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VOLUME 27 NO.10 ISSUE NO.314 MAY 2018

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Perth's own blues legend



Blues legend Dave Hole

by Brad Elborough

DAVE Hole's new album – *Goin' Back Down* – is proof that you can teach an old dog new tricks. Australia's own blues icon, who has just turned 70, has spent the past three years on this labour of love. And it's all him,

including the engineering. "I did a lot of the other work myself, with the mixing, which is all software now and computer recording, mixing and everything," he said. "I had to learn all of that. That was a big learning curve. I think it's good mentally to learn

new things at my age." Dave, who still lives in Perth's hills, is widely regarded as one of the all-time slide guitar greats. While he has always gigged in Perth (he says Trigg's Castle Tavern was his home away from home) he says it's easier to walk around in

WA without being recognised, than it is in the US, or even in Europe. But even after several decades of being able to do what he loves, he still doesn't take it for granted. He still respects the fact that things could have worked out much

differently. He could even have been forced to work in the field he studied – physics.

"I think about it every day... about how lucky I have been to be able to travel the world performing and releasing albums and all that and have an international career," he said.

"It has been fantastic, but there is a lot of luck involved. A lot of us have talent, but not a lot of us get the chance to air it, to get out there."

When Dave released his first album, he was fortunate that it gained some interest in America and that kick-started his international career.

While he enjoyed playing the blues (and still does), it became 100 per cent expected that his music would remain true to that genre.

It meant that there was always a couple of songs inside him waiting to come out, that weren't what his audience expected.

A few of those songs have made it on to *Goin' Back Down*. When you do everything yourself, you get the chance to do what you want to do.

One of the songs, *Too Little, Too Late*, is about getting on to vinyl (yep, you can get this album on LP as well as online) some of the music that had been kept on the back-burner for some time.

"You start thinking this way as you start getting a bit older," he said.

"It's a little about the things you can't change."

"We tend to get defined by genres. When I got discovered overseas in America, I was assigned a category – blues – which is my first love and I certainly do a lot of blues. But I do a lot of other stuff as well. Music is music, but we tend to categorise it so we can describe it."

"It's not as though I am lamenting all the songs that got away over the years, but it is nice."

continued on page 19

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From the editor's desk



LAST year we changed over to a page turning program for our digital edition which we hoped would provide a better reading experience.

From the feedback we received many people didn't find it as easy to read as our previous digital version, so we have decided to revert back to our original pdf offering.

We always listen to our readers and know that many enjoy the paper digitally as well as the hard copy.

This brings me to our Reader Survey which is included in this month's issue.

Two years ago, we conducted a survey and people told us they wanted puzzles. Since then each edition has included a puzzle page.

This month we invite you to have your say and let us know what you enjoy reading or what we could do better.

To entice you to spend some time completing the survey we are offering a prize draw for those who take the survey of a \$500 cash first prize, \$250 cash second prize and a case of Avonbrook wines for third prize. We also have some scratchie packs and passes to Bennett Brook Rail-

way as consolation prizes. As a family owned newspaper we have to rely on advertising to deliver the paper free. In these changing times we are one of the few independent publications left and we pride ourselves on delivering interesting and topical content for the mature Western Australian. I appreciate people taking time to complete the survey - we offer both a hard copy and an electronic version to make it easy for you to complete. Please see page 22 for details.

Earlier in the year I attended one of the Seniors Recreation Council's Tech Savvy Seniors events supported by Telstra where they offer assistance to people to understand technology and their devices better. There was huge interest in the event, so much so that they are holding another event on 15 June at the Loftus Centre in Leederville. Please see page 14 for details.

In our charity begins at home series this month we feature the Cancer Council of WA. There's very few of us who have not been touched by cancer and Josephine Allison presents a lovely story about the many programs that the council run to support those with cancer and their families.

The *Living Histories* program offers a talk for clubs and groups covering the project which has seen hundreds of people share their stories of what life was like for them in

WA in the 1950s and 60s. In the interactive talk we cover these decades and also provide tips on writing your own piece of history. If you would like to book a talk, please call the office on 9227 8283 or email Tahlia@haveagone- ws.com.au

The *Have a Go News* website offers an excellent resource of news in between editions of the paper with many articles of interest to our readers especially scam alerts and events. It's worthwhile checking out on a regular basis.

Thanks to the many readers who have liked our Facebook page which continues to grow with more than 5200 people on board. We have lots of fun there as well as exclusive competitions. We love interacting with everyone on a daily basis so if you haven't 'liked' the page yet please do so.

Don't forget you can subscribe to the paper and receive it into your inbox each month. Just email reader@haveagone ws.com.au to be on the list.

Thanks to the many people who contact me each month, I enjoy hearing from you and thank you for your interest in the paper, I hope you enjoy this month's issue.

Stay well and happy.

Jennifer Merigan,
Editor
jen@haveagone news.com.au
www.haveagone news.com.au

Great West Aussies - Did you know?

IN 1930, Boulder girl Eileen Joyce, funded from donations, made her professional debut as a pianist in London and wowed the world. In London in the 1950s, Joyce played 50 sell-out recitals a year. A biography was a best-seller and a film, *Wherever She Goes*, followed.

Ageing research snippet

Protein needs to increase with age
TO MAINTAIN good health as we age, protein intake should be increased. Research has shown that as you get older you should have 20-30 grams of high quality protein per meal. The more active you are the less protein required but the less active you are you actually need more protein. As we age we lose muscle tone and the more protein we consume can help offset this loss, we age better if we stay active and include a high protein rate in our daily diets. Think eggs, chicken breast, lean meats, legumes.

Urban slang

TBT - Throw Back Thursday
TBT is a popular trend used among social media platforms where users will often post nostalgic photographs of their past accompanied with a hashtag #TBT

Have a Go News Quick Quiz

1. Coming back from injury in 2018, Nick Naitanui played with which team?
 2. Name WA's Deputy Premier.
 3. Who is WA's Police Commissioner?
 4. Name WA's oldest inland town.
 5. Which WA council was first to move its Australia Day celebrations from 26 January?
 6. National retailer Hungry Jack's first store opened in which suburb?
 7. What is the world's biggest fish species?
 8. Who heads Hancock Prospecting?
 9. Name WA's first export industry?
 10. Which WA major road project was dumped when Labor was elected?
- See page 16 for answers.

Quote of the month

"ONE'S doing well if age improves even slightly one's capacity to hold on to that vital truism: 'This too shall pass.'"

Alain de Botton

Funny historical fact

IN 1773 the Highway Act of England recommended that horse traffic should keep to the left and British drivers have remained on the left ever since.

Word of the month

Connption
Noun
North American informal
A fit of rage or hysterics.
'his client was having connptions on the phone'
Mid 19th century: probably an invented word.

Find the word - win a \$200 shopping voucher



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

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

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

Look out for these advertisements in sequential order to discover the blue circled letter to make

up the Ad Word.

1. Scooters Australia
2. TV Voice Pro
3. Attune Hearing
4. COTA WA
5. The Salvation Army
6. Helloworld Travel
7. Voyages Home Valley Station
8. Albion Hotel
9. CPE Group
10. Diskbank
11. Atwell Arts Centre

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 Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/05/18.

Congratulations to Margaret Pearce our February 2018 winner.

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Footy Items

Old WA Footy Badges

Old Silver items

Old Radios

Banknotes & 50c Coins

Pre-1940s COSTUME JEWELLERY Rings Necklaces Bracelets

Old Kangaroo Eagle Koala Magpie Kookaburra Footballer Figurines

Old WA Hotel Ale & Beer Advertising Mirrors Signs

Soda Bottles Jugs Marble Bottles All Colours & Sizes

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Stay Sharp Program

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

Promoting Physical & Cognitive Health

Have you attended any of our previous programs?

Do you wish to improve your physical and cognitive well-being?

We invite you to our on-going Stay Sharp Program

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

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

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

Next Program Commences
THURSDAY 12 JULY 2018
9.30am - 12noon
Perth & Tattersall's
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Swan Valley Inner Wheel organisation

INNER Wheel is one of the largest women's voluntary organisations in the world. It comprises community minded women from all walks of life and all ages working together to make a difference and improve lives.

In particular they support cord blood research - giving a child a second chance at life.

Inner Wheels' objectives are to promote true friendship, encourage the ideals of personal service and to foster international understanding.

The group meet on the second Friday of the month at The Mallard Duck, 10 John Street, Henley Brook at 9.30am for coffee/tea and fellowship followed by the meeting.

Guest speakers are invited to present each month after the meeting and then those who wish to stay and enjoy some fellowship time with friends can enjoy lunch.

Come and join them and learn more about the charities they fund-raise for and hear some interesting speakers.

For further information contact the Inner Wheel Club of Swan Valley via email iiw.au.swanvalley@gmail.com

Animal cruelty still rife throughout WA and RSPCA needs your help



Inspector Sam brings a rescued animal to the shelter in Malaga

RSPCA WA receives 40-50 animal cruelty reports a day, and the number of incidents investigated has doubled in the last five years. And with just 12 inspectors across WA, the mission to rescue every animal from cruelty seems almost impossible.

This month, RSPCA WA launches the second surge of their groundbreaking 20for20 Appeal, which asks every Western Australian to chip in \$20 to help get twenty animal welfare inspectors on the road across the state.

RSPCA WA chief inspector Amanda Swift said: "The response from the public last year was very generous, and as a result, we've been able to expand to a full-time inspector in the Goldfields region and we're currently recruiting for a new inspector in Broome."

With the increased presence in Kalgoorlie, RSPCA WA has seen an increase in the number of cruelty reports it receives – which they put down to the fact that they are able to respond more readily, and people

know there is someone local who can help animals in need.

"We know from past experience that as soon as an inspectorate is established, the community responds immediately. Before we arrived, they would have had few options for assistance, but as soon as they see that RSPCA van, they know there's someone there who can help," said RSPCA WA CEO David van Ooran.

Inspector Fiona, based in Kalgoorlie, covers the Goldfields region and as far south to Esperance. Having her on full time has meant more animals are rescued and rehomed, either in Kalgoorlie or they're sent to Perth where they're adopted to new families from there. It also means she can travel to outlying communities and work with them to look after the animals they have, and ensure, with the help of local shires and veterinarians, they get the care and treatment they need.

Inspectors cover a lot of ground getting to remote areas where of-

ten, animal cruelty is at its worst. In 2016-17, inspectors drove a collective total of more than 309,000km – equivalent to nearly nine times around the world. That's likely to increase with more inspectors on the road covering more regional and remote areas. However, that extra coverage comes at a significant cost.

"With vehicles, equipment, salaries and animal care costs, an extra inspector on our roads

costs nearly \$200,000 a year. This mostly needs to come from the caring public," said Mr Van Ooran who visited the Kimberley region this year, in an effort to build strong networks that will help support a new Inspector in the region.

"In Perth, we have our own shelter facilities and a team of vets on hand, but in regional areas, we rely heavily on an army of volunteers, vets, other rescue groups and local police and shire rangers

to help with our inspectorate activities. Without this vital network, we simply wouldn't be able to help as many animals as we do," Mr van Ooran continued.

While RSPCA WA receives some funding from the WA Government for the inspectorate work, this comes to just nine per cent of the cost of rescuing, rehabilitating and rehoming animals in need. The community's generous donations keep the Inspectorate going, and without this support, so many more animals would suffer.

Recruiting a new inspector is just the start of the process. Purchasing a new vehicle and equipping it costs money, and inspectors go through six months of specialised training to ensure they can respond effectively and

gather evidence to secure a prosecution where necessary.

And it's not just about rescuing animals in need. A key role of the inspectors is to spread animal welfare messages and help prevent animal cruelty from occurring in the first place. School visits and Community Action Days are popular events where inspectors meet face to face with people and share knowledge on responsible pet ownership, and what to do if they come across animals in need.

"We'd love nothing more than to have an inspector in every community in WA, working with people on a local level for animals in need. The "P" right in the middle of our name stands for prevention, and only through prevention will we one day create communities free of animal cruelty," said Mr van Ooran.

You can donate to the 20for20 Appeal online at www.rspcawa20for20.com.au, or complete the coupon on page 15 and return it to RSPCA WA.



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ATTENTION SENIORS. IT'S A WELL KNOWN FACT THAT WHAT'S 'COOL' BECOMES 'UNCOOL' AS SOON AS WE BEGIN TO USE IT.

SO IF, FOR EXAMPLE, YOU DISLIKE A NEW WORD, YOU CAN REMOVE IT FROM THE LEXICON SIMPLY BY USING IT. WATCH.

I SAY BEYONCE, THESE BANGERS ARE WELL LIT!

AAAARRRGHHH!!

BANGER = GREAT SONG. WELL LIT = AGREEABLE IN THE EXTREME.

Historical society hosts books and cuppa talk

PATRICK Cornish will host the next Royal Western Historical Society event *Booked in for a Cuppa*. A variety of guest speakers will give brief talks on great WA historical reads including Graham Seal, Jack Bradshaw, Anna Haebich and Sue Clarke. Held on Friday 25 May at 10am at Stirling House at 49 Broadway in Nedlands, tickets are \$10. Bookings essential ring 9386 3841 or email admin@histwest.org.au

Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
I WAS the lucky winner of tickets to the Metropolitan Symphonic Orchestral Concert.
Unfortunately, I had to work, so my wife and her sister went instead. They returned heaping lavish praise on the whole concert. They also said the solo violin performance of the young school lass was simply outstanding.
I thank the people from Metso for making the tickets available and *Have a Go News* for running the competition. You made two lovely, music loving, ladies very happy.
Yours truly

Cameron Bell
South Perth

Dear Editor,
I WAS very interested in the Active Ageing Liftout in your March edition, particularly that article on Marguerite Petit going regularly to the gym at the age of 85. Good for her!
I too work out twice a week in a local gym despite being ten years her senior. Last November I climbed Mt Hassel in the Stirling Ranges and in December celebrated my 95th birthday climbing the 153 pegs to the top of the Gloucester Tree. This made me the oldest person to have done so.
It would be very interesting to know how many more 'very oldies' are still going strong, so how about writing in?
Regards

Derek Melhuish
Clarkson

Editor's note: – thank you Derek, we hope to be able to feature you in our next Active Ageing Guide.

Dear Editor,
I WAS very interested in the article by Karen Majer in your February issue. Her mention of ecovillages resulted in my Googling this subject and found what appears to be a wonderful development south of Margaret River at Witchcliffe.
I have registered my interest as a potential resident so long as it is affordable as the age pension is my only income.
Thank you for *Have a Go News*.

Adrian Price
Boyup Brook

Letters to the editor... 'Are older people valued by politicians' opinion column

LAST month in the opinion piece Lee Tate explored whether politicians valued older people and the big money pool in Australia. We had a lot of feedback and we were saddened to see that most people did not feel valued at all by our politicians.

Here's some of the feedback we received from the article...

Being a senior of 82 I am beginning to understand just how in the past people rose up and removed the heads of those in power, do let me know if you hear of such an uprising anytime soon in this country as I would be only too glad to assist in removing such deadwood – **Chuckie** (via email)

In my opinion, I don't think many people at all value the older person in our society. Over the last few months I have read quite a bit

from the younger members of our community who begrudge us older folk our pensions, become angry because they mistakenly think that self-funded retirees get too much by way of pension, complain about older drivers having a driver's licence and generally disparage the older members of this country for getting too much and being such a drain on society – **Gail Wright** (via email)

More seniors will have to go on Centrelink pension when they lose the franking credits for self-funded retirees should Bill Shorten become prime minister. Seniors should show their disapproval of such unfair policy at the ballot box in the forthcoming federal elections.

About 2000 senior doctors with valuable expertise and experience are being forced out of part-time practice by the unreasonable condi-

tions for renewal of registration imposed by the bureaucrats of the Australian Health Practitioner Regulation Agency. It is time for seniors to fight for their rights and make politicians realise that older people still have a voice at the ballot box – **Dr K C Wan, Consultant Occupational Physician**.

In all OECD countries, Australia is at the bottom of the list for being the worst country to be a pensioner – **Dhyani D'Souza**.

No they don't (value old people) old people under the globalist system are a burden and have only to be tolerated but classed as expendable – **Peter McInroe**.

The answer is no. Politicians only value themselves. They will lie and say anything to be re elected to stay on the gravy train – **Tom Malkowski**.

No, not at all. Elderly people should not have to sell their house which they've worked hard all their life for, give the majority of the money to the hostel and still have to pay huge weekly fees to the same hostel for their care – **Lynette Buss**.

It is terrible how the old people are being treated. The homes are full of abuse run by government, even private aren't much better, hope I die in my own house – **Susan Neo**.

Western society is the only group to not recognise or respect their elders. It's so, so short sighted – **Sally Tee**.

If you would like to read more feedback about this article or the original article again please visit our website at www.haveagonews.com.au and click on the feedback page.

The Law Society OF WESTERN AUSTRALIA
The voice of the legal profession in Western Australia

Law Week in Western Australia
Monday, 14 May – Friday, 18 May 2018

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- Presentation by Consumer Protection on '10 things you need to know about the consumer laws that protect you', held at The Law Society of Western Australia
- Law Week Talk - Wills & Deceased Estate Administration by Public Trustee's Office
- Private administrator training by the Public Trustee's Office
- Navigating the Magistrates Court by Street Law Centre WA
- Free Legal advice from Street Law Centre WA
- Free community legal education sessions at various locations
- Free Legal information sessions in Fremantle
- Law Access Walk for Justice

Public Purposes Trust For more information please visit lawsocietywa.asn.au/community/law-week/

MASONIC Care WA

RENTAL VACANCIES FOR RETIREES

MASONIC Care WA is committed to providing older people services with a full range of affordable accommodation choices from rental through to retirement living.

MASONIC Care provides low cost accommodation units at our Retirement Village Community in Menora. We currently have several 1 bedroom units for rent, they are designed for over 55s who are able to live independently. Pensioners may qualify for Commonwealth Rental Assistance.

For more information please contact Leah at head office on:
Phone: 9409 2322

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Team spirit and hope shine through at Cancer Council WA



Left to right; Cancer Council WA volunteer June McVeigh, Stephanie Lupton, Terry and Irene Monk of Pinjarra, and 10-year volunteer Mary Moses - Five-year volunteer Peter Scott beside his bus - Crawford Lodge receptionist Jacqui Angel.

by Josephine Allison

IT'S mid morning at Cancer Council WA's Milroy Lodge in Shenton Park when I'm taken on a tour of the premises and meet some of the inspiring people who work there, often as volunteers.

This year the Cancer Council clocks up 60 years of helping smooth the way for people with cancer, providing much-needed support and accommodation, especially for country people visiting the city for treatment.

First up I meet volunteer Lillian Yap in the wig room. This is filled with synthetic wigs from brunette to blonde, short and long, straight and curly which are fitted to help make women feel better about themselves while undergoing chemotherapy. There are drawers filled with colourful turbans and scarves which provide a stylish accompaniment to any wardrobe.

Lillian has worked on and off for the council since 1999 and her empathy for helping women choose the right wig or turban shines through.

I'm reminded of the words from Cancer Council CEO Ashley Reid: "Our purpose is to reduce the incidence and impact of cancer, and since our inception in 1958 we have made some huge gains.

"Sixty years ago the chance of surviving a cancer diagnosis was between 30 and 40 per cent. Today survival rates for the most common cancers – such as breast and prostate cancer – are more than 90 per cent, and the overall five-year survival rate for those diagnosed with cancer is 68 per cent.

"This has been achieved by enormous investment in research to improve screening, diagnosis and treatment. In the last five years Cancer Council WA has invested more than \$16 million of donor funds to local, world-class research, making us the biggest independent funder of cancer research in WA.

"Our education and prevention campaigns are world renowned – from Make Smoking History to SunSmart and the more recent LiveLighter campaigns, we pride ourselves on producing effective, high quality evidence-based information to empower West Australians to lower their cancer risk, as we know one in three cancers can be prevented."

Mr Reid said that support services from the 13

11 20 information line, free counselling, financial and practical assistance, regional teams and accommodation services for people travelling to Perth for treatment, help more than 32,000 people each year to reduce the impact of a cancer diagnosis on individuals and families."

Back at Milroy Lodge, which mainly provides single-style accommodation, volunteer Peter Scott parks his bus and waits for people to board. A volunteer for five years, Peter said his wife had been through cancer and he wanted: "to give something back.

"Besides, it's nice meeting people and taking them to the various hospitals for treatment, including Fiona Stanley, Royal Perth and St John of God," he said. "We also take people to shopping centres."

Over at Crawford Lodge in Nedlands, which mainly provides couples' accommodation, cheerful lodge receptionist Jacqui Angel

is excitedly counting down the days until she has her luxuriant long brown hair shaved off to help raise funds for cancer.

It seems fitting that a big vase of daffodils dominates her desk space. The daffodil, the Cancer Council emblem, is the symbol of hope and the first flower to bloom after winter. Nationwide Daffodil Day this year is on Friday 24 August and helps raise funds for cancer. Every dollar raised in WA stays in WA and goes to Cancer Council WA.

I tour the well-appointed bedrooms with en-suites for country people staying at Crawford Lodge, then visit the dining room where a group of people are enjoying morning tea.

Terry and Irene Monk, from Pinjarra are staying at Crawford Lodge while Terry undergoes treatment.

"It's made life so much easier and lessened the stress," he says while 25-year volunteer June

McVeigh smiles approvingly.

Last year there were more than 12,000 cancer diagnoses in WA, according to Ashley Reid. Latest estimates show that 1.9 million Australians will have a personal history of cancer by 2040 which means that services will be needed more than ever before.

Some other statistics: Since their opening, Cancer Council WA Crawford and Milroy Lodge has accommodated 35,000 country cancer patients with the average stay 10-11 nights. But often people stay for six to eight-week treatment cycles, sometimes longer.

To date, Cancer Council WA has contributed more than \$47 million for 966 cancer research projects to enable WA cancer researchers to better understand cancer and discover more effective ways of treating the disease.

Around 87,000 West Australians are living with cancer in the community.

May is Australia's Biggest Morning Tea month and every dollar raised

goes toward the continuation of Cancer Council WA programs.

In a busy world it's something we should all think about.

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Swimming Championships held in Perth



Masters Swimmers' officials at National Masters Swimming Championships

by Nadine Georgiades, project coordinator Masters Swimming

THE end of April saw Masters Swimming WA host the National Masters Swimming Championships at HBF Stadium. More than 600 members from around the country and even some international visitors took part in the event. Swimmers ranged from 18 years of age to 91 years of age with at least six swimmers over the age of 85, which is a remarkable achievement. An event like this could not be run without the amazing support and effort from our volunteers and officials who all give up their time to ensure our swimmers participate in a professional but very friendly environment.

Records were broken, even a world record but most importantly swimmers got to swim against other swimmers at their level and improve on their own personal times. Plenty of social gatherings were organised with the final event being a Wild West cocktail party where swimmers and all involved in the event got to let their hair down and dance the night away. The event also raised money for the Maddie Riewoldt Foundation in honour of Jane Barnes from the Masters Swimming Australia office, who lost her battle with leukaemia in April aged 27. Maddie Riewoldt's vision aims to raise funds to #fightlikemaddie and find new treatments for bone marrow failure. Anyone wanting to know more

about how you, as a *Have a Go News* reader, can enjoy being part of our wonderful sport, please contact me on 9328 9469 or via masters.admin@mswa.asn.au with any queries. Or contact your local Masters Swimming Club (contact details via www.mswa.asn.au). Masters clubs offer swimming for fitness, health and fun for all adults regardless of age or ability, with stroke correction and training sessions by qualified coaches. This includes pool and open water swimming, active social calendar and free one-month trial. Masters Swimming Clubs are more fun than swimming on your own and provide a great platform to make new friends in a welcoming and supportive environment.

The paddling season is on



Penguin Island tour

by Jeremy Haslam

SAFETY training day is now out of the way, so it was time for a meal – why not? A large group of Over 55 Canoe Club paddlers and their favourite people met at a restaurant in Como for the annual breakfast to start the season. Nothing to do but have good food and good conversation. The following week it was time to launch the kayaks for the annual trip to Penguin Island. The weather was perfect for such a glorious paddle, starting from Mersey Point straight across to the island, then squeezing through a narrow gap to go on to Shag Rock. With only a moderate swell and a light breeze the group of some 23 kayakers paddled on to Seal Island. There are strict regulations in force at the island but no one seemed to have told

the sea lions who came right up to the fleet and intermingled freely. This of course was an enormous thrill for all – such graceful animals in the water though rather clumsy on land. Then it was back to Penguin Island to disembark and let a few of the more adventurous circumnavigate the island. Satisfied with their Captain Cook adventure (but discovering no new lands) it was time to go on towards the reef outcrops to the south, ever waiting for the unwary paddler who may have forgotten the advice to stay clear of reefs with breaking water. All returned safe and sound. Back to the river on the following week to the newly refurbished Kent Street Weir. Once again blessed with blue skies, the group divided into the now traditional mainstreamers and leisueries. Heading upstream to Masons Land-

ing and beyond as far as they could go, the intrepid paddlers earned their morning tea (apart from a few less than intrepid who had morning tea anyway without doing the exploring bit). The river was beautifully calm in the warm sun. After the Canning River it was back to the Swan for a trip from Sandy Beach Reserve. Two groups headed upstream on a morning which promised, and duly delivered, only rain. A quick diversion up the Helena River was brought to a halt in shallow water quite quickly. On arrival back at Sandy Beach the heavens opened very definitely preventing any convivial chat over lunch, or for that matter any lunch at all. Scurrying back to the cars and heading home was the only option. The rest of April didn't include any meals, so it was just paddling. Still, things look up again in May with a Devonshire Tea on the calendar. The Over 55 Canoe Club can be reached by calling club president Kate (9526 2168) or secretary Ken (9447 5624).



Advertisement

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



Heard the good news?

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

How is this possible?

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

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

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

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

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

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

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

Hearing Specialist Don Hudson

What's more?

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

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

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by Lee Tate

WHEN will humankind get serious about proper eating?

We are eating ourselves to disease and death. And health costs have become too high for the world to digest.

Aren't you sick of hearing about the latest diet fad? And celebrities on diets?

The human race is being undermined by serious and life-taking diseases with our full knowledge of the causes and damaging effects of bad food and sugary drinks.

The other day, as has happened many times, I

was served coffee with a sugar satchel. I don't use it and I didn't ask for it. The sugar was served to everyone as a convenience for the café.

"Added-sugar is the single worst ingredient in the modern diet," says my doctor.

So, isn't it time for the Western world to start the moderation process and rein-in sugar, beginning with manufacturing, political will, community involvement and education?

We could begin lowering sugar content in alcoholic and soft drinks, cakes, biscuits, breakfast cereals and treats. Just for starters.

We've become accustomed to today's sweetness levels, weaned on it shortly after birth: "Let's give little Johnny a treat. He's been so good."

Having a kids' party? Roll out the soft drinks, bring out the world's biggest birthday cake. Big enough for everyone to also take some home. With a bag of lollies.

Talk about overload. But sugar levels could be lowered over time with a concentrated community effort.

If only we applied the same energy, commitment and billions of dollars that we pour every year into fad diets, loopy foods and the whole so-called get-fit industry.

Just like smoking, drugs and excessive drinking, we know the dangers of poor diet.

Added sugars contain no essential nutrients, no proteins, no essential fats, vitamins or minerals.

Sugar provides easily-digestible energy for

the bad bacteria in the mouth. It rots the teeth.

Excess sugar can lead to fatty liver, insulin resistance, progress to type II diabetes and can contribute to cancer. Sugar is a leading contributor to obesity in adults and children. In children, daily sugar-sweetened beverages are associated with a 60 per cent increased risk of obesity.

How responsible are we truly being for our children and future generations? What can be done to aid weight loss?

Looking at eating patterns, a study of 60,000 Japanese showed the rate of ingestion (how fast we eat) and the time when we eat have a big impact on weight loss.

Compiled over six years, the results show the improved effects on

eating slowly. The brain takes 20 minutes from the start of a meal to signal satiety.

The theory is that by eating very fast, people outrun their body's ability to register satiety.

Skipping breakfast, by the way, made no difference to weight gain, according to the study.

People eating at normal speed were 29 per cent less likely to be obese, rising to 42 per cent for those eating slowly.

A US study showed that slow eaters drank more water than fast eaters, indicating that drinking more water may be a key to eating less.

Adelaide endocrinologist Gary Wittert often advises patients to drink a full glass of water before a meal to distend the stomach.

It all helps. And it all makes sense. Humans don't need fad diets or eating plans that often can't be followed long-term anyway. Or don't fit in with normal social lives.

It ain't rocket science. Eating proper food, unprocessed and not out of a box is the key, says Professor Wittert.

Don't each much after 7-8 pm and let at least 10 hours elapse before eating again, he suggests.

Eating at relatively fixed times is also better suited to the body.

People are not all the

same but we all have a common goal to improve our health. The human race depends on it.

Cutting down on sugar would be a worthy start, don't you think?

Give us your opinion. Email info@haveagonews.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. Read the full list of comments at www.haveagonews.com.au

The Perth Boys School reunion is on soon



Ian Laurance chairman with the old school tie

ONCE again a small committee is organising a school reunion for students who attended Perth Boys School to be held on 18 July.

Previous reunions have attracted more than 100

ex-students who enjoyed morning tea and the opportunity to catch up with fellow students, many who have not seen one another for some time.

Guest speakers have provided a focal point for the morning and this year is no exception. From the 1955 intake Dr Tony Edis graduated to spend a brief time with the Royal Flying Doctor Service at Carnarvon before training as a surgeon at the famous Mayo Clinic in the United States and then returning to be one of Western Australia's leading surgeons. Tony will provide a presentation on his journey since leaving Perth Boys.

Students from this intake are encouraged to come along and reminisce with details of how their life has panned out after those wonderful years at Perth Boys.

Ian Laurance (chairman) and fellow committee members are keen to see as many former students as possible, from all years, at the re-union.

If you think your name is currently not on the distribution list please let Vince Baker know on either 9447 7484 or vince.baker@bigpond.com so that you can be given final details a little closer to 18 July.

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- 1963** Began to fund cancer research
- 1970** Started to provide support services to cancer patients
- 1978** Commenced accommodation service for country patients in Perth
- 1989** Slip Slop Slap campaign launched

- We have invested \$3.8 million in cancer research this year
- Our information and support line, 13 11 20 receives over 8,000 calls per year
- Our Crawford and Milroy Lodges accommodate over 4,000 guests per year
- Our SunSmart products continue to protect thousands of West Australians

Help us write the next chapter

Thanks to the support of our generous community we've come a long way over the past 60 years. Although, we're making great advancements, there's still much to be done in the areas of cancer prevention and research and in providing support to the thousands of West Australians affected by cancer each year.

By including a gift in your Will to Cancer Council WA, you can help us work towards our vision of a cancer-free future.

To find out more contact us on (08) 9212 4333 or visit www.cancerwa.asn.au

British pensions update - Richard Branson lends his support



L-R; Ad-van seen during CHOGM © Tony Walsh of British Aged Pensioners in Australia (BAPA) - Mike Goodall

by Mike Goodall

THE CHOGM meeting took place in London last month. Initial reports confirm that it was a very exciting week because

John Duffy, who is one of the directors of the ICBP was actually a delegate at CHOGM and managed to contact many MPs and raise the level of awareness about our campaign.

Huge efforts had been made to get the issue of frozen pensions on the agenda, but while we were not able to have the issue included, we are hoping that delegates

managed to discuss our campaign with the assembled Commonwealth representatives.

One of the difficulties that the ICBP have struggled with is the lack of awareness within the UK of our problem, amongst both the MPs and the general public.

As a delegate from Antigua John Duffy was able to attend several of the forums asking questions of panellists, distributing leaflets and informing other delegates.

Additionally, the increased use of social media around CHOGM and with Pension Support Groups on Facebook have raised the profile. One major development has been that Sir Richard Branson has agreed to support us. He has more than three million followers on his personal blog and Facebook page. He also has a strong voice amongst MPs and some very high profile contacts.

Alongside the CHOGM discussions there were two ad-vans driving round London with the message 'UK Government Discriminates against British Commonwealth pensioners. The Commonwealth Charter Outlaws Discrimination' At the bottom of the adverts was the ICBP web site www.pensionjustice.org and a telephone link.

John Duffy was joined by many MPs at a drop-in event in the Houses of Parliament which further outlined our campaign to unfreeze pensions. This was covered by several

UK newspapers.

During the week a summons was issued to Philip Hammond the Chancellor of the Exchequer in UK claiming redress for breach of contract with regard to his frozen pension.

This is just the initial feedback and hopefully I will be able to give you further information over the next few months.

On a more general note, If a UK expat who is eligible to claim a UK State pension does not claim it (ie defers claiming, in certain circumstances, a claim can be made by their estate for the amount of pension that had been deferred up to their date of death. It is quite probable that many expat pensioners were not even aware that they were entitled to receive a UK State Pension and never actually claimed. Therefore, there could be amounts of payments due, mainly to widows, who did not themselves claim any pension from the UK.

Anyone who has worked in the UK could be losing pension entitlement that they have already paid for with their National Insurance Contributions.

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

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Square dancing is all about walking and moving to the instructions of a caller. They start with easy to follow moves and gradually introduce more challenging ones and before you know you have mastered square dancing.

Men love these easy-to-follow instructions and almost treat them like military commands which are fun to execute. They are not on show or competing, so they love the social interaction. As the square dance moves are easily mastered through repetition and always in English, it means people can square dance anywhere in the world.

Check out YouTube and view Square Dance ABC, Square Dance For The Whole Family or The Square-dance Song by Anna Jois.

Why not try one of the beginners classes being run at one a local square dance club? These venues are listed on the national web pages www.square-dance.org.au. Singles and partners are all welcome and people can also round up some more friends to try it with you.

Square dance is said to be fun and friendship set to music but it's also a wonderful way of making lifelong friendships along the way. There are classes starting in May and June in Rockingham WA, see advert on page 7.

For more information phone Chris on 9456 1266 or 0407 385 688 or free call 1800 643 277.

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John W, Benalla, VIC

"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 Shield and I definitely will recommend this product"

Mike B., St Johns Park, NSW

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

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Whether it's a sea change, a tree change or a low maintenance home in the area you love, now is the perfect time to discover a Lendlease over 55's community at a WA village event this June.

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Join us for refreshments and tours at these events

Timberside Villas	10 Timbercrest Rise, Woodvale	Saturday 2nd June, 12pm – 3pm
Harbourside Village	7 Honiara Way, Mindarie	Sunday 3rd June, 10am – 1pm
Homestay Village	267 Wharf Street, Queens Park	Friday 8th June, 10am – 1pm
Woodstock West	146 Strickland Street, Bunbury	Friday 8th June, 10am – 1pm
Parkland Villas Ellenbrook	25 The Parkway, Ellenbrook	Friday 8th June, 1pm – 4pm
Parkland Villas Booragoon	510 Marmion Street, Booragoon	Saturday 9th June, 10am – 1pm
Parkland Villas Mandurah	2 Hungerford Avenue, Halls Head	Saturday 9th June, 10am – 1pm
The Pines	21 Ponte Vecchio Boulevard, Ellenbrook	Saturday 9th June, 10am – 1pm
Parkland Villas Woodlands	52 Liege Street, Woodlands	Saturday 9th June, 2pm – 5pm

To RSVP visit retireinwa.com.au or call 1800 550 550

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You win some... you lose some...



by Rick Steele

SINGING before lunch can be a challenge some days. The ANZAC Day dawn service was memorable for me this year, as I croaked through my song. Bronchitis is not recommended for singers. Three nights of coughing, just doesn't seem to help for a once a year 6.30am performance. Night number four and I am on tablets, still coughing, but not as much, watching a movie called, *The Green Mile*. A cheery piece about death row starring Tom Hanks. There are some graphic scenes, which always seem more disturbing when you are suffering ill health. My father, who was a regular parish priest, was also the Anglican chaplain

for the Mt Eden Gaol. The role as chaplain meant he read the last rites, said the last prayers and witnessed the very last hanging at Mt Eden prison. I asked him about it once, to which I got no specific answer, but rather a lecture about getting involved with the wrong crowd. My music career was just beginning, I had left home and got my first job playing and singing in a trio at the local salubrious boozier. The legal drinking age was 21 and I was about to turn 18. Belting out my Buddy Holly songs, Elvis and some country classics and I soon built a small following, especially with the guys with the blue greyish shirts. Each week there seemed to be more of them, and they responded enthusiastically to my songs. The publican was happy and so was I until one night, as he was giving me my five quid or whatever, he asked me my age. "The cops were in to-night and they reckon you're under age."

"But they come every week, they're my biggest fans," I said. "No son, they're the screws (warders) from. Mt Eden." Apparently word had got around that the preacher's son was not singing in the church choir anymore. The following week the constabulary returned and despite my pleas I was forced into early retirement. Well there you go – you win some, you lose some! Legacy WA is celebrating its 90th anniversary with a gala function at Crown Perth on Saturday 16 June. It's going to be a trip down memory lane as Legacy look back at the work they've done over the years as well as where the organisation sees itself in the years to come. The Australian Army Band will play a selection of music across the decades and they will be fundraising for an education fund for Legacy children and hope to raise \$50,000. Tickets are on sale now and you can purchase directly from <https://events.ticketbooth.com.au/event/legacy90> or call Legacy on 9486 4900 for more information. It's a night not to be missed for one of my favourite charities and I hope to see you all there. At Palm Springs golf course (where the Coachella Festival is held) before a game of golf with Dean Martin, Sammy Davis Junior was asked what his handicap was. "I'm coloured, one eyed and a Jew. Do I need any more?" he replied. Cheers dears.

The Retired Teachers Choir



Warner Glen School music teacher, Arthur Hartley (22) 1928

HERE'S an interesting choir – one with history, variety and realistic goals. An innovative, unusual primary school principal called Arthur Hartley, retired in 1971 and founded the Retired Teachers' Association and then the choir started. Arthur was never one to allow anything to stand in his way. He taught and conducted the choir by the SOLFA method à la the *Sound of Music* song *Do-Re-Mi*. He didn't, at that stage, read written music. But Arthur taught himself music later and to play many instruments. Since then the choir has been very fortunate having musical, lovable conductors including John Christmass and more recently the witty Eric Hinchcliffe, who was also a great arranger. Now they have a jovial musician Keith Davis whose patience is amazing. The accompanists have been Ivy Patton, Rita Weston, Colin Gribble and Janine Carter, all very competent. What's more, the choir is now based in new accommodation in the Teachers' Union Building close to public transport. The building is opposite Perth Modern School at 1 West Street (on the corner of Thomas St). The Yellow Cat stops right at the garage at the top of Wellington Street opposite Princess Margaret Hospital. People interested in joining do not need to be an ex-teacher. So, those who wish to sing, laugh, socialise and develop friendships and enjoy the variety of songs from the 40s to recent times, will be made most welcome. The songs include hit parade numbers, jazz, musicals and classics. Choir time is fortnightly on Monday from 10 am-11.30am followed by morning tea / brunch for those who wish to stay on. Ring Keith Davies on 9279 6412 or Pat Spillman on 9341 2814 for any queries.

Can you just own it?



by Jon Lewis

MY friend Alex told me, there is a new treatment for men without hair... it is stick on hair. She felt hair makes you look better. I questioned this as there are some stand out non-hair examples. Bruce Willis presents a fine figure with his determined look and there was Yul Brynner who struck a commanding pose in his many movies. Even the captain of the starship *Enterprise*, actor Patrick Stewart commanded respect throughout the universe. So, how do they look so good without hair? How do they 'make it so' right? I concluded that these people, these stars, do something known as, 'own it!' It's a term I discovered while watching an American movie *Passengers*. Chris Pratt's character Jim Preston was dressing to look attractive for his date and really wanted to wear a particular cool jacket. The only way he could make the jacket look good was by taking possession of his look, that is to own his look. For comedic value he failed, yet I was quite taken by the idea.

More often we are presented with ways to change our look. Even if we have just made a change, there is another new change on offer. A change with perhaps 10 per cent better value and on and on it goes... can we not just seek calm and comfort with what we have? Can we just take possession of our look? Can we 'own it'? Ok, what if you really don't like what you see in the mirror? It was suggested to me an option could be to work with what you see. This is where style can help. This is what our stars, mentioned earlier, must have discovered a long, long time ago. Where does style come from? I believe it comes from confidence. If you are wondering where confidence comes from, well a friend of mine guided me there too. Just 'act confident until you can do it for real', smiled Catherine sipping from a glass of cold champagne. I really like the idea of 'owning it', it leads to confidence and it's cheaper than changing fashions all the time. Do you think you could possibly 'own' a bad hair day? "Oh, my hair? Yes, it's the latest... I call it awakening." You could say, as your swagger leads you to the coffee shop for a double espresso. Own it! After all... fashion is only what other people let you get away with. All the best.

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Ellenbrook 08 9233 2400 Ellenbrook Chiropractic and Wellness Centre, 12 Main Street	Mt Lawley 08 6278 5500 Suite 2, 689 Beaufort Street
Jandakot 08 6174 5300 Unit 3, 234 Berrigan Drive	Murdoch 08 6174 5300 Suite 17/18, 1st floor, Wexford Medical Centre, 3 Barry Marshall Parade



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TV Talk - television audiences are getting older - are the networks noticing?



by Lee Tate

‘THERE’S nothing to watch on TV.’ – I’d like a dollar for every time I’ve heard that. Yet we senior viewers hang in there. Faithfully watching. However, while Aussies are voracious consumers of broadcast TV and other video, they now have many more options. And

while seniors may not be quick on the uptake, it may inadvertently auger well for better senior programming. It should! A report from Regional TAM, OzTAM and Nielsen documents how growing content, platform and screen choices have caused a gradual shift in the way consumers spread their viewing across devices. And we have many more screens. Australian homes have an average of 6.4 screens each – TV and others – the majority of which are Internet-capable. Yes, 6.4 screens in the average home! Viewing is spread across numerous de-

vices. More devices create more opportunities to view – not least because any connected device can also be used to watch catch-up TV or live-stream video. Yes, we are spreading our viewing across multiple devices but TV remains by far the most-watched screen. Viewing of broadcast TV (free-to-air and subscription channels) watched live or played back within 28 days on in-home TV sets, now accounts for 86 per cent of video viewing across all devices. On average Australians watch two hours and 39 minutes of broadcast TV

in the home each day – down from three hours and 10 minutes several years ago, the report says. Because television sets can now be used for many purposes in addition to watching TV, other TV screen use is rising, particularly in the evenings, the report shows. So, 28 per cent of the time people now spend with their TV sets goes to something other than watching live TV. Australians on average now watch 31 fewer minutes of live and playback TV per day than they did in 2010, says the 2017 report. How much interaction

do you, the senior viewer, have with your TV set? Are you among Australian audiences increasingly taking control of their TV viewing, watching video content wherever and whenever that want and on the device or screen of their choice? A 19-year-old explained how he watches ‘easily’ four hours of screens a day but can’t remember the last time he sat down with his family to watch TV. “Maybe three or four years ago. I tend to consume a lot more short-form content these days on YouTube via smaller channels because the content is far more in-

teresting than anything you see on the big mainstream channels that are coming from the TV industry.” Younger viewers expect to be able to watch what they want, when they want on a device of their choosing. “They’ve abandoned the networks’ schedules. They don’t go to media outlets. They make their own viewing appointments with friends, streaming programs when they feel like it,” says the report. “People just aren’t watching with that sense of flow from one program to another,” says media academic Professor

Stuart Cunningham of Queensland University. “That’s why live sport is becoming more and more important to traditional television, because so much else can be watched at any time.” Here’s the nub. TV viewers are getting older: The average age of an ABC viewer is 66 and for SBS it’s 61 years. Even for both Seven and Nine it’s 52 years and the average Ten viewer is 46. Good enough reason, I’d say, for the networks to take greater account of what they’re putting on the box for the over-50s. And seniors can cease saying: “There’s nothing to watch on TV.”

Taking diabetes to heart - how to reduce your risk factors



DID you know that diabetes puts you at risk of heart disease, even if you have normal cholesterol levels and no symptoms? This is because diabetes can change some of the substances found in the blood which cause blood vessels to narrow or to clog up. Health services operations manager for Diabetes WA, Sophie McGough said that heart disease was one of the most serious diabetes complications, along with blindness, kidney

failure and the need for limb amputations. “Sadly, heart attacks and strokes are up to four times more likely in people with diabetes. That’s why people with diabetes are often on blood pressure lowering as well as diabetes medications”, Ms McGough said. There are things you can do to lower your risk of heart complications, including being physically active, maintaining a healthy weight and taking your prescribed medications. **Symptoms** Often people do not know they have heart disease until they develop symptoms like chest pain, shortness of breath, dizziness or excessive fatigue when walking or exercising. Some other warning symptoms may be arm or jaw discomfort, indigestion, weakness or nausea. It is important to note that symptoms may be mild to severe and sometimes there may be none at all. If you think you are having a heart attack, phone 000 immediately. **How to reduce your risk** Discuss your individual risk factors and how

to reduce them with your doctor or a credentialed diabetes educator. In general terms you can reduce your risk by being physically active, losing weight if you are overweight, not smoking and taking medication as prescribed. **Let’s get physical** Regular physical activity combined with a healthy diet can help to reduce the risk of heart problems. Any type of physical activity counts, including sport, housework, gardening or walking. “Physical activity is beneficial for your heart and health even if you don’t lose weight. Adults should aim to do at least 30 minutes of moderate intensity physical activity on most days,” Ms McGough added. For people with diabetes it’s worth checking with your doctor before beginning a physical activity program. **Take medications as prescribed** As cardiovascular disease is the leading cause of death in people with diabetes, statins (medicines that reduce cholesterol) are often prescribed to manage cholesterol levels. Your

doctor may also recommend low doses of aspirin to help reduce the risk of heart attack. It makes the blood thinner so that it passes through partly clogged blood vessels more easily. Always take your medication as prescribed by your doctor. If you have any concerns then discuss them with doctor, do not alter your medication yourself. **Learn more** Diabetes WA runs a free MedSmart workshop throughout the Perth metro area. To find the next workshop near you, contact Diabetes WA on 1300 001 880 or go to the What’s On section of their website at www.diabeteswa.com.au.



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This relaxed event is your chance to take a wander through our friendly community, complete with resort-style facilities and new \$4 million clubhouse. Plus, hear from Perth property guru Rob Druitt as he shares his downsizing tips.

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Helena Valley Lifestyle Village

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We're with you every step of the way

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



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


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


Come along to a free workshop


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


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


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


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

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

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

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

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

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

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

DESMOND Workshops

Mirrabooka	Monday, 14 May
Rockingham	Saturday, 19 May
Riverton	Tuesday, 22 May
Helena Valley	Thursday, 31 May
Armadale	Friday, 8 June
Subiaco	Saturday, 9 June
Joondalup	Tuesday, 12 June
Rivervale	Wednesday, 13 June

Smart Workshops

FootSmart

Mirrabooka	Monday, 11 June
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MedSmart

Joondalup	Thursday, 17 May
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Classroom ShopSmart

Subiaco	Tuesday, 15 May
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Belmont	Friday, 18 May
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ShopSmart

Fremantle	Monday, 21 May
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Rockingham	Tuesday, 29 May
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Joondalup	Friday, 1 June
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CarbSmart

Belmont	Wednesday, 23 May
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Armadale	Thursday, 31 May
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Subiaco	Wednesday, 13 June
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MeterSmart




Armadale	Thursday, 7 June
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Connect With Diabetes

Cockburn	Tuesday 12 June
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2018-66

Make small changes to live a healthier life with your loved ones

 **1300 001 880**
 **bookings@diabeteswa.com.au**
 **www.diabeteswa.com.au**



Seniors Recreation Council Jottings



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

On Wednesday 18 April about 1000 seniors attended the eighth annual SRCWA Rockingham Have a Go Day, a LiveLighter Event held at Aqua Jetty in Warnbro. There were more than 80 sites and activities showcasing clubs/groups, agencies and businesses from the Rockingham and surrounding areas. At the official opening I had the pleasure of introducing City of Rockingham Mayor Barry Samuels to officially open the day. He was very impressed and said it was a great event which the City of Rockingham was proud to support. Councillor Chris Elliott took on the role of emcee for the day and did a fantastic job. Activities and displays at the day included Alzheimer's Australia, Australian Hearing, Mandurah Croquet and Recreation Club, petanque, Rockingham Taoist Tai Chi Society, Warnbro Pharmacy, SRCWA Rockingham pole walking and spinning demonstrations. *Simply Swing*, Sing Australia Rockingham, *Swing n' Sway* and Prime Movers performed on the outdoor dance floor. Thanks to SRCWA Rockingham branch volunteers lead by branch president Valma Sulc and the crew from Wooroloo for their hard work. *Have a Go Day*, Rockingham would not have been possible without sponsorship from City of Rockingham, Aqua Jetty, *Have a Go News*, Kennards Hire, IGA, LiveLighter Healthway, Government of WA, Telstra Warnbro and *Simply Swing*.

LiveLighter Aged Care Games Bunbury Region

On the 12 April, SRCWA held the Bunbury Region Live Lighter Aged Care Games at the South West Sports Centre, Bunbury. There were 16 teams competing from nursing homes, aged care facilities and day centres in the area. Member for Forrest Nola Marino welcomed everyone to the event and officially opened the games. Participants played seated hockey, seated pass ball, beanbag toss and skittles with Bunbury TAFE students and carers from each agency competing in the fun event. SRCWA sincerely thanks Betty McCleary who entertained everyone with her demonstrations of Zumba Gold which many people joined. The winners were Ingenia Gardens, Carey Park with 337 points, Village People, Leschenault Retirement Village come second with 332 points and Pemberton HACC Autumn Club coming third with 326 points. The best presented team was Opal Bunbury Gardens - Dream Catchers and the oldest participant on the day was Opal Bunbury Gardens resident 103-year-old Mary Birch. A big thank you to the Bunbury TAFE Students and the Department of Corrective Services Access program for all their assistance and a big thank you to Bunbury SRC branch president Barbara Fleay and the Bunbury branch volunteers who helped make the day such a great success.

Tech Savvy Seniors - Photo Walks

A group of seniors joined in on the inaugural SRCWA Photo Walk...a great way to enjoy nature and hone photography skills. The walk started at 9.30am at Lake Gwelup and finished around 11am. On this walk the group saw and photographed white faced herons, ducks, Australasian grebes and swans. If you are interested in joining a Seniors Photo Walk or arranging one in your area, please contact Martin Yates at the SRCWA Office on 9492 9774.

Tech Savvy Seniors Event - 15 June

Having trouble with your mobile phone? Want to know how to stay safe online? Need to ask questions about the NBN? Then this is a FREE event you can't miss. In an effort to address issues experienced by seniors using mobile phones tablets and technology in general, Seniors Recreation Council of WA and Telstra invite you to register for our free Tech Savvy Seniors event to be held on Friday 15 June from 9.30am till 1pm at the Loftus Centre, Loftus Street and Vincent Street Leederville. Phone 9492 9774 to register for this free event, refreshments included.

Have a Go Day 2018, A LiveLighter Event - Registrations Open!

Have a Go Day 2018 a LiveLighter Event will be held on 14 November at Burswood Park 9am to 3pm. Don't miss being a part of this activity/information sharing event for over 50s. Last year it 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.

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



Hugh Rogers
President



Rhonda Parker

by Rhonda Parker,
CEO Alzheimers WA

ACCORDING to Volunteering Australia, the six million people who volunteer in Australia are happier, healthier and sleep better than those who don't volunteer. Sustained volunteering is associated with better mental health. So much so, they say doctors should recommend it.

In the report, *State of Volunteering 2016*, a large proportion of Australian volunteers are in the 55-74 age bracket and 37 per cent are retired, which is consistent with the na-

tion's ageing population.

Senior Australians contribute the highest number of volunteer hours of all Australians. This presents both challenges and opportunities for volunteering in Australia.

Most organisations need more volunteers to meet the increasing demand for their current programs, yet there is a disconnect between the volunteering roles that people are interested in and the roles that organisations are offering.

The benefits of volunteering after retirement are well documented worldwide. For many people, men in particular, their identity often revolves around a highly developed skill set, being a good provider, being useful and being independent.

When people retire from a lifetime of work they can often experience a physical and mental decline. This decline comes about as a result of no

longer perceiving themselves to have a purpose in life beyond recreational pursuits. Having purpose is a powerful driver of health across all three domains of physical, emotional and cognitive well-being.

Those who cope best with retirement are those who stay active and involved, and volunteering can provide an avenue for becoming involved in something new. Volunteering allows people to reconnect and expand their social circle, to have a purpose, and have something to look forward to.

To quote the State Government's Act-Be-long-Commit message, 'being active, having a sense of belonging and having a purpose in life all contribute to happiness and good mental health.'

This is true not just in Australia but worldwide.

The Berlin Aging Study identified various reasons why people in their 80s,

90s and beyond enjoyed being alive. Consistently the response was 'having a reason to get out of bed in the morning'.

This month we celebrate Volunteering Week. The theme this year sums up the impact volunteers can have in six little words... Give a little. Change a lot.

At Alzheimer's WA we rely and value volunteers across all of our programs. Volunteers make up the rich fabric of the relationships we build with our clients and their families. Apart from the fact that our volunteers perform important tasks, they add to the sense of family we want in our services. Volunteers also connect us to the community and connect the community to us. Volunteers are integral to what we do and will remain so. As much as we value the contribution they make, we often hear from them that they get back as much as they give. This is a common

theme in volunteers.

If you are looking for a way in which to give back to the community, volunteering is a win-win situation for everyone involved. Volunteering benefits local communities and contributes \$200 billion to the Australian economy annually. The efforts of volunteers are especially valued by not-for-profit organisations.

If you are a volunteer, thank you for your contribution and for strengthening the fabric of our communities.

If you know a volunteer, thank them this month for the difference they make.

If you want to explore the possibilities of being a volunteer, there are some great websites and resources to help you find out more about volunteering. Start by visiting www.volunteeringwa.org.au.

Quite simply, it's healthy to have a purpose in life, and volunteering is an ideal way to add purpose into how you live.

Volunteers keep Whiteman Park chugging along the rails



DID you know that a group of volunteers have been running a railway, at Whiteman Park, for more than one third of a century?

These trains have travelled more than a quarter of a million kilometres and carried more than one and a half million passengers, all of this

done by volunteers.

The group runs the Bennett Brook Railway, a 6.5 kilometre railway that runs through the varied attractions at Whiteman Park.

The locomotives and carriages are similar in size to the Puffing Billy Railway in Victoria.

The volunteers are responsible for all aspects of running a railway. From repairing and maintaining locomotives and carriages, operations, track and signals, administration, engineering, workshop, training and events.

They run trains 200 days of the year. Every Saturday, Sunday, public holiday, school holiday, and Wednesday and Thursday. Twice a year they put on the very popular Ashley Day featuring Western Australia's favourite little tank engine.

They share this role with the Perth Electric Tramway Society, and the Bus Museum of WA. All three groups provide internal transport at Whiteman

Park seven days a week.

They need volunteers in all areas.

For anyone who likes meeting and talking to people, then they offer operations. This includes train driver, guard, station officer, customer service officer, and tour guide. All come with free training.

Anyone who would like to work in a workshop can be involved in construction and maintenance.

The activities can be seen at www.bbr.org.au and Bennett Brook Railway can be contacted at info@bbr.org.au

WIN WIN WIN

Bennett Brook Railway have offered Have a Go News 10 family passes for some lucky readers to win. They are not valid for special event days. To be in the draw simply email win@haveagonews.com.au with Railway in the subject line or write to Bennett Brook Railway C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/5/18.

Having trouble with your mobile phone?
Want to know how to stay safe online?
Need to ask questions about the NBN?
Then this is a **FREE** event you can't miss.

TECH SAVVY SENIORS

In an effort to address issues experienced by seniors using mobile phones tablets and technology in general Telstra and Seniors Recreation Council of WA invite you to register for our free event.

Friday 15th June 2018
9.30am till 1.00pm
Loftus Centre
Loftus Street & Vincent St
Leederville WA 6007

PHONE: 9492 9774

PRESENTED IN PARTNERSHIP BY:

You must book for this event.



HAN01314-00984

Bushwalkers share tales

GUEST speaker at the next meeting of the Association of Independent Retirees Mandurah branch (AIR) will be a representative from the Over 55s Bushwalking Group who will talk about walks and ideas to enjoy the great outdoors.

AIR meets on the fourth Monday of every month (except when that clashes with a public holiday). The next meeting will take place at 9.30am on Monday 28 May 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 Ilett on 9534 5215, or Jim Landells on 9586 9174.

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- KIDS BALLROOM CLASSES • GROUP DANCE LESSONS • SOCIAL SEQUENCE DANCING

SOCIAL DANCE
Friday 11 May
8pm to 11.30pm \$10 entry
BYO drinks. Floor shows and general dancing.
Open to everyone.

CABARET DINNER DANCE
Saturday 3 June 3 Course Meal
General dancing & floor shows. All welcome
\$35 adults \$30 pensioners
Doors open 6pm til late. Dinner starts 6.30pm.
Social Dancing 8pm til late. Bookings essential.

NEW CLASSES
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DANCE CLASSES WEEKLY MONDAY TO FRIDAY

THURSDAY CLASSES 11am to 3.30pm
11am Beginner • 12pm Beginner Intermediate Latin
1pm Intermediate Ballroom • 2pm Sequence/New Vogue

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Passion for painting has young artist focusing on seniors as her subjects



Bob Kucera and Annie Lawrinson



Annie witnessed the effects of dementia first-hand when her dad, John, was diagnosed with the disease at age 50.

Annie, a graphic arts graduate, painted her dad's portrait and was pleased with the way it brought out his character.

Ten years on with John in a nursing home, Annie has researched Alzheimer's and dementia while committing portraits of

seniors to canvas.

Along the way and continuing with painting – with support from mum, Julia – Annie was introduced to former senior cop and State MP Bob Kucera, 73, who had become a board member of Council of the Ageing.

"I thought Bob had a very interesting face with plenty of character and asked him if I could do his portrait," she said.

"He agreed. I was hap-

py with it and Bob was very pleased, so I gave the painting to him."

Bob is now a supporter of Annie's and helps spread the word of Annie's focus and artistic link to seniors and the debilitating diseases.

Annie produces large portrait paintings of aged care residents for permanent acquisition, her website declares.

Annie consults with patients and their families about the subject to be painted, takes a series of reference photographs and synthesises them to create 55.88 cm x 76.20 cm (22" x 30") colour acrylic portraits on cotton canvas.

Annie clearly has her heart in the work and fully knows the effects of the diseases on sufferers, families, friends and carers.

She undertakes the work after she has met the subjects and those close to them to get to know them a little and to be sure they are happy for the portraits to be done.

One of Annie's earliest commissions was for an entire family portrait.

"A lot of challenges came up, but I was happy with the result," said Annie who was paid \$800 for the portrait. A single portrait costs \$400.

Annie works from home but also does paintings in residential care settings and at social groups.

Annie attended the specialist art program at John Curtin College of the Arts and won the prize for Stage 1 Visual Arts. She completed a Certificate IV in Visual Arts at Central TAFE and took on studies for her Diploma in Visual Arts.

Her works have been exhibited in several group exhibitions in Perth and Fremantle including Body Right Exhibition, Beyond the Sketch and Hyperfest.

Her works in progress were shown in the video *Before You Forget*.

Annie also spoke at the Alzheimer's Australia national conference in Melbourne.

But she's happiest in front of her canvases.

"I usually paint in my lounge room. I like to have a break between portraits. Too much and it all goes blurry (in her mind)," says Annie who works at a city café serv-

ing coffee, chocolate and desserts and doing dish-washing – anything.

"Mum supports me from time to time and I pay her back after I get commissions for portraits," she says

Mum, a former official at Perth's Parliament House (Usher of the Black Rod and Sergeant-at-Arms), is also an author and wrote the book *Before You Forget*.

Annie says she's now building-up her speaking engagements and growing in confidence at one daunting aspect of her presentations – Q&A.

"I talk about my experience as a young carer for my father. There's a lot of misunderstanding of the diseases", she said.

Annie was 12 when her dad began displaying symptoms of his disease. He had been doing community work, helping to build a social co-operative in Fremantle and working as a traffic lollipop man.

In Annie's talks and in dealing with families and sufferers, she offers valuable insights from witnessing the disease's impact over 10 years.

Having moved out of home into a flat with a housemate, Annie's portraiture passion is growing, where her work at the canvas is dutifully watched over by Hecta, her faithful Jack Russell terrier.

Contact details for Annie: M: 0426 245 971. E: annie@paintedmoments.com.au

Mature Aged Career EXPO

2018

Come and explore new career possibilities and free workshops at the Mature Aged Career Expo. Speak to employers, further education and service providers.

FREE
ENTRY TO EXPO
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Attend workshops
Meet employers
Learn about job opportunities

WORKSHOPS INCLUDE -

- Developing a resume
- Interview techniques
- Building resilience
- Career & Life transitioning
- Cybercrime

FRIDAY
1 JUNE

10am - 4pm

Gary Holland Community Centre
19 Kent Street
Rockingham



Exercise protects against depression

THE Black Dog Institute is challenging Australians to complete at least one hour of physical activity a week to help improve their physical and mental health.

"The current exercise habits of many Australians are concerning," says Associate Professor Sam Harvey from Black Dog Institute, who led the research. "In Australia, we still have many people suffering from depression, but there is a lot of exciting research that is beginning to tell us how we may be able to reduce the amount of depression in our communities. Our study shows that encouraging people to take on just a small amount of exercise each week could have a significant impact on depression rates more broadly."

Associate Professor Harvey's latest research, which monitored almost 34,000 adults over a period of 11 years, found that 12 per cent of cases of depression may have been prevented if participants undertook just one hour of physical activity each week. It also found that people who reported doing no exercise at all had a 44 per cent increased risk of developing depression compared to those who were exercising one to two hours each week.

Update at St Patrick's Anglican Church

The Winthrop Singers
Saturday 19 May from 2pm

Trivia Night
Saturday 26 May from 7pm

Christmas in July with Vince Garreffa cooking, silent auction and much more
Friday 20 July

St Patrick's Day service with parish lunch
Sunday 12 August

Georgian Singers Fundraiser
August

Trivia Night
September

Parish lunch
Sunday 14 October

Halloween...BBQ and great slide for kids
Wednesday 31 October



www.stpatricksmtlawley.com
Father Stephen Conway
0478 514 516

E



Government of Western Australia
Department of Communities



For further information contact Diana White,
Rockingham Kwinana Chamber of Commerce 9592 3333

Mature Aged Career Expo to be held



COUNCIL on the Ageing (COTA (WA), in partnership with the City of Rockingham is holding a Mature Aged Career Expo in Rockingham on Friday 1 June.

This expo is a first for Rockingham and is a response to the challenges facing mature aged people and their families across the community with regards to employment.

The expo will hold a selection of workshops on developing resumes, brushing up on interview techniques, building resilience for career and life transitioning and cybercrime.

COTA WA CEO Mark Teale says that there is strong evidence of significant change in the jobs market.

"These changes are having a

profound impact on the lives of large numbers of mature aged workers. Many are experiencing long term unemployment or are unable to find sufficient work to make ends meet – often for the first time in their lives.

"These people want to work, and it can be overwhelming receiving knockbacks and continual rejection when applying for jobs.

"Unfortunately this is an experience that is all too familiar to mature aged people looking for work.

"Evidence shows that mature aged people seeking employment often face barriers that are based on age alone," Mr Teale said.

The expo is an opportunity for people to attend the workshops, meet employers in the area and learn about opportunities available to them.

"The reality is that mature aged workers have a lot to offer employers. Across their working

lives, these people have gained immense experience and invaluable skills in areas like communication and team work, which can be transferred to other industries.

"Employers tell us that these skills are in demand and often desperately needed in their businesses," said Mr Teale.

The Rockingham Mature Aged Career Expo brings together employers looking to recruit staff, government and other services that can help people explore new career possibilities and find work.

There will also be information available about training and other incentives that can help people get back in the workforce.

Mark your diary to attend the expo on Friday 1 June at the Gary Holland Community Centre at 19 Kent Street, Rockingham from 10am to 4pm. It is free to attend. For further information please see advertisement on page 18.

A night of contemporary choral music



Voyces perform 19 May
© Nik Babic

WEST Australian arts organisation, Voyces' focus is on the performance, production and promotion of contemporary

choral repertoire, with musical director Dr Robert Braham leading the ensemble through diverse and challenging choral music.

Voyces has showcased works by acclaimed Australian composers such as Peter Sculthorpe, Iain Grandage, Dan Walker and Stephen Leek, alongside international composers including Eric Whitacre, Morten Lauridsen and Ola Gjeilo.

Voyces' first concert for the year is *Sorry I Missed You*, a journey to the cutting edge of contemporary choral music. Returning to Trinity Uniting Church, the choir will present a varied and exciting mix of recently composed choral music, with inspiration ranging from comets to text messages, and everything between.

Directed by Dr Robert Braham, the program includes pieces by Caroline Shaw, David John Lang, Matthew Orlovich and Eric Whitacre. Voyces' president, Luke Donohoe is excited that the choir is continuing to showcase new choral music.

"This program is full of music written within the last few years. Voyces are strong proponents of contemporary choral music and we are excited to be able to present this concert of new choral works."

The concert will be held on Saturday 19 May at Trinity Uniting Church, 72 St Georges Terrace, Perth.

Ticket prices are \$35 Standard | \$20 concession | \$10 School Student | plus booking fee. Book online at www.voyces.com.au or call on 0433 257 677

Information seminar on restless legs

SLEEP Disorders Australia presents a free public presentation by Sir Charles Gairdner Hospital sleep physician, Dr Richard Warren on the latest treatments and information about restless legs syndrome.

Do you have uncontrollable twitching or urge to move your legs at night? Does it affect your sleep? Come hear the latest up to date information.

Topics to be discussed include: how common is it and its symptoms? What causes it and what makes it worse? Is it related to other diseases? And the latest treatment options.

Please come along to this free lecture on Saturday 26 May at 1.30pm at the Hollywood Hospital lecture theatre, enter gate 5 off Monash Ave and park in the multi storey car park, then follow the signs.

All enquiries phone Lloyd 0427 646 983.

Perth's own blues legend

by Brad Elborough

continued from front cover

Dave will tour with *Goin Back Down*. He's starting in Australia and has left his WA gig to last – playing the Charles Hotel later this month.

There are plans too to head overseas. While it would be easy to travel around the USA's 52 states, playing a different one each week, for a year, he doesn't really have the desire to do that this time around.

"I'm fine. I am absolutely fit and fine and still running three or four days a week, which I have always done," he said. He also plays tennis, although admits to having given up his dreams of winning a Wimbledon title decades ago.

"Physically I am fine. Mentally I am fine too.

"I have just turned 70. There has to come a time when you realise that there is a limit; that you can't go on forever. You have to change your perspective.

"I have been touring pretty consistently for 25 years; I could say 'ok, maybe I can do that for another 10', then I am 80. Then I turn around and go 'ok, that's it then'."

Dave knows he will always play guitar and will always want to play the blues.

But there are other things he wants to do; things that get put on hold when he's writing and touring. Things like fishing or travelling to places to see sites other than blues venues.

"The years slip by and you haven't done a lot of the things that a lot of other people have done," he said.

So, if you enjoy Dave Hole's music and you like the blues, your chances of seeing both together may be limited.

But according to Dave, there will always be the blues, even though the people who inspired him have disappeared recently, including the great BB King and John Lee Hooker.

"Every generation seems to reinvent the blues – that's the power of it," he said. "I don't think blues will disappear.

"It will change as generations change and evolve. But you will always have traditionalists, like me, who harp back to those early people."

Dave Hole will be playing at the Charles Hotel in North Perth on Saturday, 26 May.

Tickets are on sale. Visit www.facebook.com/officialdavehole or www.davehole.com

lattitude Resort Living for over 55s

Q: What could be better than owning your own home in an exclusive resort in your favourite part of Australia?



Residents enjoying a 'sundowner' at Lattitude.

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It boasts an unmatched resort lifestyle with a pool, bowling green, huge activities area, bar and lounge, gym and craft areas a few steps from your beautiful villa down the quiet, safe streets of this gated retirement community.

But there is one other important difference to other retirement communities.

At Lattitude Lakelands you own your villa just like you own your home now. And all villas are architecturally designed for easy ageing.

Right now, you can choose a year-round resort lifestyle and receive \$20,000 cash-back* on selected new homes.

This is a limited offer, so it goes without saying, you'd better hurry.

**Sales and Information Centre open
Wednesday, Saturday and Sunday 12-4pm.
Call Cath Acton on 1800 678 683.**


52 Bellambi Chase, Lakelands, Mandurah
(near the new Lakelands Shopping Centre)
retiretomandurah.com.au

PEET

*Conditions apply. Valid on selected homes for sales up to 30 June 2018. For full terms and conditions visit retiretomandurah.com.au

Assistive Technology Suppliers Australia
Independent Living Expo
Silver Jubilee Pavilion
Claremont Showgrounds
30 & 31 May

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As the leading centre of excellence in assistive technology and equipment in Western Australia for 40 years, the Independent Living Centre WA is proud to be the principal supporter of the ATSA Independent Living Expo.

Our experienced health professionals are passionate about helping you to achieve your goals with assistive technology and equipment, home modifications and allied health services.

Contact us to discuss how we can support you, including what government funded options may be available.

Call 1300 885 886
Visit www.ilc.com.au



Independent Living Centre WA
Making choices finding solutions

First Perth ATSA Expo later this month



Jenny McAllister is one of thousands of people who've been supported by the ILC

SUPPORTING people to be independent, well and safe for 40 years, the Independent Living Centre WA (ILC) is proud to be the principal supporter of the first ATSA (Assistive Technology Suppliers Australasia) Independent Living Expo. It will be held in Perth at the Silver Jubilee Pavilion in the Claremont Showgrounds on 30 and 31 May.

The ILC is the leading centre of excellence for information, advice and expertise about assistive technology and equipment available for seniors and people with disability.

Its services have grown over the years and today the centre provides an information and advisory service about assistive technology, equipment and home modifications in addition to allied health services, where individuals can work together with ILC occupational therapists, speech pathologists and physiotherapists in their own home, school, workplace or community.

Jenny McAllister is one of thousands of people who've been supported by the ILC.

Jenny recently moved to Perth to be closer to her family and she says whilst the move has been great from a personal point of view it has been very difficult from a disability one.

"I had to start from the beginning and set everything up again; from modifications in my home, to accessing my community and general day to day living. It was really overwhelming and I had no idea where to start," said Jenny.

"Nicola, my occupational therapist from the Independent Living Centre WA has been a huge help and support. From the moment I met Nicola she made me feel at ease. She has a really caring nature and is easy to talk to. She helped me work out what was really important to my current situation; what I needed in place now and what I wanted to work towards in the future.

"To support my safety and independence Nicola has helped me with grab rails in my shower, hand rails in my pool and a 'non-slip' product for spraying on my floors. Through the ILC I've also been able

to look at options for kitchen utensils, smart lights, wheelchairs and walking frames," she said.

"I now have more control and more independence over my everyday life and Nicola has been instrumental in making those changes happen and improving my quality of life for the better."

ILC chief executive officer Steve Glew said the ILC is all about supporting people like Jenny to achieve their goals and hopes the ATSA Expo will help hundreds of people to see what's possible.

"The ATSA Expo aims to connect people with a range of suppliers showcasing practical and innovative assistive technology, aids and equipment available in the current market.

"I hope people enjoy exploring what options are available to support them to maintain their independence, safety and wellbeing, now and into the future."

The Independent Living Centre WA will be at stand 12. Visit the stand to see how to control a computer using your eyes and trial assistive equipment to help with daily living activities. The ILC's health professionals welcome enquiries about assistive equipment, technology and allied health services that could support being independent, well and safe at home and in the community.

For more information about ILC's services phone 1300 885 886 or visit www.ilc.com.au.

Unlocking independence through assistive technologies



IN 2014 life changed dramatically for Butler resident, Diane. After suddenly falling ill and baffling medical professionals, Diane was diagnosed as suffering from a stroke. She lost 20 per cent of her hearing, and experienced severe dizziness and nausea when focusing on objects, particularly those that were moving.

Orientation and mobility specialists from VisAbility fitted Diane with a pair of bespoke sunglasses that blocked out most of her vision except for a tiny pinhole. This dramatically reduced her nausea, but she was now unable to rely on her vision to navigate.

Integrating assistive technology seamlessly

into her lifestyle was a relief for Diane. Remaining mobile was important, so VisAbility specialists worked with her to choose the right mobile device with an app that alerts Diane when to get off the bus.

Keeping on top of her social life was another priority. Assistive technology made this easier with a voice-recognition messaging system, allowing her to speak her texts to family and friends.

Now with her assistive technology and the help of a walker for balance, Diane is now back enjoying the important things in life.

VisAbility's team of specialists recommend the following apps for those with limited vision.

For reading: Magnification glass with light

Pro is a cost-effective, live magnifier that also has a colour reversal option.

For shopping: FoodSwitch is a free barcode scanning app that easily identifies products and provides their nutritional details.

For writing: Audionote is a user-friendly voice recording app that converts speech to text.

For transport: Should iRun is a free app for Apple devices which notes the nearest public transport route and schedule.

For cooking: My Recipe Book is an app for Apple devices that stores recipes from the internet in one convenient place.

If, like Diane, you believe assistive technology could enrich your life, contact VisAbility today on info@visability.com.au or 1800 VISION.

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Reader Survey - We want to know what you think about *Have a Go News*...

WE ARE asking you to take a moment to complete a reader survey about this paper as it's important to us to provide the best quality content for you the reader.

We use the information to improve the paper for the readership and all entries go in the draw to win the following prizes.

First prize - \$500 cash
Second prize - \$250 cash
Third prize – Case of wine from Ambrook Winery
5 x prizes of \$20 Scratchies.
10 passes to Bennett Brook Railway

Computer Savvy? You can also complete the survey on line at <https://www.surveymonkey.com/r/Haveagonews2018>
The survey will run until 30/6/18. We ask that you only enter once!

Reader Survey

What is your gender?
☐ Female ☐ Male

What is your age (circle)
35-45 45-55 55-65 65-75 75-85 85+

What is your postcode? _____

Do you still work? (circle)
☐ Full time ☐ Part time
☐ Casual ☐ Retired
☐ Unemployed

How many people read your copy of *Have a Go News*?
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 5+

How long do you keep each issue? (circle one)
1 week 2 weeks 3 weeks 4 weeks or more

How many years have you been reading *Have a Go News*?

How often do you refer back to the paper?

Do you use any of the companies that advertise in the paper?
☐ Yes ☐ No

Do you enter our competitions?
☐ Yes ☐ No

Do you enjoy our front cover stories?
☐ Yes ☐ No

Do you enjoy our Page 2 snippets?
Tick which ones you like...
☐ Ageing Research ☐ Quick Quiz
☐ Word of the month ☐ Urban Slang
☐ Quote of the month ☐ Funny historical fact
☐ Great West Aussies

Do you enjoy our 'from the editor's desk' on page 2?
☐ Yes ☐ No

Do you enjoy our profile stories on people?
☐ Yes ☐ No

Do you enjoy our opinion column?
☐ Yes ☐ No

Do you enjoy our columns from various sporting clubs and groups?
Eg canoeing, swimming, walking,
☐ Yes ☐ No

Do you enjoy our conservation column by Karen Majer each month?
☐ Yes ☐ No

Do you enjoy the column about Alzheimer's research from Rhonda Parker?
☐ Yes ☐ No

Do you enjoy Rick Steele's column?
☐ Yes ☐ No

Do you enjoy Jon Lewis's column?
☐ Yes ☐ No

Do you enjoy the stamps and coins column by Mickel Smits?
☐ Yes ☐ No

Do you enjoy our television column by Lee Tate?
☐ Yes ☐ No

Do you enjoy our Community Notebook?
☐ Yes ☐ No

Do you enjoy the information column about British Pensions supplied by Mike Goodall?
☐ Yes ☐ No

Do you enjoy our fishing column? ☐ Yes ☐ No

Do you enjoy the stories in our travel section?
☐ Yes ☐ No

Do the stories in the Let's go Travelling section provide you with holiday inspiration?
☐ Yes ☐ No

Do you use the companies which advertise in our travel section?
☐ Yes ☐ No

Do you intend to travel in the next 12 months?
☐ Yes ☐ No

If you are travelling where are you going? Please list
☐ WA ☐ Interstate ☐ Overseas

How many times a year do you travel? _____

What's your favourite destination to travel in WA?

Do you own a caravan or camper trailer?
☐ Yes ☐ No

Do you use it regularly? ☐ Yes ☐ No

Do you intend to go on a cruise in the next 12 months?
☐ Yes ☐ No

Where are you going? _____

Do you enjoy our stories about ballroom dancers in WA?
☐ Yes ☐ No

Do you enjoy our book reviews? ☐ Yes ☐ No

If we sold books would you consider buying them from us?
☐ Yes ☐ No

What genre? _____

Do you enjoy our stories about health trends and research?
☐ Yes ☐ No

Do you enjoy our features on Active Ageing?
☐ Yes ☐ No

Do you enjoy features about wills and the law?
☐ Yes ☐ No

Do you have a current will? ☐ Yes ☐ No

Do you enjoy the column about styling your home?
☐ Yes ☐ No

Do you enjoy our food and wine section?
☐ Yes ☐ No

Do you enjoy our recipes? ☐ Yes ☐ No

Do you keep the recipes? ☐ Yes ☐ No

Do you enjoy our wine column? ☐ Yes ☐ No

Do you utilise our reviews on brunch and lunch places?
☐ Yes ☐ No

Do you utilise our listings on mid-week lunch specials?
☐ Yes ☐ No

Do you enjoy our gardening column?
☐ Yes ☐ No

Do you utilise our friend to friend section?
☐ Yes ☐ No

Do you like our puzzles page?
☐ Yes ☐ No

Do you enjoy our arts and entertainment section?
☐ Yes ☐ No

Do you enjoy the range of shows we present in the arts and entertainment section?
☐ Yes ☐ No

Do you enjoy the following – please tick which ones you like...
☐ Ballet ☐ Opera
☐ Classical Music ☐ Live Theatre
☐ Musicals ☐ Comedy

Do you like our scene socially page? ☐ Yes ☐ No

Do you buy Lotto or scratchies each week?
☐ Yes ☐ No

Do you use Lottoland?
☐ Yes ☐ No



Do you have any of the following:
Tick which you have...
☐ computer ☐ tablet ☐ smartphone

Have you visited our website? ☐ Yes ☐ No

Did you know our website offers information and special competitions between editions of the paper?
☐ Yes ☐ No

Do you read *Have a Go News* online?
☐ Yes ☐ No

Do you use social media? ☐ Yes ☐ No

Which platform do you use?
☐ Facebook ☐ Twitter ☐ Instagram

Have you liked the *Have a Go News* social media pages?
☐ Yes ☐ No

Do you intend to move house in the next 12 months?
☐ Yes ☐ No

Are you considering downsizing?
☐ Yes ☐ No

Would you move to a retirement village?
☐ Yes ☐ No

Are you considering renovating your house in the next 12 months?
☐ Yes ☐ No

Do you own a car? ☐ Yes ☐ No

Will you purchase a new car in the next 12 months?
☐ Yes ☐ No

What's will be your major purchase in the next 12 months?
Eg Car, caravan, house, fridge, new furniture etc
Please list _____

Do you exercise regularly? ☐ Yes ☐ No

Are you a member or a club, group or association?
☐ Yes ☐ No

Would you be interested in joining a club or group?
☐ Yes ☐ No

If no – why not... _____

Where do you pick up your copy of the paper from?

Would you recommend *Have a Go News* to a friend as a good source of information?
☐ Yes ☐ No


What do you like about the paper? _____

Are there any other activities or interests you would like to see featured in the paper?

What's your No 1 item to do on your bucket list?

Thank you for participating in this survey, all entries go in the draw to win the prizes listed above. The prize draw will be on 15 July and winners will be notified by phone, and winners published in the August issue. Entries close 30/6/18.

Complete the form and post to
Reader Survey
Have a Go News
PO Box 1042
West Leederville 6901



Name _____

Address _____

Phone Number _____

Email Address _____



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

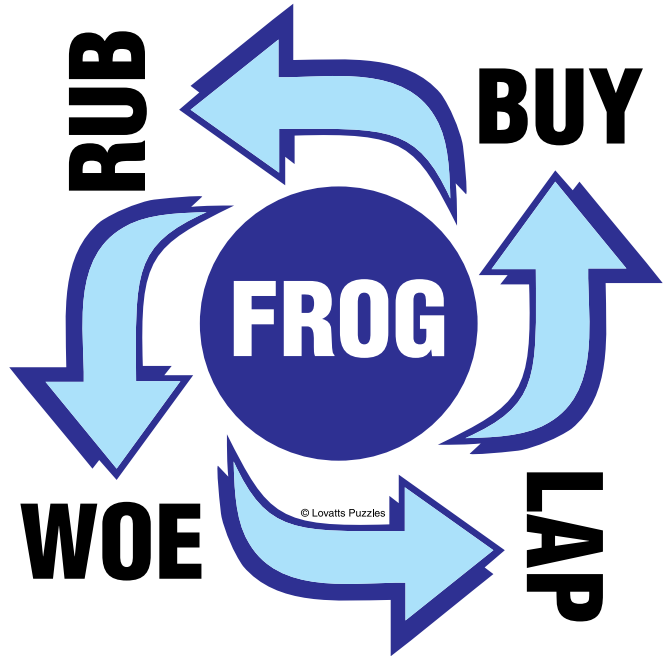
Rating: ★ ★ ☆ ☆ ☆

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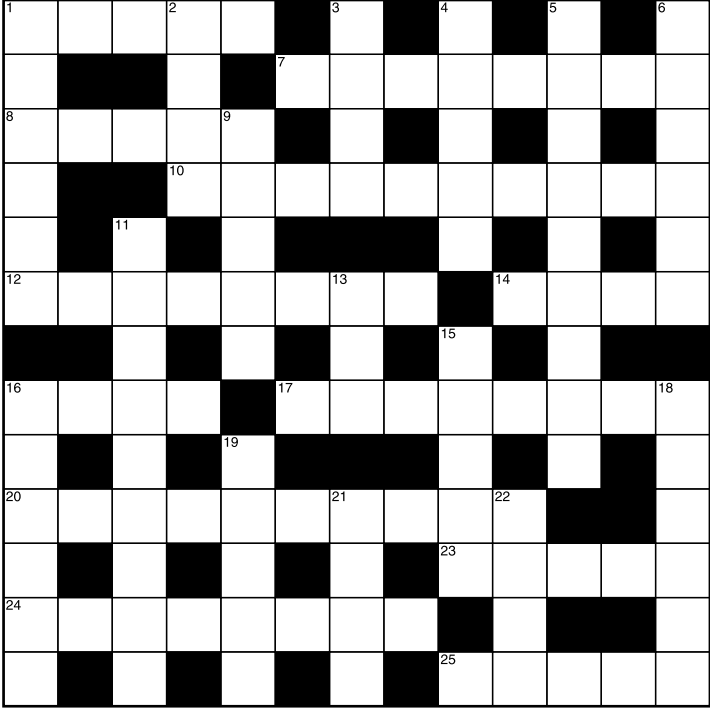
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TRANSFORMERS

Take a letter from the middle word and, without changing the order of the letters, fit it into the three letter word to make a new four letter word. Repeat the process, using all the letters of the middle word.



CROSSWORD



ACROSS

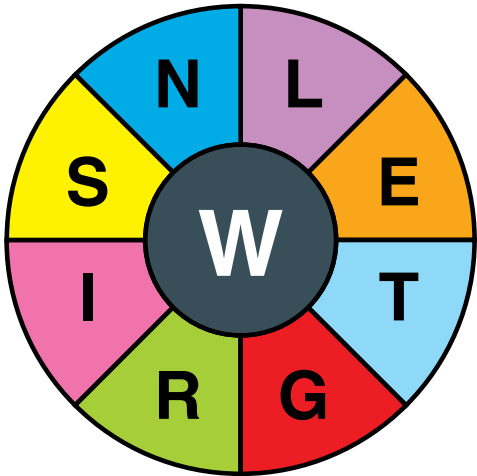
- 1. Boast
- 7. Game bird
- 8. Defined (area)
- 10. Duel (5,5)
- 12. Ex-lover (3,5)
- 14. Foaling farm
- 16. Rascals
- 17. Dismissed
- 20. Mistake
- 23. Guzzler, fast ...
- 24. Easy going
- 25. Foot joint

DOWN

- 1. Garden pavilion
- 2. Daunts
- 3. Burn
- 4. Homeless kids
- 5. Mischievously
- 6. Declared
- 9. Reside
- 11. Willing to change
- 13. Fraternise
- 15. Property divider
- 16. Ignoramuses
- 18. University award
- 19. Wound marks
- 21. Boxing dais
- 22. Open mouth wearily

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.



18 Good 30 Very Good 38+ Excellent

#314 May edition PUZZLES - Solutions appear on page 16



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GIVE A LITTLE. CHANGE A LOT. CELEBRATING NATIONAL VOLUNTEER WEEK 2018



Leeming resident finalist in WA 'Spirit of Volunteering' award



Cancer Council WA volunteer Christine Bilborough

FOR nearly two decades, Leeming local, Christine Bilborough has used her profes-

sional experience both as a beauty therapist and as a teacher to support cancer patients at

Cancer Council WA's wig service in Shenton Park.

Christine's passion for helping others has led her to contribute 19 years to the service and an additional 18 years of volunteering to the Look Good Feel Better program.

"I just love it – I love being able to help people going through a cancer journey feel happiness and confidence in their appearance," Christine said.

"For many women,

losing their hair is one of the worst things they go through when receiving treatment. They can put their makeup on and get dressed up, but without their hair they don't feel like everybody else."

Christine's role at the wig service involves meeting with clients and helping them to choose a wig, turban, cap or scarf. These are loaned for free for the duration of their treatment.

"It's so much more than just a wig or turban to them – it's a blanket

of protection that brings some sense of normalcy back into their lives."

Recently, Christine recounted a situation where a country client staying at Cancer Council's Milroy Lodge was so pleased with her new look that she walked laps of the Lodge showing off her new turban.

"It just suited her so well. She had an event on in the evening and was very excited about her new look that she visited me another couple of times in the same

afternoon to say thank you."

Unfortunately, Christine is no stranger to cancer. In 2016, she was diagnosed with thyroid cancer and after two operations, which were performed just eight days apart; she was finally given the all-clear.

Not long after hearing the exciting news of her nomination, Christine learned she had lymphoma of the eye and would likely begin radiotherapy treatment in the coming weeks. How-

ever, despite her diagnosis, Christine remains positive and says she is looking forward to returning to the wig library as soon as she can.

"Volunteering is an important part of who I am and I feel incredibly lucky to be able to support people in a practical way during what is often one of the most difficult times in their life."

For more information about Cancer Council WA's support services, visit www.cancerwa.asn.au.

WA volunteers needed for study

RESEARCHERS from the NHMRC Centre of Research Excellence in Speech and Language are calling for West Australians with experience of stuttering (past or present) to volunteer for the nation's largest ever Genetics of Stuttering Study.

Three thousand Australian volunteers are required for the study. The study aims to pinpoint the genes that predispose individuals to stuttering. This could revolutionise future research into the causes, treatment and prevention of the disorder.

West Australians who currently stutter, or have a history of stuttering, and wish to volunteer for the 'Genetics of Stuttering Study', or to learn more, can head to www.geneticsofstutteringstudy.org.au or email geneticsofspeech@mcri.edu.au.

Volunteers must be: male or female,

aged seven and above, currently stutter or have a history of stuttering.

Director of the Centre for Genetic Origins of Health and Disease (GOHAD), Prof Eric Moses, said the study outcomes may open the door for new treatment opportunities for stuttering in the future.

"Finding genes associated with stuttering will help identify biological pathways involved and unveil new therapeutic opportunities to treat the disorder," he said.

"By volunteering for this research study, participants will be helping us to identify these genes," Prof Moses said.

"Participation in this study will ultimately help to shed light on how to best treat stuttering before it affects an individual's confidence and quality of life."

Volunteers are the backbone of the show



L-R; Jayelle Punch and mum Tara Punch with volunteer Marean Boughey

WITH more than 350,000 visitors passing through the gates each year at the Perth Royal Show and boast-

ing the largest exhibition of animals, competition entries trophies, ribbons, awards, rosettes and certificates

awarded, it's no wonder the enormous effort and support of volunteers is the backbone of the show each year.

The Perth Royal Show is one of the state's highlights, promoting and celebrating excellence within WA farming and agriculture. There is no other WA community event like it and it would be near impossible to develop and deliver such a unique, large-scale event, without the contribution offered by all involved including the 2000 volunteers.

The Royal Agricultural

Society of WA is a not-for-profit organisation that has supported the State's agricultural sector for almost two centuries.

Through its management of the iconic Perth Royal Show and Claremont Showground, the Royal Agricultural Society engages in a wide range of community and industry initiatives.

To continue educating the community about agriculture and where their food comes from, many interactive areas are set up for the Perth Royal Show. They enlist the help of hundreds of volunteers to help parents and children with these educational experiences. Farm to Food and Discover Dirt have gained a great following each year, with children clambering to take part in the interactive displays.

Volunteers love interacting with people, and they get wrapped up in the excitement of the children when they milk the cow or roll the oats and realise there is the porridge they eat or flour they cook with when they grind the wheat. The amazement in the faces of the child or adult as they pat a pig for the first time, hold a chicken, feed or pat a lamb is inexpressible. The efforts of volunteers make these experiences happen.

With age being no deterrent, the volunteers range from 10-year-olds who help in the animal section – such as Pat-a-Lamb where there is adult supervision, to the teens and up to those in their late 70s. People can help in one of the information booths or offer to help at the art exhibition or even with the flowers.

So, why not come down and be part of the Show in 2018? Call 6263 3100 to apply.

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MAY 2018

• WA cider • Yarnbombing in Bendigo • Antarctica day trip

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

Steve Collins likes an adventure and this month shares his story about taking the train across the USA - pictured above is one of the stunning views from Provo, Utah from his journey. See page 27 for more.

Villa Carlotta Travel **Free Travel Information Sessions**

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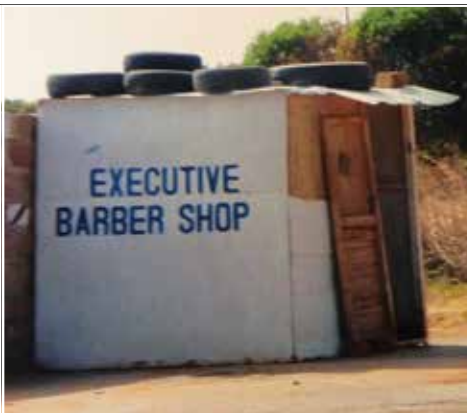
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ADVERTISING FEATURE



travel options for the mature west australian



Above, L-R; Geoff and Carolyn Dwyer's funny travel photos from The Red Dog Saloon in Juneau Alaska and rental van seen during tour of the Canadian Rocky Mountains - Barbara Bleazard's amusing pic from travels through Africa. Below, left; Jennifer Merigan



DURING April I posted on our Facebook page asking people where their first flight took them. We had a massive response with more than 500 comments and it was so interesting to see the places that people had gone. Comments ranged from flights in WA

to just about every destination in the world.

We certainly have a well travelled readership and it was a lot of fun reading the stories. I loved that a few grandchildren commented on how happy they were to learn stories about their grandparent's adventures. We had a few jokesters who said their first flight was 'up' too.

Our Facebook page is a lot of fun and we offer a daily experience on there, plus lots of exclusive competitions, come and join us in this community.

Thanks to the many people who have sent in their funny photos, please feel free to share any amusing photos with us that you have taken while on your travels - just send me an email - we love to receive them.

Geoff and Carolyn Dwyer, who say they are avid readers of the paper, shared two photos, a rental van they spotted on a tour of the Canadian Rocky Mountains, and the 'standards' sign which was prominently displayed in 'The Red Dog Saloon' in Juneau, Alaska.

Barbara Bleazard sent in a shot she took when travelling through Africa where her and husband took an epic journey by Landrover through South Africa, Namibia, Botswana, Malawi, Zambia, Tanzania and Mozambique.

Further to my editorial about what tourists thought when visiting Perth, Paul Wolfe sent me an email about what his recent guests from the UK and Germany thought about their experience visiting Perth. Summarising his email Paul's guests thought as it's a long and tiring flight from Europe to Perth, the value for money overall is questionable. He said although his visitors enjoyed their stay in WA, they did leave doubting whether they would make a return visit. After

all, for far less expense they can have sun, sea, and culture on the Mediterranean without travelling halfway around the world. Have any of your guests to WA felt the same way?

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

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

Happy trails

Jennifer Merigan
Travel Editor



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ADVERTISING FEATURE

travel options for the mature west australian

Making tracks and training across America - Part one crossing the Rockies



Left to right; San Francisco's Golden Gate Bridge - Amtrak train - High Sierras - Observation carriage

by Steve Collins

IT seemed like a really good idea at the time. Cross the United States by train from San Francisco to New York via Washington D.C.

That's 5770 kilometres in all. Fortunately, I like trains.

I decided to sit up rather than book sleepers, due to the cost. Whilst having a sleeper is comfortable, you don't interact with the locals as much when you are cooed in your own compartment. My reasons for doing this trip were to see the countryside, meet the people and have a wonderful experience. Sitting up would allow me to achieve those goals.

If you are 62 years of age or older, like me, Amtrak gives you a 15 per cent discount. Bargain. I did stop off on the way, so that also added to the cost, but the total came to just \$US437.35, or about \$A580 at the exchange rate when I purchased the tickets.

The California Zephyr begins its journey in Emeryville, which is part of Oakland, just across the bay from San Francisco. I caught the BART (Bay Area Rapid Transport), the local suburban train, from San Francisco to Emeryville.

This being the United States, nothing is simple. Signage is a real problem in much of America. There was no list of stations on the platform noticeboard, no list of stations on the train itself, and train announcements are mostly unintelligible.

Emeryville BART station is not near the Amtrak station, that idea would have been too logical for Americans to handle, but there is a free shuttle be-

tween the two. However, there is no clear sign to tell you which shuttle to catch and there are several shuttles which go in various directions.

Fortunately, I had done my research, so managed to clamber onto the correct shuttle, only to find that it doesn't cater for people with luggage. A bit silly, really, when most people who board the California Zephyr take luggage with them.

Emeryville station is modern, functional and without charm. There were many people sitting around with their luggage waiting to depart, and I was entertained by a couple who gave an impromptu concert on their way to a ukulele convention.

Amtrak is the National Railroad Passenger Corporation, which runs the long distance passenger trains. Amtrak owns the trains, but not the tracks, which are owned by the freight railways, so you can occasionally sit in a siding waiting for a goods train to pass. Which is really no different from travelling on our own Prospector.

As the train pulled into the station, it did look very impressive. The California Zephyr was pulled by twin diesel locomotives, and all the carriages were double decker. The front half of the train comprises the sleeper carriages, and the back section is the seating carriages. Each section also has glass-ceiling observations cars and a restaurant carriage.

In the seating carriages the bottom section has toilets, luggage racks and seating for those with mobility problems who can't handle the stairs. Upstairs is all

seating. The bench seats are large and comfortable and I had plenty of leg room.

In motion, the train was very smooth and quiet. It was very easy to relax and take in the view.

The first part of the journey from Emeryville to California's capital Sacramento, 85 miles in about 90 minutes, was through largely industrial landscapes.

The train follows the shore of San Pablo Bay before turning inland to Sacramento. After a short stop, we head north-west to Colfax, and then start climbing into the High Sierras, towards the historic town of Truckee/Lake Tahoe.

From here the scenery begins to get more spectacular, and we were soon passing deep snow drifts, surrounded by impressive mountains. I could see people skiing in the distance.

Soon after crossing the border into Nevada we reached Reno.

This city has the weirdest station I'd seen. It is built into a concrete culvert so it looks much like an open sewer, sans wastewater. Reno is much more spread out than I expected, and the place is littered with large, garish casinos.

We were now crossing a high desert, which was eerily reminiscent of the Nullarbor Plain as there was little vegetation. The point of difference were tall, flat-topped mesas to remind us that we were still in the mountains.

Just before dusk we had a brief stop at the

town of Winnemucca, I had time for a brisk walk, and found it to have an authentic western feel. If I had seen Clint Eastwood walking towards me chewing on a chevron with a pair of bandoliers crossing his chest and stubble on his chin I wouldn't have been surprised.

The colours of twilight as we continued east were magnificent. Vivid pinks turned to deep red as dusk descended. Even the contrails from high-flying aircraft were pretty. Actually, it was the many contrails, those cloudy tracks across the sky that are left by aircraft, which reminded me just how populated the US is. We hardly see them in Western Australia, but they were plentiful wherever I went in the US.

Nevada is mostly desert that is home to a smattering of towns. They are not really noticeable during the day but at night you can see the gaudy casino lights dazzling in the distance.

The scenery was stark, but mesmerising. The picture windows in the carriage did offer fantastic views, and I would often wander along to the observation car in more mountainous areas to take in those amazing vistas.

Our next stop was the city of Elko, which we reached at about 9.30pm. It's easy to know when you reach a Nevada town at night as there is always a casino open with those overworked neon signs

flashing crazily away.

I was chatting to a young lady who was disembarking at Elko, and was amazed to discover that it has a lot in common with Kalgoorlie as it is the centre of the Nevada gold industry. The residents there service the gold mines for many hundreds of kilometres around, except that they are DiDo (drive in drive out) workers.

It would be a six hour trip to Salt Lake City in Utah, and seven hours until I reached Provo, where I was going to leave the train. The seats reclined well back, so sleeping was surprisingly easy. It did help that I didn't have to share my seat at that stage.

At 4.35am, one hour late, I disembarked at Provo, Utah, a town I knew nothing about but decided to stop there to experience Middle America. Fortunately, I had booked a cab which was waiting to drive me to my hotel.

It was very dark when I arrived, so after a good sleep I awoke at about 9am and wandered across the road to get supplies.

US hotels don't believe in supplying tea/coffee making facilities in the rooms. Perhaps they don't want to be known as the land of the free tea. Fortunately there

was a bakery across the road. The trip took me longer than I expected simply because as soon as I copped the view, my eyes binocularized out as in those *Loony Tunes* cartoons and I was smitten.

Provo is nestled in the Utah Valley, and before me was a most impressive snow-capped series of mountains which had me rushing back to the room for my camera to capture the moment. The panorama was about as pretty as you could get, and I just had to drink it all in. Besides, you can't really eat when your jaw has dropped almost to the ground.

The population of Provo is 80 per cent Latter Day Saints (LDS), or Mormons as we know them. It is particularly neat and laid out in a common grid system of roads that was designed by Brigham Young himself, the person who led the Mormons to Utah. All LDS towns have the same design.

I wandered past a building which I reckon was the world's tidest police station. I can't imagine there's much crime here, so the cops probably occupy their time by gardening or doing little chores around the station.

continued on page 28

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travel options for the mature west australian

Making tracks and training across America - Part one crossing the Rockies



Left to right; A bride and groom outside Provo City Centre LSD Temple - Arriving at Denver by Amtrak train - Utah Monolith - Glenwood Canyon

continued from page 27

Following my camera's view finder I wandered into the Provo City Centre LSD Temple, where people were queuing up to be married. Apparently, the temple hosts about 100 weddings every week, although they don't seem to take

very long. It appeared that only close family members attended the weddings as you have to get permission from your bishop to attend. The gardens were lovely, ideal for wedding photos, and I had several conversations with guests about universal health

care, which the United States doesn't have. These were always polite conversations and initiated by the locals. I got the strong impression that many Americans think that universal health care is a communist plot.

At least shotgun weddings are easy there as everyone seems to have access to a firearm.

The next leg was going to take me to Denver, and from Provo to Denver is where the scenery began to get utterly spectacular.

I got to the station by 3.30am, the time the Californian Zephyr was due to leave Provo. Unfortunately, the train was stuck between Salt Lake City and Provo because a track had moved. Amtrak doesn't own the rails,

so it was a three hour wait for it to be fixed. No Problem. Dawn over Provo was delightful.

We climbed out of the valley, gradually inching up onto a high plateau. At one stage the climb was so steep we had to make a series of sharp loops and turns in order to gain height. We were now back in high desert country where there were many spectacular rock formations and higher snow-capped mountains far in the distance.

Because of the altitude the air is very clear so the views are stunning.

Near the Colorado town of Glenwood Springs the train enters the Glenwood Canyon, and follows the Colorado River. Because I was a

friendly Australian, the conductor had told me to move to the observation carriage when we stopped at Glenwood Springs.

The sides of the canyon soar to over 400m above the track, and it is so close that you could almost touch the rocks if you could open the train windows.

This is a most picturesque canyon. Extraordinarily rugged and quite narrow. The observation car got packed once we entered the canyon, as you can really only appreciate how truly vertical and inspiring the sides are by looking up through the glass roof. This 40 km section of the journey was certainly eye-catching memorable.

The California Zephyr continued to climb, and we were near some of the United States' best skiing country, such as Vail and Aspen.

Soon after leaving the Winter's Park ski area we entered Moffat Tunnel which, at an altitude of 2,816m is the highest point on the whole journey. The tunnel has a length of 10kms and as soon as we exited we began the descent down to Denver, which is 80kms away.

Although it was dark as we entered Denver's outskirts, it was a clear night and a blood moon was shining, making for a somewhat eerie entrance into Colorado's largest city.

Denver's Union Sta-

tion has been recently revamped. It is no longer a sterile railway station but a place where people can congregate at restaurants and bars, and shop in an interesting arcade. They have also turned the top couple of floors into the Crawford Hotel, a comfortable, contemporary place that is easily accessible to many of Denver's attractions.

I was staying at The Crawford so made myself comfortable and opened the curtains, only to discover that my room was directly above the main concourse and I could easily be seen from below. Curtains closed, great night's sleep was had.

This adventure is going to continue next month.

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Sailing or more accurately steaming on the River Li offers dramatic scenery as nature's vast limestone carvings soar into the air to enthral participants on the ACFS Photography Tour to China

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The tour is offered by the Australian China Friendship Society (ACFS) which has branches in all states and territories.

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The China Southern flights leave from all state capitals with a direct service to Guangzhou, the old Canton.

The cities from which the excursions will radiate are Guangzhou, Zhaoxing, Longsheng, Guilin, Xianggong Hill and Xingping. And at Yangshuo guests have the rare opportunity to attend a giant outdoor concert with a musical, vocal and light presentation and a backdrop of the Li River designed by Zhang Yimou, a top movie director who was the designer of the opening ceremony for the 2008 Olympic Games.

The leader of the tour is Susan Moss, an ACFS member in Perth and successful member of the WA Camera Club. Susan's website is www.susanmossartandphotography.com. She has been a participant in photographic tours in Vietnam and India.

The cost is \$4380 per person, twin share including air fares, accommodation, most meals, gratuities, local photographer from day four to 11, and ground transport throughout including high speed rail. Single supplement is \$650.

Departure is 18 September. You can obtain an itinerary by phoning freecall 1300 886678 (China Best Tours) or visit acfswa.org/photography-tour-guilin-2018.html

The ACFS national tour director is Roz Hanley. You can reach her on hanley@iinet.net.au

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ADVERTISING FEATURE



Have a Go News offers readers the opportunity to fly to Antarctica in 2019



HAVE a Go News is organising the day trip of a lifetime to Antarctica which will take place on Australia Day 2019. This flight leaves Perth every two years and in 2017 the paper took a group on board.

“It was one of the most amazing day trips I have ever experienced,” said *Have a Go News* editor Jennifer Merigan. “I took my 82 year old Dad with me and he was overawed with the experience. “It’s nothing like a normal flight and the excitement that builds when the ice comes into view, is just something to behold.”

“The crew, the service and the information throughout the flight makes it a trip of a lifetime.” This flight is scheduled for Australia Day 2019 and we invite readers to join us. It’s an opportunity to fulfill a bucket list dream of exploring Antarctica. Australia is the only country from which a sightseeing flight can be taken over the frozen south. Every departure is different – no two flights are the same. All seating

classes will experience spectacular views over the ice and an unforgettable round trip. The trip provides the complete Antarctic experience – Antarctic experts on board, live crosses to the Australian stations, videos and other informative activities. Passengers will receive a comprehensive information kit, two full service Qantas meals plus in-flight snacks and full bar service – including champagne, wine, beer, spirits, soft drink and use of the state of the art entertainment system. The crew provide wonderful service, the atmosphere on board

is nothing like you have experienced and passengers experience four full hours flying across the continent. It really is an unbelievable experience. The *Have a Go News* tour manager on board takes photographs of the views and our group, providing an exclusive pictorial record for our guests. *Have a Go News*’ passengers also receive a special Australia Day goody bag and name badge. This flight departs Perth on 26 January 2019 at 8am and returns at 8.30pm at night. The following seating is available:

- **Economy Class Centre** – cost \$1199 per person.
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- Please contact us for brochures and booking forms which detail the trip and the seating arrangements.

This flight only departs Perth every two years, bookings close 30 November unless sold out prior. A \$300 deposit is required with booking and full payment is required eight weeks before departure. Travel insurance can be purchased for an extra \$175 per person and covers people to age 85, price subject to change. Home pick up and return can be arranged if required. For further information, brochures and booking forms or to reserve your seat please call the office on 9227 8283 or email jen@haveagonews.com.au

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Struth - weigh the witch



by David Ellis

IN THE medieval township of Oudewater in the centre of the Netherlands, there’s a circa-1482 weigh house where you can actually get yourself official documentation that you ain’t no witch. Weigh houses like the one in Oudewater were used in medieval times across much of Europe to weigh crops and livestock, and to tax goods based on their weight. And from the mid-1550s to late-1600s when witch-hunts became something of a popular pastime, countless hundreds of women were rounded-up, hauled to the weighhouses – and often as a consequence of what occurred there, burned at the stake. This was because witches were thought to have no soul, and thus be light enough to walk on water or to ride a broomstick across the sky. And if at the weigh house the scales showed a woman to be lighter than a group of male judges considered her to actually be by simply looking at her, she was deemed to be a soul-less witch and thus sent to her fate. Historians believe that most such weigh house findings were blatantly rigged for any number of official or domestic reasons – except in Oudewater where the Roman Emperor Charles V decreed that it’s weigh house be a fair-weighing site. And as a result, it’s understood that no woman ever went to her death there as a witch. Today Oudewater’s weighhouse is a museum where visitors can be weighed and issued with a certificate confirming that their “body weight is in proportion to their build,” and proving therefore that they too are no witch.

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22 TO 28 DECEMBER 2018

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ADVERTISING FEATURE

travel options for the mature west australian

Unravelling the story behind Bendigo's colourful yarn bombs



Above; Josephine Allison next to a yarn bombed tree outside Bendigo Art Gallery
Left; Bendigo Tramways © Elise Gow Photography

by Josephine Allison

THE TREE near the historic Bendigo Art Gallery caught my eye, it was festooned with brightly coloured yarn bombs. I had to have my photo taken there and wondered about the origins of the yarn bombs, who was behind it and who had placed them there.

Back in Perth, I did some investigation and discovered one of the talented women who create the yarn bombs throughout the year, working anonymously every Tuesday morning from a secret location in Bendigo. The Bendigo yarn bombers have a no-name, no-face policy. About eight women meet each week, as well as remote crocheters who cannot attend the group but are happy to create the yarn bombs and help with their installation.

The spokesperson said the women first started yarn bombing in Bendigo six years ago on International Yarn Bombing Day in June. Yarn bombing (or yarnbombing) is a type of graffiti or street art that employs colourful displays of knitted or crochet yarn or fibre rather than paint or chalk. It is also called yarn storming, guerrilla knitting, kniffiti, urban knitting, or graffiti knitting.

"We first bombed the farmers market tree and the bollards down Pall Mall," a spokesperson said. "The project has evolved from there. Apart from trees and other objects we also have a yarn bombed tram No 302. This is yarn bombed ready for winter, then disrobed at the end of September. Everything is washed and stored away for the following year.

"This year will be the fifth year for tram 302 and we have other annual projects such as the Santa tram, spring flowers and Valentine's hearts for Valentine's Day. The yarn-bombed tram is very popular and has been used in several photo shoots. The yarn bombs are featured on Instagram and Face-

book "yarn bombing in Bendigo".

"Everyone at the tramways loves the yarn bombed 302 which is on the tracks from early June until late December, attracting tourists from around the world. The Santa tram runs all December until Christmas Eve."

The spokesperson said the women bought yarn from op-shops and received many donations.

"We also receive some funding for some projects. Our group usually decides on where the yarn bombs go but sometimes we are commissioned to do something for a function. For example, the tree outside Dudley House was done for the RAW Arts Awards which profiles the work of young artists, writers and performers in the Greater Bendigo area."

The yarn bombers are happy to undertake projects because they love to spread colour and creativeness for others to enjoy and not for the accolades.

"For us, it's the end product of many Tuesday morning get-togethers, creating, planning, laughing and drinking cuppas," the spokesperson said. "Between projects, we make beanies for the homeless and crib blankets and beanies for premature babies."

"We are also going to be involved in 'crafting the Merch' by making scarves for the Artlands conference, a big biennial arts conference to be held in Bendigo and Castlemaine 10-14 October which shines a national spotlight on Australia's regional arts."

Yarn bombing is just one aspect of a vibrant arts community in Bendigo. Bendigo Art Gallery is home to many historic and contemporary exhibitions. Its innovative director Karen Quinlan has been successful in bringing big crowds to the city for the *Grace Kelly Style Icon* exhibition in 2012, *Marilyn Monroe* in 2016 and *The Costume Designer: Edith Head and Hollywood* which ran till last January. Its current exhibition *Marimekko*

Design Icon 1951-2018 runs till June. Marimekko is the Finnish textile and fashion company that achieved international fame in the 1960s and 70s with its bold screen prints and pop-art style graphics.

Exploring Bendigo's main streets, one can't help but wonder at the beautifully preserved historic buildings built during the gold rush. Fine public buildings such as the Bendigo Town Hall (1885), Bendigo Post Office (1887), the School of Mines (1887), the Capital Theatre (1889), Bendigo Art Gallery (1887) and the Law Courts (1896), transformed the city following the discovery of gold.

The prolific work of German architects gives Bendigo much of its architectural grandeur reminiscent of great European cities.

There is much to see and do when you visit the city. There are town hall tours (Wednesday and Sunday), a daily vintage talking tram and stories of the goldfields with self-guided podcasts. Discover Chinese history at the Golden Dragon Museum, believed to be home to one of the best collections in the world, established after thousands of Chinese workers came to Bendigo during the gold rush of the 1850s. Visit Bendigo Pottery and see the work of six local artists in their studios who will discuss their work from ceramics and glass to large-scale metal sculptures.

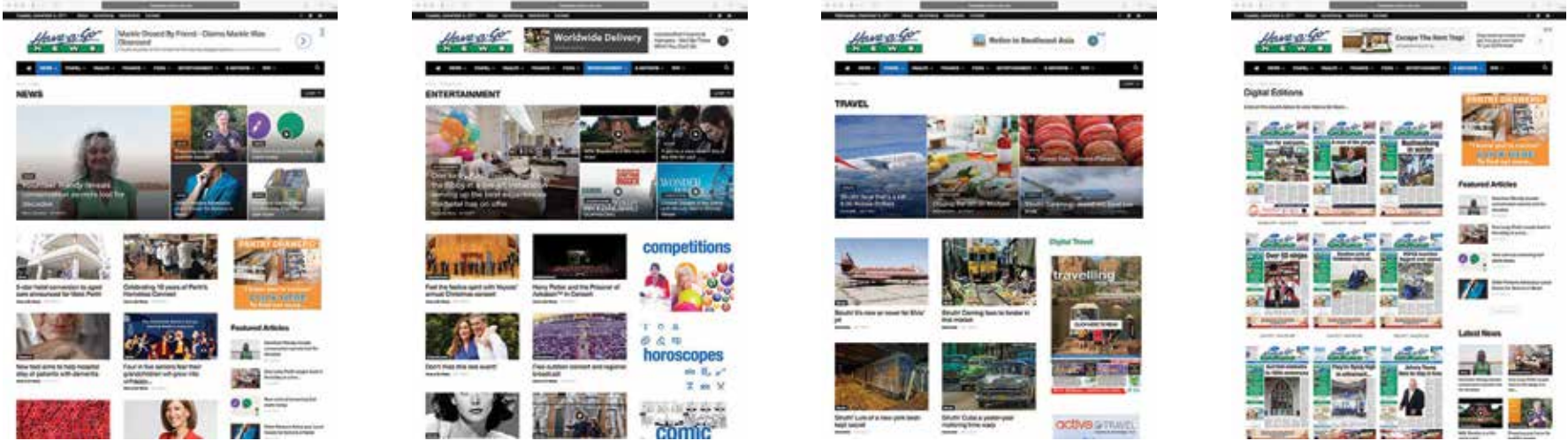
The Greater Bendigo national park protects some of the highest quality box-iron-bark forest in Victoria. Established tracks and rail trails weave through the parks, making them ideal for people who enjoy bird watching, bushwalking and cycling.

Bendigo is a great place to visit away from the hustle and bustle of Melbourne and it takes only a little over two hours by car from the city; you can also travel by train or coach. Contact the Bendigo Visitor Centre on 1800 813 153 or visit www.bendigotourism.com

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Christmas in July in the South West

What better time to get out of the city and head down south for some Christmas in July fun! Enjoy time in Busselton and Mandurah enjoying the sights. As a very special treat, you will board The Dwellingup Restaurant Train and delight in a five course Christmas in July dinner in the 1919 vintage dining car as the train meanders through the night forest. A truly memorable way to enjoy Christmas in July. You will love this mid-winter getaway!

5 Days | Tuesday 3 to Saturday 7 July 2018 | Tuesday 17 to Saturday 21 July 2018 | Cost \$1360 pptw | Single Option \$215

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Join villa for a little bit of 'Kalbarri' time! You will have the opportunity to explore the spectacular sights for which this region is renowned whilst enjoying the comforts of the Kalbarri Edge Resort. The northern Batavia Coast is home to rugged gorges, diverse flora, pristine beaches and the Kalbarri National Park. Cruise on board the Kalbarri River Queen along the magnificent Murchison River and spend time in the rugged outback at Murchison River Station.

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Christmas in July in Bridgetown

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4 Days | Tuesday 24 to Friday 27 July 2018 | Price \$1275 pptw | Single Option \$220



Explore the Flinders Ranges

Join villa on a journey into the spectacular Flinders Ranges and South Australia's awesome outback. In the heart of the Flinders Ranges enjoy three nights at Wilpena Pound Resort. Experience the peace and tranquillity and darkness of this remote location in the evenings, join guided walks and experiences amidst the rugged landscapes, take a station run tour and visit the outback towns of Hawker, Blinman, Quorn and Parachilna. Further north two nights at the highly awarded Arkaroola Wilderness Sanctuary and one night's stay at the famous Prairie Hotel will complete one of Australia's greatest outback experiences.

Flinders Ranges and the Outback

9 Days | Friday 24 August to Saturday 1 September 2018

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Discovery Mount Augustus

8 Days | Friday 17 to Friday 24 August 2018

Price \$3160 pptw | Single Option \$535



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Discovery Wooleen Station

6 Days | Saturday 8 to Thursday 13 September 2018

Price \$2450 pptw | Single Option \$240



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Villa Carlotta Travel is well known for its amazing event holidays and 2018 is shaping up to be one of the best yet. If you are a keen gardener or just love to wander through amazing flower exhibits, then these great flower festival holidays are just what you are looking for.

Toowoomba the Garden City Featuring the Carnival of Flowers

Enjoy a kaleidoscope of colour which will greet you at one of Australia's longest running flower shows of its kind. You will also discover rural hamlets, local produce, mountain scenery and fascinating history.

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7 Days | Tuesday 18 to Monday 24 September 2018 | Price \$3595 pptw | Single Option \$450

Floriade Festival and Glorious NSW Gardens

Travel some of New South Wales and Australia's Capital Territory's most picturesque regions and delight in the spectacle of the Floriade Festival.

Highlights | Entry to the Floriade Festival | Canberra City Sightseeing Tour | Southern Highlands and Blue Mountains

Tulip Farm, Corbett Gardens, Greenbrier Park Garden | Berrima and Bowral | The International Cricket Hall of Fame | Norman Lindsay Gallery

Blue Mountains Scenic Railway, Cableway and Skyway | Mount Tomah Botanical Gardens

9 Days | Thursday 4 to Friday 12 October 2018 | Price \$4265 pptw | Single Option \$915

Just for Singles Yarra Valley Delights Featuring the Tesselaar Tulip Festival

Highlights | Tesselaar Tulip Festival | Puffing Billy Steam Train Ride | Bavarian Entertainment and Dining | Skyhigh Mount Dandenong | Dame Nellie Melba Estate | Tractor Orchard Tour | Garden Tours - Coombe Estate and Big Bouquet | Mont De Lancey Homestead Tour | Who Dunnit Mystery Night | Yarra Valley Produce

6 Days | Monday 24 to Saturday 29 September 2018 | **Guaranteed Single Room \$3690** | **Share a Room and Save \$370**



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Left to right; Lee Tate staying cool in the hottest place - free camp at Dec Streckfuss - Rock and gold diggers delight



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by Lee Tate

SOME come for a taste of the real outback, some come for the novelty value and many tens of thousands have come for its riches – gold. Marble Bar, 1476km north of Perth, is well off the beaten track and takes a considerable motoring diversion – unless you are headed from Port Hedland or Broome to Karajini National Park. But it's a detour well worth the time. In the Marble Bar caravan park a new arrival, Stan, a bulky Queenslander, is huffing and puffing in the heat as he unloads his 4WD. "I can't stand the heat so a mate of mine reckoned I should experience the hottest place in Australia and that's why I've

come," he laughs. But he's serious. Like a growing number of tourists, he's lured by the sweltering heat – to say that he's done it. And East Pilbara – the world's largest shire – is happy to oblige. The council brochure blurb spells it out: "Mining, isolation and most importantly, heat, come to mind as it is known as the hottest town in Australia, a fact recorded in the Guinness Book of Records. "For 161 consecutive days leading up to 20 April, 1924 the temperature never dropped below 37.8°C and this record stands today." For other novelty value, Marble Bar is home to a jerky competition, a popular billy cart derby and an annual race meeting.

Tourist season, June-September, is positively brimming with activities for tiny, isolated Marble Bar. During the races, every space, hill and clump of earth is taken up by campers, including an area at the racecourse provided by the council. Driving into the region is breathtaking: towering hills of iron, wide gorges, red earth and endless clumps of spiny spinifex. The rocky earth is also a formidable challenge for the thousands who come every year for the yellow metal. Gold is still found, mostly in river beds in tiny quantities, but enough to provide an income for the persistent and hardy, I am told. For those without the necessary prospector's licence, a site called 4-mile

is set aside where gold fragments can be picked-up freely. They've been digging up gold since the 1880s and especially after a major find by Francis Jenkins in 1891. It sounds romantic in this sensational country but the heat, rocky landscape and ankle-high spinifex won't suit everyone. They might prefer a coldie. There's a modest hotel in town clad in iron. It's called the Ironclad Hotel. But watch out for flying beer bottle caps. With a flick of the wrist the barmaid will send bottle caps flying along the bar – until they crash into a powerful magnet on the wall. Explorers in the 1800s ventured on a massive, towering rock bar across a river bed and mistook it for marble, giving rise to

the town's name. But the multi-coloured rock was jasper which can be highly polished as gems or for an attention-grabbing display. Brilliant, polished pieces of jasper have been put to use by the shire as monuments to its war veterans and war dead. A \$10,000 fine is imposed for taking jasper stone except at an allocated area where tourists are welcome to fossick. Coming into town from Port Hedland, a free camp site is provided for 24-hour resting. Des Streckfuss camp is an Aussie outback riverside oasis: river-gums, paperbarks, birdlife and probably a few free-range cows coming down for a drink. In World War II, up to 2,000 Air Force personnel hid in the scrub, 35kms from Marble Bar. It was a secret air base, camouflaged with netting, for long-range planes that left on bombing missions and escaped back to their Pilbara hide-out. The Japanese searched for but never discovered it. Air strips and air base foundations remain in the scrub. But to beat the heat, head to Coongan River for a freshwater dip among jasper outcrops, just 5kms from town, where, amazingly, there are grass patches under the shade of paperbarks. Locals reckon you get a warm welcome in the hottest town. Footnote: The shire's ranking has fallen to world's third-largest municipality in area. But with just three towns spread over 380,000sq kms, that's still pretty awesome.

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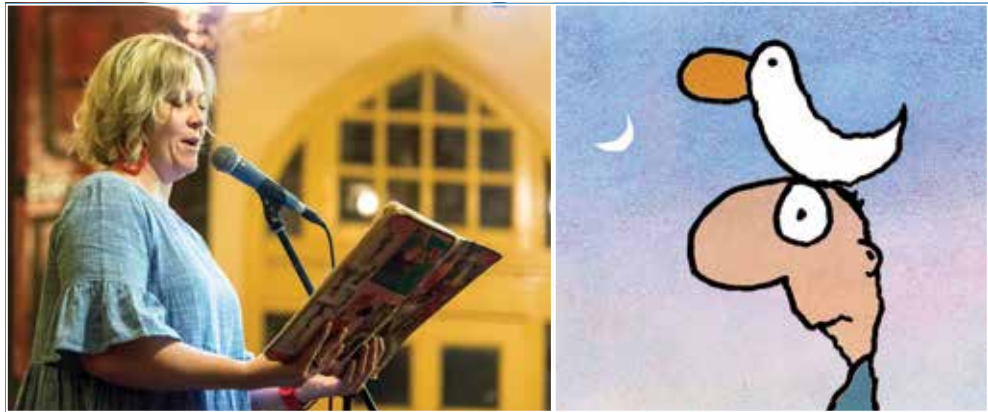


NORTH WEST

let's gotravelling



Geraldton to host *Big Sky Readers and Writers Festival* this month



Children's author and illustrator Alison Lester - Australian cartoonist, painter, writer, philosopher and poet Michael Leunig will be among the festival guests

GERALDTON, on Australia's Coral Coast, will host some of Australia's best storytelling talent when the 13th *Big Sky Readers and Writers Festival* returns from 25 to 27 May.

Guest author Shokoofeh Azar has just been named in the shortlist for Australia's coveted Stella literary award. An Iranian refugee, her first

novel *The Enlightenment of the Greengage Tree* was one of only six selected for the prize.

Joining Shokoofeh in Geraldton will be beloved Australian cartoonist, painter, writer, philosopher and poet Michael Leunig. Michael will be presenting the free festival plenary conversation, sharing

how he sees the world a little differently following a near-fatal farming accident.

The impressive line-up continues with popular best-selling children's author and illustrator Alison Lester; provocative novelist and multi-award winner Charlotte Wood; actor, storyteller and theatre maker Allan Girod; histo-

rian and writer Gideon Haigh, Yamaji visual artist and poet Charmaine Papertalk Green, contemporary romance writer Rachael Johns; acclaimed poet, novelist and critic John Kinsella; children and young adult writer Julia Lawrinson; lawyer turned crime writer Jock Serong; and Singaporean author Nuraliah Norasid who has won her country's richest literary prize.

City of Greater Geraldton Mayor Shane Van Styn said this year's festival, themed *Windswept Words*, provided a rich mix of entertainment and enlightening discussion.

"This is possibly one of the festival's most diverse programs yet, including vibrant and engaging performances, immersive storytelling and writing workshops, music and comedy," he said.

"We also welcome great new venues into the mix this year to further showcase Geraldton's vibrant arts scene.

"I encourage people to start planning their Festival weekend as I think several events are likely to book out."

Mayor Van Styn said that although this year's guests come from a diverse range of backgrounds and talents, they have one thing in common - looking forward to mixing and mingling with festival attendees and other guests.

"That's what I think regional festivals do best - allowing the special guests to mingle with their fans and engage in vibrant discussions, workshops and panels - it's a lot more interactive, which creates a really rewarding experience for all," he added.

Additional festival highlights include:

- Absolutely Flawless - a Clown's Odyssey - laugh till you cry hearing the story of an extreme introvert who overcame awkwardness to become a performer in

Cirque de Soleil, performed by actor, comedian, storyteller and clown Allan Girod.

- On the Top rooftop literary event - serving up tapas, drinks, live music and entertaining readings from three award winning writers under the stars.
- Literary High Tea on the Terrace at Café Fleur in stunning heritage surrounds while enjoying tasty nibbles and readings from three of our writers.

For festival info visit library.cgg.wa.gov.au/big-sky2018.aspx; email library@cgg.wa.gov.au or phone 9956 6659, or like Geraldton Regional Library on Facebook. Most events are free to attend.

Ticketed events start at \$35 and are available from www.eventbrite.com.au.

For accommodation information contact Geraldton Visitor Centre on 1800 VISIT GERO or info@visitgeraldton.com.au.



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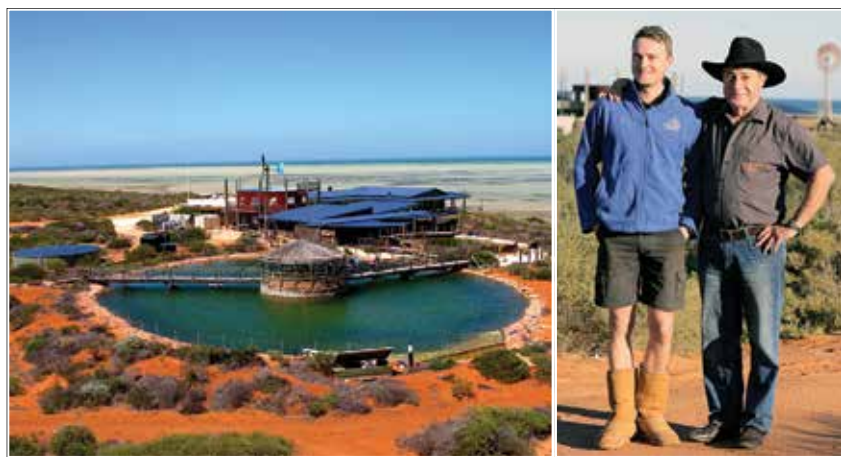
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New aquarium tourist attraction now open in Shark Bay



Left to right; Shark lagoon - Ocean Park's marine biologist, Ed Fenny with his dad Rick

WEST Australian eco-tourism destination Ocean Park Aquarium in Shark Bay has just un-

veiled its newest tourist attraction – a 600,000 litre above-ground aquarium with dual viewing

levels.

Ocean Park co-owner and marine biologist Ed Fenny, said stage one of

the aquarium, which is home to stingrays, reef sharks and local fish species, has opened to visitors.

"This massive red aquarium that locals affectionately call 'big red' has actually been more than a decade in-the-making," he explained.

"The vision was to create a two-level aquarium so marine life can be viewed both from ground level and three metres above ground, giving visitors a unique opportunity to watch and learn about these amazing creatures.

"We're really excited this expansion has finally come to fruition because it builds on our unique

aquarium experience."

The second level of the new attraction also allows guests to take in the pristine views of the World Heritage listed Shark Bay Marine Park.

"We tend to shatter the mould of your normal aquarium where usually tanks are underground, sunlight is minimised and the animals are behind glass and mostly can't be heard or engaged with, but at Ocean Park it's all open to the air, much of it is in full sunlight, and we interact with the animals through surface feeding," he said.

Mr Fenny's dad, Rick, co-owns Ocean Park and was movie canine

Red Dog's real life vet. He features in the Seven Network's TV special *Desert Vet*.

"We like to do it a bit differently yet keep the emphasis on marvelling at the wonder of WA's marine life and educating people in a fun and engaging way, as well as sharing our conservation philosophy," he said

Around 60 per cent of visitors to Shark Bay – up to 3,000 people a week during the high tourist season – head to the award-winning Ocean Park, which also helps keep Perth-based AQWA stocked with marine life.

The Park's guided tours are run by marine

biologists and showcase hourly shark feeding in its open water shark lagoon, which can be safely viewed from the observation deck, as well as rescued sea turtles, which can number up to 30 at a time, venomous sea snakes, stonefish, clownfish and more.

Ocean Park, which is also home to Oceans Restaurant, Shark Bay Dive and Marine Safaris, and Shark Bay 4WD Tours, is open seven days a week, 363 days a year. It is situated at 1, Ocean Park Road, Shark Bay.

Phone 9948 1765 or visit www.oceanpark.com.au for further details.

Dreaming of boab trees and the magical Kimberley

THE KIMBERLEY is famous for its boab trees, rugged mountain ranges, and long winding rivers. To many though, it seems a beautiful yet unreachable Australian destination. The combination of distance, cost, and rugged landscapes can

make it a little bit daunting, especially if you are on a budget or travelling on your own.

Aussie Redback Tours have put together a very affordable tour that takes you to the places you see in the brochures, not only to see its famous boabs,

but also visiting the stunning Lake Argyle (helicopter flight over the lake included in your fare), famous El Questro Station, magnificent Emma Gorge, Tunnel Creek and Windjana Gorge, and the picturesque Cockburn Ranges.



Their Kimberley Dreaming tour also includes a cruise on the enormous Ord River where you will learn all about its fascinating history, size, and irrigation system. Aussie Redback Tours will also take you to the historical Durack Homestead, the unique Zebra Rock Gallery, and Australia's own China Wall.

For those who wish, and at their own expense, guests can take an optional flight over the beautiful Bungle Bungles.

Their nine-day tour departs 28 June. It is fully accommodated (no camping) and includes flights from Perth to Kununurra, and Broome to Perth, daily breakfasts, most dinners and some lunches, a professional escort team, and a comfortable vehicle to travel in. Price starts at \$3,640 per person, twin share.

Contact Aussie Redback Tours on 1300 662 026 or aussieredbacktours@yahoo.com.au to obtain a full itinerary and to reserve a seat.

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Mozzie alert

DEPARTMENT of Health is reminding residents and travellers in the north of Western Australia to take precautions to avoid mosquito bites.

The warning follows evidence of ongoing activity of Murray Valley encephalitis (MVE) virus in the Kimberley region, and the first evidence of it in the Pilbara region for 2018.

Medical entomologist, Dr Andrew Jardine, said activity of MVE virus has continued in the Kimberley since the first detections this season in February. However, the virus has now been detected in the Pilbara region as well.

"While no human cases of MVE have been reported in WA since 2011, evidence of the virus has been detected in sentinel chicken flocks, which are used as an early warning system for virus activity," Dr Jardine said.

"MVE virus is only carried by mosquitoes, and while the risk of being infected and becoming unwell is low, the illness can be severe.

"Although recent mosquito monitoring by the Department found that mosquito numbers in some parts of the Kimberley and Pilbara are dropping with the onset of the northern dry season, the sentinel chicken results mean that it is still important that people continue to protect themselves from mosquito bites for the next several weeks," he said.

Initial symptoms of MVE include fever, drowsiness, headache, stiff neck, nausea and dizziness. People experiencing these symptoms should seek medical advice quickly. In severe cases, people may experience fits, lapse into a coma, and may die or be left with permanent brain damage.

In young children, fever might be the only early sign, so parents should see their doctor if concerned, particularly if their child experiences drowsiness, floppiness, irritability, poor feeding, or general distress.

There are no specific cures or vaccines for MVE so it is important that people take care to prevent being bitten by mosquitoes.

"People do not need to alter their plans to visit the Kimberley or Pilbara regions, but it is important they take some simple steps to avoid mosquito bites when camping, fishing or undertaking any other activity outdoors," Dr Jardine said.

Simple steps to avoid mosquito bites are: avoid outdoor exposure around dawn and early evening, wear protective (long, loose-fitting, light-coloured) clothing when outdoors, apply a personal repellent containing diethyl toluamide (DEET) or picaridin to exposed skin or clothing. The most effective and long-lasting formulations are lotions or gels. Natural or organic repellents are generally not as effective as DEET or picaridin or need to be reapplied more frequently.

Use mosquito coils and mosquito lanterns and apply barrier sprays containing bifenthrin in patio and outdoor areas around houses, ensure insect screens are installed and in good condition and use mosquito nets and mosquito-proof tents when camping.

Ensure infants and children are adequately protected against mosquito bites, preferably with suitable clothing, bed nets or other forms of insect screening.

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Orcas in the ocean wilderness - in this your next adventure?



Left to right; Discover orcas on our south coast
© Naturaliste Charters - Karen Majer

by Karen Majer

FOR a few months each year, one of the Southern Hemisphere's largest seasonal populations of orcas (killer whales) congregates off our south coast. A sighting of these beautiful creatures – not

whales but the world's largest dolphin – has long been on my 'bucket list'. The elegant, black and white mammals are highly intelligent, with knowledge passed from the elders to the young. They coordinate their hunting and use vocalisations that

are unique to pods and family groups.

In March, Boyd and I made the dream come true. We headed out on the whale watching vessel for a day on the ocean.

About 70km off the coast from Bremer Bay, east of Albany, the Conti-

mental Shelf drops off into a deep underwater canyon, the Bremer Canyon. The Canyon is home to one of the most astonishing aggregations of marine wildlife on earth and is one of the only places where marine biologists can study large pods of orcas at the same time each year. Scientists think that the reason lies in warm currents flowing over the chasm, creating an eddy of warm water which brings cold, nutrient-rich water on the seabed, 4.5km below, to the surface. The nutrients and sunshine feed a food chain that goes from algae and tiny krill to fish and the apex predator, the orca.

Braving a roller-coast-

er four-metre swell, we headed off to sea and soon were rewarded with our first sighting, a yellow-nosed albatross. During the day we added black-browed, wandering and shy albatross to the list, marvelling at these long-lived birds that are highly threatened by industrial fishing. The wandering albatross has the largest wing span of any bird, reaching 3.5 metres. Wedge-tailed shearwater and delicate Wilson's storm petrel accompanied us throughout. The marine biologist on board kept a sharp eye out for congregations of seabirds which can mean whales in the vicinity.

The first sighting was a sperm whale, made fa-

mous by Moby Dick. The largest toothed predator to ever have lived, these enormous, large-brained creatures can dive to depths of 1000 metres on a single breath in search of their favourite food, giant squid.

At last we found what we were searching for. The crew know many of the individual orcas by sight, and announced

that this was Split Tip (named for a recognisable dorsal fin) and her pod. We watched them surfacing about 50 metres from the boat and then a surprise – they appeared closer and proceeded to swim beneath the bow, turning to reveal white undersides! The thrill of seeing orcas in the ocean wilderness will stay with me always.

The right time and the right place for the salmon school



We need to find a way to make salmon taste great

by Mike Roennfeldt

AS I write this, Perth is living up to its autumnal best, with balmy days and light winds. Two mornings ago, just after my swim, I spotted my first salmon school for the year and it was an amazing sight.

The surface of the water, just 50cm deep over the reef, right up in the corner of the beach, was covered with a mass of small explosions and I wasn't sure what was going on. I've seen plenty of predators hitting bait schools but this was different but familiar at the same time.

It hit me later. The scene was exactly the same as when those salmon were chasing bait right up into the shallows in the river in front of the Left Bank restaurant a couple of years ago. The TV news footage was amazing and I was kicking myself for not being there when it was happening.

Determined not to miss out again, I headed home, picked up a spin rod loaded with a Roosta popper and returned to the beach. Around 15 minutes of fruitless casting later, I had to accept that they had moved on. My luck with salmon has been a bit thin on the ground over the past few years. We just don't seem to be at the same place at the same time often enough.

I'm about to head off on a fishing trip in a few days' time, so it's a pretty good bet those salmon schools will be calling in to my local bait shop while I'm away.

Salmon have come to fill a special niche in the lives of anglers in Perth and the south west. They are the quintessential poor man's game fish. Accessible to the point where you don't even need a boat to catch them, these robust fish give a magnificent account of themselves when hooked, running hard and making spectacu-

lar gill-rattling jumps. There aren't many better sights in fishing than seeing a big salmon explode from the water on the end of your line.

I release almost all that I catch, occasionally keeping one for the cat, but I see plenty of people keeping them, especially down south. I assume they find them palatable but I've never enjoyed the taste of salmon, even though I've tried it a number of times. At least half the people I've spoken to on the subject have a similar opinion.

The challenge for one

of those creative chefs that seem to abound in our south west, is to find a way to make these great fish taste really good. There's an awful lot of flesh on

a salmon and at the prices we pay for local seafood here in the West, surely we can make better use of this occasionally abundant resource.

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It's autumn for apples - it's time to discover ciders around the state



Left to right; The Cidery - Funk Cider - Custard and Company of Donnybrook - Denmark Heritage Cider

by Frank Smith

CIDER makes a refreshing change from wine and beer and in recent years producers have sprouted all over WA. This month we review some of the leading local cider makers.

Custard and Company of Donnybrook produce organic and biodynamic ciders using local apples and wild yeast ferments. Bottle shop price is \$3.50

for 330ml stubbies. Also available in 50L keg.

Original Apple Cider 4.5 per cent alcohol is a light, sparkling drop with natural sweetness and stone fruit flavours created by using wild yeast strains. Serve over ice, with a slice of lemon to bring out the apples natural acidity.

Vintage Dry Cider 5.5 per cent alcohol this vintage crisp dry cider is full of old school, lip pucker-

ing loveliness reminiscent of the 'good' old days. A seriously real cider.

The Blackwood Cidery at Bridgetown is probably the oldest and best known cider producer still operating in WA.

Spider cider 5.5 per cent alcohol is a satisfying dry and lightly spritzig cider with a clean crisp apple character. Made by adding champagne yeast to pure apple juice

and fermented under controlled conditions until all the sugar has been converted to alcohol and carbon dioxide. Price \$6 for 330ml bottle.

Sweet Rosie 4.5 per cent alcohol an attractive fresh and naturally sweet sparkling cider with the light fresh fruitiness of Pink Lady apples. Price \$6 for 330ml.

Soft Cider non-alcoholic cider is pure apple juice lightly carbonated

to give a sparkling apple juice that is light and refreshing and fine to give to your children so that they drink along with the big people. Price \$5.50 for 330ml.

Denmark Heritage cider produces a range of ciders using traditional techniques and heritage cider apple varieties from their own orchard. The cider maker says it takes two years to produce a sparkling cider, and a

minimum of a year to produce a still cider.

Blend 17 Scrumpy is a still and dry cloudy cider made from apples of the 2017 pommage. The result is a creamy Somerset style scrumpy. The apple flavour lingers on the palate to give the distinctive taste of real cider apples with an autumn sun orchard bouquet. \$20 for 750ml bottle.

Blend 16 Natural is a sparkling and dry cloudy cider with no additive no preservatives made from the 2016 pommage. It is a Cornish/Brittany style of cider with bucket loads of rich apple flavours plus creamy natural bubbles and bread flavours from the lees. \$30 for 750ml.

Blend 16 Medium is a clear and sparkling cider from the 2016 pommage producing a Cornish/Brittany style of cider. A slight sweetness brings out intense apple flavours and rich tannin textures. The creamy natural bubbles sparkle to deliver a strong

bouquet of misty autumn mornings. \$30 for 750ml bottle.

Blend 15 1644 is a natural sparkling and dry cloudy cider with no additives or preservatives. Made from the 2015 pommage it is a Normandy style cider with loads of creamy natural bubbles and fresh sharp apple flavours combined with the bread flavours of the lees. Reminiscent of a tart apple pie and cream. \$23 for 750ml bottle

Funk Cider All Star is made in the Swan Valley from mainly Granny Smith apples from Pickering Brook and Donnybrook. It is free from additives and preservatives and is not pasteurised. The cider is clean tasting, full flavoured and semi sweet. Visit the cellar door at 55 Benara Road Caversham for a taste. Funk Cider also make an organic Scrumpy at 7.8 percent alcohol. Refillable 1L bottles are \$20 or \$15 for a refill.

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ing CD's, inspirational books, crystals, jewellery as well Native American gifts and collectables.

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Jazz by the Bay will be a blast

THE full program is now out for this year's Jazz by the Bay in Busselton, Dunsborough and Margaret River and tickets are on sale for a whopping 45+ live performances of world-class jazz, soul and funk over four days from 1-4 June.

Event Director Cindy Wiese said the program would appeal to all ages, aspiring musos and singers, live music lovers and anyone wanting to shake off the winter blues on the June long weekend.

A full program of free performances is scheduled from 10.15am on Saturday 2 and Sunday 3 June on the Green at Lions Park Dunsborough and many performances around the region from Busselton to Margaret River can be enjoyed simply with the purchase of a meal.

Ticketing is made easier this year with all ticketed events bookable through stickytickets.com.au.

Sign up to the event's e-news at www.jazzbythebay.com.au

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Walking in the footsteps of our soldiers along the Thai-Burma railway



Left to right; Peter finding the bolt along the section of the Thai-Burma railway - Peter at the bridge of the River Kwai which was completed by allied soldiers during WWII

by Jennifer Merigan

ONE of the things I treasure most about my job at *Have a Go News* is meeting so many good people who work hard to make our community better.

President of Legacy, president of the Royal Australian Regiment Association, director of Warrior Racing and Vietnam veteran, Peter Heeney is one of these people.

Heeney recently spent 10 days walking in the footsteps of WWII veterans along the Thai-Burma railway.

The walk was organised under the auspices of Warrior Racing Limited which through its racing car and other endeavours raises much needed funds to highlight and reduce mental illness and suicide in first responders and veterans.

Amputee Tony Zahra along with veterans Anthony Lear, Dominic Boyle, Scott Bradshaw supported by Ben Harris and Chris Hewitson took on the challenge to cover the 360km walk.

Heeney joined them for part of the walk covering 120km in his stint.

The group retraced the railway lines built by Australian and Allied prisoners of war under Japanese rule during WWII

from 1942-45.

As well as the railway line, more than 300 bridges were built by the POWs along with more than 200,000 civilians.

Much of the railway still exists and is in use including the famous bridge over the River Kwai.

The walk commenced at the Thai-Burma border and Heeney said that the Burma police at the border allowed them to

cross and start the walk there.

Seventy-year-old Heeney told *Have a Go News* that he had trained for the event walking up to eight km per day to get in shape.

"On my 10-day walk we were averaging 15 km per day and the conditions were hot and steamy.

"It was definitely physically demanding for a 70-year-old," he said.

Heeney said he has always had an interest in WWII history and was keen to be a part of the trek along the Thai-Burma railway because it has not been done before on this level.

He walked through Hellfire Pass, a 20-metre high and 60-metre long pass etched out of rock hand carved by soldiers.

More than 600 Australians lost their lives at Hellfire and to commemorate the fallen there is a museum run by the Australian Department of Veteran's Affairs.

"The emotion that came over me as we walked through Hellfire Pass was without a doubt incredible."

Heeney said that the other highlight was finding one of the original bolts used on the railway.

"We were walking along a section of the railway and I ducked into the jungle for a pee and kicked a rock and underneath it sat the bolt.

"Our guides said that none of these bolts had been found in 20 years."

When Peter visited the *Have a Go News* office for this interview he brought the bolt with him.

He plans to have it framed and to present it to Legacy in honour of all the legatees who worked on the railway as POWs.

Interestingly I had seen the bolts before when I interviewed some WWII veterans about 18 years ago who were captured in Changi and had worked on the railway.

Tracing the steps of those who were captured or paid the ultimate sacrifice to furnish us with the freedoms we enjoy today is an honour in itself.

No stranger to war, its horrors and complexities Heeney continues to work in the community for veterans.

"I'd like to bring more awareness to people of the high rates of post-traumatic stress and mental illness in first responders (ambulance, police) and veterans to help reduce the rates of suicide," Heeney said.

When you meet people like Peter Heeney you just want to say thank you – thanks to him and men like him.

If you would like to find out more about Warrior Racing visit www.warriorracing.com.au or you can donate to the gofund-me campaign for the walk which is open until the end of May at www.gofundme.com/symb-burmthai-death-march-anzac-da...

WA country music man Ken Lindley to play at music extravaganza soon



Ken Lindley

by Jennifer Merigan

KEN LINDLEY at 81, has a spirit and talent which defies his age, although he says he's an

old hillbilly.

A Yamtji man, he spent his childhood at the Moore River Mission growing up with Graham (Polly) Farmer.

Ken had an interesting working life from starting an apprenticeship as a commercial artist in the 1950s at Gibney and Sons, to travelling the country working as a jack of all trades on farms.

At 58 Ken returned to university to become a school teacher and taught at Balga Primary School until retirement at 75.

His one great love in life is music.

"I got a taste for country music as a child during WWII when me and 180 other children were shipped to Greenbushes.

"As a treat we would all sit in the big lounge room and listen to the 6IX's Hillbilly

roundup on the radio once a week," he said.

In 1953 he bought his first guitar and as a left hander taught himself to play a right-handed guitar.

He was one of the first to play country music in the state with Wayne Pride. From those concerts the WA Country Music Club was established.

"I hired a hall in Midland and we got all these mums and dads to come along and it just grew from there," he said.

Music shaped him and with his late wife Frances, they spent their life together enjoying playing and singing music.

"Although Frances

was very sick we recorded two CDs together before she passed," said Ken.

Ken has a collection of 29 guitars and said that at his 80th birthday party a guitar was passed around for everyone to sign at the party.

Music is still very much part of his life and he says that every Tuesday night he and a group of musicians enjoy a jam at his house.

Ken can belt out a variety of genres from country, yodels to old classics and pop tunes.

He's written a lot of songs, recorded albums and played all over WA. His new album is called *Down Under Country*.

Ken looks forward to playing at the Music Ex-

travaganza concert to be held at the on Saturday 9 June at the Morley Sport and Recreation Centre from 12.30pm to 5pm.

He will be joined by Brian Letton, Sarah Broome, Moira J Scott,

Terry Bennetts and many other artists to present a fun-filled afternoon playing a selection of popular music with a country slant.

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ADVERTISING FEATURE



Brunch with T (and Dan) - Little H Café



Clockwise from top left; Little H Café's polenta cake daily special - eggs Benedict - watermelon juice and sunny side up juice - Tahlia Merigan

Brunch
with 'T'

by Tahlia Merigan

THIS month Dan and I ventured out to Duncraig after seeing an Instagram (social media) picture of eggs Benedict on hot chips which had us licking our lips. After deducing the café's name, Little H, we decided that this was the next on our brunch hit list.

Arriving around 10.30am on a Sunday morning, it was fairly busy and we had to wait for a table, but fortunately it was no longer than five minutes before we were seated.

Both indoor and alfresco dining is available, and we choose to sit inside.

The clean, modern aesthetic ambience creates a welcoming vibe, perfect for brunch and I have to admit I loved the octagonal table where we sat.

Table water is brought to us straight away in decorative beakers and although the café was so busy table service was never lacking.

To start with we ordered drinks. I ordered a watermelon juice (\$7) and Dan ordered sunny side up juice (\$8). These were served very quickly and were delicious.

The sunny side up juice contained coconut water, passionfruit, orange and pineapple and was really light and refreshing and perfect for a hot day.

My watermelon was also refreshing and both juices were served in unusual glasses which added to the quirky style of the restaurant.

For brunch I ordered the polenta cake daily special (\$16), with grilled haloumi, buttered mushrooms,

poached egg and house made pesto. This dish had too many of my favourite things to pass up.

Though I thought the polenta cake was a bit too dry and dense compared to others I've had, it was still a delicious base and made a nice change from bread.

The haloumi and mushrooms were perfectly cooked, and the pesto added to the dish enhancing the flavours with its own unique taste.

Dan ordered the eggs Benedict with spicy fried chicken and avo feta smash (\$24). There were four eggs Benedict options on the menu including the one that attracted us to the place, served on fries 'New York' style, as well as smoked salmon and spinach style.

The chicken was nicely spiced, and the avocado, feta and Hollandaise sauce went well together balancing the spice perfectly.

Our meals came out very quickly and were a perfect serving size.

We were also offered cracked pepper when served which added another little sophistication that I feel has been forgotten in many places.

It was big ticks all round for this gem, and we can't wait to return to Duncraig's Little H Café. We've given the place four and half spoons. This is the highest rating we've ever given - make sure you give it a try.

4.5 spoons

Little H Café, 34 Marri road, Duncraig. Phone 0448 181 803 www.littlehcafe.com.au

Opening hours: Monday to Friday: 6am - 4pm; Saturday-Sunday: 7am - 4pm.



T's spoon ratings

- | | |
|--------------|--|
| Five spoons | - excellent food and service
- you must go! |
| Four spoons | - overall good food and service
well worth a visit! |
| Three spoons | - reasonably good food and service but could make some improvements. |
| Two spoons | - food and service needs improvement. |
| One spoon | - would not recommend. |

Vince Garreffa's meat lasagna with bechamel sauce



Lasagna is a great dish for bringing people together...



by Vince Garreffa

LASAGNA should be listed in the dictionary as meaning family food. It is a great dish for bringing people together, kids and adults alike and it is imprinted in the food memories they turn to when lonely and hungry. There are more than a thousand recipes for lasagna and I love them all but add bechamel and it becomes my favourite way.

Ingredients for 6
600g meat sauce (see recipe below)
½ kg lasagna sheets
½ kg bechamel sauce (recipe provided below)
grated parmesan
West Australian extra virgin olive oil
West Australian organic lake salt

Method:

To make your bechamel sauce in a frypan, melt 50g of salted butter

and then add 50g sifted plain flour, stir well with a wooden spoon and fry gently until a little coloured then set aside. Now bring half a litre of milk to the boil in a saucepan then add your butter and flour mix (the roux) and mix gently over a low flame until the roux dissolves in the milk. Add a pinch of nutmeg and two bay leaves then very gently cook while stirring for 10 minutes. Remove the bay leaves and set aside.

Boil your pasta sheets until they are soft but still 'al dente' so we can build our lasagna. Butter your lasagna dish then add your pasta sheet or sheets and cover with the meat sauce, but not too thick. Be mean so that you can still see the pasta sheets between the spread out meat sauce. Now drizzle a few tablespoons of bechamel sauce over the meat sauce then sprinkle some parmesan over the top and repeat the process a few times (ie pasta, meat sauce, bechamel sauce, parmesan again). When you reach a thickness of about four to six centimetres, finish with a pasta sheet covered with half

a centimetre of bechamel and some parmesan. Now bake for one hour at 175°C. Rest for 10 minutes before serving. Leftovers mysteriously disappear in 48 hours.

Buon appetito

Vince's pasta meat sauce

In your personal box of recipes, you should have the odd recipe that is the main ingredient in a variety of dishes. This is one of those recipes, very versatile and delicious. Sometimes lazy and triumphant meals can still be a recipe for happy guests.

Serves 4 to 6

Ingredients:

500 g mixed pork and beef course mince
1 diced onion
1 diced carrot
1 celery stick diced
2 cans of peeled tomatoes
½ cup of basil
1 litre of stock
100 ml wine
West Australian extra virgin olive oil
West Australian organic lake salt
freshly ground black pepper

Method:

Fry half the onion in the oil until a little coloured then add the carrot and celery and cook for two minutes. Now add the minced meat and fry,

stirring occasionally, add a little more olive oil if you think it needs it. When the meat is cooked add the wine and stir. Stew together for ten minutes or until half the juices has evaporated then add the tomatoes and 250ml of stock and mix well. When the meat sauce starts to bubble, lower the heat and stir occasionally while cooking for 30 minutes. During this time add a little stock so the sauce does not dry out. Season with salt and

pepper to taste.

Now is the hard part. Although the sauce is ready to use and it tastes good, Italian grandmothers continue to simmer it adding stock as required for up to three hours. Every hour it tastes better and richer. You decide if you want to cook longer. Serve some with pasta or use it as a base to make other interesting dishes.

The sauce stays fresh for a week in the fridge or frozen for six months.

Ciao.

Letters to...Vince Garreffa

IF YOU want a particular recipe of mine, don't hesitate to drop me a line at *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to vince@haveagoneews.com.au. Please include your phone number so I can call you!



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food & WINE

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City wine festival in Perth



Celebrate WA Boutique wineries at City Wine

CITY WINE will celebrate five years of bringing leading WA boutique wineries to the heart of Perth when the two-day festival runs at the Urban Orchard on 8 and 9 June.

As part of the annual Wine & Food Events, WA series, City Wine is another great opportunity to see just how good our WA wines are. Plan now to get your friends together and discover some of your own favourites.

As well as wine, beverages from 25 stalls will include craft beer, cider and spirits and a Sparkling Bar serving sparkling Chardonnay Pinot Noir, sparkling Rosé, Pét-nat and sparkling Shiraz.

And for those who fancy a cocktail there will be a Mojito Bar.

Tapas style food will be available from Caviar Catering, Gyoza Joint, Tapasman, That Food Truck, The West Wings Co, Locale Kitchen and Two Queens Woodfired Street Food.

Live music from three-piece band The Prefix and from Hart Trio with its rhythm and blues, funk, jazz, rock, soul and pop will provide the entertainment.

Organiser Richard Campbell from CMS Events said the two-day festival will be a blend of fine wine and tapas style food in a relaxed setting with great entertainment.

"There'll be plenty of space for friends to get together and enjoy wine, food and music in the Entertainment Lounge or the Garden Courtyard

and overlooking the city at the Skyline Terrace.

Opening times on the Friday have been extended by an hour this year from 4pm to 10pm and on the Saturday will open from 2pm to 9pm.

A souvenir glass and complimentary wine tastings are included in the entry fee of \$26 pre-purchase or \$30 at the gate. Sales of food and wine are available by the glass and by the bottle to take home.

A wine locker is at the front gate for people to store their bottle purchases until they head for home.

The City Wine Festival will be held at Urban Orchard, Perth Cultural Centre, James Street Mall, Perth on Friday, 8 June; 4pm – 10pm and Saturday, 9 June; 2pm – 9pm.

Pre purchase tickets at www.wineandfood.com.au/citywine

WIN WIN WIN
To be in the draw to win one of five double passes to the City Wine festival on Saturday 9 June simply email win@haveagonews.com.au or write to City Wine c/- Have a Go News PO Box 1042 West Leederville 6901. Competition closes 31/5/18.

Knife and fork talk with the Dining Divas



by Pat Paleeya and Judith Cohen

WE set out by train for lunch in Rockingham, or that was the intention. Being somewhat chatty Divas, Rockingham passed us by due to our hot gossip and reduced attention span. We eventually arrived in Rockingham via an unintentional visit to Mandurah.

After our little foray we arrived at Latitude 32, our

restaurant choice for the month. It was an ideal day for dining by the sea.

We chose from the \$19 lunch menu which offered nine choices. We chose seafood marinara and leek, spinach and fetta tart.

The prawns, squid, mussels and fish were well cooked with a garlic and basil Napolitano sauce and then sprinkled with parmesan cheese. Unfortunately, for my taste the seafood was overpowered by the strong tomato flavour.

Like the curate's egg this tart was good in parts. The first few forkfuls were delicious, the filo was very crisp, the leek, spinach and fetta filling was perfect until the next forkful which was very salty, as it seemed to have little salt bombs throughout the tart. We thought it may have been sea salt that hadn't dissolved, which was a pity as it probably was just a glitch on the day.

The service was professional, the staff pleasant and efficient. Indoor and alfresco dining is offered with great views of the ocean.

2½ forks
Latitude 32, 7/8 The Boardwalk, Rockingham.
Phone: 9592 8881



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

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9271 7111

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LATITUDE 32
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\$15 Seniors menu
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Cottesloe
9384 0021

KALAMUNDA HOTEL
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43 Railway Pde.,
Kalamunda 9257 1084

WOODBIDGE HOTEL
Under \$14 Seniors menu
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STEEL TREE
\$12 Senior lunch special
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NEWPORT HOTEL
\$10 lunch special
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2 South Tce Fremantle
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HERDSMAN LAKE TAVERN
\$14.50 Seniors menu
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Wembley 9387 5555

Albion welcomes *Have a Go News* readers

ESTABLISHED in 1890, the Albion Hotel in Cottesloe is the reason the suburb of Cottesloe exists. The hotel was established as a stopover point on the long horse ride from Fremantle to the Perth.

The hotel boasts many historical features including beautiful ceiling fans from New Orleans, Tiffany chandeliers, a superbly preserved boardroom with original furnishings and old documents and photos adorning the walls.

The hotel is the perfect place to enjoy cosy winter meals with 10 fireplaces throughout the hotel.

The hotel can cater for any type of private function with three function rooms available upstairs.

The new menu offers much for *Have a Go News* readers including a special Seniors Menu for \$15 available all day every day. There is a special offer for carers to dine free – please ask them how.

This menu has four choices including fish and chips, lambs fry, bangers and mash and a pumpkin and chicken salad.

Between 12 and 3pm Monday to Friday they also offer a \$15 lunch special which includes rump steak, chips and salad, fish

and chips, roast of the day or a soup and toasted sandwich.

During May they are offering *Have a Go News* readers 25 per cent off a meal when ordering from the new main menu. Beverages must be purchased with meal to redeem the discount.

See the coupon on their advertisement and cut off to take advantage of the May offer.

The Albion Hotel looks forward to welcoming *Have a Go News* readers at 535 Stirling Highway, Cottesloe, Phone 9384 0021, www.albioncottesloe.com.au. Open Mon-Wed 11am-midnight; Thursday-Saturday 11am-1am; Sundays noon-10.30pm.



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Pumpkin & Chicken Salad

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Fish and Chips
Roast of the Day
Soup and Toasted Sandwich

CUT OUT THIS COUPON TO... RECEIVE 25% OFF

*Conditions apply. Advertised offer applies when you order from Albion Hotel's new main menu. Beverages must be purchased with meal to redeem 25% off. Offer valid on presentation of this advert. Ends 31/05/18.



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Menu details and bookings at
www.mundaringweirhotel.com.au

A wintery festive feast

MUNDARING Weir Hotel is once again hosting their annual Christmas in July dinner on Saturday 21 July.

Dinner will be served from 7pm but guests are welcome to arrive early and enjoy pre-dinner drinks, including warm mulled wine.

Dine in front of the crackling fires, with a three course set menu, offering a hearty roast sweet potato soup, a choice of oven roasted turkey or fillet of beef and all the trimmings, and finishing with either traditional plum pudding or apple strudel.

Jose Milewski will be playing Christmas tunes on the half grand piano, the same piano used by David Helfgott when he plays there. Sing along to your favourite songs with lyrics provided.

Bookings are essential and can be made through the hotel's website at www.mundaringweirhotel.com.au. Follow the links or call the Hotel on 9295 1106 and they will do it for you.

Tickets are \$49 for adults, \$35 kids 8-15years, \$15 kids under 8 (they will be offered a selection from the kid's menu).



The allure of autumn

by Noelene Swain

WE ARE starting to feel that fresh chill in the air, the leaves are turning a deep russet colour and our thoughts turn to open wood fires and soul warming nibbles that restore and replenish.

The lovely autumnal weather brings with it an abundance of beautifully-hued produce, from sienna toned pumpkins to glossy crimson apples, perfect produce for letting the stunning seasonal flavours shine.

Quinces are abundant – a fantastic excuse to get your pots out and bubbling with delicious jams and preserves. Perfect with an oozing white cheese and sourdough bread. Chutneys are also a fantastic match with

the roasted meats we tend to eat a lot of during the cooler months. Eggplant, red capsicum, brown onions, oranges and beetroot make fantastic additions to a more savoury relish and are heightened by the addition of mustard seed and bay leaf, amongst other spices.

Rustic, un-fussy dishes really allow autumnal produce to shine. Chunks of roast royal blue potato, pumpkin and cup mushrooms are sensational with a little wilted spinach and a mustard and olive oil dressing. Add some fresh crusty bread and you've got a healthy, more-ish meal that shows off our fabulous WA produce at its best.

A huge variety of ap-

ples, pears and nashi are ours for the picking throughout autumn and we're only limited by time in what we can create with these wonderfully versatile fruits. Succulently moist muffins, slices and tarts are simple to make and really highlight their fresh new-season flavour. Granny Smith apples and Bartlett and Packham pears are particularly good varieties for baking, as is the more exotic Nashi.

So stoke that fire, pour a glass of delicious pinot and start dreaming up what morsels you can create with our wonderful autumnal produce. Here are a couple of recipes to get you started...

Recipes supplied by Fresh Finesse www.freshf.com.au

Mushroom, chicken and sweet potato curry



Preparation: 10 minutes; cooking: 40 minutes; serves: 4

2 tablespoon vegetable oil
500g chicken thigh fillets, trimmed, roughly chopped
1 brown onion, cut into thin wedges
400 ml can coconut cream
1/3 cup Rogan Josh curry paste
350g orange sweet potato, peeled, roughly chopped
1 cinnamon stick
800g can diced tomatoes
200g small, button mushrooms, halved
75g baby spinach leaves
steamed basmati rice, mango chutney and pappadums, to serve

HEAT one tablespoon of oil in a large saucepan over medium-high heat. Add chicken and cook, turning occasionally, for four to five minutes until light golden. Transfer to a plate.

Add remaining oil and onion to pan. Cook, stirring often, for three minutes. Spoon thick top layer of coconut cream into pan. Stir in curry paste and cook for two to three minutes until oil separates.

Add chicken, sweet potato, cinnamon stick, tomatoes and remaining coconut cream to pan. Stir to combine. Reduce heat to medium-low, cover and simmer, stirring occasionally, for 15 minutes. Stir in mushrooms and simmer, stirring occasionally, for a further 10-12 minutes until tender.

Stir in spinach and cook for one minute or until leaves just wilt. Serve curry with steamed basmati rice, mango chutney and pappadums.

Bacon wrapped mushroom and chicken patties



Preparation: 10 minutes; cooking: 20 minutes; serves: 1

1 teaspoon olive oil
80g cup mushrooms, chopped
100g chicken mince
1 green onion, thinly sliced
1/2 sticks celery, diced
1 small egg, lightly beaten
1/2 cup fresh wholegrain breadcrumbs
1 cup flat leaf parsley, chopped
3 rashers thin bacon, halved crossways and rind removed
Olive oil cooking spray
Jacket potato and dressed salad leaves, to serve

HEAT oil in a large non-stick frying pan over high heat. Add mushrooms and cook, stirring often, for eight minutes or until moisture evaporates. Transfer to a plate lined with paper towel. Set aside to cool for 10 minutes. Combine the mushrooms, chicken mince, onions, celery, egg, breadcrumbs and parsley in a bowl. Season with salt and pepper, mix well to combine. Shape mixture into 12 patties.

Place one piece of bacon onto a board and top with a second piece of bacon to form a cross. Top with a patty and fold bacon to enclose the patty. Secure with toothpicks. Heat a barbecue plate or non-stick frying pan over medium heat. Spray the patties with oil and cook in batches for four minutes on each side or until just cooked through.

Remove toothpicks, serve the patties with a jacket potato and salad.

What's fresh in the market place

Pomegranates: Pomegranates are the size and shape of an apple and have pink to red leathery skin. The seeds are edible and can be used in fruit salads, rice and Turkish dishes. To extract the juice, warm and roll firmly in the hand to burst the sacks of juice.

Imperial mandarins: An early season mandarin, Imperials are the ideal snack for all ages as they are so easy to peel. Make the most of the distinctive flavour of mandarins by using the juice and rind in desserts and cakes or meat and seafood dishes where you would normally use an orange. Eat fresh for a Vitamin C boost.

Field mushrooms: Brush with olive oil and grill, adding fresh chilli, ginger or a

squeeze of garlic for a mouth-watering accompaniment to grilled meats of any sort. Portabello mushrooms, the ones with the brown cap, are delightfully full flavoured; for milder flavour, use white mushrooms.

Cauliflower: For a lovely accompaniment to barbecues, toss cauliflower florets with a little olive oil, turmeric and cumin. Wrap in baking paper and microwave on high for three minutes. Serve with Greek-style yoghurt. Alternatively, the tiny florets can be served alone or incorporated into stir-fry and pasta dishes. Overcooked cauliflower can be dignified by pureeing into a creamy soup with the addition of fresh herbs like sage and parsley.

Pear and cinnamon strudel



Preparation: 15 minutes; cooking: 50 minutes; serves: 4

4 soft Packham pears peeled, cored and diced
2 tablespoons butter
Juice and zest of 1/2 a lemon
1 tbsp water
1 tbsp soft brown sugar
1/2 cup flaked almonds, lightly toasted
1/2 cup dates, roughly chopped
1 tablespoon soft brown sugar
1 teaspoon cinnamon
1/4 teaspoon nutmeg
4 sheets filo pastry
2 tablespoons butter, melted
Good quality vanilla bean ice cream to serve
Preheat the oven to 180°C

TO prepare the filling, place a large saucepan over a medium high heat and add two tablespoons of but-

ter. Add the pears, water, lemon juice and zest and sugar to the saucepan cook stirring occasionally until just soft and caramelised - this will take five to seven minutes. Remove the pears and any caramel from the saucepan and place in a large ceramic bowl. Add the almonds, dates, cinnamon and nutmeg and stir until combined. Set aside until required.

Meanwhile, lightly grease a flat baking tray and place down one sheet of filo pastry. Brush with the melted butter, then place another sheet on top. Repeat with the remaining two sheets of pastry.

Leaving about 4cm on all edges of the pastry, lay the pear mixture along the length of the pastry sheets. Fold over the sides and edges and roll the pastry until you reach the end. Brush over the remaining melted butter. Place the tray into the pre heated oven and cook for 45 minutes or until heated through and lightly golden. Slice and serve warm with lots of ice cream.

Stories from the Swinging 60s... a snapshot of WA history



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Purchase a copy of the book *Stories from the Swinging 60s* - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s. This was a decade of change from the introduction of the contraceptive pill, the assassination of JFK, changing fashions with the mini skirt, the Vietnam War, the move to decimal currency, the Meckering earthquake and the first man landing on the moon. Intertwined with world events the stories contained in the book paint a picture of the differences between life then and now. \$20.

Copies are available for purchase direct from Have a Go News office at 137 Edward Street, Perth or have it mailed out for an extra \$10 postage and handling.

For further information contact Tahlia at Have a Go News on either Tahlia@haveagoneews.com.au or 9227 8283.

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One in two adults intend to skip annual flu shot this year



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ONE-IN-TWO Australian adults do not plan to vaccinate against flu this year despite last year's record flu season which saw more than 249,000 reported infections.

The Pharmacy Guild of Australia research reveals 43 per cent of Australian adults fail to understand that annual flu vaccination is required for optimal protection against the potentially life-threatening virus.

On average, around 3,000 Australians die from the flu each year. The Guild national president, George Tambassis, says Australian adults are generally misinformed about the seriousness, and unaware of some of the infectious aspects of the flu.

"Most Australians don't realise how infectious the flu is, with 77 per cent of respondents unaware the flu virus can remain active when airborne for 45 minutes or more.

"Our research showed more than half (57 per cent) of Australian adults mistakenly consider themselves to be at low risk of contracting the flu.

"The flu virus can affect anyone, even the fit and healthy, so your best defence against the flu is vaccination.

"Flu vaccinations promote community immunity. If enough people are vaccinated against the infection, that helps protect those unable to be vaccinated, including immunocompromised, sick, or very young children," said Mr Tambassis.

Last year was the first year that community pharmacists Australia-wide were permitted to administer flu shots in the pharmacy. According to the Guild's 2018 *Flu Vaccination Study*, Australians recognise many key benefits to having a flu shot in pharmacy, citing convenience (45 per cent), cost (35 per cent).

Each year, about 18,000 Australians are hospitalised due to influenza, yet many adults do not consider themselves suscep-

tible to flu infection.

NSW pharmacist and Guild national councillor, Catherine Bronger, said flu virus can affect anyone, including parents, children and the fit and healthy, which is why vaccination should be the community's first line of defence against it.

"People at high risk are more susceptible to serious illness arising from the flu, including older Australians, pregnant women, infants, people with existing medical conditions and Indigenous Australians.

"We must do more to heighten public awareness of both the importance of protecting against flu and the risk posed to everyone," said Ms Bronger.

Notably, one million Australian adults had a flu shot in pharmacies last year.

Flu can affect anyone, especially high-risk groups for whom the vaccine is free – people aged 65 and above, pregnant women, infants, those with existing medical conditions, and Indigenous Australians.

The Australian Government recommends annual flu vaccination for all Australians aged over six months.

Your best shot at protecting yourself, your loved ones, and the community at large against flu, is a flu shot. Ask your pharmacist about flu vaccination today.

Listening to Gabbo the Galah on a new device



SYBIL Smith from Mandurah is a new OrCam user who is happy to tell the world about the difference it has made in her life.

Despite vision loss, Sybil has re-

mained active around her home and community. However, her inability to read has had a major negative impact on her life. Especially since one of her family members is the children's author Kim Maslin, who has recently published a book aimed at teaching children about living in the digital age. It is called *The Tweeting Galah* and features Gabbo the Galah and his friends as they navigate their way through the world of social networking, online gaming and digital devices. Using OrCam, Sybil is now able to read all about Gabbo, as well as all other printed text in her home and environment.

Sybil is now a true advocate and has offered to help others in her community who might want to explore OrCam for themselves. She

recommends the free OrCam tutorials and guides on YouTube, which she used to teach herself how to use OrCam, and refers back to them whenever she needs a refresh. The book can be purchased directly from the author's website: www.kimmaslin.com/the-tweeting-galah

A free seminar in Perth introduces OrCam MyEye 2.0 with a presentation by Rob Drummond from OrCam's Australia and New Zealand distributor Quantum RLV. Rob will discuss the latest technology developments and product features with a hands on demonstration at the Reading Reinvented Expo (free entry) on Tuesday 29 May from 9.30am to 11.30am at the Perth Convention and Exhibition Centre at 21 Mounts Bay Road, Perth.

Stay safe on slippery floors



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The circulation socks and maxi socks also have non-elasticised tops, making them suitable for diabetics and oedema sufferers to wear.

Gripperz are priced from \$13.50 - \$16.90 per pair delivered. Wholesale rates available. Buy online at www.non-slipgripsocks.com or call 0425 768 170.



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These symptoms may also be a sign of other eye conditions. If you have these symptoms, please check with your ophthalmologist. Your ophthalmologist will advise whether this product is suitable for your condition. Any surgical procedure carries risks. Before proceeding, you should seek further advice from a qualified eye care practitioner.

1. The 2014 Compliance Report for the Global IOL Market. 2. Daya S, Espinosa M; The FineVision Trifocal Lens, ESCRS 2011 © 2017 Bausch & Lomb Incorporated. ©/TM denote trademarks of Bausch & Lomb Incorporated and its affiliates. Other product names/ brand names are trademarks of their respective owners. Bausch & Lomb (Australia) Pty Ltd. ABN 88 000 222 408. Level 2, 12 Help Street, Chatswood NSW 2067 Australia. (Ph 1800 251 150) LOT1 2017-09-080

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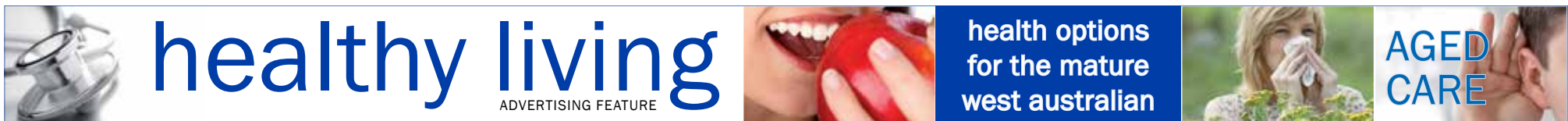
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Space age technology to provide hospital type treatment at home



by Frank Smith

AUGMENTED reality will enable a doctor to see through the eyes of a nurse visiting a patient at home, providing all the operability of a hospital or consulting room without

leaving their office. Silver Chain unveiled the new mixed reality application Enhanced Medical Mixed Reality, or EMMR, to technology and business experts from across the world at Microsoft's Envision

conference in Florida last month. Silver Chain Group chief executive officer, Dr Christopher McGowan said the system was designed to enable people who would otherwise be in hospital to receive equivalent care at home. "It is designed for very elderly patients with complex medical issues with the aim of providing them with more comprehensive primary care," he said. Home is the least costly setting for long-term health care and the preferred option of most patients and their families. Dr McGowan said when Microsoft released the HoloLens augmented reality headset, it pre-

sented Silver Chain with new possibilities to use 'holoportation' to deliver face to face clinical consulting from a remote situation. Mixed reality is about merging the real and virtual worlds to produce new environments and information visualisations where objects co-exist and interact in real time. A Silver Chain nurse visiting a client will use the Microsoft HoloLens to gain hands free access to clients' clinical data through a holographic dashboard. At the same time a doctor will be able to effectively see through the eyes of the nurse to examine the patient. A holograph is a three dimensional image which

appears to a person wearing a mixed reality headset. EMMR helps clients by removing the need for travel to and from appointments, and giving them access to face-to-face consultations with their doctor via 'holoportation'. "This new application will give clients greater confidence to live at home, with the knowledge that clinical staff can access specialists using Microsoft HoloLens, as well as the ability to share consultations with family members anywhere in the world, in real time," Dr McGowan said. "EMMR will enhance the delivery of our services, further supporting

our clients to remain at home, rather than be transferred to a hospital," Dr McGowan said. "They can have their consultations in the home. They won't have to travel for appointments and clinical specialists can remain in central locations while still providing personalised care and saving the health care system time and money. "Our research indicates around 30 per cent of people don't need to be in hospital and could be receiving the same safe, quality treatment at home where they feel more comfortable with the added benefit of freeing hospital beds for critically unwell patients."

It will also be easier to prevent opportunist infections, such as Legionnaire's disease developing in the home rather than an institutional environment. DR McGowan told Have Go News that the system had been tested for acceptability by a small group of people in their 80s and 90s. "They were all comfortable with the technology," he said. "The software is performing well. Only minor problems are still to be ironed out. We aim to trial it across a variety of locations and settings in March this year before it is rolled out to Silver Chain clients on a larger scale in all states," he said.

A bidet improves personal hygiene

"AS a health conscious person and personal hygiene being high on my list, I always wanted a bidet in my bathroom, but I got a quote from a plumber a while ago and I was shocked by the price," said Ms Nash. Then her luck changed when she discovered The Bidet Shop ad in this newspaper a few months ago, offering Coway Bidet Toilet seat that just replaces her existing toilet seat and can be installed in just a few minutes and for much less money. She contacted The Bidet Shop and spoke to one of the very helpful staff who explained how the bidet worked

and its other features such as a heated seat and soft closing lid. "The bidet is wonderful because it just replaces my existing toilet seat and automatically cleans me without the need of toilet paper," she said. How it works is quite simple. With just the push of a button the bidet toilet seat automatically sprays a jet of warm water and then dries you off with a gentle stream of warm air. Ms Nash ordered one and her new bidet arrived in the mail a few days later. Call, 08 6315 4252 to see if you may qualify to have the Bidet fully funded.

The surprising truth about mental illness

WE all know that it is important to take care of our physical health – for example, resting a physical injury when you get hurt, or going to the doctor when you are sick – but when it comes to our mental health, many of us don't seek the help we need to get better. Almost half of Australians will experience a mental disorder at some point in their lifetime, but only a third of these people will access any help, according to the Department of Health. Black Swan Health Counselling Services executive, Jo Fletcher

believes that one of the biggest reasons that Australians don't seek help is because they don't think that their symptoms are severe enough to warrant clinical intervention. "Mental health services are often disregarded by people who could really benefit from support, because of stereotypical associations with mental illness," explains Jo. "Addressing mental health issues early on can prevent further issues from arising later down the track, and can help you to feel better, faster. Black Swan Health offer a

high-quality, easily accessible and affordable service, to cater for any level of mental health concerns." You can visit your GP to talk about your mental health and further treatment options if required. This may include a referral for up to 10 Medicare-subsidised psychology sessions with your chosen provider. Black Swan Health offers psychological services in Joondalup and Osborne Park. Contact Black Swan Health on 9201 0044 or visit www.blackswanhealth.com.au to find out more.



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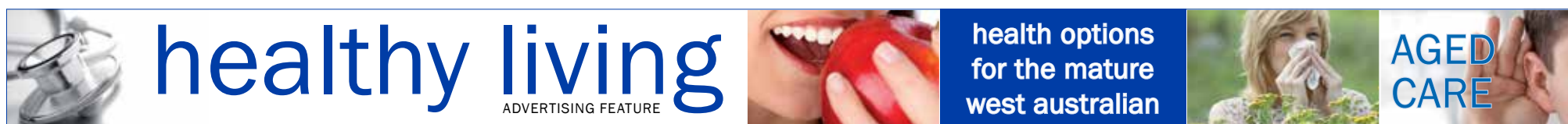
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Silver Chain explains aged care services available

LEANNE Plowright from Silver Chain will be talking about the full range of in home services provided by Silver Chain – probably the best known of the aged care service providers – at the May meeting of the Padbury branch of the Association of Independent Retirees (AIR). She will cover the range of services available in the home and will talk about the referral process, eligibility, funding programs and how services are delivered in each individual's home. The government has a very attractive range of subsidies available and together with the service providers, people are often able to maintain independence in their own homes for as long as they wish. This talk is a real must for anyone over 60 or with ageing parents. People are invited to join AIR for their meeting at 9.30am on Thursday 17 May at the Fleur Freame Pavilion at the corner of Marmion Avenue and Forrest Road in Padbury (entrance off Forrest Road). All AIR members and any interested guests are welcome and there will be tea or coffee and biscuits provided. Cost \$4 per person includes a raffle. For further information please contact Norman Johnson on 9309 1044 or e-mail pnair@gmail.com for further details.



Elder abuse can occur - tackling threats and violence in aged care

by Frank Smith

LAST month *Have a Go News* was approached by Bryan Nesbitt, whose partner (Wyn) had allegedly been beaten up in aged care. This is his story:

"It all started about 12 months ago, Wyn had been diagnosed with Alzheimer's disease five years earlier and I was looking after her fulltime. Everything was as good as possible. I dressed and showered her - no trouble.

"I got her to attend a community centre three times a week. Everything was going good until the woman who ran the centre told me that if I did not get a home care package I wouldn't be able to bring Wyn to the centre.

"Soon after Wyn began fighting with the carer. I called the doctor who told me to call an ambulance, which I did. She was taken to Joondalup Health Campus for assessment but when she got there she was a different person she was laughing and joking and they discharged her as ok."

Bryan later agreed to place Wyn in respite for a short period.

"I wasn't very happy about the room as it was shared and the other woman, who kept taking Wyn's clothes and things, so I moved her to another aged care facility on the advice of a nurse.

"When the respite was over I got two offers for permanent accommodation in Kinross and also Hamersley. Both were single rooms with ensuite. I chose Kinross because it was nearer and on the advice of the nurse.

"I wish to god I had ignored her and gone to Hamersley and all this heartache would not have happened.

"Wyn was only there a week when she was attacked by a male resident

and knocked down because she walked into his room.

"They all do that," the acting manager told me. "We can't guarantee it wouldn't happen again.

"Later when taking Wyn out I noticed bruising on her arms and back and she always smelt as though she hadn't been washed."

Eventually Bryan was able to move Wyn to another dementia care facility after considerable delays, due to legal problems. He is understandably furious at the poor care Wyn received.

Have a Go News asked a number of questions to Associate Professor Colm Cunningham, Director of the Dementia Centre.

HAGN: How prevalent is verbal and physical aggression in dementia residential facilities?

"Behaviour which may be challenging, including verbal and physical aggression, is relatively common to encounter in the care of people living with dementia. Dementia Support Australia (DSA) is a national service which administers the Dementia Behaviour Management Advisory Service (DBMAS) and Severe Behaviour Response Team (SBRT). These programs provide expertise and advice to aged care services and respond to incidents involving changed behaviour. DSA has so far been asked to assist more than half of the aged care homes throughout Australia."

HAGN: Are there identifiable causes of aggression that could be addressed?

"Pain, especially when it is poorly managed, is one of the main triggers for behaviour that may be challenging. For example, joint pain is a common complaint among older people, especially in the morning. But a person living with dementia who lacks

the verbal skills to articulate what's wrong may resort to pushing a staff member who is attempting to help them move. This behaviour is not so much about the dementia as it is about pain management.

"A lack of treatment for undetected infections can lead to delirium, which is another common trigger for behaviour that may be challenging. Staff members need to be familiar with those under their care in order to detect any unexpected changes in mood or behaviour.

"Environmental factors are also common causes - poor lighting, excessive noise and information overload can all exasperate or trigger a person living with dementia. Managing these triggers comes down to understanding the social history of each resident. A noise that may be innocuous for most, such as a nurse's call alarm, could be mistaken for a siren by a retired police officer. Understanding each resident's history is the first step in tailoring their environment and managing their behaviour," he said.

HAGN: What can and should staff and management do about challenging behaviour?

"It is important to make sure all staff are supported and trained to understand dementia and the people they are caring for. Dementia Training Australia (DTA) is a national consortium that provides excellent dementia-specific training to care providers, health care professionals, undergraduates, and a range of professionals and community service providers

"Ultimately, staff need to be led by management that embodies a culture of understanding and problem-solving. The fact is some strategies may only work for a while, and those that

do work will need reviewing and tweaking through constant communication. Carers can only improve if they are empowered to understand their residents and come up with fresh strategies, rather than simply complete set tasks," said Professor Cunningham.

HAGN: What external resources are available to help?

"Dementia Training Australia (DTA) and Dementia Support Australia (DSA) are two significant, government-funded programs that are available to assist staff and management. DTA provides much-needed training to anybody working with people living with dementia, while the DSA is available to respond to specific incidents at residential care facilities to provide expert analysis, insight and advice.

There is also a wealth of resources online that can be accessed by any member of the public. Hammond-Care Media has many resources specifically designed for dementia and aged care, including the latest release Toilet talk: Accessible design for people with dementia, which is available as a free download online (www.dementiacentre.com/resources/61-toilet-talk-accessible-design-for-people-with-dementia).

Family of those who are exhibiting changed behaviour may also wish to consider a specialist dementia care unit (SDCU). These homes are specifically designed to accommodate people with severe behavioural and psychological symptoms through measures including environment design and higher levels of specialised care.

HAGN: What can the patient's family do if they think their member is being bullied by fellow residents?

"The first step to resolving any

perceived issue within an aged care home should be to speak to the staff. This may require family members to sit down and meet with the manager and key workers in order to determine exactly what has happened, and what can be done to resolve any issues. Any suspected incidents or issues should be raised promptly in order to help care workers determine what happened, why it happened, and how to prevent it in future," said Professor Cunningham

HAGN: If they get no satisfactory response from the management what is their next step?

"If a family is not satisfied with the outcome from discussion with senior management then they should use the organisation's own complaints process. If they are still not happy with the outcome, the matter should be elevated to the Australian government's Aged Care Complaints Commissioner (see next page).

Jason Burton, Alzheimer's WA head of dementia practice and innovation said there are no statistics on violence and aggression in dementia care.

"Aggression is not common in dementia cases but it does occur. Aggressive behaviour is not caused by dementia but is an expression of distress on the part of the person living with dementia.

"What's going on for the person, their response to something, or a stimulus that they can't deal with results in stress and frustration. A person living with dementia can't deal normally with their emotions.

"Carers and family should look for the root cause of abnormal behaviour, these can be loss of identity, everything done for you, boredom, lack of purpose in life...

continued on page 48



Frank's grandkids don't mind when he drops in on them.

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how important it is to know how well we can hear?

With an increasing ageing population, and baby boomers being far more active than older retirees, having a baseline hearing screen should be a priority in any health check regime.

One in six Australians has a hearing loss, of these one in three over 60 and three in four over 70 have a hearing loss.

A baseline hearing screen helps to uncover problems early when they are easier to treat. Hearing loss is an individual experience, and how the individual copes will depend on many factors, including time of onset, the progressive nature of the loss (gradual vs. sudden), the severity of the loss, communication needs and an individual's personality.

In addition hearing loss has been linked to feelings of depression, anxiety, frustration, social isolation, and also chronic diseases such as diabetes and cardiovascular disease.

Take this quiz and if you answer 'yes' to two or more, it's time to have your hearing scores checked.

1. I find that following conversations in a noisy environment, such as a busy restaurant can be very difficult.

2. People seem to mumble more these days when they talk, and I find myself asking them to repeat themselves more often than I used to.

3. Others comment that I have the radio or television turned up too loud for their liking.

4. Family members have commented that they think that I may have a hearing problem – and they become frustrated when I've not fully heard what they said.

5. Following conversations on the telephone is difficult, particularly with children.

6. I used to be more active in group conversations. (eg dinner table)

7. I mishear what people have said and respond inappropriately.

8. I experience a persistent or prolonged ringing in my ears (known as tinnitus).

Attune is accredited to provide free services to eligible pensioners and veterans under the Australian Government Office of Hearing Service program.

If this has resonated with you or a family member or friend, please call one of the audiologists to book in for a free hearing screen check at Attune Hearing.

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Murdoch 6174 5300 Suite 17/18, 1st floor, Wexford Medical Centre, 3 Barry Marshall Parade.

Elder abuse can occur - tackling threats and violence in aged care

by Frank Smith

continued from page 47

"Stress builds up and the person responds either overtly shouting or becomes withdrawn.

"Two ways to tackle this behaviour are music – chosen for the person's own taste and life stories – the family can also contribute by telling carers of their likes and dislike," he said.

Deidre Timms, CEO of Advocare said there is mandatory reporting of abuse in aged care facilities to the Aged Care Complaints Commissioner.

"If a friend or family member suspects a person living with dementia is being abused the first action is to take up the problem with the care facility.

"If you fail to get a satisfactory response, contact the Aged Care Complaints Commissioner.

"If you feel you need help ring us at Advocare and we will do our best to provide advocacy and support," she said.

Aged Care Complaints Commissioner Rae Lamb says violence and threatening behaviour is unacceptable and if people are concerned that this is occurring, they should raise their concerns immediately with the service.

"If they need help with this, they may find it helpful to seek the support of a free aged care advocate. The Older Persons Advocacy Network offers free advocacy, information and education services and are contactable by calling 1800 700 600.

"If people cannot do this or are unhappy with the response from the service they should come to us.

"We can check to see that the service is doing the right things to ensure residents are safe and are being properly cared for," he said.

The Commissioner accepts confidential and anonymous complaints.

Useful phone numbers

Alzheimer's Australia Helpline 1300 667 788.

Advocare Elder Abuse Help line on 1300 724 679.

Aged Care complaints commissioner www.agedcarecomplaints.gov.au 1800 550 552

Dementia Australia provides webchat www.dementia.org.au/ helpline/webchat and for telephone help ring 1800 100 500.

Older Persons Advocacy Network 1800 700 600.

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Older people bring wisdom and joy to activities with small children



Children creating objects with play dough at the Harold Hawthorne Community Centre

by Josephine Allison

STUDIES the world over have shown the benefits of intergenerational relationships between older people and children. In a changing society it is important for both youth and older people to connect with different generations.

A fine example of this

recently was a visit by a group of older people from the Harold Hawthorne Community Centre in Carlisle to children attending the Billabong Community Early Learning Centre in East Victoria Park. The ongoing program with Harold Hawthorne has been running since January 2017.

The Billabong Centre

has children enrolled as joeys (birth to two years), possums (two to three years) and wombats (three to five years). The visitors took part in a fun-filled afternoon of various activities with the older children, including helping them create objects with play dough, painting, threading with wooden beads, puzzles and using play equipment.

The children helped make vegemite scrolls and cup cakes for the visitors who enjoyed them at afternoon tea. Music and movement by the children and older people proved a highlight.

"The visitors live in their own homes at Harold Hawthorne and look forward to their visit to Billabong. Usually different groups come about once a month," said Shani Senviratne, Billabong's nominated supervisor-centre manager. Watching the

older people interact with the children at various activities and the joy on the faces of both groups was inspiring.

According to a US study, developing connections with a younger generation can help older adults feel a greater sense of fulfilment. In fact, linking older adults with youth can provide advantages for both groups. For example, such relationships provide an opportunity for both to learn new

skills, give the child and adult a sense of purpose, help alleviate fears children may have about the elderly, help children to understand and later accept their own ageing and invigorate and energise older adults.

This interaction can help reduce the likelihood of depression in the elderly, reduce the isolation of older adults, fill a void for children who do not have grandparents available to them, help keep family

stories and history alive and help in cognitive stimulation and sometimes introduce technology into the life of an older person, as well as broaden social circles.

The study also found that swapping stories is a great activity and can help build a connection. Many older adults have skills or talents that would be interesting for children.

According to Washington based Healthy Ageing Partnership, the excitement of seeing the world

through younger eyes can help get older adults up and doing, reducing depression, relieving boredom and improving health.

Young children benefit from and enjoy having someone who listens and gives them their undivided attention. Often, parents don't have enough time to spend with their children and that is where an older person can be a mentor and friend.

Cutting through red tape



CPE Group's
Eileen Wilson

PEOPLE contemplating their aged care options are often confused by the tangle of bureaucracy that they feel stands in the way of making decisions about how they want to spend their senior years.

Group support manager for home care services provider CPE Group, Eileen Wilson, said it was disappointing that many people she was talking to found it hard to get a simple explanation of the costs involved in home care services.

"People want to know they can have a simple and honest conversation with care providers about exactly what they can expect from a particular package," she said.

"There's a sense that if working out the cost of a package is such a bu-

reaucratic process does that then flow through to the way an organisation cares for me?"

Eileen said CPE Group, which is a government approved provider of home care services and support, has been looking after people for more than 18 years.

"Caring for people starts with straight forward conversations that everybody understands, something that CPE Group prides itself on, by helping everyone make the most out of their My Aged Care government funded home care package."

The packages are heavily subsidised by the Government for eligible people 65 years or older with subsidy amounts ranging from about \$8000 to \$49,000 per year for nominated services, delivered by your chosen provider.

Eileen said she was happy to have a conversation with people looking to start a new package or who wanted to change their existing package or receive private and top-up services.

"CPE Group offers

quality services that support wellbeing, independence and social connectedness 24 hours a day, seven days a week.

"It's really important to our customers that their individual needs are met and they don't feel like just another cog in the wheel.

"People need consistency of support, punctuality and responsiveness," Eileen said.

To keep it simple, at CPE Group there are no case management fees or administration fees for invoices, brokerage services, conversations about care needs, case set up fees or exit fees as is often the case with other providers.

CPE Group has a flat rate fee of 12 per cent, while other providers who often charge fees of 20 per cent or more for customer care services. This translates into more care or service hours for their customers.

Eileen said people were welcome to pick up the phone and speak to her about home care package options on 1300 665 082 or email her at eileenw@cpegroup.biz

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Grand designed plants - the Grandessa daisy will make its debut to WA gardens soon...



L-R; Grandessa Argyranthemum range includes vivid shades such as red - Chelsea Flower Show - Empire Lane's Ceri Wagnall by her 'Best in Show' Landscape Show Garden - Colin Barlow with some the Scotts team at the Perth Garden Festival.

by Colin Barlow

A PLANT that I often associate with new gardeners and homeowners is the marguerite daisy (*Argyranthemum frutescens*) a plant originating from the Canary Islands near Spain which thrives in our warm Perth climate. These mounding shrubs usually have grey green foliage and pink, white, red or yellow flowers throughout the cooler months from May to November and early summer in cooler areas.

These quick growing and relatively cheap to buy plants makes them a staple for planting and filling new gardens. But now after almost 20 years of highly advanced breeding in Australia, Dr Andrew Bernuetz has developed a new form with flowers more than twice the size of standard mar-

guerite daisies. The new Grandessa Argyranthemum range from Oasis has stunning flowers up to 10cm across in vivid shades of red, yellow, white and sunset, with an appealing different coloured eye.

The Grandessa range is also more heat tolerant than traditional marguerite daisies and grows up to 60cm tall and wide. Grandessa is ideal for planting in pots and containers on balconies and patios to provide pops of radiant colour, or as edging along pathways and borders. They will be available at selected garden centres, nurseries and hardware stores in the coming months, so be sure to look out for them.

Garden festival fun
The Perth Garden Festival has come and gone with a cloudy and rainy first day not deterring festivalgo-

ers. Over the four days the weather got hotter and the crowds bigger, which is great to see for Perth's premier gardening show. There were plenty of interesting plants for sale with bulbs, roses, palms, natives, bromeliads and succulents on display, so most gardeners would find something to stimulate the senses.

This year it was indoor plants taking centre stage with lots of retailers throughout the site and The Nursery Industry Association promoting the Plant Life Balance App. My 'Inspirational Indoor plants' talk in the Bupa main stage tent was well received and there was a balanced range of talks on all gardening related topics.

It was great to catch up with so many readers of *Have a Go News*, viewers of *Home in WA* and listeners of my

Friday gardening segment on 98.5 Sonshine FM at the show. Many participated in some of the fun, interactive and practical talks I presented on the Scotts stand during the day.

The Landscape Show Gardens were a big improvement on last year with some excellent gardens created by Empire Lane who won the 'Best in Show' Country Earth with Garden Blueprints and Chorus. The Chorus 'Kaleidoscope' garden was designed to stimulate the senses of dementia sufferers and was constructed by volunteers and took out the People's Choice Award.

Flight of flower fancy
Later this month I am taking on the new direct flight to London escorting a tour that takes in some of the most admired and esteemed gardens, landscapes and historic houses in

England. I will be leading a Ross Garden Tour to the Chelsea Flower Show and the Gardens of England. The tour begins in London where we visit the iconic Kew Gardens and the recently refurbished headquarters of the Royal Horticultural Society at Wisley. In next month's column, I will share some of the tour highlights.

Mother's Day flower frenzy



Mother's Day wouldn't be the same without a 'pot mum', the traditional Chrysan-

themum, so what better place to check out them out than the WA Chrysanthemum Society's annual flower show. The show will be held at the Hawaiian Forrestfield Shopping Centre, 20 Strelitzia Avenue (corner of Hale Road) Forrestfield from the 10 to 12 May from 9am until 5pm each day. For more details contact Michael Drake-Brockman on 9293 7650.

Guildford Town Hall hosts the Rose Society of WA, 2018 Autumn Show from 1pm on Saturday 12 May until 4pm on Sunday 13 May. The show is the perfect place to pamper your mother on Mother's Day weekend with roses and floral art on display and homemade morning and afternoon teas to enjoy. There will be roses, plants and small gifts available to purchase for that last-minute gift or just to pamper you.

If you are having trouble with your roses why not ask a member who will be there to help and provide you with expert advice.

The next highly anticipated Friends of Kings Park plant sale will be held on Sunday 20 May from 9am until 2pm. This season there will be astounding Acacias, handsome Hakeas and graceful Grevilleas to fill your trolley. The Volunteer Master Gardeners will again be on hand to assist customers and all proceeds from the plant sale supports further research and projects in Kings Park and Botanic Garden. Call 9480 3643 or email friendsofkingsparkadmin@bgpa.wa.gov.au for more information and you can also check out the rare and interesting plants available at www.friendsofkingspark.com.au/notices/plant-sales/

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Volunteering effort by scouts is bloomin' brilliant

SOME would say it's all about being prepared, while others at not-for-profit aged care home

Mercy Place Mont Clare are convinced it's a pretty rosy relationship in the making.

That's because half a dozen scouts from Pelican Point Sea Scouts were very busy undertaking a gardening revamp at the Claremont-based home for seniors recently, all under the guidance of 91-year-old resident and gardening pro Mr Warwick Fear.

The hard labour is all part of the scout's values of caring for others as well as contributing to society, and the resident in charge of the work at the rooftop garden readily admits



The scouts at work on the rooftop garden

that sharing his passion with the group of seven year-olds was something he very much enjoyed.

And local scout William, aged 7, said he loved being involved in the voluntary work because: "it felt great to help other people."

Mercy Place Mont Clare Service Manager, Janelle McFarlane, said the gardening initiative proved to be a win-win relationship, with the boys involved learning a great deal about plants, herbs and general gardening from Mr Fear, who in turn has been placed in charge of revamping the rooftop space with the help of the boys involved. "Gardening is a ful-

filling and enriching activity for our residents and we are genuinely delighted that the local scouts were happy to volunteer their time to put in some new plants to enable our residents and their friends and relatives to really enjoy our rooftop garden," she said.

Scout leader Derrick Kuan said it was important for the scouts to understand that they could make a difference, no matter what their age.

"It's great that they had the opportunity to learn how much knowledge and expertise there is out there, and also that helping others can be lots of fun too," he said.

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Downsizing

ADVERTISING FEATURE



Styling for balconies and courtyards brings joy to everyday living



Stylish furniture and well-placed greenery can transform balconies and courtyards



by Zofia St James
Domayne Furniture
Decorator City West
- West Perth

I WONDER if you are feeling like me, a little dizzy with the pace that time seems to be passing by this year. It reminds me that we need to enjoy every moment life gives us.

I feel like a teacher asking this question but hands up who lives in an apartment? I have my hand up and I love apartment living. For me it offers convenience, security and easy maintenance.

The other day while walking I was looking around at people's balconies, I was amazed that so many are treated as a storage area or laundry and really are a neglected space.

It inspired me this month to focus on this outdoor gem and give some tips for how to spruce up small areas. Whether you have a generous or a bijou balcony, let's give it a makeover and make it into an oasis for your home to escape to no matter what time of the year.

With so many cost wise options for furniture from retailers such as Kmart or Bunnings there is no excuse not to be able to have an outdoor space to take your morning coffee, read the paper and enjoy some fresh air.

The first thing to think about is greenery. Lots of pots, especially little ones, are not necessary and make a balcony look cluttered, but just

two substantial sized ones will bring the space to life. Placed either side of the balcony they give an instant lift and dramatic greenhouse look. They also improve the view from the living area inside. Whatever pots that you choose, make sure that they are the same colour and style. This keeps a uniformed look even if the sizes need to differ.

Next, survey the size of your balcony and what it could accommodate. Measure up whether you can fit a small table and two chairs, then add bright cushions to the chairs and place a flowering plant atop the table.

Being an apartment dweller myself I am aware that we do need to have a clothes rack for drying washing, but keep it small and discreet and place it in a corner. Make sure you pack it away when not in use in order to always enjoy your own view.

For those of you with a larger outdoor area, that can be utilised as a whole extra living room and with outdoor heaters it can be used throughout the year. The range of furnishings now with upholstery designed to cope with heat and damp make it possible to entertain in comfort and style.

One of the most attractive settings I have seen is a combination of a sofa that seats up to six which is curved around a large dining table with two occasional armchairs included. There are extendable tables that can accommodate up to 12 and retract back to six when not needed, with stylish upholstered chairs that stack easily. With the range of barbecues available it's possible for even the smallest balcony to have one.

Even on an outdoor sofa I add a throw and cushions and large can-

dles in a lantern which makes the space look inviting and warm. Wall gardens and even outdoor art can be applied to blank walls and all of a sudden, we can have an

amazing outdoor room, with a little effort, cost or thought. Consider your balcony or courtyard and value its potential. It's all about what you look at on a daily basis that you

want to make a thing of joy always.

Happy decorating!
Zofia offers an interior or 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' read-

ers 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 email zofiaastjames@hotmail.com

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The newly completed and fully occupied Orion Terraces apartment complex in Bull Creek.

Downsizing

ADVERTISING FEATURE



Sabina Apartments in Applecross attracts more than \$26.5 million in sales

FINBAR'S recently launched Sabina Apartments development in the luxury riverside suburb of Applecross is continuing to attract significant buyer interest, reaching \$26.5 million in sales since its February launch.

Sabina will feature 173 luxurious one, two and three-bedroom apartments in a stylish 30-storey building with resort-style amenities at a level unseen anywhere before in Perth, including a guest studio that can be booked for visitors, music room, private dining room with kitchen, and a wellness room.

One of Sabina's first apartment buyers, small business owner, John Hallam, purchased a one-bedroom one-bathroom

apartment with river views, making the decision to downsize from his current rental house in Como.

Commenting on his apartment purchase, John Hallam said, "As I travel interstate regularly with my work and also like to travel overseas, I was looking for a place to live that offered a secure lock-up-and-leave lifestyle."

John was so impressed with the Sabina development that he made the decision to purchase in one day.

"I woke up on a Saturday, saw the newspaper advertisement for Sabina, visited the sales office that day and made the decision

to purchase then and there," said Hallam.

"The deciding factor for me was the location. I work in Ascot and use a boat moored at Fremantle sailing club, so Applecross is a good halfway point."

"Applecross is a great suburb and Sabina's riverside location and extensive amenities, especially the guest apartment and private dining room, made it really appealing to me. The bonus of getting a river view from a podium apartment was too good to pass up," he added.

Sabina is located only seven kilometres from Perth City and is close to high frequency public transport, the freeway net-

work, and riverfront pedestrian and cycle paths.

Prices start from \$410,000 for a one-bedroom apartment with winter garden balcony, \$590,000 for a two-bedroom apartment, \$870,000 for a three-bedroom apartment and \$1,600,000 for a large floorplate three-bedroom apartment.

Site works at Sabina Apartments are expected to commence mid 2018 with estimated completion early in 2020.

For further information visit: www.sabinaapplecross.com.au or contact the exclusive selling agent Neil Kay (Knight Frank) on 0439 687 688.



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Appetite to 'rightsize' must be supported



PROPERTY Council of Australia supports calls by National Seniors Australia for the Federal Government to expand its impending downsizing scheme for Australian seniors.

Executive director – Retirement Living – at the Property Council of Australia, Ben Myers says 24 per cent of seniors confirmed they

wanted to move into smaller, more age appropriate housing, such as within a retirement village. This shows that there is strong demand for purpose-built seniors housing in this country.

"The downsizing scheme announced by the Federal Government in its 2017 budget, which begins on 1 July this year, was a great first

step in recognising and addressing the challenges of rightsizing," Mr Myers said.

"It's been great to see the Government recognise there is a need to remove some of the financial barriers that discourage older Australians from moving into housing that better suits their needs, and that can help reduce social isolation and the very real health risks that come from living in larger homes not designed for ageing bodies."

"But there is more that could be done to remove some of the financial disincentives for pensioners to downsize."

"Our research shows that seniors who right-

size to smaller, newer, more appropriate housing, like the 200,000 people living in retirement villages today, have extended independence through improved health and support, and better social and mental well-being.

"Investment made by the Federal Government to enable rightsizing will be more than returned through reduced pressure on a stretched aged care system."

"We support National Seniors Australia in calling for the Government to examine methods of enhancing the current downsizing scheme, to ensure more people get the benefits," Mr Myers said.

Akora: Award-winning Retirement Apartments





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Over two-thirds sold! Call SwanCare on 6250 0016.
akoraapartments.com.au



Nick Bruining to speak at AIR

NICK Bruining is the guest speaker at the May meeting of the Association of Independent Retirees (AIR), Perth branch.

Nick is the owner of NC Bruining and Associates which he established in 1998 to offer independent financial planning services.

They specialise in pre and post retirement planning and have extensive experience in comprehensive retirement income strategies maximising Centrelink benefits and other retiree concessions. They have no links to any institution or fund manager whatsoever.

However, Nick is best known to most as a columnist for *The West Australian* and for his appearances on Channel 7 as the money man on ABC local radio and as a 6PR commentator.

Nick will be giving his no nonsense analysis of the federal budget as well as discussing issues for self-funded retirees.

The Perth branch of the Association of Independent Retirees meets at 10am on Friday 18 May at the Cambridge Bowling Club in Chandler Avenue Floreat.

All are welcome, guests don't have to be a self funded retiree to attend, but as audience numbers will be limited please contact either Margaret on 0487 290 097 or Val on 9381 3495 to reserve a place.



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Downsizing

ADVERTISING FEATURE



Emergencies in the city - is Perth properly prepared?



Perth firefighters meet City of Perth staff

WITH up to 200,000 people in the city on any given day, the City of Perth is starting a conversation about emergencies, focusing on the unique challenges they can present for inner-city residents, businesses and visitors.

Chair of Commissioners, Eric Lumsden, said the City had improved its emergency management methodology greatly in recent years (supported by a new Emergency Man-

agement Strategic Plan) but a gap analysis found there was an opportunity to boost emergency preparation materials.

"Approximately 26,000 people live in the City of Perth and as the local government authority, we have a responsibility not only to them but to the thousands of workers, visitors, students and tourists who are in the city each day," Mr Lumsden said.

"While many Western

Australians are aware of the significant threat of emergencies such as

bushfires, it's critical for people to understand the risks unique to high rise buildings and prepare accordingly, which is why the City has focused on emergency awareness resources."

Mr Lumsden said new information brochures and videos were aimed at generating discussion about the realities of an emergency and encouraging people to develop their own emergency plan.

To complement these resources, City of Perth residents are invited to attend a free emergency preparation seminar by Red Cross, with a session to be held in May. Places

are limited so registrations are essential. These sessions are very engaging, full of real life stories, activities and practical ways people can prepare.

While relevant State Government agencies lead in an emergency, local government plays a fundamental role in emergency preparation and recovery.

As well as building strong relationships with stakeholders and community groups, the City of Perth develops and manages the 300-strong, citywide CCTV network via Citywatch Surveillance Centre - a crucial asset in emergency situations.

Mal Cronstedt AFSM,

deputy commissioner of Strategy and Emergency Management for the Department of Fire and Emergency Services (DFES) said with such a large number of people coming into and out of the city on a daily basis, the City of Perth has recognised that having a population prepared for hazards will lead to a more resilient community.

"Reassuringly, the City has developed their 'Are you prepared Perth' project to concentrate on not only the residents and commuters, but also the businesses that operate from the CBD," Mr Cronstedt said.

Emergency prepara-

tion seminar for residents: 9.30 - 11am Thursday, 24 May, Citiplace Community Centre, Perth Railway Station, Wellington St, Perth

To register, provide your name, residential suburb and the time and date of the seminar you are attending to info.city@cityofperth.wa.gov.au or call the City's Customer Service Team on 9461 3333.

The City's educational resources are sponsored by the All West Australians Reducing Emergencies (AWARE) Program from the Office of Emergency Management.

For more information, visit perth.wa.gov.au/emergency.

Learn to live well, reuse well



WITH more than three million Australians living with depression or anxiety and an ageing population, more and more people are becoming health conscious.

The Living Well in WA Expo 2018 is the only locally promoted and supported expo focused on creating change, raising awareness and providing healthy and sustainable options to live well.

From 19 - 20 May, the Claremont Showground Exhibition Centre will become a one stop shop filled with local and international teachers, authors and practitioners of holistic and natural health. The program consists of 52 talks, workshops, demonstrations and experiential sessions.

The food court is the place to eat well and taste gluten free paleo pasta salad or delicious Canadian style healthy vegan bagels as well as organic and preservative free wines.

Parents and grandparents can bring their kids to participate in nature based earth play activities and have fun at the magic show with Conny the Clown.

Not only will there be great food and fun, there are solutions for stress, anxiety and depression, weight gain and brain and gut health.

Paul Mavor is a pharmacist who has been researching the potential of medicinal cannabis as a treatment for several years. Paul will discuss his journey from a cannabis sceptic several years ago to becoming a major advocate for the medical use of cannabis as a treatment option.

Simon Cairns is one of Australia's leading gurus of gut health having cured himself of Crohn's disease. His talk focuses on the natural herbs that can restore digestive disorders and eliminate chronic inflammation.

Organic and fermented foods help to restore gut bacteria. Carla Weir will demonstrate how to make kombucha and sauerkraut as well as giving a workshop on foraging for edible weeds.

Our local artists are joining together to create an exhibition to raise awareness about mental health. Beautiful pieces of art will be sold to raise money for community groups who provide support and education for people facing the challenges of depression, stress and anxiety.

Reducing land fill and plastic pollution in our ocean and waterways is one of the aims of this Expo so visitors are encouraged to bring their own keep cups or purchase at the Expo. Envirobren have a great range of reusable eco-friendly products such as bamboo toothbrushes, keep cups, reusable bread bags, sandwich wraps, produce and shopping bags, stainless steel water bottles and straws.

For more information visit www.livingwellinwa.com.au

WIN WIN WIN

We have 10 double passes to giveaway to the Living Well Expo 2018. To be in the draw simply email win@haveagonews.com.au with Living Well in the subject line or call the office during business hours on 9227 8283. Closes 15/5/18.

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Downsizing

ADVERTISING FEATURE



A portrait of colonial childhoods in Australia in new book

Spinning Tops & Gumdrops: A Portrait of Colonial Childhood
Author Edwin Barnard
Review by Pat Paleeya

IN this outstanding book Edwin Barnard invites the reader to take a fascinating and insightful journey into the history of colonial childhood. *Spinning Tops and Gumdrops* spans 1788-1900. It is chock full of stunning photographs and personal accounts of

growing up in the colonial era. In some images the children depict a toughness and resilience that was borne out of necessity as their living standards were often harsh, and poverty was not rare.

Children from poorer families lacked any form of education; some as young as 10 years old worked in factories for a few shillings to help put food on the table. Young girls found work in cloth-

ing factories, wages were between 2/6 and 5 shillings for a 48-hour week. Boys also worked in the factories, some in the gloomy basement minstering shredding machines.

How would these children relax after work? Well maybe they would saunter off to the Darlinghurst Gaol to watch a public hanging and if they had time perhaps pelt someone in the stocks

or a game of marbles in the street among the horse manure and dust before venturing to Braids Dancing Saloon to spy on the girls who were flashy and somewhat notorious.

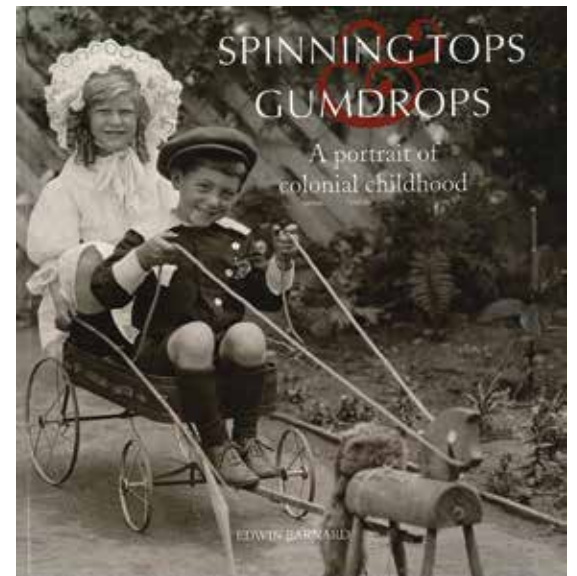
Dear reader, this book is your social history and should have a place on every bookshelf. It demands attention, it has a power that brings to life an era that is so important to the descendants of these children whose fortitude and strength is inherent in all Australians.

Spinning Tops and Gumdrops is available from the National Library Bookshop (bookshop.

nla.gov.au) and the following online retailers: Dymocks, Angus & Robertson and Booktopia. RRP is \$44.99.

WIN WIN WIN

We have one copy to give away. To enter please email to win@haveagonews.com.au, with the book title in the subject line or write to *Spinning Tops and Gumdrops*, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of your envelope. Competition ends 31/05/18.



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Cancellation of event

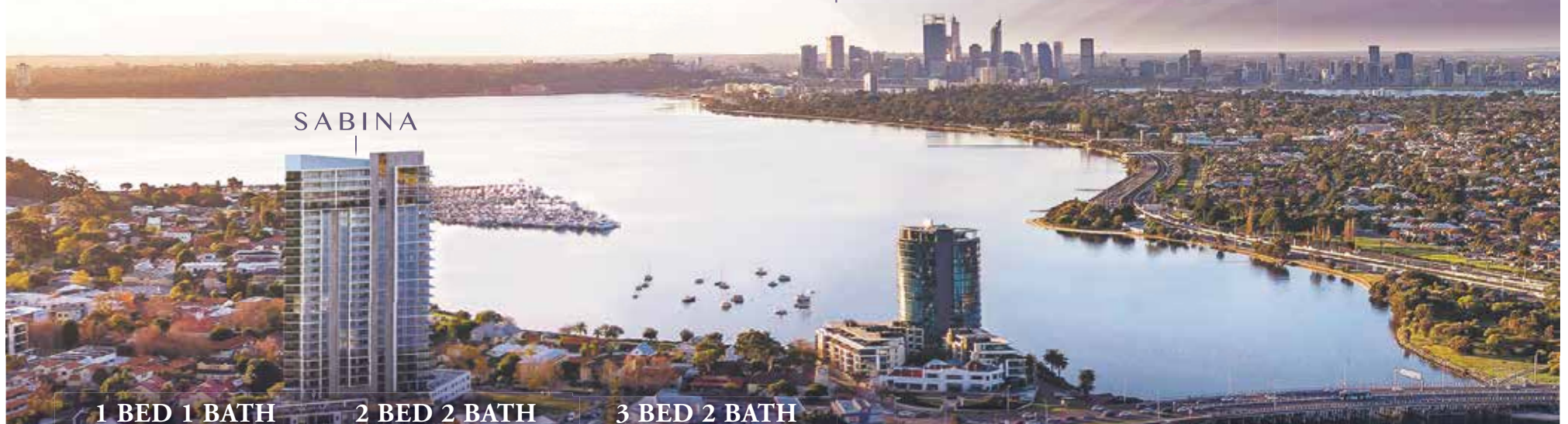


THE Life starts at 50 Expo 2018 advertised in the April edition of *Have a Go News*, which was to be held at the Mounts Bay Sailing Club on 26 and 27 May has been cancelled.

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 *Pricing is correct at of 30th April 2018 and subject to availability.



Kurt comes to the Astor Theatre



Kurt Elling © Elliot Mandel

LESLIE Hinton and Roy Ortuso proudly present Grammy award winning Kurt Elling who is among the world's foremost jazz vocalists.

He has won the DownBeat Critics Poll for 14 consecutive years and was named 'Male Singer of the Year' by the Jazz Journalists Association on eight occasions.

A truly international jazz award winner, he has also been nominated for multiple Grammy awards. Described by The New York Times as "the standout male vocalist of our time", he is a natural heir to jazz pioneers Eddie Jefferson, King Pleasure and Jon Hendricks.

Kurt Elling breathes new life into old favourites for today's audiences.

He is undoubtedly the most influential jazz vocalist of our time. Joining Kurt Elling on his 2018 tour is Australia's queen of Jazz, Emma Pask, best known for her collaboration with James Morrison and her performances on The Voice.

Don't miss the jazz aficionado at the Astor Theatre on Wednesday 6 June.

Tickets from Ticketek: 132 849 or www.lesliehintonentertainment.com

100 years of magic



DISNEY On Ice Celebrates 100 Years of Magic – the Australian tour premieres in Perth on 15 June.

The 2018 tour of Disney On Ice will bring to life more than 14 timeless Disney tales including: *Snow White and the Seven Dwarfs*, *Cinderella*, *Beauty and the Beast*, *Toy Story*, *The Lion King*, *Finding Nemo*, *Frozen* and more.

Popular TV personality, Shelley Craft, is the Australian ambassador for the 2018 tour, returning for a second year.

"I know every one of these stories. I have such fond memories from my own childhood, as well as my time working on Saturday Disney. Now a mum of two young girls who love these stories and characters, I'm thrilled to be partnering with Disney On Ice for a second year – and so is my family," says Shelley Craft.

"Disney On Ice has become a tradition for my family and for the past five years, my daughters and I have travelled to Brisbane to see the show. Each year we create new memories, which I value dearly," she says.

Creating memories is synonymous with Disney On Ice, which recently surveyed Australian families about their own childhood memories. The survey of more than 8,000 people revealed the most treasured childhood memory for people was a specific family activity.

The survey also found that work pressures were a key obstacle for people when creating lasting childhood memories for their children.

Disney On Ice Celebrates 100 Years of Magic will open at Perth Arena on 15 June. Tickets are on sale now at www.ticketek.com.au/DisneyOnIce.

WIN WIN WIN

Thanks to Disney on Ice we have three packs which include a family pass for four and merchandise for some lucky readers to win. To be in the draw simply email win@haveagoneews.com.au with Disney in the subject line or write to Disney on Ice Competition c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/5/18.

Songs in the Key of Motown at the Astor



LAS VEGAS' most outstanding live show *Songs in the Key of Motown* returns to our shores for the sixth time in six years.

This all-singing, all-dancing show tributes the greats of Motown.

Hear the harmonies of the *Temptations* and the *Four Tops*, experience the incredibly choreographed dance moves of *Martha and the Vandellas*, *The Jackson 5* and *The Supremes* and feel the soul of Stevie Wonder, Smokey Robinson and Marvin Gaye.

Six international award winning soul singers will transport audiences to an era where music was life and life was music.

Songs in the Key of Motown is a musical concert experience that is playing to sold out shows and standing ovations around the world.

Playing one night only on Saturday 16 June at the Astor Theatre. Don't miss this trip down Motown lane.

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Come for a night of dancing with soul supergroup at the Astor



Adam Hall and the Velvet Playboys

FAMOUS for his velvet sound and incredible range, international vocal sensation Richard Jackson and Q Sound will present the works of their contemporaries such as Stevie Wonder's *Superstition*, Marvin Gaye's *Let's Get It On*, James Brown's *I Feel Good* and George Michael's *Faith* combined with many other great soul artists and original compositions.

This music is guaranteed to get you up and dancing in the aisles. Richard and Q Sound have headlined many major festivals and performed with The Isley Brothers, De La Soul, George Clinton, BabyFace, Wynton Marsalis, Jose James, Hiatus Kyote and Peabo Bryson. Take full advantage to see these one-of-a-kind performers. The Astor Theatre is the only Australian stop on the tour.

The songs will be presented with the backing of one of Australia's finest bands, *Adam Hall and the Velvet Playboys* sing along with the Velvet Playboys to create a soul supergroup. The ensemble will be presenting unique arrangements and original cuts from their new album Satisfied with a full horn section and background vocals to accompany.

Adam Hall and the Velvet Playboys are a multi award winning outfit from Perth and have recently won the BluesNews – Best album of the year (Germany) and numerous nominations and wins for best musical performance at Fringe Festivals. There are many special guests planned and also you can order a

CD/Digital download card with your ticket for an extra \$10 per ticket.

Don't miss this one night only show at the on Friday 1 June at the Astor Theatre at 7pm.

This will be soul music at its best, it will have you dancing and leaving with a smile.

Bookings through Ticketek – premier.ticketek.com.au/shows/show.aspx?sh=ADAMHALL18

WIN WIN WIN

We have 10 double passes to giveaway to this show on Friday 1 June at the Astor Theatre. To be in the draw simply email win@haveagonews.com.au with Velvet in the subject line or write to Velvet Boys c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 25/5/18.

St Petersburg Ballet brings classic *Swan Lake* to His Majesty's Theatre



St Petersburg Ballet Theatre performs Tchaikovsky's *Swan Lake* next month

INTERNATIONALLY acclaimed St Petersburg Ballet Theatre returns to Perth from 7 June to present a limited season of their full-length classic production of the world's most loved ballet, Tchaikovsky's *Swan Lake*.

son of their full-length classic production of the world's most loved ballet, Tchaikovsky's *Swan Lake*.

Joining the cast for the Perth performances will be Alexander Volchkov, Diana Kosyreva and Klim Efimov, three exciting

dancers from the Bolshoi.

This immortal and enchanting ballet with its unrivalled 'white acts', spectacular and dramatic ballroom scene and sublime music tells the deeply moving classic tale of the love between Prince Siegfried and the Swan Princess, Odette, divided by the villainous sorcerer, Rothbart, in a story where true love conquers all.

Founded in 1994, the St Petersburg Ballet Theatre is renowned globally not just for its beautiful Vaganova-trained dancers but also for its stunning, grand, full-length productions. The company boasts 60 members and travels internationally complete with breathtaking scenery and magnificent costumes. It is the only classical ballet company in the world that is completely independent of government financial aid or sponsor funding. The incredibly popular company is in such demand that it gives 200 to 250 performances every year. In fact, the company will perform in London's Coliseum after the Australian tour.

Producer Andrew Guild has decades of experience in presenting quality Russian ballet in Australia and around the world.

Performing at His Majesty's Theatre Perth, from 7 June this is a ballet not

to be missed.

"Without doubt, *Swan Lake* is the world's most famous classical ballet. And no one dances it as beautifully as The St Petersburg Ballet Theatre. The full length lavish production shows Russian classical ballet on a grand scale. It's the real thing. Gorgeous Tchaikovsky music, magnificent sets and costumes and superb Russian classical dancers. I urge every ballet lover not to miss it. See it once, remember it forever," he said.

Performing at His Majesty's Theatre Perth, from 7 June this is a ballet not

Tickets on sale through ticketek.com.au, phone 13 28 49 or any Ticketek outlet

WIN WIN WIN

We have three double passes to giveaway to the matinee performance on Wednesday 13 June at 12 noon. To be in the draw simply email win@haveagonews.com.au with Petersburg in the subject line or write to St Petersburg Ballet competition c/- Have a Go News PO box 1042, West Leederville 6901. Competition closes 31/5/18.



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Don't miss being a dancing queen at *Mamma Mia* at Crown

MAMMA MIA, the global musical phenomenon, is coming to the Crown Theatre from 15 May as part of a new Australian tour.

This exciting new production of *Mamma Mia* is produced in Australia by Michael Coppel, Louise

Withers and Linda Bewick.

"*Mamma Mia* is exactly what we all need – an uplifting, fun-filled, heartfelt night at the theatre which puts a smile on your face and a spring in your step. The timeless tracks of ABBA never fail to bring

joy to audiences across the world and we are delighted to be producing *Mamma Mia* once again across Australia," Ms Withers says.

Starring in this brand new Australian production as mother-of-the-bride Donna Sheridan is Natalie O'Donnell. Natalie starred in the original Australian production of *Mamma Mia* as Sophie in 2001. It will be very special to see her come full circle now leading this new production in the role of Donna.

In the role of Donna's daughter and bride-to-be Sophie, is emerging young Australian actor Sarah Morrison. Starring as Donna's vivacious and loyal friend Rosie is Alicia Gardiner who has extensive career highlights in theatre, television and film. In another nostalgic twist, Alicia also played alongside Natalie O'Don-

nell in the original Australian season of *Mamma Mia*.

Jayde Westaby joins the Dynamo trio in the role of much-married friend Tanya. Jayde, originally from the UK, has enjoyed a career on London's West End.

Award winning actor Ian Stenlake stars as Sam Carmichael, one of Sophie's unsuspecting fathers. Stage and screen actor Phillip Lowe plays Harry Bright another man from Donna's past who could be Sophie's father. Josef Ber, acclaimed theatre and screen actor, plays Bill Austin the third potential father in the light-hearted story. Sophie's adoring fiancé Sky is played by Stephen Mahy who's career spans roles in musical theatre productions.

Set on a Greek island paradise and inspired by the story-telling magic of

ABBA's timeless songs, writer Catherine Johnson's heart-warming tale centres around a young bride-to-be. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

More than 60 million people all around the world have fallen in love with the story and the music that makes *Mamma Mia* the ultimate feel-good musical. And now, in what will be a stunning new production, we want you to come join the party of a lifetime. A celebration of love, laughter and friendship, *Mamma Mia* is a fabulous night out for audiences of all ages.

A beautiful bride, a proud mother and three possible fathers. It's a trip down the aisle you'll remember forever, all with



The cast of *Mamma Mia*

the songs of ABBA.

www.mammamiathemusical.com.au

WIN WIN WIN

Get in quick to win a double pass to the 15 May show at playing at 7.30pm at Crown Theatre. This is a show not to miss and thanks to

the producers we have two double passes to giveaway to two lucky readers. To enter simply email win@haveagone.com.au with *Mamma Mia* in the subject line or call the office during business hours on 9227 8283. Closes 12/5/18.

wa youth jazz orchestra
wayje presents
KATE CEBERANO Sat 19 May, 7.30pm
Astor Theatre, Mt Lawley

(The first thing you notice about Ceberano is her energy, which actually sends the atoms crackling as she walks in the room." - Time Out Melbourne)

ticketek.com.au

English drama with stellar cast



including Nabokov's scandalising *Lolita* and Ray Bradbury's *Fahrenheit 451*, she opens their eyes, thereby causing a cultural awakening in a town which has not changed for centuries.

Her activities bring her a kindred spirit and ally in the figure of Mr. Brundish (Bill Nighy) who is himself sick of the town's stale atmosphere. But this mini social revolution soon brings her fierce enemies: she invites the hostility of the town's less prosperous shopkeepers and also crosses Mrs. Gamart (Patricia Clarkson), Hardborough's vengeful, embittered alpha female who is herself a wannabe doyenne of the local arts scene.

When Florence refuses to bend to Gamart's will, they begin a struggle not just for the bookshop but for the very heart and soul of the town.

In cinemas 24 May.

WIN WIN WIN

Thanks to Transmission Films we have 10 double passes to giveaway for our readers. To be in the draw simply send an email to win@haveagone.com.au with *The Bookshop* in the subject line or send an envelope to *The Bookshop* - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 21/05/18.

BASED on Penelope Fitzgerald's novel of the same name; *The Bookshop* is set in 1959, Florence Green (Emily Mortimer), a free-spirited widow, puts grief behind her and risks everything to open up a bookshop – the first such shop in the sleepy seaside town of Hardborough, England. Fighting damp, cold and considerable local apathy she struggles to establish herself, but soon her fortunes change for the better.

By exposing the narrow-minded local townsfolk to the best literature of the day

Difficult days in 1969



THE film *Chappaquiddick* is a piercing reexamination of the events surrounding the most difficult seven days of Senator Ted Kennedy's career.

During this period he drove off a bridge ending the life of his passenger Mary Jo Kopechne, a promising political strategist who had worked on his brother Bobby Kennedy's presidential campaign the year before.

It starts on the eve of the moon landing, 18 July, 1969, at a party in a rented house on Chappaquiddick Island,

celebrating a reunion of many of Bobby Kennedy campaign workers.

With his brother John's presidential legacy looming large as his promise to land a man on the moon is coming true, Kennedy leaves the party early giving Kopechne a fateful ride to the ferry.

He approaches a narrow bridge at an angle with the dirt road and in an instant the car flips over into the murky waters below. Kennedy escapes but the 28-year-old campaign worker remains trapped inside.

In the aftermath, Kennedy fails to report the accident for nine hours.

The Senator struggles to follow his own moral compass and simultaneously protect his family's legacy, all the while simply trying to keep his own political ambitions alive.

Directed by John Curran (*Tracks*, *The Painted Veil*) from a screenplay by Taylor Allen and Andrew Logan, *Chappaquiddick* features a strong ensemble cast, including Jason Clarke (Ted Kennedy), Kate Mara (Mary Jo Kopechne), Ed Helms, Jim Gaffigan, Clancy Brown, and Taylor Nichols with Olivia Thirlby and Bruce Dern.

In cinemas 10 May.

WIN WIN WIN

Thanks to Transmission Films we have ten double passes to *Chappaquiddick* for our readers. To be in the draw to win simply send an email to win@haveagone.com.au with *Chappaquiddick* in the subject line or call the Have a Go News office during business hours on 9227 8283. Competition closes 14/05/18.

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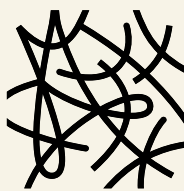
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Bunbury Regional Entertainment Centre - Fri 29 June 2018 at 8pm - Bunburyentertainment.com - 1300 661 272
Regal Theatre Subiaco - Sat 30 June 2018 at 8pm - Ticketek.com.au or 132 849



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Once upon a Time

...there lived a mortal farmer named James, who eagerly awaited his bride Effie on their wedding eve, when a beautiful winged Sylph appeared declaring her long-held love for him. Despite their desire they could never touch or the Sylph would die.

Enraptured by her beauty, James abandons his wedding in search of the Sylph, leaving Effie distraught.

Finding his Sylph deep in the woods, the forest sprites and her Sylphide sisters welcome James with open hearts however this leaves James longing more than ever to hold her close in his arms.

Meanwhile, James' friend Gurn, who yearns for Effie's heart himself, helps her search the woods for the runaway groom. When all seems lost, Gurn proposes to Effie who regretfully accepts.

Wanting to punish James for his wickedness, a spiteful witch lurks in the woods and when she notices his desperation to hold his mistress Sylph, she gifts him with a bewitched scarf telling him he can now touch her and keep her from flying away.

Rushing to the Sylph's side, he lovingly wraps her in the scarf and finally holds her close. But alas! The scarf is but a nasty trick and James watches in anguish as his love dies in his arms.



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- ☐ Seeking a partner

- Abbreviations used in *Friend to Friend*
- ALA: All letters answered

GSOH: Good sense of humour

SD: Social drinker

NS: Non smoker

SOR: South of River

WLTM: Would like to meet
- DTE: Down to earth

ND: Non drinker

NG: Non gambler

NOR: North of River

TLC: Tender loving care

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..... Postcode

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Each person may submit
one entry every month.

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Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

AN easygoing, slim, mature lady, GSOH, fin/sec, enjoy music, dance, travel, cooking, life in general. WLTM compatible gent, 75+ for good company, quality life, metro area.
Reply Box 7875

ANYONE, male or female, in their 60s, interested in an afternoon movie and meal, south east area, monthly on a Sunday? Please contact me for further details.
Reply Box 7877

AUSSIE gent, 60, well groomed, fit and active, young at heart, NS, SD, GSOH, easy going, mature, enjoys dining, movies, quiet times together. WLTM lady, age open, looking forward to meeting you.
Reply Box 7872

AUSSIE gent, retired, NS, SD, GSOH, TLC, own home, fin sec. WLTM lady from Philippines or Indonesia. Living in Perth or who has contacts with lady overseas. Friendship relationship. Age open. SOR. ALA.
Reply Box 7885

COUNTRY lady 66 NS SD likes outdoors, travel, gardening, Dockers, home, most things in life. WLTM gent similar age and outlook on life. Living, east of Perth.
Reply Box 7879

EUROPEAN gent late 70s, NS, honest, genuine, various interests. WLTM friendly Asian lady for companionship, possible relationship. ALA.
Reply Box 7878

GENT 80, widower, postcode 6210 preferred, healthy and reasonably fit, 5'8" tall, fin sec, own home, NS, SD, NG seeks lady friend/companion to inspire with new interests.
Reply Box 7870

NEWS UPDATED DAILY
www.haveagonews.com.au

GENTLEMAN 60 years young, WLTM a happy natured lady. I am presentable, intelligent and financially comfortable. Look forward to your reply.
Reply Box 7862

GENUINE lady, 77, 5'10", med build, WLTM genuine gent with GSOH, NS, SD, TLC, SOR, Rockingham to Mandurah, surrounding areas, fin sec, expect some movies, drives in country, walks along beach. Let's meet.
Reply Box 7884

GENT 60, 6'1", GSOH, medium build, SD, NS, likes dancing, movies, dining out, AFL, cricket, travel, socialising, bush-walking, bike riding, fin sec, music. WLTM genuine lady, 55-65, view friendship/relationship. ALA.
Reply Box 7867

LADY late 70s WLTM gent same age for friendship and companionship to enjoy life together, outings, lunches, movies, coffee and just a good friend, NS, SD, must live NOR, 6018 or near. Let's meet for a coffee.
Reply Box 7882

MATURE couple late 60s, postcode 6023, DTE, well presented, caring, GSOH, WLTM similar lonely couples for outings, dances, movies and fun times NOR and can travel. Meet for coffee. ALA.
Reply Box 7865

GENUINE lady NOR looking for male dance partner not too tall, young at heart with GSOH.
Reply Box 7864

WELL presented gent, medium build, Asian born, semi retired professional, fin sec, likes travel, sports, classical music, gardening, cooking, fine dining. Seeking senior lady 70-85 for no strings attached friendship. Let's meet for coffee. ALA.
Reply Box 7868

WLTM gent early 80s smart coffee, eating out/in, cinema, watch tv, own home, travel, NG, SD, NS, NOR, good company. Photo if possible.
Reply Box 7876

YOUNG 68, lady, well travelled, enjoys travel, garden, simple things. WLTM man with GSOH, honest, fin sec for outings, NS, SD. I live in Swan Valley, have lived in Cyprus and Scottish Highlands for two years.
Reply Box 7871

Seeking a Partner

ATTRACTIVE lady 70, SOR, WLTM sincere, unattached, educated, fin sec, gentleman 65-72 for permanent long term relationship. Myself; UK born, educated, medium build, feminine, fin sec, enjoys reading, walking, gardening, music, country drives, good conversation, genuine replies only.
Reply Box 7863

AUSTRALIAN lady 71, slim, DTE, ND, NS, active, enjoys weekends away, walking, carpet bowls, friends. WLTM honest, active, tall, slim, medium build gent, 69-74 with similar interests. SOR, Rockingham Mandurah and surrounding areas. Well groomed.
Reply Box 7881

GENT 75, fit, happy, active, NS, likes; walking, movies, life in general. Seeking a NS, lady for friendship, relationship, share good times together. Let's meet for coffee and chat. SOR.
Reply Box 7880

LADY retired, tall, slim, fin sec, WLTM active, 65-70, guy interested in travel, open to explore future possibilities with lady who enjoys quiet times reading, usual social activities etc. Missing that special friend partner is it you?
Reply Box 7861

LADY widow, 69, educated, medium build, well groomed, NS, NG, ND, honest, sincere, caring, fin sec, own home, loves travel, cruising, country drives, cooking, quiet nights. WLTM kind, caring gentleman, 68-85 with similar interests to share life time together.
Reply Box 7873

SKINNY lady is sought by slim male. I am 60, active, healthy, well off and well mannered. Looking for a long term companion.
Reply Box 7866

WLTM easygoing, DTE, south west lady who appreciates someone thoughtful and considerate, sincere guy, late 60s, medium build, NS, GSOH, varied interests, home and outdoors activities, boating, travels north west, etc. No baggage. TLC. Viewing long term happiness.
Reply Box 7883

Seeking a Travel Companion

LADY 70s, NS, GSOH, active, looking for caravanning companion, going north for the winter. If this sounds like you drop me a line. NOR ALA.
Reply Box 7874

SINGLE lady keen to travel during next six months, hoping to find travel companion to avoid single supplement! WLTM active, healthy, sincere, NS with whom to share adventures within or outside of Australia. ALA.
Reply Box 7869

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West Leederville, WA 6901.
(example only)

Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.



Friendships flourishing in Vincent



CITY of Vincent, in a new initiative, has partnered with local community organisation Befriend to support more friendships to flourish for local residents.

The 'Befriendly Vincent' initiative will provide support to any local residents interested in starting up and running their own social or interest-based group, with the aim of forming a wider friendship network that connects local residents.

The initiative draws upon the experiences of Befriend, a local non-profit organisation aimed at preventing social isolation through fun and inclusive friendship networks.

Befriend founder, Nick Maisey acknowledged with enthusiasm the council's support of the initiative.

"There's mounting evidence that our friendships and relationships are essential for living long, happy, healthy lives. It's great to see the City of Vincent proactively supporting healthy, connected communities at a grass-roots level," he said.

The Befriend Vincent initiative has a primary focus on fostering new connections for over 55s, although it welcomes people from all ages and backgrounds.

A couple of events are going to be held including Journaling for Fun which is held every second Friday at the Academy Café in the Mezz Shopping Centre from 10am to 11.30am.

Drop-in yoga classes are also being held each Saturday from 10.30am to 12.30pm at the Kindle Room, Foyer Oxford, 196 Oxford Street, Leederville.

Social groups are fun, informal and shaped by the local host, such as café meet-ups, drinks at the local, journaling for fun, beginners yoga or simply walking the dogs together. Free training and support is available to all local residents interested in becoming a host, making it easy for any resident to enrich their own social life, and the lives of others.

Mount Hawthorn resident Carolyn Groves is heading up the initiative as the key community builder.

"I'm very happy to be a part of the Befriend initiative after moving into Vincent less than two years ago and finding a welcoming new group of friends in this area. It's not easy making new connections and I'll be looking forward to welcoming others into Befriend."

Any Vincent residents interested in hosting small social gatherings to connect others are encouraged to contact Carolyn on 0402 036 010 or email carolyn@befriend.org.au

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NOLLAMARA LADY 67

gorgeous grn eyed brunette, slim, attr, kind, generous, romantic w/ very young o/look, sk loving, caring man w/ self pride 65-75.

WEMBLEY LADY 64

no ties, indep, professional, quirky, happy-go-lucky, GSOH, loves the country & outback. Sk intell man who enjoys laughter 60-72.

TUART HILL LADY 67

semi-retired professional, refined, elegant, blue eyed brunette, warm, open & honest, sk smart, dependable, grounded man w/ sense of humour 65-73.

COTTESLOE GENT 70

educated, professional, widower, 180cm, trim, well grmd, well travelled, kind, loving, non-judgemental, sk intell, refined lady w/ honest values, any nat 55-70.

MANDURAH GENT 75

semi-retired businessman, friendly, young, fit, active, intell, likes o/doors, bowls, fishing, travel & just enjoying a happy life. Sk modern, d.t.earth lady.

WATERFORD GENT 75

ret. businessman, 175cm, fit, well grmd, friendly, personable, outgoing, dependable, enj keep fit, golf, dining out, music, some sport. Sk lady 68-75.

SWAN VALLEY GENT 80

friendly, funloving, well travelled, Brit, educated, well grmd/spoken. Enj the arts, reading, the garden, cooking & more travel (local & o/seas). Sk lady 75-80.

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SCENE SOCIALLY



SCENE (1): THE WA Seniors Card celebrated its 30th anniversary in April at a special event held at AQWA. Special guest at the event was Duncraig resident Nan Milton who celebrated her 100th birthday receiving a special presentation. The WA Seniors Card was an Australian first and was the brain child of Fred Carden, former Minister Kay Hallahan and Premier Peter Dowding supported establishing the program in 1988. Other states went on to emulate the program, though the WA card remains the most generous of its kind. The card recognises older Australians for the contribution they have made to the state and offers support for outings, bills and cost of living.

SCENE (1): Top row, from left to right; Former Minister Kay Hallahan and current Seniors Minister Mick Murray cut the cake to celebrate 30 years of the WA Seniors Card - Mick Murray presents centenarian Nan Milton with her 100 birthday certificate and special pin - Spritely Nan Milton cuts her 100th birthday - Palliative Care WA CEO Lana Glogowski and Dr Desmond Williams - Pauline Phillips and Trevor Lee - Lez and Pauline Young - Lyne Stowe and Carol Paterson - Have a Go News founder Quentin Smythe with former minister Bob Kucera. Second row, from left to right; Dawn and Martin Yates - Gunilla Nygren, Margaret Levinge and Margaret Erneste. Third row, from left to right; Michele Decelis, Wayne and Irene Brown - John and Janice Morrison. Below; Department of Communities staff Barbara, Ashby, Helen Scanlon and Sarah Laughton-Smith.



SCENE (2): LIVING Longer Living Stronger launched its specially designed exercise program for the Over 50s at Warwick and Bicton Life Ready Physios last month. The program provides over 50s with the opportunity to join a fully supervised exercise program to build strength and mobility. *Have a Go News* attended the Warwick launch of the program. For more information about Living Longer Living Stronger call COTA on 9472 0104.

SCENE (2): Clockwise from top left; Dot Bynder and Joan Dean - Brielle Jarrett and COTA's Jane Newsome - Clarisse Jennings and Teresa Kelly - Judy Wallace and Rita Dickson - Phyllis and Victor Bolt - Agnelo D'Souza and Dr Bob Ziegler.

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SCENE (3): ON Saturday 7 April, Soroptimist International Joondalup celebrated their 40th Birthday with a function held at the Karrakatta Club with 85 attendees. The Soroptimist organisation was founded in 1921 in California and the first WA club was chartered in 1932. It is the world's largest classified service organisation for women with more than 80,000 members in 120 countries working through service projects to advance human rights and the status of women. Member for Cowan, Dr Anne Aly was the guest speaker and she acknowledged the work the club has done with women both here and overseas, especially in the field of education. Born in Egypt, a second daughter, she was discounted as of no value. Education saved her from a life of worthlessness. Dinner/business meetings are held at Hillarys Yacht Club on the fourth Monday of each month at 6pm, the club welcomes new members, Wendy Wheildon can be contacted on 0419 963 838.

SCENE (3): Dr Anne Aly with SI Joondalup president Gwen Browning



SCENE (4): EDITOR Jen Merigan is a regular guest on Chris Ilsley's Perth Tonight program which airs on Radio 6PR Monday to Friday from 8pm to 12am. Every Thursday night Chris runs a panel show discussing current affairs topics from 8.30pm. Pictured Chris Ilsley, Jen Merigan and WA Today journalist David Allan-Patale.

SCENE (6): LOVEfest is a collection of photographs taken by The Social Photographer Lisa White featuring families with a member who has dementia. The display is showing at Garden City Shopping Centre until 16 May and is located in a shop in the west wing near the Shaver Shop. Curated by Dr Catherine Barrett from the Museum of Love which develops, collects and displays items documenting the importance of love in the lives of people with dementia.



SCENE (5): BOORA-GOON (Perth) resident, the remarkable Les Skelton, has been honoured with life membership of the Probuss Club of Attadale. Les committed himself to a life of service to others after surviving a tour of duty flying heavy bombers with the Royal Australian Air Force over Europe in World War II. He became a founding member of the Probuss Club of Attadale as well as being elected the first president of the Cockburn Rotary Club. It was with Rotary that he took on the task of Probuss club formation and was successful in establishing more than 100 clubs in Western Australia. Despite his heavy Rotary commitments, Les rarely missed an Attadale meeting in 35 years. And then there were his stamps. For decades he has collected tens of thousands of used stamps from donors, which are sold to benefit deserving charities. He never fails to bring his stamp collection tin to Probuss meetings and is constantly exhorting members to support the cause. Well done Les!



SCENE (6): Top row, left to right; Juniper's Sheridan Read and Genevieve Major - Lisa O'Malley MLA, exhibition curator Dr Catherine Barrett, Mayor of Melville Russell Aubrey and GRAI's June Lowe - Arlene and Greg Russell. Second row, left to right; President of Primetimers WA Chris Hart and Gemma Blagrove - Kevin and Veronica Clarke - Lisa White The Social Photographer with some of her collection.

Participate in our READER SURVEY...
 All participants will be eligible
 for **BIG PRIZES!**
SEE PAGE 22 for further details

Labor's attack on your savings

I have been receiving a large number of emails and phone calls from constituents concerned about the Labor Party's plan to abolish tax refunds for share dividends and what this will mean for them.

Retirees and low-income earners will be worse off under Labor's latest tax grab.

Recently, Mr Shorten announced Labor would abolish tax refunds for share dividends.

This would mean if you are on a low-income or have a small self-managed super fund, **you will no longer get a refund for tax already paid** on your shares.

Labor's attack on savings means that 875,000 individuals and self-managed super funds will be forced to pay tax twice on what they earn from their hard earned savings.

This would hurt more than half a million Australians on taxable incomes less than \$18,200, including many self-funded retirees and future pensioners. That's not fair!

Tax refunds from share dividends are relied on by many retirees in Western Australia to help pay the bills. Many thousands of people in our community would be **worse off** under Labor's proposed changes.

That is why the Turnbull Government will keep tax refunds for franking credits. By carefully managing the economy, we can guarantee essential services and keep taxes low.

Labor can't be trusted to manage Australia's economy.

When Labor runs out of money, they end up coming for yours.

I oppose Labor's policy that will make retirees and low-income earners worse off.

Best wishes



JulieBishopMP



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