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THIS ISSUE



let's go travelling

- Hokkaido, Japan
- Jo Allison in Honolulu
- Australia's north west
- Avon Valley
- Advice about booking accommodation online



Have a Go News Jo Allison speaks with author Lily Malone



- Downsizing
- Where opinions matter
- Food & Wine
 - reviews, recipes and more

COMPETITIONS/GIVEAWAYS

Field Club tickets to West Coast Eagles vs Western Bulldogs at Optus Stadium Morish Nuts Hampers Ad Words - \$200 Shopping voucher FILMS - The Chaperone, Wonder Park,

Back of the Net, All is True, Top End Wedding, John Wick Chapter 3 TICKETS - Treasured Craft Creations DVD - Agatha Raisin



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by Lee Tate

GEOFF Hutchison, after his constitutional cup of tea, bounces out of his South Fremantle home and heads for his morning ocean dip before turning for his ABC studio.

The 55-year-old upbeat voice of the Perth's ABC Drive program relishes his evening shift after moving from the grinding breakfast slot a couple of years ago.

"I had enough of getting up at 4am, not having enough sleep and basically, working all day, he said

Geoff, one of Australia's most-experienced media operators, has a bright, breezy, on-air demeanor with a balanced attitude to issues

He spreads his attention and interview skills across the heavy and light issues of the day and remains incurably optimistic.

"I'm fortunate. I have a good life, a busy life and an engaged one," he tells me from his office.

With a widespread listener demographic, ageing is at the core of Geoff's program.

"Seniors are our very loyal listener base," he agrees.

They are either coming up for retirement, have retired or are well into retirement," he says. "One thing about the ABC is

we do care about the community and what interests them.

Geoff points to a brace of ageing issues being raised in the media, including a royal commission, high dementia incidence and the upcoming end of life legislation that will probably bring in a form of assisted dying.

He says: "If I could go into every retirement home and seniors' village and open up all the windows and let in the fresh air, I would.'

And to his own future retirement?

"I'd like to think I've got at least a good five years working full-time. I must say a part of me looks forward to retirement - to have more time to just be."

Geoff Hutchison

With his communication and organisational skills and genuine community commitment. Geoff said he could do part-time work for not-for-profit groups as well as some work for companies.

"I'll be doing some work. The mortgage and other things will see to that," he said.

Geoff currently gives time to the Fathering Project which invites dads into schools where Geoff listens to fathers' issues about their lives and their strug-

"It's a changing world at many levels. Significantly for men, there are many changes," he said.

Optimistic about the future of the world, Geoff said he hopes to see the end of the head-banging, male-dominated world of poli-

He praises New Zealand Prime Minister Jacinda Ardern for her sensitive, reassuring and decisive manner in the difficult time after the Christchurch massacre.

He also mentions uncharitable banks and uncaring corporations.

"There's not a lot of emotional intelligence in some of our boardrooms. It's like there needs to be someone sitting there and saying to the directors 'why is this a good decision? There will be consequences to this deci-

"In Australia I think people want the world to see us as the caring, respectful people that we have always been," he said.

After numerous plum overseas postings, Geoff's great love is travel, but he's restricted to endof-year holidays.

"We're thinking about a trip soon to Albany and we haven't spent much time in the north," he said.

With Geoff's wife, Phillipa, a TV documentary producer, they have full plates although their two adult-age offspring have flown the nest.

continued on page 3



Caring for your family? Of course you are!

But have you included a pre-need? It's so easy. Find out how.



From the editor's desk



Jennifer Merigan

AS ANZAC Day approaches, I take the opportunity to reflect on what that day means to me personally.

Over the years I have had the great privilege of meeting many WWII veterans through this job.

I will never forget meeting the airman who flew in a Lancaster bomber with the RAF and who told me he felt like a murderer when he bombed Dresden towards the end of the war. He said it was one of his few regrets he had but one that he understood couldn't be changed.

I attended the 65th anniversary commemorations of the end of WWII in Singapore and there I met an 87-year-old Singaporean veteran. He sat down and told me that he had escaped Singapore to be taken by the Japanese in Java and then was transferred to Nagasaki as a POW

Nagasaki as a POW.

He was in camp sick the day the Americans dropped the nuclear bomb and said he had the good fortune that the wind blew in the other direction, so he suffered no ill effects. He sturned Singapore post war, married, had five children, worked for Shell and said to me that day he had a wonderful life.

I treasure meeting the

men from the 2/4 battalion division. They were in their 80s, but they were such a lively group. I remember looking at them as they talked and joked with each other and I could see the years strip away and they became the young bucks of 1940. They joked they were the best trained POWs. After their capture they were transferred to Changi then sent on to work on the Burma railway.

The one thing I gleaned from these veterans is that the ones that came back lived life as well as they could and savoured the good things of life; hard work, love, friendship and family.

As we come around to celebrate ANZAC Day this year, I think about those who made the ultimate sacrifice for our country, those who returned and those current servicemen and women who today represent Australia.

Lest we forget for the past, present and future servicemen and women of Australia.

I would like to extend my best wishes to outgoing CEO of COTA WA, Mark Teale and wish him the well in his future endeavours. I also take this opportunity to welcome Christine Allen as she takes over the role and look forward to continuing our long-term relationship with COTA as they celebrate their 60th anniversary this year.

The federal government has announced that by May they will slash the amount of red tape faced by older Australians when they need to apply for assistance to access aged care. People will no longer have to complete any forms at all if they do not own a home and are receiving an income support payment such as the aged pension. Those with straightforward financial affairs will be offered a new short form that is just a few pages long, while those with complex affairs will only have to answer about half the number of the questions previously required.

This month in our fourth installment of our *Meet the Author* series, Josephine Allison spoke to WA author Lily Malone about her love of writing and how she made the leap to becoming a successful published author of rural romance. See her story on page 6.

I know many of our readers have embraced Facebook. If you use this platform take a moment to like our page and join us for lots of fun and extra competitions.

If you would like to receive the paper electronically, we can deliver it to your inbox on the day of publication. Just sign up at our website or email read ers@haveagonews.com. au for this free service.

I do hope you enjoy this month's issue and I take this opportunity to wish you a happy Easter.

Jennifer Merigan Editor jen@haveagonews.com.au www.haveagonews.com.au

Have a Go News Quick Quiz

- 1. Who was Australia's first Prime Minister?
- 2. How many times did Robert Menzies become Prime Minister?
- 3. In what year did women get the rights to stand for parliament and vote?
- 4. Perth Zoo opened in what year (1898, 1907 or 1913)?
- 5. In what geographical region is Narrogin?
- 6. In what year did Queen Victoria die?
- 7. Who acceded to the throne after Queen Victoria?

 8. Which Kimberley town was bombed by the Jap-
- 8. Which Kimberley town was bombed by the Japanese during WWII?
- 9. What thick-trunk trees grow in the N-W?
- 10. Antarctica occupies how many square kms? See answers on page 23.

Funny historical fact

ROLLER skates were first seen on a London stage in 1743.

Quote of the month

NOTHING is more ageing than the battle to keep young.

Robert Eddison

Word of the month

Galliard (adjective)
IN a good mood; happy and lively.

Urban slang

Kummerspeck

EXCESS weight gained from emotional overeating. In German the word means grief bacon!

Great West Aussies - Did you know?

SURFING from age 7, Taj Burrow became a world No 2 at 21 but stopped competing to gain contest maturity before returning. In Australia's Surfing Hall of Fame, Burrow was recognised as the most advanced surfer who had NOT won a world title. He won the 2009 Billabong Pipeline Masters at Banzai, defeating nine-time world champion Kelly Slater.

Ageing research snippet



A nutty solution for improving brain health LONG-TERM, high nut consumption could be the key to better cognitive health in older people according to new research from the University of South Australia.

In a study of 4822 Chinese adults aged 55+ years, researchers found that eating more than 10 grams of nuts a day was positively associated with better mental functioning, including improved thinking, reasoning and memory. Lead researcher, UniSA's Dr Ming Li says the study is the first to report an association between cognition and nut intake in older Chinese adults, providing important insights into increasing mental health issues (including dementia) faced by an ageing population. "By eating more than 10 grams (or two teaspoons) of nuts per day older people could improve their cognitive function by up to 60 per cent-compared to those not eating nuts - effectively warding off what would normally be experienced as a natural two-year cognition decline." "Nuts are known to be high in healthy fats, protein and fibre with nutritional properties that can lower cholesterol and improve cognitive health," Dr Li says. "While there is no cure for age-related cognition decline and neurogenerative disease, variations in what people eat are delivering improvements for older people.'

Booked in for a cuppa

PATRICK Cornish hosts the next Royal Western Australian Historical Society event 'Booked in for a Cuppa'.

A variety of guest speakers will give brief talks on great WA historical reads while the audience enjoys a cuppa.

This talk will include local authors Ken Spillman who has written on the history of swimming in WA, Carly Lane and her Desert River Sea - Portraits from the Kimberley, Mary Elgar's A Mere Country Village and Howard Gray's Jambinbirri - Champion Bay.

Held on Friday 24 May at 10am at Stirling House at 49 Broadway in Nedlands, tickets are \$10.

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Enjoy AGL's hospitality at a West Coast home game



FOOTY season is back and thanks to AGL three lucky readers will get up close and personal at a West Coast Eagles home qualifying game during the 2019 Toyota AFL Premiership Season.

They have the opportunity to experience the West Coast Eagles take on the Western Bulldogs at Optus Stadium, in the unique setting of the 'Field Club' on Sunday 2 June.

Have a Go News is proud to offer this competition for readers to celebrate our exclusive partnership with AGL, which is a proud premier partner of the West Coast Eagles.

Thanks to AGL, the lucky winners and their guests will experience all of the action of the game, while enjoying premium hospitality and a host of other benefits.

The winners will enjoy exclusive access within the Field Club in the unique Locker Room.

Feel a part of the game as you watch the mighty Eagles players warm up in the glass-walled locker room before you cheer them on as they run on to the field ready to take on the Bulldogs.

The atmosphere is frenetic, and guests have the opportunity to watch from centre-wing premium seating on level 1 or stay in the hub of the outside terrace with direct viewing onto the ground and to the players' bench.

The winners will be so close to the action that they will be able to smell the liniment when the players receive a rub down, see the interchange and observe the support staff, including the doctors and physios, throughout the match.

This is an opportunity to experi-

ence football like never before, cheer on your favourite players, enjoy food and drinks and finish the day off observing the post-game press conference with the coaches, rounding out a unique football experience.

It's an AFL sensory overload and thanks to AGL three lucky readers have the opportunity to win a double pass which is valued at \$840 each.

WIN WIN WIN

To be in the draw to win one of three double passes to the Field Club at Optus Stadium to see the West Coast Eagles v Western Bulldogs on Sunday 2 June at 3.20pm, simply email win@ haveagonews.com.au with AGL in the subject line or write to AGL West Coast Eagles Competition c/- Have a Go News PO Box 1042, West Leederville 6901 with your name, address and phone number included.

Entrants must consent to be contacted by AGL with special offers. Terms and conditions for this competition can be found www.haveagonews.com.au Competition closes 30/4/2019.

continued from front cover Genuine community commitment ■ by Lee Tate

proverbial With bounce in his step, Subiaco-born, Kalamundaraised Geoff has had a strongly-flavoured media career, outlined cheekily in his ABC CV.

"With no girlfriends, he applied for a cadetship at the Geraldton Guardian newspaper where he wrote insightful match reports at the footy and test-drove cars he knew

nothing about. "In 1982 he headed south to begin his television career with the Golden West Network in Bunbury, the highlight of which was his elevation to the position of late night news reader, where he wore a very nice beige jacket and spoke with large and very round vow-

Geoff worked under Wally Foreman at Channel Nine in Perth and was a longtime sports reporter.

Over 20 years Geoff worked for the Nine Network in London, in Los Angeles as a sports reporter and as Hollywood reporter on The Midday Show.

He appeared in the Robert Ältman film The Player as an extra and did an improvisational com-

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edy course at the famous Groundling Theatre. "Neither provided a sin-

gle further opportunity," he penned.

In Melbourne in 1991 Geoff was a reporter for Wide World of Sports, picking-up media awards but realising he was about 300 test wickets short of a hosting position.

In 1998 he joined the ABC as a senior reporter on the 7.30 Report and in 2001 became the ABC's Europe correspondent for TV and radio in Brussels.

He reported on the 'War on Terror' from Jerusalem, Paris, Berlin and then Washington. He also

reported for Foreign Correspondent on a range of issues from modern day Nazism in Germany to the existence of elves in Ice-In 2005 Geoff filled in

for Jon Faine on ABC Melbourne's Mornings

Liam Following Bartlett's defection to

commercial radio in 2006, Geoff became Morning show host in Perth.

And Geoff made the news himself when Canberra severely cut the ABC budget.

The media wrote: "Geoff Hutchison attempted to lighten the mood on social media, but the feedback from other ABC staff was mostly grim.'

Geoff wrote: "ABC cuts hit hard. WA and SA asked to share tea and coffee-making facilities. 'Hello Adelaide, are you finished with the spoon'?'

Geoff takes it all in his bouncy stride.

His eyes are on the ho-

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Index

Early General

Healthy Living

Mother's Day

Let's go Motoring

National Voluteer

Great Home &

Friend to Friend

Scene Socially

Gardening

Aged Care

News and

columns

Puzzles

Let's Go

Travelling

Food & Wine

Downsizing

Week

Arts

1-17

20-22

23

24

25-40

41-42

43-46

47-52

53

54

62

63

56-61

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Dear Editor,

Re Lee Tate's opinion piece March 324 - A silver bullet to attract tourists to WA

IN my opinion the trouble with previous tourist boards has been that too much emphasis has been placed on advertising places far flung from Perth.

These are venues for the mega wealthy whereas right on our doorstep we have golden opportunities that should be promoted to the hilt.

The hills, Jarrahdale, the Chittering Valley, the Swan Valley are all gold

We need WA Transperth buses to criss-cross the countryside or maybe more hop on, hop off buses like the

ones in the Swan Valley that leave from Guildford station.

We need more YHA's and backpacker hostels for adventurous people like me who want to travel around the place for a decent sized getaway without mortgaging the house.

We should have a hostel in Mandurah and one in Pinjarra and some up in the hills.

Transperth should run a river service from Guildford to Fremantle at a reasonable cost. The truth of the matter is that it is just very expensive for single people to travel alone in WA, which is why we lose them to Bali.

Regards

Rose Hope North Beach

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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor

I HAVE a question for Hank Jongen from Department of Human Services which concerns my friend.

He currently receives disability support pension but is considering moving to age pension (his age is 67 years). Can he do that?

The reason is that he would like to go overseas each year for at least couple of months but with disability support my understanding is that he is limited to go for 28 days maximum while with age pension he would lose just some payments after six weeks away from the country. I suppose he can then reinstate his concession card when back in Australia.

Thank you for your advice. Kind Regards,

Marek Kopriva

Dear Marek,

If your friend has reached age pension age and gets disability support pension, he can apply to transfer to the age pension any-

time he wishes. Your friend can do this on myGov through his Centrelink online account, or by contacting us on the phone or in person.

Disability support pension and age pension both have the same payment rates, income and assets tests and the same concession card. Your friend will need to weigh up which is the most appropriate payment for his circumstances. We have some helpful content on our website that compares the two payments, simply search for 'Disability Support Pension when you reach age pension age' on our website at humanservices.gov.au.

While your friend receives disability support pension, he can generally be paid for up to 28 days total in a 12 month period if he travels overseas. It doesn't matter if he makes a single trip or multiple trips. While receiving disability support pension, his concession card will cancel if his payment stops while overseas.

2019

If he decides to transfer to age pension and he leaves Australia for less than six weeks, his age pension rate normally won't change. If he was to leave Australia for more than six weeks, his concession card will cancel, pension supplement will drop to the basic rate and his energy supplement will stop. After 26 weeks outside the country, his pension rate will depend on how long he has been an Australian resident.

If his concession card cancels while he is temporarily overseas, a new card will be re-issued when his payment resumes upon return to Australia. For more information, search for 'Australians overseas' on our website.

There are some exceptions to these rules, so I'd encourage your friend to contact us on the phone or in person to discuss his individual circumstances.

Sincerely, **Hank Jongen Department of Human Services**

Dear Editor, Re: Your "Ageing research snippet" News No.324 March

'Start healing from head to toe with Tai-Chi" HAVING been the president and senior Instructor with the Australian Wu-Shu Association Inc. for around 30 years I feel compelled to comment on your published description of the health benefits to be obtained from practising T'ai-Chi.

I may appear as an 85 year old devil's advocate with a negative attitude, but I do believe information for the mature and often gullible public needs to be carefully presented, especially when the intent may be to gain money from them.

T'ai-Chi is a western practice extracted from exercises in the Chinese martial art of T'ai-Chi-Ch'uan. The Ch'uan (fist) was removed because it was originally a major form of self-defence, which demonstrates compassion instead of force by avoiding attackers instead of injuring them.

The exercises are designed to promote the development and movement of the life force in the body which is called "QI". The word Chi is frequently misused because it simply means to exercise.

It has become an acceptable saying, to practice to get the Qi.

However, depending upon the lifestyle of a practitioner, the Qi in a person may be Zheng-QI (Jung) which is constructive and healing, or it may Xie-QI (Sheeay) which is corrupting and disease attracting

Accordingly it would be unwise to recommend such exercise to increase the power of QI in an elderly person who has an incompatible life style; and unfortunately that may be the majority of people especially if using medications that do not consider the unseen life force which flows through the meridians in a body.

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Dear Editor, In response to 'A retiree's nightmare' March

Gratitude – is an art, that enhances peace of mind and happiness

1. No franking credit well it was never mine in the first place, it was only to stop me paying double tax on my taxable income - my super pension is all tax free income and that I am grateful for.

2. My home value goes up and down - as it has done for decades - I am grateful it is unencumbered with a mortgage (I worked hard for that). Some euthanasia laws would be good as I have no plans to use my home to access a nursing home. That is not for me.

3. Any changes to immigration policy needs to be done in a manner that enhances this great country of ours and hopefully results in lovely staff at my local pub, supermarket and hospital and I will be grateful for their service.

4. Changes to negative gearing have been many years in the coming and should have been d years ago. One property negative geared at any one time and money

saved can go towards low cost homes for the most in need - thus so many others may eventually have their opportunity to own their homes too.

5. My self-funded superannuation/pension scheme may require me to eventually dip into my capital, but that is why I worked and saved so hard, so that I may enjoy my life the way I wish. Eventually I may qualify for a part pension when my funds drop but by then my needs will most certainly be modest. Low cost health and medical will be most appreciated.

6. So very grateful I live in one of the most beautiful and special places in this world that do support their generations. older even the ungrateful ones. Now if only my politicians took climate change more seriously and worked to leave an even better place for generations of family to follow.

achieve my aims with help along the way - such as negative gearing, capital gains exemptions, health care rebates, lower cost medicines, medical bulk billing and so on - has meant that my retirement is to be embraced, not feared.

That I was able to

I spent my life saving and scrimping to have my nest egg available to me and I must now change my 'saving' frugalness and be ready to embrace the next stage of my life the careful and considered spending of my nest egg to live life to the full.

This is not so easy for some, but I can do that.

> J Curtis Bunbury

Discovering the tragic tale of one of the pioneering women of Western Australia



Lal Harding (nee Broun)

In Scotland in 1825,

Captain James Stirling

appointed Broun as sec-

retary of government at

the Śwan River colony at

£400-a-year. Broun with

Caroline and their two

children arrived on the

Parmelia with Stirling's

ginning under tents on

Garden Island) included:

'daily consultation with

the governor, hours of

business, recording corre-

spondence, musters and

accounts and general su-

pervision of the entire civil

Broun also issued civil

orders for the landing of

party in June 1829.

Broun's duties

by Lee Tate

Caroline married Peter AS a young WA country Broun who was born in girl, Lal Broun knew from Guernsey in the Channel Islands in 1797 to Sir Wilher mother, Mary, that she was a descendant of liam Broun, sixth baronet, someone significant. and his wife Annie.

"That doesn't mean a lot when you are growing up," says 85-year-old Lal (now Lal Harding, an oilpainting artist living south of Fremantle).

Bit-by-bit over the years, Lal has learnt much more about her famous forebear Peter Broun, WA's first Colonial Secretary and member of Western Australia's first Legislative Council.

But Lal knew little of Peter Broun's pioneering wife, Caroline until recently, when shown an historic document outlining Caroline's amazing and tragic

troops, settlers and stores. After 12 August he set up all the official government departments in newly founded Perth. In 1842 Broun was elected to the first Perth Town Trust and helped plan the city.

There are 178 volumes of his official correspondence in the Battye Library to: 'bear witness to his industry and sound judgment as founder of the public service in Western Australia.'

(Peter Broun changed his name to Brown but reverted to Broun later).

Caroline Broun's life has been revealed with headlines: dramatic exiled, shipwidowed, wrecked, rescued, destitute, stranded.

revelations, The Western Ancestor, journal of the WA Genealogical Society, enlightened Lal.

"I'm so proud of Caroline with all her hardships, her many children, what she faced and living in such a challenging country from where she came from," says Lal.

Caroline produced babies every year from age 22, bearing 12 in all with eight surviving to adult-

When she boarded the Parmelia 'headed for the unknown', she had a two-year-old son, an infant in arms and was four months pregnant. She gave birth to nine children in the colony including her fourth child, James, during an official dinner party.

There was little rest for Caroline, with family chores and supporting her husband's official duties. Their home and office were in the same building.

The Broun's later built a homestead called Bassendean after a Scottish family home. This gave its name to Bassendean, the suburb.

But in 1846, Peter Broun died aged 49 at his brother Richard's Fremantle home.

On the river in Fremantle, 'his body was lowered into a boat, minute guns were fired and gloom was fixed on every face,' said a newspaper. Broun's body was taken up the river for burial at East Perth cem-

Peter left little financial support for his big family and there was debate in the Legislative Council over whether Caroline was destitute and worthy of government support for the family.

Eventually, the government authorised just £70 to "enable the widow... to proceed to England, with the view of obtaining assistance to maintain her family.

In 1848, Caroline left her children with relatives and set sail to England aboard the Hindoo to sort out her money troubles. But disaster struck. In Caroline's writings:

"We have all been wrecked... I was called and informed the ship had sprung a leak... I assumed the task of providing refreshments and needs of the toiling crew and that post I never left until 9 o'clock the next morning when the ship was discovered to be on fire... judge of our horror!... I was slung, with a rope around my waist, over the stern into the longboat... the captain was last to get in. poor fellow had been on a sick bed for three days... she went down about 2 o'clock with all her treasures on board... a month after we left Fremantle we had to throw three bales of wool overboard, that had ignited, attributed to the wet manner in which they

were shipped." The survivors (Caroline had been the ship's only female passenger) were four days and three nights in open boats, suffering, she wrote, "from heat, rain, squalls and placed upon an allowance of half a biscuit, half a pint of water and 2oz of pork each

They were plucked from the sea after a frightful squall by crew of the William Fisher.

Sunk with the ship were all Peter Broun's notes and journals that Caroline planned to publish in England and hopefully raise

some money to survive. "These were the notes of a person at the very heart of the development of the colony," reported the Western Ancestor.

Caroline received no government support from the colony or in England. She survived on family and friends' assistance in England and later from her struggling sons in the colony.

Her youngest child. Jessie, was six when Caroline left. Several of her children she never saw again, keeping in touch by letters that took months to arrive.

She felt cheated by the colony government and by her brother-inlaw Richard who was handling Peter's affairs. These weren't woundup until 30 years after his

With Richard's failure to send her money, Caroline wrote in her diary: "What a disappointing end, left a widow with eight children and not one penny to live

"I was sent home for a pension under the faith of money being sent to me

"This cruelty to the widow and children of a man who had served and ruined his health in that expensive colony and sunk all his property in it, which became valueless, so therefore being perfectly helpless were all ruined.

Then the government sent me home for a shadow they called a pension, this step was not a success, no pension so the widow was estranged from her dear helpless children, cared for as best they could be and she without money to return to them and herself sustained by driblets of money from old time acquaintances.'

Of Caroline, her great, great granddaughter Lal says: "I just can't imagine being in her position."

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Norseman reunion to celebrate 125th anniversary

NORSEMAN reunion for former and current residents and families of the historic goldmining town, which will celebrate 125 years this year, will be held at Mandurah on Sunday 5 May,

establishment.

The venue is the Clubhouse at St Ives Mandurah Retirement Village at, 22 Carnegie Place Greenfields.

Attendees are asked to BYO food and drinks, wear a name tag and bring any memorabilia that may be appropriate in this 125th year of the town of Norseman.

Please advise if attending so that parking may be provided and if coming by train to let Bill King know. Email newbill13@ bigpond.com or phone 9534 9913.

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Rural life and romance a winner for Western Australian writer Lily Malone



Lily Malone

by Josephine Allison

ABOUT the time her small son smashed his father's golf club through Lily Malone's prized art work on the back patio, she made the life-changing decision to turn her hand to serious writing. Next day she dusted off her laptop and embarked on romantic writing, producing her first book His Brand of Beautiful.

Now living back

in her home town of Cowaramup with husband Brian and sons aged 11 and nine after some years in in the Adelaide Hills, Lily is regarded as one of the best writers of the rural romantic genre, her fresh and genuine approach

But the road to success hasn't been easy, the former journalist realised early on that book

garnering a faithful fol-

writing was a big change from writing for a newspaper and magazines.

"It called for a different approach because as a journalist you are used to writing in one particular style, every word is precious and there is not much space," she said. "Because I had written all my life, I thought it would be easy, but it wasn't.'

Lily worked as a cadet journalist on a newspaper in Margaret River after leaving school, ending up nine years later as managing editor. She met her future husband Brian, and the couple moved to South Australia where Lily worked with the Real Estate Institute of SA in media communications. She also worked for specific trade magazines for winemakers and grape growers, a familiar topic with Brian involved in the industry and the couple coming from a wine re-

"I had the media and wine knowledge so I en-

Dear Editor,

come.

joyed my time editing big wine publications, it was a phase of my life before kids with long hours involved," Lily said.

"But I couldn't put off having kids any longer so my creative writing started when my youngest son was one. worked part-time after my second son was born but things got tricky. I had always worked and suddenly with two boys; I was bored, I had the knack of getting them to sleep at the same time so I started churning out trays of muffins and biscuits. But I'm naughty, and don't always follow the recipe with not good results.'

From baking, Lily turned her hand to painting with her son's attack on her work a realisation she should return to writing. It took her three years to get published and Lily says along the way she learned a lot.

"I was writing into the night and sent the book out to be told, 'thanks but no thanks,' everv-

versity, incredible indig-

enous culture combined

one goes into a writing dream, thinking they are going to be the next JK Rowling.

"I had enough of rejections so I started looking online for information, joined the Romantic Writers of Australia and Facebook groups to find a tribe. I entered a competition and my entry made the finals. Though it didn't win, I realised I was on the right track. Finally, an Australian publisher accepted my work, His Brand of Beautiful set in the McLaren Vale wine region, the same day as an American publisher."

Lily was on the road to success, writing four stories in quick succession. By now back in Cowaramup, she wrote Fairway to Heaven set in Geographe Bay and Busselton published as ebooks. In 2016 she penned The Vineyard in the Hills which was picked up by Harlequin as an ebook. doing well enough to be turned into print in 2016.

The next big phase for Lily was the 2018 re-

Letter to the editor Submissions may be edited for clarity and space.

lease of two in the Chalk Hill series, set in the fictional town of Chalk Hill. Water Under the Bridge focuses on Ella Davenport who almost made it to the Beijing Olympics. She comes to Chalk Hill as a real estate agent and meets hunky Jake Honeychurch, the first of the three Honeychurch boys who feature in follow up

Café by the Bridge

books.

sees child psychologist Taylor Woods meet up with flashy restaurateur Abel Honeychurch. Abe can help Taylor get justice for her brother. Will. Taylor knows Abe, too, was scammed by the same woman who broke her brother's heart and stole everything in his pockets. Lily's third book in the Chalk Hill series, loosely titled A Bridge to a Better Place, is with a publisher and she is hoping for a December release.

Lily tackles serious rural issues in her books such as men's mental health, abuse, broken families and drug issues.

"Often people think romance means light and fluffy and I do try to write with humour but weaving these issues into stories gives them more meat. Hopefully, it gives readers who might be in a bad place some hope."

Lily now writes three days a week and spends two days working in an administrative role in a local real estate office. She has a group of friends, the Card Girls, who meet weekly for card games and a laugh.

"Brian doesn't critique my work but he has read everything which has been published and will discuss what he likes and doesn't like. He likes my writing more than my muffins," Lily laughs.

Café by the Bridge (Harlequin) is available at most good book stores across Australia and New Zealand.

Ed's note: I've read all of Lily's books and have thoroughly enjoyed them. It's great to see WA authors doing well.



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thoughts on improving tourism in with the south west's in-Western Australia. ternationally acclaimed "Build it and they will biodiversity should be come" is a line from a sufficient to tempt masmovie I seem to recall. sive numbers of tour-All we need to do is ists. build and enhance our Where else on earth

infrastructure to exhibit can you:sample our incredible natural 'bush tucker', throw a treasures - and they will boomerang or play a didgeridoo? swim with Our state wide (2.5 whales, whale sharks million km2) geographiand dolphins, visit little cal and geological dipenguins or see colourful wildflowers stretching to the horizon?

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or diamond mines? Shear a sheep and a multitude of farm stay options?

When tourists arrive at Perth airport (not a government asset I know) they are met with another fairly bland and almost sterile terminal that could be adorned with large colourful murals showcasing our natural diversity.

Develop a new and iconic cruise terminal connected directly to Fremantle train station and City.

Ferries, trains and buses along with stations and bus stops could also be adorned with large colourful bio-diverse murals. Instead of a CAT bus wouldn't it be unique to catch a ROO (Ride On Off) bus?

We should capitalise on our wonderful unique WA naturalness that sometimes we may take for granted.

Gary Tate via email







7

Where opinions matter - should Fremantle Prison be bulldozed



by Lee Tate

FREMANTLE Prison is one of Australia's most significant heritage sites and top WA tourist sites but should it be bull-dozed?

The gaol is a blight on the state. Not that its history should be covered-up. Quite the contrary.

Its full, colourful, ugly and cruel story with photos and artefacts can be displayed in a tasteful, modern historical centre, retaining part of the sandstone building.

Indigenous links can be portrayed sensitively in an indigenous-designed part of the historical visitor centre with walks and gardens. Aboriginals were over-represented in

the cells

On the 16-hectare site should be a tasteful, stand-out, architect-designed building, making use of its fabulous position looking over the city to the harbour and sea.

A large lake for native birds (served by water pumped from below the prison) would be the centerpiece to useful, tranquil, public open space.

The rest of the prime site can be put to good use, expanding on existing community activities there with perhaps some tasteful housing. Land sales would subsidise the redevelopment and partly compensate for loss of the gaol's income.

The prison's great wall is a constant reminder of the ugliest side of our State's foundations. The cells and gallows are creepy. It's a bizarre, popular tourist attraction that governments seem highly unlikely to remove.

The prison was built for British prisoners and transferred to the colonial government in 1886 for local offenders. The nightmares behind its walls included gaoling of innocent victims, floggings and hangings.

Gaoler abuses led to royal commissions in 1898 and 1911 with reforms recommended. However, significant changes did not begin until the 1960s.

Amid prisoner discontent, guards were taken hostage in a 1988 riot when a fire caused damage worth \$1.8 million. There was also a prisoner riot in 1968.

Finally, in 1991, the prison closed its daunting doors and Casuarina Prison took over.

Part of the ugly side were punishments: floggings, time in irons, sentences lengthened and deprivation of prison visits and entertainment.

A number of inmates broke out: Moondyne Joe, John Boyle O'Reilly and six other Fenians (in the 19th century) and Brendan Abbott in 1989.

At least 43 people were hanged between 1888

and 1984, at what was the State's only lawful place of execution.

The gallows, completed in 1888, were first used in 1889 to execute convicted murderer Jimmy Long, a Malaysian.

Martha Rendell, declaring her innocence, was the only woman to be hanged at the prison, in 1909.

She was convicted of murdering her de facto husband's son, Arthur Morris, in 1908 and suspected of killing his two daughters, Annie and Olive, by swabbing their throats with hydrochloric acid.

The last person hanged was serial killer Eric Edgar Cooke, executed in 1964.

Cooke and Rendell are buried, one-above-theother, in Fremantle Cemetery.

Historical records relate all the chilling details of what happened in hangings.

"From the day of sentencing to death, prisoners were kept in a concrete-floored cell in New Division. They were vigilantly observed to prevent them escaping their sentence through suicide.

"With hangings taking place on Monday mornings, at 8am, condemned prisoners were woken three hours earlier and provided with a last meal, shower, and clean clothes.

"Afterwards, handcuffed, they were moved to a holding or condemned cell nearby the gallows and allowed a couple of sips of brandy to calm their nerves.

"Shortly before 8am, they were hooded, led up to the execution chamber, which could hold as many as 11 witnesses, stood over the trap door, had a noose put around their neck, and were hanged by dropping through the opening trap door.

"After medical examination, the deceased was removed for burial."

Fremantle Prison is monumentally-significant. Placed on the National Heritage List in 2005, it was the first WA historic site to be included – alongside Sydney Opera House, Port Arthur Historic Site and Melbourne's Royal Exhibition Building.

We have the records, the stories, photographs and artefacts. Nothing needs to be lost. But do we need to maintain a blight on our horizon when such a prime slice of our port city can be put

to more worthwhile and uplifting use?

Give us your opinion. Email info@haveago news.com.au with Opinion 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.

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They still have some places for courses that begin on Friday 3 May and go to 31 May. Check the MALA website for full information and enrolment forms www. perthmala.org.au or phone Fran or Jim on 9375 9286 or Julie on 0498 560 026.

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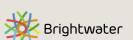
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ODYSSEY



eeding our good wolf - transitioning into resilience



Above; Karen Majer Right; Claudia Harry helps with the cleanup

by Karen Majer

VOLUNTEERS who turned up early at our community garden to set up the weekly Saturday 'open coffee' morning were met with an unpleasant surprise. The cottage had been vandalised – a mess of milk and fridge contents poured over carpets, cushions and sofas. Within minutes, a

dozen willing helpers responded to a call for assistance. Rugs were flung over the fence and hosed, rubbish sorted and recycling retrieved, cushions stripped and loaded into cars to take home to wash, floors mopped and walls wiped down. Hugs, smiles and comments like "we needed a good spring clean" cheered the work. The cake table was moved to the garden and volunteer baristas put the machine on. By the time the rest of the coffee drinkers arrived, there was hardly a trace of the mess.

Days later I came across a Cherokee proverb that resonated with that experience: "There is a battle of two wolves inside us all. One is evil; it is anger, jealousy, greed, resentment, lies, inferiority and ego. The other is good; it is joy, peace, love, hope, humility, kindness, empathy and truth. The wolf that wins? The one you feed."

I realised that we could have been angry. We might have said that the culprits needed a good spanking. Instead we fed our good wolves and reaped the benefits. It got me thinking about how social interactions work. Maybe if one of us had let our bad wolf have a good old angry growl, others might have rumbled into being. Then we may have been cross and resentful, and greeted the newcomers with a story about bad people in our community. It turned out to be a small case study in resilience.

Resilience is the capacity to recover quickly from difficulties - toughness. Some people seem to be naturally resilient in the face of change or hardship. Many of us look for support, whether it be through friendship, group connections, positive activities like volunteering, or through wellbeing practices such as yoga, meditation, exercise or mindfulness.

One of the aims of the Transition movement in which I volunteer is community happiness and resilience. In our changing and often uncertain world, this can mean being better prepared, together, to cope with changes like economic recession, the move away from fossil fuels, or disasters related to fires or severe weather events.

That may sound challenging, but if we start local and create solutions together, big changes can happen. Building social respectconnections, ing our environment and resources, and fostering inclusivity are the starting



point. You might like to see if there is a Transition group near you, and find out what's happening.

It all starts with feeding our good wolves!

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by Hank Jongen. general manager, **Department of Human**

DEPARTMENT of Human Services has special arrangements for payments and services over the Easter and Anzac public holidays. centres

and most phone lines Centrelink, providing Medicare and Child Support services will be closed on Good Friday (19 April), Easter Monday (22 April) and Anzac Day (Thursday 25 April). As a result, there may be some changes to your re-porting and payment

If you need to report your job search efforts or earnings, you may be required to report early to avoid a delay in your payments. You can check your reporting dates online. If you use self-service options to report on

a public holiday, you will be paid within two working days.

It's important to remember that even though your reporting date may be different, the assessment period remains the same. If you make a mistake with your estimate, you can correct this within 14 days, or when you next report.

Payments won't be delayed because of the public holidays, but we may pay you earlier than normal. If this happens, you'll need to budget so the payment lasts until your next payment date.

You can still use my-Gov online services, Express Plus apps and phone self-service to check your reporting dates, update your details and report your earnings quickly and

While there are no changes to the usual child support payment arrangements, par-ents should note payments made after 18 April may be delayed by public holidays. The automated Child Support Information Service line on 131 107 will still be available.

People can lodge some Medicare claims

at their doctor's office or using online services or Medicare Express Plus, as usual. However, some of these claims may not be processed until after the public holidays.

For more information humanservices. gov.au/holidays.

I wish you and your families a very safe and happy Easter.

If you have a ques-tion you would like answered about Centrelink don't hesitate to write to us and we will pass it on - email info@haveagonews. com.au with Hank in the subject line. Ed

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"Nine months ago, I have tried Magnus Shield for prostate medication made by Graminex Australia, I can say that it helps me mainly in reducing my night time urination, a year ago, I used to wake up 6-7 times a night, and now I only wake up once or twice, and during last Christmas, I had 1 beer during the party, and I got up 3 times. Thank you for Magnus Mike B., St Johns Park, NSW Shield and I definitely will recommend this product"

"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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Good health and cheers - it's time to celebrate the ANZACS



propose a toast.
Usually the first would

Fifteen people would

repeat at varying inter-

ludes as they sipped their

sweet sherry, whiskey or

be to 'good health.'



Left; Ret. Major Peter Heeney and Rick Steele performing I Was Only

19. Above: Rick Steele

beer. The clinking of our best glasses could be heard above the longplaying record of Christmas carols sung by some choir from far off England.

Back then, late fifties,

it was not uncommon for uncle Arthur to follow up with a toast for the Queen. He had fought in the war at Tobruk, and Queen Elizabeth had recently visited NZ and I indeed had waved a small paper flag to our glorious Queen.

Inevitably the conversation would turn to how the children had grown, and "I remember when he was 'this high', and my oh my, how the years are flying

Boring. Every single day was like a lifetime, and my next birthday was light years away, and good health? What are you talking about? Oh, Í grazed my knees yesterday.

Stone the crows, and how things have changed. The health of my knees is now top priority, along with every other moving part of this living body which is deteriorating quicker than doctor miracle can keep up.

The year is going faster than a speeding bullet. My newest granddaughter is turning one, and here I am preparing for Easter and ANZAC Ďay. I only just finished the Christmas spirit, (single malt, aged twenty vears)

The Perth Blues Club, in conjunction with the City of Canning will be holding our sixth annual blues concert again this year. ANZAC Day afternoon at the wonderful Cannington Civic memorial amphitheatre from 2pm till 5pm at 1317 Albany Highway.

Last year was a fun

packed arvo of super entertainment on behalf of Perth Legacy, for all the family, and this year's promises more of the same.

Grammy award winner Lucky Oceans is back with Zydecat mate Billy Rogers. Girls in Uniform, (ie Birdland) will be adding some nostalgia with a couple of Andrew Sisters songs.

Retired Major Peter Heeney will return with I Was Only 19 and his awful jokes

Bob Patient will lead our big band and our very special guests will be Datura 4. Led by Fremantle legendary rocker

Dom Mariani, this band is just at the beginning of launching a new album and will be touring nationally and Europe this winter.

I feel this concert is really hitting its straps now and is destined to become a much celebrated and distinctive part of the Perth ANZAC Day memoriam.

Quoting Molly Meldrum is not something I do often, "Mmmm, mumble mumble ahhh... do yourselves a favour, and go see this show!"

Mae West once said: "Too much of a good thing can be wonderful!"

Cheers dears

Transport bus a helpful service for cancer patients



by Rick Steele

I REMEMBER well when

the uncles and aunties

would gather for Christ-

mas drinks at the vicarage

and uncle Brian would

Vicki Platt

CANCER Council's transport service is alleviates the stress of travelling to and from treatment for regional cancer patients.

Fifty-eight-year-old Vicki Platt is one of the many country cancer patients who utilised the free service - which operates from the organisation's Crawford and Milroy Lodge accommodation facilities.

Ms Platt, who travelled from Broome to undergo treatment in Perth last year, said she was not aware of the service prior to her arrival at Crawford Lodge.

"It was exceptionally good to have the service available, there's a good routine to it and a great sense of comraderie amongst the

people that use the bus," Ms Platt said.

"Quite a few of the other guests were located closer to the metropolitan areas, like Geraldton, so they drove down and had their vehicles with them.

"The bus is a wonderfully helpful service for people who are too sick to drive themselves or people like me, who had to fly in

Cancer Council accommodation manager Ron ten Hoor says the service has proved vital for people visiting from the regions.

The bus regularly runs at capacity so there is definitely a demand for it," he said. "People needing treatment may not always have family and friends available to drive them around and we are proud to be able to fill that gap.

"The transport to treatment service provides safe, convenient and comfortable transport for patients, allowing them to relax before and after treatment so they can focus on getting better."

Mr ten Hoor said the main point of difference between staying at the lodges over other accommodation providers in Perth was the range of services and social support available to guests, their carers and family.

Cancer Council's transport to treatment service is driven entirely by dedicated volun-

Last financial year, 5289 transport to treatment trips were provided to regional cancer patients and their carers at no cost.

For more information about Cancer Council WA's support services, visit www.cancer wa.asn.au or call 13 11 20.

The month of April is a special time. Families spend it together travelling through the school holidays.

People celebrate new life at Easter. We remember those who gave their lives serving Australia on ANZAC Day.

I hope the month is a special time for you, your family and your friends.

STEVEN OSTASZEWSKYJ

Resident & Ratepayer of the City of Bayswater



info@stevenosta.com 0411 144 724







Authorised by Steven Ostaszewskyj, 35 Ivanhoe Street, Morley WA 6062.



WE'RE YOUR COMPASS THROUGH CANCER.

For cancer-related information, advice and support call our Cancer Nurses on 13 11 20.

cancerwa.asn.au

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Safety training a priority for members of the Over 55 Canoe Club



About to hit the water on a sunny day

by Iris Mickiewicz

WE had to change the

date of our Senior Safety Day, due to impending thunderstorms that didn't

eventuate, although it was a very damp and drizzly all day. The eventual date was Thursday 14 March which was warm and sunny.

A number of members were able to attend on the new date while others would could not manage the original date. Also a few people had to leave early as the change last week messed with their arrangements.

Nevertheless it was appreciated by all, especially the trainers and helpers, that so many members made the effort to participate in safety practise day.

In the end 21 members, including our volunteer trainers and some not quite so voluntary, attend the day.

After lunch a light sea breeze came in which cooled us off and pushed our kayaks about as we tried various deep-water rescue methods.

A huge thank you to Ken, Chris, Daryl, Rob, Barry and Jeremy for training or assisting us to correct our strokes, and pushing us to achieve a correct edging technique, huge effort. practising self-rescues, entering and exiting the water from a bank equivalent and finally refining

deep water rescues. One of our expert members executed the high bank entry perfectly as did many others.

The president and a couple of others took a dunking or two. We figured we had to get wet anyway to practise selfrescues.

This year we also tried several methods of deepwater rescue, the first being the rope-stirrup method which was quite difficult to achieve especially with the stirrup being too long for a few vertically challenged paddlers. Once the stirrup length was rectified it was achievable but not without

The second technique was the frontal float-in method. The rescuer holds the victims kayak up on its side. The victim must float on their front, sliding legs into the kayak first.

Once inside the boat the rescuer allows the kayak to float on the water as per normal. The victim can then turn over to sit up and inside the kayak. The victims are then ready to bail the water rapidly out of the kayak, and to paddle on their way. It was found to be quite easy to execute. Hence, it

was pronounced the most successful rescue method that should be achievable by all members.

A big thank you to Maureen for being key and belongings guard as well as semi-official photographer. Your time, good company and care of our gear is much appreciated.

Please call Iris Mickiewicz, president on 0438 926 578 or Dale Winn, secretary on 0420 733 024 for more details or to register your interest in joining.



Keeping a commitment seems like a simple thing to do



Jon Lewis

by Jon Lewis

I WAS at a nice party chatting with new friend Mark. He was taking the time to explain this keeping a commitment thing.

Mark is something of an expert having studied this. He is now working in an environment where these and other qualities are highly valued. The value is in fact so high as to warrant many thousands of dollars just to have him come and evaluate a business. I received this information at no charge over a delicious cheese plate, also at no charge.

My friend shared with me an interesting long list of word and phrases that do not make a commitment. Some of these are "I will try", "It will get my best effort", "I will leave no stone unturned", "I will do my best" and there are

A commitment, he said, really needs to come with a time frame. An example of this might be... "I will do it by tomorrow, or next week". A time frame is most important. Without it there can be no consequence and it's the consequence that makes the whole thing work.

It's easy to say it will be done by next week or the

week after. No problem, if that time frame is okay. However, if the two weeks come and go what do you do? The time frame gives you the opportunity to ask what went wrong? It also gives you the chance to enquire how the project or task is progressing? You can also ask if they need some assistance, help or is it all going fine and can actually be relied on.

With all this it can still all fall over.

However, a commitment with a time frame provides an environment for success. It's a lot like playing a game of football. You have a goal and a team of people intent of achieving that result. The thing is... when will it be done? Have you noticed at half time the coach talks to the team to see what they need to achieve their goal or goals.

I mentioned earlier a consequence. This is important as the goal may not seem important to anyone helping you. A consequence may not necessarily be a punishment. Rather, it is the negative result if the task is not completed by the deadline. An example may be a cake needs to be made for your loved one's birthday. You only get one go at this as the next time will be a year away. The maker of the cake may not know it's a birthday cake. By relaying this in a friendly and clear way they would hopefully understand the importance of completing their task by the desired time. Yes, it is important to be clear.

This can work the other

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way around too.

We can ask "when do you need it by?" If the time frame is unreasonable or impossible for you that needs to be said right away. They may need someone else's help or may need to give you more help or an incentive?

Now incentive is another issue that we can cover on another day...

If I were you, I'd ask me when that will be and what it means to you or me if I do not meet my commitment.

All the best.



What are you looking for in a lifestyle today?

Do you want to free up money to travel, meet new people, enjoy swimming, playing pool, darts, bowling, arts and crafts, woodwork or just relaxing with friends? If you answered yes to one of these then you can not afford to miss this event.

Learn why living in a lifestyle community makes so much sense!

You are invited to our 'Helena Valley INFO Day' where you can experience the resort style facilities at Helena Valleys NEW \$6 million club house (with stages 3 & 4 starting now) and learn why research suggests you can live longer in a lifestyle community.

Helena Valley Lifestyle Village is more than just a safe and friendly community - it's also full of great facilities to make every day more pleasurable.

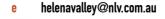
Discover what living in a lifestyle community is all about.

Plus hear from Perth's 'Lifestyle Village' Architect guru Richard Hammond as he shares his vision on the importance of design and master planning Lifestyle Communities like Helena Valley. Lifestylers will also be there to answer questions.

Don't miss out the last INFO Day was booked out!

ENJOY MORNING TEA AND A VILLAGE TOUR PLUS TAKE ADVANTAGE OF UP TO \$30,000 IN SAVINGS ON THE DAY!

COUPLE ATTENDEE* 2340 Helena Valley Road, Helena Valley Call Richard Nowland on 0400 219 691 or Mark Emberson on 0404 852 272



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Helena Valley







WHAT'S HAPPENING THIS MONTH





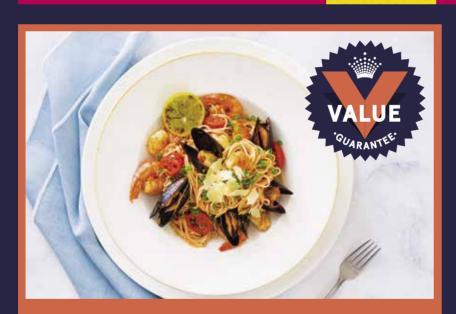
Free Crown Life Events

Looking for a social outing with a difference? We've got you covered at Crown Perth this April.

Take part in our free mid-week events including Zumba, Tai Chi and Line Dancing lessons to make the most of your day.

Visit crownperth.com.au for full dates and times.

Event dates and times may change without notice and are subject to availability.



ENJOY MEALS UNDER \$20

Treat your tastebuds to fresh new dishes at Market & Co, feast on the flavours of Asia at 88 Noodle Bar, or taste a variety of dishes at Junction Grill.

Available for lunch and dinner every day.



Market



Conditions apply. Surcharge of 10% applies on Public Holidays. Available for a limited time. Not to be used in conjunction with any other offer or discount. Images are for illustration purposes only. Junction Grill and 88 Noodle Bar are 18+ venues.



ALL ABOARD THE CROWN BUS

Crown Rewards members can enjoy transport to and from Crown Perth, a delicious buffet lunch at Carvers and bonus vouchers for just \$10.

Visit crownperth.com.au for the full timetable.



Conditions apply, see crownperth.com.au. Images for illustration purposes only. Fun Pack \$10 for Crown Rewards members and \$15 for non-members. Must arrive on the Crown Bus and purchase a Fun Pack. Valid on day of purchase only.

LIVE A LITTLE BRIGHTER

Death and British pension entitlements



by Mike Goodall

WHAT happens to a UK State Pension when a person dies? Widows and widowers should be entitled to an increase in their basic State Pension, but despite informing the UK authorities, they have often not received any increase or have not inherited any or Additional State Pension (often known as Graduated Pension, SERPS or State Second Pension) that they are entitled to.

Since the introduction of the New State Pension in April 2016

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the benefits have been reduced considerably for those who reached State Pension Age on or after this date.

However, for those who reached State Pension Age before then the rules depend upon the type of Basic State Pension that they are receiving.

If a couple are both receiving a pension in their own right the survivor is entitled to receive the maximum pension they received they reached when Pension Age. State However, if the survivor's pension is based upon the other's contributions they are entitled to a pension based upon their partner's entitlement.

Additional State Pension inheritance is based upon a sliding scale, between 100 per cent and 50 per cent, depending upon the deceased's date of birth.

If your partner dies it is important that the death is reported to the International Pension Centre (IPC) in the UK as soon as possible because any pension payments received after that date will have to be repaid.

At the same time ask the IPC to review your pension entitlement and to write to you explaining what increases you will receive.

It is a very stressful time and people often go through the motions without considering their entitlements. Often family members help, but don't know what questions to ask.

The UK State Pension is paid four weeks in arrears which allows some time before the IPC need to be called, depending upon the last payment date that the pension was received.

Since April 2016 you now need 35 years of contributions to receive a full UK State pension. However, this only applies if your whole pension calculation is done using the New State Pension calculation. Most expats' pension is based on a combination of both the new and the old system.

Sometimes contributions for additional years does not count towards your Pension. Many people who have already paid in for 40+ years still have to contribute for more years to reach a full New State Pension because of the way the calculation is done.

Many expats were making up their pension to the 30 years that were required for a full pension prior to April 2016 and might just have continued paying additional contributions. This can be an expensive mistake as overpayments will not be refunded.

A letter from HMRC, or a note on your UK Government Gateway account saying, that you can pay for certain years, does not constitute advice to pay, it just means that these are years that you have not paid for.

If you have been making additional contributions to reach the 30 years and now wish to increase your pension to the new maximum possible, get your payments checked out to ensure that you are not wasting your hard-earned cash.

Anyone who would like to discuss 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.

Local author shares story to Mandurah retirees

GUEST speaker at the Association of Independent Retirees Mandurah regional branch (AIR) this month will be local author, Fran Taylor whose topic will be *Titanic – A Memorial Cruise*.

AIR meets on the fourth Monday of every month (except when that clashes with a public holiday).

Their next meeting will take place at 9.30 am on Monday 15 April at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

Visitors are welcome to join the group and are invited to stay for morning tea. For enquiries please ring Eva llett on 9534 5215, or Sylvia Hodgkinson on 9527 2383.

Have a go at the new style game of croquet



Trainers and staff members from Anytime Fitness, Falcon, Mandurah, trying out mallet swinging at Halls Head Croquet Club

CROQUET players in Erskine, Mandurah, are about to start 'Have a Go' sessions for beginners to attract more people to try their hand at mallet swinging in a shortened version of the regular game of croquet.

In 'fourteen-forty' a team of two players competes against another pair in a simplified game that challenges them to run fourteen hoops in forty minutes.

Everyone is on court all the time, players take it in turns to make shots, and rules have been simplified to make the game easier to play and enjoy.

The aim is to put the fun and laughter back into playing this venerable game which in recent years has become known for serious silent lengthy

competition among older players.

Świnging a mallet in croquet tests skills of body, hand and eye. It promotes balance, and is noted for maintaining good health. It can be played by all ages from around ten years and until well into retirement. The shorter 14/40 game can be played by those unable to play contact sports because of a disability, or medical reason.

Croquet Halls Head Club, on the corner of the Old Coast Road and Sticks Boulevard in Erskine, Mandurah, will host the first of six sessions of 'Have a Go' croquet on Wednesdays starting on 10 April from 2.30pm to 4pm. The first session is free. Subsequent sessions are \$8 each for use of equipment, including mallets and tea. Mallets are provided. Players should wear soft soled shoes and casual clothes.

The croquet clubs in Dunsborough, Como. Gosnells, and York will be also running 'Have a fourteen-forty cro-sessions. If you quet sessions. you would like to have a go, or would like more information please contact Sheila Twine on email sheila.twine@bigpond. com.au - 0417 357 352: or David Smeeton david. smeeton@westnet.com.au 9535 6565 0413 095 100.





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SAVE THE DATE... Living Well Seniors Forum & Expo



On **Wednesday 8 May** the Shire of York will host the 2019 'Living Well in the Avon Region' - Senior Residents' Forum and Expo.

This event will provide information about the services, activities, groups and programs

offered in the York region and the chance to speak directly with providers.

Running from 10am to 3pm in the York Town Hall, the event is open to all aged between 55 and 105 as well as families, carers and anyone planning for their future needs.

Admission is free and lunch will be provided.



Places are limited so please register your interest to attend by email to records@york.wa.gov.au or call: 9641 2233.

Transport is available - please mention your travel needs when registering your interest.



See what you've been missing at the Menora Gardens Village Open Day.

Where: 16 Freedman Rd, Menora

When: Saturday 4 Ma

Time: 10am – 2p

RSVP: Call 9370 0202 or visit acacialiving.com.au to

acacialiving.com.au to register your attendance

Register now to **WIN** a night's stay at Crown Promenade Perth.*

Menora Gardens is a retirement village set amongst beautiful gardens in Menora, one of Perth's most sought-after suburbs.

Conveniently located near Alexander Drive, Menora Gardens is close to everything you need, including shopping centres, cafés, restaurants, medical facilities, parklands, bowling clubs, golf course and more.

Living at Menora Gardens, you'll enjoy exclusive access to our Community Centre and Clubhouse which offer a wide range of modern resort-style facilities.

Come along to the Open Day and view our luxury apartments from \$595,000. You can also chat to our residents about village life over refreshments and a sausage sizzle.

16 Freedman Road, Menora. acacialiving.com.au



"THERE IS A SENSE OF BELONGING, THAT EVERYONE LOOKS AFTER EACH OTHER AND

PEOPLE ARE GENUINELY INTERESTED"

Peter and Jane,

residents of Arcadia Waters

"I would tell anyone that sooner is better than later. The sooner you move in, the more activities you can do and there is so much to do when you can get around. People who leave it to their 80's are really missing out and they have missed out all of the activities they could have done and the friends they could have made over the years."











There comes a time when 'right sizing' makes perfect sense. After raising a family, pursuing a career and maintaining the home and garden, you've probably found that you're ready for the next chapter of your life to begin. Maybe you're seeking to make socialising more of a priority. Maybe you're wanting to become more fit and active. Or maybe you're looking to become part of a safe and caring community, where a friendly face is always just around the corner. At Arcadia Waters, we take care of everything, so you can maximise your independence without a care in the world. Wondering what the next phase of your life could hold? Come take a wander through our 5 communities. With villages in Bicton, Geraldton, Maddington, Mandurah and Swanbourne to choose from, the possibilities are endless.





LiveLighter Aged Care Games - Avon Valley

THE LiveLighter Aged Care Games were held on 7 March at the Northam Recreation Centre where teams of seniors in care, carers and volunteers came together for an exciting event. This year nine teams took part with participants playing seated hockey, seated passball, bean bag toss and skittles. Participants played with great enthusiasm and lots of laughter.

Shire of Northam president, Cr Chris Antonio, opened the games and a student from Northam Senior High School, Caitlin Morris, suna the national anthem unaccompanied. SRCWA vice president Phil Paddon was the emcee of the event and kept everyone on task. Volunteers from SRCWA Avon branch, SRCWA Perth and a team of trustees from Wooroloo assisted with the setup and running of the games. Entertainment was provided by Rum Jungles' Mark Schelfhout, who sang and played the guitar. Speed skater Alan Eades amazed everyone with a demonstration of his in-line skating skills, proving age is no barrier when doing an activity which people enjoy. The perpetual trophy and gold medal winners with 356 points were Dowerin Gentle Gym, the silver medal winners with 345 points were Killara Dragon Flies and the bronze medal winners with 341 points were Dowerin Companion Club. The winner of the best presented plaque was Kalkarni Curlews. The oldest competitor on the day was Patricial Messenger who is a sprightly 93 years young. All participants in the games received a participation medal and took home lots of fun filled memories. Our thanks to all the volunteers who assisted on the day and sponsors LiveLighter Healthway, Shire of Northam, 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

Don't miss marking Wednesday 17 April in your diary to attend the Seniors Recreation Council of WA's Rockingham branch Have a Go Day at the Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro, from 10am to 2pm.

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

If you are a club, group, community organisation or business and you would like to attend on the day please contact Carole Overington email: srcwarockingham@gmail.com or phone: 0412 715 173 for further details.

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

SRCWA Annual Seniors Ball 2019 - SOLD OUT

The Winter Wonderland Ball will be held in the Astral Ballroom, Crown Perth on Wednesday 5 June, 1pm to 4.30pm. Afternoon tea is prolive band Satin Doll and afternoon floorshow, tickets 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. This event is proudly sponsored by Crown Perth and Have a Go News.

Have a Go Day 2019, a LiveLighter Event - Registration Open Now!

This year's Have a Go Day will be held on Wednesday 13 November at Burswood Park 9am to 3pm. This free activity and information event is specifically for over 50s to encourage them to make the most of later life and last year attracted an attendance of 15,000 participants and 230 exhibitors. Registration forms are now available for clubs/groups, not for profit agencies and commercial entities. Forms can be obtained by calling 9492 9773.



Western Australia's Official of the Year takes out national title



Left to right; Masters Swimming WA patron Priya Cooper and Sue Pow with her Distinction Award for 20 years service to MSWA

by Nadine Georgiades, **Project coordinator** Masters Swimming WA

CONGRATULATIONS Sue Pow from Beatty Park Masters Swimming Club for winning the 2018 MSA Official of the Year Award. Sue was named Masters Swimming WA's Official of the Year earlier this year and has added another feather in her cap with her national award. Sue was a state coach from 1998 - 2001. She then decided to take on the challenge of refereeing and has done this since 2002 and threw herself into the opportunity to officiate at meets

She has accepted positions of leadership, joined the MSWA technical officials committee, the 2018 national championships technical officials committee, presented at courses and workshops and volunteers her services at meets outside Masters Swimming.

More recently Sue, together with two other MSWA referees, were invited to provide technical advice to the XVII Aus-

tralasian Police and Emergency Services Games 2018 held in Mandurah between the 28 October and the 4 November 2018. Sue also officiated at this event over the course of the three days swimming component of the games.

Sue has now taken on the role of pool meet coordinator just to add to her many achievements in Masters Swimming WA.

Sue's involvement in Masters Swimming WA over the years has also earnt her the distinction award for 20 years service to MSWA which she was awarded at the recent AGM by MSWA patron Priya Cooper.

Congratulations Sue on all your achievements. She is such an amazing person to have in the Masters Swimming WA community.

If you want to join the Masters Swimming WA community for fitness, friendship and fun visit our website www. mswa.asn.au to find your nearest club.

Masters Swimming WA encourages all adults, regardless of ability, to swim regularly in order to promote fitness and health in a fun environment.

Stay Sharp thrives at the Village Hub in Vic Park

WITH 90 per cent of participants in the first Stay Sharp course at Connect Victoria Park Village Hub - which ran in February and March - declaring themselves satisfied, a second eight-week program will commence on 3 May. Registrations are open and spaces are limited.

The latest addition to the wide range of courses and classes available to over 55s at the Village Hub, Stay Sharp attracted 47 participants to its first course.

Focusing on reducing a person's relative risk of developing dementia-related diseases, Stay Sharp offers an eccentric (resistance) exercise program based on research by Prof Ken Nosaka from ECU School of Medical and Health Sciences, and cognitive exercises developed by Dr Jenny Brockis, author of Future Brain.

It is a perfect fit for the Village Hub an innovative program that is changing the face of ageing by offering people opportunities to connect, be active, develop their interests, contribute to community, and staying living independently for longer.

In addition to Stay Sharp, Village Hub members can access classes and courses such as ballroom fit, line dancing, community choir, ukelele, chair yoga, pilates, tai chi and drawing.

Importantly, members also develop their own interests such as social cycling, photography, discussion on sustainability issues, creative writing, book club and gardening. The Village Hub's neighbour-to-neighbour volunteering program provides opportunity for people to help each other with minor tasks at home or in the garden.

Gold membership to the Village Hub is affordable at only \$240 per year with unlimited free classes and courses, including Stay Sharp. Silver (\$120 - one free course) and Bronze memberships are also available.

To join Stay Sharp or become a Village Hub member, visit www.connect victoriapark.org or the office at 5 Mackie Street, Victoria Park - 9361 2904.

Desmond is here to help with your diabetes



WHO is Desmond? Desmond is not a person, but a free workshop run by Diabetes WA for Western Australians living with type 2 diabetes.

The Desmond workprovides people with a friendly space to learn about diabetes and how to manage it in a way that suits their lifestyle.

'Desmond delivers an understanding of diabetes, in a friendly atmosphere," says Jane Smith, who attended Desmond being diagnosed with type 2 diabetes in 2016.

Desmond workshops

helped across Australia and can help you to develop a better understanding of diabetes, lower your HbA1c understand the numbers; make balanced food choices and share experiences with other people living with diabetes.

The workshops are held in more than 40 different locations across Western Australia

Anyone living with type 2 diabetes, who is registered for the National Diabetes Services Scheme (NDSS), can attend Desmond and bring along a support person.

To find your nearest Desmond workshop, visit www.diabeteswa.com. au, or call Diabetes WA on 1300 001 880.

STAY SHARP

For the over 55s - as seen on Channel 7 Today Tonight

Feel the brain changing benefits of Stay Sharp! Now also at the Village Hub in Vic Park!

An 8-week progressive program for the over 55s, Stay Sharp couples eccentric exercise with cognitive and memory exercises, improving balance, muscle strength and keeping the brain healthy.

Developed by Prof. Ken Nosaka from ECU School of Medical and Health Sciences and Dr. Jenny Brockis, author of Future Brain.

weeks \$80

Next programs commence....

Victoria Park

FRIDAY, 3 MAY 2019

9.30am - 12noon Connect Victoria Park Village Hub 5 Mackie Street, Victoria Park **REGISTRATIONS:** (08) 9361 2904 admin@connectvictoriapark.org

East Perth

THURSDAY, 16 MAY 2019

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

REGISTRATIONS: (08) 6558 1833 info@staysharpprogram.com





ROCKINGHAM BRANCH Have a Go Day 2019

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. Curtin Radio broadcasting live with Jenny Seaton.

Wednesday 17 April

Aqua Jettv

Warnbro Sound Avenue, Warnbro 10am-2pm

For information please contact: Valma 9527 6660 or Carole 0412 715 173













Lendlease is one of Australia's leading providers of retirement living and with 10 villages across Western Australia, we have an affordable home to suit everyone. We create places where it's easy to meet like-minded people and be part of a secure over 55's community. Choose from a range of stylish, low-maintenance homes and enjoy the resort-style facilities and friendly communities that are buzzing with activity.



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TIMBERSIDE VILLAS 10 Timbercrest Rise, Woodvale

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Bedsit Apartment from \$85,000* 1 Bedroom Apartments from \$230,000* 2 Bedroom Villas from \$279,000* 3 Bedroom Villas from \$310,000*

Contact Deborah on 9446 5584 to view properties



HOMESTAY VILLAGE 267 Wharf Street, Queens Park

2 Bedroom Villas from \$270,000* 3 Bedroom Villas from \$299,000*

Contact Janine on 0477 755 416 to view properties



PARKLAND VILLAS ELLENBROOK 25 The Parkway, Ellenbrook

2 Bedroom Villas from \$338,000* 3 Bedroom Villas from \$369,990* Last Brand New Double Storey Villa \$485,000*

-Open to offers! Contact Michelle on 9296 7322 to view properties



THE PINES 21 Ponte Vecchio Boulevard, Ellenbrook

1 Bedroom Villa \$239,000* 2 Bedroom Villas from \$270,000* 3 Bedroom Villas from \$290,000* Contact Michelle on 9296 9914 to view properties



PARKLAND VILLAS BOORAGOON 510 Marmion Street, Booragoon

2 Bedroom Villas from \$429,000* 3 Bedroom Villas from \$565,000* 1 Bedroom Apartments from \$250,000* 2 Bedroom Apartments from \$315,000*

Contact John on 9330 3711 to view properties



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ROCK N ROLL COLLECTORS CLUB

Record & CD Fair Sunday 14 April, 9am-2.30pm, Leisure Life Centre Cnr Kent and Gloucester Sts, East Victoria Park Admission \$3 children under 16 free. Part proceeds to Radio Lollipop Info Frank 9458 5864 royals@iinet.net.au

MORNING MARKET

First Saturday of the month. St Peters and Emmaus Church Cnr Banksia and Green St. Joondanna

BASSENDEAN MELODY CLUB

Bassendean Community Hall Meets Friday 10am-12pm Sing-a-long, entertainment and friendship New members welcome. Carol 9279 3718

WESTERN AUSTRALIAN GERBERA ANNUAL SHOW

Saturday 27 April
South Perth Community Centre
Cnr Sandgate St and South Tce. South Perth
Inq. Helen Hollet 9364 7175
hrhollet@amnet.net.au

MIDLAND MENS SHED (Inc)

Social every Tuesday for a chat, cuppa and guest speakers held in the Bellevue Baptist Church Hall 9.30am-11.30am.

Rockin' Shedders music group and much more. Workshop open Monday, Wednesday, Thursday and Friday 8.30am-11.30am Info Kevin 0417 961 971 Workshops Rob 0419 967 876

ARTS AND CRAFT FAIR

11 & 12 May, 10am-4pm Saturday and Sunday Kalamunda Agricultural Hall 48 Canning Rd Kalamunda Explore locally made creative arts and crafts on display and for sale. Free entry, cafe on site. darlingscarpartisans@gmail.com

MYALUP EASTER FAIR

Sunday 21 April, 10am-3pm, Myalup Hall. Live music, market stalls, sideshow, art and wine tasting plus make your own Easter bonnet for the parade.

Entry gold coin donation.

DWELLINGUP PUMPKIN FESTIVAL

Saturday 20 April 10am-4pm Dwellingup Primary School A variety of entertainment including live music, circus performance, laser tag, bouncy castle and much more.

90 market stalls. Food trucks and local produce. Entry, gold coin donation.

WORLD LAUGHTER DAY KINGS PARK

Sunday 5 May, 12pm-2pm. Join us for LAUGHTER YOGA near Zamia Cafe free family event www.laughwa.org.au

MAHJONG FOR BEGINNERS

U3A Melville and Districts Region will be holding a 12 week course commencing on Tuesday 14 May at 11.30am at Kadidjiny Park Hall. To register or for further information contact Glenys 9332 5786



ANZAC DAY SERVICES

GOSNELLS

6am assemble at Coles carpark 6.30am March, 7am service, 8am gunfire breakfast

MANDURAH

6am Dawn service Mandurah War Memorial 11 Leighton Place Halls Head. 6.45am gunfire breakfast City of Mandurah Sub Branch 20-22 Rouse Rd Greenfields.

COCKBURN

5.30am Dawn service, City of Cockburn War Memorial, cnr Rockinham Rd and Carrington St Hamilton Hill. Gunfire breakfast after the service.

JOONDALUF

5.45am, Dawn service, Ocean Reef Sports Club Harbour Quays Ocean Reef. 6.30am Gunfire breakfast.

NORTH BEACH

5.30am Assemble at the Memorial Charles Riley Reserve for the dawn service gunfire breakfast at North Beach Bowling Club, 7 Kitchener St after the service.

If you would like to promote your event through the Community Notebook, please email Pat, research1@haveagonews.com.au 6 HAVE-A-GO NEWS No. 325 APRIL 2019

Stopping Parkinson's disease in its tracks - new therapy being tested...



UQ Faculty of Medicine researcher Associate Professor Trent Woodruff

by Frank Smith

MORE than two per cent of people over the age of 60 – 80,000 Australians – suffer from Parkinson's disease. The symptoms of the condition include loss of the ability to control body movements, slowness, tremors, poor balance often resulting in falls and reduced facial expression.

Progression varies with

some people surviving for years with the disease and other succumbing within months.

There is no known cure for Parkinson's. However a promising new therapy designed to stop Parkinson's disease in its tracks has been developed at the University of Queensland (UQ).

UQ Faculty of Medicine researcher Associate Professor Trent Woodruff said that a small molecule, MCC950, stops the development of Parkinson's in several animal models.

"We have used this discovery to develop improved drug candidates and hope to carry out human clinical trials in 2020," Dr Woodruff said.

"The disease is characterised by the loss of brain cells that produce dopamine, which is a chemical that co-ordinates motor control, and is accompanied by chronic inflammation in the brain."

"We found a key immune system target, called the NLRP3 inflammasome, lights up in Parkinson's patients, with signals found in the brain and even in the blood.

"MCC950, given orally once a day, blocked NLRP3 activation in the brain and prevented the loss of brain cells, resulting in markedly improved motor function."

There are no medications on the market that prevent brain cell loss in Parkinson's patients. Current therapies focusing on managing symptoms rather than halting the disease. These include L-dopa to replace dopamine produced in the brain, and improvements in diet, exercise or in some cases surgery.

UQ Institute for Molecular Bioscience researcher Professor Matt Cooper said drug companies had traditionally tried to treat neurodegenerative disorders by blocking neurotoxic proteins that build up in the brain and cause

"We have taken an alternative approach by focusing on immune cells in the brain called microglia that can clear these toxic proteins," he said.

"With diseases of ageing such as Parkinson's, our immune system can become over-activated, with microglia causing inflammation and damage to the brain.

"MCC950 effectively 'cooled the brains on fire', turning down microglial inflammatory activity, and allowing neurons to function normally."

Dr Richard Gordon UQ group leader in Clinical Neuroscience said: "The findings provide exciting new insight into how the spread of toxic proteins occurs in Parkinson's disease and highlights the important role of the immune system in this process,"

"We are exploring new treatment strategies including repurposing drugs to target mechanisms by which the immune system and the inflammasome contribute to disease progression."

gression."
Dr Woodruff said three serious neurological conditions, Parkinson's, Alzheimer's and motor neuron disease, all appear to be caused by neurone damage resulting from a breakdown of the body's system for disposing of cellular garbage.

"We think that the immune cells undergo a form of frustrated phagocytosis," he said. "Normally the immune cells (microglia) clear away these protein aggregates (i.e. garbage) through a process of engulfment (phagocytosis).

"However during neurodegenerative disease, this process goes awry and the microglia instead become over-activated and no longer perform their normal duties," he said.

The study was published in *Science Translational Medicine* in October 2018.

Discover the nineteenth century woman who left a trace

ROYAL Western Australian Historical Society (Inc) presents an interesting talk by Lenore Laymen detailing the life of Margaret Forrest

Nineteenth century women's lives left few traces of their existence but Margaret For-

rest was the exception.

Focussing on the John Forrest collection recently donated to the society, this talk will cover the life of Margaret through the Bungalow in Hay Street, the Grand Hotel in Melbourne in the last years of her husband's

career and life for her as widow for 11 years.

This fascinating talk will be held on Friday 17 May at Stirling House, 49 Broadway in Nedlands. Tickets \$10 each with bookings essential on 9386 3841 or email admin@ histwest.org.au

Glide in for some fun and activities to stimulate the brain





Left to right; Glyde-In coordinators, Mal Christison and Ann Reeves - Glyde-In Community Learning Centre in East Fremantle is tranquil outside, lively inside

by Lee Tate

EVEN the super-active need guidance on their pastimes and Glyde-In has set a high benchmark for WA community centres.

Members and nonmembers have embraced its low-cost, innovative courses, talks, tours and myriad activities since 1981.

"We aim to be a source of learning that doesn't cost the earth, that doesn't need prior knowledge or qualifications, and doesn't ask for a huge commitment of your time," says the official blurb at Glyde-In Community Learning Centre in East Fremantle.

Retired draftsman Mal Christison, 70, loves his role as voluntary chairman.

"It's stimulating for people to get involved in new things.

"It's fun, good for the brain and it's a way of making new friends. A lot of members become very good friends."

Mal lists some of the varied choices of activities in the current program.

They include Ageing and the Brain (a one-hour talk by two experts costing \$12 for members and \$17 for non-members) and talks on eccentric exercises, artefacts and curios and languages including Spanish, Italian and French and Indigenous art.

There's yoga, glass bead-making, painting

and drawing, scrabble, chess and many program tours including river cruises and visits to the WA Art Gallery.

Mal and Ann Reeves, Glyde-In coordinators, showed me the picturesque gardens. tended by volunteers (including Mal's wife Lynn, who is also a tutor there). The erection of an adjacent sunlit garden room, used for talks and art activities, was a project managed by volunteers and built with the help of funds

from the Town of East Fremantle and Lotterywest.

Mal says: "There's always a lively atmosphere here – a buzz about the place."

Ann says: "We're looking at expanding our activities now to early evenings. There has been some positive feedback to the idea."

Ann, who took up the position in 1999, heads an enthusiastic team of part-timers and volunteers embarked on a relentless quest to find quality speakers.

Although speakers are paid only a small fee to cover travel costs, potential speakers rarely turndown Ann's requests.

"People seem happy to talk about what they enjoy or know about. For some of them, like university lecturers, they enjoy talking to a different demographic – seniors give them a different kind of feedback and good questions," she said.

Looking to cover growing areas of interest, Mal and Ann said Indigenous issues are becoming more popular and more talks will be added to programs where possible.

One immediate sell-

out was a talk on North Korea. Computers and technology are always keenly attended, including one-on-one sessions with tech experts.

Mal said he surprised himself by attending philosophy talks and becoming fascinated by the subject. "It's fabulous. You can

come here to learn without having to go to university. And no, there are no exams," he laughed.

Anyone can attend activities. A talk, for example, might cost \$12 for members, \$17 for non-members and \$8 concession. Inquiries 9339 3964 www.glydein.org.au



Studies reveal the link between a healthy heart and a healthy brain



Rhonda Parker

by Rhonda Parker CEO Alzheimer's WA

AT THE end of April we celebrate Heart Week – a chance for Australians to focus on the importance of having a healthy heart by modifying their lifestyle to lower their risk of heart disease. There is no doubt that awareness campaigns such as this have been important contributors to the reduction in cardiovascular risk and death rates in

recent decades.

Importantly, there is now an increasing amount of research showing a direct correlation between a healthy heart and a healthy brain with results showing people who look after their heart are less likely to develop dementia.

A recent French study investigated the association between cardiovascular health level and risk of dementia and cognitive decline in a large cohort of older persons.

The study followed more than 6,000 adults aged at least 65 years old who had no history of dementia, heart disease or stroke at the beginning of the research.

The patients' heart health was tested using seven measures from the American Heart Association including: regular exercise, a healthy diet, not smoking, avoiding excess weight, and keeping cholesterol, blood sugar levels and blood pressure within a healthy range.

According to The American Heart Association, after an average of 8.5 years, those who only met zero to two heart health measures had a dementia incidence rate of 12.7 per cent compared to 7.9 per cent for those who met five to all seven of the heart health measures. For each additional measure achieved, dementia risk dropped by about 10 per cent.

Another significant recent research in this area is the Finnish Geriatric Intervention Study to Prevent Cognitive Impairment, most commonly known as the FINGER

study, that I have written about previously.

This study established that lifestyle interventions including diet, exercise and brain training can help you to lower your risk of developing dementia.

Replication of the FIN-GER study in the United States, known as U.S. POINTER, is already underway. Recruitment of 2,500 participants aged 60-79 began last year and the study will follow participants over a two-year period.

Closer to home, the AU-ARROW trial will likely commence recruitment of participants later this year. This Australian version of the FINGER study will closely follow methods used in U.S. POINTER, yet is unique in that it will be the first to

include comprehensive assessment markers, and regular six monthly follow-ups, to assess the ongoing benefits of the study.

According to a lead investigator in the US version of the study, "No approved medications (for dementia) have produced results as effective as those seen in the study." Given that no new medications have been approved for use for treating dementia in the last 20 years, the findings from the studies are worth close examination.

Investigators hope to eventually be able to treat and lower the risk of dementia in the same way we now approach heart disease.

Professor Kaarin Anstey, senior principal research scientist at Neuroscience Research Australia (NeuRA), is involved with the AU-AR-ROW trials.

Prof Anstey has nine key recommendations for people concerned about maintaining a healthy brain and staving off cognitive decline. She refers to the recommendations as 'future-proofing' for your brain.

Dementia continues to be the leading cause of death of death among Australian women, and the second leading cause of death of all Australians behind heart disease, according to the Australian Bureau of statistics.

This emerging body of evidence regarding the correlation between heart and brain health and the shared risk factors is significant. We will learn more as research-

ers study this subject. However, in the lead up to Heart Week, don't feel daunted by changes that you may need to make to improve your heart and brain health. Your health is worth it!

If you would like to know more about Professor Anstey's recommendations and 'future –proofing' your brain, please visit our website alzheimerswa.org.au or call 1300 66 77 88.

I urge you to get involved during Heart Health Week – the possibility of increased resilience and lower risk of dementia is a huge reason why you should make some changes. Do it for your heart and your brain!

Remember, the best journeys start with a single step.



TIM Wonnacott is a colourful chap, in the best British tradition. He's the chirpy, cheerful and cultured compere of televi-

sion's Bargain Hunt.
Bargain Hunt has kept UK and Aussie viewers riveted for years, still showing here for an hour from 6.30pm on 7TWO.

TV Talk with Lee Tate - The best of British - reds versus blues

It's about ordinary people hunting bargains at British antique fairs and taking them to auction. Antiques Roadshow it ain't.

Two-member teams are handed £300 pounds and let loose at antique fairs, hunting for bargains they take to auction.

One couple wears red jackets. The competing couple wears blue. The stuff (good and bad) they buy is auctioned with the winning couple keeping any profit they might make.

For guidance, an expert roams with each couple. After their purchases, whatever is left of their £300 pounds is handed to the expert to seek a bargain and hopefully help improve the tally. The couples can reject the experts' selections.

The show has flourished through the 2000s, given a fillip when Tim Wonnacott took over hosting from 2003.

From the BBC, it is good steady viewing fodder, without on-

screen yelling, needless hype and concocted comedy.

Softly-spoken Tim, who produces the wit and occasional dig at contestants' antique choices, stands out with his tasteful, coloured clothes, designer-spectacles and natty hats.

Tim, 68, is that media rarity; an expert who does on TV what comes naturally and hits the spot. Turns out he's a fascinating chap – a chartered auctioneer and surveyor.

He did a postgradu-

ate course in fine and decorative arts at the Victoria and Albert Museum and was a director of Sotheby's auction houses, but left in 2003 after 25 years to concentrate on his media activities.

He also started a fine art agency and brokerage business to provide independent advice to buyers and sellers of antiques.

Tim replaced David Dickinson as the day-time host of Bargain Hunt and his contract for 30 shows was ex-

tended to 350 shows.

He also became the narrator of BBC TV's Antiques Road Trip and Celebrity Antiques Road Trip.

In 2014, Wonnacott was a contestant on TV's Strictly Come Dancing, partnered with Aussie dancer Natalie Lowe. They survived till week four, after dancing the paso doble.

Tim said: "It's a great treat to be on a program like *Strictly*. For an old geezer like me, who comes along in his 64th year and he's slightly portly and he thinks he's a bit over the hill. This last month, with this delightful teacher, has taken me to a very special place."

We can still catch him in Oz on Bargain Hunt but the father-of-three has left the show after a dispute with the producers. The series continues with guest presenters, but there is only one Tim Wonnacott.

Aussie TV networks might want to sign him. He's sold his £2.7m Sussex mansion to move to Australia.

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Donovan Village is located in the foothills of our beautiful city.

Maintaining the bush feel, this village is surrounded by trees, birds, and a stone's throw from Lesmurdie Falls. The village has a vibrant community with regular bus trips and outings and a wide variety of resident organised activity in the quality community centre. Donovan Village is pet - friendly, so you can bring your fury friend with you!



Donovan Village

2 1 1 1

Unit 28, 138 Lewis Road, Forrestfield

This breathtaking, newly renovated two bedroom one bathroom home has stone bench tops, quality appliances, new floor coverings, new paint and bathroom.

For sale from: \$349,000



Donovan Village

=2 **1 1**

Unit 33, 138 Lewis Road, Forrestfield

This spacious two bedroom one bathroom Villa has carpeted open-plan living and airconditioning with a private courtyard requiring minimal maintenance.

For sale from: \$360,000



Donovan Village

=2 **1 1**

Unit 53, 138 Lewis Road, Forrestfield

This stunning 2 bedroom 1 bathroom home is thoughtfully laid out and offers a great chance to downsize in a friendly community. Located on a corner block close to the community centre this home has a great outside area to enjoy your morning coffee and listen to the birds.

For sale from: \$349,000

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

The last ANZAC Day service on the Australian mainland



The Ngaru Pou Maori cultural group will perform at the ANZAC Day service at ANZAC Cottage

REVERENCE and respect for those who gave their lives during Australia's wars has not in any way diminished and arguably has grown through our observation of anniversaries of battles and events over recent years.

What has changed is the growing awareness of the challenges and issues faced by those who have survived these experiences and returned home to face a rapidly changing world and, in some cases, a difficult transition from life in the services to civvy life.

The growth in organisations and individuals, often with a background in the services themselves, who are working to address these issues and provide a range of experiences to assist those who are struggling is most welcome.

One of these people is Michael Smith, the guest speaker at the Friends of ANZAC Cottage's Sunset Service at the Cottage on ANZAC Day. Michael, who served in both the eastern states and on deployment to East Timor as an ARA parachute rigger, has developed an interesting initiative which will not only assist veterans but also play an important role in protecting native fauna.

This program involves taking small groups of ex-servicemen and women to South Africa where they work with a not-for-profit organisation called International Coalition of Rhino Protection to assist in the training of local park rangers to protect native fauna. This work, saving and protecting the endangered iconic wild animals, not only assists in developing skills and knowledge but offers a special healing experience for those struggling with mental issues

The Friends of ANZAC Cottage offers a number of experiences on ANZAC Day, with the cottage open from 3pm to 6pm. A popular annual activity is a free wreath making workshop for children that com-

mences at 4pm. This allows the younger generation to participate in a meaningful way to the Sunset Service, when they lay their carefully created wreaths at the flagpole during the service.

And from South Africa to the other side of our continent, the inclusion of a young Maori Group, the Ngaru Pou Cultural Group, will not only lead the singing of the New Zealand National Anthem but will also perform the haka, thus acknowledging that enduring partnership between Australia and New Zealand forever embedded in the evocative word ANZAC.

The surset service is the last ANZAC service conducted on the Australian mainland, commences at 5.15pm and the public is welcome to attend, to lay a wreath and encouraged to bring their own chair if required. The ANZAC Day activities are sponsored by the State Heritage Council and the City of Vincent.

For more information please contact secretary Friends of AN-ZAC Cottage, Anne Chapple on 0411 44 55 82 or email: chapan@highway1.com.au

The digital divide



by Frank Smith

AS THE world becomes more digital, older people are often being left behind. Banking, communication with Centrelink, MyAgedCare.gov.au, keeping in touch with children and grand-children and even booking appointments with your doctor is now much more easily done on line by seniors who have some degree of digital literacy.

The children of most seniors are socially mobile and many live in other states or overseas. Digital literacy provides an opportunity to stay in touch with them.

Professor Loretta
Baldassar of UWA's
School of Social Sciences and Associate
Professor Raelene
Wilding of Latrobe University are in the midst
of a three-year project
to analyse the support
network of older people and evaluate how
to improve their social
inclusion by digital literacy

Dr Baldassar said access to social networks and a capacity to belong and engage with other people is a significant indicator of healthy ageing.

Uptake of new communication technologies means that social activities, social interactions and a sense of belonging are no longer limited to networks and communities that are close to home.

The project aims to identify the role of distant and virtual support networks in the lives of older Australians, the potential and actual role of new media in the experiences, and their use of effective support networks.

The insights gained by this project should radically improve aged care policy and service delivery, she said.

"Seniors who have been able to acquire computer competence can manage mobile phones, Skype, email, access to Internet and social media, all of which is needed for them to lead independent lives and access services and social connections.

"Grandchildren who are too shy to talk to their grandparents can show what they are doing using the video link in Skype.

"Computers may consist of simple tablets, cheap refurbished desk top computer or public ones provided in the local library. Tablets are often preferred because they have

a bigger screen than mobile phones, they are light to carry and relatively cheap.

"People are marginalised without access and knowledge to use digital equipment. Computer use is correlated with age and the old, old are being left behind," she said.

"One third of Australians were born overseas. Migrants are open to trying and tend to be more computer literate than Australian born seniors, because they are motivated to keep in touch with overseas family and friends.

"Many seniors refuse to learn computing because they lack confidence. Men tend to be more scared than women, they are used to knowing everything and need help to remove performance anxiety.

"In a study at Belmont we paired older people with younger volunteers. Seniors told their life story and the interaction led indirectly to increased digital competence.

"Members of the younger generation set up the computer, but we found many seniors develop skills independently and motivate themselves once they get started.

once they get started.

"At the Rockingham
Computer Club the old
teach the old. They
have weekly drop in
meetings with no curriculum. That removes
pressure. People learn
at different levels.
Some just come to ask
a question and don't
stop if they are not interested.

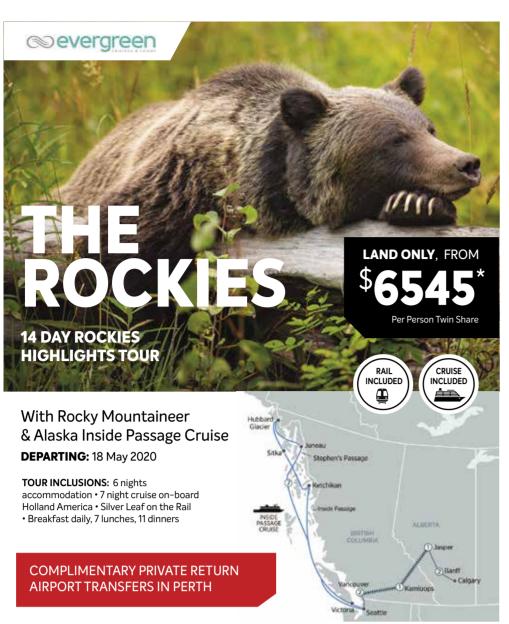
"Successful computer literacy teaching works best using a community practise model rather classroom style teaching. Participants learn by watching.

"Residential aged care is a particularly dark spot. But where residents are given facilitated access to the Internet we have found it enhances communication with staff and other residents.

"Our research is also looking at a digital role in helping people with dementia. Computers provide opportunities for new learning and some guided intervention might help alleviate boredom.

For example a program which allows people to make pottery in virtual reality on a computer has been used to successfully bring residents to interact with the rest of the community," she said.











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Cleaning your teeth may help prevent Alzheimer's disease



by Frank Smith

SCIENTISTS looking for a cure for Alzheimer's disease (AD) may have been barking up the wrong tree.

Alzheimer's disease is characterised by the accumulation of two abnormal proteins - amyloid clumps and tau tangles - that appear to damage neurons in the diseased brain. Most research has been directed at finding way of clearing these from the brain or better still preventing them from being formed.

But these protein clumps and tangles may be a symptom, not a cause of brain disease.

Some drugs have successfully removed the proteins, at least in mice, the progressive memory loss and cognitive decline remained.

This has been explained by the realisation that the abnormal proteins accumulate for vears before any symptoms are obvious, suggesting that medical intervention should take place years earlier, but we don't know when or how to do this or to whom.

Moreover, the brains of some older people who retained normal mental faculties until their death have been found to have brain plagues and tangle but no dementia.

Now Dr Casey Lynch and a team at Cortexyme, a pharmaceutical company in San Francisco, has come up with evidence that AD can be triggered by a bacterium, Porphyromonas gingivalis, the cause of gingivitis, a common gum disease.

They found two enzymes produced by P gingivalis in over 90 per cent of human brains that they examined post mortem. These enzymes, called gingipains, were present at higher levels in tissue with more tau tanales. Brain samples from people without AD had only low levels of gingi-

Dr Lynch also found that when P gingivalis is used to induce gum disease in mice it also invades their brains, leading to damage similar to that found in AD. The mice developed amyloid plaques and tau tangles and nerve damage in the brain regions normally affected by AD.

Scientists do not know how P gingivalis, which is present in more than 50 per cent of older people, gets into the brain. but dentists have found that when dental plaque builds up on the edge of the gums it forms inflamed pockets containing P gingivalis. These can grow and produce toxins which are carried to the brain in the blood.

Inflammation resulting from P gingivalis leads to chronic periodontitis and loss of teeth. AD patients have been observed to have lost more teeth than the average for their age group.

Bacteria are not normally able to cross the blood-brain barrier, but P gingivalis can invade white blood cells and may enter the brain through them.

There are two possible mechanisms by which P gingivalis could cause the symptoms of dementia. It may cause brain inflammation and amyloid clumps are formed in response to inflammation by the brain. This in turn may kill neurons or gingipains may damage nerve tissues directly.

Earlier research has shown that AD causes brain inflammation and anti-inflamatories able to slow the development of the disease somewhat.

exciting thing The

about this discovery is that it suggests ways of preventing AD. Cortexyme is developing molecules that block the gingipains. Blockers given to infected mice reduced brain inflammation and halted amyloid production.

The drugs have passed safety tests in humans and will be used in a trial with AD patients this year.

These results from Cortexyme sound too good to be true.

Not all scientists are convinced that P gingivalis is the primary cause of AD. There may well be other ways in which the brain can become inflamed, triggering amyloid and tau protein production. There is also a genetic component in at least some cases of the

Speaking to New Scientist, Bryce Vissel professor of neuroscience at the University of Technology Sydney, said the answer to AD is unlikely to be one-cause-fits-all.

"We need to keep open eyes. However, Alzheimer's is so common in people at advanced age that I think it can only be either some intrinsic property of the brain, or an infection," he said.

Coincidently a vaccine for P gingivalis is under development at the University of Melbourne to protect people from gum disease. If successful this may be a powerful tool to help prevent AD which would be a valuable spin off to its primary aim.

In the meantime regular teeth brushing and flossing and visits to your dentist to remove plaque can reduce the risk of gum disease, and may help prevent Alzheimer's disease.

The research was published in *Science Advances* January 2019 edition.

Denture clinic provides full service for Midland

FOOTHILLS Denture Clinic provide affordable professional services to their clients by the father-daughter team of Malcolm and Raynee McAr-

Denture repairs can be done while you wait, and denture relines are usually a same day service.

The clinic is qualified to make all dentures including part acrylic and metal dentures and they are now registered to provide implants retained over dentures.

The Foothills Denture Clinic is a Medibank Private preferred provider, HBF participating provider and deals with Veterans' Affairs, pensioner discounts and country clients.

Either Mal or Raynee will be happy to discuss any queries, free of charge. Visit shop 4, 16 The Avenue, Midland or call 9250 1733.

All welcome to the Gathering at northern suburbs social group

ONCE a month the Gathering, a northern suburbs social group, meets in Wanneroo to experience a fun morning with professional guest speakers, live music (sing a long), quiz, prizes and a few laughs.

The cost is \$4, and they ask attendees to bring along a plate to share. The tea and coffee are free.

The dates for the next three months meetings are 16 May, 20 June and 18 July.

The group meets from 10.30am to 1pm at St Anthony's Church hall, 15 Dundebar Road in Wanneroo.

Registration starts at 10.15am.

Anyone interested is welcome to attend or can call Jim Egan on 0413 866 320 for more details.

Stem cells and arthritis



Evolution of Osteoarthritis Diagram; 1. Bone, 2. Cartilage, 3. Thinning of cartilage 4. Cartilage remnants 5. Destruction of cartilage © doctorramey.com

ARTHRITIS is a painful condition of inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from dam-

tants and infection and also to start the healing process. The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to joint replacement surgery.

Evolution of Osteoarthri-

- tis (Diagram 1.)
- 1. Bone
- 2. Cartilage
- 3. Thinning of cartilage
- 4. Cartilage remnants

5. Destruction of cartilage
Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flex-

How Can Adult Stem Cells Help Arthritis?

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue, adult stem cells can become new bone or cartilage cells. This process has been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells - which then replace damaged cells anywhere in the body. The more stem cells you have in vour bloodstream the better. If you would like to find out more about how stem cell nutrition can transform your life, phone Sandra Barnsley on 0412 479 156.

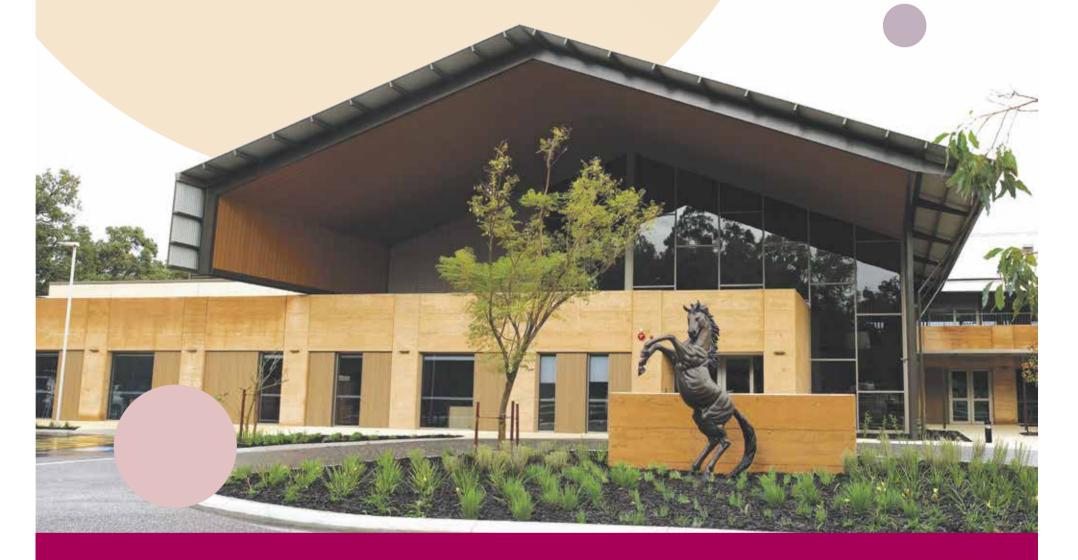






Dental Prothestists Malcolm J McArthur & Raynee McArthur







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Our friendly team will take the time to really get to know you, so you're free to be yourself and make the most of the modern facilities. Located in the peaceful semi-rural suburb of Martin, Juniper Hayloft includes landscaped gardens and relaxing areas to share with family and friends.

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Juniper Hayloft Residential Care







healthy living ADVERTISING FEATURE



health options for the mature west australian





Ringing in the ears can make life a misery



by Frank Smith

NEARLY everyone gets tinnitus at some time and to some extent.

Tinnitus is any sound that you hear in your head that is not caused by an external source. It is frequently described as ringing, clicking, buzzing, crickets or roaring sounds in the

Our hearing system tends to filter out sounds that are unimportant, so most people are able to 'tune out' their tinnitus after a while. However, if you are anxious or concerned by your tinnitus, your brain may treat the tinnitus as an

important sound making it difficult for you to 'tune it

Have a Go News reader Jacqui Proctor is one person who just can't tune it out. A pianist and former music teacher she had a sudden onset of tinnitus during a concert in Perth last year. And she can't shake it off.

"I can't sleep for tinnitus. I had only two hours sleep last night," she said.

"It seems that balance is involved. It starts immediately when I lie down. The sound is not in my ears but behind them in the back of my head.
"I visited my doctor who

prescribed tablets to help with the nausea which seemed to accompany the ringing in the ears. The tablets helped the nausea but I was told nothing could be done about my tinnitus," she said.

She complained that there was very little research into the cause and treatment of tinnitus.

"There is no money for research, no one is doing anything about it."

Certainly there is no Nobel Prize waiting for a successful tinnitus cure.

This leaves the way open for a plethora of 'cures' with little or no scientific basis.

Jacqui has tried homeopathy, ear patches, acupressure, herbal medicine and a biodynamic cranosacral therapist to no effect other than to cost her money.

The cranosacral therapist did make the plausible claim that tinnitus is caused by too much adrenaline over a long period. This would accord with the observation that stress and tension is a large contributor to tinnitus.

An Oasis sound thera-

py machine, which generates a range of sounds designed to train the brain to listen to external sounds rather than tinnitus was partly effective at a cost of \$470 including an assessment fee.

"I used the machine for about two weeks but became irritated with the continual sounds that should have aided a sense of calmness. To begin with it did help, but in the end I gave it up," she said.

The Ear Science Institute of Australia says there are many different causes of tinnitus. It is linked to exposure to loud noise, hearing loss, ear or head injuries, some diseases of the ear, ear infections or a side effect of medication.

Jacqui has been diagnosed with 30 per cent hearing loss, not unusual for a 73 year old.

The Lions Hearing Clinic website says research has found that if you can change the way you perceive, and relate to your tinnitus, you can significantly reduce the distress caused by your tinnitus. When you hear tinnitus, the majority

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alzheimer's wa

the dementia experts

Studio.

Scarboro Toyota

Don't face dementia alone

living with dementia.

Providing specialist advice, planning and support for Western Australians

of people's habitual and instinctive response is to get annoyed, irritated and distressed. However by getting upset you can actually make your tinnitus worse, as these negative emotions cause increase stress on your brain which in turn amplifies your tinnitus.

Lize Coetzee, head of clinical services at Ear Science Australia said stress is a major component causing tinnitus, but not for everyone.

"Most people can deal with the noise but some cannot.

"Tinnitus is a complex condition requiring management by people from multiple disciplines, including ear nose and throat specialists, psychologists and audiologists.

"The main treatment options are sound therapy and cognitive behavioural therapy," she said.

Ear Science Australia has three specialist clinics dealing with tinnitus management at Winthrop, Mount Lawley and Bunbury, Ring 1800 054 607 to arrange for an assess-

Funding for home modifications

INDEPENDENT Living Centre WA (ILC WA) now provides home modifications in select regions of Western Australia to increase or maintain a person's independence, safety, accessibility and well being.

Eligible people living in the Pilbara, Kimberley, Midwest, Goldfields and Great Southern regions can access assistance through the Commonwealth Home Support Programme (CHSP) with the cost of modifications.

All modifications require supporting clinical justification from an occupational therapist and home owners are expected to make a contribution to the cost of the modification.

Home modifications can include: rail installation; ramps and doorway wedges; slip resistant flooring; re-positioning of clothes lines and letterboxes; installation of lever tap sets and door handles and more complex activities (bathroom or kitchen redesign and widening doorways).

People who believe they would benefit from a home modification can be referred to the service by contacting My Aged Care www.myagedcare.gov. au/ or 1800 200 422. If you have already consulted with an occupational therapist (OT), and home modifications have been identified as necessary, the OT may assist you to access the service.

For more information, please contact: Jenny Bishop, service coordinator, Goods, Equipment and Assistive Technology (GEAT) on 9381 0600 during normal business hours.

Would you like more information on occupational therapy or physiotherapy services at the ILC? Visit the website at www.ilc.com.au or call 9381 0677.

Find the secret word and win



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.

 Hetherington Funerals 2. Little Ferry Co. 3. Lend Lease

4. Foothills Denture Clinic 5. Aussie Redback

Tours 6. BomBora Resort

7. Botanicalia Cafe 8. Yanchep Inn

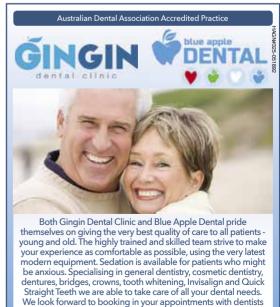
9. Alchera Living 10. Paraquad Industries 11. Studio Victor

Entrants can enter via email win@haveagone ws.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leed-erville 6901. Don't forget to include the word, your name, address and phone number. Closes 7/5/19.

Congratulations Luong Mee Ling our January 2019 winner.



KINGS



Dr Jonathan Barron, Dr Evelyn Lau or Dr Mark Nelson, or one of our dental hygienists.

Call today to book your appointment on 9304 0399

HICAPS

#325 April edition **PUZZLES Solutions**

4	3	9	6	7	8	2	1	5
8	7	5	4	2	1	9	3	6
6	1	2	3	9	5	4	8	7
1	4	3	2	5	9	6	7	8
2	5	8	7	1	6	3	4	9
9	6	7	8	3	4	5	2	1
3	2	1	9	6	7	8	5	4
5	8	6	1	4	2	7	9	3
7	9	4	5	8	3	1	6	2



© Lovatts Puzzles

Wheel Words:

Acme, Came, Camp, Cram, Kame, Kemp, Mace, Make, Marc, Mare, Mark, Meek, Mere, Perm, Pram, Ramp, Ream, Cramp, Cream, Creme, Karma, Maker, Remap, Ampere, Camera, Camper, Raceme, Remake. 9-letter word: PACEMAKER

Square Shuffle:

Alee, Hull, Keel, Port.

Have a Go News Quiz Page 2:

- 1. Edmund Barton.
- 2. Twice.
- 3. 1903.
- 4. 1898.
- 5. Wheatbelt.
- 6. 1901.
- 7. Her son Edward.
- 8. Derby.
- 9. Boab.
- 10. 14 million square kms.

What's on at St Patrick's **Anglican Church Mt Lawley**

Maundy Thursday 18 April @ 12pm leal and reading of the All welcome

RSVP to Becky on 0478 519 835

Good Friday 19 April @ 10.15am Solemn Liturgy of Good Friday

Holy Saturday 20 April from 5.30pm Community Bonfire lit at 6pm Lighting the New Fire and Exsultant at 7pm

Easter Sunday 21 April @ 10.15am **Holy Communion**

& Renewal of Baptismal Vows (children's activities and Easter egg hunt)





Morish Nuts - a delicious success story from WA



MUCH loved WA producer Morish Nuts certainly made an impression at least year's Perth Royal Show.

They took out one gold, one silver and five bronze in the 2018 Pantry Goods Awards which is testament to their dedication in producing quality Western Australian products.

Owned and operated by Archie Moroni (self-proclaimed principal nut) and his partner Marie Mapp the business was born in 1994 from a rented Cottesloe town house. Archie attended Murdoch University and in his spare time he baked halfkilo batches of specialty nuts for Marie to package and sell at local universities and markets.

Soon demand was high and business quickly grew into a fulltime operation.

Archie's university studies were placed on long term hold to concentrate on producing

Morish Nuts into the success they are today... and they still

This boutique Western Australian business, manufactures handcrafted Australian confectionery, using only premium selected nuts.

They have been operating for 25 years, for the past five years from their modern production facility and retail outlet in the in the Swan Valley.

They have retail outlets located in Watertown. West Perth and Fremantle Markets. Their products can also be found at Australian agricultural shows, field days, other special events and online.

Morish Nuts are also served

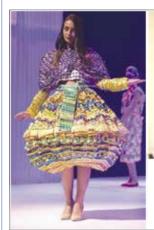
on Australia's leading airlines Virgin and Jetstar and at leading hotels such as Pan Pacific, Grand Chancellor and Versace.

Morish Nuts make the perfect gift all year round. To celebrate Mother's Day they are pleased to offer two lucky readers the opportunity to win an awardwinning cabin bag carry bag filled with delicious Morish Nuts.

WIN WIN WIN

To be in the draw to win one of two cabin bag hampers simply email win@ haveagonews.com.au with Morish in the subject line or write to Morish Nuts c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 1/5/19.

Wearable art show arriving to Mandurah in June





L-R; A sample of some of the costumes which will be displayed at Wearable Art Mandurah - A garment from Queensland by Teddy McRitchie called In Bloom being coveted by wardrobe manager Sacha Mahboub.

THERE'S always lots going on at the Mandurah Performing Arts Centre and often well-known identity Sacha Mahboub will be involved. Sacha has had an impressive career in performing arts throughout Australia and Europe as a performer and professional dresser. He has been the principal dresser for WA Opera since the early 90s, dressed Mikhail Baryshnikov and been the personal assistant to Julie Andrews when she came to WA. That's just a little glimpse of an extraordinary career! At 78 he epitomises the 'have a go' spirit and this year he takes on the role of wardrobe manager for the Wearable Art show which comes to Mandurah in June. There are two Wearable Art events being presented at MPAC in June - fully staged and choreographed and featuring costumes from local and overseas on 15 June at 6.30pm and 16 June at 2pm. Bookings 9550 3900.

com.au and include the

word creations in the

subject line or address

Crafts, antiques, collectables and vintage clothes - all under the one roof



COME along to the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair on Saturday 27 and Sunday 28 April from 9.30am to 4.30pm where people can visit more than 300 indoor market stalls from across this three-way combined event at the Claremont Showarounds

The event comprises aree individual fairs three which include handmade crafts, antiques and collectables and the Polka Dot Vintage Market, all

conveniently located at the one venue.

The craft exhibitors offer a wide variety of different unique and quality handmade crafts for sale. Enjoy a shopping experience where the person selling the product is the person who made it. Craft stalls are situated inside the Robinson Pavilion. They also have a wide range of food products.

This fair includes antique and collectable 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.

At 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 \$8 with children up to 10 years old admitted free.

There will also be a chance to be in the draw to win the \$2000 door

The 3 in 1 Market @ Showgrounds is organised by Treasured Craft Creations.

For further information about the fair, phone 9457 9315 or visit www. com.au

WIN WIN WIN

To be in the draw to win a double pass to 3 in 1 Markets, email win@haveagonews.

Mother's Day gift ideas at

Inspired Selections

Opening hours...

Wednesday, Friday & Saturday: 10am - 4pm Thursday: 12pm - 6pm

French inspired furniture, gift and homewares

details on the reverse an envelope to Treasured Craft Creations side. Competition ends Competition c/- Have

Release product now available. SAFE, EFFECTIVE and AFFORDABLE

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a Go News PO Box

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WA 6901 with your

Repair and Regenerate your body with Stem Cell Nutrition

Attention all retirement villages...

Learn how new technology can slow down the ageing process!





A recent overseas study has proven it's almost impossible for our bodies to produce the antioxidant glutathione with food and supplements, which is why switching to NRF2 pathway is so very

Increase your cellular performance & rejuvenate cells... For information on glutathione possibilities, and preventing cancer contact me, I have 40 years experience in the fitness industry and would like to spread the word...

"I offer FREE talks and advice on health, wellness, fitness, weight loss and slowing down the ageing process...find out all that you need for improved health, better sleep, more energy and getting rid of brain fog." Janet Senior, Better Life

CALL JANET NOW on 0456 666 362



2/55 Crocker Drive Malaga www.inspiredselections.com.au

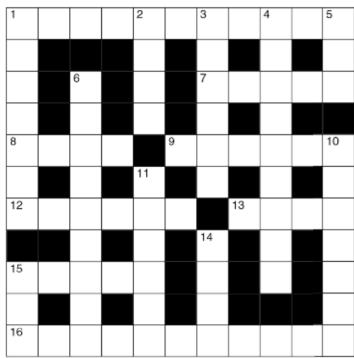
9209 2525



Have a Go News PUZZLES PAGE Have a Go



CROSSWORD



#325 April edition

puzzle solutions on page 23.

R

© Lovatts Puzzles

STRAIGHT CLUES

Across

- 1. Riders (11)
- 7. Summons on bleeper (5)
- 8. Place (4)
- 9. Green sheen on copper (6)
- 12. Story in instalments (6)
- 13. Cathedral, Notre ... (4)
- 15. Fastens with key (5)
- 16. Harsh bosses (11)

Down

- 1. Joins army (7)
- 2. Pudding starch (4)
- 3. TV encore presentation (6)
- 4. Church of England congregation (9)
- 5. Mayday call (1,1,1)
- 6. Cloudy eye condition (9)
- 10. Schedules (7)
- 11. Kidnap demand (6)
- 14. Lambs' mothers (4)
- 15. Item bid for in auction (3)

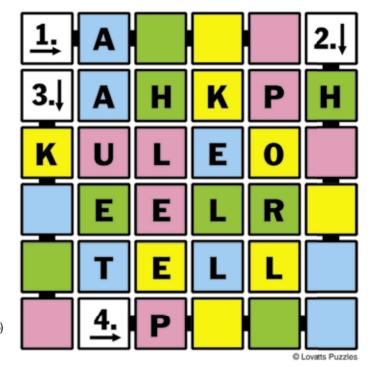
CRYPTIC CLUES

- 1. They're skilfully mounted for the show (11)
- 7. Book leaves boys at weddings (5)
- 8. Location could even assist me (4)
- 9. Surface layer taipan disturbed (6)
- 12. Daily drama sounds like a breakfast favourite (6)
- 13. Edna, district attorney and myself (4)
- 15. Rugby players with curls? (5)
- 16. Are they the very best at their jobs or do they iust get others to work harder? (11)

- 1. Signs up enrolled nurse initially and keels over (7)
- 2. Cereal grown outside San Diego (4)
- 3. Mention again about bog fuel (6)
- 4. Nag about fifty-one cans found by church members (9)
- 5. Spots odd distress signal (1,1,1)
- 6. Water falls with this optical ailment (9) 10. Silver sedan spoilt plans (7)
- 11. In Tehran, some pay money to buy freedom (6) 14. Use noisy sheep (4)
- 15. Portion in car park or in life (3)

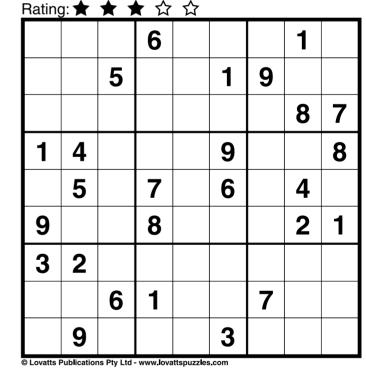
SQUARE SHUFFLE

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





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



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	19 Very Good	23+ Excellent



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Have a Go News provides mature Western Australians with quality lifestyle information for them to live a healthy and fulfilling life

Exclusive stories published daily, competitions and movie reviews





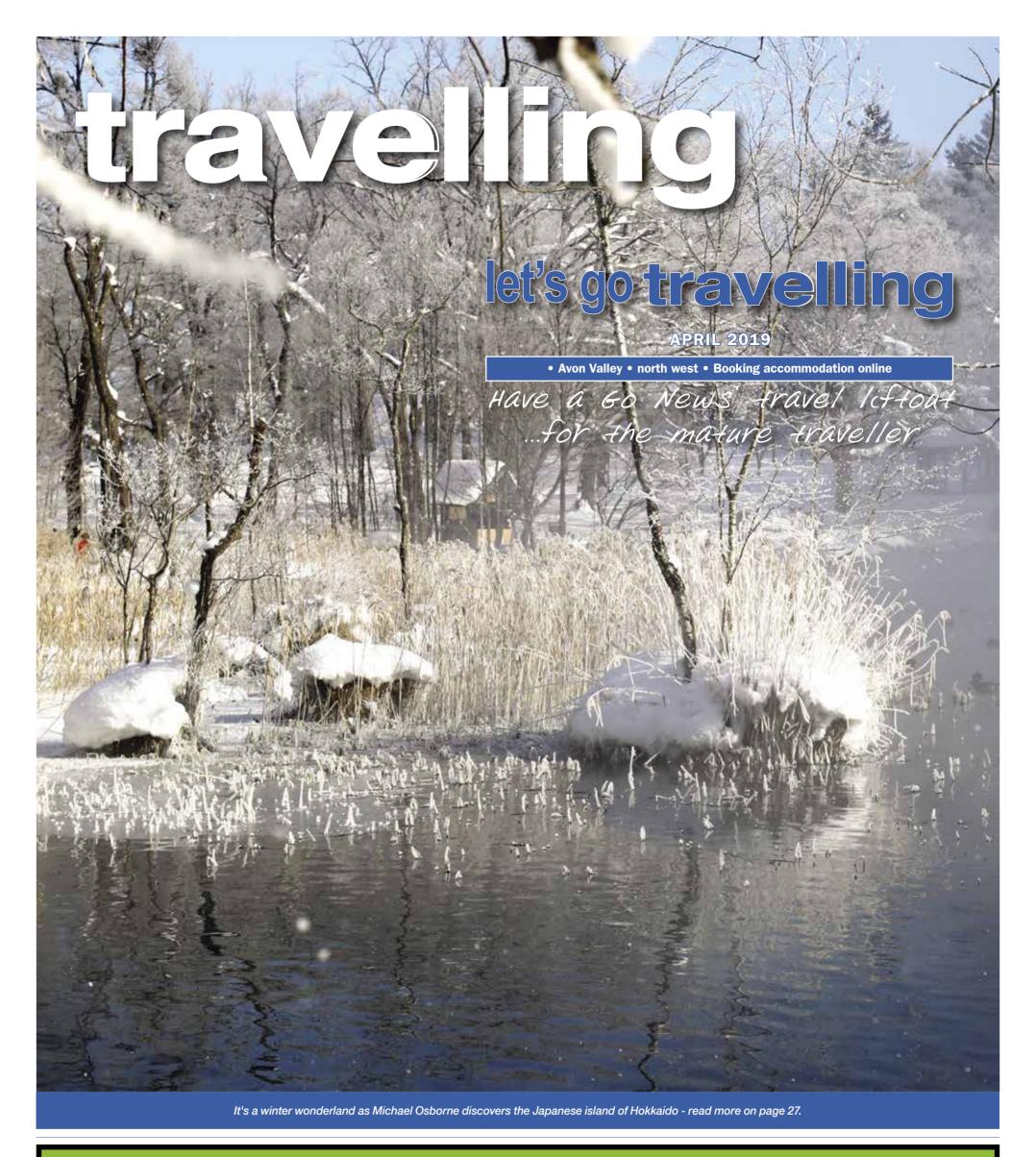




We now offer readers the service to deliver the 'E' edition of Have a Go News directly to your inbox each month. It's free.

*Be the first to read the news, enter our competitions and get up-to-date on new information. *Conditions apply. May also include offers and promotions throughout the month.

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



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Experience the grandeur of Africa on this magnificent guided tour from Perth. From cosmopolitan Cape Town to the power of Victoria Falls and legendary wildlife, this African holiday is abundant in natural splendour, exotic wildlife, wilderness and safaris, dazzling coastline and sunsets and exotic history. Experience the thrill of multiple game drives, unique culinary experiences, one of the greatest waterfalls in the world and go in search of the Big 5.

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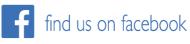
PRICE: \$9255 per person twin share \$875 single option FreeCall 1800 066 272 for a comprehensive itinerary.

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et's go travel options for the mature w





SLEEPING on planes is never fun unless of course you're in the pointy end but most of us rarely have the opportunity. When I was wondering around the Hyde Park Festival on the March long weekend, I came across a lady selling travel pillows. This well-designed pillow

supports the chin and sides of the neck to align the upper spine and helps avoid lolling heads when sleeping upright. They are machine washable and available in two sizes and many colours and are made in Australia. If you are interested in purchasing one call Vivienne on 0417 968 796 or email vivienne@ goodflightsleep.com.au

*** Qantas customers can now enjoy a more flexible carry-on baggage allowance on domestic flights with the opportunity to bring two pieces weighing up to a com-

bined 14kg onboard, including one piece which can weigh up to 10kg. This means that customers can utilise the option of not having to check in luggage on domestic

If you are planning a trip to Brazil anytime soon, the country has waived tourist visas for Australians which will come into effect from the 17 June. You can find out more information from www.smart raveller.gov.au

Scoot the low-cost arm of Singapore Airthree-times weekly service from Singapore to Laos. Offering flights to both Luang Prabang and Vientiane. A one way, tax inclusive fare from Perth to Luang Prabang costs \$206. Scoot is the only airline offering di-Singapore-Laos services. I visited Laos several years ago and found it such a peaceful and beautiful place to visit and with airfares this cheap it's well worth planning a trip.

*** These days complaining seems to have become an art form and I

read an interesting story about passengers' complaints to airlines. Here's a couple which should engender a giggle or two... A passenger on an American airline complained that they did not have a toilet paper policy and that all toilet paper should come out from the top instead of the bottom. In Australia two first class passengers refused to fly when told that the airline had run out of their size of pyjamas even though offered the same size of business class pyjamas. And to finish off a major complaint from passengers is for the engine noise to be turned down during the flight.

If you have been travelling recently and would like to share a photo of your trip whether it be something funny or just a great shot, feel free to send through to me on email to Jen@ haveagonews.com.au, I love hearing from readers about their travels.

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

on my email.

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

Happy trails

Jennifer Merigan **Travel Editor**



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

Visit us online for more let's gotravelling www.haveagonews.com.au

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- FREE wireless broadband internet, FOXTEL
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fact, Mt Augustus, and it's right here in Western Aus-

WHEN you mention travel

to the biggest rock in the

world, most people automatically think of Uluru, but the biggest rock is in

Mt Augustus is situ-

ated in the middle of the

Mt Augustus © Grace Jones Gascoyne region of WA. It rises 715 metres out of the surrounding alluvial plain. It is a magnificent sight and the 49 km drive around the rock reveals stunning rocky creeks, gorges, open plains, Ab-

original rock engravings

and a whole variety of

flora and fauna including white-barked river gums, mulga, gidgee, spinifex pigeons, crimson chats. mulga parrots, babblers, emus, wild turkeys, bungarras and red kangaroos.

Make a visit to Mt Augustus - the biggest rock in the world...

It's quite an under rated destination and yet when you read reviews on Trip Advisor about this place you'll notice that anyone who has visited the Rock has nothing but glowing reports about it. Words like "beautiful red colours", "amazing walks", "well worth the visit", "loved the remoteness", "truly something I will never forget" and so on...

Sharon from Aussie Redback Tours has travelled to Mt Augustus several times and she has never been disappointed.

"The colours are stun-

ning - red earth, bright blue sky, campfires under star-filled skies at night and the flora and fauna in the area is so unique and beautiful. The silence and remoteness is awe-inspiring", says Sharon.

Aussie Redback Tours will be travelling to Mt Augustus twice this year. The first tour – Mt Augustus / Kennedy Range departs on Saturday 4 May and includes a visit to the rugged gorges in Kennedy Range National Park and the amazing Quobba blowholes. The weather in May is absolutely beautiful and is one of the best times to travel in the Gascoyne. Early morning and late afternoon autumn skies make for some of the most amazing photo-

The second tour - Mt Augustus / Karijini departs on Tuesday 1 October and includes the very popular Karijini National Park with its spectacular gorges, creeks and chasms. This is a spring tour, making it a great time to see wildflowers along the way and back again. With good winter rains, the scenery can be stunning with carpets of

flowers in many locations. If you would like to join Aussie Redback Tours on either of the tours above, or if you'd like one of their brochures sent to you, please phone 1300 662 026 or email aussiered backtours@yahoo.com. au. See the ad in this edition for more tours including day tours, extended tours, and more.

journalist Lee Tate, our

regular contributor, are

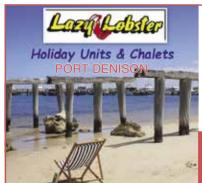
available after a reprint

Premier Mark Mc-Gowan wrote: "It's a very wonderful book

 filled with interesting facts and figures about

this amazing state of

to meet demand.



Quiet, comfy, lovely garden setting. Free Wifi. Fully self-contained well-equipped units.

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Day Tours 2019 Sun 05 May Sun 12 May Sun 23 Jun Wed 17 Jul

Mother's Day - with Elvis Presley

Pinnacles Lobster Lunch **Mystery Christmas in July**

\$105 (\$95 Seniors) inc morning tea & lunch. Pick-ups Joondalup, East Perth, Rockingham

Extended Tours 2019 - Fully Accommodated

Esperance - Bremer Bay at Easter 19 Apr Mt Augustus - Kennedy Ranges 4 May Kalbarri - Monkey Mia - Denham Margaret River - Bridgetown - Boyup Brook 26 May 5 days from \$1350pp Adelaide to the Red Centre Kimberley Dreaming - includes BONUS 12 Jun Kakadu - Litchfield National Park

Broome - Beagle Bay - Cape Leveque 15 Jul **Broome to Cairns - Savannah Way**

7 days from \$1980pp Take \$200 OFF! 7 days from \$1725pp

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7 days from \$2800pp 23 Jul 16 days from \$4940pp

Fully accommodated tours with flights and many side attractions included in the fare!





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



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Praise for Awesome WA book



PRAISE has come from all quarters for the book: Awesome WA: 1,001 Fair Dinkum Facts about WA. More copies,

"When I am next asked why I continue to live in Rockingham, will simply point out

that as well as being a great community, it is also the sunniest place in Australia. (The book Rockingham shows is Australia's sunniest

city).
"I wish you the best with the ho

Minister for Tourism, Paul Papalia wrote: "Thank you for helping to promote our state."

The book highlights truly fascinating facts about WA.

WA seemingly had the biggest, richest, rarest, hottest, sunniest, longest, oldest and oddest of just about everything.

The book is highly entertaining and informative and suitable for overseas and interstate friends and relatives.

Awesome WA is available from Have a Go News for \$25 plus postage or can be collected from 137 Edward Street, Perth, in office hours. Order through 9227 8283 or see the coupon in this issue (Page 43).



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Left to right; First morning Wakkanai - Sushi delights - Cape Soya - Red Crested Crane @ Matthew. Adobe

by Michael Osborne

WHEN we think of Japan we mainly think of Tokyo, Kyoto, Mt Fuji, Osaka, Hiroshima and Sapporo beer. So where is Hokkaido? Well it is the big island to the north and it is also the home of Sapporo beer.

It is an island of unique culture and nature, rich in history and sensational natural beauty.

The two-hour flight from Tokyo lands at Wakkanai which is the northernmost town and capital of the Soya Sub prefecture of Hokkaido.

In the Ainu language, Wakkani seems to mean 'cold water river'. Cape Soya is as far north as vou can go and locals say that on a clear day you can actually see the Russian island of Sakalin. We were lucky to see more than a few hundred metres due to a snow

storm. The original habitants of Hokkaido are the Ainu people, who have been lived there for thousands of years. Many still follow their ancient customs and beliefs, using bird feathers for clothing, gathering food for winter and following traditional song and dance as part of their life style.

There is an abundance of wildlife including the Tancho crane, Japan's natural bird figurehead. An auspicious bird that was once thought to be extinct The bird's beautiful contrasts of white, black and a red crest make it even more distinctive. The Tancho crane has been called Surround Kambui (deity of the wetlands) by the Ainu people since

ancient times. It is also revered as a symbol of a good marriage because the birds stay together in mating pairs for their whole life. The depth of this love and devotion is evident in the anecdote where a wounded male who could not fly carried food from a feed site to his family faraway on foot.

I travelled to Hokkaido in early January when the temperatures ranged from around zero to minus 20°C. This creates a huge amount of the finest powdery snow that skiers love. The island is dotted with ski fields and resorts. The best one, Japanese claim is Niseko - the prince of powder with many resorts and around a thousand hectares of skiable snow. Most resorts also feature an Onsen or

hot springs. Locals say these are so relaxing that in winter when you are soaking in the water you can hear the snowflakes falling.

produces Hokkaido the freshest of products which combined with the Japanese methods of food preparation creates a gourmet heaven. During our wintry visit we found ramen (noodle) was the ideal soup to warm us up for the outdoor challenges.

There are four different ramen soup bases that originated from the island: miso (Sapporo). shovu (Asahikawa), shio (Hakodate), and curry (Muroran). Everyone tends to have a personal preference for which flavour they like with their noodles, but why not try them all before you make up your mind.

Agriculture is the mainstay of the island. In spring and summer the weather is mild and with very little humidity, making it ideal to explore the national parks and wildlife reserves.

In the south we visited the town of Toyotomi, which is the gateway to the sensational Sarobetsu wetlands and wilderness area.

A visit to the wetlands centre is a must. While there watch a video of the year-long changes to the 20,000 hectares of nature at its best.

Not far away is Lake Saroma, the largest brackish lake in Japan and year round home to a huge selection of wildlife. It was here that I saw my first Tancho crane. The lake is separated from the ocean by a 25km sand spit which

protects the very special flora and fauna.

Furano is a more laidback destination on the island famous for picturesque rolling fields of lavender and other summer flowers in warmer times. In winter, top-class skiing and snowboarding opportunities are on offer in this scenic rural area.

Abashiri City is on the ocean and is noted for the drift ice in the Sea of Okhotsk. Also noted for its museums, national parks and wildflower reserves

As it was -20°C when was there, I really appreciated the heated footpaths when walking around the city.

For more information visit www.japan-guide. com/list/e1101.html

Michael Osborne travelled as a guest of Hokkaido Tourism.

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NEW SOUTH WEST

CHRISTMAS IN JULY

5 Days: Tue 2 to Sat 6 Jul 2019 Price: \$1485 pptw \$215 Single Option

Join us in the beautiful South West, touring the magnificent countryside and celebrating Christmas in July in glorious style. Along with all the fun of the Tap Pack show, enjoy a very special treat as you step aboard the Dwellingup Restaurant Train for a truly memorable way to enjoy Christmas in July celebrations. Seated in the 1919 vintage dining car, delight in a five course Christmas in July dinner as you meander through the night forest.

NEW JUST FOR SINGLES

CHRISTMAS IN JULY

4 Days:Tue 9 to Fri 12 Jul 2019 Price: \$1515 Guaranteed Single Room \$220 Share and Save

For a cozy Christmas in July holiday join fellow solo travellers and head to Bridgetown and the magnificent rolling hills of the Blackwood River region. Explore the surrounds, wander the historic town, step into quirky shops and enjoy the peaceful country living that Bridgetown has in spades. The highlight will be plenty of festive Christmas in July celebrations.

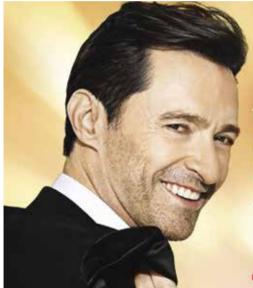
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5 Days: Sat 29 Jun to Wed 3

Jul 2019 \$1425 pptw \$210 Single Option Price:

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Discover the beauty, heritage and great outdoors of country New South Wales as you travel through the Blue Mountains, the Mudgee wine region, Dubbo, Orange and Bathurst. See historic towns that shaped Australia, wander enchanting towns of Gulgong and Rylstone, meet exotic animals at the Taronga Western Plains Zoo and step into one of the world's largest privately owned cool climate gardens.

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WINTER ESCORTED TOURS

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9 DAYS | CAIRNS & ATHERTON TABLELANDS

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Tropical North Queensland is the perfect escape for winter. Cairns, nestled between stunning untouched rainforest and the natural wonder of the Great Barrier Reef, is the perfect playground for a winter adventure. Island escapes, cultural evenings, sunset cruises, famous railway journeys, tropical gardens and marine life abound. In the lush highland plateau behind Cairns, immerse yourself in the verdant green land of the Atherton Tablelands where rolling mountains, untouched rainforests, picturesque tranquil lakes, delicious tropical produce and jaw dropping natural beauty await you.

8 DAYS | PORT DOUGLAS & THE DAINTREE

THU 11 TO THU 18 JUL 2019 | PRICE \$5385 | SINGLE OPTION \$895

Tropical Far North Queensland – where else would you rather be in winter? Once a fishing village in its early days today Port Douglas is a quaint resort town with easy access to the Daintree and the magnificent Great Barrier Reef, together with many other amazing tropical experiences. Join us for a week in Port Douglas to dine amidst the rainforest, cruise the picturesque Dickson Inlet, travel out to the Great Barrier Reef, explore the Daintree and to sample wonderful tropical produce.

10 DAYS | REEF, RAIL & ISLANDS

TUE 16 TO THU 25 JUL 2019 PRICE SENIOR \$5230 PRICE ADULT \$5255 SINGLE OPTION \$915

Follow the glorious coast of Queensland from Cairns to the Whitsundays to explore some of the world's ultimate travel destinations. Arrive into tropical North Queensland to enjoy the highlands, the islands, the botanical gardens and a harbour cruise then step aboard your train for the journey from Cairns to the Whitsundays. To complete your holiday, bask in the glorious island life of the Whitsundays

8 DAYS | JUST FOR SINGLES CAIRNS

EXCLUSIVE SOLO TRAVELLERS | WED 24 TO WED 31 JULY 2019 GUARANTEED SINGLE ROOM \$4640 | SHARE A ROOM AND SAVE \$630

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8 DAYS | QUEENSLAND HINTERLANDS

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12 DAYS | KIMBERLEY TO KAKADU

MON 17 TO FRI 28 JUNE 2019 PRICE \$6425 SINGLE OPTION \$1230 An epic road trip from Broome to Darwin, breakfast beside Nitmiluk Gorge, Kakadu National Park, Adelaide River and Geikie Gorge and spend time in

13 DAYS | DISCOVERY TOP END & KIMBERLEY

WED 3 TO MON 15 JULY 2019 PRICE \$7115 SINGLE OPTION \$1295 A small group adventure tour, travel from Darwin to Broome to experience the Cutta Cutta Caves, a sunset dinner cruise along Nitmiluk Gorge, guided walks and 4WD tour of the Bungle Bungles and the El Questro Wilderness Park.

10 DAYS | BROOME

WED 14 TO MON 19 AUG 2019 PRICE \$3520 SINGLE OPTION \$750

Unpack once for a short break to Broome with its balmy tropical vibe. Don your finest outfit for a day at the Broome Cup, witness the Staircase to the Moon and discover the fascinating Pearl industry.



WESTERN AUSTRALIA

10 DAYS | NORTH WEST SPECTACULAR

THU 6 TO SAT 15 JUNE 2019 PRICE \$3935 | SINGLE OPTION \$760 Travelling our great state, take a tour of Mt Whaleback Iron Ore Mine, stay for two nights at Karijini Eco Retreat, visit the brand new Ningaloo Centre at Exmouth, drop by Coral Bay and discover life in the outback at Bullara and

10 DAYS | JUST FOR SINGLES CORAL COAST

FRI 14 TO SUN 23 JUNE 2019 | GUARANTEED SINGLE ROOM \$4410 SHARE A ROOM AND SAVE \$725

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5 DAYS | KALBARRI NATURAL WONDERS

MON 24 TO FRI 28 JUNE 2019 | PRICE \$1585 | SINGLE OPTION \$310

Unpack once and enjoy the resort township of Kalbarri while exploring the magnificent Murchison River and gorges, station life and convict history, striking colours of the Pink Lakes and the fascinating story of the Principality of Hutt River.



Full itineraries available on request FreeCall 1800 066 272 **NEW BROCHURES AVAILABLE MAY 2019**

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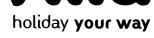












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A light tackle with a Spaniard across Perth waters

by Mike Roenndfeldt

AS each summer ap-

proaches the Perth sport/

game fishing community

has its collective fingers

crossed that this one will

be a good one for Spanish

mackerel. Spaniards are

probably our most recog-

nisable and keenly sought

light tackle sport fish, but

they can be a frustrating

proposition in the waters

off Perth.



Rob Casilli with his North Beach Jetty Spaniard

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up in good numbers over a wide area, but as often as not, finding just one during a day fishing can be quite a challenge. The usual hot spots are West End at Rottnest and along the back of the line of reefs that stretches from Scarborough to Two Rocks and beyond. They were a bit quiet this summer, but on the positive side of things, occasional fish showed up in some of the less likely areas, including behind Carnac Island and along the back of Five Fathom Bank.

Some years they turn

The fish behind Carnac and Five Fathom are often at the lower end of the expected metro size range, usually around 6-8 kg, while the West End fish tend to be bigger and those behind the reefs along the northern suburbs are commonly 8-10

The bottom line with Spaniards is, if you want to catch them in local waters you either have to be very lucky or put in a lot of time. My personal preference is to troll, especially using a deep-running Laser Pro 190 in a chrome pink colour. Usual trolling speeds are 4 to 7 knots and if you get a strike in a particular area it can pay to mark the spot on the GPS and troll over it repeatedly for 20 minutes or so, varying the line of approach each time.

Of course, if there are bait schools on the surface it goes without saying that the first thing to do is troll around the edges of the schools, especially if there are signs of predator activity such as baitfish spraying above the surface or seabirds diving to pick up the scraps. Most skippers who chase pelagic predators such as mackerel or tuna continually scan the horizon for far off signs of working seabirds.

Shore based for metro Spaniards has gained popularity in recent years, particularly at spots such as North Beach Jetty and various jetties and rock walls in Cockburn Sound. Among the fish taken in this way was a nice one of 16.5 kg caught by Rob Casilli while ballooning at North Beach Jetty around this time last year.

The fight from a Spaniard is typically two or three long, fast runs, getting shorter and slower each time. The sensible approach is to have a moderate drag setting and let the fish have its head each time it powers off, then slip into a pump and wind routine to work the fish closer as soon as it stops.

Fresh fillets of Spaniard make sensational barbecue fare. Cook them simply on a hot plate, then add salt and pepper and a dash of lemon juice before serving. Your guests will come back begging for more.

The ins and outs of booking your accommodation online...



by Frank Smith

INDEPENDENT travellers need to find a room every night, but just walking into a hotel and taking pot luck can be risky and expensive.

If you know where you expect to be on any given day you can use booking services such as Booking.com, Trivago, Expedia, TripAdvisor, Wotif, Agoda or Hotels. com to book on line quickly and at a known price. And in most cases, you can cancel the booking without charge until a few days before you are due to arrive.

But are booking services as good as their adverts claim? Do they find you the best prices, the largest choice of rooms? In the best locations?

Last month, consumers' advocate Choice surveyed the market and came up with these conclusions.

Each website they searched offered hotels at almost the same price. However, Orbitz and Travelocity quoted only in US dollars. The difference between booking services are ease of use, the number of choices and the service provided.

Choice made no recommendations but found Booking.com the easiest to use with an excellent search engine, clear room details and relevant information. It also had the best customer support.

Trivago offered the widest choice of rooms but with limited information on each hotel, and little support.

Three booking services, Trivago, Trip Advisor and Hotels Combined are aggregation services. These gather information from hotel websites, but they don't actually take your booking. Once you've selected a hotel, the they send you to the hotel's website or to a separate booking service.

The others offer similar services but you complete the booking within their own site.

Sometimes you can pick up real bargains. Two years ago, I was able to stay in Central London at the London School of Economics student accommodation at Bankside for around \$100/night including breakfast and parking, thanks to Booking.com.

If you have mobility problems Booking.com provides comprehensive accessibility information although Expedia was also helpful.

Additional information like access to public transport, parking facilities and airport transfers may be available, but it is probably better to deal directly with the hotel by phone or email.

All accommodation service websites carry user reviews. Be aware that these might not always have been written by actual paying guests.

One irritating feature of booking sites are messages such as "last room at this price" or "three other people are looking at this room now". I suspect these are often

Choice suggest that to obtain the best price vou should first search using one or more of the accommodation services, then email or ring the hotel asking for the best deal. You can quote the price you have been offered on line as part of the negotiation.

On the whole hotels would rather give discounts to guests than commission to booking agents, however unlike booking services they usually want payment in advance and don't allow cancellations.

Ed's note - and always check with your local travel agent as you would be surprised at the deals they can offer that booking sites cannot.

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Aloha Hawaii - touring the delightful island of Honolulu



From left to right; Peter and Jo Allison off touring Oahu - tribute to the Duke - Waikiki beach - inside Iolani Palace

by Josephine Allison

WE had been in Waikiki only a few days and had already experienced some of its delights when we decided to take a day-long tour of Oahu by coach. We left our hotel early and boarded the coach driven by David, our host for the day, along with fellow travellers from Australia, New Zealand, China and Hong Kong.

David was aged in his 70s, Hawaiian born with a wealth of knowledge and experience about his country. As we left bustling Waikiki and headed up the coast David pointed out some of the palatial homes, including one once owned by actor Tom Selleck located in the exclusive gated community of Black Point at Diamond Head (Selleck is well known in Hawaii for the television series Magnum PI filmed along the coast) and another once owned by Carol Burnett. Popular television actor the late Jack Lord (Hawaii Five O) lived in Honolulu for 25 years and is still fondly remembered.

In windy conditions, we viewed a plaque honouring aviator Amelia Earhart, the first person to fly solo from Hawaii to North America in 1935. We visited the Ha-Iona Blowhole, formed by molten lava tubes from volcanic eruptions thousands of years ago. The lava tubes run to the ocean and, when the surf is right, the blowhole shoots water up to nine metres into

We saw Nu'uana Pali and the serene Byodo-In temple, a replica of an ancient Japanese temple where we removed our shoes to visit. We saw beaches on Oahu's North Shore, including Waimea Bay, famous for big-wave surfing since the 60s and sampled farm-fresh pineapple and pineapple ice cream at the Dole Plantation.

Because of the high cost of labour, there are fewer sugar cane and pineapple plantations around the island these days but the pineapple we sampled almost daily was delicious.

Sandy Beach is known for its excellent bodyboarding and bodysurfing. But, Da-

vid said, there are more injuries there per year, more than any other beach in Hawaii, earning it the infamous name 'breakneck beach' for the more than 100 inju-

ries each year. In October 2014 Honolulu City Council Member Stanley Chang proposed changing the name of Sandy Beach to President Barack Obama Sandy Beach park but plans were dropped because of public opposition.

David is an ocean lover. He said he had been raised by his grandparents for better opportunities. As a young man he suffered an injured ankle and was told by several doctors he could have a permanent limp. But he went down to the ocean every day and the ankle recovered.

Determined to sample some of Honolulu's culture, on another day we visited the Bishop Museum which houses the largest collection of Hawaiian artefacts in the world. The museum cares for historical, cultural and natural treasures from across the Pacific, each with its own special story. Of special interest was the Native Hawaiian Garden organised in three zones, coastal plants, dry-forest plants and "canoe" plants brought by Hawaii's first human settlers.

In the Picture Gallery we saw the world's finest collection of 19th century Hawaiian art,

historic oil paintings, watercolours, rare books and collectibles.

We also visited the Iolani Palace, where we donned protective shoe covers and used headphones with commentary to explore the spacious rooms and hear the history of this beautiful building, once the royal residence of the rulers of the Kingdom of Hawaii, beginning with Kamehameha III under the Kamehameha dynasty (1845) and ending with Queen Lili'uokalani (1893) under the Kalakaua dynasty, founded by her brother, King David Kalakaua.

After the monarchy was overthrown in 1893, the building was used as the capitol building for the provisional government, republic, territory and State of Hawaii until 1969. The palace was restored and opened to the public as a museum in 1978.

Iolani Palace is the only royal palace on US soil. In January 1993 a big observation was held in the palace grounds to mark the 100th anniversary of the overthrow of the Hawaiian monarchy. A torchlight vigil was held at night, with the palace draped in black. Then president Bill Clinton signed a bill apologising to native Hawaiians for the overthrow of their kingdom.

We spent many hours inside the Honolulu Museum of Art which has a series of galleries that surround courtyards, taking advantage of natural light and Hawaii's climate. The museum has a collection of paintings that includes van Gogh, Gaugin, Monet, Picasso and Warhol, as well as traditional Asian and Hawaiian art.

I was especially interested in the Doris Duke

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theatre and commentary on the tobacco heiress's Honolulu home, Shangri La (open by online appointment only) which overlooks the Pacific Ocean and Diamond Head. The house incorporates Duke's extensive collection of Islamic art which became a life-

long passion.

In her will, she set in place plans to open Shanori La to the public as a place for the study of Islamic art and culture.

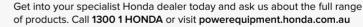
Duke fell in love with Hawaii, arriving for the first time in 1935 in the final stop of an aroundthe-world honeymoon

voyage. Shangri La was her special place of retreat, where she could keep the world at bay.

It's easy to understand why Doris Duke loved the island, its laid-back vibe, tropical foliage and friendly people. Many still remember her fondly today.





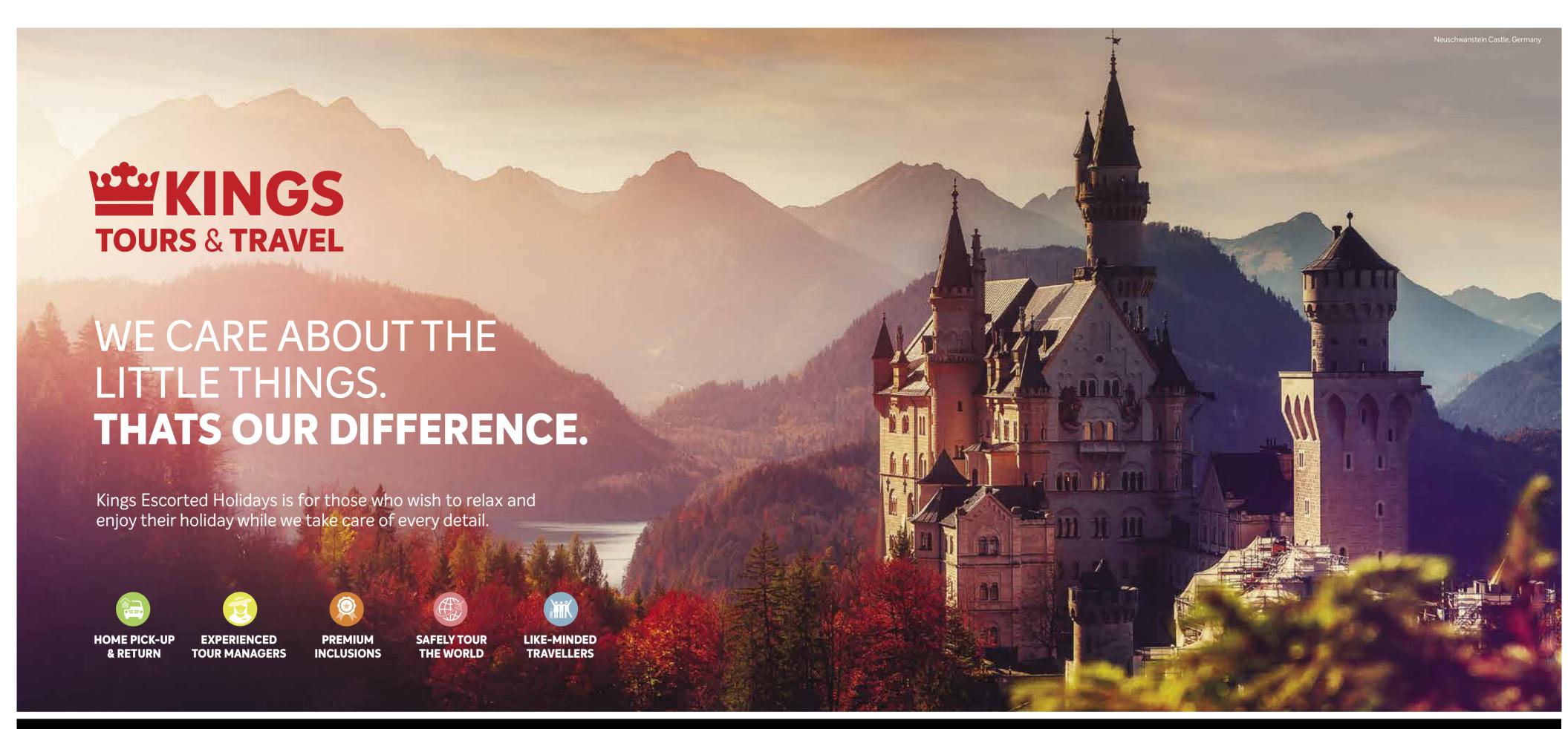




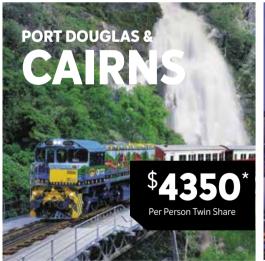
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8 Days, 30 July to 6 August 2019

ADDITIONAL INCLUSIONS: 3 nights at the Ramada Port Douglas, 4 nights at the Shangri-la Hotel Cairns, Breakfast daily, 5 lunches & 7 dinners, daily sightseeing and entry fees.



14 Days, 25 August to 7 September 2019

ADDITIONAL INCLUSIONS: Luxury coach tour of France with 11-nights at specially selected hotels, breakfast daily, 1 lunch & 5 dinners, luxury coach with professional driver, daily sightseeing and entry fees.



17 Days, 1 to 17 September 2019

ADDITIONAL INCLUSIONS: Deluxe tour of China with 12-nights at specially selected 5-star hotels, 3-nights on-board a luxury Victoria Cruise, breakfast daily, 11 lunches & 11 dinners, tipping for local guides and driver, daily sightseeing and entry fees.



4 Days, 18 to 21 October 2019

ADDITIONAL INCLUSIONS: 3-nights in deluxe, centrally located accommodation, Premium ticket to The Royal Edinburgh Military Tattoo, breakfast daily, 1 lunch & 2 dinner, sightseeing and entry fees.



18 Days, 26 March to 12 April 2020

ADDITIONAL INCLUSIONS: 2-nights' at Hotel Metropolitan in Tokyo PLUS early check in, Welcome Dinner, Tokyo sights tour, Yokohama Tour, 14-night Japan Cruise on-board Holland America's Westerdam, All meals and entertainment on-board the cruise.



20 Days, 27 May to 16 June 2020

ADDITIONAL INCLUSIONS: 10 Day luxury coach tour of the Rockies including a 2-day Rocky Mountaineer Train Journey in Silver Leaf, 7-night Alaskan Inside Passage Cruise with Holland America, local Tour Director, gratuities, sightseeing & entry fees.

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17 Days, 20 June to 6 July 2020

ADDITIONAL INCLUSIONS: 14 nights' on-board Emerald Waterways Luxury River Cruise Ship, Port taxes and charges, tipping & gratuities, all meals included whilst on-board PLUS complimentary wine, beer and soft drinks served with lunch and dinner whilst cruising. Upgrades Available.

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Explore the rugged Kimberley landscape from Home Valley

ALONG the iconic Gibb River Road, at the foot of the majestic Cockburn Range lies Home Valley station, a heritage cattle station that is the perfect base for exploring the rugged Kimberley landscape.

Home Valley Station offers a range of accommodation and activities for every traveller. Explore the Kimberley wilderness from comfortable guesthouse rooms, elegant grass castles overlooking Bindoola Creek, eco-tents or

camping facilities. During the day discover one of the seven picturesque self-guided walking trails, witness an incredible sunset over the Cockburn Range, take a scenic flight or tackle the ultimate fishing adventure along the Pentecost River from the shore, by boat or by helicopter. Home Valley Station has nearly 250,000 hectares of outback oasis, so settle in and discover Australia's last frontier.

This season, the Station is

launching an exciting new menu at the popular Dusty Bar and Grill, or 'The Dusty' to locals.

Showcasing Australian produce and bush tucker ingredients, the menu will feature kangaroo, crocodile, native grains and spices, sizzling steaks and the Dusty's famous spare ribs.

Better yet, if you've bagged yourself that elusive barra on one of the Station's fishing expeditions, than the chef will gladly cook up your catch to accompany some incredible sides.

Throughout the season you don't want to miss The Dusty's wood-fired pizza nights, openair movie nights or live entertain-

Home Valley Station will reopen on the 3 May after its annual hiatus over the wet season. Book a Kimberley Escape Package from \$223* per person twin share.

Call 1300 134 044 or Visit hvstation.com.au

*Terms and Conditions apply.

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TRAVEL Forever is all about people... the seasoned traveller, searching for unique and exhilarating travel experiences throughout Australia.

Their aim is to present guests with a variety of tailored itineraries to tempt the spirit of adventure within them and show them the beauty of our country.

As an independent, privately owned and operated travel agency with more than 25 years' experience, they know Australia like the back of their hand. They are available to provide people with unbiased, honest advice and exemplary service.

Whether it's a romantic escape, an adventure safari in the outback, a luxury small-ship cruise along the Kimberley Coast or a day trip to Rottnest Island, Travel Forever are there to help... nothing is too small or too large.

Travel Forever also caters for sporting, leisure and special interest groups and specialised tours.

A really great Australian travel experience will change someone's life, and they would be delighted to help people plan the trip of a lifetime.

Travel Forever the Australian travel specialists. Contact them at info@travelfor

Club 55 offers a host of day tours around Perth

CLUB 55 travel club caters for individuals, couples and small groups. They pick up passengers from several locations around

Perth, including Belmont, Booragoon, Bassendean, Bentley, Innaloo, Whitfords and Perth City.

Membership of the trav-

el club is free and people can register online at their website or simply give them a call.

Some great tours coming up include Optus Stadium, Historic York and many more.

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

There are no strangers at Club 55, just friends you have yet to meet.

The group and travel club brochures for Club 55 tours are now available and are online at their web site www.club55.com.au. Those people who would prefer a hard copy please contact the office on 1300



Club 55's Chris Hadland 653 696 and they will post



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Camping with custodians

WESTERN Australia is home to some of the world's most stunning campsites. It also offers some of the most culturally rich camping experiences. These three camp grounds are part of the Camping with Custodians program, which gives visitors the chance to stay on Aboriginal lands. So pitch a tent or park the caravan, and settle in with the traditional owners of the area.

Imintji campground, Kimberley

Imintji means 'a place to sit down' in the local Ngarinyin language, and the opening of its campground in 2016 has ensured that the Gibb River Road community lives up to its name. In addition to the campground, Imintii has an arts centre. fuel. and community store in its location at the foot of the Precipice Range.

Jarlarloo Riwi Mimbi campground, Kimberley The Mimbi Caves have stories to tell. And Rose-

mary Nugget, director of Girloorloo Tours, is happy to share them.

"My ancestors used to hide inside the caves to avoid getting taken away to live on pastoral stations," she says.

Visitors to the caves can camp at the nearby Jarlarloo Riwi Mimbi campground, which opened in 2017.

"People come from all over and they enjoy our company and we enjoy theirs."

Peedamulla campground, Pilbara

At Peedamulla Campground, off the North West Coastal Highway, near Onslow, you'll get a warm welcome from the Parker family, the Aboriginal owners of the 226,000-hectare cattle station. There are historic ruins to explore, fish to catch along the coast, and wetlands to spot wildlife, but having a yarn around the campfire is the biggest attraction, says manager Caroline Parker.

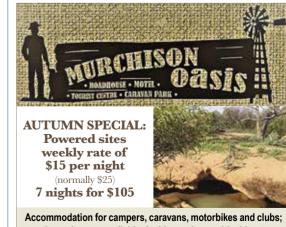
This year, two new Camping with Custodians campgrounds will be opening in the East Kimber-

www.campingwithcustodians.com

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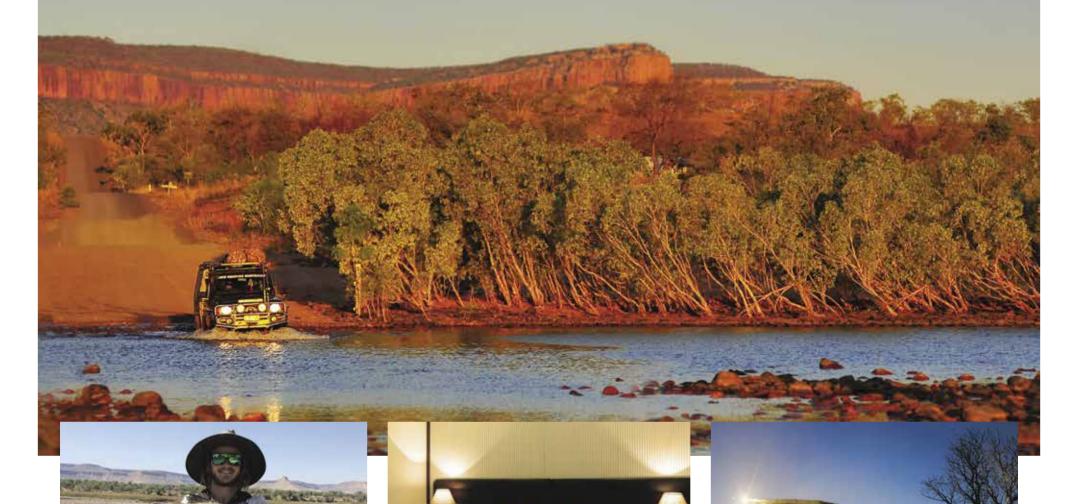
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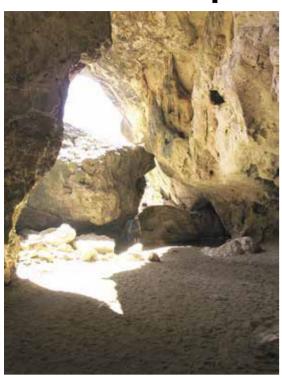
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Discover the spectacular artwork of the great gorges of the north west



350 million-years-old

by Lee Tate

GREAT gorges await the traveller. Unlike others in the world. Just a drive away for Aussies and mostly free.

Western Australia is blessed with spectacular works of nature's art created over millions of years by wind, seas and earthly movements in sandstone, limestone, granite and other rock.

We set out in pursuit of these freaks of nature in our northwest where, until relatively recent times, they were sighted only by Indigenous peoples, the world's oldest continuous living

You don't need a history lesson to just walk, listen, observe and enjoy countless caverns and caves in the Kimberley.

Ranked top of the tourist treks is Purnululu National Park after its Bungle Bungle Range was revealed to the public in the 1980s and granted World Heritage status in 2003.

Its sites are breath-taking by

foot and air, with planes and helicopters heavily booked from April to December. Not everyone can afford or want the flights but the walk, especially with Indigenous guides, is worthwhile, justifying the cost and effort getting there.

Purnululu, in the outback between Kununurra and Halls Creek, incorporates sites with names like Piccaninny, Echidna, Stonehenge, The Bloodwoods and Kungkalanayl Lookout.

There are plenty of places to stay and rangers help keep a tight rein on behaviour and litter. For the less adventurous, book a tour through a tourist bureau on one of the purpose-built ve-

From the Domes, there's a 1km circuit trail from Piccaninny Creek that can be done in 10-30 minutes. At Cathedral Gorge, out from Piccaninny Creek, you will be overwhelmed by striped sandstone beehives, towering cliffs and a yawning natural ampitheatre.

More adventurous walkers can tackle the 7km return circuit Piccaninny Gorge Walk with one of the best lookouts over the Domes and spinifex grasslands.

Further south, out from Fitzroy Crossing, are popular Geikie Gorge, Mimbi Caves, Windjana Gorge and Tunnel Creek in the Fitzroy River Valley. This region runs into the Gibb River Road with all its dramatic countryside along that rough road.

New cultural tours have opened-up eye-opening, informative tourist opportunities.

Walmajarri Tours, exploring Yakanarra Community and the St George Ranges with traditional Walmajarri guides, has wildlife spotting, Dreatime stories and descriptions of tracking techniques over bush tucker and damper cooked over an open fire.

Larrmawoola Tours takes tourists to sacred sites and billabongs in Gooniyandi Country where they are told about traditional medicines and Dreamtime stories over billy tea and damper.

Ngarragi Riwi Tours includes an outline of life growing-up on GoGo station with its beautiful landscape where tourists can listen to stories and watch artists paint. Over bush tea and damper, of course.

(Details for these three tours: fitzroycrossingtourism.com.au or phone 9191 5355).

Tourists' plans often focus on towns, cities and places, takingin whatever attractions they offer when we get there, usually in limited time. Inevitably, there's never enough time to tackle all the sites and natural attractions.

One natural gorge, with surrounding countryside, can consume much of a day.

Our great gorges are among the great wonders of the world. They are calling out. We just need to plan for it.

Plans and bookings from tourist bureaux in Perth, Fremantle, Fitzroy Crossing, Halls Creek and Kununurra.

It's time to plan a wild adventure and escape to the Kimberley



Manning Falls

IT IS time to plan your winter escape, head north and explore the magnificent scenery of the iconic Gibb River Road and Kimberley region. Join Adventure Wild Kimberley Tours for an unforgettable experience and travel through this beautiful land in safety.

comfort and style.
Adventure Wild offer guaranteed departures on their small group tours. With a maximum of 16 guests and two professional guides on every safari, the quality of service is second to none. Your hosts are mature married couples working together, sharing their knowledge, passion and experience to bring the Kimberley to life. Learn about the history, culture, flora and fauna. Appreciate ancient Aboriginal rock art, walk through impressive natural gorges and swim in crystal clear water beneath stunning waterfalls.

The Kimberley Adventurer (KA12) circumnavigates Australia's northwest from Broome to Broome over a 12-day period. Explore authentic Australia via the Gibb River Road, Windiana Gorge, Tunnel Creek, Bell, Galvan's and Manning Gorges, Mt Barnett, Home Valley and El Questro Stations, Kununurra, the Ord River, Lake Argyle and the Bungle Bungles at Purnululu National Park. Spend your final night at an exclusive campsite on a working cattle station in Fitzroy Crossing before returning to Cable Beach and Broome.

Additional options include a scenic flight from El Questro Station to Mitchell Falls where you experience a drive, walk, swim and helicopter flight over the tiered falls. Alternatively take a cruise on Lake Argyle or the Ord River or a helicopter flight over the Beehive Domes of the Bungle Bungles. You can do it all.

Adventure Wild uses established camp grounds with the best facilities available. With permanent campsites on 10/11 nights your tents are set up and awaiting your arrival, there are four two-night stays ensuring a relaxed journey through this timeless land. Enjoy a sunset drink with your new-found friends, sit at a table to dine beneath billions of stars and relax around a campfire every night. This is truly living.

Put your diet on hold as all meals and snacks are provided with freshly prepared home cooked meals. The all-inclusive price incorporates a free Adventure Wild canvas bag for packing, a 1.7 litre water canteen, a brand new sleeping bag (yours to keep) and a free Geike Gorge cruise on your final day. Bring your own alcohol and soft drinks and let Adventure Wild take care of the rest. There is no single supplement and no requirement to share.

The Kimberley Adventurer tour is great value at \$4150 per person. With one to two departures each week between May and September, you are sure to find a date to Locally owned and operated from Broome, call Karl and Simone and mention Have a Go News when booking to receive a

For further information free call 1800 359 008, email info@adventurewild. com.au or visit their website www.adventurewild.

Now is the time to getaway to Queensland for a winter break



Port Douglas

VILLA'S nine-day holiday to beautiful Cairns and the Atherton Tablelands has the advantage of only two hotel changes during your stay. Departing 12 June guests will enjoy such delights as the Kuranda Rail and Skyway journeys, the brand new Cairns Aquarium, sunset, lake and island cruises, historic Herberton Village and the Nerada tea

Exclusively for solo travellers the Just for Singles Cairns tour departing 24 July and enjoys six nights in Cairns with local

touring each day. See the best of tropical north Queensland including the Tjapukai dinner and show, the Lady Douglas cruise, Gallo dairylands, Kuranda Rail and Skyway journeys, Port Douglas, Atherton Tablelands and Green Island.

Alternatively, head to the incredible Daintree on Villa's Port Douglas and the Daintree tour with six amazing nights at the Sheraton Mirage, Port Douglas. Departing 11 July the holiday features the new Cairns Aquarium, breakfast with the birds, cocoa, coffee and sugar planta-

Kimberley Tours

tion tour and tastings, a day out on the Great Barrier Reef and free time in Port Douglas.

If you love a rail journey try Villa's Queensland Rail, Reef and Tropical Islands 10-day getaway. This tour not only includes Cairns, Townsville, Airlie Beach, Magnetic Island and Hamilton Island, it also includes the Spirit of Queensland rail iournev from Cairns to the Whitsundays.

For a comprehensive itinerary on the above tours FreeCall 1800 066 272 or email travel@villa.com.au today.

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www.adventurewild.com.au



The Newman Visitors Centre in the heart of the Pilbara is the ideal stopover on your journey through the spectacular Pilbara countryside.

Take a walk through our local history display, book a tour of the BHP Mt Whaleback Mine or enjoy a stay in one of our stunning chalets.

BHP Mt Whaleback Mine Tour

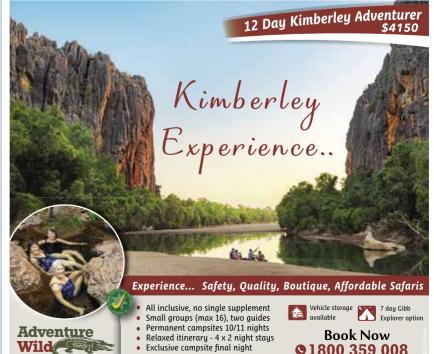
Tours depart from the Newman Visitors Centre at 9.15am regularly during tourist season. All passengers must wear long sleeved shirts, long pants and enclosed shoes. Bookings essential.



The Newman Visitors Centre is home to six beautiful chalets. All rooms contain a queen size bed and have a fold out couch, microwave, toaster and fridge. You can also enjoy complimentary tea, coffee and breakfast cereals.







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- ► 31-night South American cruise onboard Zaandam
- ▶ Flights from Miami to Perth
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Callao, Peru • Salaverry • Manta • Fuerto Amador • Panama Canal •

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There is a great variety of pet friendly accommodation in Western Australia...



THIS month we provide a handy guide to accommodation options which are pet friendly in WA.

In a first for WA, the Atri-

um Hotel has announced they will be trialling a pet policy allowing pets to accompany guests on a twoweek trial from 2 April until

16 April. This trial will assist the hotel to gauge its future policy. Atrium Hotel marketing manager Jacob Goodlich said: "The hotel is committed to progressing with the times and meeting customer's expectations.

"The public response to the dog trial has been overwhelming and people have engaged on social media in both positive and negative ways, and we've taken all of it on board.

"We've had great support from our local council and have put in place strict guidelines ensuring that there is no compromise to any of our customer's experience while staying here, pet accompanied or not,' he said.

We will let readers know of the outcome as to whether the hotel will remain pet friendly after the trial.

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

Take along dog food, dog bowls for water and food, some clean bedding, a few toys and of course a

Many areas of regional WA are laid with baits so do ensure your dog is well supervised and check for the local vet's contact details which are close to your accommodation.

Russelton

Four Seasons Holiday Park in Busselton offers dog friendly accommodation all year round. Located just 200 metres from beautiful beaches they offer a range of self-contained cottages, on site vans, powered and unpowered sites. Call 9755 4082 or email stay@fourseasonsresort. com.au

Dwellingup

Dwellingup Forest Lodge offer luxurious one or two bedroom fully self-contained chalets in a beautiful forest setting. Dogs are welcome to stay and bookings can be made on 9538 0333.

Hazelmere

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

Margaret River

Karibu Cottages is a rammed earth fully self contained cottage with one queen size bed with ensuite and one double bedroom with bathroom and laundry connected. The kitchen, dining and lounge are open plan leading onto the balcony with garden views. Features include well-equipped kitchen with gas stove, microwave and dishwasher. In winter keep warm with a log fire heater and there is a gas barbecue undercover on the ve-

randa. Bedrooms include all linen, towels and electric blankets. There is satellite TV and DVD player. Pets can stay with prior arrangement. Phone Libby or Rob on 9757 3772 or 0400 735

Silver Springs Cottages

These lovely cottages are set in the Margaret River region offer a high standard of service and are close to loads of wineries, caves, beach and national parks. Guests will enjoy peace and quiet set on 101 acres with valley views, bush setting and vineyards.

The cottages are selfcontained with two-three bedrooms and one-bedroom studios available, with garden and barbecue area. at very reasonable rates.

Free in-house movies. Massage and in-house chef by appointment. They are pet friendly and pets stay for free. For genuine farm hospitality with a warm friendly atmosphere call 0417 176 756.

Port Gregory Linga Longa Lynton Sta-

tion is located right near the Pink Lake and Port Gregory Beach. They offer farm stay camping and dongas and cottages. Pets are welcome - call 9935 1040 for come bookings. **Waroona**

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

Wave Rock

Wave Rock Cabins and Caravan Park offer pet friendly cabins where dogs are allowed inside. The park has a variety of powered and unpowered sites, three star air-conditioned cabins, barbecues, a shop, kpg, ice and a pool. All dogs must be on a leash. Call 9880 5022 for bookings.

Karibu Cottage

Tranquil & private location close to Margaret River



Fully self contained • Pet friendly • Great value Sit and relax in a peaceful setting Ph: 9757 3772 or 0400 735 899

www.karibucottage.com.au E: erdawson@westnet.com.au

Margaret River's best kept secret...

Situated on 101 acres, Silversprings Cottages boasts valley views in a bush setting near vineyards. Select from 3 x deluxe self-contained spa cottages and our 1 x 3 bedroom cottage with cottage garden. Pets are allowed inside and stay FREE!

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Caravan & Camping from \$15 per person per night Other cottage and

www.facebook.com/lingalongaatlyntonstation



Powered & unpowered sites 3 Star self contained airconditioned cabins BBQ - Shop - LPG - ice - pool Dogs are permitted inside the pet-friendly cabin. All dogs must be kept on a leash.

ake Navarino Family Holiday Park only 1 hour from Perth Yoliday Park

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

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

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

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



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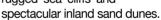
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Come for the trees, stay for the experience

SOUTHERN Forests region of the south west WA is a treasured natural asset, with so much to see, explore and experience.

The region offers a unique nature experience with its abundance of flora and fauna, lush native forest, pristine waterways and estuaries, rugged sea cliffs and



Stand beneath the mighty Karri trees and admire these great sentinels, be surrounded by a blanket of colour during the wildflower season, listen to the birds at sunset on any of the regions climbing trees.

Enjoy a scenic drive, buy some local produce from the farm gate or take one of the local tours, which highlight the best of the area. When hot, take a dip in one of the many swimming spots, or enjoy the sand and surf on the beautiful beaches

The well mapped bushwalks and trails, including the renowned Bibbulmun track for walkers; the Munda Biddi trail for mountain bike riders; or Warren Blackwood Stock Route for horses and riders, wait to inspire you.

Enjoy a meal at one of the many cafés and resaurants, each with its own unique style. Visit the vineyards and taste the region's many fine wines.

A visit to the galleries and art centres is inspiring. The artwork and fine craftwork by local artisans reflect the mood and essence of the region.

The Southern Forests region is a place to relax, clear the mind and contemplate the important things in life.

For up to date information contact one of the local visitor centres on: Manjimup 9771 1831; Pemberton 9776 1133; Northcliffe 9776 7203 and Walpole 9840 1111.







WA's GREAT Outdoors It's a perfect time to visit the AV







Testing the glamping waters at WA's newest island accommodation



Chris Hemsworth is the most famous guest to stay at the facility seen with Discovery Rottnest Island's GM Andy Cleverley

by Lee Tate

GLAMPING (glamour camping) has landed on Rottnest Island - and it's a class act. Despite local

concerns of our beloved island turning into a haven for the wealthy, two companies with strong WA connections have produced a \$25 million eco-

friendly gem.

Armed with a backpack full of healthy skepticism, I tagged along with a media gang invited to experience the venture that has evolved since its 2015 approval.

After nods from government and island rulers, Discovery Parks Australia and Baileys Group tackled the island's first new accommodation in 30 years.

What they have produced is an additional - and welcome - accommodation level for Rotto after the Lodge, camping ground and cottages.

"Our commitment is to include affordable accommodation," said Grant Wilckens, Discovery CEO.

range from Prices \$119-a-night to about \$600-a-night in high seasons. There are choices of eco-tent sizes and standards with options including added bunks and trundle beds.

The media inspected the varying-standard ecotents and staved overnight under canvas in the highly-comfortable midrange tent.

The four styles are:

Base Camp (budget), 3m x 3m, Queen-size beds, two people. Tuart (superior) 4.2m x 4.2m, king-size bed, two people. Superior Family. As Tuart with separate annex. bunk bed, 2-4 people. Deluxe Dune. Two people. 6.3m x 6.3m, king-size bed, ocean views

All 83 are generously roomy with excellent beds and bathrooms, inter-connected in the 2.8-hectares by raised walkways and pathways. There are no fences or barriers to allow freedom of movement for wildlife.

Dubbed Discovery -Rottnest Island, the miniresort is neatly-positioned behind sand hills and the green-blue water at Pinkys Beach. Bathurst Lighthouse stands sentinel nearby.

The resort centerpiece is Pinky's Beach Club with a swimming pool for quests and classy poolside bar and restaurant open to the general pub-

All eco-tents have expansive decks, ceiling fans (no air con - and no TVs), wardrobes or walkin robes, lounges, dining tables, microwave (except lowest level), crockery and cutlerv

The resort is connected to the basin by walkways and is a moderate stroll to the main jetty, shops and eateries including Thomsons restaurant, owned by venture partner Bai-

The resort is ecofriendly, as hoped, with a wildlife management plan and extensive native plantings - and a couple of coming poolside frangipanis.

With eco-friendly glamping a worldwide phenomenon, Rotto's brave new venture will be a magnet for international and interstate visitors with 60 per cent of customers from WA.

Heavy, early bookings underscore this with highseason dates already going off.

The venture partners are business heavyweights. Discovery is Australia's largest owner and operator of holiday parks with about 40 WA properties.

WA's Baileys Group built national marine infrastructure, marine transport and tourism businesses and operated Rottnest Express ferries for 10 years before sellina-out.

Beautiful artisan markets held in York not to be missed



BOTANICALIA Artisan Market is an occasional market running twice a year on Sunday 5 May and Sunday 15 December.

This is a free outdoor market offering a mix of quality art and craft, produce and provisions all hand made and home produced.

It is beautifully situated in the gardens of Botanicalia, a cafe and gallery perfectly positioned between the river and the main street of York.

Nestled on the banks of the Avon River in the gently rolling farmlands of the beautiful Avon Valley, York offers unique insights into Western Australia's rich and colourful past, both before and following European settlement in 1831.

York was the first inland settlement in Western Australia, and the town has many historic, heritage listed Victorian and Federation buildings.

An abundance of dining options, accommodation and wonderful sightseeing are combined with a market offering a unique array of handcrafted, homegrown products. That makes York a fantastic day trip or weekend mini break from Perth.

Botanicalia Market will be held at Botanicalia Gardens, back of 152 Avon Terrace, York.

For further details see advertisement below.

Enjoy the Easter weekend in York



EASTER falls on Saturday 20, Sunday 21 and Monday 22 April this year. Once more the town of York will come alive with the Antique Collectables and Paraphernalia fare

at the Town Hall (the best in the regions). There will be many diverse stalls in the market area opposite the Town Hall at Peace Park.

Some of the special features of the fair this year will be a display and sales of rocks and gemstones in the Lesser Hall. There will be a selection of rocks for kids to choose from and have cut, they will be the first to see its contents for millennia.

Apart from York's scenic beauty, including a beautiful park to picnic by the Avon River, there are many nooks and crannies of interest, small shops of bric-a-brac, great places to eat and enjoy the special ambiance that the historic town of York can provide. All this, only an hour's drive from Midland.

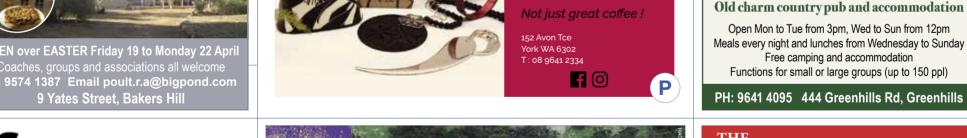
Town Hall entry adults \$5, the rest of the family is free and these proceeds go directly go to The Fred Hollows Foundation.

If you care – be there to support this lovely regional town.

For enquiries phone 9641 1541 or email crcreception@westnet.com.au









Exclusive, handmade and gorgeous! 152 Avon Terrace, York. 0411 287944

Win a \$200 shopping voucher... See page 22







Explore the York Residency Museum filled with local treasures. Unforgettable stories relating to the Balladong Noongar people, convicts, Chinese market gardeners, Irish immigrants and much more... Displayed in the last surviving York Convict Depot building from the 1850s.

Over 30 hands-on activities for children of all ages.

Opening hours:

Tuesday, Wednesday and Thursday 1-3pm Weekends and public holidays 11-3.30pm Group bookings available outside of normal hours upon request

Phone 9641 1751 Email museum@york.wa.gov.au www.york.wa.gov.au/museum/york-museum-home



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Let's GO MOTORING



Let's go Motoring - torn between two dream drives - then a third came along









Left to right; Range Rover SVR - Land Rover Discovery - Jaguar XF - Jaguar XF, conspicuous from all angles



by Tony McManus, 6PR **Saturday Night Show host**

THE last few weeks have been dream drives, but I've been left with a touch of the Mary MacGregors: Torn between Two Lov-

Firstly it was the ex-



traordinarily powerful Range Rover SVR, valued at nearly \$300 thousand of hard earned.

This is a beast, dripping in high-end technology that is both intimidating and mind blowing.

The SVR commands the perils of West Coast Highway like no other.

High riding like my grandfather's pants, but dripping in luxury and sophistication.

It is also quick, too quick maybe. With a slight touch of the pedal you're doing 100 on the Mitchell is only seconds. The seats are superbly comfortable; the massive screens that control everything are more glamorous than the TV section at your local JB HiFi.

Apart from the Range Rovers' deep thirst, there

is much to love about this giant powerful SUV. It's bulk for one thing. But there was curiously something missing - exciting drivability.

Don't get me wrong the massive SVR is stunning on many levels, but is it great to drive?

Enter the latest Jaguar XF sedan.

The Jaguar XF (from around \$80,000) in its most recent incarnation arrived in red; off to a great start. Conspicuous from all angles, but gorgeous all the same. Red cars still go better? (Ed's note - always faster?)

Now this is when I was most torn and 'Mary MacGregor syndrome' kicked in.

Moving from the gloriousness of Range Rover SVR to the way more pedestrian Jaguar XF, was somewhat deflating.

Both are luxurious, both stylish, very different high-end modes of transport. To mangle a too often mangled metaphor, the proof of the pudding is in the driving.

The Jag was so much more fun and a timely reminder of what ecstasy it is to be behind the wheel of a seriously exciting

sports sedan. Something many of us have forgotten since we become consumed by a love of SUV's.

Jaquars have often defined an era. From very early Mk2 days to the wonderful oversized, (by today's standards) Mk 10, to Series 3, XJ 6's smooth, elegant, quiet, the latest XF as tested was a pleasant delight.

All the usual Jaguar hallmarks are plentiful. The seating position, fantastic, with all the easy to use, superbly intuitive tech you'd expect in a

But it's the drive that's

disarmingly nourishing. Quiet but not eerie. Responsive but not senselessly quick. Luxurious but not too intricate. Pleasurable each hour we spent together. It's one I did not want to return to dealership.

Then they said, best you drive the New Land Rover Discovery. Oh goody, back to a large, sensible SUV.

In the seventies Mary MacGregor sang about being torn between only two lovers, this month I'm torn between three. "I did not want to return the car to Jaguar/Land Rover."

From Hooves to Highways - a fascinating journey of the motor car in Western Australia



Pure vintage

by Lee Tate

THE fascinating journey of motoring in Western Australia is revving-up, not just among motor-heads, but also the general public.

The RAC has mounted a boutique exhibition at the Perth Museum (8-10 The Esplanade - not the WA Museum) dubbed From Hooves to Highways: The Motor Car in Western Australia which runs until 21 June.

Its foundations are enlightening

and entertaining, even for those who can't tell the difference between a gear stick and a dip stick.

"The exhibition portrays pioneering cars and colourful characters from WA's motoring past," says the RAC.

"Decades ago, someone found a beautiful old book, The Motor Car in Western Australia, at the back of an Adelaide Terrace building. He took it home for safekeeping and, in 2016, donated it to Museum of Perth."

RAC's researchers dug deep to

identify people and their vehicles and date each beautiful photograph.

Highlights at the exhibition include: A De Dion Bouton car, built in 1905 (belonging to the WA museum). Founders of motoring in WA who are in the original book were driving De

A Renault Type A, was a revolutionary car built in 1899 with only five left in the world, one in WA.

Featured is Richard Strelitz, one of the RAC's founders, a German-born Jew who came to WA in 1893.

"The club practically owed its existence to Mr Strelitz, who called the first meeting at his house," said a re-

In 1914, Richard was Automobile Club president but after war was declared, authorities received reports of suspicious lights coming from his new home in Peppermint Grove. During anti-German sentiment, there were accusations of wireless messages being sent to incoming German ships.

Despite the Premier and respected men supporting him, Richard's businesses were raided (even though he was naturalised as a British subject in the 1890s). He left WA with his family and his fortune and set up businesses in NSW.

A photo shows Richard in the front passenger seat of his 1906 Daimler, bought direct from Coventry, England, for £1,250 (around \$184,000 today).

His chauffeur, Jack Smith, reportedly WA's first, is driving. They are parked outside Richard's home, 'River View', Mosman Park (now demolished), where the Automobile Club of Western Australia was formed.

Another character is mother-of-19 Annie Williams, formerly Annie Gallop, daughter of Richard, who arrived in WA in 1829. Born in 1848, in 1867 she married Harry Williams. Sadly, only about half of her children survived to adulthood.

Harry established 'Pear Park' in Fitzgerald Street, an orchard boasting award-winning pears and grapes and 25 different apple varieties.

Chair of the Perth Roads Board

and a Perth City councillor, Harry died leaving an estate worth \$8 million today. Annie was Harry's dedicated supporter and became a grandmother, dying at 69.

A photo shows Annie is in the passenger seat of her 1907 Humber, bought in 1907. Sales of the popular 4-cylinder Humbers were recorded by the Armstrong Cycle and

Attending the exhibition was Dean Dyer whose great grandfather Harry Dyer was a foundation member.

Harry's motoring genes were passed down the family line with Dean, now a men's health and wellbeing consultant, training to become

'There was always car-talk in our family," said Dean who has restored a 2-door Valiant Hemi.

In 1905 a small, passionate group of Perth's early motorists - movers and shakers, gathered to form the Automobile Club of Western Australia.... to foster 'automobilism' in WA and lay the foundation for the evolution of motoring.

The motor car was truly revolutionary, yet the journey from hooves to highways was neither easy nor direct.

Our citv's business leaders and its high society fully embraced this new trend of automobilism but, by 1908, some still dismissed the motor car as an expensive novelty and an increasing nuisance to horses, dogs, trams, wagon drivers and pedestrians.

But cars rolled-on and by 1930 RAC membership was at more than 11,000. Today, it stands at more than

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Try Vince Garreffa's prosciutto figs this Easter



by Vince Garreffa

THE great Armando Percuoco from Buon Ricordo restaurant in Sydney who is a very great mate of Neil Perry, first cooked this dish for my wife and me about 15 years ago. What an experience, what a dish. The fig season is nearly over but I thought this is a magnificent and easy dish to present at your Easter table.

Ingredients for entrée for two 6 figs cream gorgonzola

6 prosciutto slices I share this recipe not only because it has meat in it (prosciutto) but because figs are available in shops with foodie clients. One of my suppliers is a fabulous lady in Victoria Park whose ten metre tall fig tree with a trunk thicker than a man, supplies figs to all people



L-R; Experience Vince Garreffa's Prosciutto figs this Easter - Vince Garreffa

who respectfully knock on her door after noticing the little hand written sign on the verge.

They eat the figs fresh skin on or the fussy ones peel the skin off. They serve them with cheese or prosciutto and use figs instead of rockmelon. Now you can all try this one, it's sensational.

Stand the figs bottom down, stalk end up. Cut the stalk off and cut a cross into the fig. Insert a small cube of gorgonzola cheese into the centre of the cut. Now tie a slice of prosciutto around the fig or hold it together with a couple of toothpicks. Bake on a tray at 200°C for five to eight minutes until the prosciutto is a little crispy and cheese is melting into the warm fig. While the figs are cooking heat up the cream on a low heat and melt the gorgonzola into the warm cream by crushing it with a fork and mixing it continuously. Pull the figs out of the oven, put them on a plate, pour the cheesy sauce over them and serve.

Share with someone. Passionate memories are made with this.

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



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.

Yanchep Inn, history and hospitality in the park



JUST 45 minutes north of Perth and nestled within the beautiful Yanchep National Park, Yanchep Inn is the ideal place for a meal, leisurely drink, overnight stay, hold a function or just sitting back and enjoying a coffee whilst watching the wildlife go by.

The Inn offers a range of accommodation to suit all needs including heritage listed backpacker rooms, simple motel rooms or modern rooms with a view of Loch Mc-Ness complete with bath-

There is a variety of accommodation packages including weekend and midweek options which can include meals.

Enjoy the picturesque surroundings whilst indulging in the fine cuisine of the heritage listed Tudor style Yanchep Inn.

The Tudor Manor Restaurant offers all day dining from a full cooked breakfast to beef burgers to medallions of kangaroo, emu and crocodile. The team of chefs create it all in their fully licensed restaurant which is open seven days a week for breakfast, lunch and din-

They have a number of different menus to satisfy everyone's appetite including a fine dining al à carte menu with a great selection of seafood, steak and pasta dishes to bar snacks menu with burgers, nachos, toasted sandwiches and many mouth-watering more dishes.

Relax in the bar or soak up the atmosphere of the great outdoors in the beer garden. This is an ideal place to watch kangaroos, swamp hens and the vast array of bird life that live around Loch McNess.

A full range of local and imported beers together with a large selection of wines and spirits are available.

Whether it's a small intimate wedding, a more lavish occasion or a complete corporate event, the magnificence of the enchanted Yanchep National Park provides an atmosphere of seren-ity and their all-inclusive packages will make hosting an event easy.

They are continually updating their daily specials and hold regular events and shows for people to enjoy.

The Yanchep Inn is located in the Yanchep National Park, call 9561 1001 or see advertisement on page 45 for coming events.

Brunch with T - Lot Six Zero





Above, from left to right; Lot Six Zero's cheesy omelette with mushrooms and spinach - Divine Canadian pancakes. Left; Tahlia Merigan



by Tahlia Merigan

I WAS tipped off about Lot Six Zero from a foodie friend of mine who visited the Yokine café and raved about the food and ser-

I have since discovered that this family-run eatery and espresso bar has another three locations in Aveley, Innaloo and Subi-

The Innaloo café was their first foray into the market in 2014, Aveley opening in 2016 and last year they added cafés in Yokine and Subiaco.

I always like cafés that offer all day breakfast and Lot Six Zero has a comprehensive menu which caters for all tastes including gluten free, health conscious, vegan and dairy free.

They are also dog friendly in the alfresco area, which I must say is becoming the norm these days, but it's a trend I personally dislike.

The café is decorated

with handmade furniture and has an industrial accent but is warm and friendly, as were the staff who greeted us on our arrival.

Menus are available at the counter which we grabbed and sat outside in the alfresco area. There was only one dog and it was cute.

Once we had decided on our brunch we returned to order at the counter and were tempted by the delicious selection of homemade slices, muffins and cakes but resisted as we had spotted the size of the servings as they left the kitchen.

The burgers must be good because quite a few of those were being delivered to other patrons and they looked delicious,

I chose the Canadian pancakes (\$21) which were served with bacon and maple butter. I had never really understood the American penchant for bacon with sweet dishes but after eating this dish I got it. The combination of salty bacon and sticky maple syrup is divine. Three large and fluffy pancakes were served with a mound of crispy bacon, drizzled in maple butter and served with almonds and maple syrup on the side. The hot latte (\$4) was the perfect accompaniment and the

serving size was more than ample - so much so that I couldn't finish it.

My guest ordered a much healthier cheesy omelette with mushrooms and spinach (\$17) and a cold pressed watermelon juice (\$9). The omelette was light with the just the right amount of cheese. Often adding mushrooms and spinach to a dish like this can give it a watery aspect but they were cooked perfectly. It was topped with rocket dressed lightly with balsamic and was one of the better omelettes we have tried in our brunch trails.

We liked Lot Six Zero the service was friendly; the food was good with generous portions and it's great to see good dining options available in the suburbs. We'd definitely recommend trying the other locations as Yokine got a big tick from us.

4 spoons Lot Six Zero, 41 Blythe Avenue, Yokine. Phone 9443 4062

www.lotsixzero.com Open Monday to Friday 6am to 4pm; Saturday & Sunday 7am to 4pm



F's spoon ratings



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Less usual grape varieties make for interesting drinking



by Frank Smith

THERE is more to Australian wine than the traditional varieties Shiraz, Cabernet Sauvianon. Merlot, Chardonnay and Riesling. Here are a few different wines and wine blends that are worth trying and will always be a talking point when you open a new bottle.

St Hugo Barrosa Grenach Shiraz Mataro 2016. This is a top end Barrosa wine blend. The colour is bright mid-crimson red. The aroma is aromatic with fruit aromas of Turkish delight and briar fruits. The palate is full with ripe fruit flavours complemented by silky tannins and subtle oak. RRP \$57.99.

La La Land Garnacha 2017 (Garnacha is Spanish for Grenache) from Victoria. The colour is a ruby red. The aroma reminds you of cinnamon and other spices with a hint of ripe red fruits. The palate is smooth with red berries and a hint of herbs and spices. RRP \$18.

Robert Stein Farm Series Riesling Gewürztraminer 2018. Robert Stein is one of our favourite vineyards in the Mudgee region of NSW. The blend is pale yellow colour with green hues and aromas of citrus and passionfruit. The palate is clean and fresh with lime juice and green apple flavours, a lively spritz and a bodied red wine with nins. RRP \$25.

sweetish finish, RRP \$18. Hastwell and Light-

foot Fiano 2018. Fiano is a white variety traditionally grown in the Avellino hills region east of Naples. but this comes from the McLaren Vale. The winemaker describes the style as in between a Semillion and Viognier and says it may be the next hit white variety in Australia. The wine combines aromas of stone fruit with the zip of lemon zest or grapefruit. Herbs and hazelnut are also on the pallet. In Italy Fiano is often described as the vine beloved of bees. RRP \$25.

The Angullong vineyard in Orange (NSW) grows a wide range of unusual grape varieties.



Angullong Fossil Hill Sangiovese 2017. Sangiovese is one of Italy's most popular varieties well know as the major variety in Chianti. This Sangiovese is a medium aromas of violets, blueberries and dried herbs. The pallet has flavours of blueberry, sour cherry and spice complemented by savoury herbal complexity. RRP \$26.

Angullong Fossil Hill Barbera 2017 is a deep garnet colour with purple hue. It has dark berry aromas with herb, forest floor and a pleasant touch of meatiness. The palate is medium bodied with herb, dark berry and earthen flavours and a long finish, with the oak adding character. RRP

Angullong Fossil Hill Tempranillo 2017 is dark ruby with purple hues. The aromas are complex with fragrant dark berries within a context of tar, herbs and spice. The palate contains flavours of dark cherry, plum and savoury. RRP \$26

Hastwell and Lightfoot Montepulciano 2017. Owner Martin Lightfoot says Montepulciano is the second most planted variety behind Sangiovese in its native Italy. The variety grows well in McLaren Vale and offers a change from the predominantly French varieties traditionally planted in Australia. Martin says great depth of colour comes first, then the aromas and flavours of red plums, boysenberries and oregano type spices, balanced with good acidity and firm tan-

Knife and fork talk with the Dining Divas



Jamie's Italian smoked salmon with spaghetti noodle

by Pat Paleeya and Judith Cohen

WE had already decided to go to Jamie's Italian Restaurant as they offer a \$20 Super lunch and because it was such a beau-

tiful day, we thought that a walk in Kings Park was called for to work up our appetite.

After a lovely walk, fresh air and exercise, we were ready for a good feed. The restaurant is conveniently

situated opposite the Palace Theatre which was our next port of call.

The interior of Jamie's is large and clean with an assortment of different sized tables to suit intimate or larger group dining. The wait staff were polite and helpful. The Super Lunch menu offered four choices and we chose the daily special pasta and the classic super food salad.

Smoked salmon with spaghetti noodle and a cream sauce was the day's pasta special. Red and yellow capsicum, chilli and a garnish of spring onion added to make this delicious dish look verv edible.

The super food salad looked extremely inviting consisting of avocado, pulses and grains, broccoli, spicy seeds with harissa dressing. Then it went swiftly downhill. After the first taste we both agreed that it was much too salty and couldn't be eaten so we sent the meal back.

A replacement meal the same lunch from menu was offered and accepted.

Spaghetti alla norma a pasta dish of eggplant, chilli and basil in rich tomato sauce was chosen. Unfortunately, this was disappointing as there was very little eggplant just two small slivers of chilli on the top of the mound of spaghetti covered in a nondescript tomato sauce.

We were surprised that there wasn't any acknowledgement or apology about the meal that was returned.

2 Forks

Jamie's Italian, 140 William Street, Northbridge Phone: 9363 8600

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 fork – would not recommend

WEEK DAY LUNCH SPECIALS

BAYSWATER HOTEL \$19.95 Seniors buffet Mon-Fri 12-2.30pm Railway Pde.



JUNCTION GRILL \$15 Light lunch Every weekday 11.30am-3pm Crown Casino Perth

CATALANO'S

\$15 Seniors menu Mon-Fri lunch times only. 266 Albany Hwy. Victoria Park

JAMIE'S ITALIAN

9362 1121

Super lunch mains \$20 for one course Lunch times Mon-Fri 140 William St. Perth 9363 8600

CICERELLO'S

Senior Meal Deals Deal 1 \$13.95 Deal 2 \$17.85 Please present seniors card Mandurah and

THE PARKERVILLE **TAVERN**

Fremantle

\$17 Seniors menu Lunch times Mon-Fri 6-18 Owen Rd. Parkerville 9295 4500

KALAMUNDA HOTEL

\$15 Senior lunch special 11am-9pm everyday 43 Railway Road 9257 1084

THE ROSE HOTEL \$16 Express Lunch Weekdays 11-3pm 27 Wellington St. Bunbury



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PLUS for dinner Tuesday to Frida

BOOKINGS ESSENTIAL 9455 1187

www.willowpond.com.au

We don't accept any discount card with these specials, including the Entertainment card

What's fresh this month

Autumn giant plums: The name says it all, as these lovely large fruit are the last of this season's stone fruit to arrive on the scene. They ripen slowly, keep well, and have very juicy, sweet flesh, even though they remain firm when ripe. Simply divine and leaves a wonderful lingering memory of the stone fruit sea-

Packham Pears: Buy when they are firm and green and keep at room temperature. They usually take about a week to ripen to their sweet, juicy best – you'll find they are ready to eat when the skin is tinged yellow. For a simple autumn dessert, melt a little butter, cinnamon and caramel syrup together and pour over pear slices in a heatproof serving dish. Grill until browned and tender. Yum!

Parsnips: Mashed, chipped, or roasted, this sweet peppery flavoured root vegetable has had a resurgence of popularity and it's no wonder. Parsnip keeps well and there's very little waste. Dress with a little fresh orange juice or rind, olive oil and freshly ground black pepper.

Sweet corn: Luscious juicy cobs are now plentiful and well priced and they are a perfect solution to school holiday snack attacks. Use as soon as possible after purchase and cook for a short time only - two minutes in the microwave is plenty. You may prefer them cooked on the barbecue, either whole or in chunky slices threaded on skewers and brushed with good olive oil. Cook only until the kernels take on a lightly charred look.

Yanchep Inn



MOTHERS DAY ANZAC DAY 25 April 12 May Treat mum to our

RSL ANZAC service from 11am Pub doors open after service Full menu and specials available Join us for two-up in the beer garden... Free entry into the national park for service attendees

famous three-course buffet featuring roast carvery, seafood, selection of hot dishes, salads and sumptuous desserts. Prices:

\$55 per person **\$14** under 14yo **\$10** under 10yo

Bookings 9561 1001



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Lunches; \$10 members, \$15 non-members

'Be connected' FREE iPad classes - iPads provided 18 April: WADSA Indoor Bowls Competition,

Act-Belong-Commit - includes \$1 raffle **BOOK EARLY!**

30 April: ANZAC lunch, 12pm, \$25 per person, entertainment by 7th Heaven - BOOK EARLY! 7 May: Mother's Day lunch, \$15 per person



MYSTERY BUS TRIP ONCE A MONTH! 53 Coode Street, South Perth

For bookings or further info phone the Centre 9367 9880 Join us on facebook



The pear season is in full swing - enjoy the fruit of the gods this autumn

by Noelene Swain

THE Greek poet laureate Homer refers to the pears as a 'gift of the gods' in his celebrated work The Odyssey. High praise indeed from a chap who'd heard 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. Buy your pears and let them ripen slowly in 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 cookina.

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 bak-

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 grown exclusively under license in the region

between Pemberton and Capel. It's similar in appearance to Beurre Bosc, except that its eating qualities are enhanced by 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 panfry 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 content 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.

They 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.

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...

Recipes supplied by Fresh Finesse - www. freshf.com.au

Porridge with pear and pistachio



Preparation: 5 minutes: cooking: 15 minutes; serves: 4

- 3 cups rolled oats
- 4 cups water
- 2 cups milk
- 4 tablespoon sultanas
- 1 Beurre Bosc pear, cut into 5mm slices vertically
- 1 teaspoon brown sugar 2 tablespoon chopped pistachios
- Extra brown sugar and milk, to serve

PLACE the oats, water and milk in a saucepan. Cook over a medium heat, while stirring, for 10 minutes or until cooked. Stir through sultanas. Heat the grill and line a grill tray with foil. Arrange the pear slices on the foil in a single layer. Sprinkle with brown sugar and grill for five minutes or until the sugar bubbles. Spoon the porridge into four bowls, top with slices of pear and sprinkle with pistachios. Serve with extra brown sugar and drizzle with milk

Pear, fennel and smoked trout salad



Preparation: 15 minutes; serves: 4

- 1 tablespoon white wine vinegar
- 1/4 cup olive oil
- ½ teaspoon Dijon mustard
- Salt and cracked black pepper
- 300g smoked trout fillet, skin removed and flesh
- 3 Red Sensation pears, thinly sliced
- 1 baby fennel bulb, trimmed and thinly sliced
- 1 bunch watercress, trimmed and sprigs separated
- 2 tablespoon chopped chives, 3 cm lengths

Fresh crusty bread, to serve

WHISK together the vinegar, oil, mustard, salt and pepper until fully combined. Place the trout, pears, fennel, watercress and chives in a large serving bowl. Pour over the dressing and toss lightly. Serve salad with thick crusty bread.

Note: This salad is best made close to serving. If this is inconvenient, drizzle a little lemon juice over the sliced pears and fennel to prevent any browning.

Healthy pear and apple pancakes

Preparation: 10 minutes + 1 hour standing; cooking: 10 minutes; serves: 4



- 1 cup wholemeal flour
- 1 cup water
- 34 cup skim milk powder
- 2 eggs, separated 1 teaspoon vanilla essence
- 1 tablespoon lemon juice
- 1 pear, grated 1 apple, grated

1 apple and 1 pear extra to serve

PLACE flour, water, milk powder, egg yolks, vanilla and lemon juice into a blender or food processor. Process until smooth. Allow to stand for about one hour in refrigerator. Add apple and pear to pancake mixture. Beat egg whites until stiff. Fold into pancake mixture. Heat a lightly greased frying pan. Pour about 1/4 cup of pancake mixture into pan. Cook until golden brown. Turn and cook other side. Continue until pancake mixture is finished. Serve with fresh slices of fresh pear and apple and some low-fat yoghurt.



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We now offer readers the service to deliver the 'E' edition of Have a Go News directly to your inbox each month. It's free.

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

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

Downsizing FEATURE

Channelling your green thumb - indoors and outdoors - real or faux





ONCE upon a time there was a distinct border between a home's interior and exterior. Smaller windows had heavier and often opulent drapes, carpet was applied everywhere except wet areas. and there was a different wallpaper in every room which made rooms appear darker and smaller

Garden beds outside most windows had plants that grew tall and blocked the light and most homes had a veranda that blocked light to the main living area, and that was separate to the dining room which was separate to the kitchen.

In the modern era we crave light and open



plan living. There's a new

buzzword in home design

about designing the best

aspect to let the light and

It's about big glass

windows to maximise as

much light as possible.

These are now very sim-

ply dressed either with

beautiful floor to ceiling

length sheers or the clas-

outdoors in

transterior - which is

Above: Zofia St. James Get inspired this month and bring the outdoors indoors...

sic plantation shutters.

Floor choices are tiles, wooden or polished conthroughout with people choosing carpet for bedrooms.

Alfresco areas offer the opportunity to have another living area in which to cook and entertain. with bi-fold doors that open up the inside completely, connecting it with the outside.

It's all about lifestyle and the interaction between the two that's fantastic. You can be in the kitchen and still be a part of the family.

For those considering the move to an apartment the light, floorplan and opportunity for outdoor entertaining are equally important.

If you are wondering how to connect your current home with the freshness of the outdoors, these tips may give you inspiration.

With the arrival of autumn and shorter cooler days we can now open wide our windows, enjoy some sunlight and invite the outdoors in.

And nothing says outdoors like a beautiful garden and houseplants.

There is great enjoyment in nurturing something that is flourishing in vour care.

If you have a living area that overlooks a balcony then straight away, you have a perfect opportunity to create you very own garden room.

Make sure that you have a table and one or two chairs in order to sit and enjoy this space, but make sure not to overcrowd it. Choose pots of the same plant variety but varying size in order to build height and levels.

It's all about choosing plants which are appropriate for the amount of light that they will receive. Succulents provide a green hit and are no more needy than a fake, sorry... faux plant.

There is art work and cushions that are botanically inspired and with the addition of a potted tall palm of your choice can instantly give a greenhouse lift to any room.

Plant stands have returned, a hark back to the '70s but there are some great ones about. You can create an interesting corner with two on different levels, perfect to make an entrance look

Place some trailing potted plants that will cascade down some shelving. It looks pretty and adds instant freshness to a laundry. Let's take a big risk and once again (prepare to be heartbroken) give a maidenhair plant a home in the bathroom - I dare vou.

Well that's it from me and my green thumb for this month. Take care.

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

It's time to upsize your life and downsize your home at Edenlife in Australind...

UPSIDES to downsizing are much more than just financial. The initial benefit is of course the freeing up of capital, allowing people to buy that 4WD, caravan or boat they've always wanted or even top up the super, but that's not

where it ends. Downsizing at Edenlife doesn't mean compromise.

At Edenlife, all of the community facilities are being built right up front and that means having exclusive access from the beginning.

And that's just for starters, residents will no longer have

to pay local government rates, taxes, rubbish levies, water rates, and even half of their electricity bill will be covered by Edenlife. Best yet, no exit fees.

Downsizing to Edenlife allows people to feel safe, surrounded by like-minded people close-by, comprehensive CCTV viewable in-home and the convenience of access to resort style facilities at the doorstep.

A gated community will also keep homes safe, perfect to

lock up and leave. Say goodbye to maintenance as they look after gardens, common areas, and even the front garden.

Edenlife's award winning homes are located in the heart of Australind, just a short walk from the Brunswick River, surrounded by natural parklands. Bunbury is less than 15 minutes' drive away.

Set to begin construction in late April/early May 2019, residents can be moved into Edenlife by Christmas this

For more details visit www.edenlife.com.au or give Linda a call on 0499 444 279.

Retirement living at its best

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

Success village features 137 villas set amongst beautiful gardens, close to the Gateways Shopping Centre and Glen Iris Golf Course. The village offers a range of Units with two or three bedrooms and an abundance of social activities as well as an on-site Medical Centre offering residents GP and allied health services right at their door. Success Village is pet - friendly, so you can bring your fury friend with you!



Success Village

1 3 **1** 1

Unit 24, 27 Pearson Drive, Success

This beautiful 3 bedroom home is tucked away on the grounds of the sprawling Success Village grounds. This freshly renovated home has a stunning kitchen for the Master chef as well and a new bathroom, new carpets and a fresh coat of paint throughout the home.

For sale from: \$350,000



Success Village

1 2 **1** 1

Unit 58, 27 Pearson Drive, Success

This stunning two bedroom one bathroom villa has new carpets and floor coverings throughout with a lovely outdoor area.

For sale from: \$299,000



Success Village

Unit 77, 27 Pearson Drive, Success

This spacious and immaculately presented three bedroom two bathroom villa is freshly painted with new carpet.

For sale from: \$349,000

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

Downsizing ADVERTISING FEATURE



Finding the perfect retirement home that suits your lifestyle...

FOR many people finding that perfect home for your retirement can feel like a daunting task.

Is it a lock and leave home you are after? Or do you prefer to have a more social and active village lifestyle?

Certainly, different properties can suit differ-

COMPLETION

Retirement

Conveniently located

Apartments in the City of Melville.

2 Bedrooms from \$399,000* 3 Bedrooms from \$525,000*

Leave you car keys home with a wide range of shops and other

facilities on the doorstep, including IGA, Cafes & Restaurant, Post

Office, Hairdresser, Pharmacy, multiple Health and Medical Centres,

local Library and Community Centre. Or enjoy the tranquility whilst

Display Apartment Now Open

Saturdays 9.30am to 11.00am

Wednesdays 1.00pm to 2.30pm,

IN MAY 2019

ent lifestyle choices, but for most people a property that ticks their lifestyle boxes and promotes a healthy and active life into retirement is top of their list. Quality at an affordable price also tends to be a key factor.

The Reserve, by Alchera Living, has been

AFFORDABLE

QUALITY

designed to provide exactly that.

Not only is it a secure, community centered development, it is one that promotes healthy living.

The Reserve offers a breath of fresh air, quite literally. With its park side location and non-smoking environment residents

Secure

vour apartment

with a fully

refundable

\$5k deposit

B

can breathe easy. Adding to this, The Reserve is located within the City of Melville at Alchera Living's Weeronga village, away from main roads, making it a quiet and peaceful location away . from traffic pollution.

Architecturally signed, the apartments within the development have no trip hazards, are equipped with wide doors and hallways, level flooring, non-slip surfac-es and have provision for future grab rails in the bathrooms.

CEO of Alchera Living, Alan Marshall, said the apartments and shared spaces are stylish but equally comfortable and adaptable to residents as

they age.
"The Reserve meets the needs of different lifestyle choices – whether that be people looking for a secure and safe property for a lock up and leave lifestyle or a social space they can

enjoy in their retirement," he said.

Space and safety have also been key considerations in the design of The Reserve.

All apartments are spacious and have generous storerooms and car bays located in the secure basement.

The apartments are fitted with electronic access points and are situated within a secure gated community.

The development also features a heated indoor pool and gymnasium. Weekly yoga classes are held at the village, a perfect way to socialise and maintain a regular exercise regime.

The Reserve overlooks Winnacott Reserve, perfect for enjoying the view or a leisurely stroll and is conveniently located with cafés, the local IGA, medical centres and other local retail outlets within walking distance.

It is also in close prox-

Enjoying a breath of fresh air

imity to bus routes and the local library and community centre are within the same precinct.

The Reserve offers a high quality and affordable home that has to be

seen to be believed.

To organise a private viewing now of the completed display apartment, call David on 0434 659 904 or visit www. thereserve net au

SwanCare's super cycling Polar Bear



Michael Sinclair

MICHAEL Sinclair is a go-getter with levels of energy that would put other 76 year olds

to shame.

An avid cyclist and resident of the Swan-Care retirement village in Bentley, Mr Sinclair makes excellent use of local bike paths - cycling 20 kilometres every day from his home to join his fellow Polar Bears for a swim at Port Beach.

Bears The Polar ocean swim rain, hail or shine, every day of the year and Mr Sinclair joins them for his 600 metres each morning, along with a coffee and camaraderie with his fellow swimmers.

"I love my post-swim coffee, all the hugs I receive and a few salty kisses too," he said with a glint in his eye.

Mr Sinclair's other great love is fishing. 'I really love fishing in wild weather in remote places - a special favourite is fishing at Cape Leeuwin during a storm. It is better in wild water when there is no one else around,' he said with delight.

When he isn't at home, Mr Sinclair loves the adventure of looking for beautiful things while mixing his love of cycling with his fondness for overseas trav-

This year his itinerary is action-packed as he meets cycling pals in the North Island of New Zealand and again, later in the year in Mauritius and the French Alps.

During his travels Mr Sinclair has made a lot of new friendships with fellow travellers. He is part of a world-wide group of touring cyclists which links members to share accommodation and lo-

cal hospitality. "I have been very happy during my ten years at SwanCare. I love the easily accessible cycle paths, the best bus service in Perth, visiting the Spritz Café and chatting to the friendly staff." Mr Sinclair said. "I have many great friends and I love that I can lock and leave my apartment safe in the knowledge it will be as I left it when I return.



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- Free up capital with affordable homes from \$174,550 Access to resort style facilities
- More free time with no maintenance & upkeep

Secure gated community

To find out more call Linda 0499 444 279 or visit www.edenlife.com.au





www.edenlife.com.au

Downsizing ADVERTISING FEATURE

Odyssey residences at Beaumaris Beach launched



THE eagerly awaited launch of Odyssey Residences at Beaumaris Beach took place late last month, making the new

display suite and sales office the centre of attention in the beachside suburb of Iluka.

Not-for-profit organi-

sation Brightwater Care Group have been overwhelmed by the response to the 58 private residences, with expressions of interest submitted on many of the apartments leading up to the launch.

Mike Graebner, managing director of selling agents Seniors Own Real Estate, said the launch weekend had been a huge success.

"With more than 550 registrations of interest lodged via the website since the development was first advertised in August last year, we always knew that attendance at our opening weekend would be high but the numbers exceeded even our expectations," Mr Graebner said.

To be built at 32 Fernando Parkway, Iluka, Odyssey is the centrepiece of a proposed multigenerational lifestyle precinct and town centre with shops and cafes, and accommodation for a variety of different life stages, all just 300m from the beach.

Apartments at Odyssey Residences, which will be owned and operated by Brightwater Care Group, are priced from just \$497,000.

Jennifer Lawrence, chief executive officer of Brightwater Care Group, has described Odyssey as a game-changer.

"We've looked closely at how over-55s actually want to transition into retirement and have designed homes that reflect their priorities, such as freeing up time for travel and hobbies, and keeping people connected to their neighbours, the community and nature," Ms Lawrence said.

The homes, which have all been certified with the Gold Liveable Housing Design, range in size from 84m² to 125m².

Odyssey Residences also boasts a heated pool, gym, landscaped

gardens, communal garden deck, multi-purpose communal living room and an all-weather communal function room for larger socialising events.

The Odyssey Residences display suite and sales office, on the corner of O'Mara Boulevard and Santos Vista, Iluka, is open 2pm - 4pm on Sundays and Wednesdays. For more information about Odyssey Residences, contact sales agents Caryl Sutrisno and Mike Graebner, Seniors Own Real Estate, on 1300 593 109 or visit www.od ysseybeaumaris.com.au.

Retired, not expired - why you should consider retirement living with Southern Cross Care



GONE are the days when retirement living was tied to the stigma of rundown facilities and old-fashioned aged care options. Retirement is a new beginning to be enjoyed – one where you choose the way to live your life.

Today's retirees have a growing number of options available for how they will spend their later years.

Some are tempted to stay in their homes; others are interested in downsizing; while residential care homes are potential options, too. But, for people who want to continue to enjoy an independent and fulfilling life, a Southern Cross Care (SCC) Retirement Village could be a better alternative.

"Southern Cross Care provides friendly inde-

pendent living communities," says sales consultant, Adam Green.

"At Southern Cross Care, we create communities, bringing likeminded people together to continue to live an independent life full of choice and freedom. In selecting one of our villages, you will be part of a community that enhances choice. You will be able to live an active and healthy life that offers an aspirational lifestyle, safety, security and peace of mind right at your doorstep.

"Our villages are pet-friendly, in close proximity to public transport, offer a range of amenities such as shopping centres as well as beautiful lakes and gardens. Village community centres offer a comfortable place for social and recreational activities as well as regular events, visiting entertainers and organised outings on the village bus.

"Of course, it's completely up to residents to be involved as much or as little as they like. A full-time village manager and staff provide personal support and are there to assist residents with any concerns, while a 24-hour emergency call system offers peace of mind," Mr Green said.

Recently SCC opened new medical services at their Success Village where residents now have the convenience of an onsite health and wellness clinic offering access to onsite GPs, and allied health ser-

SCC has villas avail-

able at villages located in Shelley, Hilton, Cloverdale, Forrestfield, Rossmoyne and Success. If you are interested in finding out more contact Adam Green on 0431 795 686, or visit scrosswa.org.au/retire ment-villages.

Own not lease

Darch 3 bed, 2 bath over 55s villa.

Nice community centre. Winston 0431 845 942



You only live once. But if you do it right, once is enough.

Take a tour of our scenic and private villages, you'll see how people just like you are enjoying the financial and lifestyle benefits of downsizing to a beautiful home nestled amongst fantastic facilities, making every day beautiful.

All National Lifestyle Villages are pet friendly and safe communities, peppered with inviting pastimes. There's plenty to enjoy and you won't need to lift a finger to look after it.

Best of all, you'll enjoy all the family-friendly pleasures National Lifestyle Villages are renowned for. Call now to find out more.

Grandparents Day this School Holidays!

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Call 1300 45 55 65 | Visit www.nlv.com.au

Downsizing ADVERTISING FEATURE



Local buyers flock to premium Applecross development

STRONG early sales at Finbar's Sabina development in Applecross saw construction commence just four months from the project's February 2018 launch date, with completion now expected in early 2020.

Despite relatively flat market conditions in the WA property market, the company has experienced strong demand for apartments in this upmarket Canning Highway development with local downsizers currently dominating pre-construction sales.

Finbar's chief operating officer, Ronald Chan, said the building's distinctive design, premium location and resort style amenities were proving popular with owner occupiers across a range of demographics.

"When you have a high-quality apartment development in a blue-ribbon location you definitely have the ingredients for a successful project," Mr

Chan said.

"Applecross is one of Perth's premier water-front suburbs and we are seeing a large percentage of downsizers from the local area dominating sales, so that they can remain in their suburb of choice without having to compromise their lifestyle," he said.

He said more than 60 per cent of sales to date had been to owner occupiers with 35 per cent of sales to buyers over 50 years old.

When completed, the 30-storey tower will be tallest structure in the suburb, featuring 164 one, two and three-bedroom apartments as well as a dedicated concierge, heated swimming pool,

private dining room and car sharing service.

Mr Chan said the

Mr Chan said the apartments on levels 26 through to 29 boasted uninterrupted views across the Swan River to the Perth CBD.

Sabina residents will enjoy a privileged lifestyle. They will be within walking distance of the South of Perth Yacht Club, the Raffles Hotel, the upmarket shopping precinct of Ardross Street and within easy reach of public transport, the Zoo and the Perth CBD.

He said, although luxurious, the Sabina apartments provided a more affordable housing option compared to free standing homes in upmarket Applecross which

recorded a median price of \$1.6m in February this year

Future resident, Mairi Cameron, is one of a number of local downsizers who has traded her family home in nearby Shelley for the convenience and luxury of apartment living at Sabina

Ms Cameron said she was looking for somewhere close to home to downsize where she would feel secure and could safely lock up when she was travelling.

"I wanted to be in a central location, close to the river and city with space for when my grandchildren come to visit," she said.

She said she was also

looking forward to taking advantage of Sabina's numerous facilities including the pool, dining room and theatrette.

Apartments at Sabina start from \$420,000 for a one bedroom with the larger three-bedroom apartments priced from \$780,000.

Sales office open Saturday and Sunday 11 am-1pm, 2-3pm.

www.sabinaapplec ross.com.au/ Contact Neil Kay, Knight Frank 0439 687 688 or Eric Hartanto, Harcourts Applecross 0421 272 152.

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Residents awarded for dedication and assistance...



Bethanie chairman Bruce Davis, Ron Hancock, Peg Eaton and Bethanie CEO Chris How

BETHANIE, Western Australia's most recognised not-for-profit aged care and retirement living provider has awarded two of their volunteers with Life Memberships, as recognised by the board. Peg Eaton (Bethanie Geneff in Innaloo) and Ron Hancock (Waterman) have been tireless volunteers with Bethanie, both contributing decades of volunteer assistance to the organisation. Ron has been volunteering with Bethanie for more than 52 years. Music has been the focus of his volunteering at both Bethanie Kingsley and Bethanie Warwick, bringing joy to customers through his own

Completion

passion. Ron currently volunteers at Bethanie Kingsley and with his wife Beryl, they also regularly visit a 93-yearold Bethanie home care customer and play the piano with her. Peg Eaton was a foundation board member for Churches of Christ Homes/Bethanie back in 1954. calling people into action through donation of money, time or product. Now in her 90s, Peg continues to rally the troops, volunteering her time and energy in raising funds for Bethanie's Operation Christmas Child shoe box appeal conducted across numerous Bethanie including Bethanie Kingsley and Bethanie Geneff.



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Around 46 per cent of Australians surveyed expect to retire with debt, according to research undertaken by superannuation fund, REST Industry Super in April 2017.

This is evidenced by the substantially increasing number of home owners aged between 35 and 64 who have significant mortgage debt as they head towards retirement.

Saul Eslake for The Australian Institute of Superannuation Trustees March 2017 suggests that if this trend continues (and there's little to suggest that it won't) then an increasing proportion of Australians will reach retirement age having never attained home ownership or will have an outstanding mortgage debt. They will then have to pay off this debt using some, if not all, of their superannuation savings.

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For more info please contact:

lan Barr - Senior Advisor Freedom Nicheliving

E: lan.Barr@nicheliving.com.au P: 0417 910 473

W: nicheliving.com.au/freedom

Ref: Sourced from SAUL ESLAKE for The Australian Institute of Superannuation Trustees MARCH 2017

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MAKING A WORLD OF DIFFERENCE. CELEBRATING NATIONAL VOLUNTEER WEEK 2019



Wanted: Volunteers and shoppers



ALINEA Inc (formerly the Spine and Limb Foundation) is pleased to announce the imminent arrival of its latest ParaQuad Industries op shop and book bazaar retail outlet in Stirling.

Conveniently located at 3/39 Erindale Road in Stirling, the new shop will open its doors on 1 May.

Thanks to a large donation from a leading cruise company, the opening will feature a lots of high quality corporate wear, as well as copious pre-loved and new clothing, bric-a-brac, shoes, toys and, one of its specialities, thousands of books.

Crucial to the success of any op shop are the wonderful volunteers who so selflessly donate their time and expertise, so if you have a few spare hours per week and want to get involved in something really worthwhile while working with a great bunch of people, contact Jeanette on 9381 0195. No experience necessary

ParaQuad Industries is an Australian Disability Enterprise that provides employment to about 145 Western Australians with disabilities. All surpluses from its retail activities are used to support this work or that of one of Alinea's other charitable enterprises.

The Stirling ParaQuad Industries op shop and book bazaar will complement the company's other retail outlets across the Perth metro area, in Shenton Park, Jandakot and, most recently, Willetton.

So if you're looking for a bargain that at the same time helps the environment through reuse and recycling and provides jobs for Western Australians with disabilities, don't miss the opening day on 1 May. Work has already started on the fit out of the shop so if you're interested in volunteering there's plenty to do already.

Volunteering is a great way to keep connected...



VOLUNTEERING is an excellent way of avoiding social isolation and meeting emotional needs including feeling valued in the community and making new friends.

For the recently retired it is a great way to utilise years of ac-cumulated knowledge and skills.

Professor Kaarin Anstay and a team from the University of New South Wales studied a group of about 1600 seniors over a four-year period.

It found that the longer a person spent volunteering the more satisfaction they gained from it, but the level of

satisfaction increased most in those participants who lost more friends through death than those who lost fewer.

Changes in social network size - in number of friends, but not of relations - influenced how satisfied they were with life as a whole and volunteering.

The authors these findings highlight the importance of social engagement for mental health in older adult-

They also concluded that organisations that wanted to recruit more volunteers should emphasis emotional goals that could be achieved through volunteering.

Professor Anstay said the value of volunteering depended on whether the volunteer was single or in a relationship.

More frequent volunteering is advantageous in increasing life satisfaction, especially in individuals whose social network size has decreased over time (ie who have lost friends or family members).

"Clearly social engagement in older adulthood is beneficial to mental and physical health, and volunteering is one way to increase this.

"However it is not simply a case of the more volunteering the

better. There is a sweet spot for each individual that is the optimum time spent volunteering. she said.

Almost 31 per cent of people over 65 regularly volunteer and this provides an immense benefit to society as a whole. Most not-forprofit activities depend largely on volunteers and volunteers contribute some 750 million hours of work worth an estimated \$3 billion annually.

Most organisations are looking for volunteers on a regular basis, to find volunteering opportunities available in WA head to www.vol unteeringwa.org.au

THANK YOU

Hellenic Community Aged Care relies on a dedicated group of individual volunteers and community associations in support of our residents.

Sincere thanks from the residents.

If you are interested in volunteering for our residents please give us a call.

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Men wanted in the shed

SIMPLY being a member of a men's shed enhances men's health and well-being in many ways, including overcoming social isolation and providing meaningful activities.

There is a positive impact on physical and mental health, plus social inclusion, with benefits extending to relationships and families, plus the wider community.

The membership of sheds is diverse. Men from all backgrounds, ethnic and social mixes enjoy the benefits of their shed, bringing their own cultural characteristics and life's experiences to enliven the activities.

The common theme in all men's sheds is about men feeling useful and by contributing to their communities being valued, learning or sharing their skills, making friends, networking and availing themselves of health information programs and opportunities.

They work on projects, contribute to the community, learn new skills, unwind and talk with mates. Activities vary widely, as groups pursue their members' interests. These include woodwork, metalwork, the restoration of old cars, building equipment for third world countries, restoring computers for the not-for-profit sector and other pursuits.

Many men's sheds also contribute to the maintenance and development of local community facilities.

Older men are typically reluctant to recognise and discuss their health issues, frequently avoid seeking health advice and submitting to routinely available health checks. Mixing with other men of similar age and health status makes these discussions easier

In some cases, men have become disconnected from their local community. It could be they have had a central focus on work and family. As life changes through retirement, job loss, loss of their partner or relationship breakdown, a number of men are challenged with anxiety and depressive issues.

There are 180 men's sheds throughout Western Australia. shed near you. Their contact details are available at www.mensshed swa.org.au/sheds-near-



Find us on social media



You can search at: www.mensshedswa.org.au/sheds-near-you



Thank you

Our volunteers are the heart of Solaris Cancer Care, helping thousands of cancer patients and their families each year.

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NEW OP SHOP OPENING SOON!!! VOLUNTEERS WELCOME



GREAT HOME and GARDENING



Golden gardens light up Melbourne to celebrate the journey of gardening













Clockwise from top left; Musa Landscape Architecure - Trish Morrison's Remembrance - The Loggia by Tract Consultants - The Other Side, Candeo Design, Jason Hodges -Scotts stand

by Colin Barlow

THE biggest horticultural event in the southern

hemisphere, the Melbourne International Flower and Garden Show has just wrapped up with wonderful weather for the first few days and then a rather chilly and slightly wet weekend.

That didn't deter visitors bumper crowds over the five days.

As always, the event was a feast for the senses with decadent floral displays in the Royal Exhibition Building, inspirational landscape gardens and a plethora of gardening exhibitors to peruse.

The show gardens this year were a big improvement on recent vears with large numbers of plants and different varieties on display throughout the gardens and exhibitors. The landscape gardens were a highlight with three gold med-als awarded. The first was awarded to Journey designed by Musa Landscape Architecture for their garden chronicling the path towards improved mental health in collaboration with Beyond Blue. The journey is symbolised by the form of an aeroplane and how our positive mental health relates to our connections with family, friends and places.

The second gold was awarded to The Other Side by Jason Hodges. Candeo Design and Semken Landscaping for Lawn Solutions Australia. Designed for the modern Australian fami-

ly with a central outdoor entertaining area to dine, lounge and relax in whilst overlooking the lush garden. Entertainment is provided for the family space with a rectangular, above-ground pool, deck and paved areas, fire pit and large lawn areas. A life-size bronze sculpture of a Labrador and her pups playing in the garden was a popular addition.

The final gold medal along with the coveted City of Melbourne Award of Excellence for Best in Show went to The Loggia designed by Tract Consultants. The Moorish and Mediterranean inspired garden featured a covered walkway with Romanesque arches that also functioned as an aqueduct with water flowing via a spout into a large bowl below. Welcoming tiled curved steps encouraged you to explore the garden with its intricate stone paving interwoven with low planting. The eclectic mix of planting incorporated both dry climate Mediterranean species and natives providing a lush backdrop with contrasting textures and form. The water conscience garden designed for a changing Melbourne climate aimed to increase biodiversity, provide habitat for pollinators and save precious water

The Boutique Garden award went to Remembrance by Trish Morrison from New Zealand. The 5m x 5m sites allow designers to showcase their talents on a smaller more intimate scale. The butterfly friendly design incorporated a beautiful pergola, swinging seat and bright flowers to encourage insects.

The Avenue of Achievable Gardens provides horticultural students with the opportunity to design small gardens that represent a similar size and scale to home balcony or courtyards. These are designed so that the average home gardener could recreate them within a budget of \$8,000. The overall winner was Redivivus Materia by Jason Donnelly with their mystical garden incorporating a vertical garden, log seat mystical grasses and an insect hotel. The overall standard of Achievable Gardens created was excellent and many competitors will have a bright future in

horticulture. The floral awards in the Royal Exhibition building included the Gold Visual Display that was awarded to The Fantasy Garden by Collectors Corner for their amazing display of epiphytic cacti, succulents, bonsai, indoor plants and gem stones. Gold Floral awards went to The Australian Associ-

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ation of Floral Designers and Pinkie Promise.

If you haven't been to the show before, make sure that you put it on your bucket list for next

Come on and say hello at the Perth Flower and **Garden Show**

Just a reminder that you can catch me every day at the Perth Flower and Garden Show from the 11 to the 14 April on the Scotts stand. I will be showing you how to create your own mini terrarium and be providing horticultural advice, so if you have a question come and say hello. I will also be on the HMA/ Richgro Garden Stage on Saturday 13 April at 1.30pm to talk about indoor plants and containers and the expert panel straight after from 2pm.

Spring bulbs

have already been flicking through the latest spring catalogues of colourful spring bulbs to whet my appetite for a spring full of sensational colour. If you can't wait for yours to arrive, you can check out the bulb sites below on-line for some more ideas to liven up your garden in spring. You will find that there is everything from large to miniature bulbs to suit all sizes of gardens and they are ideal for planting in pots and containers. Visit: www.diggers.com. au; www.gardenexpress. com.au; www.mrfoth ergills.com.au: tesselaar.net.au; WWW. vdqbulbs.com.au www.wabulbs.com





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Mimma... so much more than a musical friendship



Musical director, Sean O'Boyle with his wife, Suzanne Kompass, who plays Ada Marini, in rehearsals for Mimma: A Musical of War and Friendship.

by Josephine Allison

IT has been a long and interesting journey both professionally and personally for renowned American born soprano Suzanne Kompass and husband esteemed Australian composer and conductor Sean O'Boyle AM. They are here for the Perth world premiere of Mimma: A Musical of War and Friendship at the Regal Theatre.

The storyline of Mimma sees the shadow of Fascism as it spreads across Italy and Mimma, a young journalist from

Turin, taking refuge at her uncle Lorenzo's nightclub in London's Soho. As another World War becomes inevitable, Mimma forges a friendship with aspiring jazz singer Sarah.

Mimma's brother is captured, Londoners prepare for the Blitz and fears of betrayal reach fever pitch. Even refugees and firm opponents of the dictators are classified as enemy aliens, Mimma and Sarah are caught up in the turmoil – Mimma is a musical that bridges continents and cultures

Kompass, who plays Ada ar and Friendship.

"We are both very excited about Mimma," says Suzanne from the Sunshine Coast where the couple have lived and

worked for the past few

years, Suzanne as head

of vocal studies and Sean

as artistic director, music

at Sunshine Coast University.

How the couple came to be involved in *Mimma*, a blend of jazz, opera and musical theatre, is quite a long story, but Sean says the music first attracted

them.
"Mimma's composer and producer Ron Siemiginowski visited

the Sunshine Coast," says Suzanne. "Ron is a masterful tune writer and an amazing human being, we loved the story of *Mimma*, we loved everything about it.

"Ron spoke to Sean about orchestrating and music direction, we had just moved here and our furniture was in a container ship coming from the States, so we entertained Ron and his wife for lunch with spartan furniture.

"Ron knew of my background and part of my attraction to *Mimma* was I spent four consecutive years performing with the Spoleto Festival in Italy and I have spent considerable time in Italy, though I am a citizen of Canada and the United States.

"When I moved to Canada, I lived in a predominantly Italian area and I speak Italian. Ron had asked me for some assistance in what voice types could sing, what type of range, what type of repertoire would suit certain voices so he asked me to collaborate as a vocal consultant, talking more about roles. All of the roles are loosely based on people in his family and also have an historical background.

"It felt incredibly familiar to me, having known

Italian families who went through that period of history. And I think he was a bit shy to ask me if I would sing in *Mimma* because of my operatic background. I was absolutely over the moon when our agent said Ron wondered if I would sing the role of Ada Marini, the mother of *Mimma*.

"It is so exciting to see and work with Jason Barry-Smith who plays my son Aldo and I have always loved his work. It is delightful to have wonderful music to sing, and, of course, there is Mirusia Louwerse as Mimma and Holly Meegan (Sarah Parker). We can't wait to meet the rest of the ensemble."

Sean says he loved the fact some of *Mimma* is set in Italy and in London.

"What I loved about the whole story is that when Italians are around Mimma's family, they sing, especially in the second act when they sing operatically in Italian. It is just spectacular. The London theme features London jazz of the 1930s, pre Second World War, not heavy American blues, it's more light and refined and I adore it."

The story of how Suzanne and Sean got together as a couple goes back to 2007 when Sean

was conducting in Toronto and Suzanne was singing there.

"I was living on the other side of the city and going to rehearsal and I was a little late because of the traffic," says Sean. "So I finally got there and I heard this glorious voice singing and fell in love with the voice and then the woman. Then we had a two-year long distance relationship between Brisbane and Toronto. Suzanne came to Brisbane in 2009, we married in 2010 and then moved to New York City.

"Suzanne grew up in the Allentown, Bethlehem, area of Pennsylvania, about 85 minutes from New York. There is a beautiful little private university there called Moravian College and they asked us to be artists in residence there, which we happily accepted.

"Moravian College is a sister university to the University of the Sunshine Coast and we discovered that USC did not have a music program. So that led, in 2015, to talks with the vice-chancellor who invited us to establish the inaugural music program and so it happened."

Suzanne says *Mimma* has already had extensive exposure with music

students in the US and there will be a big turnout from the US and Toronto for the Perth premiere.

"There is worldwide interest in Mimma."

The couple have seen quite a lot of Perth and Sean says he has been inside the Regal Theatre.

"It reminds me of my childhood growing up in Melbourne."

Suzanne has visited Cottesloe and Fremantle and has good friends who once owned an Italian restaurant in Perth, Suzanne singing Italian arias there.

Most of the couple's music married working life has been spent performing together, Suzanne making her Australian debut with the Barrier Reef Orchestra, only a few hours after obtaining her Australian visa.

"When I first met Sean in Toronto I had no idea he was a conductor, this guy came into rehearsal dressed quite down, casual and friendly on the podium. I was instantly impressed. To work with him and have a relationship, it's a dream come true."

Mimma: A Musical of War and Friendship (Orana Productions) has its world premiere at the Regal Theatre, Subiaco, 9 - 21 April.

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Elgar's First Symphony

MORNING SYMPHONY SERIES
Thu 2 May 11am
Perth Concert Hall

English conductor Mark Wigglesworth will bring Elgar's dramatic First Symphony to life, a work that was instantly hailed at its premiere as the greatest Symphony of modern times.

Tickets from \$30*



Romantic Rachmaninov

MORNING SYMPHONY SERIES
Thu 30 May 11am
Perth Concert Hall

Rachmaninov's Second Symphony is a work bursting with seductive melodies. Australian conductor Nicholas Carter returns to WASO with this romantic tour-de-force.

Tickets from \$30*





The West Australian





Murderous passion never looked so beautiful in West Australian Ballet's La Bayadère



La Bayadère © Liz Looker

AFTER a successful Ballet at the Quarry season, West Australian Ballet will bring a bright and bold colonial India to life in the reimagining of La Bayadère at His Majesty's Theatre this May.

Choreographed by Queensland Ballet's Ballet Master, Greg Horsman, (after the great Marius Petipa - The Nutcracker, Swan Lake, Don Quixote, Sleeping Beauty) this lavish production of La Bayadère, French for 'The Temple Dancer', sees the ballet set in colonial India in 1855 under British rule.

The ballet follows the tragic love story of Prince Solor, the son of the Maharajah, who falls in love with Nikiya, (La Bayadère). But trouble strikes as Prince Solor is betrothed to Edith (formerly Gamzatti in the original La Bayadère), the daughter of the governor general, as part of a treaty to end hostilities. West Australian Ballet artistic direc-

tor, Aurélien Scannella, said he was thrilled at the opportunity to stage this reinvigorated classical ballet in co-production with Queensland Ballet and artistic director Li

Cunxin (Mao's Last Dancer). "La Bayadère is one of the iconic classical ballets. Greg has done an incredible job modernising the story line but audiences will be pleased to hear many of the iconic scenes like The Kingdom of the Shades will remain true to the original choreography," Scannella said.

"The Kingdom of the Shades is a gorgeous moment in the ballet. It really is one of the all-time iconic moments in classical ballet, a scene so visually impacting that it is often performed on its own as an excerpt. It is incredibly demanding physically on the dancers and requires impeccable technique and musicality. I am sure it will be one of the lasting scenes in the audience's minds as they leave the theatre," explains Scannella.

Choreographer, Greg Horsman, said in changing the setting and story of the ballet slightly, he hopes to give it a tighter, more believable narrative that keeps the audience engaged right to the very end.

"In this production I've made some char-

acter and design changes to bring in the British influence, and I've also added in some opportunities for the male dancers to feature," he said.

West Australian Symphony Orchestra will bring to life this iconic score under the instruction of Canadian conductor, Judith Yan (conductor of Dracula and Don Quixote).

While La Bayadère may be an unfamiliar ballet title for many arts lovers, its original choreographer Marius Petipa is considered to be one of the most influential in ballet his-

"Petipa's The Kingdom of the Shades choreography within La Bayadère is often a measure of the unity, strength and finesse of a ballet company's corps de ballet. The scene, done well, is one of the most sublime moments in classical ballet," says Mr Scannella.

co-production with Queensland Ballet and Royal Winnipeg Ballet, La Bayadère opens at His Majesty's Theatre on 9 May.

Village life can be bloody murder...



ASHLEY Jensen reprises her role of city PR turned country sleuth in six new episodes of Agatha Raisin. Adapted from the bestselling books MC Beaton, the first series was an instant hit on global TV creating a strong fan base around the world.

The second series includes a story of the hairdressing wizard Jonny Shawpart who works

magic on more than just Agatha's hair. But he hears many secrets in the hairdresser's chair and it seems one of them might lead to his murder.

In episodes three and four, Agatha finds herself holed up in the strange village of Fryfam where a number of mysterious occurrences are said to have been carried out by fairies.

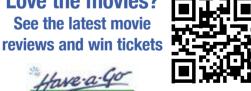
And the last two shows in the series Agatha is swept off her feet by Carsely's new curate - along with every other female in the village, but who could be responsible for the carnage that ensues?

Don't miss this fun take on whodunnits, available now on DVD. RRP \$34.95.

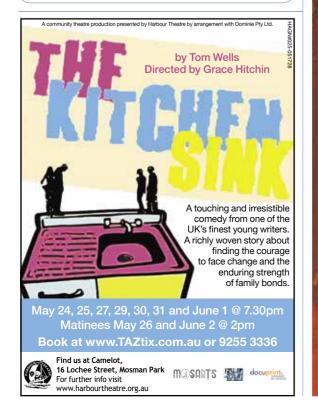
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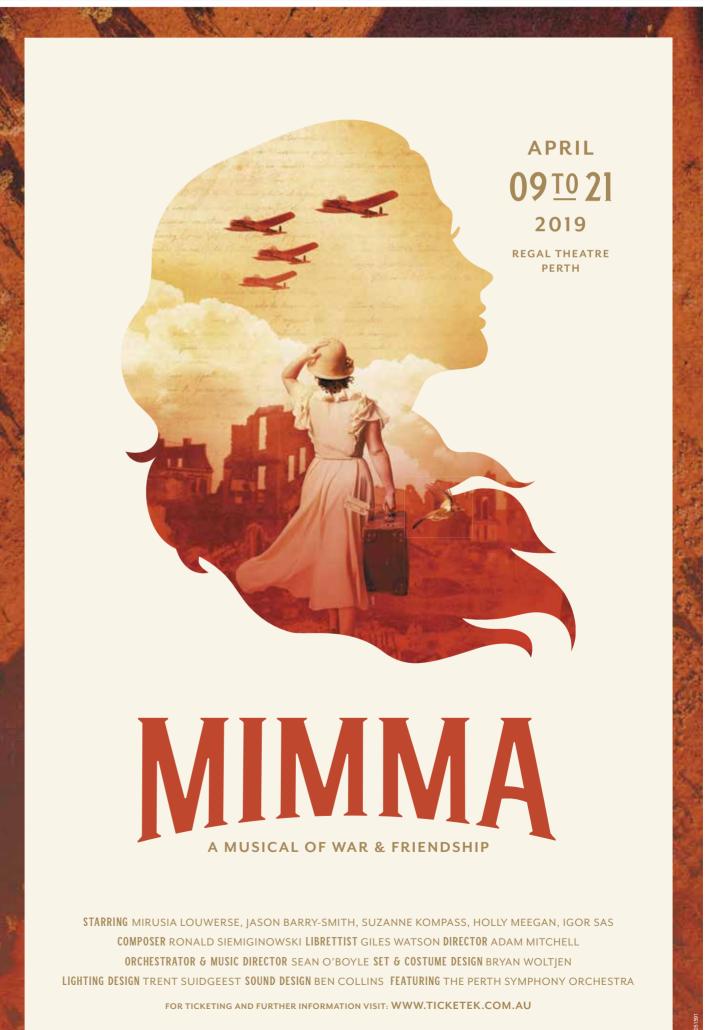
We have 10 copies of Agatha Raisin series two on DVD to giveaway to some lucky readers. To be in the draw simply email win@haveagonews.com. au with Agatha in the subject line or write to Agatha Raisin DVD Comp C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 5/5/19.





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An autumnal art exhibition



On the right track by Shared Palette © 2019

AUTUMN in Western Australia is the perfect time to start exploring the great outdoors.

Head up to Kalamunda to the Zig Zag Gallery to experience artworks inspired by the landscape, colours and textures of the Bibbulmun Track (which commences a few hundred metres from the gallery).

Shared Palette, a

exhibition boutique group, is holding their exhibition Autumnal from 20 April to 5 May, full of unique artworks inspired by their walks along the track.

More than 40 pieces of newly created works along with three collaboration birch panels composed of oil, encaustic wax and fused glass will be on display.

Works focus on fused glass orchids and echidnas, paintings of dunnarts and numbats on jarrah palings, and encaustic wax leaves of all shapes and sizes.

At least one of the artists will be in attendance at all times during the exhibition to discuss their works and different art practices with visitors.

Have a chat with Lor-Chapman-Mills,

Darlington Theatre Players Inc

Terry Ferrier, Lyn Isted and Felicia Lowe about their glass, pastel, acrylic and encaustic wax painting techniques.

"On the right track' is one of three collaborative artworks at the autumnal exhibition.

The exhibition will be opened at 6pm on Saturday 20 April by Linda Daniels, executive director of Bibbulmun Track Foundation at the Zig Zag Gallery, 50 Railway Road Kalamunda.

The exhibition is open Monday to Friday from 9am to 4pm and Saturday and Sunday from 10am to 4pm.

Full proceeds from the sale of 'On the right track' artwork goes to the Bibbulmun Track Foundation. Further information can be found at www.facebook.com/ sharedpaletteperth

Twilight concerts and morning music



Petrina Bishop

WITH more than 30 years of experience in the entertainment industry teaching, singing and producing sell out shows, Petrina Bishop has a wealth of experience.

Coming from a musical family she was enrolled in the Johnny Young Talent School and mentored by Jackie Love throughout her youth. She was classically trained as a teenager and went on to work with WA Opera Company, WA Choral Society and the WA Musical Theatre Company.

She now presents a repertoire of songs from some of her favourite performers working with musical arranger and accompanist David Wickham for her twilight cabarets and morning music concerts.

On Saturday 27 April from 7.30pm to 9.30pm get ready for a trip down memory lane when Petrina presents Gold - songs from Shirley Bassey.

Share the stories and songs of this singing seductress who used her powerful voice to break the chains of poverty and become a world-wide sensation. Relive the classics Big Spender, Diamonds are Forever and Something along with many other hits as Petrina presents a narrative of Shirley Bassey's life and music.

Tickets are \$20 and include supper. They are available at the door or through TryBooking: www.try booking.com/BBMQR

The next twilight cabaret will be on Saturday 18 May from 7.30pm to 9.30pm when Petrina sings the songs of Barbra Streisand in her The Way We Were tribute. Tickets cost \$20 (including supper) and are available at the door or through TryBooking: www.try booking.com/BBMRR

The Morning Music series in May will pay tribute to the armed forces sweetheart Vera Lynn on Monday 13 May from 11am to 12noon. Tickets cost \$15 and include morning tea - available at the door or through TryBookina: www.trybooking.com/BB MQY

All performances will be held at the Anglican Church of South Perth, 9 Ridge Street, South Perth.

For more information contact Petrina on 0409 12 72 82 or visit her website at www.akannaenter tainment.com.au

New Australian film from the makers of The Sapphires



FROM the makers of Australian classic film The Sapphires, director Wayne Blair has come up with another Australian story - Top End Wedding which is a celebration of love, family and belonging, set against the spectacular natural beauty of the Northern Territory.

This heart-warming romantic comedy tells the story of successful Sydney lawyer Lauren (Tapsell) and her fiancé Ned (Lee). Engaged and in love, they have just ten days to pull off their dream top end wedding.

First though, they need to track

down Lauren's mother, who has gone AWOL somewhere in the Northern Territory. Starring Miranda Tapsell, Gwilym Lee and directed by Wayne Blair.

In cinemas 2 May

WIN WIN WIN

To be in the draw to win a double pass to Top End Wedding, email win@haveagonews.com.au Top in the subject line or write to Top End Wedding C/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 30/4/19.

A new movie from the writer and director of *Downton Abbey*

STUDIOCANAL

excited to be releasing The Chaperone in April, based on the New York Times best-selling novel, and from the writer and director of Downton Abbey.

is

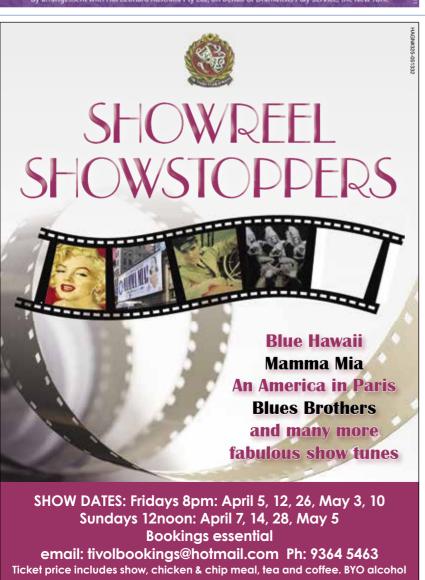
The Chaperone comes to life in this big-screen adaptation starring Elizabeth McGovern who played Lady Grantham in the hit series.

Amid the backdrop of the tumultuous times of the early 1920s. The life of a Kansas woman McGovern, (Elizabeth Downton Abbey) is forever changed when she chaperones a beautiful and talented 15-year-old dancer named Louise Brooks to New York for the summer.

One of them is eager to fulfil her destiny of dance and movie stardom; the other hopes to unearth the mysteries of her past. The film reunites the writer, director and star of Downton Abbey. The Chaperone, based on Laura Moriarty's best-selling book, is scripted by Julian Fellowes and directed by Michael Engler.

In cinemas 25 April.









WIN WIN WIN

Thanks to Studiocanal, we have 10 doubles passes to giveaway to some lucky readers. To be in the draw simply email win@haveagone ws.com.au with Chaperone in the subject line or call the office during business hours on 9227 8283 to be in the draw. Closes 22/4/19.

Visit us online for more reviews



Third instalment of the John Wick film franchise

IN this audacious third instalment of the adrenaline-fueled action franchise, retired super-as-John Wick sassin (Keanu Reeves) returns with a \$14 million price tag on his head and an army of bounty-hunting killers on his trail.

The killing of a member of the shadowy international assassin's guild known as the High Table leaves John Wick ex-communicado.

In a lethal world of blood oaths and ever-changing alliances, John is dogged by the most ruthless hit men and women in the world. Could this be John Wick's last stand? In cinemas 16 May

WIN WIN WIN

To be in the draw to win a double pass to John Wick Chapter 3 simply email win@havea gonews.com.au with Wick in the subject line or write to John Wick Film C/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 30/4/19.

Back of the Net - teenage soccer inspired movie

AMERICAN teenager AMERICAN teenager Cory Bailey (Sofia Wiley) star of The Disney Channel's top rating show, *Andi Mack*, found attending the Harold Science Acad emy Semester at Sea in Australia a dream come true.

But when she accidentally boards the wrong bus at the airport, Cory finds herself at school's Soccer

Academy instead. With her science ship well and truly sailed and her parents volunteering in remote India, Cory has no option but to stay and complete the semester.

A film about friendship, teamwork, romance and most importantly being yourself.
Starring Sofia Wylie, *Back of the Net* is in cinemas 18 April.

WIN WIN WIN

Thanks to Umbrella Entertainment we are giving readers the chance to win an in-season double pass to Back of the Net. To be in the draw simply email win@haveagonews. com.au with Net in the subject line or call the office during business hours on 9227 8283. Closes 15/4/19.

St. Mary's Cathedral CONCERT SERIES 2019 Resurrexit An sublime evening showcase of glorious chant, Renaissance polyphony and organ music to celebrate the Easter season. Features cathedral choir and the cathedral's grand pipe organ Sunday 28 April, 7.15pm

St Mary's Cathedral, Perth Tickets \$25 (\$22 concession) ticketsWA.com 6488 2440







25th anniversary tour of Deborah Conway's gold selling record



Deborah Conway and Willy Zygier

THIS year sees the launch of Deborah Conway and Willy Zygier's 10th album, The Words Of Men and pairs it with 1993's

ARIA award winning and gold selling record, Bitch Epic.

They will be playing the new album in its entirety in the first set, alongside the 25th an-niversary of *Bitch* Epic to be played in its entirety in the second

Deborah Conway met Willy Zygier in October 1991 when she needed a guitarist to tour her debut solo album String of Pearls.

They began a personal and professional relationship that has flourished for the last 27 years producing 10 albums and three daughters.

Bitch Epic was their first creative output and what a successful one it was. This compelling collection

of songs spawned a number of radio hits including Today I Am A Daisy and Consider This.

The first single was Alive and Brilliant.

"I still love playing this song, it has a compelling urgency and fury to it that remains undiminished 26 years after we wrote it," said Ms Conway.

The Words Of Men is their latest recording. Recorded live to capture the vitality and beauty of the chem-istry Deborah and Willy share with their band, The Words of *Men* reflects one of the most creative bursts in their renowned 27 year collaboration, traversing a wide range of themes against the backdrop of the strange circumstances we find ourselves in as the 21st century progresses.

EPIC provides an opportunity for Conway and Zygier to introduce audiences to this new and remarkable collection of songs and to revisit their highest charting and ARIA Award winning album.

Tickets available www.deborahcon way.com, or book through venue web-































Celebrating the life of local artist Ferruccio Berghich...



Left to right; One of Ferruccio Berghich's works of London Court -Ferruccio at work FERRUCCIO Berghich migrated to Western Australia in 1949 with his family after spending

> lowing WWII. Early in his life he developed a love of drawing and painting and after migrating to WA and mastering English he studied to become an art teacher.

> three and half years in a

refugee camp in Italy fol-

In 1956 he met the love of his June Florence and they spent 61 happy years together until Ferrucio's death in 2015.

Throughout his life Ferruccio continued his study of art and produced a variety of works.

He became quite the celebrity with many newspaper articles and sold many of his paintings to councils and even one to the WA parlia-

He held eight exhibitions over the years all organised by June and won a variety of prizes.

He never stopped painting, learning and teaching and became a well-known force in the art world of WA.

His widow, June contacted Have a Go News recently to say that she is planning an exhibition of Ferruccio's works in May.

June says that it has taken her a long time to prepare this collection for exhibition and wants to share some of his works with the public as a tribute to her late husband.

A selection of Ferruccio's paintings from his collection of oil and water colours will go on show at the Art Garage in Mount Hawthorn from 5 to 12 May.

The gallery is located at 191a Scarborough Beach Road and the exhibition will be open daily from 10am to 5pm and Thursdays until 8pm. Entry is free, and works will be available for sale.

It's worth a visit to celebrate the life of an Italian migrant who embraced his life in Western Aus-

For further details contact June on 0425 528 School holiday fun film for the grandchildren

Wonder Park tells the story of a magnificent amusement park where the imagination of a wildly creative girl named June comes alive.

One magical day, June is running through the woods to find her way home where she discovers an old rollercoaster car and climbs inside. She suddenly finds herself in Wonderland, an amusement park she had created in her mind and put aside.

All of her rides and characters are brought to life but are falling into disarray without her. Now, with the help of her fun and lovable park characters, June will have to put the wonder back in Wonderland before it is lost forever.

In cinemas 11 April

WIN WIN WIN

To be in the draw to win a double pass to Wonder Park simply email win@haveagonews.com.au with Wonder in the subject line or call the office during business hours on 9227 8283. Competition closes 15/4/19.

Historic film drama for lovers of Shakespeare



THE year is 1613, Shakespeare is acknowledged as the greatest playwright of the age. But disaster strikes when

his renowned Globe Theatre burns to the ground. Devastated, Shakespeare returns to Stratford, where he must face a troubled past and a neglected family.

Haunted by the death of his only son Hamnet, he struggles to mend the broken relationship with his wife and daughters. In so doing, he is forced to ruthlessly examine his own failings as a husband and father. His very personal search for the truth uncovers secrets and lies within a family at war.

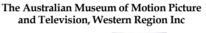
Screenplay for the film

All Is True is by Ben Elton. Starring Kenneth Branagh, Judi Dench and Ian McKellen, this stellar cast and script will impress historic film

In cinemas 9 May. WIN WIN WIN

To be in the draw to win a double pass to All Is True simply email win@haveagonews. com.au with True in the subject line or write to Top End Wedding C/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes









CLASSICS OF THE SILVER SCREEN

2019 Film Program presents for your pleasure

The Man Who Never Was starring Clifton Webb and Gloria Grahame Monday 29 April

Live organ music before the show Admission; Members \$6 Seniors \$9 Public \$11 Grand Cygnet Cinema, Preston Street, Como Ph 9367 1663

Doors open 9.15am Screening starts 10am Email: waregion@ammpt.asn.au or write to The Secretary, PO Box 5147 Dalkeith WA 6009

TREAT A FRIEND! Bring this advert, and a friend, to any of our 2019 film screenings, for FREE ADMISSION for your friend.

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

Behind-the-scenes at the Perth Concert Hall

PERTH Concert Hall conducts regular tours of the venue. These tours include visits to backstage, on stage, into the dressing rooms and behind the organ.

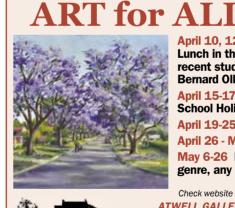
Tours will be held on the following dates: Friday 10 May, Monday 13 May, Monday 20 May, Monday 27 May, Monday 24 June and Monday 15 July.

Each session runs for about 30 minutes and tours will run at 9.30am, 10.15am and 11.15am.

Entry is by gold coin donation.

To book, just email info@perthconcer thall.com.au stating what day and time you would like to attend. Groups are welcome by previous arrangement.

Enrolments for Term 1



still being taken

Lunch in the Gallery; Caroline Marinovich's recent studio stay with Wendy Sharpe and Bernard Ollis

School Holiday Fun Arts Kids program April 19-25 Closed for Easter & ANZAC Day

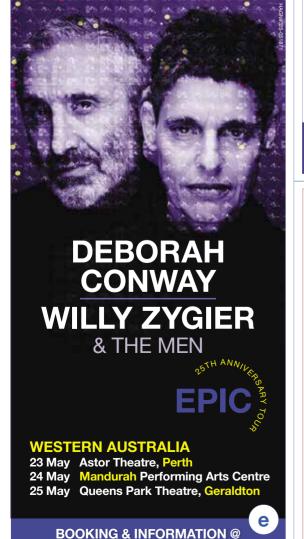
May 6-26 Inspired by Nature Exhibition - any genre, any media, using nature as inspiration



Check website or Facebook for more information ATWELL GALLERY AT ATWELL ARTS CENTRE iverside location on bus route - Plenty of parking - air condi 586 Canning Hwy, (Cnr North Lake) Alfred Cove

April 26 - May 3 Pop up Exhibition

Ph: 9330 2800 www.atwellarts.com



https://www.deborahconway.com/



Saturday, 27 April 7.30pm - 9.30pm (Doors open 7.10pm) Tickets: \$20 (includes supper) For bookings visit

www.trybooking.com/BBMQR Petrina Bishop will take you back to where it all began and beyond, sharing stories and songs of how singing seductress, Shirley Bassey broke the chains of poverty to become one of the most popular singers of her time.

Relive classics like Big Spender, Diamonds Are Forever,

Something, just to name a few... This is a narrative, not a tribute show

More upcoming concerts...

VERA LYNN: The Forces Sweetheart Monday, 13 May

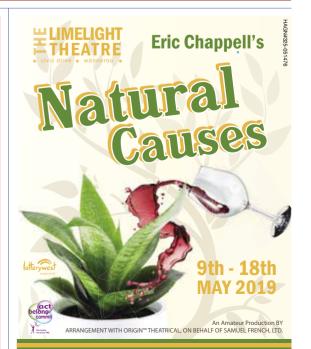
11am - 12noon (Doors open 10.40m) Tickets: \$15 (includes morning tea) For bookings visit www.trybooking.com/BBMQY

BARBRA STREISAND: The Way We Were

Saturday, 18 May 7.30pm - 9.30pm (Doors open 7.10pm) Tickets: \$20 (includes supper) For bookings visit www.trybooking.com/BBMRR



Venue: Anglican Church of South Perth 9 Ridge Street, South Perth Door cash sales only Ph: 0409 12 72 82 facbook: AKANNAEntertainment



0499 954 016 Mon, Wed, Fri www.limelighttheatre.com.au

THE IRISH MUSIC AND DANCE SENSATION

Featuring stars from the West End's Lord of the Dance



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WESTERN AUSTRALIA DATES

14/5 GERALDTON QUEENS PARK THEATRE

15/5 MOORA PERFORMING ARTS CENTRE

6/5 FREMANTLE TOWN HALL

17/5 MANDURAH PERFORMING ARTS CENTRE

18/5 BUNBURY BREC

21/5

23/5

24/5

19/5 ALBANY ENTERTAINMENT CENTRE

MERREDIN CUMMINS THEATRE

ESPERANCE CIVIC CENTRE

KALGOORLIE GOLDFIELDS ARTS CENTRE

25/5 PERTH REGAL THEATRE

TICKETS ON SALE NOW

www.atasteofirelandshow.com

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	REE AAA	Seeking a friend	NS: Non smoker		
	\:\.\.	Pen friend	SD: Social drinke		
Friend to Friend		☐ Travel companion	GSOH: Good se		
		Please nominate a category for your advertisement. Tick one box only.	Abbreviations used in Friend to ALA: All letters answered		

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

Replies must be in response to reply boxes no older than three months.



SOLUTIONS MATCHMAKING "The safest way to meet a genuine and suitable companion" 9371 0380

CITY BEACH LADY 65 Tall, slim, educated, elegant, youthful, attractive woman w/ warm personality, feminine ways. Sk cultured man w/e/going, gentle nature 63-73.

CANNINGTON LADY 69 slim, petite blonde, widow w/ positive & bright approach to life, ready to look to a future r'shp a loving aussie male who loves camping, dancing, bowls & o/doors 65-75.

MAYLANDS LADY 70 Slim, well armd blonde, happy. sincere, country girl, loves farm life, gardening, reading, walking, movies, can dance. Sk friendly, d.t.earth aent 68-80.

SWAN VALLEY LADY 72 Stylish businesswoman, beautifully armd, blue eva blande, slim, active, funloving, enjoy all aspects of life & loves family. Sk honest man w/ a kind heart & a brain 68-76.

SORRENTO LADY 75 refined, d.t.earth, intelligent, outgoing w/ a great sense of humour. Active & financially secure seek gent similar to travel, cruise & enjoy a gd life together 73-83.

HILLARYS GENT 73 British, tall, active, well grmd, young o/look, adventurous, sociable, generous nature, sks a youthful, funloving lady who still believes in romance & fun 60+.

ROCKINGHAM GENT 80s very active, fit, dependable who has not given up on love. Loves the home, walks, a movie, fish & chips on the beach. Sk gentle, happy natured lady 75-85.

PERTH GENT 69 tall, very well grmd, stylish English gentleman, wid, loves travel, sk smart, well educated lady who is young in spirit & seeking a lifelong partner.



SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995

Seeking a Friend

ACTIVE gent 60, no baggage, fit, financially comfortable, looking for a lady friend, partner

Reply Box 8194

FIRST ad. Pleasant ladies, lonely needing more good company for coffee, lunch, movies, TV, get togethers, laughter, visits, live close to 6026 postcode, I'm 75, GSOH, NS, Australian. Let's meet and see what happens.

Reply Box 8211

FIT and active divorcee, independent with GSOH, ready for new beginning and adventures seeking fun loving gent with little refinement and manners, aged up to 75, ALA

Reply Box 8209

GERMAN speakers, I am 70, male and I'm learning my third language, German. WLTM German speaking friends, a teacher or other situations where I can improve my spoken German and to meet new people. Genuine replies only please.

Reply Box 8189

GENT 68, athletic build, 177cms, well presented, WLTM slim lady, NS, DTE, SD, GSOH, enjoys walks, usual social activities, music and dining and other outings for coffee, first to see if compatible.

Reply Box 8198

GENT 70, healthy, active, tall, GSOH, enjoys music, dinners, travel and many interests. WLTM a slim/ medium build, lady that has similar interests to share a long term happy relationship. ALA.

Reply Box 8200

GENT 71, separated, SD, WLTM a lady NOR for walks along the beach, coffee, GSOH, NS. I am 6', 110kg, retired truck driver still doing a bit. See what life holds.

Reply Box 8192

LADY 69, postcode 6004, WLTM kind, considerate gentleman, NS, SD, GSOH, who would like a new friend or relationship. I am an ex nurse with varied interests, ALA

Reply Box 8191

LADY 69, single, WLTM honest, sincere gent, 65-75, GSOH, NS, SD, enjoys gardening, movies, travel, reading, walking, swimming, family, SOR. Reply Box 8213

MATURE gent, European background, widower, fin sec, DTE, no baggage, happy, honest, sincere, caring, WLTM lady with similar outlook for initial friendship and whatever may develop. Let's meet for a coffee and a chat.

Looking forward to it. Reply Box 8206

PLEASANT well travelled, English lady, postcode 6154, 70+, GSOH, NS, ND, NG. WLTM sincere, kind, single gentleman, same age group, genuinely seeking long term relationship. I enjoy the arts, outdoors, music, reading, swimming, walking etc.

Reply Box 8204

SERENE caring, intelligent, Christian woman, postcode 6054, 66, no ties. natural blonde, in awe of god's creation. Loves family, garden, books, swimming, footy, theatre, movies, music, singing, cooking, dining, laughter, WLTM NS, man similar interests and age.

Reply Box 8195 TO ALL you lonely hearts out there, English Aussie gents, 69-73, NS, SOR, GSOH, DTE, TLC, movies, barbecues, overall just the simple life. Hope to meet you for coffee and chat.

Reply Box 8205

WELL presented, young, 70yo, Australian lady, NS SD, great SOH, WLTM similar vintage, NS, SD, Australian gentleman to be my special 'someone', my best friend, companion, soulmate, take a leap of faith, respond - do it! Who knows where your leap of faith will take us! Reply Box 8190

Seeking a Partner

MODEL fringe dwelling hermit, same address 35 years, close to Midland, Australian odour, NOR. NS. NG. GSOH. 5'8", 65kg. You; slim, feminine, attractive physically and personality, GSOH, several meets first if you similar soul mates? See what happens.

Reply Box 8210

GENT 70, WLTM, slim, NS, SD, lady, no ties, fin sec. GSOH, travel and share expenses, likes movies, walking, bush and beach. Let's meet for coffee.

Reply Box 8196

ENGLISH lady, attractive refined feminine, educated, pleasant personality, medium build, VGSOH, own/home, fin secure. WLTM unattached, well groomed, genuine gentleman, 65+ for permanent, long term, relationship who enjoys music, reading, gardening, country drives, good conversation, genuine replies only. SOR.

Reply Box 8201

HELLO I am a 180cm tall. 80kg, slim, fit, gentleman, a retired executive, early 70s, GSOH, fin secure, living in western suburbs, enjoys time with family, especially grandchildren, dining out, travelling, loves the outback, I'm seeking refined elegant lady of similar interests to join with me as we journey together into a loving future. Reply Box 8197

LADY 80 WLTM 75-85, sincere gent to spend as many happy, loving and caring years they are given together. I'm very caring, loving, patient, DTE and sincere, have own home and fin sec, SOR, ALA.

Reply Box 8208

LADY mid 60s, WLTM aenuine, kind, caring, DTE, Aussie, man, postcode 6163, enjoys music, movies, walks, dining out, quiet nights in, NS, ND,

Reply Box 8203

LADY WLTM gent, 79/80, TLC, long term partner, quiet evenings in, cinema, travel, dining in/out, NS, NG, SD, NOR, genuine replies please.

Reply Box 8199

SINCERE genuine, loving, active lady, WLTM sincere, kind, well groomed, NOR, GSOH, NS, SD, 70-73 for friendship, companionship. to enjoy all outdoor activities, wine, dine, music, travel, love and laughter.

Reply Box 8212

TALL slim, confident, well dressed, city woman, inquiring mind, honest, kind, fun, good health. WLTM for casual dating, 70-80.

Reply Box 8202

WIDOW petite and youthful looking WLTM well presented single, genuine, good natured gent, 72-75 for hopefully long term companion, relationship. you need to be financially secure NS, SD, NG, NOR. Reply Box 8193 Each person may submit

one entry every month.

DTE: Down to earth

ND: Non drinker NG: Non gambler NOR: North of River TLC: Tender loving care

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 Travel Partner GENT 75, tall, active, 88kg, no baggage, looks a bit like Prince Charles, NS, SD, WLTM attractive lady, not fat, educated, likes travel overseas and caravan, prefer adventurous outlook not religious. must like dogs, own tractor an advantage, possible relationship.

Reply Box 8207

Have you met your match?

We at Have a Go News are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you? We featured a couple who married from meeting through the column in the March 2019 issue. If you would like to share your story please email helen@haveagonews.com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901



Your privacy will be respected.

WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 22 for details.

Free fitness program

CITY of Bayswater is offering free exercise classes to residents aged 50 and over as part of its new Fit for Life program.

The six-week program will include yoga, indoor carpet bowls, circuit sessions, tai chi, and line dancing at the Morley and Bayswater Community Centres. Sessions are tailored to the needs of older adults, with a focus on improving balance, flexibility, coordination, strength and overall mobility.

City of Bayswater Mayor Dan Bull, encourages the community to get involved.

"The City is keen to improve access to quality fitness programs for residents close to home.

"Looking after our health becomes even more important as we get older. By improving our strength and balance now, we reduce our risk of falls and injuries later in life.

"Whether you're just starting out, or looking to get back into exercise, Fit for Life is a great way to tryout the range of fitness programs offered by the City without any ongoing commitment.

"Classes will be professionally run, social, and most importantly, fun.'

Fit for Life starts on Monday 29 April with a gentle yoga class at Morley Community Centre.

A celebratory morning tea will be held at the end of the six-week program on 4 June at Morley Community Centre and 5 June at Bayswater Community

Residents are invited to register for Fit for Life by contacting the Bayswater Community Centre on 9271 5198 or the Morley Community Centre on 9276 6108. The full program is available on the City's

SCENE SOCIALLY





SCENE (1): WHEN 103-year-old Doris Angus went into residential care just over a year ago, the last thing she thought would happen is that one of her younger relatives would join her there. But Doris now finds herself providing companionship to her daughter-in-law, Eileen Angus (75), who has joined her at Baptistcare's Moonya residential aged care in Manjimup after a number of debilitating strokes and a long hospital stay. The lifelong friends enjoy the exercise classes, walks, bingo, bowls and talking about their younger days. They catch up daily and are popular members of the Moonya community.

Baptistcare's programs are designed to keep people like Doris and Eileen Angus motivated, interested in life and connected to their families and communities.

SCENE (1): Eileen Angus and Doris Angus



SCENE (2): THE WA Women's Hall of Fame announced their 2019 recipients on the eve of International Women's Day on 7 March at Government House ballroom. At the ceremony WA Governor Kim Beazley spoke of the contributions of women to our society and Minister for Women's Interests Simone McGurk MLA outlined areas which are changing in state government. Congratulations to the diverse group of women who were inducted including Frauke Bolten-Boshammer, Alexandra Atkins, Hon. Annette Schoombee, M'Liss Henry OAM, Annie Nayina Milgin, Bronwyn Lesley Barnes, Irene Stainton, Violet Arrey, Marion Fulker, Prof. Rhonda Marriott, Lee Musume-ci, Dawn Wallam, Rishelle Hume AM, Joyce Pamela Westrip OAM and 2019 posthumous inductee was Clara (Decima) Norman MBE.

SCENE (2): 2019 inductees with Governor of WA Hon Kim Beazley AC, Minister for Women's Interests Simone McGurk and Chair WA Women's Hall of Fame Fiona



SCENE (3): POWERHOUSES of the WA music scene Guy Ghouse and Gina Williams provided the entertainment for the WA Women's Hall of Fame Welliams indicated into the United States of the WA Women's Hall the Welliams of the WA music scene with the WA women's Hall scene with the WA wom Day. Gina Williams was inducted into the Hall of Fame in 2018 and showed the audience why with her amazing voice and dedication to keeping the Noongar language alive through music. She writes songs which are sung in both Noongar and English and with the voice of an angel, Gina and Guy's music is unique and beautiful, a meeting of traditional and contemporary. Their rendition of the classic Moon River was a show stealer. Find out more about this amazing musical team at www.ginawilliams.com.au.

SCENE (3): Gina Williams and Guy Ghouse

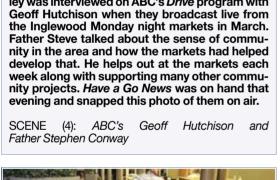


SCENE (4): OUR favourite priest Father Stephen Conway from St Patrick's parish in Mount Law-ley was interviewed on ABC's *Drive* program with Father Steve talked about the sense of commu-





SCENE (7): THE new Mall Walking program commenced at Midland Gate Shopping Centre on Monday 1 April with a group of enthusiastic walkers. Mall walking provides a great opportunity to walk with people in a shopping centre prior to its opening. It's safe and secure and participants never have to worry about the weather. It will be held every Monday and Thursday at 7.45am. Enter through the Coffee Club entry and meet in the mall outside BeMe. Mall walking opens up opportunities to make new friends and socialise with others. For more information call COTA on 9472 0104.





SCENE



SCENE (6): Clockwise; Marlene Robins, Peter Heeney and Rick Steele

Robins celebrated her birthday with friends listening to the dulcet tones of our columnist Rick Steele at his regular Wednesday night gig at the Grosvenor Hotel in the city. Marlene enjoyed a night of fun and music with her friends while celebrating her 76th birthday.

(6):

time friend of *Hav*e a Go News Marlene

LONG





SCENE (8): REGULAR reader Marilyn Krueger and her mum Florence (pictured) took a visit to Sculpture by the Sea during what may be its last display at Cottesloe beach. Marilyn suggests that it would be better to have the display at another location and suggested south of Hillarys' marina. She says Have a Go News is great for people to see what's possible and just because they're getting older doesn't mean they still can't get out and about enjoy events. She says her and her mum love the paper as it is always a good read. (Ed's note - we love to hear that).



SCENE (5): FORMING friendships with some of Busselton's most senior residents has proved to be a rich learning experience for a group of 17-yearold Aboriginal and Torres Strait Islander boys from the Clontarf Foundation. Eight boys were in the south west for a Leadership Camp spent the day at **Baptistcare William Carey Court Residential Care** in Busselton undertaking voluntary maintenance work and playing bingo, chatting and sharing afternoon tea with some of the residents.

Baptistcare William Carey Court's Lifestyle Co-

ordinator Ros McDonald said it was rewarding to see how much the residents enjoyed the visit and she was impressed with the boys' care towards the seniors taking part in the activities. "Some of our residents don't have family nearby and thoroughly enjoyed the opportunity to talk one on one with the boys."

SCENE (5): Clontarf student, from left to right Rhys Thomas, Baptistcare resident Luke Gouma, Clontarf student Talvin Stubbs and lifestyle coordinator Ros McDonald.

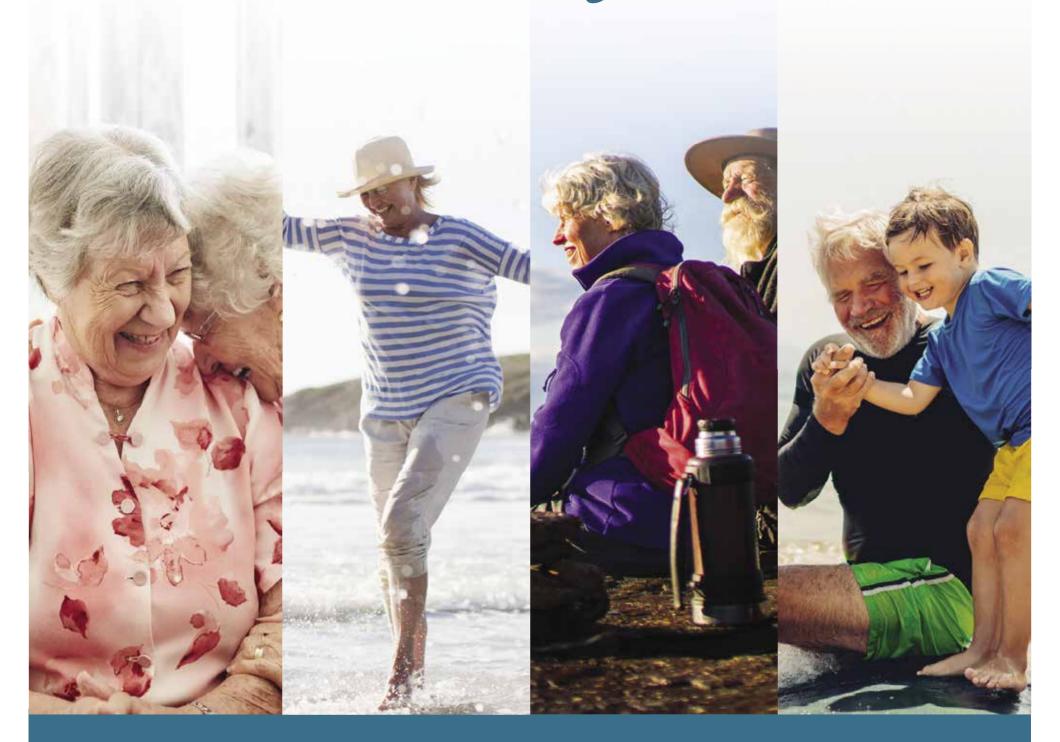




SCENE (9): THE Midland Morrison bowls ladies group held their annual gala day on Friday 22 March which saw 20 teams from across the metro area descend on the club for a great day of bowls. The colours of the club shirts worn by the ladies made a vibrant sight across the greens during the day and prizes were awarded to the clubs winning their respective games. All the teams enjoyed great camaraderie with raffle prizes and a delicious

lunch.

Find what moves you.



It's never too late to find what moves you. For some, it's that feeling of salty ocean spray on your skin in the morning. It might be hitching up the caravan on a whim and chasing the sun to somewhere you've never been. Or the simple pleasure of sharing stories with the people that matter most to you.

So if there's something holding you back, make the move to Ocean Gardens and find a better you. Our independent living facility empowers you to live a healthier, happier life, with state-of-the-art facilities, programs and activities, likeminded neighbours and support from people who care. Are you ready to be moved?

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