsundays to explore some of the world's most ultimate travel destinations. Arrive into Tropical North Queensland to enjoy the tablelands, botanical gardens and a harbour cruise then step aboard your train for the full daylight journey from Cairns to Townsville. Next discover Townsville's military history, visit Reef HQ and enjoy a full day on Magnetic Island. Back on board the Spirit of Queensland, travel to the world renowned Whitsundays for time in Airlie Beach before the crescendo two nights on Hamilton Island.

Queensland Rail, Reef and Tropical Islands Featuring the Spirit of Queensland Rail Journey Cairns to Whitsundays

10 Days | Tuesday 17 to Thursday 26 July 2018 | Prices from: Senior \$4890 pptw | Single Option \$955



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ADVERTISING FEATURE

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Christmas lights tour with George Booth



ACKNOWLEDGED as one of the best public Christmas Light displays in the world, Singapore leads into the Festive season with another dazzling display along the famous Orchard Road.

Travel Tree escorts their annual Christmas Lights tour, departing Sunday 2 December to enable the group to witness the colourful display from an open top bus, followed by a stroll along the road to view the individual exhibits close up.

For more than 15 years George Booth, who has been visiting and working in Singapore over many years, has pleasure in introducing the many corners of Singapore with quality sightseeing included and three feature walks or strolls.

These include Kampong Glam (Arab Street), Singapore River and China Town.

This year the tour will include a Sentosa Island afternoon tour to capture the sound and light show plus Gardens by the Bay, to be introduced to an unbelievable range of plant species in the huge conservatories.

There is the added benefit of pre-

Christmas shopping as Singapore has thousands of shops offering a huge range of international clothing, cosmetics, shoes and souvenirs.

Accommodation in Hotel Peninsula/Excelsior is for six nights and guests enjoy daily buffet breakfast. It is located close to Boat Quay, Clarke Quay and China Town for access to the many restaurants featuring Asian and western food in unique locations.

Flights with Singapore Airlines and taxes are included in the cost.

The program is designed to allow for leisure time or for those wanting more activities. A reasonable level of walking fitness required. Optional tours can be arranged to Battle Box, Changi Village, Singapore Zoo, Night Safari or maybe High Tea at the Fullerton Hotel.

For more information or to book the six nights/seven day tour at a cost of \$2,195 per person twin share and with single room supplement available, contact Chris Dagostino at Travel Tree on 9382 5011.

Luxury for less - how to upgrade flights



by Chris Frame

WE all know that feeling when after a long wait at the airport, you hear the boarding call for your flight. To your dismay you see a long queue of people waiting to get onboard the aircraft first, to grab the best space in the overhead locker.

When you finally board the plane, you're directed to turn right at the door. You head past several rows of busi-

ness class seats. A collective sigh is audible as most of the passengers shuffle past towards the economy cabin.

You think... "Business class would be nice... but it's just too expensive, right?"

Thanks to frequent flyer programs such as Virgin Australia's Velocity, you could get into the business class cabin for a lot less than you think.

Frequent flyer programs allow you to earn points when you take flights, as well as an array of partner airlines - with Velocity this includes the likes of Singapore Airlines and Etihad.

Better still, there are plenty of other ways to rack up a healthy points balance with partners such as BP service stations, Flybuys, Thrifty and Hertz car rentals and a number of credit card partners.

Once you've accrued enough points you can redeem them for frequent flyer flights and upgrades, which can drastically reduce your travel bills and allow you to travel in style for a fraction of the cost of a paid ticket.

Both frequent flyer seats and upgrades are limited in their supply - there are far fewer of these so called 'reward seats' than standard seats - so the earlier you plan your trip the better your chances of finding a frequent flyer seat on the dates you want to travel.

If you can't find a reward seat on the day you want to travel, try looking a few days either side of your ideal

date to increase your chances of success. And have your credit card handy as points only cover the cost of the ticket, you'll need to pay the taxes using real money.

So is it worth it? Here is an example of the experience. At the end you can decide.

Take the Perth to Melbourne route for example. Virgin Australia operates several direct flights a day on this coast-to-coast link, including the early morning VA676. This flight is special as it one of several services where you'll find the airlines flagship A330-200 (332) aircraft.

Here, the business class cabin is laid out in the airline's luxurious 'The Business' format which features a fully flat bed in a suite-like 1-2-1 configuration. You can check the aircraft type at the time of booking at Virgin's website by clicking on the red flight number. If it shows '332' you're in luck.

A frequent flyer seat on this service can be yours for 39,300 points* (plus taxes). Upgrades are cheaper still, but do rely on availability.

The cost of upgrading will differ depending on the kind of ticket you buy. Call Virgin before you book your ticket to check availability of upgrades and confirm the total points required.

The first perk of 'The Business' is access to the airlines premium lounge. Thanks to the upgrades at Perth Airport, Virgin's new T1 hub is home to its flagship lounge, which includes ample comfortable seating, a bar, cafe, buffet meal service as well as shower facilities.

Then there's the priority boarding privilege which allows you to walk straight on board.

Flight attendants welcome each passenger and direct you to your seat. The seat itself is impressive. Each passenger has aisle access. Seats come

with noise-cancelling headphones, a blanket, pillow, ample storage space and a very large 16-inch touch screen packed full of movies and TV content.

After take-off hot towels are offered, followed by a drinks service with espresso coffee, artisan teas, water, juice and even champagne. This is followed by breakfast, where orders are taken from a multi-page menu found at your seat.

Following the main course you're invited to enjoy more coffee, tea, juices or other drinks and a snack service is always available - the cookies are superb.

You'll then be free to relax in your very comfortable fully flat bed. It stretches out to 203 cm long and is excellent for relaxing, watching movies, reading and also sleeping. The crew keep an eye on the cabin throughout the journey and are visible if you want a snack, drink or just a chat.

They're also accessible via the call bell located on a small LCD display, which also controls the seat and lighting functions.

Another perk of upgrading to business class is you're first off the plane.

Business class passengers also get priority baggage with Virgin so your luggage is among the first off the plane meaning you're free to leave the airport quickly and efficiently at your destination.

Chris will be back later in the year to explain how the Qantas Frequent Flyer program compares. Until then, if you've enjoyed upgrading to business class in the past, let us know what your best travel tip is for using frequent flyer points by sending us a letter or email to the editor.

**All points, flight and experience details were correct as of January 2018 and are subject to change. Check Virgin's website for current details.*

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Experience the romance of rail travel, the majesty of cruising and the luxury of coach on this enthralling holiday.

Visit all the 'best of' attractions of the North and South Islands and be escorted by a professional Tour Guide.

Highlights include 4 spectacular rail journeys and 5 scenic cruises, with an overnight cruise on the beautiful Milford Sound. This tour includes 2 night stays in the Bay of Islands, Rotorua, Wellington, Christchurch, Queenstown and Dunedin.

DAY 1 & 2 PERTH TO AUCKLAND B / D

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

Hotel: Grand Millennium Hotel for 1 night

DAY 3 AUCKLAND TO BAY OF ISLANDS B / D

Enjoy a city tour of Auckland, dubbed the 'City of Sails', before travelling to Matakohu to enjoy a visit and informative talk at the Kauri Museum. Travel via Whangarei to Paihia, situated in the heart of the beautiful Bay of Islands. Enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British.

Hotel: Scenic Hotel Bay of Islands for 2 nights (or similar)

DAY 4 BAY OF ISLANDS B

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

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

This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins before returning to Paihia. Enjoy a picnic lunch before travelling south via Whangarei, call into the Parry Kauri Park to see a magnificent example of a Kauri Tree before arriving into Auckland's north shore. You will see stunning views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf.

Hotel: Spencer on Byron for 1 night

DAY 6 AUCKLAND TO ROTORUA B / D

This morning travel to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook and travel through magnificent countryside of rolling hills and green pastures famous for dairying. Continue to Rotorua to visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.

Hotel: Sudima Hotel Lake Rotorua for 2 nights (Superior Room)

DAY 7 ROTORUA B / SD

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

DAY 8 ROTORUA TO WELLINGTON B / D

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and then continue south to the capital city of Wellington.

Hotel: James Cook Hotel Grand Chancellor for 2 nights

DAY 9 WELLINGTON B

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

DAY 10 WELLINGTON TO CHRISTCHURCH B / D

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Join the Coastal Pacific, a truly spectacular rail journey that showcases the Kaikoura mountain ranges on one side and the rugged scenic coastline on the other. Travel through numerous tunnels and across several bridges before departing the train in Kaikoura. Travel south via coach through some of finest farmland area's to the garden city of Christchurch.

Hotel: Distinction Christchurch for 2 nights

DAY 11 CHRISTCHURCH B

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

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

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



gorges as you ascend to Arthur’s Pass located in the centre of the Southern Alps. Board your coach and travel to Hokitika, famous for its Greenstone before arriving at Franz Josef where time is available to experience a scenic flight (optional, weather permitting) over the spectacular glaciers.

Hotel: Scenic Hotel Franz Josef Glacier for 1 night (Douglas Wing)

DAY 13 FRANZ JOSEF TO QUEENSTOWN B
See the snow-capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving into picturesque Queenstown, a year-round resort situated on the shores of magical Lake Wakatipu. This evening is free to dine at one of the many fine restaurants.

Hotel: Copthorne Hotel and Resort Lakefront for 2 nights

DAY 14 QUEENSTOWN B / SD
Today is left free to enjoy Queenstown how you wish. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. Sit back, relax and enjoy a gourmet barbeque dinner which the chef will prepare in front of you at the Colonel’s Homestead.

DAY 15 QUEENSTOWN / MILFORD SOUND B / D
This morning travel to Arrowtown and visit the Lakes District Museum. Continue via Te Anau to Milford Sound and board the Milford Mariner for your amazing overnight cruise. There is plenty of time to view the fiord’s spectacular waterfalls, rainforest, mountains

and wildlife – you’re bound to encounter seals and if you’re lucky maybe dolphins and penguins. As evening falls enjoy a delicious carvery buffet prepared freshly by the onboard chef.

Cruise: Milford Mariner for 1 night

DAY 16 MILFORD SOUND TO TE ANAU B / D
Start the day with a hearty breakfast before heading back out to the Tasman Sea (weather permitting) to explore more of the fiord. Return back to the wharf to meet your coach and enjoy the scenic drive to Te Anau. This afternoon enjoy a cruise across Lake Te Anau to visit the Glow Worm Caves where you will admire the incredible limestone caverns, waterfalls and mystery of the Glow Worm Grotto.

Hotel: Distinction Luxmore for 1 night (Deluxe Room)

DAY 17 TE ANAU TO DUNEDIN B / SD
Travel via Gore and Balclutha to Dunedin. After time for lunch board the Silver Fern railcar for a journey along spectacular clifftops overlooking the Pacific Ocean and Blueskin Bay. On return to Dunedin’s historic Edwardian Railway Station, board the coach for an informative city tour. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.

Hotel: Scenic Hotel Southern Cross for 2 nights

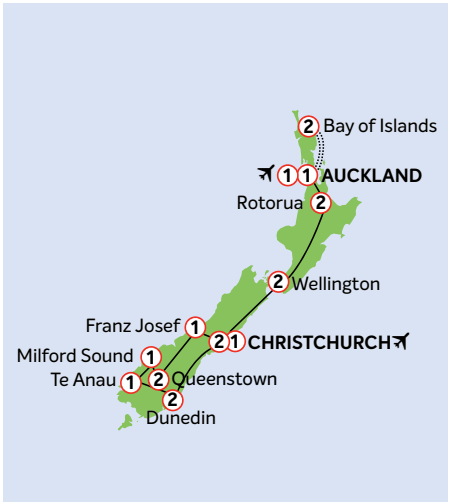
DAY 18 DUNEDIN B / D
This morning travel along the Otago Peninsula to Larnach Castle where you hear of the tragic and scandalous history on a guided tour. Enjoy time to wander around this Garden of International Significance followed by a delicious Devonshire

Tea. Return to the city for some free time. You might choose to board The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail (optional).

DAY 19 DUNEDIN TO CHRISTCHURCH B / SD
This morning visit Olveston Historic Home, containing treasures from a bygone era before travelling to Oamaru, famous for its limestone. This evening enjoy a farewell dinner with your new found friends.

Hotel: Sudima Hotel Christchurch Airport for 1 night

DAY 20 CHRISTCHURCH TO PERTH B
This morning it is time to say goodbye. You will be transferred to the airport for your flight home to Perth. Upon arrival into Perth, your driver will be waiting to take you safely home.



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Exploits and adventures at 80 Mile Beach between Port Hedland and Broome



by Lee Tate

FIVE months of blue skies, warm weather and gentle lapping ocean brings yearly regulars to 80 Mile Beach, a mis-named stretch of paradise, a million miles from anywhere.

For others it's the fish. Or the shells.

It's a marathon 1888 kms from Perth, enough distance to cross several European countries. Which adds to its appeal.

Mainly though, 80 Mile Beach is a winter escape for Perthites and south-west grey nomads, especially during June-September, but others stretch it to five months, year-after-year.

80 Mile Beach is unique, worth the travel distance and the bit of rough track in from the main road. Nicely placed halfway between Broome and Port Hedland, it's a great place to break the Perth-Broome journey.

The property is family-owned-and-run and comes with their personal touches including their unique booking method. It works a treat. They simply don't have one.

Arriving campers and caravaners are directed to unpowered sites for the night they arrive and next day placed on sites that have become unoccupied by 10am.

Once on that site, it is owned by those campers – until they decide to leave. So you don't have to book for 80 Mile Beach because you are guaranteed a site and don't have to commit in advance when you are leaving.

Just advise the office before 10am on the day you leave.

Provisions don't even necessar-

ily need planning. Yes, five remote months require a lot of supplies. There is a small store attached to the office and a Sunday roast and Wednesday hamburgers are available. And fresh water is on tap.

For more supplies, food, fuel and fizz, Port Hedland is 250kms drive and Broome 365kms.

So be it. Every few weeks, long-term campers make the trek, usually to Hedland, having a day's break away from camp routine to stock-up.

The owners and regulars are strong supporters of the Royal Flying Doctor Service. Small market days are held on Wednesdays and Saturdays with free entertainment to raise funds for the RFDS which occasionally has had to land for emergencies at a little strip in a paddock up the road.

80 Mile is special: 220kms of white-sand beach separating the Indian Ocean from the Great Sandy Desert where migrating birds – shore birds and waders – meet and rest. In big numbers – 400,000 regularly.

In the Karajarri language, Eighty Mile Beach is called Wender, "a creaking noise", which tourists pick up walking through dry squeaky sand.

With tidal movements of up to nine metres, millions of shells are washed-up along the entire beach and tourists quickly become collectors, getting up early or walking great distances from camp to get first choice.

But there are times when the beach is deserted, with the white sand almost blinding the visitor at times. Then, at the tidal turn, fishing people turn up – 4WDs rolling out

of the caravan park, heading up the coast or backing-up in front of the park to unload people, rods, rod-holders, chairs, coolers and drinks.

During our two weeks they're having a lean time of it. But we see exceptions, occasional fish bending rods to straining point. Fish here are mostly big.

There are also schools of small sharks. Remains of eatable shovel-nose sharks regularly wash around in the shallows until the tide comes in. Stingrays too.

Cars coming back from the salty sand can be hosed down, with an air pump provided to re-inflate tyres let down for beach travel.

For the unwary who've bogged and lost cars to giant tides, they can only look sadly at the tops of their vehicles during high tides. Dozens of cars each year are swallowed by tides from here to north of Broome.

80 Mile Beach is a refreshing break from city, smoke, traffic lights, shops, noise and driving in lieu of months of warmth with cool, sometimes quite chilly, nights.

The tides bring bad tidings for swimmers though, being too shallow except for a token splash at high tide. Warnings of bitey predators, too, but it's no different to other spots up here.

A week or fortnight stay for motorists heading north or south is ideal: nestled amid sand hills with like-minded souls, some heartier than others in tents, tucking-in to home-made Devonshire teas, pies, biscuits and cakes.

And chatting over barbecues with migrating grey nomads. They have plenty to reveal about their exploits and adventures at 80 Mile Beach.

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HOME Valley Station in Western Australia's spectacular East Kimberley, will be welcoming guests from 1 May following its annual hiatus over the wet season.

To celebrate the re-opening, the heritage cattle station is offering an early bird special of a one-night stay from \$250 per room.

Located along the iconic Gibb River Road, nestled at the base of the majestic Cockburn Range, the station is the perfect base to explore the raw beauty of the Kimberley wilderness.

Enjoy a range of adventurous activities including some of the best barramundi fishing from the banks of the Pentecost River, picturesque walking trails, stargazing, station history tours, sunset tours and scenic helicopter flights over the Kimberley. After a long day of

exploring the outback, soak up the atmosphere with live music, cold drinks and quality outback fare at the famous Dusty Bar and Grill.

This package includes one night's accommodation in a guesthouse room, buffet breakfast, two-course dinner with a glass of house wine, access to walking trails and entertainment at the Dusty Bar and Grill.

Home Valley Station offers a range of accommodation options for travellers – from comfortable guesthouse rooms and elegant grass castles overlooking Bindoola Creek to eco tents and camping facilities.

The early bird special ends 30 April. For more information or to book, call 1300 134 044, email travel@voyages.com.au or visit www.hvstation.com.au

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bridge Gulf to the coast.

View beautifully patterned mud flats near Wyndham at the mouth of the Ord and King Rivers.

Marvel at the Berkeley River Gorge, King George Falls, and Kalumburu.

Land at the remote Mitchell Plateau airstrip to transfer to a HeliSpirit helicopter and fly to the start of the walk to the falls.

Enjoy a guided 4.5 km hike into the Mitchell Falls. This is a diffi-

cult and uneven track with river crossings, which can be slippery. There is an option of taking a helicopter transfer instead of walking, which is an additional \$150 per person.

There is a limited time for the walk, therefore if you are unsure of your walking capabilities it is advisable to book the helicopter transfer and make time to explore the falls, swim and enjoy a picnic lunch.

Fly by helicopter taking off above the falls and flying over them for great photo opportunities. Land at the airstrip to transfer to your plane. Return to Kununurra flying over El Questro and the Cockburn Range.

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Villa Carlotta Travel have a huge range of holidays on offer this year

VILLA Carlotta Travel continues to shine as one of WA's most respected travel companies for retirees and semi-retirees.

With more than 100 holiday destinations worldwide, villa can take you on a relaxing getaway or a bucket list adventure.

If you want to getaway from the cold weather, why not head north for some fun in the sun. Villa can take you to the incredible Karijini National Park for some amazing glamping on their North West Spectacular holiday. This 10-day adventure will take you to Karijini Eco Resort for two nights and includes Exmouth, Coral Bay, Carnarvon and Geraldton touring on one of their luxury coaches.

Villa has two dates to choose from for this tour either, 14 to 23 June or 10 to 19 August.

Want to get further north? Let's head to beautiful Broome. Villa's Broome Jewel of the North tour includes Gantheaume Point, Pearl Luggers Museum Tour, Willie Creek Peal Farm, Moon Mar-

kets of course and one of the main reasons to go to Broome – the Stairway to the Moon. This holiday also features a full free day in Broome to enjoy at your leisure. Departing 25 July, this will be a wonderful holiday.

If it's the tropics you are after, then why not head to far north Queensland and beautiful Cairns. Villa has two tours departing for this amazing destination where you can enjoy highlights as the Kuranda Railway and Skyrail, Atherton Tablelands, Great Barrier Reef and Green Island and beautiful Port Douglas. Villa's Classic Cairns tour departs 9 to 15 June or why not join their exclusive solo traveller holiday departing 5 to 12 July.

For those who are looking for something closer to home, Villa has a wonderful seven-day holiday to the wonderful south west. The South West Escapades holiday includes Edenvale Homestead, Olio Bello, The Margaret River Chocolate Factory, Cape Leeuwin, the Ferguson Valley and much more. Staying

at the Abbey Beach Resort and travelling out to enjoy all that the south west has to offer, this will be a relaxing adventure down south. It departs 9 to 15 May.

Villa Carlotta Travel has a wonderful range of exclusive solo traveller holidays. New to the range is their Just for Singles Sydney Escape featuring the Vivid

Sydney Festival of Lights. Vivid is the world's largest festival of light and music and each year transforms the city in a colourful canvas attracting visitors from around the world. Along with the festival, your holiday will also include tours through the Sydney Opera House, ABC Ultimo Guided tour, Olympic Park,

the Sydney Cricket Ground and much more. Departing 1 to 5 June, this will be an amazing and colourful solo getaway.

To book on any of these amazing holidays, FreeCall 1800 066 272 or email travel@villa.com.au or to see more great holiday destinations, visit villa's website at www.villa.com.au

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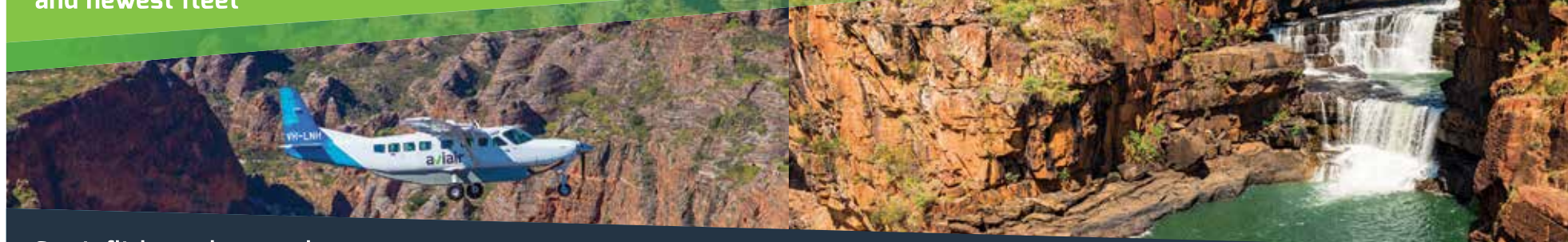
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An extravaganza bus trip for Baby Boomers around Margaret River



Jan Price discovers the raptors

by Ron Sims

THAT'S exactly how it was billed, an extravaganza... not a day-trip in a bus around Margaret

River for the more senior members of the Capel Shire, but a Saturday jaunt in March fully jam-packed with sensational pleasures that would border on the truly gigantic... indeed, an extravaganza.

My wife, Angela, and I paid our \$45 each and, ever mindful that descriptions like extravaganza have been bleached into meaningless beige by today's demand for the spectacular in everything, boarded the bus – long-distance, luxury coach by Boomers' standards – in Capel, for the comfortable haul south.

The day trip was sponsored by the Shire of Ca-

pel and the Department of Local Government, Sport and Culture to encourage active ageing.

At 7.30 am the morning was chilly and heavily grey, hardly a good look for a day promising experiences and delights of gargantuan proportion.

There were more than 30 expectant seniors on board already and, as we shuffled down the aisle to a gauntlet of smiling faces, cheery 'good mornings'... and not an iPad in sight, we embarked on one of the very best 45 dollars worth of day trip in a bus one could ever wish for.

Now, Margaret River is already world-renowned for the pleasures of its grape in a bottle, but could 10 hours of swooning among its vine fields, farmers' markets, luncheon hot-spots and raptors' park really deliver the extravaganza we were all expecting?

As I mentioned, extravaganza, like other superlatives has been white-washed down by careless usage, so my own expectations settled more into the realm of comforting, reassuring, even quite a nice day out.

That was my first mistake as a becoming-slightly-cynical senior participant in a young persons' world.

As we eased our way south to Margaret River, calmly looked after by our organiser and guide, Donna, and our driver, Graeme, I was instantly aware that all 37 fellow, day-trippers were

contentedly engaged in scenery watching, happily chatting, occasional laughing and new-people-meeting so that the atmosphere in the coach was an upbeat and restful hum which was distinctly... yes, comforting.

Soon a bus crowded with strangers became a bus of companions and even friends. Have you ever noticed that? Conversation and curiosity are things that baby boomers achieve quite easily, as if they share a secret hand-shake or a code of behaviour that only they can recognise.

Many BB's enjoy a life driven by some level of passion. They are passion-driven people and that passion is their common ground. But, this day had some new and exciting passions waiting for us, passions that were owned wholly by the younger set... beginning at the Margaret River Farmers' Markets.

Now, Angela and I have visited many prized markets throughout Australia and the one I strolled through now was as superb as any, and better than many. Fresh, beautifully grown or created produce of all kinds, was presented with flair and individuality. It was especially reassuring to realise the work, care and dedication (yes, passion) that had brought these items to the display shelves, for our deliberation and purchase, was not baby-boomer passion. This was young passion, vital and thoroughly encouraging, the outcome of labour, care and intelligent input.

Then, as the grey sky parted a little and blue peered through, a special treat for us: a dozen or so young, trainee chefs in full kitchen whites wandered among the stalls carefully selecting items for their own culinary exploits. I was taken with their discernment and keenness and the enthusiasm of their cookery lecturer, Kelly, from the South Regional TAFE, who shepherded her student flock from stall to stall. At the TAFE, she told me, the cookery school students select ingredients from the markets, exclusively, for their display restaurant which is open to the public... how reassuring, I thought, a night of dining there is certainly on my wish list for the near future.

The point here is this... the brilliant market, the often cottage-industry style, quality and presentation of produce, the zeal of the trainee chefs, and the dedication of their lecturer is all evidence of a passion in the young. As senior citizens, oldies, we need to rejoice in this passion, encourage it wherever found, and be hopeful for the generations taking the baton from us. The information-drowning computer age and mind, blanketing social media is not taking everyone for a ride to that nowhere-good place. There is passion, still. There is imagination, still. I rejoined the others on the bus, excited by a most comforting encounter with a future that could, indeed, be more spectacular than many are suggesting.

Talking about the icing on the cake, where our day trip took us next had both cake and lashings of icing... Eagles Heritage, the biggest collection, rehabilitation centre and free flight presentation of raptors – birds of prey, in all of Australia. Now, I have to admit that I am a sucker for raptors. Here, we got in close, real close up, even as close as having a barn owl perched on our gloved wrist, and witnessing black kites swooping down a couple of metres in front of us, taking, with raptor ease, food morsels thrown into the air. It was humbling to be in their noble presence. And to be in the reassuring presence of Phil who, out of love for these feathered wonders of nature, set up Eagles Heritage 30 years ago and manages it still, with just the income from entry tickets and a whole sky full (and life full) of passion.

Ok, about now I am tempted to use the word extravaganza to describe this day trip by bus to Margaret River. Along with an excellent lunch at the Brewhouse, great coffee at the Deck on Busselton's impressive marina and as-good-as-they-get Devonshire teas at the Berry Farm, we had just busied it through some of the most handsome vineyards in the country, and, at the end of the day, through the coastal wet-lands that are of national significance hosting more than 30,000 migratory birds and 70 species at any one time.

Now, I am rifling through my mental dictionary to source a brand new and more appropriate adjective than extravaganza to describe the day trip, suitable for seniors, that we had just completed. Comforting or reassuring just won't cut it.

Still rifling... still. Ok! An extravaganza it was. Thanks to all who made it possible.

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NANNUP is the best place to experience the autumn change of colour. It is also the gateway to the beautiful Blackwood Valley and southern forests.

Located 300 kms south of Perth and 60 kms inland from the Margaret River region, it's a little colder, adding to the change of seasons and much less crowded. Along with the town's natural attractions such as the Blackwood River, its historic streets are lined with magnificent deciduous trees which spend the season turning red, yellow and orange. The undulating green hills and mist on the river adding to the appeal giving the whole area a mystical ethereal quality.

"Last year Nannup was voted by Qantas as one of the five best places in Australia (yes Australia) to see autumn colour. We now have a range of mature trees including persimmon, crepe myrtle, maples, liquid amber, Bradford pear and claret ash that are so beautiful when they begin to prepare for winter," said Lavender Farm's Heather Welford.

A drive along the Nannup to Balingup road in autumn is a must do, with a stop at the Golden Valley

Tree Park to really soak up the autumn colours.

Nannup appeals to people looking for something a bit different and authentic. The town has changed little over the years and has retained many of its historic buildings, in every small business you will be greeted by the owners whether it's a café, bakery or gift shop.

There is a wealth of accommodation options from the cute country cottage in town to a chalet on a farm. Kick back and relax in front of a crackling fire with a glass of local wine, pack a picnic and go for a bushwalk amongst the tall trees, grab your bike and give real hills a go. The cooler days allow you to really get outdoors and explore.

Nannup's popularity as a cycling destination has been boosted considerably since the development of the Munda Biddi Trail which passes right through the town. In November the Tour of Margaret River hosted its main event in Nannup. Its newest event called "Seven" in May will see many lycra clad people of all ages enjoying themselves around the roads and country laneways.

Nannup also hosts the Forest Rally and the main street becomes a car pit stop attracting many motor enthusiasts. In May the town is part of Festival of Country Gardens.

So central is Nannup in the south west many people use it to explore the rest of the region which includes the magical town of Balingup, beautiful Bridgetown, the truffles in Manjimup, the tall trees in Pemberton and Northcliffe.

If you are looking for laid back country charm, getting back to nature, snuggling in front of an open fire, enjoying fresh seasonal produce and a quieter pace to clear your head this is definitely the place for you.

For more information www.everythingnannup.com.au

A born gypsy who loves travel



Wendy Ellis in San Sebastian

MY family were born gypsies, says 61-year-old Wendy Ellis.

"My mum was born in Calgary and my Dad was born in Britain and they met in Devon after the war.

"My two older sisters were born in Coventry and then the family moved to Australia, where I was born in Frankston, Victoria, before the family moved to Canada when I was three years old and there my younger brother was born.

"This is why my family are such gypsies, we were all born all over the world," she says.

"I think this gypsy life started to embed the love of travel from an early age into the whole family."

From the age of six Wendy swam competitively and travelled all over Canada and the US. In 1972 Wendy's Dad took a position with the United Nations and they moved to Argentina.

Wendy says this experience cemented her love of travel and her desire to travel the world.

"It wasn't until I was 28 that I discovered I could apply for an Australian passport and so my husband and I decided we needed an adventure and moved to Perth in 1986."

Wendy's love of travel sent her in the direction of the travel industry and for 24 years she has worked on delivering dream holidays for clients.

"I love the first hand knowledge that you develop as a travel agent. Each year I travel to a new destination and after so long in the industry it gives you great experience to offer clients the quality information they need when booking trips.

"There is nothing better than visiting new places and meeting people. My favourite destination is Spain, and I would love to do another road trip around that country," said Wendy.

Her next destination is Japan. She says it's been on her bucket list for a while and she looks forward to discovering that country.

Wendy says her knowledge and wealth of experience in the travel industry really help her provide her clients with the most appropriate destination choice.

"I just loving booking dream holidays for my clients, I certainly don't want to retire yet and I look forward to sharing my knowledge to ensure my clients get exactly what they want from their holidays," said Wendy.

Wendy is a consultant for Kings Tours and Travel in Cambridge Street, Leederville. She can be contacted on 9380 6656 for any advice or information about travelling the world.

The Blue Water Classic pulled a catch



James Ormond with his 18 kg-plus dhufish, a 2018 Blue Water Classic winner

by Mike Roennfeldt

EARLY to mid February each year, Marmion Angling and Aquatic Club hosts WA's biggest boat fishing competition, the Blue Water Open Fishing Classic. It has been going for more than 30 years and usually attracts 600-750 participants.

Launching is done from the marinas at Hillarys and Ocean Reef and crews can fish pretty much wherever they like, although they must have their bags of fish in the freezer trucks at their launch point and be signed off by 3pm.

A dozen or more eligible species can be caught and the list covers fish from as humble as a herring or sand whiting to a mighty dhufish. The biggest of each species weighed in wins a prize worth something approaching \$2000.

But you can be the world's worst or unluckiest fisherman and still win the really serious prize, a 4.3m dinghy on trailer with 30 hp outboard, rego, insurance and safety gear. All you have to do is fish in the event and be at the presentation that takes

place shortly after the weigh-in at the club's stunningly located premises on the beach at Marmion.

I've been involved with the weigh-in for many years and always take a keen interest in what is coming in to the scales. Only one of each eligible species can be in the angler's bag so there is no hint as to the overall numbers of fish caught, but you can get an idea of relative abundance of each from how often a particular species bobs up.

Breaksea cod were noticeably prevalent at the weigh-in this year but there weren't a lot of dhufish. King George whiting seemed to be doing okay but both tailor and herring were a bit light on the ground compared to the usual mix.

A couple of the dhuies were beauties though, including the winning 18.08 kg fish landed by James Ormond. Other biggest-of-species included Jake Dimer's 297 g whiting, Lachlan Mitchell-D'Raine's 332 g herring, Ron Vincent's 1.91 kg breaksea cod, Nigel Hasch's 3.88 kg baldchin, Mike Tremb-

lar's 1.15 kg flathead, Armando Carbone's 1.52 kg harlequin, Tony Berichon's 2.34 kg skipper, Kim De Lange's 7.95 kg pink snapper, Nathan Riganello's 1.145 kg King George and Steve Lennox's 5.03 kg queen snapper. Wesley Moran and Shaun Murphy each caught a 1.52 kg tailor and shared that prize. Glen Brown had his name drawn out at the presentation and was the winner of the boat package.

One of the more interesting moments of this year's weigh-in came when an unusual looking skippy hit the scales. The fish was a little deeper and more angular looking than usual but the dark blotch high on the gill cover was there, as was the dark colouring at the base of the pectoral fin. My

initial thought was pennant fish or diamond trevally but it didn't quite fit the picture.

Luckily, the fish attracted a fair bit of scrutiny and someone spotted a marked difference in the anal fin between the two. We weren't sure what member of the trevally family it was, but we were sure of what it wasn't, and that was skippy.

It can be notoriously difficult to identify some trevally but after checking a few reference books at home later that evening I came across what looked like a good match with a species I'd never heard of previously, a club-nosed trevally.

Another memorable Blue Water Classic has come and gone and already I'm looking forward to next year's event.

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

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Cologne, Germany

AUSTRALIAN-owned luxury cruise and tour company, Scenic, has spent more than 30 years creating unforgettable, handcrafted enriching experiences for its guests.

Since its first coach tour along Victoria's Great Ocean Road in 1986, the company has introduced itineraries that travel to more than 60 countries.

Scenic's journey designers are experts in the destinations they travel to, instilling a sense of wonder into every experience. They know the hidden gems that will turn a cruise into a truly memorable experience, and they are constantly on the lookout for new inclusions that will add value to each and every journey.

Scenic's difference is in the details, with the finest accommodation and transport complemented by all-inclusive sightseeing and the services of a dedicated cruise director.

Scenic staff will greet people personally at the airport and arrange for transfers to and from the cruise, and they take care of all the finer points.

Scenic's handcrafted itineraries offer the biggest range of all-inclu-

sive excursions, such as exclusive once-in-a-lifetime Scenic Enrich experiences. These include private concerts and gala dinners in a variety of remarkable locations. Also on offer is Scenic Freechoice sightseeing, allowing people to explore interests at their own pace and Scenic Tailormade, offering GPS guided tours and commentary.

Experience Europe from a luxurious new perspective while cruising the magnificent Rhine, Main and Danube rivers. Shaped by not only the beautiful landscape but also the histories of the regions they flow through, the sheer wealth of beautiful and historic sites on Europe's grand rivers is unequalled anywhere in the world.

With Scenic Freechoice, tailor the itinerary to meet your personal interests. Food enthusiasts can enjoy a visit to Bishop's Residenz Palace in Würzburg and taste some exquisite local wine, or in Regensburg sample beer from one of the oldest monastic breweries in the world. For history buffs, visit moving World War II sites in Nuremberg, or take a guided tour of Melk's magnificent 18th century Benedictine Abbey.

With Scenic's exclusive signature Scenic Enrich program, delve deeper into the region's history with once-in-a-lifetime experiences including a private concert in Palais Liechtenstein, the Best of the Sound of Music and Salzburg Show in Salzburg and a medieval feast in Marksburg Castle.

Scenic offers the ultimate in freedom and choice. Make the most of their guided tours or head out and discover a destination on foot, or on two wheels with Scenic's e-bikes and exclusive Scenic Tailormade GPS guide, at a pace that suits everyone.

For more information contact Hello-world Travel Morley 9276 5577 or Hello-world Travel Bassendean 9377 3188.

Good holiday reading for those who love romance



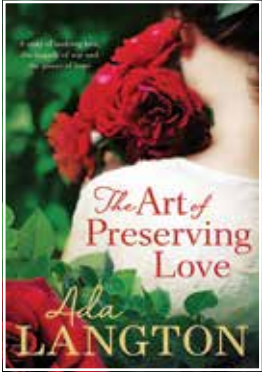
The Memories that Make Us
by Vanessa Carnevale

THIS, the second book by Australian author Vanessa Carnevale, demonstrates excellent character development and a strong story line.

Gracie Ashcroft is involved in a serious car accident which wipes her memory. Struggling to establish who she is and what she felt about her life she leaves Melbourne to return to her late mother's flower farm in Daylesford. She is forced to examine who she is a person and whether she

loved the man she can't remember.

A beautifully written book which examines memories and how they shape us and how sometimes life is just about the present. It contains an excellent set of book club questions too. Published by Harlequin and available at all good book stores. RRP \$29.99.



The Art of Preserving Love
by Ada Langton

SET in Ballarat in 1905, this historical romance follows the life of Edie Cottingham. Edie is from

a well off family which struggles for little financially but suffer tragedy and loss like most of us. Following Edie's life from a teenager through to her 30s it deals with the trials and tribulations of the era including WWI. It highlights the plight of women and their positions in society at the time, all the while with an underlying story of commitment and lost love. A great read for those who love historical romance. Published by Harlequin and available at all good book stores. RRP \$29.99.

WIN WIN WIN
We have one copy of each of these books to give away to a lucky reader. To be in the draw simply email win@haveagonews.com.au with Book in the subject line or write to Books c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 30/4/18.

Toodyay: A valley for all seasons

TRANQUILITY, hospitality and amazing valley views, make Toodyay the ideal place to stop over, catch your breath, rest a while or establish a base from which to explore the Avon Valley's wealth of attractions.

Toodyay is situated inland in the picturesque Avon Valley region, only 80km north/east of Perth.

Stay a while in one of the bed and breakfasts, caravan parks, self-contained accommodation or hotels.

Explore the town by visiting the boutique shops and cafes. There is plenty to do, including archery, walk trails, kangaroos, emus, and the Toodyay Miniature Rail.

Experience the unique environment that Toodyay has to offer with

the Avon River, Bilya Walk Track, Duidgee Park, Pelham Reserve, and a number of conservation and nature reserves.

During wildflower season (August to November) the reserves come alive with colour, making Toodyay one of the must see areas of the Avon Valley wildflower region.

The Avon Valley is known for its historic significance, and Toodyay is no exception. The town's architecture reflects its colonial and convict past, with one of the most impressive streetscapes in the area. Discover where the legend of Moondyne Joe began, and other convict stories at the Newcastle Gaol Museum. Take a step back in time at Connor's Mill Museum and

see how the building has housed many families and had many uses.

Toodyay has many regular events throughout the year. Experience days gone past at the Moondyne Festival, enjoy all things wool and yarn at the Fibre Festival. Tempt your taste buds at the Toodyay International Food Festival and Family Fun Day while watching the Avon Descent.

Get frocked up for the Toodyay Picnic Races, admire the exhibits at the Vito Art Exhibition, or have a fun day out at the Toodyay Agricultural Show. The monthly Farmers Markets round out a calendar of events to entice visitors all year round.

Visit www.toodyay.com for further information.

Discover the Chittering Valley



NESTLED in the northern hills of the Darling Range just one hour from Perth city, the Chittering Valley is home to the quaint townships of Bindoon, Muchea and Wannamal, and offers visitors untouched bushland and wetlands, vineyards, orchards, spectacular wildflowers and stunning scenery.

Take one of the many drive and walk trails that meander through the Valley with sculptures, wineries, orchards, markets and roadside stalls selling seasonal fresh produce along your way. The area is also well known for its vast olive tree plantations.

With its temperate Mediterranean climate and rich soils you can sample some wonderful fresh produce such as citrus fruits, olives, honey, wines and all manner

of tasty organic treats. Weekend markets are held on the fourth Sunday of each month.

The annual Tastes of Chittering festival in spring is the culmination of all of the region's delicious local produce. Held on the fourth Sunday in August each year, the festival showcases all things Chittering in one place on one day.

People can enjoy a tour of the working orchards and take home freshly picked fruit during the citrus or fruit season.

For several months of the year the aroma of orange blossom is the backdrop of the town of Bindoon and mandarins, oranges and lemons are sold from roadside stalls. At other times of the year avocados, mangoes and pumpkins are available,

freshly picked by the farmer.

A great journey through this region is the Chittering Valley Wine Trail. This 76 km looping passage takes you through the rural settlements of Bullsbrook, Bindoon, Gingin and Muchea and puts you directly in the path of seven world class wineries.

Small family-owned vineyards produce Verdelho, Chenin Blanc, Cabernet Sauvignon and Shiraz available at cellar doors throughout the region.

Just as appealing as the culinary delights, are the region's scenic wonders. The trail winds its way through the heart of this pretty region, past hills cloaked thick with forest, through deep valleys and over high hill-tops.

Visiting the wineries is a fantastic way to sample premium wines made from the grapes characteristic of the region with each winery offering their own unique character and style to their produce.

Contact the Chittering Tourist Association for more information on 9576 1100 or visit www.visitchittering.com.au

TOODYAY

A Valley for all Seasons

Toodyay Visitor Centre
7 Piesse Street, Toodyay - 9574 9380 - www.toodyay.com

SAVE THE DATE

2018 Chittering Spring Festival

14 - 16 September 2018

Wildflowers, Art & History
Guided Tours, Coaches welcome
Enquiries to: Chittering Visitor Centre
6180 Great Northern Hwy, Bindoon
Ph 9576 1100 www.visitchittering.com.au

VISIT NORTHAM

Northam is home to a range of tourist and heritage attractions, and a multitude of exciting events. The Visitor Centre is your one-stop-shop for information on our gifts and souvenirs, exhibitions and galleries, museums, historic buildings, tours and trails, and the abundance of local attractions around town.

NORTHAM VISITOR CENTRE
2 Grey Street (PO Box 613), NORTHAM WA 6401 | T: (08) 9622 2100 | E: tourist@northam.wa.gov.au | www.visitnortham.com.au

Northam makes a great base

LOCATED just over an hour from Perth on the Great Eastern Highway, Northam is WA's largest inland town and is home to more than 185 heritage listed buildings.

Exploring the town's architecture on foot is a rewarding experience and along the way you'll also discover many craft and curio shops. There's also a wide range of cafes and restaurants from alfresco to fine dining.

The Avon River flows through the town and is fringed by soft grassy banks and shady trees. Picnicking beside the river is a popular pastime and it is here that you can also observe the activities of the elegant white swans which were

brought here by settlers more than 150 years ago. Or, you can spy on the swans from the heady heights of the pedestrian suspension bridge which passes over the Avon - the longest of its kind in Australia.

Visitors can catch the AvonLink train from Perth to Northam with Transwa.

To learn more about this beautiful town, why not join one of the Shire of Northam's Bilya Bidi guided tours. Join experienced and knowledgeable local guides on walking or bus tours to discover Northam's diverse, natural and cultural history.

For more information contact the Northam Visitor Centre at www.visitnortham.com.au

WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION

HOLIDAYING WITH DOGS

let's gotravelling

Take your furry friends on holiday in WA



Pets are welcome at Boddington Caravan Park

THIS month we provide a handy guide to accommodation options that are pet friendly in WA, so you don't have to leave your fur baby at home.

Before taking you're your dog on holidays it's always good to make sure they are up-to-date with all their vaccinations.

During holidays it's likely that dogs will be mixing with others, so be sure to treat them with a C5 vaccine against severe kennel cough and dogs of any age can be affected.

Ensure your animal is micro-chipped before you go as they love to explore new locations and ensure they wear their collar and an identification tag with your mobile number.

It's worthwhile bringing dog food, dog bowls for water and food, some clean bedding, a few toys and of course a leash.

In many areas in the country baits are laid so do ensure your dog is well supervised and it's worthwhile looking up the contact details of a local vet who is close to your accommodation.

Check advertisements below for further information on pet friendly accommodation in WA.

Albany - Denmark

Tall Timbers at Youngs is a multi level holiday house situated between

Denmark and Albany and close to many attractions including beaches and wineries. The property offers two large bedrooms and a loft. It sleeps up to six people in comfort. Two bedrooms have their own balconies and there's also a large balcony with a barbecue and eating area under cover. The fully equipped kitchen includes a dishwasher and a washing machine and dryer. Holiday makers can choose to go out and explore or just sit around with a good book, a bottle of local wine and enjoy the total seclusion. Pets are welcome and should be advised when booking. Call Nadia on 0439 411 880 or visit www.talltimbersatyoungs.com

Boddington

The township of Boddington is nestled on the banks of the Hotham River and is located within easy reach of the metropolitan area. It boasts the rural lifestyle at its best with essential services close at hand. Short stay chalet accommodation is now available in Boddington at the newly renovated old police station. Enjoy the beautiful surrounds of the area and feel free to bring along your pet, but please advise when booking. Phone 9883 8018 or email caravanpark@boddington.wa.gov.au

dington.wa.gov.au

Cowaramup

Caves Road Chalets offer one and two-bedroom self-contained rustic loft style chalets in 64 acres of natural bushland. Close to the heart of the Margaret River region and all its delights, this is the perfect spot to relax and enjoy a break with your pets. Call 9755 5266 or email admin@cavesroadchalets.com.au for bookings.

Esperance

EcoValley Retreat offers contemporary, fully self-contained units a world away from the hustle and bustle of life, but just moments away from Esperance's pristine beaches and town. These pet friendly units offer superb views over the lake. Arrangements for pets need to be made prior to booking. The property is not suitable for children. Call 0418 935 69 or email info@ecovalleyretreat.com.au

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. It 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 40 acres and is only a one-hour drive north of Perth. It's one of those rare and wonderful finds that seldom comes along when you are looking for a weekend getaway or a stopover between destinations.

From the moment you pull into the driveway you will be captured by the ambience with its large grassed campsites, Australian native trees, authentic shearing shed, small pioneer cemetery and the original home-stead, 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.

Dog friendly retreat in Esperance



dogs are not just tolerated but actively welcomed."

"It's better than we expected, great that our dog could run around freely with no problems. Everyone is so relaxed about everything, so we were too."

You too and your dog could have a holiday this enjoyable. Phone 0418 935 169 or visit www.ecovalleyretreat.com.au for more information

ESPERANCE'S Eco-Valley Retreat is a peaceful rural setting only five kilometres from the town.

Here's what some of their guests are saying...

"The unit is very nice and the doggy facilities are amazing. By far the best dog friendly accommodation we have experienced..."

"Thank you for a wonderful stay. Been to Esperance often and this is our favourite place."

"Thank you for providing such a lovely place to stay, very unique and welcoming, isolated yet close to everything needed."

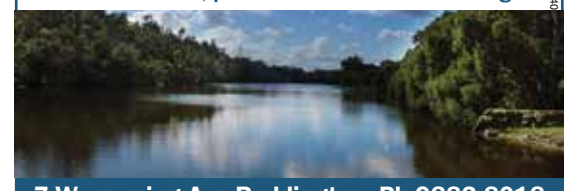
"Great hosts. Dog's paradise. Very enjoyable stay."

"Your place is beautiful and central to everything. Thank you for loving dogs as much

Have a Go News is now available from Mandurah Visitor Centre located at 75 Mandurah Terrace, Mandurah

BODDINGTON Caravan Park

Short stay chalet accommodation NOW available in newly renovated Old Police Station. Pets welcome, please ask at time of booking.



7 Wurayming Ave Boddington Ph 9883 8018
Email caravanpark@boddington.wa.gov.au

MARGARET RIVER BEACHSIDE PREVELLY VILLAS



Pets stay free - NO FEES!
Fantastic beach holiday houses. Easy walks/quick drive to safe beaches, dog beaches and the beach cafe. Air con/heating plus log fires. Safe undercover parking at the front door.

PH 0417 969 770 www.prevellyvillas.com.au

UHURU CHALETS

Located halfway between Albany and Denmark, Uhuru Chalets offer peace and seclusion in a bush setting.

The 2 bedroom chalet sleeps four people, is airy and light for warm summer days but cosy and warm when the days become shorter and cooler. The Wagon (pictured) is a comfortable, romantic hideaway for a couple. Both chalets are fully equipped, immaculate and ready to provide a memorable holidaying experience.

Uhuru Chalets have been the winners of the dog-friendly holiday accommodation for many years and welcome well-behaved dogs.

Contact Bev or Kit to book your next holiday
UHURU CHALETS 189 Railway Rd, Torbay WA
Phone: 9845 1020 Email: uhuru@iinet.net.au
Web: www.uhuru.net.au

Western Australia's most



experience a rural private property... EcoValley Retreat

AUTUMN SPECIAL
\$130 PER NIGHT*

7 Nights for the price of 6
Direct bookings only

*Offer excludes public holidays



EcoValley Retreat is located on 6½ acres, only 5 minutes drive from Esperance CBD...

Two self-contained, ground level units with private entry. Each unit suitable for 1-2 adults. Plenty of parking! Any size dog welcome! Enjoy walking trails, lakes and fauna. Not suitable for children.

Phone 0418 935 169 Lot 1 Valley Road, Pink Lake, Esperance Visit www.ecovalleyretreat.com.au

WILLOWBROOK FARM CARAVAN PARK

1679 Gingin Brook Road, Neergabby

Situated in a great rural setting with large grassed powered and non powered sites. Pet friendly with full amenities, including wheelchair access. Beautiful gardens with abundant bird life.

- Located only 1 hour north of Perth
- 5 mins to Gingin Observatory & Gravity Centre
- 15 mins to Guilderton Beach/Moore River and Gingin Township
- Complimentary freshly baked scones, jam, cream served every Sunday morning
- Campfires in season
- Dump point
- Sheep, cow and alpaca feeding for children daily

Bookings Phone: 9575 7566
Email willowbrook.farm@bigpond.com
Web www.willowbrookfarm.com.au

"NO INCREASE OVER PEAK PERIOD"



Set amidst Western Australian Wildflowers is an array of accommodation including 1-3 bedroom cabins/chalets or your choice of sites. Our park is dog friendly with pet powered sites, pet friendly cabins and doggy daycare facilities. We are minutes from Midland Regional Centre and a short drive to the Swan Valley and airport.



Mention 'Holidaying with Pets' and your dogs will stay for free!

Call us on (08) 9250 2398 to secure your dates!

*Terms and Conditions Apply

Explore Margaret River from your own private chalet



***SPECIAL: 3 NIGHTS FOR 2 PEOPLE in a cosy self-contained loft style chalet \$425**
*Offer not valid long weekends, school holidays or for special events. Direct bookings only. Valid from 29/01/18 to 30/06/18.

1 and 2 Bedroom a/c, self contained, rustic loft style chalets, nestled in 64 acres of natural bushland in the heart of the Margaret River Wine Region.

Close to wineries, town, beach, all natural and tourist attractions. Abundant birdlife and wildlife, pet friendly too.

Bookings: 9755 5266

Web: www.cavesroadchalets.com.au
Email admin@cavesroadchalets.com.au
Lot 5023 Caves Rd, Cowaramup WA



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Bringing  WA closer





health options
for the mature
west australian



Forget a facelift, roll back the years with a daily dose of face yoga



Improve skin elasticity with daily face exercises - left to right; participant at baseline - week eight (middle) - week 20 (right)

by Frank Smith

FORGET a face lift using plastic surgery. Daily face exercises improved the appearance of middle aged women in a trial at the Feinberg School of Medicine, Northwestern University, in Chicago, USA.

Faces appear older due to

sagging skin, superficial sun damage and loss of fat and muscle below the skin surface.

Sixteen healthy women aged 40 to 65 years with sun damage, associated mild to moderate facial atrophy and with an interest in facial exercises were included in a trial.

They were instructed in 32 facial exercises, labelled face yoga, during two 90-minute training sessions.

One exercise is the Cheek Lifter: open mouth and form an 'O', position upper lip over teeth, smile to lift cheek muscles up, put fingers lightly on top part of cheek, release cheek muscles to lower them, and lift back up. Repeat by lowering and lifting the cheeks.

Another exercise is Happy Cheeks Sculpting: smile without showing teeth, purse lips together, smile forcing cheek muscles up, place fingers on corners of the mouth and slide them up to the top of the cheeks, hold for 20 seconds.

After the initial training sessions with the instructor, participants performed 30-minute exercises for eight weeks daily, then every other day until week 20.

Two independent dermatologists, who were not aware of participants' actual ages, rated their ages from photographs using Merz-Carruthers Facial Aging Photoscales. They observed significant improvement in upper and lower cheek fullness and their estimate of participants' average age decreased from 50.8 years at base-line to 49.6 years at eight weeks and 48.1 years at 20 weeks.

Participants were highly satisfied with the results of their exercises, noting significant improvement in 18 of 20 facial features.

Dr Emily Poon, a derma-

tologist at Feinberg School of Medicine said as the face ages, skin loses elasticity and fat pads between the muscle and skin become thinner. The fat pads, which fit together like a jigsaw puzzle, give the face much of its shape. As skin becomes saggy, the thinning fat pads atrophy and slide, causing the face to appear to drop.

"But if muscle underneath becomes bigger, the skin has more stuffing underneath it and the firmer muscle appears to make the shape of the face more full," she said. "Muscle growth is increasing the facial volume and counteracting the effects of age-related fat thinning and skin loosening

"Now there is evidence that

facial exercises may improve facial appearance and reduce some visible signs of ageing," said lead author Dr Murad Alam, professor of dermatology at Feinberg School of Medicine.

"The exercises enlarge and strengthen the facial muscles, so the face becomes firmer and more toned and shaped like a younger face.

"Assuming the findings are confirmed in a larger study, individuals now have a low-cost, non-toxic way for looking younger or to augment other cosmetic or anti-aging treatments they may be seeking," he said.

The peer reviewed study was published earlier this year in the journal JAMA Dermatology.

Concerned about tinnitus? Why not start with a hearing test...



TINNITUS is very common, and is reported

in all age groups, even young children. Aus-

tralian studies estimate that about 3.6 million Australians have experienced tinnitus at some stages.

When describing tinnitus, clients report hearing different types of sound, for example ringing, buzzing, whooshing or humming. About three per cent of people find that tinnitus interferes with sleep, concentration, communication or relaxation.

Stress levels, tired-

ness, certain foods and some medications are known to make tinnitus symptoms worse. During a tinnitus consultation at Attune, all these factors are discussed.

About 80 per cent of people who have hearing loss or had an ear infection experience tinnitus. Therefore, it is important to have your hearing checked for any tinnitus symptoms to help rule out avoidable causes.

Tinnitus also occurs in people with normal hearing. If a client who visits Attune for a tinnitus assessment has normal hearing, they discuss other factors which may have contributed to the tinnitus.

At present, there is no cure for most cases of tinnitus, but it can be managed in a variety of ways to help minimise the impact it has on daily life. Attune has a variety of options to help manage tinnitus and

provide relief to those that suffer with it.

For those who have tinnitus and are concerned, contact one of the Attune Hearing clinics listed below. They look forward to helping people.

• Alkimos
Ph: 9233 2400
Suite 2,
3 Bulwark Avenue
• Ellenbrook
Ph: 9233 2400
Ellenbrook
Chiropractic and
Wellness Centre,

12 Main Street
• Jandakot
Ph: 6174 5300
Unit 3,
234 Berrigan Drive
• Joondalup
Ph: 9233 2400
Unit 3, 19 Boas Avenue
• Mt Lawley
Ph: 6278 5500
Suite 2,
689 Beaufort Street
• Murdoch
Ph: 6174 5300
Suite 17/18, 1st floor,
Wexford Medical
Centre, 3 Barry
Marshall Parade

A gentle alternative to mainstream gyms



THERE is an easy way to exercise to assist with mobility and flexibility for those who suffer from stroke, cerebral palsy, MS, arthritis, diabetes, ME, motor neurone disease, muscular dystrophy, fibromyalgia, lupus, joint replacement and various other ailments.

Seachange Toning and Wellness uses the PowerTone plus Pilates Circuit and Easytone Circuit which can help improve core strength, balance and mobility reduce blood pressure and help prevent falls. The 30-minute exercise program is a gentle alternative to conventional gyms.

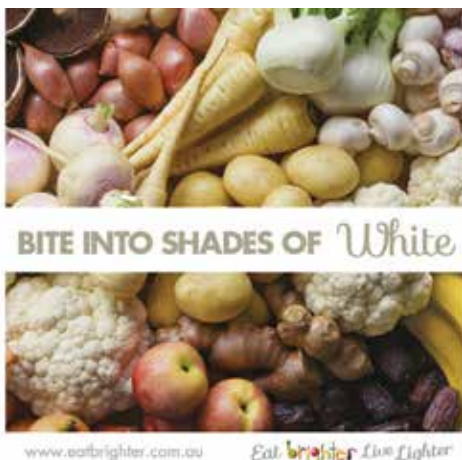
It also increases joint movement, strengthens bones, aids rehabilitation, prevents muscle atrophy, extends active life, im-

proves circulation, health, wellbeing and independence.

People can book a free trial by contacting Seachange Toning and Wellness on 9309

3815 or visit www.seachangewa.com.au

If you sign up and mention *Have a Go News* you will receive 10 per cent off your membership.



Find mainstream gyms challenging but need to keep active? Then try **SeaChange** the gentle alternative to conventional gyms



Do you suffer from stroke, cerebral palsy, MS, arthritis, diabetes, MND, muscular dystrophy, fibromyalgia, joint replacement and other ailments and need an easy way to exercise. Try our power-assisted exercise equipment.



Mention this advert and receive 10% discount on our membership

Phone 9309 3815 and book your **FREE TRIAL** today
14/923 Whitfords Avenue, Woodvale
www.seachange.com.au



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Even with presbyopia, FineVision® Trifocal Intraocular Lenses may let you see the world through your own eyes, without spectacles,² – from a distant street sign to a close-up smart phone and everything in-between.

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These symptoms may also be a sign of other eye conditions. If you have these symptoms, please check with your ophthalmologist. Your ophthalmologist will advise whether this product is suitable for your condition. Any surgical procedure carries risks. Before proceeding, you should seek further advice from a qualified eye care practitioner.

1. The 2014 Compliance Report for the Global IOL Market. 2. Daya S, Espinosa M: The FineVision Trifocal Lens, ESCRS 2011 © 2017 Bausch & Lomb Incorporated. ©/TM denote trademarks of Bausch & Lomb Incorporated and its affiliates. Other product names/brand names are trademarks of their respective owners. Bausch & Lomb (Australia) Pty Ltd. ABN 88 000 222 408. Level 2, 12 Help Street, Chatswood NSW 2067 Australia. (Ph 1800 251 150) LOTU 2017-09-060

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The future of aged care is changing rapidly



AGED care in the future may look very different from what you think. Investment in healthcare and longevity is increasing at a rapid rate. Market research company Frost and Sullivan projects that billions of dollars per year will be poured into health and longevity sciences over the coming decades.

Drugs like Metformin, which is currently in human clinical trials in the USA, have been shown to extend the lifespan in some animals by up to 40 per cent. Whilst we will continue to age, the quality of life and lifespan in our elder years are predicted to increase dramatically in the coming decades.

Berrington's CEO, Mr Glen Gillingham, explains: "For Berrington, a residential aged care provider, providing accommodation and services for the aged in the health-care domain, this means looking at what we do and how we do it.

"Using the very latest technologies Berrington will transform over the next decade.

"Not only will Berrington continue to offer an exceptional quality, luxury accommodation and living environment, but will also add many life improving and life

extending technologies and processes to its care and service offerings," he said.

Mr Gillingham predicts: "The future for aged care lies in using advanced drug treatments combined with the Internet of Things, connected to complex data capturing and data analysing computers. These computers, under watchful eyes and control of human experts, will then be able to recommend preventative and predictive medications and care that will not only improve the quality of life for those in our care, but will also extend their lifespan.

"Human contact, empathy, touch and communication will never be replaced by automation and technology. However, technology in all areas can assist us to live better and longer lives and change the very face of ageing," he said.

Upgrade your bathroom with a bidet



"AS a health conscious person and personal hygiene being high on my list – I always wanted a bidet in my bathroom, but I got a quote

from a plumber a while ago and I was shocked by the price," said Ms Nash.

Her luck changed when she discovered The Bidet Shop ad in this newspaper a few months ago, offering Coway Bidet Toilet seat that just replaces her existing toilet seat. It can be installed in just a few minutes and for much less.

She contacted The Bidet Shop and spoke to one of the very helpful staff who explained how the bidet worked and its other features such as a heated seat and soft closing lid.

Ms Nash said: "The

bidet is wonderful because it just replaces my existing toilet seat and automatically cleans me without the need of toilet paper."


How it works is quite simple. With just the push of a button the bidet toilet seat automatically sprays a jet of warm water and then dries you off with a gentle stream of warm air.

Ms Nash ordered one and her new bidet arrived in the mail a few days later.

Have a Go News readers may qualify to have their Bidet fully funded.

For more information, call 08 6315 4252.

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What does an executor of a will do?

IN THIS article Matthew Morgan of Lifecare Law helps explain the role of the executor and some steps they can take to ensure an estate administration runs smoothly.

DO you know the origin of one of our most fundamental legal documents, the Last Will and Testament? Credit for creating the Last Will and Testament, as we now know it, goes to Solon, Greek Statesman, poet and lawmaker (638 – 558BC).

Solon reformed the law on wills to give the maker of the will (testator) more freedom to decide who would receive assets from their estate. While the structure of a modern will is still based on laws dating back 2,500 years there are now many more issues that a testator has to consider when preparing their will. One of the most important issues is who should be in charge of their estate and carry out their wishes according to the terms of the will. The person who carries out this role is called the executor. Nearly all individuals can be appointed an executor provided they are over the age of 18 years.

In our experience many problems faced by executors in estate administration can be avoided if they take some pro-active measures at the start of their appointment. Detailed below are some suggestions we give to executors to assist in the smooth running of an estate administration.

Provide a copy of the will and statement of assets and liabilities to all beneficiaries at an early stage. This tends to reduce issues regarding what people are entitled to and how much the estate is worth.

Provide updated statements of assets and liabilities in the event the executor discovers that the testator had assets or owed money that the executor was not aware of when preparing the probate application.


Obtain multiple quotes before selling significant assets. This limits the risk of allegations that an executor is either under or over selling estate assets.

Ensure that the executor keeps a record of their own estate expenditure as all legitimate expenditure by the executor can be claimed back from the estate when there are sufficient funds.

Collect and secure the estate assets. It is important that the executor knows where the assets of the testator are located and takes steps to secure those items, such as jewellery, cash etc as soon as possible.

Do not be afraid to get help. Administering an estate can be a complicated process. Wills usually confirm that the executor may obtain outside professional advice to assist with the administration of the estate. Early professional advice can assist in resolving small issues before they turn into big problems and can cost the estate unnecessary amounts which would have otherwise been distributed to the beneficiaries.

When the times comes to make a new will you should carefully consider who you wish to appoint as an executor and whether they will be able to properly carry out your wishes.



Lifecare Law

MORGAN ALTERUTHEMEYER
LEGAL GROUP

Baby boomers are approaching ageing in a different way...



by Keren Smedley

I'VE worked for almost 30 years as a coach, consultant and counsellor. I'm a baby boomer and I've reached a 'certain age' but internally I'm still full of energy and innovative ideas. I was aware when I turned 50 that I was entering a new phase of life. I was no longer young but I certainly wasn't what I thought of as old. Talking to friends and colleagues about this, I quickly discovered they felt much the same. I also became aware that many of my 50+ clients were regularly raising issues related to age in coaching sessions. Which just goes to show that baby boomers are approaching ageing in a very different way from our parents and that there's no longer any blueprint. As a specialist in organisational and people

development, I have both the life skills and expertise to help others to challenge these issues and to find new and interesting ways to manage their lives. So, I set up Experience Matters, a company that specialises in coaching and consulting on age-related issues and helps individuals and organisations to find positive solutions. I feel passionate about altering out-dated stereotypes about age and helping people to change their beliefs and attitudes so this period of their life is as productive and fruitful as everything that went before. I was, I must admit, a bit shocked at my response to the CEO of a centre that offers activities and services to the over-55s when they asked me if I'd come to the centre in a non-professional capacity. My immediate response was no! I was working with the management and very happy to do that but realised that I wouldn't want to become a member. I was rightly questioned on this and I've been pondering it ever since. I started to reflect on who I spend my time with and wondered if I had deliberately moved myself towards a younger group of friends. Then

I realised that most of my close friends are six or seven years either side of me age-wise. Of course, there are exceptions but, if I'm honest, the young people I know, who are part of my children's generation, are not intimate friends in the way those who have common shared life experiences having been born, like me, in the 1950s. We were all brought up in an era when life was very different. This generation, by contrast, have redefined stereotypes and done life differently. No one can help getting older but no one wants to become an old person. Age no longer defines what you can or can't do: these days, it's possible for people in their 50s or 60s to start a new career, find a new lover, get remarried, have a young family, run a marathon, travel the world, take up a new high-risk sport or start a new business. My reason for not wanting to join a centre clearly isn't because I don't like people who are over 55. So what is it? I've never been someone who likes to be defined as a particular type of person. I've tried to be very flexible and to fit in with a wide group of people. I see people at activities for this age group

labelling themselves as 50+ or 60+ and I'm fearful of that having an adverse affect on me. Maybe I'm in denial: I know I'm older but, by avoiding places that cater for my age group, I can pretend I'm not part of it. On the other hand, I'm an advocate for activities that are appropriate for the users and I know I want to do different things from most 30-year-olds, so a centre that caters for my needs would be ideal. When I scanned my life, I realised that I'm not a good joiner and never have been. I love my friends and spending time with them. I enjoy going to talks, concerts, and films. I like walking and taking exercise but I don't like doing it in a group. I've worked for myself in collaboration with others for the past 30-something years. I last worked full-time for an organisation when I was very young. The more I pondered, the clearer it was that it's nothing to do with centres or activities for the over-50s. It's to do with me! I wouldn't join a centre for women with blonde hair or who had three sons because, well, I'm just not a joiner. Once I arrived at that conclusion, I felt better – and I wasn't being hypocritical. I do genuinely believe

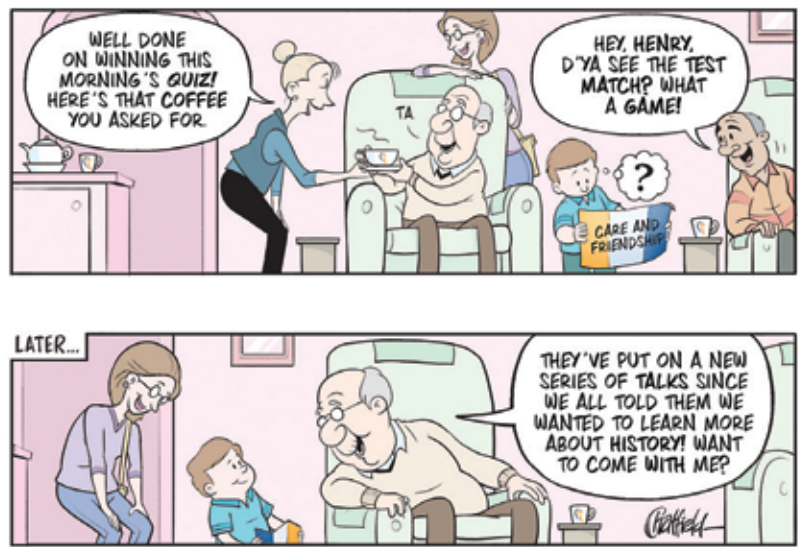
that centres for the more mature are right for those who want to get involved. But, just because I'm older, I don't need to change if I'm happy as I am. That said, I'm also not too old to change my mind so I might just give it a go and see if I've been missing out on something I'd really enjoy. I'd be interested to know your thoughts... Email info@haveagonews.com.au with Keren in the subject line.

Join us online: www.haveagonews.com.au
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CARE AND FRIENDSHIP

LATER...

THEY'VE PUT ON A NEW SERIES OF TALKS SINCE WE ALL TOLD THEM WE WANTED TO LEARN MORE ABOUT HISTORY! WANT TO COME WITH ME?

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UK government outfoxes pension challenge



by Mike Goodall

WE have been out foxed by the UK Government.

This year the vote in parliament that retains our pension freezing was going to be challenged by the opposition parties. Potentially there were sufficient numbers to have out voted the Conservative Party in the House of Commons.

But the government added an additional clause to the regulation which resulted in no UK politician being

prepared to vote against the regulation.

The Government consistently refuses to consider giving us the same pensions that we would be receiving if we lived in the UK even though we had to pay the same National Insurance Contributions towards a UK State Pension.

Guy Opperman (the Parliamentary Secretary of State for Works and Pensions) said in parliament: "There are two main reasons for not paying annual up-ratings to non-residents. First, up-ratings are based on levels of earnings growth and price inflation in the UK which have no direct relevance where the pensioner is resident overseas. Second, the cost of up-rating state pensions overseas in countries where we do not currently up-

rate would increase immediately by more than £0.5 billion per year if all pensions in payment were increased to current UK levels."

Most frozen pensioners live in countries with similar economies to the UK and are still affected by inflation and cost of living increases.

The UK Government pay increases in countries with dissimilar economies to the UK – the Philippines, Turkey, some Caribbean islands and Eastern European countries in the EU, so why not us?

My immediate responses to the second statement is that we all paid into the same scheme and should receive the same out. If this discrimination (let us call it what it is) were done by a private pension company they

would be brought to heel by the government.

Why not phase the increase in gradually starting with those who have been affected the most? In the first year over 85s then 80-85 in years two etc until all pensioners have been updated?

Many UK Expats still retain a UK passport. However, because they left the UK more than 15 years ago they are currently not entitled to vote in the UK.

A bill before the UK Parliament that will give UK citizens who live overseas an entitlement to vote in the UK provided that they retain their citizenship by having a valid UK Passport. This bill has now passed its second reading in the House of Commons and has reached the committee stage for review before being given its third and final reading in the lower house. Hopefully, none of our Australian federal MPs and senators will qualify if the Bill is finally approved.

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

Skin checks with free skin imaging

EVERY year, 2,000 Australians die from melanoma, despite skin cancer being mostly curable if found early. With more than 750,000 Australians treated for skin cancer every year, there has never been a better time to book a skin check for the utmost peace of mind.

Changing the landscape of skin cancer care in Perth, National Skin Cancer Centres have recently opened their doors inside the Cottesloe Medical Centre (2/525 Stirling Highway). The dedicated facility provides skin cancer care without the need for a referral, combining state-of-the-art technology with unique expertise to evaluate your skin health from head to toe. The experienced doctors are specially qualified in skin cancer medicine and are supported by a team of highly trained staff.

Regular, professional skin checks are an important part of maintaining your skin health. During your examination at the Cottesloe Skin Cancer Centre, the doctor

will utilise the revolutionary Canfield IntelliStudio skin imaging system to take a series of digital images of your whole skin surface, revealing the most subtle changes and detecting skin cancer at its earliest stage when it is most manageable and requires least invasive treatment.

Full-body imaging is the most reliable means of accurately tracking changes over time and producing potentially life-saving results as the high-resolution images allow easy side-by-side comparison at follow-up appointments. The doctor will also examine your skin from head to toe using a hand-held microscope called a dermatoscope. This is sophisticated software and superior expertise working together for exceptional accuracy, and you can be assured that no suspicious mole goes unnoticed.

Opening special: Receive free full-body imaging with every skin check. Call 6280 0180 go to www.skincancercentres.com.au/cottesloe

Enjoy an open day at Siena Living



imagine a portable or pre-manufactured home like some on the market, resembling an old shed.

"Many of them have little or no insulation against the cold or heat whereas we offer permanent structures with insulation and energy ratings far in excess of double brick. No steps anywhere, and all doors wide enough to accommodate residents with mobility issues," she said.

"It's not all about retirement living, we attract residents from all walks of life. With some still working, and for them to come home from work and have a game of snooker and a beer, or glass of wine with their friends in the club house is what life is all about," she said.

When it comes to the intense competition in today's retirement market she does not waver.

"No other village can compare," Kellie said. "We are a small, friendly village where everyone gets to know each other. There is an active social scene if you want it. Our price structure, the weekly fees, with access to government concessions, means affordability, and that is an essential part of retirement living today."

"The freedom to do the things you have put off doing for years because of work or housing commitments is one thing, but to have the money to do them is another."

"There is no better opportunity than in our village. Everything here is about the residents."

"We are not part of some faceless corporation, but are family owned, and as a director of the company I have the authority to make the decisions when needed to. This removes a lot of stresses common in village life because here no-one has to wait for months whilst problems get pushed from one body to another on the corporate ladder," said Kellie.

And if that was not enough to gender interest. A special 'No Service Fees For Three Years' offer is running during the April Open Day campaign. Sign up by 6 May for a settlement before 30 June and start living.

For more information contact Kellie on 0424 284 888 or visit www.siliving.com

SINCE Siena Living took over the administrator's role of Willow Creek Mews in December there has been great changes, including new low prices bringing in many new residents, an active social scene gathering momentum in the club house, and residents getting involved in the forthcoming Open Day on 21 April.

Anyone thinking about downsizing to a village lifestyle should go along and see for themselves.

Village manager, Kellie Briggs is confident the Open Day, where visitors

will be able to chat to the residents and view the remaining homes for sale will be a success.

"The village has so much to offer," she tells us, "beautiful new homes with so many design features they must be seen to be appreciated."

"Setting up home with Siena Living may be one of the most affordable housing options available, but you would never know how affordable they are just by looking around the homes or the village."

"When people talk of spending \$138,000 they

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Memory Café

Monthly get-together for people living with dementia and their carers

Dates	Time	Where
The third Monday of each month Starts 16 April 2018	10am - 12pm	The Clipper Café, 20-30 Patterson Road, Rockingham

Join us for a friendly cuppa and a chat to share experiences and memories, and make new friends.

Contact the City of Rockingham for more information on **9528 0333** or customer@rockingham.wa.gov.au

ROCKINGHAM BRANCH

Have a Go Day 2018

a LiveLighter Event

FREE activities and information day for over 50s
Complimentary tea, coffee and water available

A fun day of activities, music, dancing, food and information sites specifically for seniors.

Wednesday 18 April
Aqua Jetty
Warnbro Sound Avenue, Warnbro
10am-2pm

For information please contact:
Valma 9527 6660 or Carol 0412 715 172

www.rockingham.wa.gov.au

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Aurelia offers a luxury life



Aurelia by Finbar is located at 1 Harper Terrace, South Perth

SOUTH Perth's newest residential tower, Aurelia by Finbar, is about to be completed with residents moving into their new apartments from May.

Finbar's chief operating officer, Ronald Chan, said interest in this development has been high from the start. "Aurelia was launched in February 2015 and 50 per cent of the development sold within the first few weeks of launch, including all of the ground floor commercial tenancies.

"Only 22 apartments are now available for sale and as we near completion, we have seen another spike in interest which should see the balance of apartments selling out in a short time frame.

"We are excited to deliver another quality apartment development to Perth, bringing our total number of completed apartments to over 5,443."

Mr Chan believes Aurelia's success is due to its position.

"Buyers have been drawn to Aurelia's picturesque and convenient location, stunning views of the city and its proximity to the river," he said.

Located at 1 Harper Terrace, South Perth, just a few steps from the Swan River foreshore, Aurelia is situated in

the heart of everything this well-established suburb has to offer including a range of quality cafés, restaurants, shops, recreation areas and entertainment.

Aurelia comprises just 118 one, two and three-bedroom apartments and two lavish penthouses. Every apartment achieves a luxurious level of specification and some boast soaring views of Kings Park, the Swan River and the Perth City skyline.

Aurelia also provides residents with a range of luxurious amenities including a 25-metre solar heated infinity edge pool with waterfall feature, fully equipped gymnasium, timber-lined sauna, poolside deck and cabana with barbecues, kitchen and games room.

Limited numbers of apartments are available including: one-bedroom apartments from \$455,000; two-bedroom apartments from \$830,000 and three-bedroom apartments from \$1,150,000.

For more information or to view a display apartment visit: aureliasouthperth.com.au or contact the selling agents Mal Dempsey 0417 932 615 or Neil Kay 0439 687 688.

Rotary Club of Cambridge seeks members

ROTARY is an international community service provider and the Rotary Club of Cambridge, based in the Town of Cambridge, is striving to increasingly engage with the local community.

Over the years Rotary Cambridge has attracted a diversity of members, both male and female, from a variety of age groups and backgrounds.

The club raises funds for the benefit of community based projects through various activities.

There is an active schools' program which includes public speaking competitions for both

primary and high schools and the promotion of Rotary Earlyact and Interact clubs in primary and high schools respectively.

The club also supports local endeavours such as the RSL's Poppy Day, the Town of Cambridge's Arbor Day commemoration for primary school students, the distribution of BowelScan kits, the Salvation Army's annual appeal and it is energetically promoting the establishment of a Cambridge Community Men's Shed. This will benefit retirees and will promote a dedicated men's mental health program.

The club is now seeking to attract new members, without whom the expansion of these programs will be difficult.

For new retirees, especially retirees struggling to come to terms with having retired, joining a Rotary Club will provide friendship, companionship and a multitude of interests.

Contact club president Jeremy Wood on 0400 505 255 or Jeanette Wood on 0412 190 412 to find out more about Rotary Cambridge and its aims and activities in the greater Cambridge community.

Walk your way to fun



OVER Fifty-Five Walking group of WA invite people to their complimentary sausage sizzle on Tuesday 24 April at 10am.

This will be held at Hinds, Park Bayswater, Milne Street Car Park (near Garrett Road bridge). A brief talk about the local area will be given by the club historian and guests can join in on the \$2 raffle (four cash prizes of \$20 are handed to lucky winners on the day). The walk lasts about 45 minutes and the sizzle will be held immediately afterwards.

Bring along a folding chair and thermos and relax with the friendly members after the walk.

For those who would like to join, the club membership is \$10 a year and they will receive a card detailing all the walks and social club items planned.

Anyone is welcome to attend any of the following walks...

17 April - Shelley Foreshore, River end of Beatrice Avenue, Shelley.

24 April - Garratt Road Bridge (as detailed above)

1 May - Lake Leschenaultia, Rosedale Road, Chidlow.



8 May - Lake Gwelup, Huntriss Road, Karrinyup.

15 May - Bibra Lake, Progress Drive, Bibra Lake

Visit www.over55walkingassociation.myclub.org.au

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Don't face dementia alone

If you would like to learn more about our services or speak with someone, please call 1300 66 77 88 or visit alzheimerswa.org.au

alzheimer's wa
the dementia experts



Pear season in full swing

by Noelene Swain

HOMER, the Greek poet, referred to the pears as a 'gift of the gods' in his celebrated work *The Odyssey*. High praise indeed from a chap who'd seen a few things in his time. Our West Australian pear season is now in full swing so whether you like traditional favourites Josephine and Packham or some of the newer varieties, there's plenty of fresh, juicy local pears to be enjoyed.

Pears are unique in that they should be ripened off the tree rather than on. Purchase your pears and let them ripen slowly on the fruit bowl or hasten them along in a paper bag. When ripe, the flesh at the stem should give a little when you press down lightly on it. Remember that pears ripen from the inside out, so the exterior may be a bit firm, though they will actually quite soft on the inside.

For those who love a crisp pear, the Packham is the pick of the bunch. It is green-skinned and remains so, even when ripe. It has a white, juicy flesh, which is ideal for

both eating fresh and cooking.

Another variety which is certainly an eye catcher, is the red sensation, the red-skinned variety of the Bartlett or Williams (as the easterners call them). This pear is medium in size and is full, sweet and aromatic, making them ideal for both poaching and baking.

The cinnamon coloured Beurre Bosc will be available right up to November. Sweet, buttery and delectable, it's one of the best all-rounders for cooking. Beurre Bosc pears are perfect baked, in tarts, pan fried or used in salads, and, of course, savoured on its own.

Goldrush® is a Western Australian pear which is exclusively grown under license in the region between Pemberton and Capel. It's similar in appearance to Beurre Bosc with exceptional eating qualities enhanced by a high natural fruit sugar.

It is hard to improve on the flavour of a soft, juicy pear, but when teamed with blue cheese or prosciutto, you'll have something truly divine. You can also bake and pan-

fry or use them in tarts or salads – both sweet and savoury. Wanting to treat yourself? Try whole pears poached in a dessert wine; sinfully decadent on those colder nights.

Pears don't let us down in the nutrition stakes either, having one of the highest fibre rankings of all fruit, with each containing about four grams, and a very low GI status. These high fibre levels and low GI rating helps you to feel full for longer – a big bonus for people wishing to achieve or maintain a healthy body weight.

Pears are also a rich source of vitamin C, with virtually no fat or sodium and no cholesterol, and are one of the least allergenic foods available. With about one in 20 children having some kind of food sensitivity, they are ideal for kids and the perfect first food for babies.

Western Australian pears are exceptional in quality right now; be sure to indulge in the fruits of the season whether fresh from the hand or cooked. Here are some lovely autumn recipes to tantalise those tastebuds...

Knife and fork talk



Left to right; Caesar salad - herbed chickpea and quinoa salad

by Pat Paleeya and Judith Cohen

AN early stroll along the Swan river on a beautiful day was a great way to kick start our appetite.

We had already chosen our lunch venue in Adelaide Terrace but as we were a little early we did a tourist type traipse and looked at our city through different eyes.

After an hour or more we arrived at the Public House Kitchen and Bar for our meal. Lunch specials are under \$20 and there are about five to six choices.

We chose Caesar sal-

ad and herbed chick pea and quinoa salad.

The Caesar salad was fresh and tasty, not too much mayonnaise, a liberal amount of anchovy pieces (perfect for this Diva). Included in the Caesar salad was a hard-boiled egg, prosciutto, shaved parmesan, crispy cos and crunchy croutons.

The herbed chick pea and quinoa salad consisted of baby spinach leaves, coriander and parsley, quinoa, chick peas, crumbled feta, pepitas and currants, each ingredient complemented each other, and the

blending was perfect. The tahini dressing was subtle and enhanced an extremely satisfying meal.

The attention of the staff was genuine, friendly and helpful. Our young waitress was outstanding in her attentiveness and personality.

Although seated not far from the busy terrace the noise didn't intrude or spoil the ambience of a very pleasant lunch.

Four Forks
Public House Kitchen and Bar, 263 Adelaide Terrace. Phone 6336 9780

Open for lunch Tues-Fri. 11am-3pm

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



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LATITUDE 32

\$19 lunch special 11am 4pm
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9592 8881

Pear, avocado and rocket bruschetta



Preparation:
5 mins;
cooking: nil;
serves: 1

2 slices sour dough bread
½ ripe avocado
½ ripe pear, quartered, cored and sliced
¼ cup baby rocket leaves
20g shaved parmesan
lemon wedges and chopped walnuts to serve
LIGHTLY toast the sour dough bread if desired. Roughly mash the avocado. Spread onto each slice and season with a pinch of salt. Top with slices of pear, rocket leaves and shaved parmesan. Grind over black pepper and serve with lemon wedges and a sprinkle of walnuts.

Upside down pear pudding



Preparation:
30 minutes;
cooking: 1 hour;
serves 4

4 pears, peeled, halved and cored
1 cup caster sugar
3 cups water
3 tablespoons soft brown sugar
175g soft unsalted butter
¾ cup caster sugar
4 eggs
1 cup self-raising flour, sifted
1 teaspoon baking powder, sifted
3 teaspoon cinnamon
100g ground almonds
HEAT the oven to 180°C. Line a 23 cm cake tin with nonstick baking paper. Put the caster sugar and water into a saucepan and gently cook until the sugar dissolves. Add the pear halves to the pan. Gently cook the pears for 10 minutes or until tender. Remove from the syrup using a slotted spoon and cool. Discard the syrup.

Sprinkle a prepared cake tin with brown sugar. Arrange pears cut side down over the sugar. In a large bowl cream the butter and caster sugar until pale and fluffy. Add the eggs one at a time, along with 1 tablespoon of flour, beating well between each addition. Fold through the remaining flour, baking powder, cinnamon and almonds.

Spoon batter over the pears and smooth the surface. Bake in the oven for 50 - 55 minutes or until skewer inserted into the pudding comes out clean. Remove from the oven and carefully turn out onto a serving plate. Cut into slices and serve with vanilla custard.



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Adelphi brings back the classics

ONE of Perth's most loved and iconic restaurants looks forward to welcoming *Have a Go News* readers to enjoy some fabulous autumn dining.

Need a fix of some of your favourite dishes at a good price? Then don't miss a visit to the Adelphi Grill at the Parmelia Hilton.

Open seven days a week for breakfast, lunch, dinner and anything in between, it's the perfect place to enjoy a quick lunch or a celebratory meal.

Adelphi Grill has a range of lunch and dinner specials offering some all time favourite dishes.

Every lunchtime diners can enjoy a \$22 lunch special from a choice of five menu items including a wagyu burger (pictured), fish and chips, steak sandwich, linguine or tandoori chicken sandwich. The special also includes a soft drink, house wine or Hahn beer.

For those celebrating a birthday lunch for eight or more, the birthday person's lunch is free.

Dinner specials are available most nights. Mondays enjoy a mixed grill

and salad bar, Tuesday is T-Bone Tuesday and salad bar, Wednesday is wings and ribs and salad bar all at \$29. Thursdays is happy hour between 5 and 6pm with \$8 pints.

Fridays offer a \$25 fish and chips and salad dinner and Saturday and Sunday nights enjoy a sirloin and salad bar for \$29.

The food is delicious, the service is excellent and the value is tremendous. Don't miss the opportunity to dine out at one of Perth's classic restaurants in the city.

Visit www.adelphigrill.com for more information or call 9215 2422.

WIN WIN WIN
One lucky reader has the opportunity to win a \$100 Adelphi Grill lunch voucher valid Monday to Friday until 30 June 2018. To be in the draw simply email win@haveagonews.com.au or write to Adelphi Lunch Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 30/4/18.

food & WINE

...eat, drink and be merry...

ADVERTISING FEATURE



Brunch with T (and Dan) - A fresh new offering in Como



One of Fresch's signature dishes', delicious house cured beetroot salmon, with scrambled eggs and hollandaise



by Tahlia Merigan

THIS month Dan and I visited the newly opened Fresch Restaurant located in Como at the Broadwater Resort.

Fresch has had a major refit, seating is indoors or alfresco and offers diners modern décor with a blue theme throughout, with views of the Swan River.

From the moment we arrived the service was friendly and helpful with water and menus being brought to our table and of course table service throughout, which I enjoy the most when brunching.

To begin with I ordered a Fresch Greens smoothie (\$8) which is a refreshing blend of spinach, pineapple, kiwi fruit, coconut water, lime and mint.

Dan ordered a flat white (\$4) which was smooth and creamy and not watery at all.

I couldn't go past the house cured beetroot salmon, slow cooked eggs and hollandaise (\$22) but I replaced the slow cooked eggs with scrambled.

The salmon is one of their signature dishes and is delicious and melts in your mouth. Add in the creamy homemade hollandaise and light fluffy scrambled eggs, even writing about the dish has my mouth watering.

Dan ordered the Fresch pancakes, caramelised bananas, fig honey and lemon myrtle (\$18). The pancakes were really light and fluffy, and the fruity

fresh flavours of fig, lemon, banana, yoghurt and berries added a refreshing sweet taste.

Dan and I also added tater tots (\$5) to our meal (because we love crunchy dishes) which were salty, crispy and delicious and were the perfect side dish.

Not only does Fresch have amazing food they also have generous portion sizes and pretty presentation which we love, as it adds further to the value for money.

While there we checked out their lunch and dinner menus as we heard that head chef Marc Eskdale has worked throughout Australia, New Zealand and Europe and has an excellent reputation for quality food. The breakfast offerings certainly reflected this, and we are keen to go back to try their other menus.

Overall, we give Fresch 4 spoons for their warm and hospitable service, value for money and delicious food.

Fresch Restaurant,
137 Melville Parade,
Como.

www.fresch.com.au
6161 2905 or 0408 094 728.

Hours: Mon, Tue, Wed
7am – 3pm; Thu, Fri, Sat
7am – 10pm; Sun 7am – 6pm

Brunch
with 'T'



T's spoon ratings

- | | |
|--------------|--|
| Five spoons | – excellent food and service
– you must go! |
| Four spoons | – overall good food and service
well worth a visit! |
| Three spoons | – reasonably good food and
service but could
make some improvements. |
| Two spoons | – food and service
needs improvement. |
| One spoon | – would not recommend. |

Rump steak filled with blue cheese, pear and rocket



by Vince Garreffa



NOW here is an easy recipe for all you carnivores that will turn a fabulously barbecued steak into something that could be found on a New York menu for more than \$100 per serve.

Ingredients

1 piece of butterflied rump steak – midcut – 2cm with thick fat on the outside
125g Blue Castello cheese
50g rocket
1 pear – cored and sliced
50ml West Australian extra virgin olive oil
West Australian organic lake salt
Freshly cracked black pepper

Method:

Ask your butcher to butterfly the piece of rump steak with the fat on the outside. Open the piece of steak and rub oil onto both sides and salt and pepper as well.

In a hot frypan seal the centre side of the butterflied steak for two to four minutes depending on how well you want it cooked.

Now turn the steak over and cook the other side at a very hot sizzle for three to five minutes then turn off the heat, leave the steak in the pan.

Quickly crumble the blue cheese, some of the pear slices and a big handful of rocket onto the inside of the steak, pushing it mostly to the center.

Fold the steak to create a sandwich of meat around the filling and seal with five or six toothpicks.

Put lid on frying pan and allow the steak to rest for five minutes.

This is cooked for a medium offering. Cook to rare or well done if you like.

Serve by cutting into pieces held with toothpicks. Have a little bread to soak up the juices. It is yum! Bon Appetito.

Letters to...Vince Garreffa

IF YOU want a particular recipe of mine, don't hesitate to drop me a line at *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your phone number so I can call you!



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*conditions apply, advertised prices are for members

Time for some whites



by Frank Smith

ONCE Australian Riesling was an international laughing stock. It was made out of any white wine variety and usually quite sweet. Very much unlike the traditional Riesling of Germany and Alsace Lorraine.

But times have happily changed. There is a wide range of Australian white wines from several different grape varieties made to emulate traditional wine styles and catering for more sophisticated taste buds.

This month we will explore some of the more affordable quality white wines.

Patina Riesling 2016. This dry wine from Orange, NSW is pale straw in colour with a delicate fruity aroma of rose petal, pineapple and tropical fruit. The palate is fresh and fruity with nuances of citrus. It is a dry Riesling with just a smidgen of sweetness.

Winemaker Gerald Naef says he considers it his mission in life to get people drinking Riesling again. RRP \$25.

Gartelmann 'Jessica' Verdelho 2016. This wine from the Hunter Valley has delicate floral fragrances with a green fruit edge. The palate is rich with a touch of honey and apple. The finish is light and refreshing. RRP \$25.

Gartelmann 'Sarah Elizabeth' Chardonnay 2016. Another Orange Region

wine with aromas of caramelised peaches. The palate displays citrus-like nectarines and long lime vanillin from time spent in oak with a long fresh finish. RRP \$30.

La La Land Pinot Gris 2017. The La La Land brand comes from the Wingara stable. The wine is pale straw in colour with aromas of fresh pear, tropical fruits and citrus zest. The palate is dry, light and fresh with crunchy nashi pear, white nectarine and hints of zingy, refreshing lemon & lime. RRP \$18.

Tyrell's Beyond Broke Road Pinot Gris. This wine is sourced from South Australia's Eden Valley, it is another wine from beyond Tyrell's traditional Hunter Valley homeland. The wine is a classic cool climate style showing lifted citrus notes with a hint of pear and ginger. The palate continues these citrus and pear flavours with a soft acid finish. RRP \$18.99.

La La Land Vermentino 2017. This is a popular variety in Corsica now making a name for itself in Australia. It is straw coloured with hints of green. It is intensely aromatic with aromas of orchard fruits, citrus zest and a hint of herbs. The palate is dry with flavours of tangy lime, pear, nectarines and a long finish. RRP \$18.

Taltarni T series Sauvignon Blanc 2016 from the Pyrenees region of Victoria and Tasmania. The winemaker says: The aroma's tropical notes are integrated in the palate with flavours of grapefruit and lime. The wine is driven by fruit intensity and a natural acidity. It has a limited exposure to oak giving it a lingering finish. RRP \$16 - \$18.

Topper's mountain 2015 Gewurztraminer. There are few wines you can drink with curries but this is one. Gewurztraminer's origins are in northern France where it arose as a mutation of Savagnin. It has purple berries but produces white highly aromatic wine with aromas of rose petals, lychee, ripe citrus, raisins and cloves. The palate displays lychee again, grapefruit, canned mandarins, Turkish delight, vanilla and toast. The texture is oily with low acidity and residual sugar. RRP \$35.



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STAR WARS

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SEATING - TABLES OF 10

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Downsizing

ADVERTISING FEATURE



Styling your interior for the winter months provides warmth and comfort



by Zofia St James
Domayne furniture
decorator City West -
West Perth

I HOPE this column is

finding you well and happy and you are ready to start layering up your home for comfort and style to prepare for the cooler season.

Last month I discussed the shade of blush that is being showcased both in the world of fashion and interior design. I provided a number of colour options that it could work, happily integrate with and inject some fresh modernity to a room, giving warmth to cold tones

and softness to a stark or masculine interior.

The colour blush is being described as a 'new neutral' and I really have to agree. I first thought it may be a passing trend but have to concede that now it's being taken seriously in the interior design world and is a welcome addition to the family of neutrals.

Perhaps this is because so many people now live in apartments or decorate with creams

and white which has encouraged blush to become part of the neutral palate.

In addition to the colour palettes I provided last month I have seen blush teamed to look absolutely stunning when paired with maroon and olive green. I am not the only one to have succumbed to its feminine and beguiling call.

Please do have a look around and discover the way magazines and furniture showrooms have used the tone.

Another option is to add an occasional chair to a living room arrangement. This is an investment piece and it is worthy to pick something which will last for years to come.

I am the decorator at City West Domayne and you are welcome to come and see me there. I will show you the many options on our floor for inspiration to update your look.

For many years as a stylist I lamented that not enough attention was given to our interiors. This was probably due to the fact that in our climate we are so focused on outdoor living.

However, the time has arrived where we are really appreciating the effect of being surrounded



by beautiful things and this creates a lifestyle which is so exciting to me.

I think we are hailing back to a time where we entertained at home inside and enjoyed the effort. Think cocktails and dinner parties. It's time to reinvent the cocktail hour at home and this is being embraced with many people investing in their own bar cart complete with cocktail making implements and beautiful cut crystal decanters.

I just love mine and it is definitely utilised, enjoyed and just looks so beautiful.

It's all about getting a bit of luxury happening at home. When the weather keeps us more inside the loveliness of adding layers of cushions, throws and candles all help to develop a feeling to keep you warm and keep the cabin fever at bay... until the spring arrives before we know it.

Have a lovely month!
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 she knows how to style on a budget. For those interested in a free hour's styling please contact Zofia on 0406 336 607 or email zofia.james@hotmail.com



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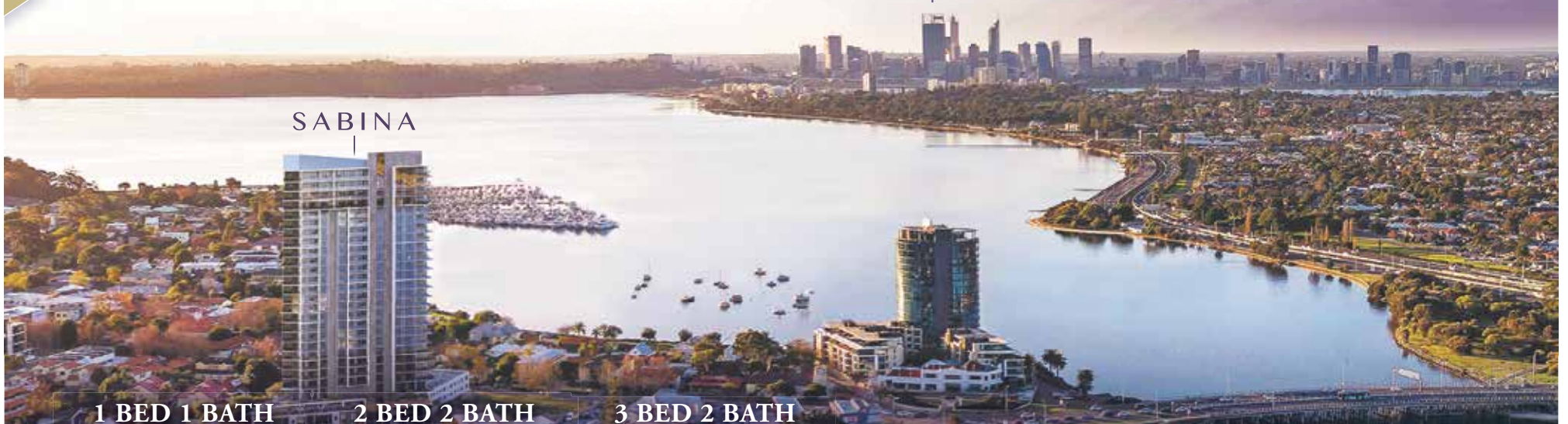
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Downsizing

ADVERTISING FEATURE



Apartment sales start at Alchera Living's Weeronga village in Willagee



of some older-style independent living units and the start of construction on a \$19.5 million apartment complex.

Sales of the 36-apartments in the complex are also due to start, marking the first stage in the redevelopment of Weeronga, the largest of Alchera Living's four retirement villages in the City of Melville.

Alchera Living, a not-for-profit organisation, has appointed construction company Pindan to build the four-storey complex, which will also have a basement carpark.

The apartments will be sold by Colliers International's executive residential sales and development consultancy Tim Chant, who said local buyers were expected to be a strong contingent.

"Willagee is an established residential area with a high level of amenity," Mr Chant said. "We expect the new apartments to attract downsizers looking for well-appointed new homes that offer the security and additional amenities of this well-

located village."

Weeronga opened in 1975 and is part of a walkable community in the centre of Willagee, which includes an IGA supermarket, two medical centres, cafes, a library, a post office and public open spaces.

Mr Chant said the sales campaign for the 12 three-bedroom apartments and 24 two-bedroom apartments would start this month and the project was expected to finish in March 2019.

"The apartments will be next to Winnacott Reserve and with sizes from 99 m² to 120 m², they will be significantly larger

than most non-retirement living apartments," he said.

Colliers International executive health and lifestyle Henry Vu said the vertical accommodation model adopted at Weeronga would increasingly be used for new retirement villages and the redevelopment of older sites.

"The scarcity of large land parcels in Perth's inner metropolitan locations and the growing appeal for apartment living, means broad acre retirement villages will become harder to establish," Mr Vu said.

"At the same time, de-

mand for retirement living is expected to increase as WA's population ages."

The new apartments were designed by national firm Peter Hunt Architect and have a range of floor plans and large balconies.

Alchera Living is also building a new gym and an indoor heated swimming pool at Weeronga.

Located at 40-44 Worley Street, Weeronga is one of four independent living retirement villages operated by Alchera Living, a not for profit organisation which evolved from the City of Melville Aged Persons Homes Trust.

REDEVELOPMENT of the Weeronga retirement village in Willagee is underway with the demolition

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Brand new over 55s townhouses in Heathridge

THESE brand-new beautifully landscaped townhouses are located in Heathridge, adjacent to a shopping centre, bus routes and a primary school. It is an ideal location for retirees and grandparents.

The property was rezoned in 2011 with a restricted use of aged persons' dwellings. This is part of the policy of the City of Joondalup to provide alternative housing choices for the City's ageing population and enable them to remain within their local area.

The design forwarded to the city

for planning approval was exactly as it stands now, with seven three-bedroom, two-bathroom single storey grouped dwellings with double garages. The layout of the buildings on this elevated site was carefully optimised to allow four of the townhouses to have a southern outlook commanding extensive uninterrupted views over the oval and towards the city.

The houses are all provided with solar PV systems, heat pumps for hot water and easy-to-clean electric induction cook tops, all of which will

minimise residents future power bills.

A minimum building energy efficiency rating of six stars was achieved in all units by the use of extensive cavity wall insulation on the majority of the units and thermally insulating glazing to some windows and doors.

Conway Projects is justly proud that this development is one of the finest achievements in its 30-year plus career in the industry.

For further details and to view the townhouses contact Don Allen on 0411 695 595.

Downsizing provides freedom and a good lifestyle



AT 63 years of age, Linda Ferraz is one of the youngest people to

live at RAAFA's Erskine Grove, although moving into the estate when

she was just 60 years old is a decision she has never regretted.

"We had two friends who lived here already so we had become familiar with the estate, which we liked because of its location near the ocean and estuary, and also because it's just so pretty," explains Linda who moved into the estate with her husband Chello in 2014.

"At the time we had a mortgage which we

wanted to get rid of, and we also needed to downsize, so we thought rather than moving once and then moving again in a few years' time to a retirement village, we would just take the plunge and move straight into the estate.

"We are just so pleased we made that decision. We have no mortgage and are free of any financial commitments which means we can travel as much as we want and have freedom in the second half of our lives."

Linda readily admits that the community is very friendly, with 'really lovely people of all ages living here'.

"We cycle a great deal and enjoy the beach, and a three-bedroom villa certainly isn't too small, it's the perfect size for us and we just love living here; we'd recommend the lifestyle to anyone."

Call 9288 8400 to inspect retirement homes available in a RAAFA estate near you.

DOWN SIZE IN STYLE

Brand new over 55s Townhouses



103 Caridean Street, Heathridge WA

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OPEN DAY Saturday 21 April, 1pm to 3pm

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Meet with our residents, have a cup of tea or coffee, and a cake, while learning how life can be so rewarding living at Siena Living Village.

Have a leisurely stroll around the village and view the beautifully presented homes currently available from \$138,000 and take advantage of our **no service fees for three years** offer for those who sign up during the promotion and settle by 30 June.



There will never be a better opportunity to make a move to retirement living in a community where residents come first and your dollar stretches further than in any other lifestyle option.

Siena Living Village Manager:
Kellie 0424 284 889 or
www.sienaliving.com.au

OPEN DAY: SATURDAY 21 APRIL - 1PM TO 3PM

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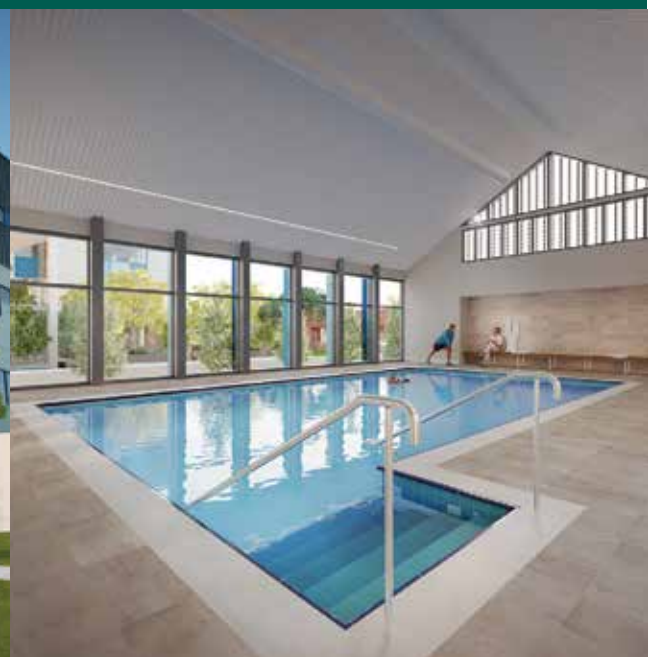
APARTMENTS START FROM \$525,000.

The Reserve by Alchera Living is a new development of architecturally designed apartments in Willagee, within Alchera Living's largest village, Weeronga. Very close to amenities, beautifully designed and with a vibrant social scene for over 55's, The Reserve is so much more than bricks and mortar.

Nestled between sea, city, and trees, The Reserve overlooks the charming Winnacott Reserve and is right next door to Willagee Community Centre. No matter where your passion lies, whether it's golf, sailing, tennis, yoga or swimming, there are many clubs and leisure facilities close by.

CALL HENRY VU TO LEARN MORE

0434 659 910 Henry.Vu@colliers.com





Pictured above from left to right – Manager Simon Bairstow, CEO Kelvin Flynn, Mayor David Wellington, Builder – Adrian Van Den Berg and Peter Watson (MLA) turning the sod.

NLV's Oyster Harbour Lifestyle Village located at 20 Alison Parade, Bayonet Head is close to Albany's picturesque coastline and within a ten minute drive from the city centre. The turning of the sod for construction of the new clubhouse featuring an indoor pool, gym, library and arts and craft workshop was held in March. The village offers a range of home designs with both display and established homes for sale from \$159,000.

SEE PAGES 44 to 47 for more advice and tips on Downsizing

Where there's a Will...



by James Steedman, Lavan Partner

A VALID will serves a number of purposes. The primary one is to ensure that a deceased person's estate is distributed in accordance with their wishes.

Those wishes may include:

- particular people receiving specific items from the estate; or
- that they receive a particular share of the estate; or
- that part or all of the estate is to benefit some charity or charitable purpose.

A valid will also gives effect to the deceased's choice of the person or persons to administer and distribute the estate (that person is the executor). If there is a valid will, the executor applies to the Supreme Court of Western Australia for a grant of probate.

A valid will can also specify:

- who the deceased might wish to be guardians of infant children;
- whether the deceased wishes to be an organ donor and for what pur-

pose the deceased's organs may be used;

- the arrangements and religious rites to be observed at the deceased's funeral;
- whether the deceased is to be buried or cremated; and
- where the deceased is to be buried or their ashes are to be interred or scattered.

If a deceased person has not left a valid will, they die intestate.

In the case of intestacy, the deceased's estate is distributed in accordance with the provisions of the Administration Act. Ordinarily, a person entitled in distribution of an intestate estate applies for a grant of letters of administration (with the consent of other eligible beneficiaries).

Whether a person is entitled in distribution of an intestate estate depends on the familial relationship between the deceased and those who survive the deceased. Charitable purposes and charities are not included by the Administration Act.

A common misconception among married couples is that a will is not necessary as the assets of the deceased spouse will automatically pass to the surviving spouse. While that is true for bank accounts held in joint names and property held as a joint tenancy, it is not true for assets which are held in

the sole name of the deceased.

As an example, the Administration Act provides that if a person dies leaving an estate worth more than \$50,000, a surviving spouse and surviving children who are under the age of 18 years, the surviving spouse receives:

- all the household effects;
- the first \$50,000 and interest from the date of death; and
- one third of the balance of the estate.

The remaining two thirds of the estate must be held on trust for the infant children until they turn 18.

It is not difficult to imagine a situation where a widow or widower with young children would need access to all of the assets of the estate to properly care for and provide for the children until they become independent. Sadly, we have seen it before. This scenario is made worse when the deceased has been the primary bread-winner. Often, the widow or widower has little earning capacity, and is unable to provide for the children without further provision from the estate.

In the case in question, to avoid the consequences of nearly two thirds of the deceased's estate having to be held in trust for the children until they turned 18, the widow first

had to apply for letters of administration and then apply under the Family Provision Act for greater provision to be made for her out of her husband's estate. The result was that she was awarded the whole of the estate but only after additional months had passed and additional costs had been incurred, all during a time of upheaval and grief.

A valid will may also help to protect a deceased's estate from challenges within the family. Its validity may be challenged on a variety of bases, including the will maker lacking capacity, or signing the will under duress.

Further, eligible family members may commence an action under the Family Provision Act on grounds that the will did not adequately provide for them.

There are techniques and strategies that can be employed to protect an estate from future litigation, whether they be challenges to the validity of the will or to the adequacy of the provisions made from the estate.

Accordingly, it is highly advisable to engage a competent lawyer to prepare your will and to review that will on a regular basis.



Seniors Recreation Council of WA Inc presents the

Enchanted Garden Ball

Wednesday 6 June
1pm to 4.30pm
Astral Ballroom, Crown Perth
\$37.50 per person
(includes afternoon tea)

Entertainment: Live band *Satin Doll*
Floorshow: *Rock n' Jive Social Dance Club*

Phone **9492 9773** for further information and ticket sales

Supported by: CROWN, Have-a-Go NEWS, GOVERNMENT OF WESTERN AUSTRALIA, CASEY

Flu Super Vaccine to be offered for free to seniors over 65

The Turnbull Liberal Government will provide two new flu vaccines to Australian residents aged 65 years and over, free of charge.

Vaccines will be available from April 2018 through the National Immunisation Program.

“These new three-strain vaccines have been made specifically for the elderly to improve protection from seasonal influenza. I encourage all senior residents to get a flu vaccination this year before the peak season starts in June.”

- Julie Bishop MP



JULIE BISHOP MP
Federal Member for **Curtin**

414 Rokeby Road, Subiaco WA 6008 (08) 9388 0288

Julie.Bishop.MP@aph.gov.au juliebishop.com.au JBishopMP

juliebishopmp juliebishopmp



Please nominate a category for your advertisement.
Tick one box only.

- ☐ Travel companion
- ☐ Pen friend
- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered

GSOH: Good sense of humour

SD: Social drinker

NS: Non smoker

SOR: South of River

WLTM: Would like to meet
- DTE: Down to earth

ND: Non drinker

NG: Non gambler

NOR: North of River

TLC: Tender loving care



Name Address

..... Postcode

Phone I am over 45 years of age (Signature)

Each person may submit one entry every month.

STOP: Please read new instructions carefully
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:
Friend to Friend
PO Box 1042
West Leederville WA 6901.

Obtaining replies to your Friend to Friend
Reply Box entry:
Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ANYONE, male or female, in their 60s, interested in an afternoon movie and meal, south east area, monthly on a Sunday? Please contact me for further details.

Reply Box 7837

ARE you alone but not lonely? Are you retired but active? Are you 65+, young at heart? Are you a happy and caring gentleman? Are you a coffee lover (or tea) then let's meet.

Reply Box 7852

ATTRACTIVE lady, young 80, fit, 53kg, 5'11", loves dancing, cycling, walking, NS, SD, GSOH. WLTM fit, fin sec, honest gentleman, well groomed for friendship, who knows travel if compatible. Me; NZ born, genuine replies, please. SOR.

Reply Box 7839

AUSSIE gent 55, easygoing, NS, SD, attached with ties, young at heart, fit and active. WLTM lady for discreet interludes, age open, looking forward to a coffee and chat.

Reply Box 7828

AUST slim lady, NOR, honest, GSOH, interests; travel, cruising, cooking, dance a bonus, winter ball. Life in general, TLC, WLTM gent 75+, similar, good company, long term if compatible. TLC.

Reply Box 7840

AUSTRALIAN gent, 64, NS with ties WLTM lady who is also looking for a sincere and intimate long lasting friendship. ALA.

Reply Box 7841

GENT ex Euro, tall, 80, own home, fin sec, NS, SD, GSOH, enjoys life, coffee, chat and footy. WLTM easy going Euro Asian Filipino lady for friendship, Mandurah area, age open, landline, mobile ok. ALA.

Reply Box 7829

GENUINE lady widow 78, 5'10", medium build, WLTM genuine gentleman, GSOH, NS, SD, TLC, SOR, Rockingham to Mandurah and surrounding areas, fin sec, expect same for outings, movies, drives in country walks, along beach. Let's meet for coffee.

Reply Box 7857

GENT early 70s seeks creative, sensible, femme around 70, if there is nothing new in your life today – do something about it.

Reply Box 7849

GENT WLTM lady, slim, active, loves country drives, movies, dancing, NS, SOR, TLC, walking, cycle close to Fremantle, dining out. SD, enjoy together. English or Australian. I'm 5'10", 74kg, fit and WA born.

Reply Box 7853

GENTLEMAN 60 years young, WLTM a happy natured lady. I am presentable, intelligent and financially comfortable. Please write.

Reply Box 7836

HANDSOME man, 63, caring, honest, faithful, GSOH, NOR, loves cooking, Italian, foods, music, movies, dining in/out, candles, roses, red wine, fin sec, own home, romantic. WLTM nice lady 60-65, GSOH, TLC, genuine, same interests as me, let's meet for coffee. ALA.

Reply Box 7846

I AM sure that SOR there must be a lady WLTM matured, widower, SD, NS, NG, fin sec, caring, loving gent with lots of TLC, carrying no baggage for companionship and to spend quality time together. Let's meet for coffee.

Reply Box 7842

LADY 68 seeking friendship, recently moved to postcode 6210. I have a partner but missing my female friends and doing girly things like shopping, cinema, coffee etc. Looking forward to hearing from you.

Reply Box 7831

LOVELY lady seeking man with caravan or motor home with whom to escape north for winter, will share expenses. I'm considered good company and fun to be with. NS, active and good cook. ALA.

Reply Box 7845

SURELY there is an unattached man, 68-78 who would like to be best friends of a happy, outgoing lady who likes good music, movies, travel, SOR, caring, honest, kind man, let us meet, great things could happen. ALA.

Reply Box 7838

WIDOW Busseton, 70, own home, WLTM someone around 70. 177cm tall, bit overweight, been widow nearly seven years. WLTM for coffee etc. Someone who likes her own space and my dog. NS.

Reply Box 7830

Seeking a Partner

ATTRACTIVE English lady, 70, size 14, well groomed, feminine, educated, refined, own home, fin sec, enjoys gardening, reading, walking, music, country/drives. WLTM unattached, fin sec, genuine gentleman, 65-72 for long term relationship SOR, 6167, genuine replies only.

Reply Box 7835

ATTRACTIVE widow, slim, healthy, interesting background, well educated, presentable, seeks decent gent 60+, NS, SD, well dressed and educated, likes music, theatre, gardening, drives, travels, dining in/out for friendship first and possible life partner if compatible.

Reply Box 7855

GENT 68, 5'11", UK/Australian, presentable, educated, VGSOH, enjoy gym, coastal walking, beach, family. Seeking compatible, attractive, TLC, carrying no baggage for companionship and to spend quality time together. Let's meet for coffee.

Reply Box 7850

GENT 68, NS, SD, NG, lives SOR, enjoys dancing, travel and holidays, walking, movies, dining in/out, seeks lady with similar interests for companionship with VTPR if suitable.

Reply Box 7856

GENT 70, presentable, kind, understanding nature, GSOH, seeks friendly lady for companionship, reading, relationship, SD, NS. Enjoys wining and dining, travel, music, current affairs, movies, theatre, chemistry, vital, lives SOR, experiences better shared, TLC, ALA.

Reply Box 7854

GENT 70 WLTM lady 60-75. My passions are dancing, country music, rock'n'roll and country drives. Meet over coffee and chat, view to relationship if compatible. Midland area!

Reply Box 7860

GENT 79, fit, slim, honest, sincere, vegetarian, NS, ND, not an English subject, 15 years in Australia. WLTM a lady to build a discrete loving friendship. Mandurah area. Let's meet for coffee.

Reply Box 7847

GENT Aussie, young 81, 183cm, own home, SOR, ND, NS, TLC, good Christian, likes picnics, camping, odd fishing, home gardener, handy man. WLTM medium to tall lady similar, country and age of no barrier. ALA.

Reply Box 7858

GENT presentable Australian, 68, born of European origin, NS, SD, 177cms tall, romantic, wining and dining out, keep fit, seeking slim lady, likes cuddles, spend time together, fin secure, genuine good values.

Reply Box 7833

GUY 60, 6' 1" GSOH, medium build, SD, NS. Likes dancing, movies, dining out, AFL, cricket, travel, socialising, bushwalking, bike riding, fin secure, music. WLTM genuine lady 55 to 65, view friendship relationship. ALA.

Reply Box 7834

I'M Aussie girl, 5'5", medium build, SOR, NS, DTE, GSOH, loves nature, movies, walks, barbecues. Hope to receive your reply. Then meet for coffee and chat.

Reply Box 7843

LADY in 70s enjoys social dancing, gardening, family life, country drives. WLTM gent with GOSH, SD, NS in Perth area. NOR.

Reply Box 7844

LADY NOR, slim, DTE, NS, SD, GSOH, retiree seeking 69-70 male who enjoys the outdoors, wining, dining, socialising, travel. WLTM a genuine, loyal, honest, respectful male companion to share these similar interests.

Reply Box 7848

SKINNY lady is sought by slim male. I am 60, active, healthy and well mannered. Looking for a long term companion.

Reply Box 7851

WIDOW mature, slim, youthful looking, Christian beliefs, WLTM single, well presented gent who is genuine, kind and caring, fin sec, 68+, NS, SD, NG, NOR, no country gents!

Reply Box 7859

YOUNG at heart 1941 vintage. WLTM loving gent whom loves home life and to walk through this world with me with respect love and understanding. I am a country town lady. Great sense of humour.

Reply Box 7832

NEWS UPDATED DAILY
www.haveagonews.com.au

A brush with colour - fine art on porcelain

PORCELAIN art is original, intricately designed, hand painted, kiln fired works of art created by the skillful artists of the West Australian Guild of China Painters.

Experience a brush with colour and explore the individual interpretations porcelain artists' achieve with innovative designs in engaging lustres and colours. To enhance these original works of art, an intriguing array of techniques, accentuated with gold and platinum, ensure each exhibit is unique.

Once again, the Guild will have a special display, this year entitled, Eastern States and International Art. These artworks are an exceptional and valued treasure-trove of hand-painted porcelain art from across the globe by renowned porcelain artists.

The Guild, Australia's oldest china painting association, has been promoting the art since 1964 and this exhibition is a great opportunity to see some of the best porcelain artists in Australia, in both contemporary and traditional art.

This centuries old, fine art of porcelain painting, will be on display at the historic Guildford Town Hall, corner James and Meadow Streets, Guildford on Saturday 5 May and Sunday 6 May, between 9.30am and 4pm with an exhibition by members of the Guild. Admission is free with work available for sale. Light refreshments will also be available.

For more information about the WA Guild of China Painters or the upcoming exhibition please visit the Guild's website www.chinapa.org.au or phone President Irena Kopec on 9375 7234.

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.



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CLARKSON LADY 53 slim, petite, pretty Thai, country-minded, hd working, loves the home, simple things in life, sk gent 60-70 any area w/ a country mindset.

WANNEROO LADY 75 Outgoing Brit, attr, well grmd blonde, full of vitality, indepe, has a great life, sk active man 70-80s, must be funloving & have a great sense of humour.

TUART HILL LADY 65 Petite, pretty blue eyed blond, euro b'ground, youthful, friendly, polite. Likes dancing, wants to laugh & enjoy life w/ caring man 64-74.

MANDURAH LADY 74 well spoken/grmd, d.t.earth, educated country girl, sociable, adaptable, love music, travel, outdoors, conversation, sk gent city or country 70-78.

PEEL REGION LADY 65 lovely widow, fair w/ blue eyes, happy, healthy, countryminded, loves caravan travel, sk retired man 64-71 who is free to just "go!"

MIDLAND LADY 64 Warm natured, feminine, very pretty, slim, petite, green eyed blonde, enj fitness, the garden, movies, travel, dancing, sk honest man w/ integrity 63-73.

WESTERN SUBURBS LADY 70 slim, attr, refined, brown eyed brunette, wid, well travelled, friendly, easy to talk to, ready to move forward in life w/ confident, comfortable man 68-76.

AVON VALLEY LADY 68 slim, petite, blue eyed blonde, modern, young at heart, fin secure, not tied down so free to travel/relocate. Sk cheeky, active man who can share a laugh 65-80.



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SUDOKU

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

Rating: ★ ★ ☆ ☆ ☆

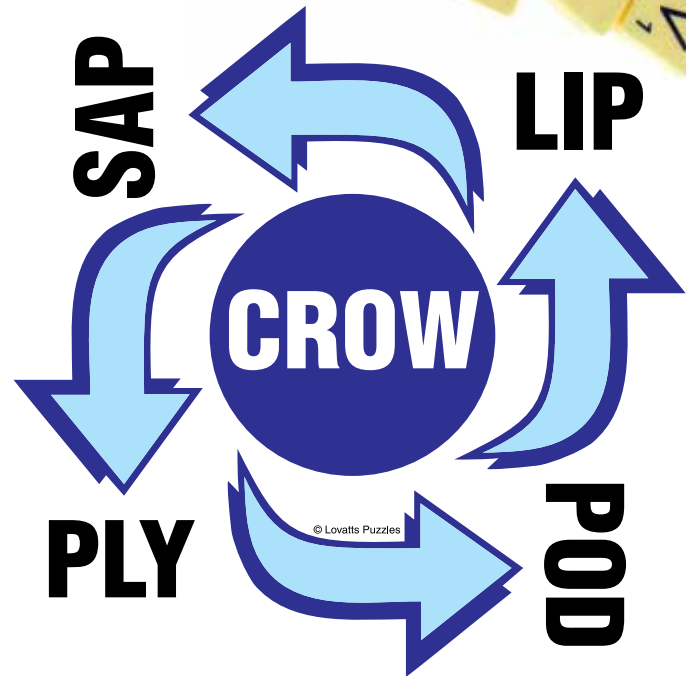
3						7		
				8		2		4
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	8			2	9	1		7
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1		7		9				
		6						3

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#313 April edition PUZZLES
Solutions appear on page 14

TRANSFORMERS

Take a letter from the middle word and, without changing the order of the letters, fit it into the three letter word to make a new four letter word. Repeat the process, using all the letters of the middle word.



CROSSWORD

1			2		3		4		5			6
7					8							
9		10			11							
15			16		17							18
21											22	
23						24						

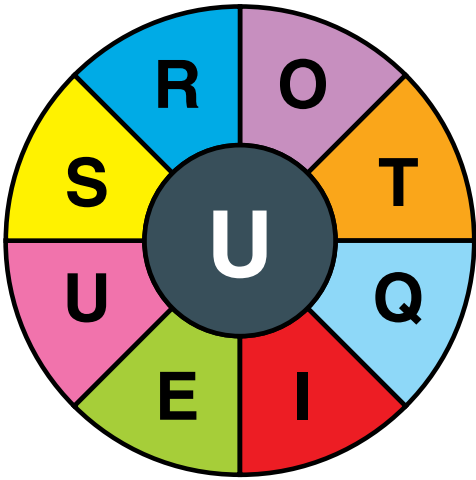
ACROSS

- 1. Orchestral composition
- 5. Des Moines is there
- 7. Minuscule amount
- 8. Mentally pictured
- 9. Catcall
- 12. Enigma
- 15. Knifed
- 19. My lips are ...
- 21. Sea floor (5,3)
- 22. Capri or Wight
- 23. Duty list
- 24. Monopolise

DOWN

- 1. Insignificant
- 2. Trick
- 3. Martini garnish
- 4. Per annum
- 5. Chilliest
- 6. Actress, ... Hepburn
- 10. Unnatural sleep
- 11. Ewe's young
- 12. Wet earth
- 13. Benefit (of)
- 14. Tea, ... Grey
- 15. Taste
- 16. Curved fruit
- 17. Small earphone
- 18. Hold fast (to)
- 19. ... & Gomorrah
- 20. Straighten

Wheel Words



Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

14 Good 24 Very Good 30+ Excellent

Stories from the Swinging 60s... a snapshot of WA history



BUY YOUR COPY NOW!

Purchase a copy of the book *Stories from the Swinging 60s* - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s. This was a decade of change from the introduction of the contraceptive pill, the assassination of JFK, changing fashions with the mini skirt, the Vietnam War, the move to decimal currency, the Meckering earthquake and the first man landing on the moon. Intertwined with world events the stories contained in the book paint a picture of the differences between life then and now. \$20.

Copies are available for purchase direct from *Have a Go News* office at 137 Edward Street, Perth or have it mailed out for an extra \$10 postage and handling.

For further information contact *Tahlia* at *Have a Go News* on either *Tahlia@haveagonews.com.au* or 9227 8283.

Have a Go News is published by Concept Media - ABN 97 425 866 519 ACN 069904221 Website *www.haveagonews.com.au* 137 Edward Street, Perth WA 6000 Postal address: PO Box 1042, West Leederville WA 6901

Name: _____

Address: _____

Contact number/s: _____

Email: _____

ORDER	Quantity	PAYMENT
<i>Living Histories</i>		<input type="checkbox"/> Cheque
<i>Stories from the Swinging 60s</i>	___ x \$20 (inc gst)	<input type="checkbox"/> Money Order
<input type="checkbox"/> Postage (\$10 inc gst)	___ x \$10 (inc gst)	<input type="checkbox"/> Credit Card
<input type="checkbox"/> Pick Up		

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GREAT HOME and GARDENING

ADVERTISING FEATURE



It's that time of year again - gardening takes centre stage in Australia



Melbourne International Flower and Garden Show winners, from left to right; Melbourne polytechnic with Wonder Wall' by Sarah Jardine - People's Choice Award winner 'Inspired by Time' garden by Orisis.

by Colin Barlow

MELBOURNE International Flower and Garden show (MIFGS) showcased the best of the gardening, landscaping and floristry industries in Australia to more than 91,000 visitors in March this year. I was at the show providing practical gardening talks and demonstrations to the public on the latest indoor plants - making terrariums and succulent bowls on the Scotts Australia stand.

This year the highly sought after City of Melbourne Award of Excellence for Best in Show went to 'Australian Case Study', designed by Eckersley Garden Architecture and Australian House and Gardens, their homage to

the quintessential Aussie backyard. This gold show garden composed a contemporary take on the typical Aussie backyard complete with Hills Hoist. Rustic construction materials including brick, stone and gravel provided an earthy, natural feel combined with soft textured grasses, perennials and shrubs including Miscanthus, red-hot poker and Verbena that magically swayed in the wind. Relaxing seats in a shady retreat offered respite from the sun around a central formal pond and lush green foliage including Fatsia, Indian Hawthorn and Arthropodium. A Dichondra lawn set among stepping stones linked the areas together providing textural interest and contrast.

The only other gold show garden medal winner was the oriental 'Inspired by Time' garden by Orisis. This was my favourite garden at the show and it also won the People's Choice Award. The garden was a modern interpretation of a Chinese Garden set in an Australian setting with influences from thousands of years of historical events and philosophy. The garden combined both traditional and contemporary Chinese hard-scape and soft-scape influences into a spectacular display. These included a pavilion where scholars learnt their craft, a moon gate to bring success, a water feature to provide the life of the garden, red lanterns for a successful year, rocks to symbolise mountains and

their stability and finally stepping stones to represent the eight immortals that crossed the sea.

Floral and succulent creations were the big winners in the Royal Exhibition Building Great Hall with Gold Floral Design Awards received by Collectors Corner - Gardeners World and local floral designer Matthew Landers.

Perth Garden Festivities!

Don't miss The Perth Garden Festival from Thursday 12 April to Sunday 15 April at the riverside McCallum Park, located just off Canning Highway in Victoria Park. The festival is the perfect place to pick up a plant bargain with lots of local nurseries and garden centres offering an amazing range of plants

at the plant market.

There will also be show gardens, live music, children's activities and the Kleenheat outdoor kitchen to tempt your tastebuds during the show.

The Bupa Main stage show is the best place to get all your gardening questions answered and to learn the latest tips from local gardening experts. I will be talking about inspirational indoor plants at 12.30 pm on Saturday 14 April, and there will be a range of talks and seminars throughout the show.

You can also catch me during the show at the Scotts stand, where there will be some interactive and practical talks during the day at 10.30 am, 12.30 pm and 2.30 pm on Indoor plants, ter-

rariums, succulents and water saving products. Up to 30 people at a time will get to participate in a hands-on workshop where they will also get to take home their inspiring plant creation. It is first in best dressed, so get in early so that you don't miss out.

The festival is open from 9 am to 4 pm each day with admission \$20 for adults, concessions \$14 and \$7. Children under 18 are free. For further details go to www.perthgardenfestival.com or www.facebook.com/perthgardenfestival

Flowers in autumn

The Western Australian Gerbera Society's autumn show and plant sale takes place at the South Perth Community Centre, Sandgate Street, South Perth on 21 April. These South African stunners are perfect for Western Australian conditions and

make plants for the garden or cut flowers. The show is open from 9.30 am until 3 pm with light refreshments available. Entry is \$5 contact Helen Hollett on 9364 7175 or go to www.wagerberasociety.com for more information.

One of my favourite plants is the African violet and early next month from the 9 to 12 May the Kardinya Park Shopping Centre in Kardinya hosts the African Violet Society annual show. These plants are much easier to grow than you realise, as long as you water them mostly from below and fertilise regularly. They range from miniature plants suitable for terrariums to large plants with scalloped leaves, so why not check them out? Call Cheryl Gadellaa on 0409 103 022 or go to www.waavsinc.com for more details.

Thrice as nice markets



COME ALONG to the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair on Saturday 21 and Sunday 22 April from 9.30am to 4.30pm where people can visit more than 300 indoor market stalls from across the three-way combined event at the Claremont Showgrounds.

The event comprises three individual fairs which include handmade crafts, antiques and collectables and the Polka Dot Vintage Market, all conveniently located at the one venue.

Handmade Crafts

The craft exhibitors offer a wide variety of unique and different quality handmade crafts for sale. Enjoy a shopping experience where the person selling the product is the person who made it.

They also have a wide range of food products.

Craft stalls are situated inside the Robinson Pavilion.

Antiques and Collectables

This fair includes antique and collectable dealers selling their wares through more than 100 stallholders. Free antique valuations are also available from 12pm to 3pm daily where customers can bring along a family heirloom.

Stalls are situated inside the Silver Jubilee Pavilion.

Polka Dot Vintage Market

People with a passion for vintage and retro clothing and accessories, can browse in the 3 in 1 Market's Polka Dot Vintage Market.

Admission to the 3 in 1 Market is \$7 with children less than 10 years admitted free.

There will also be a chance to be in the draw to win the \$2000 door prize.

The 3 in 1 Market @ Showgrounds is organised by Treasured Craft Creations.

For further information about the fair, phone 9457 9315 or visit www.treasuredcraftcreations.com.au

WIN WIN WIN

To be in the draw to win a double pass to 3 in 1 Markets, phone the Have a Go News office on 9227 8283 during business hours (Monday to Friday between 9am to 5pm) or email win@haveagoneews.com.au and include the word treasured in the subject line. Competition ends 13/4/18.

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Mandurah Performing Arts Centre
Friday 27 April 2018
 Bookings - 9550 3900 / www.manpac.com.au

Perth Concert Hall
Saturday 28 April 2018
 Bookings - 08 9231 9999 / www.perthconcerthall.com.au

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Perth Concert Hall
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A modern thriller



IN the modern thriller *A Quiet Place*, a family of four must navigate their lives in silence after mysterious creatures that hunt by sound threaten their survival. If they hear you, they hunt you. Starring Emily Blunt, John Krasinski, Noah Jupe and Millicent Simmonds. In cinemas 5 April.

WIN WIN WIN

Thanks to Paramount Pictures, to celebrate the release of *A Quiet Place*, we are giving readers the chance to win one of 15 double passes. To be in the draw simply email win@haveagonews.com.au with the subject line *A Quiet Place* or call the office on 9227 8283 during business hours. Competition closes 16/4/18.

Come to the *Carousel* at WAAPA



celebrated Western Australian Academy of Performing Arts.

Performed by second and third year music theatre students and WAAPA music students, audiences are in for a treat.

Playing the Regal Theatre from Sat 16, Tue 19, Wed 20, Thu 21, Fri 22, Sat 23 June, 7.30pm. Matinees: Sat 16 and 23 June, 2pm.

Tickets \$75 Full and \$65 Concession/Friends and are on sale now. Call 1300 795 012 or visit www.ticketek.com

Tickets can also be purchased at all Ticketek outlets and at the Regal Theatre Box Office (Tue-Sat 9am-5.30pm. Closed daily 1.45pm-2.45pm).

WIN WIN WIN

We have a family pass for four people to win to see one of the performances of *Carousel* at the Regal Theatre. To be in the draw simply email win@haveagonews.com.au with *Carousel* in the subject line or write to *Carousel C/- Have a Go News PO Box 1042, West Leederville 6901*. Competition closes 30/4/18.

VOTED the best musical of the 20th century by *Time* magazine, Rodgers and Hammerstein's much-loved *Carousel* boasts a timeless score, including the musical gems *If I Loved You*, *June Is Bustin' Out All Over* and the iconic *You'll Never Walk Alone*.

Set in a small New England factory town, *Carousel* follows the tragic romance between troubled carnival barker Billy Bigelow and the young woman who gives up everything for him.

Don't miss this epic story of passion, loss and redemption delivered with all the pizzazz you've come to expect from the

Celebrate Fremantle stories

FOLLOWING their many successes with such shows as *Dear Heart*, *Cis and Barbiche*, *Swan River Saga*, *The Time of Your Life*, *Uncovering May Gibbs*, *Don't Forget Me Cobber* and *Life in their Hands*, Agelink Theatre is celebrating 25 years of telling West Australian stories on stage with their brand new show about Fremantle.

Between Wind and Water is presented in association with the City of Fremantle and Know Your Nation as part of Fremantle Heritage Week 2018.

Written from reminiscences of long term residents in Fremantle and from eye witness accounts *Between Wind and Water* will remind audiences of the brave and diverse city Fremantle is and has always been.

Come along and enjoy this family show featuring stories, interviews with long term Fremantle residents and historical accounts, from early times until the 1980s.

So many new migrants have arrived at the wharf and so many departed to war. So many fishing families, wharfies, market gardeners and factory (such as Mills and Ware) workers have shared their stories and will be celebrated with music and song.

With a large cast of professional and also local community actors, including musical theatre students from John Curtin College of the Arts, this is a not to be missed event.

Between Wind and Water runs for four performances only at the Fremantle Town Hall from 1 - 3 June. Tickets only \$12, bookings: www.windandwater.eventbrite.com.au or telephone 9432 9999.

Cathedral concert series kicks off its new year season this month

ST MARY'S Cathedral kicks off its 2018 Concert series with a very special event on Sunday 29 April.

The St Mary's Cathedral Choir joins forces with the young musicians for the UWA Conservatorium of Music to present a concert titled *Gloria! Lux Aeterna!*.

As the title would suggest, this concert has a two-fold theme: liturgically speaking, in the season

of Easter and also in the year of the centenary of the end of World War I (this concert takes place only a few days after Anzac Day).

The program features works of an exuberant nature, opening with Jehan Alain's magnificent organ piece *Litanies* and also includes Vivaldi's perennial favourite masterpiece: *Gloria*.

Pointing us to a more

A good twist about feeling pretty



IN the new romantic comedy film, *I Feel Pretty*, Amy Schumer stars as Renee, who desperately wants to be one of the pretty girls.

After a freak accident during spin class, her dream comes true when she wakes up to a completely new reflection, believing she is now the most beautiful woman on the planet.

With a newfound confidence, she is empowered to live her life fearlessly and flawlessly, climbing the ranks at the cosmetics company she works for, earning the respect of her boss Avery LeClair (Michelle Williams), and bagging a cute boyfriend in Ethan. The catch? To everyone around her, Renee looks exactly the same.

In cinemas 19 April.

WIN WIN WIN

Thanks to eOne Australia we have 15 double passes to give away to readers. To be in the draw simply email win@haveagonews.com.au with the subject line *Pretty* or call the office on 9227 8283 during business hours. Competition closes 16/4/18.

Agelink Theatre presents

between wind and water

by Polly Low

In association with the City of Fremantle & Know Your Nation

Fremantle stories and music with a large cast of professional and local community actors, including students from John Curtin College of the Arts

FOUR PERFORMANCES ONLY Tickets: **\$12**

at Fremantle Town Hall Friday 1 June - Sunday 3 June

agelink theatre

Government of Western Australia Department of Culture and the Arts

Bookings: windandwater.eventbrite.com.au or 9432 9999

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Music by Frederick Loewe

Directed by Neroli Sweetman

Original production directed and staged by Moss Hart

Based on The Once and Future King by T.H. White

Licensed exclusively by Music Theatre International (Australasia)

All performance materials supplied by Hall Leonard Australia

Evening performances 7.30pm - 4, 5, 10, 11, 12 May

Matinee performances 2pm - 5, 6, 12 May

ONLINE BOOKINGS: www.trybooking.com/UUWA

PH: 0475 895 701 www.oldmilltheatre.com.au

Performed by Soloist **EMMA MATTHEWS** with Faith Court Orchestra

Music Director **PETER MOORE OAM**

Glitter And Be Gay

FRI 11 MAY, 7.30pm All Saints' College

SAT 12 MAY, 7.30pm Perth College

SUN 13 MAY, 3.00pm Churchlands SHS

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Learn the basics of vocal jazz performance in a fun and interactive environment with a specialist WAAPA tutor.

and...

JAZZ (INSTRUMENTAL) FOR THE OVER 50s

Turn that melody into your own, take a solo and perform with other jazz lovers in this supportive setting. Basic instrumental and music reading skills necessary.

The details below apply for both of these 8-week courses.

Dates:	Tuesdays for 8 weeks 25 September, 2, 9, 16, 23, 30 October 6, 13 November
Time:	6.30pm - 8.30pm
Cost:	\$475



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SCENE (1): THE WA Women's Hall of Fame holds its annual celebration and induction ceremony marking International Women's Day on 8 March. This provides an opportunity to recognise and celebrate the achievements of WA women past, present and future. This year's ceremony was held at Government House Ballroom and saw WA women from all walks of life being honoured. Congratulations to all who were inducted into the Hall of Fame this year.

SCENE (1): Clockwise from left; Jenny and Bernie Davis - Diane McKay and Bella McGill - Dr Erica Smyth and Carol Buckley - Lennie McCall and Margaret Medcalf - 2018 WA Women's Hall of Fame inductees included Patricia Barblett AM, the Hon Diana Bryant AO QC, Hazel Butorac, Helen Creed, Nicola Forrest, Terrie Gomboc, Kelly Ann Howlett, Sue Middleton, Dr Ann O'Neill, Prof Christobel Saunders, Suzanne Urbaniak, Dr Tracy Westerman and Gina Williams with Minister for Women's Interests Simone McGurk and Chair WHOF Fiona Reid - Luke, Terrie and Ron Gomboc - Alanna Clohesy and Verna Vos - Dr Dawn Butterworth, Maria Saraceni and Elizabeth Re. Second row, from left to right; Kathleen Mazzella, Dawn Butterworth and Elizabeth Re.



SCENE (2): THE first truffles were planted in Western Australia 20 years ago and the industry now produces more truffles than France. Lots of hard work has gone into developing this industry and a small celebration was held at chef Alain Fabregues' Bistro des Artiste restaurant in Subiaco last month to celebrate the milestone. The industry has produced a book *A Western Australian Truffle Story* to showcase the rise of the truffle industry in WA with Wally Edwards at its helm, and includes some of Alain's favourite recipes - it's a wonderful success story for WA.

SCENE (2): Top row, from left to right; Alain Fabregues - Gail and Paul Kordic. Second row, from L-R; - Jarood Stringer and Judi Molyn - Ron Reddingius and Sandra Devahasdin. Third row, L-R; Annaliese and Tony McDonough - Megan Griffith, Jane Cornes and Liz Berry. Fourth row, from L-R; Wally Edwards talks about the history of the truffle in WA



SCENE (3): YOU never know who you will meet in Perth when out and about and our editor Jen Merigan was lucky enough to meet chef Marco Pierre White at the Perth Night Noodle markets which were held at Elizabeth Quay during March. She said the markets had a fantastic atmosphere and was chuffed to meet the charming chef visiting Perth.



SCENE (4): THE annual Mondo Community Warriors Aspinall Lifeline WA brunch held at the home of Vince and Anne Garreffa raised a staggering \$455,000 for the charity. Many people come together to provide the opportunity for this major fundraising effort including chefs, volunteers and companies but none so much as Vince and Anne who over the years have raised more than \$3,000,000. It's a feel-good event which touches deep to the heart of the whole of community. Every dollar raised goes to direct to charity and *Have a Go News* was proud to donate to the event this year.

SCENE (4): Clockwise from left; Anne and Vince Garreffa - Sophia and Julia Davies - Graham and Merle Mabury - MC Verity James - Jenny and Bronson Francheschi - Simon and Debra Doig.



SCENE (5): BEATRICE Stain from Kingsley celebrated her 90th birthday by ticking an item from her bucket list when she and a group from the St Ives Community Connections program enjoyed the experience of a scenic flight with Heliwest from Jandakot Airport in March.

Beatrice's friends came from all across WA to celebrate her milestone birthday and she was also joined by St Ives Home Care CEO Michelle De Ronchi. The group enjoyed the scenic flight and the views over Perth and then enjoyed a lunch at the Aviators Café which was the perfect spot to debrief while watching the planes take off and land. Happy birthday Beatrice from *Have a Go News*.

SCENE (5): Clockwise from left; Beatrice, pilot Tim, and Heddy - Beatrice, Tricia and Michelle - Beatrice and her friends at Jandakot Airport



SCENE (6): JUNIPER, one of Western Australia's largest providers of aged care and community support services, has named Chris Hall AM (pictured left) as its new chief executive. Juniper Board Chair Fred Boshart welcomed Hall's appointment and paid tribute to retiring chief executive Vaughan Harding for his service to the organisation which has spanned almost three decades.



SCENE (7): WA's only local talk show *The Couch* is back on Aurora channel on Foxtel on Sundays at 8pm or like the *The Couch's* Facebook or Youtube page to see the show. Host Fred Mafrika welcomes (left to right) Steve Collins, editor Jen Merigan and 6PR's Chris Ilsley on the Bitch'n panel every fortnight to discuss current affairs.

Imagine aged care with no compromises



Imagine a team absolutely sold out to enriching the lives of their residents; a place where no detail escapes the team's attention.

Welcome to Berrington Care Group – where we have re-imagined aged care. Opening our first facility in Subiaco in 2013 and now in a magnificent new building in Como, we still strive to enrich the lives of our residents in every way.

Of course, we offer each resident a private suite, with a beautifully appointed ensuite bathroom. Every room is large, but every room also is fitted with a kitchenette – because we believe every home must have a kitchen. Every component of the facilities – from the entrance foyer to the resident rooms is rich in detail and quality; detail like over 150 individual pieces of art in each building, magnificent décor and timber details, bespoke furniture, and all king-single electric beds.

We know that dining is so important to our residents, and we apply the same commitment here as in everything we do. Our chefs prepare on site full a-la-carte dining, three meals a day, seven days a week. We serve our meals in beautiful dining rooms with beautiful tableware – double linen, crystal stemware, fine porcelain dinner service and linen napkins. Plus quality wines and freshly ground coffee. Some people say we go over-the-top. We say: how can anything be over-the-top if our goal is to give our residents the very best?



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