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VOLUME 27 NO. 11 ISSUE NO. 315 JUNE 2018

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- Winter in the West



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- READER SURVEYWhere opinions matter
- Retire in Style feature
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 reviews, recipes and more

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Shine a light and help the RSPCA



Legs enjoys cuddles from his new owners on his adoption day

A CAT shot through the neck with an arrow. A dog bashed in the head with an axe. A dog's body found on the train tracks, riddled with arrow wounds. A miniature horse shot in the head in its paddock.

It reads like a horror story, but all of these real cruelty incidents have happened in Western Australia in the last month. Receiving 40-50 calls daily, animal cruel-

ty reports are on the rise and RSPCA WA is appealing for help.

With only 12 inspectors to cover the entire state, it's a mighty challenge for RSPCA Inspectors to reach every animal who needs their help. With only one Inspector covering the top half of the state in Broome, – what happens to animals who are bashed, abused and neglected and can't be reached?

And it's not just a regional issue. These cases happened in WA's cities and towns – neighbourhoods just like yours. These places, and many more, have a dark underbelly of animal cruelty that seems to be out of control.

RSPCA Inspectors are called upon daily to rescue the worst of the broken and abused animals from those who would do them harm.

And it's not just a regional issue. These cases happened in WA's cities and towns

And that's just the start of each animal's journey back to health and happiness.

In April, the RSPCA responded to a call from a local vet in Perth's sprawling eastern suburbs. Legs, a small Jack Russell Chihuahua cross dog, had been brought to them with a deep gash wound to his head. RSPCA is still investigating the case, they don't know exactly what hap-

pened to him, or who did

Amanda Swift, RSP-CA WA's chief inspector, is not surprised by much, but this recent spate of violent attacks on animals has left her shaking her head.

"Our pets rely on us absolutely for everything and they're a much loved part of the family. These recent attacks are sickening – to think that people can go out and do these awful things to vulnerable and defenceless animals just beggars belief."

Upon arrival at the RSPCA Animal Care Centre in Malaga, RSP-CA vets discovered that Legs had been hit in the head so hard that his skull was fractured. While the vets had treated the nasty injury that Legs had sustained, there was no telling what long term psychological damage might have been done.

During his recovery, Legs demonstrated signs of aggression towards anyone who came near him. At one stage, he had to be sedated just so he could be removed from his kennel for a medical check-up. And who can blame him after what he'd been through?

Medically, the injury to his head was healing well, but his behaviour needed attention. The RSPCA's specialist animal behaviourist assessed *Legs*. His prognosis was not good, however they worked up a detailed behaviour plan that would help him to learn to trust people again.

It wasn't easy, and it didn't happen overnight, but with intense care and therapy from the RSPCA's animal care staff working with Legs daily, he gradually began to trust people again. And his behaviour improved. Legs had turned a corner and was doing his best to become a happy, loving dog.

continued on page 50



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From the editor's desk



RESEARCHERS from Queensland's Cancer and Ageing Research Program believe they have developed a drug which could reverse the ageing process and will reduce the incidences of cancer and Alzheimer's disease.

It's certainly an exciting breakthrough which may mean that we could all live much longer and healthier lives. This made me think about three high profile people who at 92-years-old are all still working including Queen Elizabeth II, newly elected Malaysian Prime Minister Mahathir Bin Mohamad and much loved conservationist Sir David Attenborough.

I think we should be celebrating the fact that people are living longer, stronger and more fulfilling lives into their 90s and beyond.

Last month I visited the Stay Sharp program which is run from the Tattersalls Bowling Club in Perth. We presented our talk about Living Histories and also some history about this paper.

The Stay Sharp program is designed to improve the ageing process with a combination of physical exercise and brain training. While there I was chatting to 93-year-old Pat Keillor who seemed 20 years younger than her chronological age. She said her overall wellbeing had improved greatly since commencing the program.

You can find out more about the program from their advertisement on page 6.

*** We've had lots of enquiries from people asking when this year's Seniors Week will be held. It's a little later than last year and will be held during the week of 11 – 18 November. Mark your diary for Have a Go Day which is on Wednesday 14 November at Burswood Park.

Thanks to the many people who have completed our Reader Survey, we have included it again in this edition and would love it if you can take a few minutes of your time to share your feedback with us. To entice you to complete the survey we are offering a prize draw which includes 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 Railway as consolation prizes. See page 20.

Join us online: www.haveagonews.com.au

UPDATED DAILY

This month Legacy WA celebrates its 90th anniversary of service and we have featured them in our charity begins at home series on page 8.

We enjoy getting out and about presenting our Living Histories program to clubs and groups throughout the month. The project which has seen hundreds of people share their stories of what life was like for them in WA during the 1950s and 60s. In the interactive talk we 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@ haveagonews.com.au

*** Don't forget to check out our digital offerings through our Facebook page and at our website at www.haveagonews.com. au. We offer things of interest in between editions of the paper including reviews and competitions. You can also subscribe to the paper and receive it into your inbox each month just email reader@ haveagonews.com.au to be on the list.

I hope you enjoy this month's issue of the pa-

Stay well and happy.

Jennifer Merigan, **Editor**

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Heart

Talking about needs at first WA LGBTI Health Strategy

LGBTI people will have a chance to inform and participate in the development of the first ever WA LGBTI Health Strategy in June. GRAI (GLBTI Rights in Aging Inc) are proud to be hosting one of the community consultations for people aged 60 and over which will be held on Saturday 23 June in Wembley.

The consultation will be an opportunity to talk about the needs LGBTI Western Australians have for their health and mental health. They will help determine what a health strategy should include to help meet those needs.

GRAI chairperson, June Lowe said, "GRAI is pleased that funding has been provided to have these crucial conversations with the community, and that they will inform the development of the strategy. "It is so vital that the voices of LGBTI

elders be heard to develop a strategy that will effectively promote our health and wellbeing," she said.

Registration and details for this consultation can be found www.lgbtielders-healthfu ture.eventbrite.com

For more information about other community consultations being held as part of this process, visit www.WALGBTI health.com

Quote of the month

"One of the many troubles of growing older is that it gets progressively harder to find a famous historical figure who hadn't yet amounted to anything by the time he was your age."

Sebastian Horsley

Great West Aussies

others in a worldwide competition for the design. And 124 of her wildflower paintings went on display at WA's Art Gallery where they are still kept.

- Did you know?

WA's, Annie Dorrington designed Australia's national flag. In 1901, Dorrington came first with four

Have a Go News Quick Quiz

- 1. Where is surfing's Margaret River Pro held?
- 2. Which John Farnham album sold 1.7 million?
- 3. Name WA's premium orchestra.
- 4. Which Perth district hosts Bentley Polo?
- 5. Which new Qantas service began in 2018?
- 6. Toodyay was formerly called?
- 7. Who is the new co-host of Seven's weekend
- 8. Name a racehorse with 25 straight wins.
- 9. How many islands in (Esperance's) Recherche Archipelago (75, 100, 240?).
- 10. Albany harbour has what regal name? See page 14 for answers.

Ageing research snippet

Strength training is critical for over 50s

HARVARD Medical School says that strengthbuilding exercises are often overlooked in exercise routines. Once you reach your 50s and beyond, strength (or resistance) training is critical to preserving the ability to perform the most ordinary activities of daily living - and to maintaining an active and independent lifestyle.

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Funny historical fact

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

Word of the month

Doryphore

Noun rare word

A pedantic and annoyingly persistent critic. 1950s (introduced by Sir Harold Nicolson): from French, literally 'Colorado beetle', from Greek doruphoros 'spear carrier'.

Urban slang

Mansplaining

Mansplaining (a combination of the word man and the informal form splaining of the verb explaining) and means (of a man) to comment on or explain something to a woman in a condescending, overconfident, and often inaccurate or oversimplified manner.

It is now used more broadly and is often applied when a man takes a condescending tone in an explanation to anyone, regardless of age or gender of the intended recipients. A 'mansplaining' can be delivered to any audience and in 2010 the New York Times named it as one of their words of the

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. Kings Tours & Travel



- 5. WA Visitor Centre 6. Helloworld Travel
- 7. Dowerin Events 8. Juniper
- 9. Rossmoyne Waters 10. Fine Vision

11. Atwell Arts

Entrants can enter via win@haveagon ews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leed-erville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/06/18.

Congratulations Marion Girdlestone our March 2018 winner.

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CAVERSHAM WILDLIFE PARK

Meet the man who created a French revolution in fine dining in Western Australia



The French-born master chef Alain Fabreques

by Lee Tate

ALAIN Fabregues pours a glass of red wine to have with cheese and bread. It's his ritual. The French-born master chef has completed his day's work at his Subiaco restaurant, Bistro des Artistes, and will be heading to his Toodyay property where duty calls

It's a weekly routine areatly appreciated by Alain's two big dogs, Bella and Brutus, who get to romp in the open spaces and among the lines of trees that Alain has planted in a painstaking process to break new ground in agriculture.

Alain, 48 years in WA.

is proving that the region is truffle territory. And it's quite a story.

After several superhuman, costly, nail-biting, experimental years, Alain struck "black gold" with truffles dug from his property. But during this evolution, Alain, the chef who brought a French revolution in fine dining to Australia, has been manning the barricades.

Battles erupted after Alain chose a new course.

Having turned his Mundaring eatery, Loose Box, into Australia's best French restaurant and selling-out, Alain shifted shop to the swank streets of Subiaco, opening Bistro des Artistes. But when

gal bills, he pulled-off a victory and the rent came down. But in the washup, Alain was required to continue his lease past his retirement date.

"It means I have four vears hard labour in front of me," Alain says this week. But he took it on the chin, despite distractions like a hernia operation and a knee replacement, shed his "retirement weight" from 91 kilos to 75 kilos and focused on creating the finest French flavours for his life's final culinary chapter.

He will also continue to cook at home for his partner, Ros, and his daughter, Natalie, 25, ("when she's home. She has her own life").

"If I do the cooking at home, it's done in five minutes and there's not going to be a mess," smiles Alain.

Twice-knighted service to French culture through cuisine (from Presidents Mitterand and Chirac), Alain also carries the prestigious MOF (Un des Meilleurs de France) as an outstanding practitioner in his field.

With a great-great grandmother who cooked for Napoleon's army and a thoroughly-French foody family, Alain took on his chef's apprenticeship in Bordeaux.

Then, at age 20, he took a ship to Australia where his eyes opened to "happy people with big smiles, blonde girls with blue eyes, not dark like in my country." He had \$1.50 in his pocket.

budding chef The offshore sweated on northwest rigs and an oil rig in the Timor Sea, in a Darwin hotel and in Perth at the Parmelia Hotel and Mediterranean restau-

"It was easy to get a job here, there were beautiful girls and drive-ins which we didn't have at home,' he said.

Alain had no English but began with tutoring by his girlfriend, Beryl, relating words from children's books where he knew the stories from home in France.

Alain, a driving force behind WA's truffle festivals, met and married Lizzie and together in 1979 they took on the Loose Box. They have since divorced.

Despite being in Sawyer's Valley, well outside Perth's cultural areas, the French fine-dining eatery



hit its mark, attracting patrons from across Australia and twice-gonged for Best Restaurant in Australia.

Alain was 'Chef of the Year' four times until he was barred from further entry.

When Alain, an accomplished artist and sculptor, comes up with a recipe, he first draws it and then goes to work creating it. His work illustrates a number of cookbooks including his Degustation, judged Australia's best cooking book, 2010.

The glorious hardback of a whopping 384-pages, published by UWA Publishing, is an eye-appealing, mouth-watering delight to peruse. Alain's illustrations are professional, the photography and profiles magnificent.

There's a heading: Sorrel soup with egg wash, the way my father liked it. And recipes like: Salmon and red emperor with a warm salsa of mushroom, tomato, garlic and thyme served with saffron emulsion.

Now facing his own final culinary chapter, Alain says he'll be ready.

I will have cooked for nearly 60 years so I'll be ready to paint, do some charcoals and sculpt,' says the kitchen master.

And. undoubtedly. watch over the revolution of West Australian truffles where Alain has been the French connection.

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Women welcome at Probus

THE Applecross-Attadale Ladies Probus Club invites women to join them.

The club has guest speakers, outings and other interesting activities which are organised regularly for members.

Probus is a not-for-profit organisation for retired people who enjoy keeping their minds active, expanding their interests and making new friends.

The club meets at the South of Perth Yacht Club at 10am till noon on the second Tuesday of every month. Guests are welcome to bring along a friend or two if they wish and they will be assured of a warm welcome.

Just turn up or ring Cath 6250 0407 for further information.

Have a go at 10 pin bowls

NEW members are welcome to join the Cannington 10 pin bowlers every Tuesday from noon-2pm.

They meet for a fun game at the AMF Bowling lanes, Manning Road, Cannington. No experience necessary. For more information please ring Grace on 6293-1823.

Participate in our **READER SURVEY...** see page 20

suddenly lumbered with

soaring rents, the 69-year-

old clashed swords with

his landlord over the 66

The outraged master

chef vented his anger

across the front windows

of his Hay Street restau-

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per day! Subiaco is not

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per square metre." It was

a distraction the busy

chef, artist and truffle pio-

Alain appealed to the

dramatic

authorities and after a

struggle and sky-high le-

neer wouldn't swallow.

Napoleonic

"My landlord Lepley

per cent rent hike.

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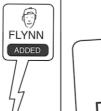
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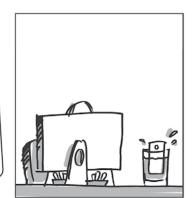
EMPLOYEES SPENDING TOO MUCH TIME ON SOCIAL MEDIA?











Letters to the editor

Submissions may be edited for clarity and space.

I AM 75 and do not feel devalued by the politicians or anybody else, I am very grateful for the regular pension deposited in my bank and when I applied for a carers payment (my 78 year old husband has dementia) I was given it without any problems and it was backdated to when he was diagnosed.

We also have received a Home Care package. Admittedly, it took some 12 months but it is generous and I receive good help via Silver Chain and have always been treated with dignity by the providers.

My husband has spent time in care and he was very well looked after, I do agree that there needs to be more staffing of trained staff in nursing homes and them all paid better. We live simply but are able to eat properly, run a car and maintain our home, we are always well treated in our local shopping centre and by any service providers, ie plumbers, gas or electricians etc.

It is sad that many older people feel hard done by and angry and unhappy and I am sure they have good reason, but I do not feel any of these things. We have good friends, family and church community and we are very fortunate and grateful.

Sincerely.

REGARDING the question of how the citizens of WA can conquer space.

Each household is provided with a yellow waste disposal bin. All too often we see them awaiting collection standing with lids agape trying to con-

There is a very simple solution – we can increase the holding capacity of bins by at least four to 500 per cent by the following steps:

Step One - remove all screw caps from all plastic or cardboard containers. Step Two - place the containers on the floor and stamp on them. All cereal boxes and the like to be treated in the same manner. Very large heavy cardboard cartons may be folded flat and place vertically down the sides

You will be amazed and very satisfied with the result.

> James Marsden Mundaring

Dear Editor.

I WAS fortunate to win a double pass to Mamma Mia at the Crown Theatre on Tuesday 15 May through your May edition.

My niece accompanied me, we had very good

seats and thoroughly enjoyed the show.

I would like to thank all who made this possible. Regards.

> **Marian Evans** Kewdale

Margaret Corlett

Dear Editor,

AFTER reading once again the Have a Go letters to the editor on the value of "us" seniors I wondered how many of us look at why there are so many of us finding it hard to make ends meet. Remember that compulsory super did not start until the 80s.

I think therefore there are many who do not have a huge super, pushing many into seeking a pen-

sion or part pension. Then again women did not have access to all the perks that mums have available to them today so in many families now the husband and wife both work while child care takes care of the children.

When you look at all the taxes it's no wonder we die worrying. Take into consideration airline taxes, fuel taxes, property tax, liquor tax, GST, the list goes on, on

and on.

They will soon be taxing us for the air we breathe. Many of these taxes didn't exist 100 years ago and we had a large middle class and mums stayed home to raise the kids. What the hell happened - it's called progress but at whose expense?

> Leslie Macri **Australind**

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Free community show



THE Holly Wood Tuesday Morning Show offers a free community service show at the Perth Town Hall every Tuesday morning. The

show starts at 11am but people are welcome to enjoy a cuppa before the show for a gold coin do-

nation. Coordinated by Bernard Carney and a group of volunteers the show presents a variety of Perth talent each week. After the show pop into Community Citiplace Centre on the concourse level of the Perth Railway Station for a delicious lunch or afternoon

For more information contact 9451 3145.

June/July calendar:

19 June - Justin and Katherine Freind presen a selection of beautiful songs from Broadway musicals.

26 June - swing along as Gary Lyn presents a musical treat of songs from Frank Sinatra, Dean Martin and Sammy Da-

3 July - Peter Williams offers some nifty guitar playing with a range of genres to singalong to.

10 July - Have a Go News editor Jen Merigan presents an overview of the July issue of the paper and John Foskett presents a tribute to some of the world's best entertainers.

17 July - Dazzlers enjoy these divas who present a variety of favourites in solo, duo, barbershop and a cappella format.



_

Local author on the cusp of worldwide success with historical fiction



Natasha Lester

by Jennifer Merigan

AUTHOR Natasha Lester rocketed up the national bestsellers list hitting the number four spot on the fiction list in April for her book *The Paris Seamstress*.

The Perth local whose warm and friendly disposition shines through her pages has published her third book in the historical fiction genre.

After reading her last two books, A Kiss from Mr Fitzgerald and Her Mother's Secret, I was chafing at the bit when The Paris Seamstress appeared on my kitchen bench as a gift from my daughter.

I churned through it in record time loving the dual time frames which weaved its story from WWII to the present. The well-researched and beautifully written novel was steeped in myster-

ies and secrets which kept me up way too late at night.

As with all the books which I enjoy, as I came to its end a sense of regret came over me as I had to give up sharing the lives of protagonist Estella and her troupe.

Estella's adventures covered the day to day realities of a fashion atelier in Paris, the onset of the war and the fall of Paris. Smattered with secrets, love, loss, and the establishment of a fashion label in New York all weaving connections back to the present.

I particularly loved that Estella in present day was 97 years old so I decided I needed to read it again to really pick up on some of the subplots and soak up some more of the well detailed history of fashion and WWII.

In the meantime, I headed to good ol' Face-

book and found the Natasha Lester – Author page and penned out a little note saying how much I enjoyed her new book

Within 20 minutes Natasha replied and I thought I really must share this wonderful talent we have in Perth with Have a Go News' read-

Lester loved writing from an early age, she completed a degree in Marketing and Public relations and went on to work for Harlequin UK then L'Oreal Australia as marketing manager for the Maybelline brand.

"I always wanted to be a writer since I was a child and when I left school they didn't offer creative writing degrees, so I did marketing and PR because I knew there was a writing component to it," she said.

The desire to become a published author was so strong that one day she decided to quit her job and return to university to do a creative writing course.

Her first book What is Left Over After was published by Fremantle Press in 2010 followed by If I Should Lose You in 2012. She then decided to switch genres to historical fiction and her third book A Kiss from Mr Fitzgerald was published in 2016 followed by Her Mother's Secret in 2017.

"The idea for Her Mother's Secret came out of my work with the Maybelline brand and the history behind it. "It's amazing the way that small things can influence you later down the track," she said.

Lester is now pumping out a book every year featuring strong female protagonists who face many life challenges which weave factual historic research into the story.

"I love the research for historical fiction, I love sitting down in an archive and finding out about things from a bygone era, I love travelling to the places which feature in my books because I find history endlessly fascinating."

Writing historical fiction also allows her to highlight how far we have come in respect to women's rights.

"I love seeing how far we have come as women and looking back on history also shows me how far we have yet to go. To plunge into a world 60, 70, 80 years ago with these characters is a privilege.

"I love writing historical fiction, I can't see my-

self moving into another genre although I worry that sometimes I will run out of ideas," she said.

Lester also likes to share her knowledge about writing running a variety of workshops and classes.

"I just really enjoy teaching people about writing and I hope that that they can keep going and get their book written.

"It's inspiring for me to sit in a room with people who want to write so I get quite a lot out of it as well. "The magic formula is sitting down and writing and being disciplined and having a routine, she says.

Her next book, *The French Photographer* scheduled for release in March 2019 follows a female journalist through Europe during WWII and highlights much of the

discrimination directed against women in those roles

Lester is definitely on the cusp of world-wide success; *The Paris Seamstress* is due for hard copy release in the US in September and the UK in October.

It's wonderful to see another Western Australian talent sharing her unique story telling abilities with the rest of the world.

"I get to write for my living and that really is quite an extraordinary dream," she said.

Natasha Lester books are available at all good bookstores and online.

People are welcome to join her Facebook page at Natasha Lester – Author or for more information about her writing courses visit her website at www.natashalester.com.au

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To book, just email info@perthconcerthall. com.au stating what day and time you would like to attend, groups are welcome by previous arrangement.

Participate in our READER SURVEY... see page 20



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Fighting for the right for senior doctors to work past retirement age



Perth doctor Dr Wan

by Lee Tate

SENIORS need to fight for their rights and make politicians realise that older people still have a voice at the ballot box, says Perth doctor K C Wan. Dr Wan has been championing the movement for fairness and justice for doctors who want to work past retirement age.

"But this is not just about doctors. Plenty of people like to keep working and should be encouraged. It's good for you," he said. At 74, Dr Wan has more than the average briefcase of credentials.

He is registered as a specialist in occupational and environmental medicine with Australian Health Practitioners Regulation Authority (AHPRA) Medical Board and is a fellow of the Australasian Faculty of Occupational and Environmental Medicine in the Royal Australian College of Physicians.

He was a physician in WA's Health Department in 1979-1983 and chief occupational health physician and

WorksafeWA inspector in 1983-2001 (while a medical member in the WA Workers Compensation Commission and medical adviser to the WA Mines Department).

Dr Wan held appointments as adjunct professor in occupational medicine in Curtin University and Edith Cowan University, is past-president of the Occupational Health Society and Australian and NZ Society of Occupational Medicine (WA chairman). He is chairman of the WorkcoverWA Industrial diseases medical panel for determination of pneumoconiosis compensation.

Dr Wan practices part-time as a private consultant occupational physician and supervises a trainee to become a specialist in occupational and environmental medicine. (He's also past vice-president and now honorary secretary of the Chung Wah Association WA).

He told Have a Go News: "Seniors should stand for their rights otherwise they will lose them. More seniors will have to go on Centrelink

pension when they lose the franking credits for self-funded retirees should Bill Shorten become prime

"Seniors should show their disapproval of such unfair policy at the ballot box in the federal elections. There are about 2000 senior doctors with valuable expertise and experience being forced out of part time practice by the unreasonable conditions for renewal of registration imposed by the bureaucrats of AH-PRA " he said

Dr Wan said the right to renew medical registration after retirement was terminated by the AHPRA. There was now no concession to assist senior doctors to continue restricted practice or work part-time.

AHPRA required an annually-rising registration fee (\$742), medical defence insurance (at least \$3,000 a year), 100 hours of medical education/professional development (CPD) every calendar year and proof of "recency of practice" of at least three hours a week.

"AHPRA is proposing recertification or revalidation of competency to practice that is not substantiated by evidence that it is necessary. Many senior doctors have given up as it is not worthwhile to continue because of the onerous requirements," he said. Senior doctors have formed the Association of Senior Active Doctors to highlight the issue.

Father-of-three Dr Wan (a daughter is a Perth GP) earned his medical degree in Singapore and worked as a medical officer in Malaysia in 1969-1979. After coming to Perth in 1979, he was employed by the Health Department as a specialist occupational health physician.

Reluctant to have his photo published, Dr Wan, after his lifetime's professional, educational and community contributions, clearly deserves to be heard.

"There's a lesson here for all seniors. You better do something for yourselves. If you accept things, they'll kick you around," he said.

Mandurah kayaking

WA Official of the Year takes out national award

by Nadine Georgiades project coordinator Masters Swimming

EARLIER this year Walter from Pamela Stadium Masters was awarded Masters Swimming WA 2017 Official of the Year qualifying her to be eligible to win the national award.

At our recent National Championships in Perth, Pamela successfully became the 2017 Masters Swimming Australian Official of the Year award, a fantastic achievement. Congratulations Pamela. Pamela has been a

member of Masters Swimming WA and Stadium Masters for 24 years. She qualified as a referee five years ago. In that short time she has become a well liked, respected and integral member of the technical officials fraternity.

She is always fair, when dealing with swimmers, fellow officials and trainees and promotes a positive image of officiating as she has excellent interpersonal skills.

Pamela is just one of the many officials that make Masters Swimming WA the success it is by continuously volunteering their time and energy for our members.

Swimming Masters Australia has also recognised how important coaches are to the swimming journey that we embark on. They lead us, drive, challenge, support and make us laugh.

To celebrate and procoaching they mote have decided to make the remainder of 2018 all about the coaches by announcing that 2018 is now known as the Year of the Coach.

A sporting organisation such as ours only survives with the dedication and support of the coaches, officials and other volunteers and we thank them all and acknowledge them especially during the recent National Volunteer Week in late Mav.

So why not take the step to find out how enjoyable swimming with a Masters Club can be.

If someone is a keen swimmer and would like some fitness, friendship and fun, then consider joining a Masters Swimming WA club. Check out our website www. mswa.asn.au for a local club, make contact with them to find out when and where, and have a guest swim, without obligation.

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

MANDURAH

GREY

DOLPHINS

by Greg Robertson President Mo55sKC

IN April, for the past two years, any Mandurah based kayaking 'wanna be' could have a free try. The renowned 'Mandurah over 55s Kayak Club' hosted people considering kayaking as a recreational pursuit; Mo55sKC members were available to talk and demonstrate all things 'paddling'.

Locals had a go to see if they could paddle a kayak, and to consider taking it up. They got advice on kayak safety, paddling skills, kayak types and equipment,

getting in/out of kayaks, Club activities, and oneon-one coaching on the

There were 15 - 20 different kayaks on display, so visitors could talk over the pros and cons of different craft, find out which suited them best and get ideas on costs involved. Supported by City of Mandurah Community Assistance Funding, Seniors Recreation Council of WA and Kayaks 4U, the demonstrations and discussions were followed by a social barbecue.

Based on the strong public interest Mo55sKC will continue to encourage the uptake of kayaking in a friendly, supportive group enjoying Mandurah's superb waterways. Interested people should email greydolphin55@gmail. com for future opportunities, with new member try outs held on the first Monday of each month.

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!

weeks

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They are keen to buy or borrow to add to their collection and ask any readers who may have any old gramophones, records, particularly special events and greeting card recordings that were on cardboard to contact them.

Please contact Richard Rennie at science@light andsound.net.au or John Boughton john.bough ton@bigpond.com for further information.

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Where opinions matter - why is Australian alcohol consumption so high?



by Lee Tate

ALCOHOL we know, is causing irreparable damage to people, societies and even nations. Yet booze issues, like smoking, can be tackled steadily over the years to leave societies healthier and happier.

Only a brave commentator would advocate a blanket booze ban, Many people enjoy a drink and drink responsibly. But for society to continue to tolerate the level of groginflicted damage is unacceptable in the modern

Too many women - and men - have been bashed, too many kids assaulted, too many relationships ruined, too many killed on the roads, too many jobs

lost, too many opportunities wasted and too many put in hospitals and graves. Sobering facts. And it's hardly news.

The average Aussie puts away the equivalent of five beers, a bottle of wine, three mixed drinks and half a cider every week. Some months back it was reported that alcohol consumption was up in Australia. The average person over 15 was knocking back 9.7 litres of pure alcohol a year.

About 1.7 billion litres of beer is swilled and swallowed in Australia a year, equal to 670 Olympic-sized swimming pools. If all Australia's alcohol consumption was translated into beer. Australians would be downing 680 bottles of beer per adult per year.

Aussies, in our outsun-blessed, health-promoted nation, drink 96 million litres of spirits a year. The equivalent of 3.2 billion 'shots' of spirits go into rum and cokes or gin and tonics. The analysis showed Australians consume 1,650 calories from alcoholic drinks a week, costing \$1300-\$4700 a year.

And West Australians were the biggest drinkers on average (Torrens University study) with 20.3 per cent, or one in five, drinking more than two standard drinks a day. Does anyone recall when a certain government was going to introduce only light beer to official and government department functions? Turned out a fizzer. Sank without

Also, why do we continue with the ridiculous practice and privilege for plane passengers to load-up with bottles of duty-free booze? Passengers over 18 can each bring up to 2.25 litres of cheap booze (liquor, wine and champagne) into Australia, duty-free, following an ancient practice that dates back to shipping.

Duty-free booze serves no purpose apart from generating grog profits and boosting alcohol consumption. Strong spirits are so mightily dis-

counted that people who don't usually have the spending power to buy them, jump at the chance to load up after flying. And often with commercial-size bottles of spirits.

If we are genuine about combatting boozed drivers on our roads (who die or kill in far greater numbers than in wars), we could simply station police regularly outside car parks at drinking holes, restaurants and venues. It won't happen, of course. Business comes first. Motorist breath detectors were invented to stop drivers with booze on their breaths from starting their engines but how many vehicles have been fitted? How many countries legislated to make them compulsory? How many offered incentives to buy, as with shark detectors?

Why are do conferences - business, political, social and even medical and health summits - continue to serve booze? Years ago, I helped arrange a series of national all-day conbecause we didn't think it appropriate when addressing the issue which was occupational health.

After lunch, no delegates fell asleep in their debates were audience-inclusive and there was no steady flow of delegates slipping out for a pee or early departure. There was no booze and no-one complained.

Delegates are paid to go to conferences to learn and to carry knowledge back to their organisations. Not wined and dined and poured out onto the streets, tipsy with booze.

This opinion is not some bleeding-heart plea to ban booze. But in many situations it doesn't make sense. Certainly not strong booze. How many schools, youth groups, government departments, councils and holiday camps have education programs or posters about reasonable alcohol consumption?

How many weddings and other celebratory events bravely booze supplies and provide and promote nonalcoholic drinks? How many office parties and celebrations are held minus the booze?

Can't have fun without grog? Perhaps it's a habit. Plenty of alcohol-free countries seem to make fun. For the diet-conscious, alcohol contains almost as much energy as fat (27 kjs per gram of alcohol to 37 kjs per gram of fat). One standard drink contains 10g alcohol, at least 270kJ.

Full-strength beer is about 4.8 per cent alcohol. Light beers about 2.7 per cent alcohol. Spirits contain, on average, 40 per cent alcohol. Wine contains twice the amount of alcohol as full-

strength beer. White wine contains about 11.5 per cent alcohol, red wine slightly higher, about 13 per cent.

Reduced-alcohol wines have eight to nine per cent alcohol, up to 25 per cent fewer kilojoules than full-strength wine.

When will we be brave enough to promote or even legislate lower alcohol levels? Our booze is at the strong end of the world scale so there's wriggle-room for change.

Give us your opinion. Email info@haveagone ws.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

Letters to the editor...healthy eating

IN the May issue's opinion piece Lee Tate explored healthy eating and people taking control of their dietary choices. There's been much debate on a sugar tax and currently Australia is listed as the fifth fattest nation in the world.

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

No, because sugar is not the culprit and demonising it serves to distract from the real issues: ** Serving sizes which are too large. ** Regularly eating food which is energy dense (usually through lack of knowledge of what normal, constitutes healthy eating). ** To a lesser extent, increasing activity levels. Has very little impact on fat levels, but is crucial for health. Children don't make themselves fat. Their parents do that by allowing them to over feed. We don't need a sugar tax. We do need to have better knowledge and better strategies to move toward better health. I'd like to

see more public advertisements consistently explaining how to calculate a healthy weight range, how many calories a day are required to maintain that weight range, and what kinds of meals can provide

Christine Sutherland It's just the Government trying to "look like they're doing something" and reaping more taxes. Ed Wyker

They tax alcohol and tobacco, way past time for a sugar tax.

Jenny Rich Just a way to get more taxes. The government thinks we are all really gullible.

Christine Bampton No more taxes.

Geraldine Brennan Yes, yes and a fat tax too.

Verena Homberger No to a sugar tax.

Kerrie Sheedy Yes to a sugar tax.

Tamara Scott If you would like to read this original ar-

ticle again please visit www.haveagonews. com.au/news/opinion/ where-opinions-matterits-time-to-get-serious-

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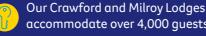
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BIKERS

by Lee Tate

FROM every war or conflict there is a confrontlegacy---disabled and disturbed servicemen and servicewomen and shattered widows, partners, children and relatives. For 90 years in Western Australia, unrelenting support has been provided by Legacy.

"If anything Legacy is stronger," says Renee Benson who has taken on Legacy WA's role of fund-raising directing and events. Shaking-thetin continues, especially during April and September "badge days", with community support remaining strong. About \$100,000-a-year is collected in WA. While

there has been fewer and smaller conflicts after the major wars, there are still many casualties. There is now a focus on dealing with mental disorders including Post Traumatic Stress Disorder among servicemen and women.

"In WA we support 6,200 widows, 22 disabled people and 65 juniors," says Renee, 30, a Curtin University graduate who previously worked for the National Broadband Network, RSPCA and Ability Centre. Nationally, there are 65,000 war widows and 1,800 children and disabled dependents who turn to Legacy.

Legacy, with services counselling including (outsourced), is notified of war casualties by the Department of Veteran Affairs. Legacy then allows widows adequate time for grieving before offering them a legatee - a volunteer who listens to their concerns and directs them to the services available.

Historically, legatees were returned servicemen but today: "Legacy welcomes membership enquiries from people from all walks of life. There are about 6,000 Legatees throughout Australia, some having served Legacy for more than 50 years.

Widows may need assistance to get the war widows pension or Gold Card. They may need financial aid or some other emergency support. Widows, without partners' incomes, may struggle with heating bills in winter and need help to pay.

Legacy also provides security screens and security doors, alarms and distress equipment if needed.

Renee says support for Legacy in WA comes in peaks and troughs and they would like to even the flow during the year and encourage major corporate sponsorship. Legacy is a charity "supported by men and women of all ages, from all walks of life and including veterans and current Australian Defence Force personnel."

Support and services extend to dependents of members of the Australian Defence Force who have lost their lives

or have become incapacitated as a result of military service. Legacy Australia, with 48 member clubs - and one club in London - reaches out from more than 300 loca-

There are Legacy offices in West Perth and Fremantle. Legacy ambassadors have included WA's VC hero Ben Roberts-Smith and Christine Simpson Stokes, wife of media mogul and philanthropist Kerry Stokes. WA's Governors have been Legacy's traditional

In 1923 in Hobart, General Sir John Gellibrand founded the Remembrance Club to encourage returned servicemen in business. Stanley Savige, a former 24 Battalion Officer who had served on Gellibrand's brigade staff, formed a club in Melbourne. The clubs evolved into Legacy.

Perth followed in 1928 under the direction of WWI veteran Charles Lamb. In 1925 it was suggested that Legacy "should look into caring for the children of deceased servicemen. This proposal was accepted

Legacy president Peter Heeney

and Legacy found its soul. The legacy of care continues.

"Legacy is dedicated to caring for the families of veterans who have died or become incapacitated either on service or subsequently. This extends to veterans who have served in war and on peacekeeping and humanitarian missions."

Legacy Week runs na-

tionally from 2 - 8 September "to raise awareness and funds for the families of our veterans who've given their life or their health."

Details: Legacy House, 1130 Hay Street, West Phone Perth. Fremantle: 17 4900. Parry Street. Phone 9335 2764. E: fremantlelega cy@bigpond.com. www. legacy.com.au/fremantle.

Seniors Information Activity Day in the Peel region

SENIORS Recreation Council of WA Inc. Peel branch invites local seniors from the Peel region to their Information Activity Day to be held at the Masonic Hall in Furnissdale

Road 21 June between 10am and 1.30pm. There will be plenty of activity for seniors to join in and participate, including exercise sessions. There will be displays of interest to local seniors and some light entertainment has also been organised. The SRC Information Activity Day is the ideal outing for groups or individuals wishing to take part in the day.

A light lunch will be supplied free of

charge to people attending who have confirmed their attendance and booked. Bookings are required for catering purposes.

For more information and/or to book lunch please telephone 9492 9773 or 9535 4749.

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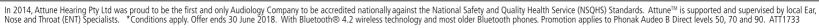
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Celebrating the miracle of birth today and in more harrowing times...





Above; Daughter Katy with granddaughter Iona, wife Liz and mother-in-law Efrosina Left; Rick Steele

by Rick Steele

TEACHER: "Today I want to talk about synonyms'. If I said the word, pregnant, could somebody give me a synonym?"

"Sir, Sir!" Johnny cried. "beau-

TEACHER: "Not quite correct, but I like your thinking! Could you explain further?"

"Sure," says Johnny; "Last Saturday, Uncle Jack and his daughter, Brenda, came over to talk to my Dad, the preacher. Brenda said; "preacher Steele, I'm pregnant.'

And Uncle Jack said; "well that's just bloody beautiful!"

I have just witnessed another pregnancy and been blessed with a beautiful granddaughter courtesy of my daughter Katy. Huge hugs and grateful thanks to the team of midwives, nurses,

doctors at the Osborne Park Hospital who starred in what became a tricky situation.

Katy was born there a few years ago, and I was reminded that I was picked up for speeding on the way to her birth, and she had a police escort to the

Last week, my mother- in-law, Efrosina Dombrowsky, now 95 years young, came to visit and admire her new great granddaughter. Born in Belarus and a refugee to Australia in the 50s, we have never talked much about the hardships of war and the miseries associated.

However, one Christmas, (incidentally her birthday is Christmas Day) she opened up to me about the loss of her first child. "We were running down the road, baby under one arm and a small suitcase under the other. Several

times the planes came at us trying to shoot us.

'Each time, we would dive off the road into the ditches to try and escape the gunfire. The ditches however were wet and damp and before long we were soaked.

My baby caught pneumonia and a hasty roadside grave became his final resting place," she

That is the kind of story you never forget, and it made me realise just how blessed we are to live in the lucky country in peace and freedom.

Last October, my mate, retired Major Peter Heeney, (Vietnam veteran) organised a luncheon to celebrate our local songstress Cath Bluck, and her octogenarian pals, relatives and daughter etc.

This time, in honour of my illus-

trious mother-in-law and indeed all women; we are pleased to announce a follow up luncheon is

planned for Wednesday 27 June. We were very kindly supported, and will be again, by Have a Go News and the Grosvenor

Some fine entertainment will be provided, but the male stripper has complained about someone breaking into his dressing room and has cancelled. Bookings will be essential call the Grosvenor Hotel on 9325 3799

Mothers, daughters, sisters, wives luncheon will run from 12noon to 4pm. Note: men may come but they must have a good excuse!

PS - The male is a domestic animal which, if treated with firmness and kindness, can be trained to do most things.

Cheers dears.

Learning new things daily is a good tip among other practical advice



by Jon Lewis **6PR Monday to Friday** overnight announcer

OF the many old sayings, I discovered one that makes a lot of sense. 'Every day I try to learn something new'. To test this, before you

go to sleep ask yourself what is the new thing have I learnt?

A colleague of mine hails from somewhere in China. I have known my friend now for many years. Can you imagine what I one day asked? 'How do you say, how are you in Mandarin?' The reply came cheerfully as ... 'Ni hao'

Now each time we meet I use these words and a few more I can remember... then I ask for a new word. It does mean I have to occasionally practice what I have discovered and I think that's a good thing. My aim is not to be as good as a previous twotime Australian Prime Minister, just enough to put a smile on a face.

Here's a few other things I have learned... Not all plastics are made of the same formula, which is why they can't all be melted down together to make a new plastic thing. It also explains why one glue will not stick to all plastics.

Liquid Nails is a strong glue and a wonderful way to attach skirting

board to a wall. It's also very good for replacing loose tiles and even a wobbly step. Grease is the worst thing you can put in the tracks of a garage rollup door and turpentine is a very good product to remove it. Leftover grease from a failed attempt on a roll up door is a good thing to use on a sticking door lock.

The plastic zip lock bag with a little silica parcel is an ideal container for a spare house key. Burying it in the garden is a good place to hide it.

Running your fingernails into a bar of soap before you dig a hole in the garden makes cleaning your hands so much easier.

While you're making a cup of coffee with an automated amazing coffee machine, you can wash up a few plates and the occasional cup. Even though you can glue a handle back on a cup. you never really trust it! Use handless cups to hold knickknacks.

My darling wife is always right.

Xie Xie is Mandarin for thank you.

WA Police Pipe Band releases new album

Hotel.



WITH a new album under their belts the WA Police Pipe Band continue to support the community performing at more than 240 engagements each year.

Always a popular addition to the entertainment at Have a Go Day Sergeant Ian Stewart

and his band provide a plethora of musical numbers for all tastes. By the Right is the band's 13th album and is a collection of well known traditional military tattoo style tracks which are often request-

The album can be purchased through the website at www.wapol.com.au and all proceeds go to funding travel and equipment costs. You can follow the band on Facebook under Facebook.com/ WesternAustraliaPolicePipeBand



The West

Anstralian

Quadrant

COMING SOON: WA LGBTI Health Strategy **WANTED:** YOUR INPUT

Conversation: The future of LGBTI health

3-6pm Sat 23 June 2018 **Bendat Community Centre** 36 Dodd Street, Wembley

You are invited to join us for a conversation about the future of LGBTI health, followed by time for socialising over a light meal.

A WA LGBTI Health Strategy is being developed to raise awareness of the specific health and mental health challenges of LGBTI people. This is our chance to have a say about the health and wellbeing priorities of LGBTI Western Australians.

We know the voices of LGBTI elders (60+) must be heard to develop a strategy that will effectively promote our health and wellbeing.

RSVP:

https://www.labtielders-healthfuture.eventbrite.com Bookings are essential for catering purposes

Need free transport? Call Misty on 0411 448 880











Brought to you by



Government of Western Australia



For more information about other community consultations being held as part of this process, visit www.WALGBTlhealth.com

Combined choirs say thank you for the music...

AFTER all the fun of last year's Anything Goes concert, two popular choirs are once again combining for the *Thank You* for The Music concert.

The Floreat based A Cappella Go Harmony Chorus and the Perth Male Voice Choir based in Inglewood will perform together in St John's Church Adelaide Street Fremantle at 2.30pm on Sunday 17 June.

Both choirs perform a range of contemporary and traditional music. The Perth Male Voice Choir recently accepted an invitation to sing at the London Welsh Festival of Male Choirs at the Royal Albert Hall in October.

Tickets adults and \$10 students with afternoon tea for a gold coin donation. Tickets are available at the door or through at www. trybooking.com/ vpug

Call Judy Kozak-0417 968 458 for further details.









ALL ABOARD THE CROWN BUS FOR JUST \$10

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

For full timetable, visit crownperth.com.au or call 9362 7926.

Conditions apply, see crownperth.com.au. Images for illustration purposes only. Fun Pack \$10 for Crown Rewards members and \$15 for non-members.

Must arrive on the Crown Rus and purchase a Fun Pack. Valid on day of purchase only.







TV Talk - the big bucks paid to television celebrities - are they worth it?



by Lee Tate

WE TV viewers have watched many reports of big-money earners in sport, business and politics but rarely is there mention of the megabucks paid to media people - themselves. TV celebrities aren't in the same loopy league as big-name sports stars, of course, but their pay packages are obviously generous.

The nearest we've got to exposure of expensive TV talent in Australia recently centred on Channel 9's ex-star Lisa Wilkinson when she spat the dummy over equal pay with on-air host Karl Stefanovic.

Unbelievably, Nine offered Wilkinson a package worth \$1.8 million to convince her to stay on Nine but Wilkinson reportedly wanted \$2.3 million, the same as Ste-

They're talking around \$2 million! For a TV presenter. In Australia.

Does anyone recall the pioneering days of current affairs television when Mike Willesee rightly ruled the roost? As good as he was, noone better, Mike took his program across channels after a failed pay claim.

Did all the faithful viewers follow Mike across channels? They did not. These days, the networks are in different hands. Channel 10 is owned by New Yorkbased CBS, so-called Big Boys in the media game. Yet they hop in with multi-million-dollar packages for presenters who certainly aren't guaranteed to substantially boost ratings.

"Having an incredible talent like Lisa Wilkinson coming over to join

Ten...was another indication of our investment in this market," said CBS executive Armando Nunez. Networks also want respected talent to give them credibility. But at what price?

The big hope for Wilkinson is The Sunday Project. But ratings have fallen since the show got rolling with Wilkinson.

"The Sunday Project is the weakest of its sixday-a-week line-up, ratings have halved since Wilkinson started and the TV star has given extra behind-the-scenes internet responsibilities,' reported the Financial Review."What looked like an early coup for CBS has turned into a non-event."

There's talk Wilkinson, peeved with Nine, actually accepted about \$400,000-a-year to take the plunge to Ten. ONLY \$400,000? To present TV shows? How much would our stars accept to do the iob? Let's say, executives from all networks said they were cutting stars' pay packages by half. The days of supersalaries would be over.

Some stars wouldn't cop it. How long before the networks found someone else? Willesee experience suggests programs and viewers' habits attract the bulk of viewers. Are our network stars so

good that no-one else could do their work? Out of all the people working in media in Australia? And are the networks grooming new talent, understudies for the times ahead? Are they using their stars as mentors for upcoming

talent? A word for the presenters. TV stars have formidable schedules on and off camera - charity work, network promotions and community appearances. They should be well compensated.

Also, new programs take time to settle and in Wilkinson's case, the ratings need more time and the show will need fine-tuning. Channel 10 won't panic. It would be too costly and face-

losing. Also. Wilkinson knows her stuff and could be used in other programs or formats. But is she, or any other TV face in Australia, so good that they are invaluable to the

networks fortunes? If presenters can get stratospheric salaries out of the networks, good luck to them. It's a business, after all. They aren't politicians, paid from the public purse.

But in these days of rationalism, pennypinching and tight accountancy control, our television stars should be blessing their own lucky stars.

Time to tackle diabetes – smart workshops to help manage the condition





Left to right: Shopsmart at the supermarket - Learn better skills to manage the condition

MANAGING diabetes to live a healthy life with loved ones is all about having the facts. Diabetes WA's full day DES-MOND workshop has been shown to help people manage their diabetes and reduce diabetes distress.

The Smart workshops are for people who have completed DESMOND or already have a good

working knowledge of diabetes and want to know more about particular aspects of diabetes management. They are shorter sessions, running for two or three hours.

ShopSmart

people what is really going into their trolley? This twohour supermarket tour will help make healthy choices while shopping. Learn how to decode food labels and spot the techniques used to trick people into buying unhealthy food.

Recent participant Mike said, "ShopSmart was fantastic practical and hands-on. I learned to look at fat content, not just sugar

participant. Another "Walking said around the shop beats being in the classroom because it's very hands-

CarbSmart

Confused about carbs? The CarbSmart session will make participants an expert on the myths and facts of carbohydrates. Learn about the different types of carbs and the amount that is best for

FootSmart

The feet are made for walking - so let's keep them healthy. This 90 minute session will teach people all they need to know about checking and caring for their feet.

participant Recent Faye said, "it reinforced my knowledge of things such as footwear and

daily care of my feet".

MedSmart

This workshop helps you understand what medications are. vour what they do and how to address any concerns you may have.

Recent participant Stephenie said, "I didn't know which of my drugs was working on which parts of my body, and why I had side effects. MedSmart really clarified it all for me".

MeterSmart

Do you find checking your blood glucose level painful? Or suspect you are not getting accurate results? This practical skills session will show you all the best techniques for using your meter to help manage your diabetes.

ShopSmart in a classroom

An alternative to Shop-Smart at the supermarket, suited for those people who would prefer to learn healthy shopping skills in a classroom set-

All of these workshops are free to people with diabetes who are registered under the National Diabetes Services Scheme (NDSS). They are run throughout the metro area. To find out when the next workshop is in vour area and book in, visit the "What's On" section of diabeteswa. com.au or call 1300 001



VOLUNTEERS NEEDED

CONSTABLE CARE SAFETY SCHOOL

Do you like helping children? Got a bit of spare time? The Constable Care Safety School needs you!

Volunteers become part of a fun team at an iconic WA charity based in Maylands. We offer flexible volunteer shifts during school hours, helping students learn life-saving bike and road safety skills.



S Call 9272 0000 or email volunteer@cccsf.org.au

Memoirs of a Perth female taxi driver

Taxi 528 A Memoir **Author Rowena Hopper Review by Pat Paleeya**

ROWENA Hopper worked for seven years as a female cabbie driving the night shift in Perth when she was in her 20s and 30s.

Her memoir recounts her experiences and dealings with Perth's

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'night people' during that time, portraying a vast assortment of fascinating fares. She discovers that there isn't any "normal"

in human nature. Crazy people, dodgy dudes, call girls and drunks are just a few of the colourful characters that pepper this memoir, not the least the very large hairy gentleman that favoured see-

through singlets and a pink tutu (eat your heart out Liberace!). Rowena's chatty style

of writing conjures a picture of a down to earth raconteur, she creates an almost personal tetea-tete with the reader, reeling off her stories as one would do so with a friend over a coffee or a ain or three.

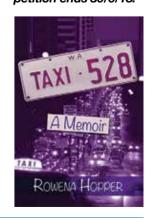
No doubt there are many of the juicy, nudgenudge, make your hair curl stories that couldn't be told. Never the less this is a light hearted, easy read, and what a tough cookie (on the outside) Rowena must have been to take on a job that was predominantly male at that time. Onya Rowena!

Taxi 528 - A Memoir can be purchased at Salon Express Subiaco, Pulp Fiction Book Exchange Floreat for \$20 or direct via Facebook search Taxi 528 - for \$20 plus \$5 postage in Australia. Visit http://www.

vividpublishing.com.au/ taxi528/ for more information.

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 Taxi 528. 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 30/6/18.





WANTED TO BUY Old valve radios (pre 1955), any condition, surplus valves and other parts. Also other valve era items. Private collector/hobbyist.

Call NEIL 0407 448 331

We're with you every step of the way

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



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

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

Come along to a free workshop

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



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

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



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



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



MeterSmart – master the art of blood glucose monitoring.



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



MedSmart - everything you need to know about your medications.



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

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

DESMOND V	Vorkshops
Joondalup	Tuesday, 12 June
Rivervale	Wednesday, 13 June
Rockingham	Saturday, 16 June
Melville	Monday, 18 June
Cockburn	Tuesday, 19 June
Belmont	Saturday, 23 June
Subiaco	Saturday, 30 June
Ellenbrook	Monday, 2 July
Joondalup	Wednesday, 11 July

Smart Workshops				
FootSmart				
Mirrabooka	Monday, 11 June			
Mirrabooka	Thursday, 12 July			
MedSmart				
Belmont	Friday, 22 June			
Classroom S	hopSmart			
Joondalup	Tuesday, 19 June			
ShopSmart				
Armadale	Thursday, 28 June			
CarbSmart				
Subiaco	Wednesday, 13 June			
Belmont	Wednesday, 20 June			
Mirrabooka	Monday, 25 June			
Mirrabooka	Tuesday, 10 July			
MeterSmart				
Belmont	Friday, 6 July			

Connect With Diabetes			
Cockburn	Tuesday, 12 June	2018-97	

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

- 1300 001 880
- bookings@diabeteswa.com.au
- 🖚 www.diabeteswa.com.au



#315 June edition PUZZLES Solutions

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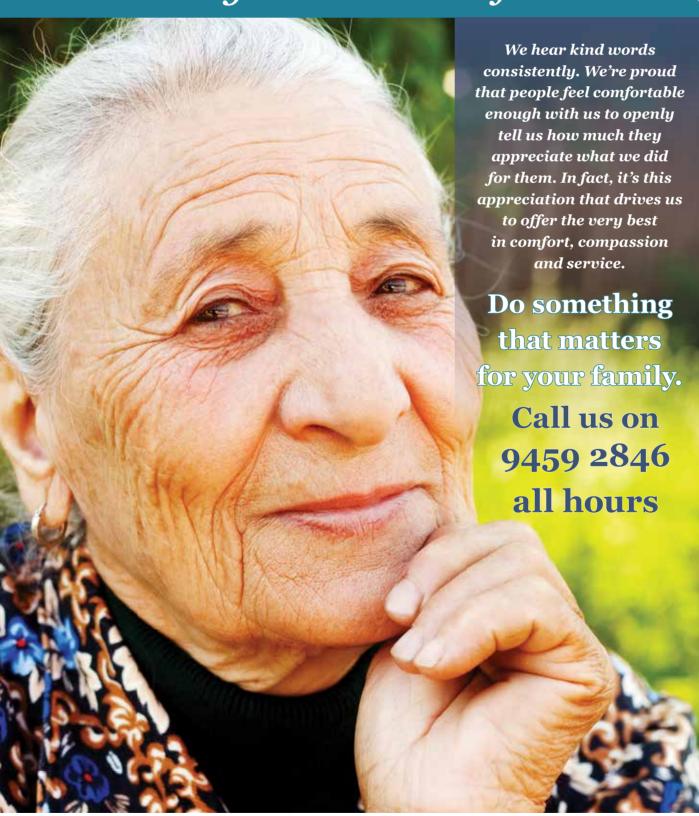
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Wheel Words: Ally, Easy, Lily, Limy, Lyse, Slay, Yell, Alley, Essay, Massy, Mealy, Messy, Missy, Sally, Seamy, Silly, Sliny, Slimy, Easily, Lamely, Measly, Mislay, Slimly, Smelly, Smiley, Messily. 9-letter word: AIMLESSLY

Transformers: Apex, bled, life, espy.

Have a Go News Quiz Page 2: 1. Prevelly. 2. Whispering Jack. 3. WA Symphony Orchestra. 4. Swan Valley. 5. Perth-London direct flights. 6. Newcastle. 7. Basil Zempilas. 8. Winx or Black Caviar. 9. 100. 10. Princess Royal Harbour.







Our family caring for your family

Community **NOTEBOOK**

ORTHOMOLECULAR SUPPORT WA (O.S.W.A.)

Meeting Saturday 7 July, 2pm Anglican Church Hall 257 Barker Rd Subiaco. Members \$5 Non members \$7 Speaker Mike Newcombe: BEES and the ENVIRONMENT

Includes afternoon tea. Enq. fmryan@bigpond.com

SRCWA- ROCKINGHAM BRANCH

Mid Year Melodies Wednesday 4 July, 1pm-3pm Featuring Eddie Storm and Kelly Green Rockingham Theatre Castle 8 Attwood Way. Rockingham. Tickets \$10 available Ph Carole 0412 715 173.

KALAMUNDA YOUTH SWING BAND

The 29th Annual Concert will be at 7.30pm on Wednesday 20 June Kalamunda Performing Arts Centre. Canning Rd. Kalamunda.

CARING HANDS

Would you like to make new friends whilst helping others?

We meet every alternate Friday from 10am-12.30pm. Social morning, craft, company and morning tea. Come along and see what we are doing Beldon / Iluka Uniting Church 9 Pacific Way, Beldon. Info Margaret 9402 7559.

JOONDALUP AND DISTRICTS COUNTRY **WOMEN'S ASSOCIATION**

Come and join them they meet every Tuesday morning from 9.30am

Emerald Park Clubroom 41 Emerald Way Edgewater. Craft mornings, fund raising activities, or just a coffee and a chat.

Info: President, Alison 0439 850 435.

Secretary, Margaret 0424 392 431.

LADIES TUESDAY CLUB

Meets at the Nollamara Bowling Club Tuesday 9am-11am Social get-together, morning tea and friendship. New members welcome. Ph 9349 0097.

CITY OF SWAN

Thinking Green-Weaving With Weeds Wednesday 27 June, 9.30am-12md. Learn about the impact weeds have on our environment and use them to create a unique basket. Free event. Suitable for adults and over 14s. Bookings are essential

Midland Public Library. Ph 9267 9020.

HILLTOP HARMONIES

Saturday 16 June. 7-9pm. \$25 Adult. \$20 Concession

A Kappella Munda, Voicemale, Black Chooks+ Special Guests

St. Barnabas Church Railway Rd. Kalamunda. Tickets from Haynes St. Newsagency, Nightingales Pharmacy or at the door. Enq. Jan 9293 4838 or Catherine 0401 390 126.

SOUTHS NETBALL CLUB 80th Celebration

(formally South Belmont Netball Club) Afternoon tea at Perth Netball Association Sunday 17 June from 3pm-5pm All current, former and retired club members welcome. Please bring any photos or memorabilia to share on the day.
Annise 0438 858 882 or annise_law@me.com

PERTH UNDERGRADUATE CHORAL SOCIETY

Will be hosting a quiz night 7 July Melville Bowling Club.

Doors open at 6.30pm for 7pm start. Great prizes up

For more details see the PUCS website www.pucs.

U3A UWA SW METRO REGION

Visitors are invited to join members and attend the June lecture by Gregory Rowbotham entitled astronomy". Friday 15 June at 2pm

Melville Recreation Centre (Apollo Room) Cnr Stock Rd & Canning Hwy, Melville. Cost \$4 includes afternoon tea. Eng. Janetcarr@iinet.net.au

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



Have a Go News is now available from Morris Place Shopping Centre, opposite Morris Meat Market 2/11 Morris Place, Innaloo (off Morris Road) Call 9244 7860 for all your quality meats.



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all of WA, we simply can't rescue

every animal who needs us.

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Explaining the monetary system in simple terms...



by Mickel Smits

IN April we pondered as to what is actually real money. I raised the question in light of the phenomenal rise and acceptance of Bitcoin and other cryptocurrencies as alternative forms of money. In summary, I concluded that it is simply our faith in government-backed money, as well as in the case of cryptocurrencies, the support of an independent, communal electronic funds exchange, that estab-lishes and asserts the belief in these money instruments.

Enquiring further, I have since learnt that 97 per cent of all so-called money in the world's monetary system has

been created out of thin air while the other three per cent was evolved through governments.

So who issued 97 per cent of the money? It was banks.

How did they create it? By developing and adopting an ingenious banking business model known as Fractionalreserve Banking.

According to Wikipedia, 'Fractional-reserve banking is the practice whereby a bank accepts deposits, makes loans or investments, and holds reserves that are a fraction of its deposit liabilities. Reserves are held at the bank as currency, or as deposits in the bank's accounts at the central bank.'

This is how it works using a very simple but real example: a pensioner receives an entitlement of \$100 which is deposited into their bank account. From the \$100, the bank deposits, let's say 10 per cent, into its reserve account. The bank then lends \$90 to a borrower

Federal Member for Hasluck

INVITATION TO 2018
HASLUCK AGED CARE FORUM

Come and learn about how the Turnbull Government is delivering

for Seniors in Hasluck.

Date: Monday, 9 July 2018

Time: 9:30am - 12:30pm

Where: Woodlupine Community Centre

88 Hale Road (off Woolworths Drive)

FORRESTFIELD

RSVP: ken.wyatt.mp@aph.gov.au

or call 9359-0322

RSVP is essential for catering purposes,

light refreshments will be available.

who then spends that money which goes into another person's bank account. That person's bank then reserves \$9 of that money and lends \$81 to another borrower. The \$81 ends up in another account, \$8.10 is reserved, another loan for \$72.90 is given and so it goes on until about \$900 'worth of money' has eventually been created from the original \$100 deposit.

This practice is completely legal.

Looking into this further, I came across this compelling discourse between the Chairman (Governor) of the US Federal Reserve Bank, Marriner Eccles, and Congressmen Patman and Fletcher, during hearings of the House Committee on Banking and Currency held on 30 September, 1941: Congressman Patman: "How did you get the money to buy those two billion dollars worth of Government securities in 1931?"

Governor Eccles: "Out of the right to issue

credit money."

Patman: "And there is nothing behind it, is there, except our Government's credit."

Eccles: "That is what our money system is. If there were no debts in our money system, there wouldn't be any money."

Congressman Fletcher: "Chairman Eccles, when do you think there is a possibility of returning to a free and open market, instead of this pegged and artificially controlled financial market we have now?"

Governor Eccles: "Never, not in your life-time or mine."

I'm imagining Congressman Fletcher asked his question somewhat with tongue-in-cheek because the committee which heads the Federal Reserve is called the Federal Open Market Committee (FOMC).

And by the way, the current head office of the Fed is located in the Marriner S Eccles building in Washington.

Australia's big banks are currently obliged to hold nine per cent of their deposit liabilities in reserve but from January 2020 this will be raised to 10.5 per cent.

This column is dedicated to Joel Jefferies, a long-term friend and fellow coin dealer (Trevor's Coins).

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

ere



by Mickel Smits

HOW the tides can change - previously I discussed the history and first stamps of Norfolk Island and since Australia's takeover of control of the island from July 2016, that their stamps are now being issued by Australia Post - as it turns out, such may be reversed because it seems the islanders now want to jump ship.

While researching April's article I came across some comments by Peter Maywald who was the Norfolk Island Secretary to the government from 2003 to 2010 which I intended to elaborate on in this article as I found them most interesting.

When assessing the island's sovereignty he contended that it was not an external territory of Australia and when describing their Legislative Assembly and political system which came into being in 1979, he said it was the best functioning direct democracy he'd ever seen: they had citizen initiated referendums; no political parties; the four or five cabi-

net ministers were those who received the most votes; all were accessible in the small community; decisions were publicly broadcasted live on radio; they had their own pension, social security and medical benefits scheme and no income tax was imposed.

The state of affairs in Norfolk Island today

Hallelujah I thought, an island paradise, but unfortunately the advent of the GST in 2000 took the wind out of Norfolk's economic sails because it lost its duty-free status and likewise many tourists who would visit and literally fund their holiday with savings on alcohol, perfume and jewellery.

And then when the GFC hit, tourism further diminished as many visitors were retirees whose super had been compromised.

Come 2010, the Australian government offered to bail them out for which Norfolk had to agree to transform from self-governing to local council status, be subject to the state laws of NSW without voting rights, become part of the electorate of Canberra and vote compulsorily in federal elections, and concede to state and federal tax systems. In return, they would be covered by the Australian medical and social security safety

However, further developments in the state of affairs have very recently emerged. According to Andre Hobbs, a former chief minister of the Norfolk government and descendent of the Reverend George Hobbs, an English missionary who became a leader of the Norfolk community in 1828 until his death in 1884, the economy of the island has remained stagnant with the community becoming more and more akin to a welfare state.

He advocates that because Norfolk has historically enjoyed stronger relations with their closer neighbour, New Zealand, the island would have been better off seeking a free-association agreement with the Kiwis whereby they not only would be entitled to citizenship and economic aid, they would also retain the right to be self-governing as per the accommodations New Zealand has allowed for the Cook Islands and Niue.

In a bid to regain their self-determination. couple of months ago, the Norfolk Island Council of Elders (first established in 1896) engaged the renowned international barrister, Geoffrey Robertson QC. to lodge a complaint to the United Nations Human Rights Committee that the Australian takeover has disenfranchised people whose families have resided there for 150 years or more when Queen Victoria granted their ancestors claim on the island in perpetuity. They will further claim that UN covenants covering their rights to be involved in health, education, crime prevention and the preservation of the indigenous culture along with the right to vote in NSW elections, have been violated.

So I quess we'll see what transpires but I can't help but reflect on the situation as being somewhat reminiscent of the tides that flowed following the Mutiny on the Bounty as it was the descendants of those mutineers who Queen Victoria took pity on and allowed to resettle on Norfolk because Pitcairn Island, the place where the mutineers chose refuge, inevitably came to lack the resources needed to sustain their growing community.

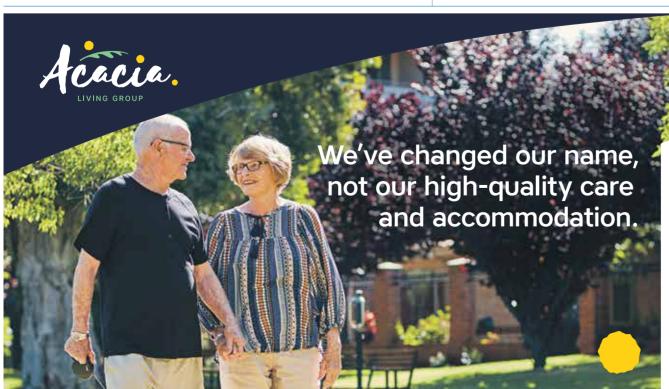
Dedicated to Mike Henderson, a good friend and long term client, and regular reader of Have a Go News.

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

Win a \$200 shopping voucher... See page 2







We're excited to announce that RSL Care WA has changed its name to Acacia Living Group. You can rest assured the only thing that's changed is our name.

We're still the same registered charitable organisation offering high-quality care and accommodation across a number of retirement villages, residential aged care facilities, respite and home care centres throughout Western Australia.

To find out more, visit acacialiving.com.au

Care and Ageing Expo



4 - 5 August 2018, 9.30am - 4.30pm Perth Convention and Exhibition Centre



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For Expo Information, contact CMS Events
Phone: 08 9228 9166
Email: info@cmsevents.com.au

www.careandageingexpo.com.au



SRCWA LiveLighter Activity morning

Pole Walking
Seniors from Armadale and Kelmscott areas attended an activity morning and took part in a pole walking demonstration and training. Following instruction they enjoyed a lovely walk around Kelmscott using the walking poles. Pole walking provides a wide variety of benefits for the body, including exercising the upper body while walking which encourages right and left brain cognition. The activity helps improve balance and posture with a degree of weight bearing exercise all while enjoying walking in the wonderful WA outdoors.

SRCWA offers free pole walking demonstrations to individuals and/or groups. Anyone interested in trying pole walking or organising a demonstration can contact Dawn on 9492 9773.

LiveLighter Aged Care Games Greater Geraldton Region

The SRCWA Geraldton branch conducted the LiveLighter Aged Care Games at the Geraldton QE11 Centre on 15 May for people in care in the area. The games included seated hockey, pass ball, beanbag toss and skittles and were all played by the teams with great enthusiasm. The games were opened by Councillor Bob Hall and Phil Paddon emceed the event. The volunteers from Perth and Geraldton ensured the day ran smoothly. It is one of the most rewarding events conducted by SRCWA, and at the end of the day everyone leaves with a smile on their face. The winners, who received gold medals and a perpetual trophy, were Hillcrest Hurricanes, Juniper with 306 points; second place went to Northampton Day Centre, Brookview Bulletts with 249 points and third place went to Geraldton Community Care, Forever Hopefulls with 235 points and the best presented team plaque was awarded to Geraldton Community Care, Forever Hopefulls. The oldest person competing on the day was 97-year-young Mary Hazelby. Congratulations to all the participants for coming and having a go and a big thank you to Phil and Pat Paddon who travelled from Perth. Thanks to Greater Geraldton branch president Christine Mullender and her committee and volunteers. SRCWA would like to thank LiveLighter, Healthway for sponsorship and to Sport and Recreation and Department of Communities for their sup-

SRCWA Tech Savvy Seniors Computer Course

Seniors in the Belmont area have been enjoying basic computer classes over the past six weeks. The course outline included information covering "What is a computer and its associated equipment? Basic introduction on usage; Internet Use – email, browsers, security and scams; Facebook introduction. How to connect with our families and friends; Skype Introduction How to make free local and international video calls; Digital Camera - What to do with all those pictures, saving and sharing them." At the conclusion of the course all the participants commented that they had a greater understanding of technology and really enjoyed the course. One participant mentioned, "it was just what I needed since the passing of my wife, coming along to this course has reignited my confidence and I am more able to do things for myself now". Tech Savvy Seniors computer courses are sponsored by LiveLighter Healthway and supported by Sport and Recreation, Dept of Communities and Telstra.

LiveLighter Seniors Activity/Information Day 21 June

This is a FREE event which will be held at the Masonic Lodge, Furnissdale from 10am to 1.30pm. The event provides the opportunity to try a range of activities and gather information from informative static displays. Morning tea, lunch and entertainment are included. To register call 9492 9773, booking is essential as spaces are limited.

Have a Go Day 2018, A Livelighter Event Have a Go Day 2018 a LiveLighter Event will be held on 14 November at Burswood Park from 9am to 3pm.

REGISTRATION NOW OPEN - Have a Go Day, a LiveLighter Event is an activity and information sharing event for over 50s and last year attracted an attendance of 15,000 participants and 230 exhibitors. Registration forms are now available for clubs/groups, not for profit agencies and commercial entities. Forms can be obtained by calling 9492 9773.

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





People take the high road to bring about peace





Above; Left to right, Dr Sue Wareham OAM - Peace Circle Margaret River Peace Weekend Below, left; Karen Majer



by Karen Majer

ANZAC Day is a time to remember our fallen soldiers and the great tragedy of war. This year, it fell just two weeks after the Margaret River Peace Weekend, a celebration of the 2018 Nobel Peace Prize awarded to Australian-founded ICAN - the International Campaign to Abolish Nuclear Weapons.

The juxtaposition of the two events, against the backdrop of wars in the Middle East, was thought-provoking. How far have we come since 'the war to end all wars'?

It's easy to be dismayed at the state of world affairs but the special guest at the Peace Weekend, Dr Sue Wareham OAM, challenged the notion that we are powerless to affect

A retired GP, Dr Wareham now devotes her life to the peace movement.

She explained why. "I was incredulous that humanity could be so stupid as to create - in nuclear weapons - the means of its own destruction. I was also appalled at the "ethics" that allow millions of innocent people to be held hostage to the power plays of a tiny few.

Her peace work involves campaigning on issues, including with 'Australians for War Powers Reform' which is campaigning for a change of war powers so that only Parliament, not the Prime Minister, can

authorise our troops to go to war.

As a board member of ICAN, she is part of a concerted effort to get as many countries as possible to sign and ratify the new nuclear weapons ban treaty. "We're making progress with many parliamentarians,' said, "but there is still a lot of awareness-raising and advocacy to be done in the community to get the Australian Government to join the countries that

support the treaty. The purpose of the treaty is to change the way we think about nuclear weapons, to delegitimise and stigmatise them, so that it will be politically much harder for countries to develop them, to fund them, to exercise with them, to threaten to use them.

'The countries with the weapons say that they'll ignore the treaty, but we know they're very worried about the impact it's going to have. To be able to state categorically that these weapons are prohibited, unacceptable in all circumstance in all hands - that's a powerful message."

Dr Wareham's message is full of hope.

"Many things bring hope, including the fabulous people one is privileged to travel with on this journey. Perhaps the historical fact that most gives me hope is the well-documented that the reason nuclear weapons have not been used again since 1945 is because leaders know that public opinion would not tolerate it. We know that the nuclear weapons ban treaty would not have happened without civil society pushing the agenda. It's the most exciting development for nuclear disarmament that

there's been for decades. "We know that millions of people around the globe have already had a huge impact. People matter, and people give me hope."

You can help

Learn about the issues of nuclear weapons and consider donating to the Medical Association for Prevention of War www.mapw.org.au/ or www.icanw.org/ ICAN

Publicise the United Nations Treaty on the Prohibition of Nuclear Weapons, write about it, get it mentioned whenever you can. www. icanw.org/treaty-on-theprohibition-of-nuclearweapons/

Check if your local politicians have signed the ICAN Parliamentary Pledge. (www.icanw.org/ projects/pledge/) If they have, tell them you value their support for peace. If not, ask them to sign. Tell them it's an election issue.

Celebrating Mavis at 90...they don't make 'em like they used to...





Above: Siblings and friends for 90 years, from left to right, Mavis, Olive, Amy and Jack Left; Rhonda Parker

Wickepin Winter Weekend

of Country Music and Dancing 22, 23 & 24 June **Old Time, Line and Square Dancing** at the Wickepin Town Hall

• Friday 22 June 7.30pm

Music by Campfire Country and Friends - Old Time Dance

- Saturday 23 June 10am to 4pm
- Square Dancing Line Dancing Old Time/New Vogue Dance 7pm Guest artist concert

 Sunday 24 June 10am to 12 noon Dance sessions Caravan parking (toilets and showers included) available at the Wickepin Community Centre (opp the Town Hall) \$10 per van per night, payable at the gate.

For tickets or info phone David/Therese on 0429 109 334 or email campfirecountry@westnet.com.au

by Rhonda Parker **CEO Alzheimer's WA**

WHEN do we have permission to feel old? To put the 'h' into wine and indulge in a whine when we dine or do anything else? To officially lose our zest for living each day? Would 90 be a reasonable age to be permitted to check into this attitude and approach to living?

I was prompted to consider these questions recently during my mother's 90th birthday celebrations. Mum is an energetic, positive person - a role model for her grandchildren. At 90, her body can hardly

keep up with her 'mojo'. Mum has worked hard all her life, never experiencing luxury or material wealth. She certainly did not want any fuss for her birthday. Invitations were not to be sent. She simply said that whoever in the family remembered and wanted to join her could come, and we'd organise a simple lunch. What transpired was a five-day celebration that became known as the 'Festival of Mavis'.

The highlight of the celebrations - and the driving force of the level of activity during the weekend - was the reunion of the four surviving siblings of the family of nine children. The youngest of the brothers and the two 'baby sisters' travelled from farming country in regional NSW and Victoria. Brother Jack is 93, Amy is 88 and Olive is 86.

Laughter, joy, humour and energy typified them throughout the 'festival'. However, a look into the lives of these robust elders shows that life has had its hardships. **Apart** from the usual drought and fire that typifies farming hardship, three of the four has lost a child in traumatic circumstance. One is on a break from chemotherapy. Another is a cancer survivor. They share a brother who was in Darwin when it was bombed, a brother-inlaw who spent years in a POW camp in Japan, who was also a descendant of a convict. One has a husband whose forefather was a bushranger. These siblings rep-

resent a generation of Australians that built

industries our economy, defended and defined our democracy, established our sporting clubs and drove our community spirit. They built families. They knew adversity. Tenacity and resilience was their response. They expected little and gave a lot. They weren't perfect. Like any generation, they had their flaws but they were tough, genuine and their Australian down to earth decency and sense of humour helped them through.

We often hear the question asked, 'what is it to be Australian?' Over the weekend of mum's birthday, I was grateful that these elders were my heritage. Their generation also contributed significantly to our national heritage. It is now up to us and the generations that follow to preserve it and hold onto the character qualities that created it.

There were many moments when I smiled to myself as I watched them. There wasn't an old person among them, and I thought to myself 'they don't make 'em like they used to'.

Don't miss the *Mid Year Melodies* concert

THE Seniors Recreation Council Rockingham branch is pleased to present Mid Year Melodies concert featuring Eddie Storm and Kelly Green.

Held on Wednesday 4 July at Rockingham Theatre Castle, 8 Attwood Way, from 1pm to 3.15pm, tickets are priced at \$10 and include tea or coffee at intermission. Don't miss a great afternoon's entertainment.

Bookings from Carole on 9591 1974 or 0412 715 173.

Taking advantage of the warm weather with kayaking at its best



Plenty of colour on the water

by Jeremy Haslam

ALTHOUGH there have been a couple of glimpses of winter on an outing or two, the Over 55 Canoe Club has been taking advantage of the wonder-

ful settled weather. At the end of April there was the trip from Point Walter across to Resolution Point to explore the rocky cliffs and bays of the north side of the river before heading south past Blackwall Reach.

As usual the paddlers were in two groups: the Leisurelies and the Main-The main streamers. difference being that the Leisurelies get to coffee stops first, spend more

talk more about the great kayaking before head-ing back to be first at the lunch stop. Just kidding dedicated paddlers everyone.

Garratt Road Bridge is a favourite start point (a big advantage not having a fixed base). The groups set off from there to explore Ascot Waters and marvel at the expensive houses and hoats Think of all those maintenance costs. Later it was past Tranby shipyard with its 185 years of history in boatbuilding, now supporting the dreams of many a boat restorer. The shipyard, only 5km or so from the city, probably supports grown-up kayakers too — although quite a few members have built their own kaying rooms.

Then it was back to another favourite haunt Deep Water Point where the self-selecting Leisurelies were probably eyeing up the soonto-be-completed Dome Cafe at the site. Get a coffee before they even start? Meanwhile it was down the Canning past Coffee Point (did someone mention coffee?) to Jeff Joseph Reserve for morning tea. Of course the Mainstreamers had to go past the Reserve to show they really earned their break. The day was quite windy, a change from the weather the paddlers have been experiencing in the past weeks. Thoroughly refreshed, it was a windy paddle back to the start.

On 10 May there was an unusually good turnout - many thought it was because a few members were putting on a demonstration of a rescue technique for someone who has collapsed in their kayak. They were able to show that with cunning co-ordination of raftingup and double towing it is possible to get someone ashore in a few minutes.

The hapless volunteer patient declined to be tipped into the water on reaching the shore (no point in risk back injury by lifting him out). But the large turnout had a different priority: it was the club's annual Devonshire

While the Leisurelies were debating whether to even set out (just kidding, again, really) the Mainstreamers led the way and all eventually took to the water. Having been led a merry dance in and out of islands and up various creeks, the irresistible press of paddlers heading for home was too much to resist so the leaders acguiesced. The Leisurelies seem to have got there first; what a surprise.

The O55CC can be reached by calling club president Iris 9310 1841 or secretary Ken 9447



Australian romance authors are coming up trumps with a great selection of books

The Country Girl Cathryn Hein

UTILISING her skills during university Tash Ranger becomes an unlikely star in the food blogging world. After snagging success in the city she lands a major cookbook deal and returns home to the family farm to work on her book.

It's a bittersweet homecoming with her best friend Maddy severely injured in a horse riding accident with no hope of recovery. Add Maddy's fiancé Patrick whose daily battles of

despair won't allow him to let go and move on with his life, Tash gets caught up in the drama.

Her endless joy and energy for her everyday life provide an opportunity for Patrick to finally come to terms with his grief and develop feelings he hasn't felt since Maddy. Will the friendship Tash and Patrick develop blossom into something more or will the tragedies of the past dictate their future?

This is the 12th novel for Hein and her character and story

development with its distinct Australian vernacular provide the perfect novel for those who love Australian romance. Published by Harlequin and available at all good book stores. RRP \$29.99

Water Under the **Bridge** Lily Malone

SET in a small town in Western Australia's south, protagonist Ella decides to move away from the city and start again with a new career in real estate. It's not easy in a small town where she feels like

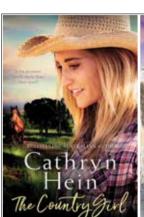
an outsider and even harder for her 10 year old son who hasn't taken the move in the best

Ella has to juggle motherhood work, and the ghosts of her Olympic swimming past to be able to live the life she really wants for herself. Add a little romance into the mix and Ella will have to use all her persistence and determination she holds inside to get her life back on course.

This is Malone's fourth offering and she works well developing the small-town characters and subplots to give the story a real edge combining romance, motherhood, along with life's ups and downs she weaves it into a heart-warming story any lover of romantic fiction will enjoy. Published by Harlequin and available at all good book stores. RRP

WIN WIN WIN

We have one copy of each of these books to giveaway to a lucky reader. To be in the draw simply email win@haveagonews.



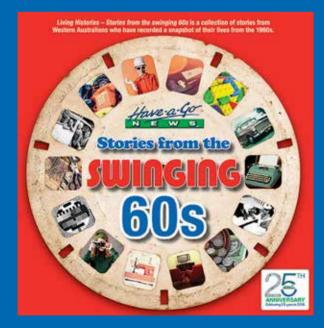
or

with Book in the subject line write to Books c/- Have a Go News



PO Box 1042, Leederville 6901. Competition closes 30/6/18.

Stories from the Swinging 60s... a snapshot of WA history



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. Intertwined with world events the stories contained in the book paint a picture of the differences between life then and now.



For further information contact Have a Go News on 9227 8283.

Normal RRP \$25 *postage & handling additional \$10





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From left to right; Shirley Wats	h, Rae Cavanagh and Joyce Wali Joyce and Rae on the se	sh four a bed-ait in Earls Court - : s front at Llandudno 1961	Shirley, Joyce and Rae hiking -
IN 1961 after two years of planning and saving, I set off for England on a work- ing holiday. Accompanied by my younger sister and a	we didn't spend a lot of time there anyway, preferring to take part in everything that was offered on board. Apart from the dining ar-	like us, were hoping to find work and enjoy the experi- ence of travelling at the same time. Of course, the accommo-	out landfall would take us through the Panama Canal and then on to the West In- dies. However, the night before
close friend we set sail on the Southern Crosx, of the Shaw Saville Line. At this time travelling by ship was the accepted way to go, as	eas, there were a number of bars and places of entertain- ment of which we could avail ourselves as well as spend- ing time relaxing by the	dation and entertainment could not compare with that offered on cruise ships now- adays, but that was far in the future.	entering this passage of wa- ter, we were told that infor- mation had been received regarding a threat by Fidel Castro to blow up the Canal.
commercial flights to En- gland were infrequent and expersive. As far as accommodation was concerned we three shared a cabin as well as bathroom and tolet facilities but this did not bother us as	pool. We had deck games in which to participate and in the evening there were dances accompanied by a live band, so we flung ourselves into this way of life with gusto. There were a number of young people on board who.	We had a long journey shead of us calling at ports in Australia and New Zea- tand as well as fij and Tahis and we enjoyed the differ- ent cultures when visiting these places, however brief. Another long stretch with-	Being young, this sounded exciting to us and we didn't think of the danger to our- selves or anyone else. The ship was anchored away from the coast and we spent quite some time cooling our heets until see were otiven the







LAST CHANCE to win \$500 by filling out the *Have a Go News* Reader Survey

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	Do you enjoy our fishing column? Yes No	Do you have any of the following: Tick which you have
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.	Do you enjoy the stories in our travel section?	□ computer □ tablet □ smartphone ♂ b
First prize - \$500 cash Second prize - \$250 cash	☐ Yes ☐ No Do the stories in the Let's go Travelling section provide	Have you visited our website? Yes No
Third prize – Case of wine from Ambrook Winery 5 x prizes of \$20 Scratchies. 10 passes to Bennett Brook Railway	you with holiday inspiration? Yes No	Did you know our website offers information and special competitions between editions of the paper? Yes No
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!	Do you use the companies which advertise in our travel section? ☐ Yes ☐ No	Do you read <i>Have a Go News</i> online? ☐ Yes ☐ No
Reader Survey	Do you intend to travel in the next 12 months? ☐ Yes ☐ No	Do you use social media? Yes No
What is your gender? ☐ Female ☐ Male	If you are travelling where are you going? Please list	Which platform do you use? ☐ Facebook ☐ Twitter ☐ Instagram
What is your age (circle) 35-45 45-55 55-65 65-75 75-85 85+	☐ WA ☐ Interstate ☐ Overseas How many times a year do you travel?	Have you liked the <i>Have a Go News</i> social media pages? ☐ Yes ☐ No
What is your postcode?	What's your favourite destination to travel in WA?	Do you intend to move house in the next 12 months?
Do you still work? (circle) Full time Retired	Do you own a caravan or camper trailer? ☐ Yes ☐ No	☐ Yes ☐ No Are you considering downsizing? ☐ Yes ☐ No
Unemployed	Do you use it regularly? ☐ Yes ☐ No	Would you move to a retirement village?
How many people read your copy of <i>Have a Go News</i> ?	Do you intend to go on a cruise in the next 12 months? ☐ Yes ☐ No	Yes No Are you considering renovating your house in the next
How long do you keep each issue? (circle one) 1 week 2 weeks 3 weeks 4 weeks or more	Where are you going?	12 months? Yes No
How many years have you been reading Have a Go News?	Do you enjoy our stories about ballroom dancers in WA? Yes No	Do you own a car? Yes No Will you purchase a new car in the next 12 months?
	Do you enjoy our book reviews? Yes No	Yes No
How often do you refer back to the paper?	If we sold books would you consider buying them from us? Yes No What genre?	What's will be your major purchase in the next 12 months? Eg Car, caravan, house, fridge, new furniture etc
Do you use any of the companies that advertise in the paper? Yes No	Do you enjoy our stories about health trends and research? Yes No	Please list
Do you enter our competitions? Yes No	Do you enjoy our features on Active Ageing? ☐ Yes ☐ No	Do you exercise regularly?
Do you enjoy our front cover stories? ☐ Yes ☐ No	Do you enjoy features about wills and the law? ☐ Yes ☐ No	Are you a member or a club, group or association? ☐ Yes ☐ No
Do you enjoy our Page 2 snippets? Tick which ones you like	Do you have a current will? ☐ Yes ☐ No	Would you be interested in joining a club or group? ☐ Yes ☐ No
Ageing Research Quick Quiz Word of the month Urban Slang Quote of the month Funny historical fact	Do you enjoy the column about styling your home? ☐ Yes ☐ No	If no – why not
Great West Aussies	Do you enjoy our food and wine section? ☐ Yes ☐ No	Where do you pick up your copy of the paper from?
Do you enjoy our 'from the editor's desk' on page 2? ☐ Yes ☐ No	Do you enjoy our recipes? ☐ Yes ☐ No	
Do you enjoy our profile stories on people? ☐ Yes ☐ No	Do you keep the recipes? Yes No	Would you recommend <i>Have a Go News</i> to a friend as a good source of information?
Do you enjoy our opinion column? ☐ Yes ☐ No	Do you enjoy our wine column? Yes No Do you utilise our reviews on brunch and lunch places?	Yes No What do you like about the paper?
Do you enjoy our columns from various sporting clubs and groups? Eg canoeing, swimming, walking,	☐ Yes ☐ NoDo you utilise our listings on mid-week lunch specials?☐ Yes ☐ No	
☐ Yes ☐ No	Do you enjoy our gardening column?	Are there any other activities or interests you would like
Do you enjoy our conservation column by Karen Majer each month? Yes No	☐ Yes ☐ NoDo you utilise our friend to friend section?☐ Yes ☐ No	to see featured in the paper?
Do you enjoy the column about Alzheimer's research from Rhonda Parker?	Do you like our puzzles page? ☐ Yes ☐ No	What's your No 1 item to do on your bucket list?
Do you enjoy Rick Steele's column? ☐ Yes ☐ No	Do you enjoy our arts and entertainment section? ☐ Yes ☐ No	
Do you enjoy Jon Lewis's column?	Do you enjoy the range of shows we present in the arts and entertainment section?	Thank you for participating in this survey, all entries go in the draw to win the prizes listed above. The prize
Do you enjoy the stamps and coins column by Mickel Smits?	☐ Yes ☐ NoDo you enjoy the following – please tick which ones you like☐ Ballet ☐ Opera	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.
Yes No Do you enjoy our television column by Lee Tate? Yes No	☐ Classical Music ☐ Live Theatre ☐ Musicals ☐ Comedy	Complete the form and post to Reader Survey Have a Go News PO Box 1042 Have a Go Po Box 1042
Do you enjoy our Community Notebook?	Do you like our scene socially page? Yes No	West Leederville 6901
Yes No Do you enjoy the information column about	Yes No	NameAddress
British Pensions supplied by Mike Goodall? Yes No	Do you use Lottoland? ☐ Yes ☐ No	Phone Number
3		Email Address

21

Men and families making healthy connections Men's Health Week 11-17 June









New research helps predict the outcome of prostate cancer

by Frank Smith

PROSTATE cancer is the most common cancer in men. World-wide more than one million cases are diagnosed every year and some 300,000 men die of the disease. Until recently older Australian men were regularly screened for prostate cancer by a blood test called the PSA (Prostate specific antigen) test.

The test can lead to early detection and cure but with the disadvantage that men with high PSA scores might never develop aggressive disease. In many cases men have non-aggressive prostate cancers which are unlikely to become a problem during their

lifetime. Over reliance on the PSA test can result in unnecessary and invasive treatment. Therefore the test has been largely discontinued.

Research by Dr Richard Martin and a team at the University of Bristol found that a screening program that invited more than 400,000 men to a clinic to undergo a single PSA test increased detection of low-risk prostate cancer but made no significant difference to prostate cancer deaths after 10 years.

In an attempt to identify and screen patients at high risk of developing aggressive, while still young, Dr Tyler Seibert and co-workers at the

Centre for Multimodal Imaging and Genetics in California have developed a scoring system based on the patient's genotype. They analysed over 200,000 gene variants (known as single nucleotide polymorphisms or SNPs) from nearly 32,000 men of European ancestry with and without prostate cancer and identified 54 SNPs associated with increased risk of prostate cancer.

From this they have calculated a hazard score for the risk of developing aggressive prostate cancer. This was validated by applying the score to participants in an independent clinical trial of 6,500 men to test the prediction of survival free

from prostate cancer.

Men in the top two per cent of scores had three time the risk of developaggressive prostate cancer compared with men with average scores. And the researchers say that, as the score represents a man's fixed genetic risk, it can be calculated just once, long before the onset of prostate cancer, helping to make a better decision about whether he should undergo further invasive testing.

Professor Marco
Falasca, from the Curtin
University Health Innovation Research Institute
said genotyping is the
way forward in medicine.
"Understanding individual's genotype will allow

treatment to be tailored to individual need. Biopsy of the prostate is a good tool but it is invasive. Other methods are less invasive.

"SNIPs cluster can predict the outcome in some case but not with certainty," he said. Other research by Dr Luke Selth and colleagues at the University of Adelaide has identified biomarkers in seminal fluid that indicate the presence of cancers. These are a number

of small ribonucleic acid (RNA) molecules called microRNAs that are known to increase in prostate tumours.

He said some of these microRNAs were surprisingly accurate in detecting cancer. "The presence of these microRNAs enabled us to more accurately discriminate between patients who had cancer and those who didn't, compared with a standard PSA test," Dr Selth said.

"We also found that the one specific microR-NA, miR-200b, could distinguish between men with low grade and those with higher grade tumours. This is important because, as a potential prognostic tool, it will help to indicate the urgency and type of treatment required."

This research builds on previous work by Dr Selth's team, published in the *British Journal of Cancer*.

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Ongoing STATIN study at Curtin University their mental and physical abilities.



by Frank Smith

STATINS are a group of drugs that block a key liver enzyme, resulting in decreased low density (LDL) cholesterol and increases high density (HDL) cholesterol circulating in the blood stream. High levels of LDL and low levels of HDL are associated with an increased risk of cardiovascular disease.

Clinical trials over 30 years have shown a consistent reduction in risk of cardiovascular events including death when patients at risk take the drugs regularly. However few people in these trials were over 60.

Professor Chris Reid of Curtin University says like nearly all drugs, statins may have some adverse side effects. "The trial aims to give GP confidence to prescribe statins if they are needed, but ensuring the benefits exceed the risks."

Unwanted side effects are more common in older people and it is not known if these risks outweigh the advantages of statin therapy amongst older people. A world-first trial, called STAREE (Statin Therapy for Reducing Events in the Elderly) is

being run in a collaboration between Curtin University and other universities, to investigate whether cholesterol-lowering medication can prolong good health and maintain independence among older people.

"To be absolutely sure we need 10,000 volunteers over 70. We have 2000 already on the trial and plan to continue to recruit over five years. We need to be certain that the recommendations apply to everybody and that the statins prescribed contribute to a healthy

"All statins prescribed are not equal. The first generation statins are less effective than more modern ones. For the trial we have chosen the most commonly prescribed statin in Australia at the most usual dose. "This study has received no funding from pharmacy manufacturers," he said. The placebo controlled trial will test if statins prevent a first heart attack or stroke in older people

and improve life expectancy.
In addition it will attempt to find out if the frequency and/or severity of adverse reactions to statins, including the risk of developing diabetes, is higher in older people and whether the drugs impact on

staff at a clinic. STAREE staff
will ask about their medical history and current medication use,
take some basic measurements
(height, blood pressure etc.) and
will be given a pathology request
form for blood and urine samples.

People will be asked to take a tablet for four weeks and check that your GP is happy for them to participate. This is to ensure that participants are compliant with the need to take the pills," said Professor Reid.

It is also possible that statins may prevent or delay the onset

of dementia. The trial will test this possibility and provide data

to assess the cost effectiveness of prescribing statins for healthy

"If people would like to participate in this study, they will

be invited to meet with STAREE

elderly people.

If people agree to continue in the study they will be required to take statin or placebo tablets every day for five years This is a double-blind trial. Neither the person nor the study staff will know which of these they are taking.

STAREE staff will regularly phone the person during the study to discuss medical conditions that may arise and the medication they are taking. People will be required to attend the study clinic annually wherethey will undergo memory and physical ability tests and physical measurements.

If a person is aged 70 years or older and in good health with no history of heart disease or diabetes and are not currently taken a statin, they may be eligible to take part. Anyone interested in joining the STAREE trial can phone 1800 770 664 or email staree@monash.edu.



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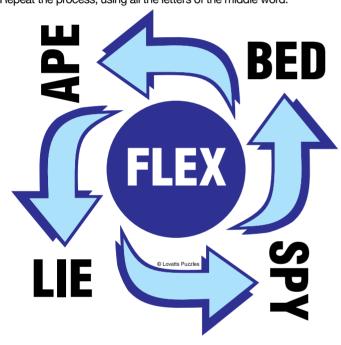


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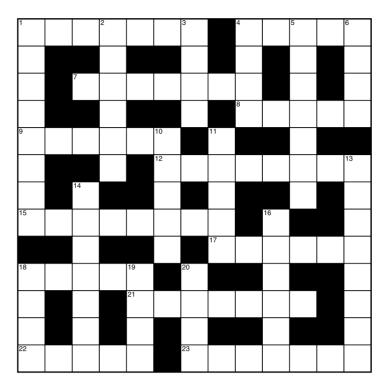
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TRANSFORMERS

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.



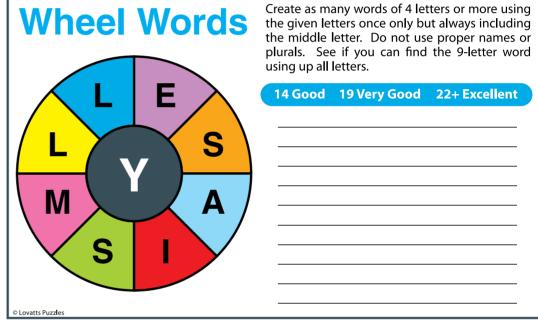
CROSSWORD



- 1. More delicious
- 4. Gaze fixedly
- 7. Authorise 8 Tired
- 9. Map key
- 12. Attracted (penalty)
- 15. Most distant
- 17. Wireless crackle
- 18. Workforce
- 21. Citrus crop
- 22. Unhappily 23. Addictive narcotic

DOWN

- 1. Alpine singer
- 2. Cleaned (floor)
- 3. Chamber 4. Distort (direction of)
- Dalliances
- 6. Effortless
- 10. Ate meal 11. Mary, Queen of ...
- 13. Give outline of
- 14. Pierced with lance
- 16. Actress, ... Anderson
- 18. Maths problems
- 19. Crafty
- 20. Toiletry powder



#315 June edition PUZZLES - Solutions appear on page 14

Stockland Sienna Wood to host Jamie's Ministry of Food West Australian Mobile Kitchen

JAMIE'S Ministry of Food West Australian mobile kitchen will be hosted by Stockland Sienna Wood from Monday 18 June for five weeks. The program which teaches basic home cooking skills aims to transform eating habits and improve overall health by not-for-profit organisation The Good Foundation.

After successful visits to various West Australian locations, the kitchen classroom on wheels will provide local residents with an innovative, community based cooking program, based on Jamie Oliver's beliefs about cooking and the associated impact on healthy living. The program teaches Jamie's hints, tips and basic home cooking skills in an effort to encourage people to cook from scratch with fresh food which leads to higher levels of vegetable consumption.

ECU is the major partner with the program in Western Australia as part of a three year partnership which provides funding to support the delivery of the program throughout Western Australia. Long standing partner of the program, Stockland, is the local partner for the Sienna Wood location visit.

ECU deputy vice-chan-

(Strategic Partner-Professor Cobie Rudd said, "The Ministry of Food program has been embraced by each of the communities it has visited across WA and we're really excited that it's now Sienna Wood's turn. ECU is looking forward to helping bring a range of benefits to the area, including prevention of chronic disease through healthier eating as well developing social connections and social inclusion that builds individuals' confidence and, in turn, strenathens communities.

While at Stockland Sienna Wood, Jamie's Ministry of Food Mobile Kitchen will deliver hands-on basic cooking classes led by a team of dedicated food trainers who will be supported by local volunteers. The course is open to people aged 12 years and over, looking to learn the basics of cooking while having some fun in the kitchen learning Jamie's hints, tips and shortcuts.

Col Dutton, general manager for Stockland WA, said: "We are thrilled to be bringing the successful Jamie's Ministry of Food program to our Sienna Wood community in Hilbert. This initiative creates opportunities for com-



Jamie's Ministry of Food WA Mobile Kitchen Team

munity interaction and has proven results to improved nealth and wellbeing.

"At Stockland we are committed to creating liveable communities across WA and continually strive to deliver more for all residents in the area, from young families to retirees. This initiative is another step in creating happy, healthy and connected places for Australians to live.'

ECU researchers are conducting a world first Lifestyle and Biomarker (LAB) Get Connected Study to determine how the program impacts the participant's physical health and well-being. ECU Professor in Public Health Nutrition Amanda Devine said, "This study could potentially demonstrate the benefits of the program, not just related to chronic disease prevention and management, but also its role in achieving greater social inclusion and connectedness, as well as positive mental health and wellbeing.'

Where is the Mobile Kitchen located? Stockland Sienna Wood, Shipwreck Park, Weatherly Way, Hilbert

When do classes begin? Monday 18 June

How long is the course? One 90-minute class per week for five weeks.

How much does it cost? Classes cost \$20 per session, \$15 for student card holders and \$10 for concession.

Bookings via www.ia miesministryoffood.com.



GREAT HOME and GARDENING

Celebrating the gardens of the United Kingdom in a showstopping tour







Chelsea Flower Show highlights, from left to right; Kazuyuki Ishihara with his gold medal for the Omotenashino NIWA The Hospitality Garden - delphiniums and begonias - Welcome to Yorkshire garden

by Colin Barlow

WELL I am back from a recent trip to England leading a Ross Garden Tour to the 'Chelsea Flower Show and the Gardens of England' and what an enjoyable and inspiring experience it was. The first stops on the tour were in London at Kew Gardens and the rimeter. Royal Horticultural Society (RHS) garden at Wisley where the alliums and rhododendrons were stunning. The opening day at the Chelsea Flower show is reserved for members of the RHS and VIPs but we were towards Oxford we fortunate to be there to stopped at possibly the eniov the show when the prettiest village in Britain, Bibury to view some of crowds are much smallthe fascinating private open gardens.

The famous gardens at Sissinghurst followed

our trip to Chelsea, then onwards to the exuberant West Green House in Hampshire. Heading westwards to base ourselves in Bath, we then visited the finest example of picturesque English landscaping at Stour-head, which enthralled or group as we strolled alongside the lake pe-Next the remarkable partnership between Sir Edwin Lutyens and Gertrude Jekyll at Hestercombe Gardens revealed a magnificent garden, with some of the best stonework that you will ever see. Onwards

During our stay in Ox-

ford we took in the imposing romantic English landscape, Capability Browns landscape at Blenheim Palace which has been called the 'Finest view in England' before visiting one of Britain's most attractive historic houses, Hatfield House. Our timing was perfect with the East Garden bursting with voluminous colour and

To conclude our tour we visited the home of Prince Charles at Highgrove House, a garden fit for any future king. The personal and thoughtful garden was a delight with elegant plantings and superb structures and features, one to put on your must see gardens list. A great way to finish off the tour despite the

steady rain on the day, I suppose it is the English spring and summertime, so what can you expect.

Why not join me next year with Ross Garden Tours on a trip to see the Chelsea Flower Show and the gardens of England in May, or a little later on a tour of the gardens of Northern England and Scotland in late June and early July. For further information contact Royce or Roslyn from Ross Garden Tours on 1300 233 200 or go to www.rosstours.com.au

Orchid winter workshops!

If you are looking for some practical tips and inspiration on how to grow orchids, why not checkout these local shows and workshops.

On Saturday the 7

July the Orchid Society of the WA and the Cymbidium Orchid Club of WA will put on a display and demonstration at the Manning Senior Citizens Activity Centre, 3 Downey Drive, Manning. Refreshments and plant sales are available and the show is open from 9am until 4pm. For more information on the show

contact Lyn on on 0414

922 923

Also on the 7 July at the Osborne Park Showgrounds, Royal Street, Osborne Park the Wanneroo/Joondalup Orchid Society and the Northern Districts Orchid Society will hold an orchid workshop. Bring along your orchids from home and learn how to divide and repot them from local orchid growers. Light refreshments are served and there is a small entry charge. Call Tony Wat-kinson on 9342 3799 for further details.

From the 7 - 8 July the Northern Orchid and Garden Fair will be held at John Septimus Roe Community School, Mirrabooka Avenue, Mirrabooka, 76 Evandale Road, Darch. The show is hosted by the Wanneroo/Joondalup Orchid Society and the Northern Districts Orchid Society and also includes displays of bromeliads, African violets and Gerberas, as well as garden tools, refreshments, plant sales and demonstrations. The fair is open from 9am until 5pm each day and for details contact Tony Watkinson on 9342 3799.



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Bloomin' good mural blossoms for business



Left to right; Sim Campbell-Pope, Nedlands mayor, Max Hipkins and Milly Dempster

IT MAY be winter - but a 97-year-old business in Hampden Road, Nedlands, is keeping the brightness of the warmer months alive with a new floral mural.

The art work on the side wall of flower shop Poppy's has been in the pipeline for many years and has now become a reality, thanks to Cottesloe artist Sim Campbell-Pope.



It's the brainchild of owner Mil-Poppy's ly Dempster, who first worked at the florist 20 years ago while studying at university and then bought the business 13 years ago.

"I've been wanting to do the mural for about 15 years," Ms Dempster said. "Sim and I have shared a friendship for a long time and our dads

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were great friends who went to school together.

"We met up six years ago to come up with a design for the wall, then again three years ago to develop it along a little further and it all finally came together this year.

It's good to have some street art and it's particularly lovely as we come into winter because it brings some colour and

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brightness into the neighbourhood.

"We've have lots of positive feedback with many people stopping to take photos.'

The mural took about three weeks to complete with Ms Campbell-Pope often working into the

More of her art work can be viewed at www.

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ATTRACTIVE English lady, young, 75, widow, educated, creatve, artistic, loves reading, gardening, nature, music, photography, well dressed, well mannered, NS, ND, GSOH, WLTM sincere gentleman, fin sec, similar interests for friendship, age group 70s, postcode 6153.

Reply Box 7907

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blond, country minded, keen gardener, enj walk-

ing, love all types of music, talking on various topics,

sk gent for friendship 62-72.

PERTH LADY 70 slim, attr. blue eved blond, fin.

Secure, active, honest, loves all life has to offer. Sk gent

65-72 smart, dependable & happy w/ his life.

INGLEWOOD LADY 69 pretty blue eyed blond, intell, well

spoken/grmd, loyal, respectful. Loves caravan travel as

well as arts, reading, sport, concerts. Sk gent 66-73.

STIRLING LADY 70 slim, good looking green eyed

brunette, indep, outgoing, adaptable, broadminded.

Loves the outdoors, c'van travel/camping, sk 68-75

w/ positive o/look.

WARNBRO LADY 80 very active & full of life. Slim, petite,

pride in appearance, is a good friend w/ happy o/look.

Sk gent living close by for companionship 80-86.

NORTHAM GENT 70 sincere widower, retired & wanting

to travel. Enj reading, cooking, dining out, all music,

fishing, shopping, drives. Sk lady swan or hills 65-73.

PADBURY GENT 77 easygoing, trustworthy, well present-

ed man w/ a heart of gold. Loves the movies, dancing,

sk genuine lady 70-80 for sharing & caring.

MANDURAH GENT 74 ret. businessman, quiet, caring,

well spoken, very sincere about finding a lifelong

companion. Enj travel, concerts, picnics, dining out,

sk lady 68-75.

MORLEY GENT 74 relaxed, happy with life, has had many

interesting life experiences, likes keeping fit & healthy &

hopes to share the future w/lady living in the "now".

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AUSSIE lady, 5'7", NS, similar, single, youthful, well presented, healthy lifestyle, active gent for great chats and laughs. Likes dining, cafes, live events, drives/ travel and outdoor activities. Companionship with VTPR if suitable.

Reply Box 7893

BORN again Christian widow, 73, lives in Albany, WA, kind hearted, caring, enjoys dining, movies, gardening and many simple things in life. WLTM 70-80 year old gentlman, NS, ND, NG, same Christian values for honest mutual friendship. ALA.

Reply Box 7890

GENT 60, healthy, fit, slim, seeks female to 65 for outings, medium build, broadminded to enjoy life and fun to the fullest. ALA.

Reply Box 7901

GENT 66 seeking friendship, postcode 6021, like to meet Aust lady, GSOH and SD. I like dancing, movies, dinners, travelling, walking. WLTM DTE. ALA.

Reply Box 7886

65 approx, must be fin sec, NOR. My interests are ballroom dancing, outdoor activities, fishing,

GENT 68 WLTM lady, 60-

golf, bike riding, friendship, possible relationship. ALA.

GENT 82, so...what...live a little, GSOH, SD, NS, needs a love ok. Slim, 6', eniovs life, do you? Pensioner by trade ha ha! Freo area. Enjoys the arts, music, sunsets, the north happy.

Reply Box 7908

Reply Box 7906

GENT 69 seeks lady companion who enjoys caravanning, fishing, many interests and quiet times at home. DTE, NS, SD, Mandurah area. Enjoys country music, friends and occasional meals out. Reply Box 7889

LADY 80, fit, active, NS, NG, SD, own home, fin sec, looking for new challenges, WLTM intelligent man, NS, NG, SD, self supporting with similar outlook. Mandurah area. Let's see what develops. Reply Box 7891

LADY WLTM 60-70, active, fin sec guy interested in travel, open to explore future. Fin sec lady enjoys quiet times, reading, usual social activities, missing friend, partner to share ventures in/out Australia. Phone call is a brave start. Reply Box 7911

LADY WLTM genuine, DTE, caring gent for companionship, outings, 60-69. NS, SD, dining out, walks, country drives, SOR.

Reply Box 7910

NICE guy, 60, seeks a NS, SD, nice lady. I am well presented, intelligent and fin sec. Look forward to your reply.

Reply Box 7902

NORTHERN English Aussie guy, young 67, sensitive, caring, loves nature walks, music, concerts, cinema, well travelled. WLTM lady, 55-67 for friendship, primarily for coffee, conversation, days/nights out, dinner maybe, travel, GSOH, SD, NS, DTE, NOR, TLC.

Reply Box 7897

SKINNY lady is sought by slim male. I am 60, active, healthy and well mannered. Please write me a note.

Reply Box 7900

NEWS UPDATED DAILY www.haveagonews.com.au Seeking a Partner

ATTRACTIVE English lady, size 14, well presented, feminine, educated, own home, fin sec, enjoys reading, walking, music, country drives. WLTM unattached, fin sec gentleman 65-72 for permanent, term relationship, SOR, Kalamunda, Hills area. Let's meet for coffee. ALA.

Reply Box 7899

EUROPEAN lady, educated, fin sec, well travelled, GSOH, very easygoing, is looking for a man who is tall, slim, fin sec, 60+, friendship, relationship, travel companion. ALA.

Reply Box 7903

GENT UK/Aust, 180cm, 60s, well educated, fin sec, enjoys coastal walks, gym, family, socialising. usual activities, seeking compatible, attractive, intelligent lady, to 67, easy going for social travel etc. northern suburbs, let's talk over coffee.

Reply Box 7896

GENTLEMAN 80 years young, NS, NG, SD, fin sec. own home. Mandurah, wide range of interests including reading, gardening, dancing, country drives. WLTM active lady own home and with a view to friendship/ relationship. Age open. Reply Box 7905

HAPPY GSOH. TLC. dark, tall, educated, attractive. WLTM, attractive, TLC, lady, genuine, happy natured, enjoys life, nature, quality time together, picnics, cooking, music, sharing, wellness, adventures, quiet time, art, joy. Reply Box 7904

LADY 63 widow, petite, NS, NG, SD, WLTM gent who loves to dance and socialise also enjoys life in general and who is seeking long term friendshiprelationship. Genuine replies only. Postcode 6014. ALA.

Reply Box 7894

LADY 70+, NOR, enjoys life in general, social outings, family life, country drives. WLTM gent in Perth area, NS, SD, GSOH for long term relationship.

Reply Box 7887

LADY SOR WLTM gentleman 53-58. I am a professional still working fulltime GSOH, SD, NS, NG, lots of fun. WLTM gentleman who wants to do activities, talk, honest, no baggage. ALA. Thank you. Reply Box 7898

MATURE lady, slim, petite, youthful looking. WLTM single gent who is genuine, well presented and fin sec for long term companion, possible relationship, NS, SD, NG, no

country gents. NOR. Reply Box 7892 SINGLE kiwi lady, 71,

medium build. Interests; in/out, music. dinina drives, travelling, socialising, GSOH, SD, DTE TLC, WLTM gent same interests, honest, sincere, future relationship, NOR, gent same age. I am also young at heart

Reply Box 7895

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Stay sharp and on the ball

HAVE you attended any of the previous Stay Sharp Programs? If not here are the benefits. The program is designed to improve and maintain the physical mental and cognitive health of older seniors. It is a low cost, high impact program that has the potential to reduce some of the burden of mobi problems experienced by older people.

The aim is to keep them healthy, live independently and in a better state of health for longer. The program has a strong physical activity component taught by Professor Ken Nosaka from the School of Medical and Health Sciences at Edith Cowan University to build muscle strength exercise tolerance and better balance.

The cognitive component covers the

core elements for better brain and improved nutrition stress management and exercising those mental muscles. Dr Jenny Brockis general practitioner and brain health promoter oversees the cognitive exercises undertaken in the program as well as other professional

The success of the program over the past three years is demonstrated by the growing number of participants who love it so much they want to keep coming back.

Prevention is they key.

The next Stay Sharp Program is scheduled to commence on Thursday

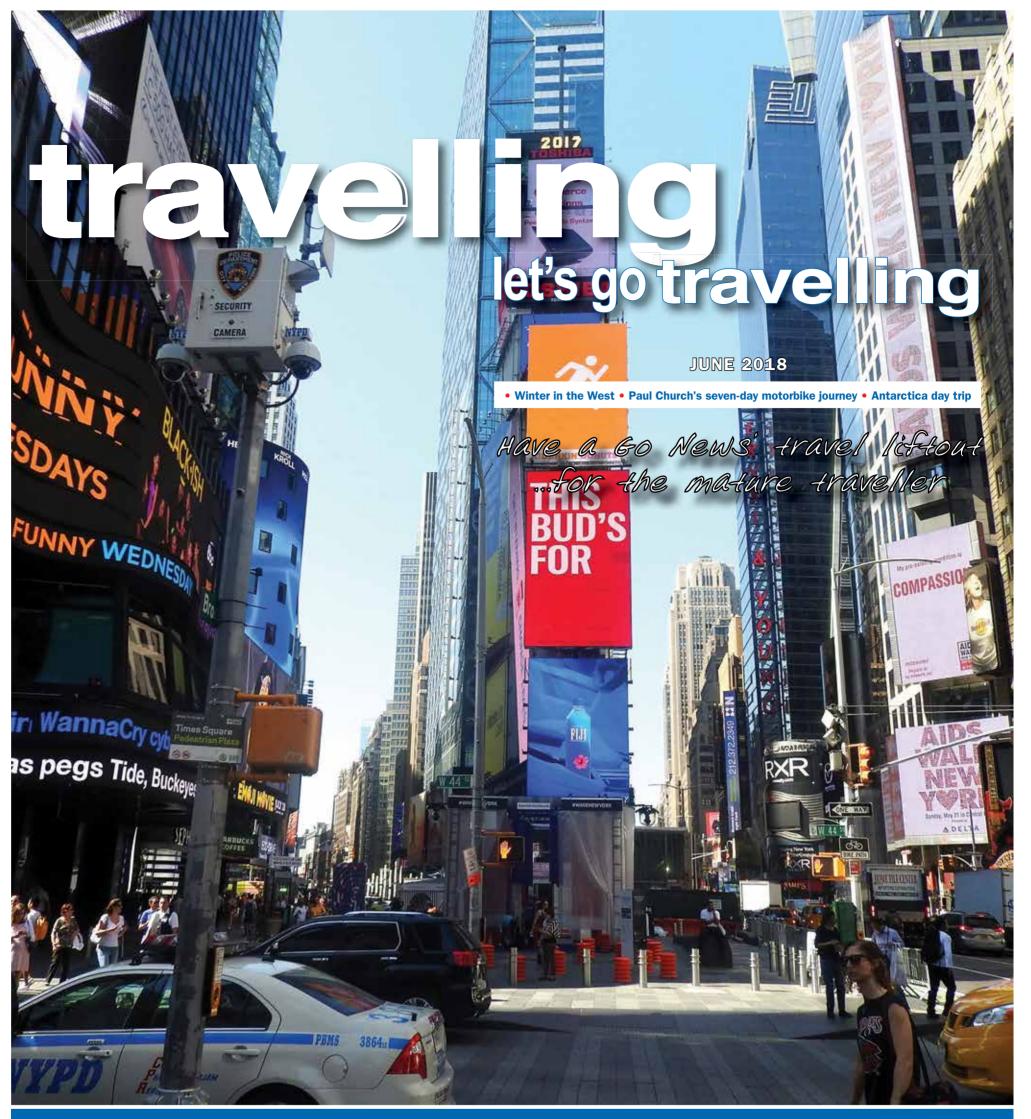
Please refer to the advertisement on page 6 for further details.

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New York was Steve Collins final destination on his adventure traversing the USA on the train, we feature the second part of his story on page 28

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From left to right; Bob Simpkins' funny photos from his trip to China - Jennifer Merigan

European Travel Information and Authorisation System (ETIAS) is planning to implement a new entry system designed to reduce illegal immigration and beef up security from 2020. This ever comes first. will mean Australians will have to apply online for a FTIAS visa.

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People will be asked security questions and probably have to pay a fee of around five euro. Without the ETIAS visa people will not be allowed to board any aircraft, ferry, cruise ship or train heading for Europe. The ETIAS visa will be valid for three years from the date of issue or until a passport expires, which-

Once the ETIAS visa is obtained people can travel freely within the Schengen Area, which presently covers most of Europe with the exception of Britain, Ireland, Bulgaria, Romania and the former countries that

once made up Yugoslavia except for Slovenia.

Security measures at airports have been flagged to be upgraded in the next 12 months. Advanced full body scanners will be rolled out at Australia's nine major domestic and international airports, replacing the current metal detectors at many screening points. There will also be more police and Border Force officers working at the major airports. The plan will also see upgraded 'security infrastructure' at 64 regional airports. There's no information as to whether liquids or carry-on luggage will be restricted on domestic flights as yet. The models are based around European standards.

*** Apologies to Geoff and Carolyn who sent in some funny travel photos last month, I erroneously referred to them as the Dwvers when in fact they are the Shaws.

funny photos to share again this month, Bob Simpkins sent in several from a trip to China and these health and safety signs are very amusing. Thanks Bob and please feel free to share any funny photos you have taken with us.

Our escorted day trip to Antarctica is filling fast and we have been advised that Ice Class has now sold out. We have included the details again in this issue and if you would like to join us call us for a brochure on 9227 8283 or email me jen@haveagonews. com.au

Thanks to the many readers who contact me each month, If you have a travel issue or would like to share some information, don't hesitate to contact me on the email.

Our website has lots of great travel information there too, I encourage you to take a moment to visit it at www. haveagonews.com.au Happy trails

> Jennifer Merigan **Travel Editor**



Letter to the travel editor

Submissions may be edited for clarity and space.

Dear Travel Editor,

fishing writer Mike REGARDING Roennfeldt's story about salmon in the May issue. I'm afraid the writer is no doubt behind the times as far as cooking salmon. I am 90 years old and can assure the public that these are a fine eating fish and they are most delicious smoked.

First off when you catch your salmon, bleed it straight away, fillet it then soak it in milk. Give it time to absorb the milk then cook it as any other fish.

My experience is that you can't tell the difference from a snapper or a salmon.

Unfortunately, our Albany salmon has got a bad name from being too dry but casting my mind back to old Dann Hunt who was the salmon king of Albany who canned this fish and it was sold all over the world.

Unfortunately he wasn't able to put the pink colour into the flesh which turned people off buying this fish. But the old fishermen enjoyed eating fish when others would prefer to go hungry.

Yours sincerely

R W D Johnson **Henley Brook**

Keep warm this winter with Merino



IT'S cooling down and Merino Country have the perfect products for this time of the year. Specialising in Australian merino fabrics and garments, Merino Country have developed their own easy-care, merino jersev designed specifically for comfort, durability, safety and performance in Australia's extreme conditions.

Kerrie Richards (pictured above) started Merino Country in 1993 as an extension to her familv's sheep and wool farm in Western Queensland to combat drought and low wool prices. Originally selling merino products at local shows and field days, Merino Country has since developed into a robust enterprise selling worldwide with their factory and showroom in Brisbane.

Merino Country is celebrating 25 years in busi-

ness focusing on quality products that provide performance, value for money and the unique properties of Australian merino in fantastic colours and styles for work, travel and play. The range includes leisure wear, travel gear, activewear, thermals and wool underwear - also known as WUNDIES!

Merino is a natural fibre which breathes, absorbs moisture and moves with the body providing comfort for everyday wear and great for those with sensitive skin. Merino products also make the perfect travel companion, versatile, comfortable, look great, pack into a small space and can be worn for days with no smell.

"Our fabric and garments are made in Australia from 100 per cent Australian merino wool and are user-friendly, easycare and will even go in the tumble-drier." says Merino Country proprietor, Kerrie Richards.

Merino Country is a li-censed user of the Australian Made trademark with all fabric processed in Australia and garments manufactured in Queensland, proudly supporting local jobs, community and industry.

Shop on-line at www. merinocountry.com contact them for a catalogue. Phone 1800 606 969 or email sales@meri nocoun try.com.

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vertisement on page 7 for further details.



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A birthday present with a difference



Melvin Thomas and Gary Beeck

van Club and attends

weekly church servic-

Last year on 19 De-

cember Mel celebrat-

ed his 80th birthday

and his son Russell

organised a birthday

party which saw many

friends come along to

One of these was life-

Gary also spent most

long friend Gary Beeck.

of his life in the Great

Southern area farming

and truck driving but

also retired to Albany.

They both attend the

Over 55 Walking Club

in Albany and at one

of the walks met a lady

who was from New

Zealand who said if you

travel to New Zealand

It had been 46 years

since Gary had vis-

ited New Zealand and

he was keen to track down a long-lost friend there too. "I saw an ad-

vertisement in Have a

Go News for the Kings

Tours Grand Pacific

Tours coach, train and

cruise tour of New Zea-

to come and visit her.

mark the milestone.

THIS is a story of two mates Mel Thomas and Garry Beeck who both spent most of their lives in the Great Southern region of WA. Mel Thomas grew up in Ravensthorpe between Albany and Esperance. His father was the postmaster there from 1930 to 1941 but developed heart problems and had to give up the position.

Mel said that in 1944 his parents bought a 40-acre property just out of Ravensthorpe and he, his five brothers and one sister grew up happily on the farm. The property still remains in the Thomas family to this day.

Farming was obviously in Mel's blood and in 1966 he and his wife Hazel received a large farm allotment of 2388 acres. Over 25 years they raised four boys and one girl and successfully turned the bush block into a nice farm.

Hazel and Mel then decided to gift the farm to their children and with the onset of changing farming methods have gone on to continue to farm to this day. In their retirement the couple both provided help on the farm when needed but decided to enjoy their hobbies including Hazel's love of poultry and gardening and Mel's interest in old tractor and car restorations.

They also travelled widely around WA and in 2006 purchased a campervan and the following year set of on a three-month tour of Australia. Unfortunately Hazel passed away from cancer in 2012 and Mel said this left a big hole in family life.

He decided in 2014 to shift to Albany where one of his sons resides. He says that now he has lived in Albany for four years he participates in many activities including the seniors walking group, seniors table tennis, the Albany Camperfirmation for me that I should book the tour. My wife due to ill health was unable to travel so I decided to ask Mel Thomas to accompany me as he had never left Australia before," said

Mel says that Gary asked him if he was available for three weeks in March and when he questioned why he said because you are coming on a three-week tour to New Zealand with me. Mel said he couldn't afford it, but Gary decided that this was the perfect 80th birthday present for his friend who had never left the country.

Mel said that he will always be grateful to Gary for the trip and was amazed at how everything on the tour was so well organised from the gifts of travel bags and rain jackets to superb accommodation, meals and transport.

The tour began in Auckland and finished in Christchurch and they had many highlights along the way including riding a luge down a hill and visiting the Agricultural Dome Park in Rotorua. Gary stayed on after the tour for a further 10 days hiring a car and catching and up with his old friends.

Both men could not speak more highly about the Kings Tours Grand Pacific Trip and have no hesitations recommending it for others.

It's great to know that Mel and Gary's friend-ship provided this wonderful gift of sharing an adventure and for Mel to happily say he has left Australia.

For more information on Kings Tours and Travel call 9380 6656.

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table round trip.

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and usage of the state-

of-the-art entertainment

MORE than 25 readers have booked to join us on the Have a Go News day trip of a lifetime to Antarctica on Australia Day 2019. This flight leaves Perth every two years and in 2017 we took an inaugural group along.

"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 expe-

"It's nothing like a normal flight and the excitement that builds when the ice comes into view, is just something to behold. Seeing the stretches of icebergs, the land formations and spending four hours over the ice provides an opportunity to experience this frontier in a day trip.

"The crew, the service and the information throughout the flight add to the entire enjoyment of the trip.'

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 Ant-

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

Every departure is different - no two flights are the same...All seating classes will experience spectacular views over the ice and an unforget-

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.

The Have a Go News tour manager on board takes photographs of the views for our group, providing an exclusive pictorial record for our

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.

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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.

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Making tracks and training across America - Part two the great plains to great cities



Left to right; Ottumwa Station - Very important cigars - Amish - First glimpse of Chicago

by Steve Collins

IN THE first part of this series I wrote about riding Amtrak's California Zephyr from San Francisco to Denver. Now I describe my train trip from Denver to New York

DENVER is called the "Mile-High City", and the spot that marks the exact place of one mile above sea level is on one of the steps which lead to the entrance of Denver's State Capitol building, an imposing structure that has a prominent place in the city opposite a charming park.

Denver is a walkable city, as it is much flatter than I imagined, but it also has a free tram for ease of getting around. Historic Larimer Street has some very interesting shops and I could have spent hours in the Tattered Cover Bookshop. I could also have spent a couple of days sampling

each of Denver's 65 pub breweries, but as I was there for just one day limited my exhaustive research to just one.

It was dusk when I left Denver, and by the time the California Zephyr had left the city's metropolitan area it was dark. We were also out of the mountains and crossing the great plains of the USA. There wasn't much to do, except sleep, and I managed that ok, even sitting up. I awoke as we pulled into Omaha, Nebraska. We had a 15-minute break here, time for a good walk along the station. Unfortunately, I didn't bump into Warren Buffet so have no great investment tips for you.

The lowan countryside was interesting. Good rural country, with many prosperous-looking farms, and still as flat as a tack. I decided to have a decent breakfast in the dining car, so tried bacon and grits. I had no idea

what grits were, and was imagining some form of fry up, but I was verv wrong. Grits is very much like tapioca, and was served up as a porridge, only topped with bacon and honey.

Americans are seriously weird when it comes to breakfast, for them it seems that the more sugar they can into themselves pour the happier they are. If it wasn't for the honey, the grits would have been disappointingly bland. I couldn't work out why the grits were served with bacon because it certainly didn't create any sort of taste sensation that I could rave about. I moved the bacon to one side, ate the grits, then attacked the bacon last.

I don't really drink coffee so ordered tea. The usual question was asked by the server, "Is that iced tea or hot tea?" I knew this was going to be another disappointing experience. Hot water in a paper cup was delivered to the table, along with a teabag of a brand of tea I've never encountered before. Hot water

needs to be poured over the tea, not vice versa. Plus, they kindly provided cream, not milk. At least the water was hot, even if I was drinking a cup of yuck.

Four hours after leaving Omaha we arrived in Ottumwa, Iowa with time for another saunter along the station. Poor old Ottumwa, the platform roofing had been removed and everything else was rusted. The main attraction in Ottumwa is the American Gothic House where the famous painting of a farmer holding a pitchfork and his wife was painted. What a shame that I missed out on the opportunity to visit and to hold that beloved pitchfork.

Ottumwa we After dipped into Indiana for a short while, then back into lowa, where we entered the city of Burlington, which does have a great railway history. Burlington is on the western bank of the mighty Mississippi River, and I had ample opportunity to admire the river's magnificence as we crossed this impressive waterway. The Mississippi was a lot wider than I imagined and coloured quite a lovely muddy brown.

After crossing the Mississippi railway bridge we were into Illinois, and just four hours from Chicago. We passed lush farmland until we reached the outskirts of Chicago. The suburbs appeared to be clean and neat with treelined streets and mostly

double-storey houses. One thing that I had noticed about the houses, virtually everywhere I went, was that they seemed to be a lot smaller than houses here in Perth. Even the houses that I saw on farms and in rural towns appeared to be quite tiny, which was a surprise. Despite mostly being two storeys, American houses have, on average, about four fifths the liveable space of an average Australian house, so their imprint is a lot smaller than ours.

I could tell that we were nearing Chicago as we started rumbling past industrial areas, but the city skyline suddenly appeared just before we pulled into Union Station. There are union stations in most of the cities I visited, and I discovered the name "Union" indicates the station has tracks and facilities which belong to two or more railway companies for the convenience of passengers when making connections.

There seems to be a template for grand US railway stations, and Chicago's Union Station was indeed grand and, for arriving passengers, quite efficient. Just a few

minutes after disembarking I was in a cab and on my way to the hotel.

Chicago is brilliant. Take my word for it. Unfortunately, that efficiency upon arrival was not as noticeable for departing passengers. After a couple of days' break enjoying Chicago I was back at Union Station to catch an overnight train to Washington DC.

There is a waiting area at the top of each platform, but you can't use that waiting area until it is open for your train. Until that area is opened, you have to use another waiting area, one which is set further back from the tracks. This is a large room that is, naturally, filled with passengers. The main problem was that the person doing the announcements was utterly unintelligible, so you never quite knew what train, or to where, was being called. The announcer was using local slang terms and doing a bit of word rhyming, trying to turn his announcements into some kind of rap song, so I had no idea what he was saying.

Joining me were a number of Amish people waiting to catch the same train. The Amish don't speak English amongst themselves, preferring a form of Old German. I actually preferred the Old German to whatever rubbishy patois was being uttered by the PA announcer. I respect people of all religions, but I couldn't help but notice that the Amish do resemble garden gnomes. Besides, they are almost the same height as your average gnome. I couldn't help but notice that given their custom of shunning outsiders the Amish gene pool seemed to be exceptionally shallow.

As mentioned earlier, Americans don't seem to understand the importance of clear, concise signage either. The whole experience of trying to translate gibberish into meaningful information was completely confusing, but I eventually found my way to the correct platform. Here seniors, in the US that's people aged over 62. are given boarding priority, but there is no dedicated place for them to wait, and not enough seats for everyone, so the process of boarding the train is rather chaotic too.

This train was much more crowded than those I had already travelled on. The journey was mostly undertaken at night, but it was still pretty comfortable sitting up. I did note that this train, particularly the toilets, weren't kept as clean as those on the California Zephyr. I awoke to find us travelling through West Virginia and traversing the Appalachian Mountains.

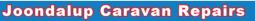
This is home to string band folk music and bluegrass. West Virginia is a rural state and noticeable from the train were barns that were painted with giant slogans such a "Make America Great Again" and "Trump For President". They got their wish for the latter. Who knows about the

The scenery was very pleasant as we stuck to the valleys following fast nowing rivers The viev was guite soft, especially following the dramatic landscapes of the high sierras and Rocky Mountains, comprising of small towns, many family farms, gorgeous, lush forests and roads which seemed to be very quiet.

Arrival into Washington's Union Station was anticlimactic, but it is a vast, grand marbled building. I was wandering around when I spotted the President's Cigar Shop. Amongst the displays of cigars were photos of President Donald Trump boasting their Inaugural cigars, which I found to be odd as he is a non-smoker.

Truth in advertising is obviously not a priority in the United States.

continued on page 29





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Making tracks and training across America

- Part two the great plains to great cities







continued from page 28

smell the power. The city

just reeks of it as those

who have, or who be-

lieve they have, political

influence strut along like

suited peacocks. To save

money, because Wash-

ington is an expensive city, I decided to stay in

has a very efficient com-

muter rail system so get-

ting around by train was

easy. Even in peak hour

the trains don't seem to

stopped during my jour-ney Washington DC was

my least favourite. There

Of all the places I'd

be too crowded.

Washington

Holiday Units & Chalets

Maryland.

When you arrive in Washington DC you can Clockwise from left to right; Washington Union Station - Mr Liberty - God Bless America

cated to politics and business. The Capitol building is immense and the various Smithsonian Museums are simply mind boggling, but I wasted a lot of time waiting for buses that never arrived because they'd changed

are some fantastic attrac-

tions there, but I found

it somewhat tourist un-

friendly. Possibly, this is

because it is a city dedi-

of the now-unused bus stops. Mv last train journey was from Washington DC to New York City. It's only a few hours, so I was on

a commuter train, which

was quite crowded but

still comfortable.

their routes, but had no

notices about this at any

This is a great trip as you pass through Baltimore, Wilmington, Newark, Philadelphia and Trenton, capital of New Jersey. The train travels along the shores of the mighty Chesapeake Bay, past massive industrial complexes, large, neat

towns and finally you

cross the Hudson River where you can see the New York skyline in the distance.

The last part of the journey is underground. When you finally arrive at Penn Station you know that you've reached New York. The crowds, the chaos, the excitement, the sense of purpose is instant. You have arrived in the middle of Manhattan. New York City. There is no other city like it. It is a buzz and that journey to get here was absolutely worth it. I began the first part of the journey by saying that the trip seemed like a good idea at the time. It was a brilliant idea and I loved crossing the United States by train. Next time I would stop more often. But time didn't permit that on this

The trains didn't often run on time, but they were comfortable and I saw lots of America and chatted to so many Americans. It was a true adventure, well worth doing.

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PRINCESS Cruises will spend a record-breaking 141 days deployed in Fremantle during the 2019/2020 Australian summer cruising season, the largest financial commitment ever made to the state by a cruise brand.

This historic investment will inject \$32 million into the state's economy and follows the return of Sun Princess to Fremantle which will generate a one hundred per cent increase in cruise ship guests sailing from Western Australia compared with 2018/2019 season.

"I'm delighted to announce this significant investment to Western Australia, doubling our capacity in this great state by one hundred per cent over the 2019/2020 season." said senior vice president Princess Cruises Asia Pacific, Stuart Allison.

'The economic impact of our investment will not only be felt in Fremantle and Perth, but regional areas like Albany, Busselton, Broome and Geraldton which are also set to greatly benefit financially from some of Princess' 28 cruise ship visits. We will make 17 visits to WA regional ports over the 2019/2020 season, with each ship visit estimated to inject up to \$500,000 into

the economy as our guests explore the local area." "Cruising is booming in Western Australia. More than 100,000 Western Australians took a cruise last year, representing four per cent of the state's population - a higher penetration rate than the cruise markets in North America and Europe." said WA Premier Mark

Sun Princess' home port in Western Australia also marks the return of beloved Australian chef, Curtis Stone's onboard restaurant, Share. With two awardwinning restaurants in Los Angeles (Maude and Gwen), Share is the only opportunity for locals to sample the chef's exquisite cuisine locally.

"Western Australia is a beautiful produce-rich state that has a flavour as dynamic as its people; I'm so excited to create my signature dishes at Share using fresh local flavours of the region." said Curtis Stone.

As Perth's ship for the summer season, Sun Princess will sail over 141 cruise days out of Fremantle on itineraries ranging four to 46 days to destinations across Australia, Asia and Africa.

By popular demand is the return of 46-day Indian Ocean and South Africa Odyssey cruise which will feature a maiden call to Zanzibar, Tanzania. Other notable itineraries include a 15-day Indonesia roundtrip voyage from Perth (Fremantle) over the Christmas and New Year holidays and a 17-day Northern Explorer sailing between Perth (Fremantle) and Sydney on both Sun Princess and Golden Princess.

For more information or to lock in your next cruise holiday onboard Princess Cruises contact Helloworld Morley 9276 5577 or Helloworld Bassendean

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A BRAND new holiday from Villa Carlotta Travel will have people immersed in the history and heritage of Charters Towers, the sights of Townsville and the beauty of Magnetic Island, a favourite island

Departing 25 July to 1 August, guests will meet the locals on many guided experiences, learn about the local history and hear the yarns to be told. Highlights continue with the largest living coral reef aquarium, a unique horse drawn canvas covered wagon ride and the golden history of Charters Tower. This wonderful holiday will also feature special musical events as Townsville hosts the 28th Australian Festival of Chamber Music. Visit www.villa.com.au/Our-Tours/Charters-Towers,-Chamber-Music-and-Townsville, FreeCall 1800 066 272 or email holidays@villa.com.au to book your seat now.

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North Beach Jetty

by Mike Roennfeldt

WA's Coral Coast spans

a vast area north of Ger-

aldton and has more

than 1100km of white

beaches, outback des-

ert and laid-back coastal

beautiful stretch of our

towns.

country.

a unique and

AS I write this we are approaching mid-

winter, a time when we can expect periods of strong winds and rain. At such times, the ocean can become a mess, with dirty water and masses of weed fouling up the coastal shallows. Beach fishing is all but impossible and don't even think about heading out in a boat. So what options are there for those who can't go without their regular fishing fix?

There are only a handful that I can think of. The first is pretty exciting, but probably only for the younger, fitter anglers who don't mind getting drenched with spray from waves smashing into the rocks. You see, it's in these sorts of conditions that big pink snapper come in close to feed, picking up disoriented baitfish or shellfish that have become dislodged from their hidey holes amongst the rocks.

Places like North Mole, the north suburban marinas and the rocks near ASI in Cockburn Sound are prime spots for this sort of fishing, but it can be a pretty uncomfortable experience. Long, strong rods loaded with fairly robust line of around 15kg breaking strain are the way to go because you might have to keep the line as high above the water as possible to avoid close-in floating weed and still have enough power to muscle a big fish in close to the rocks. Monofilament is a better choice in main line than braid, due to its higher abrasion resistance.

A heavy sinker to keep the bait fairly sta-

tionary is a good idea and big, tough baits like a whole yellowtail are advisable. A long pole gaff is indispensable, because no fish is worth risking your life for if you have to scramble down close to the water to make a gaff shot. For those who fancy catching a big storm pinkie but aren't nimble enough on their feet to try the rocks, the Rockingham jetties offer an alternative, but it can still be a bit wet and cold.

Another, less extreme option is to try and tempt a black bream or two in the more sheltered confines of the Swan and Canning rivers. In winter, bream like to hang about in close to structure such as jetties, bridges, boat pens and mooring areas. If you are one of those who still enjoys catching them on bait rather than lures, the trick is to get the bait right in amongst the structure. At places like Canning Bridge, where there is enough timber in the water to build Noah's Ark, this can present some challenges when you hook a good fish.

Or you could just stay at home and wait for a couple of calmer days. As inshore waters start to clear after a blow it's not unusual for many of our bread and butter species to come back on the bite strongly.

If the last option sounds more like you, why not put the down time to good use and engage in a little tackle maintenance, so that when it starts again you're ready to go.

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Discovering WA's Coral Coast Aussie Redback Tours style

Aussie Redback Tours have put a tour together for people to enjoy these very special spots, all done at a leisurely pace, in air-conditioned comfort, and staying in motel accommodation. The tour runs for 12 days,

starting with a flight from Perth to Broome, and then heads down the coast. Tour highlights of this glorious area include sunset fish and chips

dinner on Cable Beach in Broome; a visit to 80 Mile Beach - famous for its long stretch of white sandy shores (staying at nearby Pardoo Station - a little oasis in the desert); a short trip inland to Karijini National Park to visit the picturesque Dale's Gorge, Fortescue Falls, Circular Pool, and Fern Pool (if it's warm enough to try a dip in this pool); and a chance to meet the world-famous dolphins at Monkey Mia. A visit to the Coral Coast wouldn't be the same without seeing the dolphins.

A tour of the area must also include a visit to Kalbarri where guests will visit Nature's Window, the Loop, Z-Bend Gorge and Red Bluff Lookout.

Aussie Redback Tours have also included, at no extra cost, three cruises one on the Ningaloo Reef on a glass-bottom boat,





one at Monkey Mia on the bay, and a beautiful sunset cruise at Kalbarri on the Murchison River.

There will be plenty of opportunities to enjoy the Coral Coast in a variety of

The cost is \$3,450 for seniors and includes your

flight, inclusions as mentioned, daily breakfast, most evenings meals, and lunch at Karijini National Park.

Call Aussie Redback Tours on 1300 662 026 or email aussieredback tours@yahoo.com.au to book your seat now.





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MANDURAH EVENT

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Meadow Springs Golf and Country Club

23 Meadow Springs Drive, Meadow Springs

Wednesday 20 June 2018

Arrival 1.30pm for a 1.45pm start (1.30pm to 3.00pm)

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Join villa for a little bit of 'Kalbarri' time! What better way to escape the winter blues with your fellow solo travellers than with a relaxing five day break to Kalbarri complete with a traditional Christmas in July festive dinner. 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.

Just for Singles Kalbarri Christmas in July Highlights | Kalbarri National Park | Batavia Coast Kalbarri River Queen | Murchison River | Murchison House Station Exotic Rainbow Jungle | Christmas in July Celebrations

5 Days | Monday 23 to Friday 27 July 2018 | Guaranteed Single Room \$1870 | Share a Room and Save \$315

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Highlights | Albany | Kalgan River Cruise Old Farm Strawberry Hill Stirling Range National Park Yongergnow Australian Malleefowl Centre Experienced Local Wildflower Guide Wagin Historical Village Wave Rock and the Wildflower Shoppe | Bremer Bay

5 Days Thursday 25 to Monday 29 October 2018 Guaranteed Single Room \$1785 Share a Room and Save \$240

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

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Witness the unspoilt natural beauty of Jar Island - Bradshaw Art (estimated to be 60,000 years old), King George Falls - the highest waterfalls in the area, the magnificent ecology of the Hunter River, Montgomery Reef - featuring the marine life of Turtle Gully. Other highlights include the Prince Regent River including the beautiful King Cascades, the breathtaking scenery at Raft Point, Talbot Bay's spectacular Horizontal Falls and countless untouched beaches, inlets only on offer from the Kimberley coastal scenery.

Kimberlev Expeditions also offers Rowlev Shoals seven-day dive and snorkel charters departing Broome in October and November, from \$2,800 per person. They still have availability and great last minute deals for their 2018 cruises, or get in early and book your 2019 getaway.

For more information free call 1300 874 707 Free call: 1300 874 707, Email: res@kimberleyex peditions.com.au or visit www.kimberleyexpedi tions.com.au

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day.

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View beautifully patterned mud flats near Wyndham at the mouth of the Ord and King Riv-

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

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

Enjoy a guided 4.5 km hike into the Mitchell Falls. This is a difficult and uneven track with river crossings, which can be slippery and there is an option of taking a helicopter transfer instead of walking, which is an additional \$150 per person.

There is a limited time for the walk, therefore if

vou are unsure of vou walking capabilities it advised to book the helicopter transfer. Enjoy time to explore the falls, swim and enjoy a picnic lunch.

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

Discover the magic of the area in this amazing trip across the Kimberley.

To secure a special offer for this day trip call 1800 095 500 or see advertisement on page 30.

Small group adventure on the Gibb River Road

WESTERN Australia's Kimberley region is acclaimed worldwide as one of the world's last great wilderness areas. Join with Villa Carlotta Travel on the road trip of a lifetime to board a 4WD coach and travel along the famous Gibb River Road from Broome to Kununurra. Explore the many rivers, gorges, ranges and vast station country that make up this remarkable part of the world. Departing 11 to 19 August, this small group adventure will include walks amongst the spectacular scenery and landscapes and the opportunity to take a dip in tranquil waters and amidst isolated oasis's. Some of the vast stations will be your overnight destinations. Icons of the Kimberley region, you will learn of their early pastoralist history, modern day life and experience genuine outback hospitality. Visit www.villa.com.au/Our-Tours/Discovery-Kimberley-Experience or freecall 1800 066 272, email holidays@villa.com.au to book a seat now.

THE GREAT BEYOND

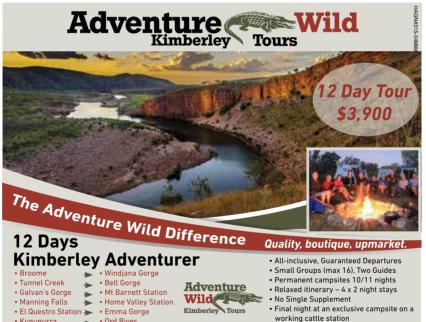
VISITOR CENTRE Explorers' Hall of Fame

Complementing the rich visual history of the Northern Goldfields, the Great Beyond Explorers' Hall of Fame utilises cutting edge technology to bring to life the characters and

stories of the past. Step back in time with several notable explorers who led challenging expeditions through central Australia during the mid to late 19th Century as they recount their stories of hardship and bravery. Discover what it was like for women and pioneers living and working on the Goldfields during the pioneer days and learn about the valuable

Home of the Explorers Hall of Fame.





- KununurraBungle BunglesFitzroy Crossing

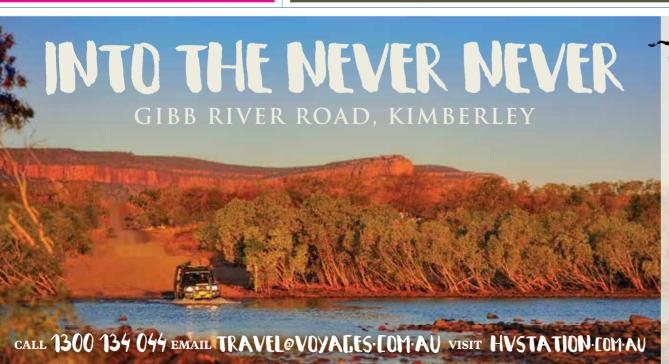


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Full moon rising in the north...



The Staircase to the Moon phenomenon. which happens across Roebuck Bay, Broome © Tourism Western Australia

FOR PEOPLE who are heading north don't miss the opportunity to see the staircase to the moon which is an amazing natural phenomenon that takes place along the Pilbara and Kimberley Coastline.

When the full moon rises across the exposed tidal flats it creates the impression of a staircase leading to the moon.

These are the dates and time for Broome for this year. In the Pilbara, the Staircase appears a few minutes later than Broome, so please check with the local visitor centre for the correct times for that location. Visibility varies in strength depending on weather, su

unset, moonrise and t	ne tides.
29 June	18.24
30 June	19.13
28 July	18.00
29 July	18.49
30 July	19.39
27 August	18.25
28 August	19.15
29 August	20.05
25 September	18.01
26 September	18.52
27 September	19.45
25 Octobor	18 31

26 October 19.28 Best locations to view Staircase to the Moon Broome

The Staircase appears along the shores of Roebuck Bay - Town Beach and the Mangrove Hotel are the most popular spots, with night markets at Town Beach complementing this special event.

Pearl Town Bus Service operate extra services departing from the Town Beach night markets and the Mangrove Hotel about 30 minutes after moonrise, travelling to the Cable Beach area.

Dampier Peninsula

Staircase to the Moon may be viewed from the western side of the Peninsula at Gambanan campsite, or from Cygnet Bay Pearl Farm.

Onslow

The boardwalk at Onslow and Sunset Beach are beautiful spots for both sunsets and Staircase to the

Cossack

Head to the Lookout at Settler's Beach in Cossack for Staircase to the Moon in this beautifully restored ghost

Karratha and Dampier

A half an hour's drive from Karratha, Hearson's Cove's expansive mud flats make it an ideal spot to watch the Staircase.

Port Hedland

A special Staircase to the Moon viewing deck is located next to the Cooke Point Caravan Park on Goode

Take a walk on the wild side this winter....



MEMBERS of the Over 55 Walking Group always enjoy a lot of camaraderie and recently held a sausage sizzle at Garratt Road Bridge following one of their regular walks.

The weather was perfect, the sausages delicious (150 were distributed) and the club's chefs and servers (including Yvonne and Kevin the resident onion chef) gave their usual high standard of service.

Apart from current members this event was thrown open to prospective members who through a piece in this publication were invited to try out the

walking club and also the complimentary sausage sizzle.

For any people who would like to try out a walk, they are most welcome to come along to the following walks which are held weekly on a Tuesday morning commencing at 10am:

12 June - Mosman Park -Tom Perrot Reserve, McCabe Street. 19 June - Woodbridge - End

of first Avenue, Woodbridge. 26 June - Garvey Park Fauntleroy Ave. off Gt. Eastern

For more information visit www.over55walkingassociation.

Free membership available to the Club 55 Travel Club



LOOKING to meet and make new friends? Club 55 Travel has an exciting range of day tours for both groups and individuals. The travel club has several convenient departure locations around Perth.

This year is shaping up to be a great wildflower season and Club 55 have a three day Mid West Wildflower Tour departing 23 August to enjoy this annual floral event. The wildflowers are looking magnificent and there are several tours which will be visiting some of the local top viewing spots.

Anyone can join the Club 55 for a great day out with no membership or joining fees.

Bigger groups such as Probus clubs, bowling clubs and retirement villages are also very well looked after and have a choice from more than 100 specially designed outings with a minimum of 15 passengers.

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just friends you are yet to meet. Phone 1300 653 696 or visit the web page www.club55.com. au where you can view and pay for tours online. See their advertisement on page 3.



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*Minimum 3 night stay. Offer valid 30/06/18 Conditions apply. Not valid during WA School Holidays. Not available on long weekends

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Taking an easy rider adventure down the never ending highway







Left to right; Esperance Clock Tower - Desert Mounted Corps Memorial, Albany -Esperance Stonehenge

by Paul Church

TOURING your own state by motor bike has its challenges. But a seven-day journey with a friend to the Goldfields and south to Albany and Esperance was a special experience, revealing hidden gems along the way and encountering people with a story or two to tell

There's nothing like the sense of being on the open road, away from the city mayhem, at one with nature and feeling the wind in your face as you take the bitumen road to who knows

where.

At 67 with a lifelong love of motor bikes, I took my 2009 Suzuki Bandit GSF 1250 SA on a small adventure, with good friend John Bristow, 70, riding a 2017 Triumph Tiger Sport 1050.

After leaving my Edgewater home, I met up with

John at Beechboro, both of us heading via Great Eastern Highway as far as the Lakes Roadhouse where we travelled towards York and then Beverley. We met up with three friends---Mike Jones (KTM), Phil Drew (BMW GS 1200) and Mike Bode (Triumph Tiger)--who travelled part of the way but couldn't spare the time to do the entire trip.

We headed towards Kalgoorlie, the two Mikes and Phil gradually leaving us, with John and I heading east. A fuel stop in Southern Cross allowed us to make it comfortably to Kalgoorlie and our accommodation for two nights, the Palace Hotel. The route we took made it a ride of 661km and we were all sorted by 5pm with bikes secured in the

hotel access area. A couple of cleansing ales in the Exchange Hotel, which incidentally, still employs a "skimpy" bar maid, was next on the agenda, followed by a meal next door at Paddy's, a restaurant attached to the pub.

Friday-Kalgoorlie sightseeing 23km

The second day at each stop, we had decided would be a sightseeing day, so we only covered a mere 23km. We only used the bikes to ride to the Mount Charlotte lookout which overlooks all of Kalgoorlie and is well worth the visit, especially at sunset.

There is some interesting information to read on the panel about water or the lack of it in the early days. Water was more important than gold during the gold rush years, until famed en-gineer CY O'Connor had the vision of pumping water from Mundaring near Perth to the Goldfields which became a reality in 1903.

We continued to the "super pit" which has to be seen to comprehend how big is this hole in the ground. From there we rode to Boulder and had a walk around. Boulder is now virtually connected to Kalgoorlie, as the urban sprawl even takes effect in this more remote area.

We parked our bikes and explored iconic Kalgoorlie, speaking with many interesting characters which mining towns tend to at-

Saturday-Kalgoorlie to Esperance 419km

It was a reasonably early start with the Goldfields Highway a good road from Kalgoorlie to Kambalda. Esperance Highway, passing through Widgiemooltha (the location of the biggest gold nugget ever found in the Goldfields, tipping the scales at 1,136 ounces in 1931) and then onto to

It was then a comparatively easy ride through Salmon Gums and Grass Patch, which has been a town site since 1910 and was a watering spot for the Esperance to Norseman railway. Locals sought to change the name to "Warden" in 1949 but objections soon had it changed back to Grass Patch.

We arrived in Esperance mid-afternoon and found accommodation at the Comfort Inn-Bay of Isles. We then took a ride around to get our bearings and check out the pleasant little

Sunday-Esperance sightseeing 82km

After a leisurely start, we had a ride around the tourist loop that takes in a scenic coastal road. We then turned inland to investigate the pink lake, which incidentally wasn't pink at that time. High salt content is required to turn the lake pink, but over the last few years freshwater entering the lake has negated the complex chemical reactions which cause the colour phenom-

While there we chatted with some other tourists who were visiting from Switzerland and Italy. It's always good to hear stories from other travellers and tourists, especially if they

are from overseas. We then rode out to see the Esperance Stonehenge on Merivale Road, just a few kilometres out of Esperance township. It is the only full sized replica of the original Stonehenge in Britain but is also appears as the original would have looked around 1950BC. It consists of 137 stones of local pink granite and is well worth a look.

Riding back into Esperance we grabbed something to eat before spending a few hours in the museum. As well as local artefacts of interest, it also has some parts of the Skylab US Space Station that crashed to Earth nearby on 12 July 1979.

One interesting anecdote is that as a trick, NASA was issued a \$400,000 fine for littering. It was not paid until Californian disc jockey Scott Barley asked his listeners to donate money to clear NASAs books. The fine was duly paid and Barlev received the key to the city for his efforts. NASA. to its credit, hasn't littered in the Shire of Esperance

Esperance has many interesting features, two of which stood out, the whale tail sculpture and the brilliantly built clock tower, both on the waterfront.

continued on page 35

Esperance Getaway



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Plenty of fun for older adults who like to camp plonk in the middle of nowhere



Members of COCOA

by Rose Hope

The bush track snaked its way through dense foliage and eucalyptus trees. Suddenly our maxi taxi emerged into a clearing in which stood about half a dozen small cottage huts around a huge camp kitchen and barbecue. The passengers tumbled out of the cab and greeted the rest of the group already enjoying a cuppa in the camp kitchen. Recently it had rained and the perfume of the eucalyptus trees hung heavily in the air.

A track led straight to a huge bay, its calm waters stretching far into the horizon. Lush green growth fringed the long stretch of white sandy beach. It was a little slice of heaven plonk in the middle of

My hut was named Amity and I shared it with two other fun loving women. There were many activities to take part in. Some went to craft classes, while others played outdoor games. I opted for long walks along that beautiful beach while others went swimming.

But it was the Gannaways tour that really took the cake. Picked up at 9am we travelled through magnificent scenery past dairy farms and vine-yards and on to Anniebrook Flower Farm and Vineyards, a huge building set in beautiful countryside, chocker block full from top to bottom with the most realistic artificial flowers and every conceiv-

able thing to tempt one of our one's money. We spent about an hour there and most came back loaded with stuff they had no intention of buying in the first place. Moving on to the next destination we arrived at the Wonky Windmill just in time for a coffee break. Set in a farm there were sheep and goats to feed. There were also a number of small cubby houses set up with kitchens and stoves for kids to play in.

At Cowaramup a delightful country town which we had the pleasure of exploring we stopped for lunch. Full of quaint little shops, one of which offered free cups of tea. I had a lemon and ginger tea which had a flavour to die for. Then we visited the soap shop redolent with heady perfume where we each received a free sample.

We explored the dangerously rocky and rugged coastline near Yallingup before pulling up at the Margaret Driver Dairy shop with its exotic cheeses. Our final destination was a trip to Simmos Icecream parlour where I decadently indulged in a huge pink icecream.

In the evening we played games and had a tipple or two or three and it was all too much for one overly endowed lady who having imbibed a little too much stumbled into the wrong ablution block and absent mindedly left her unmentionables in the

For a short while we all became young again, as old friends came together with new ones to produce a concert where we showed off our acting expertise. The meals were great and we all ate

All too soon it was time to leave.

Come Out Camping Older Adults (COCOA) organised the entire holiday including the bus tour and all meals which cost \$340 from Monday to Saturday. The camp was situated half way between Busselton and Dunsborough.

I travelled down to Busselton on a TransWA bus with 14 others and alighted at the Abbey boat ramp stop where the camp organiser had arranged a maxi taxi to pick us up for the remainder of the journey. COCOA don't do tents.

For more information about COCOA call Judy Hampson on 0450 735 415.

Taking an easy rider adventure down the never ending highway by Paul Church

continued from page 34 Monday-Esperance to Albany 502km

We made a reasonably early start after refuelling our bikes and setting off towards Albany. We encountered quite a lot of road works and also met up with a couple of guys on BMWs from the Netherlands who were doing a similar trip to ours. It's amazing how you tend to stop for fuel and eats and keep bumping into people you have met

on the way. We passed through Ravensthorpe and then remained on National Route 1 by turning left at Jerramunaup.

We arrived in Albany and followed the signs to the Tourist Information Centre. But they had relocated to the High Street the previous day. We eventually tracked

them down to a temporary office in the town library. Albany was quite busy that week, but we were eventually able to get accommodation at the Albany holiday units at Middleton Beach.

Tuesday-Albany

sightseeing 72km One of our first ports of call was to ride up to Mount Clarence to the Anzac memorial and lookout. This overlooks the town and also King George Sound and Princess Royal Harbour where on 1 November 1914, 30,000 Anzac troops boarded a flotilla of assembled ships bound for the battlefields of the Great

Little did they know at this stage that many were headed for the disastrous campaign in the Dardanelles, which was Gallipoli. We paid our respects

at the memorial and also checked out the Anzac Museum which was inaugurated 100 years to that fateful day on 1 November

We then made the trip out to the Blow Holes and the Gap and Natural Bridge which are notoriously dangerous natural phenomena along this rugged coast. Recently viewing platforms and walkways have been built for the safety of visitors and sightseers but some fishermen still risk going out on the rocks. Some unlucky ones have been known to be swept off the rocks by freak waves that seem to happen quite frequently along this coast.

Wednesday-Albany to home 547km

We awoke on the last morning to pouring rain and a forecast of it continuing for most of the day. So it was don the wet weather gear and grin and bear it. We headed north on Albany Highway but shortly after Mount Barker we turned off the highway and travelled north towards Frankland River and onto Boyup Brook where we stopped for coffee and to remove our wet weather gear as it was fine there.

After refreshments, it was on to Donnybrook, Bunbury and a lunch stop at Spill the Beans Café in Halls Head, just out of Mandurah. Two friends, lan Moon and Gary Johnson, met us there and rode the last 100km home.

Finally, it was a great little

trip and break with John who was a fine travelling companion. We are now looking to another odyssey in the near future.

Top tips: Anybody contemplating a trip like this can vary it to suit their time frame. If you don't fancy long kilometres between stops, a more leisurely approach can be done with stops at Merredin or Southern Cross between Perth and Kalgoorlie, Norseman between Kalgoorlie and Esperance and Hopetoun or Bremer Bay between Esperance and Albany.

Home to Perth from Albany has numerous routes so it comes down to personal choice. There's a lot to see in this big state, so why not get out and enjoy it as we did.

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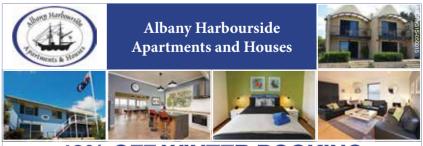


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36



Take a cool escape to the south-west during winter Discover the joys of Italy



Mobile Dunes © Chris Tate

by Lee Tate

FORGET Western Australia's tyranny of distance and think south-west. There tantalising are towns and sensational stop-overs within striking distance of the motorist traversing the south-west.

In the cooler months, motoring can be capitalised on when it's too wet or chilly to spend a lot of

time on the ground. Hop back into the car and cruise elsewhere, a short sojourn through nature's greatest offerings including tall timbers.

Put up the brolly and pull on a raincoat and wander under the trees. Raindrops falling on your head will be a new experience for many. You see familiar places in a new

Baby Boomer tradition has been, in winter go north, in summer head south. But with an adjustment to your thought processes and being properly prepared - rugging-up and forewarning the kids – you are destined for a different, damper holiday.

How much more you

will appreciate your hot coffee/ hot chocolate stops. Select a town, perhaps Pemberton, and head in that general direction. We take off without a fixed timetable, being diverted by a place or feature that catches the eye enroute. Perhaps there'll be a sudden weather change and we'll make allowances and diversions.

In the cool months, accommodation and caravan bookings are unnecessary. It doesn't matter if you arrive behind schedule or even if you have to find another town. You're just cruising - stress-free.

Heading south between Mandurah and Bunbury, just before the Myalup turn-off, is the Crooked Carrot café and after our last two stops

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there, we'll be regulars for a coffee break or lunch. While on the main road, it has a lovely outlook, terrific tucker and drinks and room for kids to roam and stuff to play on. The Bunbury Farmers Markets are certainly worth a stop for local groceries and a feed or drink - including their generous free tasting samples.

Heading towards timber towns and, in our case. Pemberton there will be myriad distractions in the regions of Donnybrook, Bridgetown and Manjimup. Such as wineries and breweries and farms with fruit and vegetables, gourmet offerings and cattle.

Around Manjimup you might come across black truffles – the big, new export industry - plus, undoubtedly, apple farms and trout fishing. The tall trees closer to Pemberton include some grand. 300-year-old specimens, bringing in new generations of international tourists. Have you stood among those towering aiants, listening to birdsong and perhaps the dripping rain?

The Gloucester Tree.

popular with Boomers still, has 153 thin pegs for you to be challenged on as you climb 53 metres. The Diamond Tree, once a fire lookout from 1941, towers 51 metres and is another drawcard for the active traveller. There's also the Dave Evans Bicentennial Tree which, at 75 metres, is the tallest climbing tree in the

By way of contrast, there are the Yeagarup Dunes "the largest landlocked moving dune system in the Southern Hemisphere" and you can hop aboard a 4WD for a guided tour or selfdrive. The mobile dunes are in the wonderful Warren National Park, 20 kms from Pemberton.

At Pemberton, also suitable for inclement weather, is the tram for tourists where you can listen to a useful briefing on the region while having a break from the car.

Throughout the southwest there is a luscious mix of natural and human-shaped attractions. In the winter months they take on a new light.

Yes, our south-west is



MARIO, Viny and Gianni Vitellone who run Vita Italian Tours specialise in small group tours to Italy. All the tours are personally guided and apart from airfares are fully inclusive.

In June each year Vita Italian Tours escort a small group of travellers on an 11-day tour designed to experience some of the most spectacular scenery in Italy. Lago di Como, Lago di Garda and the Dolomites welcome the traveller to an oasis of peace and tranquillity in an unspoilt environment. These areas are rich in ancient culture and tradition and dotted with beautiful villages; all with their own special charm and unmatched hospitality.

One of the tour highlights is: La Grande Strada delle Dolomiti which links Bolzano with Cortina D'Ampezzo. The 100km journey is characterised by spectacular scenery: gorges, waterfalls, glaciers, high passes, thick forests and incredible mountains. Then it is time to relax in a delightful mountain chalet in the Cadore valley near Cortina before the tour ends in Venice.

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For readers of Have Go News there is an Early Bird Discount of five per cent if you book directly with Vita Italian Tours before 30 November. For details of the tours Vita Italian Tours has to offer visit the website www.vitaitaliantours.com or contact Mario. Vinv or Gianni on 1300 842 444.



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food & WI

Brunch with T (and Dan)





Clockwise from top left; left to right, Six Willows Cafe's vegan brekky stack with scrambled eggs and s'mores French toast - cookies and cream hot chocolate and, choc, peanut smoothie - Tahlia Merigan

by Tahlia Merigan

THIS month Dan and I ventured south to Six Willows Café in Willetton.

It was a sunny Saturday morning and the cafe was fairly busy. The café offers both inside and alfresco dining but we chose to sit out the front as it was cooler and out of the sun.

The décor is rustic and homely with a mismatch of tables and chairs. Once seated we grabbed a menu but I was distracted as they have a variety of cute gifts available to purchase and I will admit I did end up buying another water-bottle.

We were surprised at the extensive drinks menu from the usual coffees to matcha, turmeric and even a winter hot chocolate series along with milkshakes and smoothies. Dan chose a cookies and cream hot chocolate (\$5.20) from the winter series and I couldn't resist the choc, peanut smoothie (\$8).

My smoothie was nice and chocolaty with a peanut after taste it was rich and delicious. Dan thought the flavoured hot chocolates were a fun idea and hadn't experienced them before, he chose the cookies and cream crumb on top which added a delicious note.

The all-day brunch menu had a huge variety of options including vegan dishes. I ordered the vegan brekky stack and curry tofu scramble (\$20) but I replaced it with normal scrambled eggs and Dan ordered s'mores French toast (\$15).

The vegan brekky stack with scrambled eggs was interesting and the edamame and red miso loaf went well with the caramelised onions, capsicum, mushrooms and spinach. The splash of balsamic glaze added to the flavour bomb

The s'mores French toast was decadent with Nutella, marshmallows, hazelnuts, strawberries and brioche and it was definitely an indulgent dish. Dan said towards the end it was becoming too rich for him to continue but if you have a sweet tooth you'd love this!

Overall, we give Six Willows 3.5 spoons, the food was good but we felt that the service was slightly lacking.

Six Willows Café, Rostrata 7 Day Centre, Shop 6, 46-48 Rostrata Avenue, Willetton. Phone: 9457 2183 Opening hours: Monday to Friday: 7am - 4pm; Saturday - Sunday: 7am - 2pm.



T's spoon ratings

Five spoons

– overall good food and service well worth a visit! Four spoons

Three spoons

Two spoons

One spoon

Knife and fork talk with the Dining Divas



by Pat Paleeya and Judith Cohen

OUR venue for our Dining Divas lunch this month was the iconic Albion Hotel in Cottesloe. In 1870 it was originally called the Halfway House because of its proximity midway between Perth and Fremantle. Historical features abound, including impressive ceiling fans from New Orleans, old photos and documents on the walls, an old Melbourne tram an eye catching memorabilia

that will double your dining pleaasure. We chose two dishes from the all day every day seniors \$15 menu, pumpkin and chicken salad and lambs fry with mash. The pumpkin and chicken salad (pictured left) was ample with plenty of mixed leaves, onion and tomato, with a particularly tasty dressing. Although the chicken was moist and tender it was a little sparse and like Oliver Twist this Diva would have liked more. There were plenty of delicious pumpkin cubes that enhanced an enjoyable lunch.

The lambs fry was in an appetising gravy with mushrooms and bacon for added flavour. The lambs fry was a little dry on the thinner edges, the mash a little too moist, the accompanying vegetables of carrot sticks and snow peas were nicely cooked but a little more would have sufficed.

The charm of the staff and of the hotel would encourage diners to return to this delightful and historic establishment.

3 Forks The Albion Hotel 535 Stirling Highway, Cottesloe 9384 0021

Knife and fork talk ratings

Five forks - excellent food and service

Four forks - overall good food and service

Three forks - reasonably good food and service but could make some improvements

Two forks – food and service needs improvement

One forks - would not recommend



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ALBION HOTEL \$15 Seniors lunch Everyday 12-3pm 535 Stirling Hwy.

(carers dine for free) Cottesloe 9384 0021

INGLEWOOD HOTEL

\$16 lunch special Mon-Fri 11.30am-4pm Beaufort St Mt. Lawley 9370 5511

CHARLES HOTEL

\$14 senior lunch special Mon-Fri 11.30-2.30pm Charles St. North Perth 9444 1051

BELMONT TAVERN Under \$20 senior lunch

special Mon-Fri 11am-3pm 174 Wright St. Cloverdale 9277 2077

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\$10 seniors lunch menu Available Mon- Wed 11.30-3pm 503 Kalamunda Rd. High Wycombe 9454 2236



turkey pizzaiola recipe





by Vince Garreffa

A GREAT old Italian recipe you can rely on for ease and taste with a twist using turkey and another twist using Worcestershire sauce. Works amazingly well. Ingredients for two

6 x 50gm turkey slices

½ small can chopped tomatoes

2 x garlic cloves crushed lake salt to taste

fresh cracked black pepper to taste extra virgin olive oil seasoned flour

12 x capers

12 x black olive slices

dry oregano flakes

2 x tablespoons Worcestershire sauce (or more) Method:

Dip your turkey slices into seasoned flour then fry fast in a little olive oil adding cracked pepper sealing the meat but leaving it a little under cooked. Set the meat aside but keep it warm. In the same pan fry the garlic for 30 seconds then add the tomatoes and frv for 10 minutes at a simmer with the lid on.

Add salt and pepper followed by capers, olive slices and a pinch of dry oregano flakes and stir together. Return the meat to the sauce and mix in then poach with the lid on for about five minutes. Now sprinkle the Worcestershire sauce over all of the ingredients in the pan and serve. Delicious with crusty bread and a

The addition of Worcestershire sauce was inspired by an American Italian who insisted on adding ingredients that he found in America in the hope that it would make his family more American. The poor happy fool. Buon appetito!

Letters to...Vince Garreffa

IF YOU want a particular recipe of mine, don't hesitate to drop me a line at Have a Go News. Address your enquiry to Vince Garreffa c/- Have a Go News PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your phone number so I can call you!





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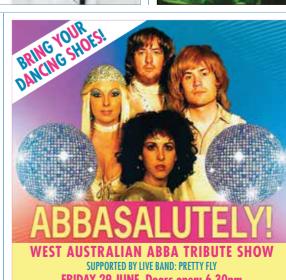
Scrapbooking and beads on Fridays. Singercise on Wednesdays. 25 June & 23 July: Old Films - Fourth Monday of

4 July: Carpet Bowls, WACBA, 10-2pm 24 July: Christmas in July, bookings essential.

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With winter here, it's time to enjoy the fresh WA citrus

by Noelene Swain

AFTER a long warm autumn, we have arrived at winter almost surprised by the reality that crisp days and cold nights are upon us. And with the change of season comes the most brilliant array of the freshest local citrus to brighten these

The WA citrus season is thankfully in full swing with the abundance of delightfully scented mandarins, navel oranges, grapefruit, lemons and limes at their absolute best. Fresh local and full of sweet juice, WA citrus orchards are focused on providing deliciously sweet fruit

throughout the winter.

Locally harvested citrus fruits are readily available so take a moment in store to check the stickers to be sure you chose locally grown fruit. WA citrus growers have been strongly committed to providing high quality fruit and abide by a strict quality standard protocol to ensure the all WA citrus fruits are sweet and juicy. If it's grown here - it's WAaaaay Fresher so it's going to be good!

Choose citrus that are heavy for their size, as weight gives a good indication of juiciness. Don't be too concerned with outer beauty; any markings seen on citrus are generally insignifi-

cant branch or leaf rubbings that have no effect on the flavour or quality. Once at home, keep your citrus in a cool dry place if eating within a

Mandarins, are early season favourites that will be showcased through a range of varieties through the winter months. Renowned and loved for their easy peel and deliciously fragrant segments, mandarins are truly popular as an snack treat yet also liven up a salad or become the start of a dessert.

Some juicy tips to help you enjoy WA citrus: Both the skin (zest) and the juice provide tremendous flavour. Use a zester or microplane grate to remove just the oil rich zest, avoid the white pitch which is bitter

Frozen citrus segments are a refreshing snack or addition to fruit smoothies.

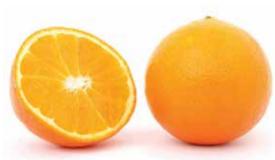
Citrus juice prevents the browning of the cut surfaces on fruits and vegetables so try using orange juice for a tangy change.

When extracting juice, roll fruit on the bench to release the juice more easily.

So get cracking on boosting your citamin C intake this winter; stock up on plentiful WA grown citrus and start munching...

Prepared by Fresh Finesse www.freshf.com.

What's fresh in the market



Navel oranges: The season for WA navel oranges has started, with fresh navels arriving from Moora, Dandaragan and West Gingin orchards. We depend on the orange for its refreshing flavour and texture for fresh fruit and cooking in both savoury and sweet dishes. What better snack is there than a navel orange peeled, divided into segments? Or as in the Mediterranean, a bite of a fresh navel orange segment and then a mouthful of steaming hot black coffee. Look out for the local sticker to

guarantee you're getting the freshest WA-grown oranges

Red flesh grapefruit: Beautiful red flesh grapefruit is arriving from Carnarvon; a tangy, flavour-rich fruit considered by many to be the 'grown ups citrus'. Try making a Moroccan inspired dressing with red grapefruit juice, roast and ground cumin seeds and a pinch of sugar. Grapefruit stores well on the bench and longer in the fridge but be sure to bring to room temperature prior to serving for maximum juiciness.

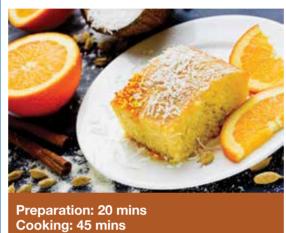
Pink Lady apples: A beautiful-looking apple with flavour to match, Pink Lady is the preferred eating apple of many for its sweet yet tart taste, juiciness and crisp texture. Store in the fridge and enjoy cool, they're ideal with a few slices of good cheese to round out a meal. Clearly prized for its fresh eating qualities, Pink Lady is also wonderful to cook with. It develops a beautiful pink blush when cooked and holds its shape well either whole or in segments; serve it stewed for breakfast, in sauces, pies, tarts and salads.

Pumpkin: Varieties to look for at the moment are the Butternut. characterised by a bulb shaped base with a slightly narrower neck, and the very popular Jap with its blue-green skin and yellow to orange flesh. Uncut pumpkins will keep well at room temperature for weeks or even months. When purchasing cut segments, check that the edges look fresh and the seeds are not slimy and cook within a few days of purchase.

Silverbeet: dant during the cooler months, fresh silver beet has dark green, ribbed leaves and a crisp, creamy white fleshy stem. Sometimes confused with spinach, silver beet is more common in Australia because it's more heat tolerant. Rainbow silver beet or chard is a spectacular version of this old favourite and comes with vividly coloured stems, hence the name. Silver beet is very rich in folate, so buy a big bunch and use it in pies and quiches, substantial winter salads or for colour and flavour in pastas and risottos. Remove the lower portion of the stalk before slicing and adding it to dishes. Bean shoots: These

simple, pale coloured shoots are popular in a whole variety of Asian cuisines. They're low in calories and a good source of protein, vitamin C and many of the B vitamins, so you can feel very virtuous as you chow down! Silky and moist in salads and brilliant for adding a nutty, cool crunch piled fresh on the top of a laksa or soup. Unused bean shoots will keep in water in the refrigerator for several days if the water is changed daily.

Mandarin cardamom polenta cake



FRAGRANT moist cake with middle eastern ori-

gins. Traditionally made

Serves: 12

with oranges, this version with be fresh and fragrant with mandarins.

250g unsalted butter 250g raw sugar 4 large eggs 140g polenta 200g self raising flour zest and juice 3 mandarins (hold 100ml juice for the glaze) For mandarin glaze 100ml mandarin juice 100g caster sugar 3 cardamom pods, (bruised)

Heat oven to 160°C. Line base and sides of round 23cm cake tin with baking paper. Cream butter and sugar together until light and fluffy. Add the eggs one at a time and mix thoroughly. Once combined, add all the dry ingredi-

ents and the zest and juice (reserve 100ml for the glaze). Transfer the mixture to the tin, spread evenly. Cook for 45 mins or until a skewer inserted into the centre of the cake comes out clean. Remove from the oven and turn out onto a wire rack to cool.

To make the glaze, put the juice, cardamom and sugar in a medium saucepan and bring to the boil. Simmer for five minutes. Remove from heat and cool. Remove the cardamom pods. Drizzle the mandarin glaze over the top of the cooled cake. Sprinkle with icing sugar to serve.



Lemon butter

4 egg yolks 1 cup of sugar 100 grams butter iuice of 3 lemons zest of 2 lemons

BEAT eggs with sugar and put in a saucepan with butter and lemon juice. Stir over low heat until the mixture reaches a thick consistency. Add the lemon rind, mix well and allow to cool. Store in pre-sterilised jars in the fridge.

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www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516

The wine scaremongers are at it again



by Frank Smith

EVERY now and again someone comes up with a new scare story about alcohol. The latest Guardian headlines say that every extra daily drink will reduce your life by 20 minutes. The precision this implies is preposterous.

These reports are usually the result of amalgamating lots of different studies. Their major weakness is that they are epidemiological. The authors calculate a statistical correlation between alcohol consumption and mortality. But everyone with an elementary knowledge of statistics knows that correlation does not prove causation. The conclusions need confirmation with clinical or at least animal studies, none of which have been carried out or published to my knowledge.

The other obvious weakness is that people notoriously underreport the amount they drink, skewing the data so that consumption appears more dangerous.



Of course excessive and binge drinking is dangerous for your health, but a glass of wine or beer with a meal is probably innocuous and certainly enjoyable. So let's have a look at some interesting wines:

Huntington Estate Cabernet Sauvignon 2013 is a complex, intensely fruity red wine with aromas of succulent black and red currant with hints of spice and cedary oak. The palate displays fine grained tannins and fresh natural acidity with plummy, bright fruit enhanced with a hint of vanillin oak and crushed herb leading to a soft and smooth finish. RRP \$29.

Huntington Estate Special Reserve Semillon 2016 has aromas of citrus, lychee and nashi pear with gentle grassy characters. The palate is tropical mid-palate with a citrus backbone and flinty, mineral edge. Balanced with a clean, dry finish. RRP \$30.

Gartelmann Wilhelm Shiraz 2015 from the Hunter Valley is deep ruby garnet in colour. It has a nose rich in cherries and blackberries with the merest hint of sandalwood. It's high alcohol level is warm on the palate but well balanced with ripe fruit flavours, invigorating acid and velvet smoky-wood tannins. The winemaker says the finish is unmistakeably 'Hunter Valley' with a compote of chariness, aniseed and dark berries. RRP \$28.

Robert Stein Semillon Riesling Gewurztraminer from Stein's family range is an unusual blend of varieties. It is a vibrant pale yellow colour with green hues and aromas of citrus and passion fruit. The palate is clean and fresh with lime juice and green apple flavours, a lively spritz and balanced sweetness to finish. RRP \$18.

Jacob's Creek Limestone coast Cabernet Sauvignon 2016. The wine is a deep crimson and displays classic varietal aromas of cassis, blackberry, crushed leaf and cedar with notes of vanilla and spice. The palate has intense flavours of cassis and dark berries, a touch of cedar and soft tannins, RRP \$22,99.

Beyond Broke Road Cabernet Sauvignon is made by Hunter Valley winemaker Tyrrells with grapes from the Limestone Coast region of South Australia, a region with a cool Mediterranean climate that is ideal for cabernet sauvignon. It is medium to full bodied and has classic dark cherry and blackberry aromas with hints of violets and olive tapenade. The palate is fresh showing off the dark fruits and herbaceous varietal notes with silky tannins, providing a bright natural balance. RRP \$18.99.







Fifty years of fostering and bringing children into their home



Bob and Kay Lockley

by Josephine Allison

RETIREMENT might different mean many things to different people but for Bicton couple

Bob and Kay Lockley it has never been busier. For more than 50 years the devoted couple have cared for more than 100 foster children and there is

no sign of them letting up. Children have been a big focus in the Locklevs' lives, apart from the fact they have five grownup children and 12 grandchildren. They have opened their home to children of all ages needing help and guidance, taking them to school, sport and after-school commitments, never stopping to consider themselves. "It all started back in

1964 when we were both working at Mogumber mission," Kay said. "We became very fond of a boy, Danny, now 54, who came to us full-time in 1967 and still lives with us. We are committed Christians and considered helping children a calling. We feel for 50 years we have done this because God wanted us to do it and we still feel the

same way."
The Lockleys moved back to Perth and have always lived in the Bicton area, upsizing to a bigger house about 45 years ago to accommodate the children. The couple say the children stay with them for a time and then leave with no strings attached to get on with their lives.

"We don't chase the children up unless they want to contact us," said Bob, who once worked in farming and banking.

The Department Communities celebrated the Lockleys' milestone last December with a garden party at the Fremantle Arts Centre attended

by family, friends and department staff. A big photo board showed the couple with some of the children they have fostered down the years.

Kay Lockley said the 50-year experience was "immensely satisfying."
"It can be frustrating sometimes, but on the whole very satisfying," she said.

"Give fostering a try," Bob said. "Talk to other foster parents, there is a wealth of experience and all the support you need within the department, the community and the Foster Parents Association."

The Lockleys, who decline to state their age, are modest about their achievements, say they have no plans to retire from fostering and will keep going as long as they can.

"It keeps us young, we have no plans to give it up," said Kay, a former nurse. The couple attend foster parent gatherings several times a year and keep busy outside fostering. Kay enjoys knitting and handcrafts while Bob works as a volunteer doing administrative work for various organisations.

Foster parenting might prove a rewarding option for people in retirement looking for a new chal-

The present is rosie for WA retirees



A BORN and bred Western Australian organisation has shown leading results in the largest national retirement village survey first of its kind ever conduct-

Not-for-profit retirement and aged care organisation, SwanCare, exhibited outstanding results in a recent national survey of 19,476 residents from across 529 Australian retirement villages, of which 179 SwanCare residents took part.

The results of the survey, which were issued in March 2018, found that while residents nationally had a positive Net Promotor Score* of 22, SwanCare almost tripled that with a NPS of 61 (scores as low as between 20 and 30 classified as favourable and 10-20, average)

The survey also found the overall national satisfaction rating sat at 7.9 out of 10, with SwanCare at 8.7.

"We know that the vast majority of residents here are very satisfied, and the survey results really just confirm that," Graham Francis (pictured above), SwanCare chief executive officer, said. "We are truly all about providing a happy and safe place to live, and I think our strong community certainly provides

The current survey findings mirror a 2016 feedback survey of SwanCare Bentley Park residents where SwanCare's Net Promoter Score was also measured, with a score of 60.2.

Retirement living is a competitive sector and the survey results reinforce SwanCare's dedication to services. Reliable onsite maintenance was a key factor in electing to move to a retirement village for 80 per cent SwanCare residents and 65 per cent responders chose availability of home support/ care services as reason for moving to SwanCare.

SwanCare resident Maureen Grickage believes the satisfaction lies in those around her.

"There is always someone around who cares about how you are, be it staff or friendly neighbours." Grickage said. "I love living here."

SwanCare's direction concentrates on further improving its Bentley Park offering with \$80 million in major developments in progress, including a new state-of-the-art 120-bedroom aged care facility, and a new leisure precinct with indoor heated pool, gymnasium and landscaping.

"We have a lot to celebrate, but a lot of work ahead of us," Francis said.

SwanCare is the organisation behind WA's largest retirement and aged care site, SwanCare Bentley Park, which was established in 1961. Villages.com. au commissioned Australia Online Research to con-

About the Promoter Score Net Index

duct the research in early 2018.

The NPS rationale for satisfaction is based on the premise that only the most satisfied customers will recommend a product or service to a friend.

'Promoters' are those people who marked 9 and 10 out of 10 for the question "How likely are you to recommend this village to a friend on a scale of 0 to

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Orion Terraces apartment complex in Bull Creek







A lifetime commitment to ballet in Western Australia



Terri Charlesworth

Perth dance teacher and writer Adam Penn reflects on the career and life of renowned former ballerina and teacher Terri Charlesworth.

by Adam Penn

WELL respected Perth ballerina and dance teacher Terri Charlesworth started dancing aged five, growing up in Melbourne. Her teacher was a Mrs Longthorpe who quickly saw the potential in the tiny dancer. Terri remembers her first role being a sailor, carried around the stage in splits, which she held for the entire time.

After two years with Mrs Longthorpe, Terri's mother moved her dancing to Malvern where she learnt from Miss Lawrence, after which the mayor of Malvern set up a course for talented pupils of ballet. It was here as a young girl that Terri first met Dame Kira Bousloff.

A founding member of the WA Ballet, Terri was 17 when she joined the company in 1953. Within a few years she was elevated to soloist, with the role of *The Brolga* being choreographed especially for her, by Kira Bousloff and danced to a musical score composed by James Pemberthy. The storyline and suggestions came from renowned naturalist Harry Butler.

Terri had trained in Melbourne with Kira, husband Serge, and Leon Kelloway, Lucy Saranova and Xenia Borovansky, learning many of the wonderful intricacies of classical dance. Her great talent enabled her to perform these with ease.

This was evident in 1957, when Terri was chosen to represent Australia at the Moscow international arts competition. Before she took part in the prestigious event, she toured through China, performing in concerts and travelling on the Trans Siberian railway for seven days. She eventually made her way to Moscow, where her stunning performance of The Brolga won her the coveted Ulanova Laureate Prize, awarded and presented by renowned ballerina Galina Ulanova herself.

During her time in Russia, Terri studied the teaching methods of the world renowned Bolshoi Ballet where she became familiar with the Vaganova method, which she brought back to Australia and took internationally as she toured and taught.

Terri toured through Italy, finally making her way to continue studying in London. Returning home to WA in early 1958, she was appointed WA Ballet's first ballerina and only a year later assistant artistic director for the entire

company, remaining with WA Ballet for the following decade.

Her involvement and influence in dance education ranges from appointments from the WA Department of Education and Training in 1970 and, in 1972, co-founding the WA Graduate College of Dance, introducing and directing WA's first threeyear tertiary course. She helped develop dance courses for Scarborough and Swanbourne Senior High Schools and, in 1989, wrote the course for the Year 11 and 12 ballet studies for the Curriculum Council of WA. In 1971 she was appointed a member of the Australian Council of the Arts.

In 1960 Terri opened the renowned Terri Charlesworth School of Ballet, now known as the Charlesworth Ballet Institute, directed by her daughter Sonya Shepherd, which continues to develop some of Australia's best classical dancers.

In 1978 Terri opened one of WA's first professional contemporary dance companies the Kinetikos Dance Theatre. In 1977 she was invited by the former USSR Ministry of Culture to spend several months studying there, visiting many of the country's notable and famous teaching establishments.

Terri established WA's first junior professional course, a rigorous course for talented students aged between 10 and 17 years. She represented WA at the first national conference for dance education in 1978, known today as Ausdance.

In 1980, Terri, with the Graduate College of Dance, produced the Christmas classic, *The Nutcracker* which has become a yearly tradition for the past 38 years. She was appointed a senior classical teacher at the Australian Ballet School from 1981-86.

After this she went to Hong Kong where she choreographed and produced *Cinderella* and *Coppelia*. She taught in Italy, Japan, Greece and Monaco where she spent three years teaching at the world acclaimed Academy de Danse Classique Princess Grace. She was asked by Prince Rainier to choreograph and produce the ballet Circus

performed at the Theatre Salle Garnier, the home of Diaghilev's Ballets Russes.

Terri has helped develop notable Australian dancers such as Sian Stokes, Miranda Coney, Jacinta Ross and Briana Shepherd, now a news presenter and journalist with the ABC. She organised numerous international study tours for students and brought internationally renowned teachers and dancers to WA.

In 1994 Terri was awarded the Medal of the Order of Australia for her services to dance. In 2006 she was named WA Citizen of the Year for services to arts and culture. She received a Lifetime Achievement Award from Ausdance in 2016.

This remarkable lady of dance continues to be recognised for her incredible talent and drive and is still actively involved in the dance world.

If anyone in the Perth dance scene has historic photos and information for Adam Penn's dance series, please contact Adam at tophat97@op tusnet.com.au or on mobile 0412 361 917.



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Government makes retirement planning slightly easier

THE government has improved the retirement income system for many retirees in this year's Federal Budget. "While none of the changes are earth shattering, they do make the system moderately easier to use," said Tony Negline, superannuation leader at Chartered Accountants Australia and New Zealand.

Work Test Concession for those aged at least 65 but under 75 with lower balance super

Those within the above age range, and with a lower super balance amount (defined as below under \$300,000), will be able to make voluntary super contributions in the first year they do not satisfy the current annual work test – that is, at least 40 hours of work in less than 31 consecutive days.

This rule will apply in the following ways: The \$300,000 test will be determined by the Australian Taxation Office using the Total Super Balance definition calculated at the end of the previous financial year. To personal deductible, salary sacrifice and personal after-tax contributions. The new carry forward unused concessional contribution cap rules will also be available if a taxpayer can claim it.

"Conceptually we welcome this measure, however we think the post 65 super contribution rules are unnecessarily complicated. We think this measure increases this complexity," Mr Negline said

"The Government should consider removing the work test for those aged under 75. Most retirees find it a silly rule and it's hard to disagree with them."

Age Pension Employment Income Threshold Increased

From 1 July 2019 this threshold will be increased from \$250 to \$300 per fortnight – a 16.6 per cent increase – and the self-employed will also be able to access this concession.

"This is the first increase in this amount

of working income allowed and is a great move," Mr Negline said. "However, we note that since this measure was introduced in 2009, consumer inflation has increased by over 19 per cent and average wages have increased by 31.3 per cent.

"We also note that the age pension increases each March and September by the greater of consumer inflation or wage increases. So working retirees are unfairly penalised. The Government should provide real incentive here and increase this amount each half year by age pension increases."

Pension Loan Scheme – aka, Government Reverse Mortgage Product – Access Expanded

A reverse mortgage is a product that allows an older home owner to borrow money and secure the debt using a mortgage over their house. Typically the interest on the loan is capitalised and on death, or leaving the house to move to assisted living, the house is sold and the loan repaid.

For many years the government has offered a reverse mortgage style product called the Pension Loan Scheme, but only allowed limited access. From 1 July 2019, it will permit unlimited access to this product for all retirees and increase the amount of money that can be paid from it – up to \$11,700 (single) and \$17,787 (couples) per annum. The amount paid is tax-free.

The maximum that can be paid is based on a person's age, how long they wish to receive payments, value of their home and the amount of age pension they receive.

The government has said that its current interest rate – 5.25 per cent per annum – will continue to apply to existing and current loans

"We welcome these changes because since the GFC the private reverse mortgage market has struggled for wholesale funding and retiree interest," Mr Negline said.

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with integrated footrest if required. Alternatively, the world renowned Stressless chairs automatically adjust both lumbar and neck support and approved by the Australian Chiropractors Association.

With a choice of seat height, three base options and more than 20 models Stressless leads the market in ergonomic design. Another option is the multifunction chairs which enable people to raise the footrest and recline back effortlessly. Then with a touch of a button the chair can gently lift. These chairs also provide an almost

lay flat position.

No matter what the choice, importantly all seating is made with coldcure moulded foam cushioning. This unique space saving technology ensures comfort, body correct support as well as durability. Finally choose between a huge range of fabrics or leathers. A new chair should not only be functional but look good too. Easy.

Easyliving furniture and interiors are conveniently located at 144 Stirling Highway (under City Farmers) Nedlands. Phone 9386 6311 or visit their website at www.easyliving.com.au











Take advantage of the midseason sales to upgrade homewares



by Zofia St James **Domayne Furniture Decorator City West -West Perth**

I LOVE the cycle of the seasons and all that they offer. Given that winter isn't too long I say we should embrace and enjoy it. The one thing about winter is it's the perfect time to not feel guilty about staying indoors, cooking lots of hearty meals and watching more movies.

It's still fun to entertain and an even better reason to change up your living areas with some layers that invoke a cosy

CHAMPION LAKES

Lifestyle Village

feeling so that staying indoors feels delicious.

Right now, it's mid-year sale time and this offers people great bargains to add some things to rooms to enjoy during the cold months.

I have always liked having a change of quilt cover for the colder months. Think rich hues with fresh white sheets which look beautiful and choose a throw and some textured or fluffy Mongolian lamb fur cushions to add that

cosy feel to a bed. If you are in need of new linen now is the perfect time to buy a selection. If your bed doesn't have a mattress topper, invest in one. It does add warmth but also extends the lifespan of the mattress and more importantly will make you feel that you are sleeping on a cloud. Feather and goose down pillows are a luxury and add a sumptuous and cosy look and feel.

I have to say the best price I have found for standard and European pillows has been at Domayne City West manchester department. If you have carpet or especially if you don't, add a rug so your feet touch comfort and softness before you put your slippers

Don't forget the bathroom. Some of the new fashion colours available in towels are rich peacock and mustard. Choose a tone that compliments new bed linen, so you get that flow on effect from the bedroom.

Applying rich coloured accessories just look warmer and you'll enjoy pulling them out each winter. Some of the items you could be on the lookout for are new placemats and napkins in tones that reflect a rich and warm look.

Select a beautiful orchid in a magenta colour and some candles in woody or oriental style for a heavenly glow and scent in the evening.

Heating obviously is a

must and Dimplex have iust released a divine range of heaters with a 3D flame effect that looks so real I had to ask. They offer a broad range of designs from ultra-mod-ern portable styles to one called Winston that actually comes encased in its own beautiful mantelpiece, finally a way to have a fireplace is possi-

I recently acquired a slow cooker and I have to say it has changed my life. I love to cook but in the slow cooker you can leave it safely. It will happily bubble away all day for you to enjoy the aroma or come home to something wonderful at the end of a long day at

Do yourself a favour and check them out. Prices vary from a basic model to one that will saute, fast and slow cook.

Another lovely treat for yourself and your significant other is an ultrasoft bathrobe. The best ones are available at Adairs. I have one and it's the cosiest cuddly thing I've ever

As the weather cools, rug up and enjoy the first month of winter. if anyone would like a shopping excursion to choose a new winter palette homewares please give me a call. I'd love to help.

Zofia offers an interior style consultation for readers and would like to offer one reader each month a free hour's consult. She can assist with





Clockwise from top left; Embrace winter and enjoy new linen, fluffy cushion or pillow - keep warm this winter with a Dimplex heater

de-cluttering, restyling, choosing furniture and personal styling. She offers a special rate for Have a Go News' readers and knows how to style

on a budget. For those interested in a free hour's styling please contact Zofia on 0406 336 607 or email zofiastjames@hot mail.com

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Residents can meander in the gardens and pick fruit in season from the orchard or relax in the gazebo enjoying watching the many birds which share the gardens.

With regular events the community centre is the heart of the vibrant and friendly village and there are plenty of opportunities to pursue hobbies, browse the library or just share a cuppa with friends. Men can join in a game of snooker in the billiard room or make something new in the well-equipped village shed.

Walridge is fortunate to have a wide range of styles and sizes of units to suit all lifestyles and budgets. The Gallery apartments are conveniently located next to the village community centre and offices and provide easy care living in a user friendly design. Each light and bright one-bedroom apartment comes with an open plan design suitable for both the able bodied or those with mobility problems.

A new development of 21 modern units with open- plan design is now underway. These units feature two bedrooms plus study and a double garage as well as stone bench tops and Italian ovens in the kitchen.

Currently they have gallery apartments available at \$185,000 for one bedroom units and two bedroom units from \$270,000.

For more information contact 9359 5777 or email reception@ walridge.org.au



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Hope for retired UK visa holders



by Mike Goodall

WELL ladies and gentlemen, it has been one heck of a month for me because following on from the CHOGM meeting the Australian Budget has brought some welcome news which affects about 1700 UK expat pensioners and about 2600 visa holders who live in Australia.

Seniors who live here on a Temporary Retirement Visa 410 or Temporary Investor Retirement Visas 405 and have made a ful-Itime commitment to live in Australia are being offered a pathway to permanent residency provided that the Home Affairs section of the budget is approved by both the House of Representatives and the Senate.

Once approved by Parliament, Minister

Alan Tudge MP will make an official announcement with a media release and details.

However, until the measure has been approved by both Houses and the Minister and the Department of Home Affairs personnel have finished making all the necessary arrangements, we do not know any further information about what the terms and conditions will be applied.

So far, we have been informed that we will be able to apply from next year (2019) and that we will be exempt from some parent visa requirement, such as having family in Australia. Further information about specific eligibility details will be provided when available and updates will be made via the department's website in 2019.

As a few of you might know I have been campaigning and working with our Federal MP Ian Goodenough the MP for Moore (Nr Joondalup), other MPs and Senators and the Department of Home Affairs in Canberra on behalf of the Association of Independent

Retirees (AIR) and other campaign groups since 2013.

To say that we are delighted is an understatement, however, we now have to persuade other party senators to support these measures as until the budget as a whole has been approved by both houses we are no further forward.

On the UK State Pensions front, Her Majesty's Revenue and Customs have failed to meet their deadline to close Class 2 Additional Voluntary Contributions after the 2017/18 tax year and payment has been extended for the whole of the 2018/19 tax year.

There are many expats who have not yet reached State Pension Age who are not taking up these options to enhance their UK State Pensions because they believe that Australia will just take the additional money from them.

Under current regulations this is not the case as you do lose some money but currently a single person is entitled to have income (like the UK State pension) of up to \$168 per fortnight

before their Australian pension is even affected and after that it is only reduced by 50 cents in the dollar. If you are a self-funded retiree the additional benefit is all for you. Therefore, your retirement income could be enhanced by ensuring that you maximise your UK State pension.

Also, additional Voluntary Contribution payments can be made to ensure that you have the minimum of 10 years of National Insurance Contributions that are now required for you to qualify to receive a UK State Pension. Imagine having paid only eight or nine years and losing those payments vou have already made when for the sake of making just one or two payments you can receive 10 years worth of pension payments.

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

Revamped clubhouse at Lake Joondalup



Mayor City of Wanneroo Tracey Roberts, CEO NLV Kelvin Flynn, Minister for Seniors and Ageing Michael Murray, Labor Member for Wanneroo Sabine Winton MLA, village manager National Lifestyle Villages Lake Joondalup Peter Reudavey

A SPECIAL morning tea was held on 16 May to celebrate the reopening of the clubhouse at National Lifestyle Villages Lake Joondalup. Minister for Seniors and Ageing, Volunteering and Sport and Recreation Michael Murray joined Wanneroo Mayor Tracey Roberts and local members and village residents for the occasion.

The clubhouse and several other of the properties facilities have

undergone a major revamp with upgraded pool and alfresco facilities, a resurfaced bowling green and cosmetic improvements to numerous buildings such as the family centre and gymnasium.

According to National Lifestyle Village's CEO, Kelvin Flynn, the village's residents, affectionately called Lifestylers, have been looking forward to the relaunch, with recreational and community

facilities being one of the major drawcards in the decision to make the move to downsize into an NLV community.

"The level and diversity of facilities and amenities is one of the top reasons that our Lifestylers' choose NLV," Mr Flynn said. "These renovations are part of a major renewal process scheduled across all of our villages this year, which will provide a significant update to our facilities."

"National Lifestyle Villages is here for those West Australians who reach the stage of life where they want to downsize. People who want to live a simpler life, full of what makes them genuinely happy," Mr Flynn said.

National Lifestyle Villages has 10 villages in Lake Joondalup (Ashby), Pineview (Tapping), Helena Valley, Hillview (High Wycombe), Tuart Lakes and Vibe (Baldivis), Bridgewater (Mandurah), Busselton, Vasse, and Oyster Harbour (Albany)

bour (Albany).
For more information on National Lifestyle Villages, please visit www. nlv.com.au, or for more information on the facilities at Joondalup, please contact Lifestyle consultant, John Marks, on 9404 5011.



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Liv apartments in East Fremantle cater well for downsizers



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EAST Fremantle is an up and coming new precinct which is attracting downsizers who want to enjoy apartment living in a stylish address. A new development which has proven popular with those 45 and older is the contemporary and affordable Liv apartments.

Fremantle's east end is set to become a vibrant and popular urban residential area and these apartments have been designed to capture the sense of the unique community which surrounds them. Liv offers residents the opportunity to be within walking distance of all that cosmopolitan Fremantle has to offer

with the convenience of

apartment living. With a mix of residential and commercial spaces on hand, people can simply stroll downstairs and take their pick from the café and dining

Fitness is easy with a gym, swimming pool beaches

options right on their

doorstep.

Ageing in place

harbour and the bustling shopping strip.

Liv offers the perfect living space for a lock up and leave lifestyle for those who want to travel knowing their home is well secured. Unique in its design the street frontages for Queen Victoria Street and Quarry Street reflect the different character of the street it faces.

Designed award-winning international design firm Hassell, the layout of each one, two and three-bedroom apartment at Liv maximises living space with sustainability at the

along with Fremantle heart of the development.

> Liv apartments have achieved a four-star Green Star equivalent rating, 7.5 star NatHERS (Nationwide House Energy Rating Scheme) average rating and has recently achieved a One Planet community rating.

> One Planet living is a framework that has assisted Liv in delivering sustainability initiatives such as: edible gardens and a shared residents' garden with barbecue; there are louvered windows for sun protection, solar panels, organic waste dehydrator and water and energy me

ters in each apartment to measure and monitor usage, balconies on every apartment, ceiling fans as standard and LED lighting. Each apartment also has engineered stone benchtops and AEG appliances in the kitchen and laundry

Liv apartments is developed by Defence Housing Australia, one of Australia's biggest property developers and successful Government Business Enterprise. One bedroom apartments are priced from \$400,000, two bedroom, one bathroom apartments from \$495,000,

two bedroom, two bathroom apartments from \$585,000, three bedroom apartments from \$995,000.

A \$10,000 deposit is required to secure an apartment with nothing else to pay until set-tlement in September. The apartments are due for completion in August and a brand new apartment is open by appointment or every Saturday from 2-4pm at 34 Quarry Street, Fremantle.

www.livapart Visit ments.com.au or contact Alex Blain at Space Real Estate, on 0438 007 155.



DISTRIBUTOR WANTED!

(L-R) Past Moderator of the Uniting Church in WA Rev Ken Williams - 30th Governor of WA Dr Ken Michael AC - Mr Fred Boshart Juniper board chair and Mayor, City of Stirling Cr Mark Irwin. JUNIPER'S Orana apartments in Menora were officially opened by the 30th Governor of Western Australia, Dr Ken Michael AC and with a special dedication by past moderator of the Uniting Church in Australia WA, Rev Ken Williams. The high end apartments offer ageing in place with quality designed apartments offering high end retirement living in a community environment.

A person is required one/two days per month to assist in the distribution of *Have a Go News*. Must be available on the set publication dates. Good remuneration for the day. Must have own vehicle - station wagon, van or utility.

Join the Have a Go News team. For further information contact Suyin on 9227 8283.



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When it comes to measuring just how well we're caring for our residents, there's one method that we rely on more than most. If you're happy, we're happy too.











Trinity and Castledare Villages are the ideal places to call home

Homes' Castledare Village in Wilson and Trinity Village in Duncraig offers residents a range of superb choices for spending time playing sport, keeping fit and interacting on a social level with neighbours, family and friends both old and new.

Whether you want to live north or south the proximity to community leisure, sporting and social amenities is an attractive benefit to

moving to either village. Castledare Village offers high quality, refurbished, low maintenance homes combined with no fuss living with easy access to the nearby Canning River regional park for walking and cycling.

Located at 108 Fern Road, Wilson the village is owned and operated by the well established and reputable Catholic Homes Inc, providers of retirement, aged care and home support ser-

Each villa at Castledare has spacious living areas, built-in robes to bedrooms, a separate laundry, air-conditioning, a private rear courtyard with garden beds and a lock-up garage.

Currently there are five villas available for sale on a lease for life scheme. Prices start from \$395,000 for a two- bedroom villa with attached single garage and from \$475,000 for a two-bedroom plus study villa with a single garage.

The communal amenities in the village include a community centre, gym, hair salon and affordable meals in a dining room setting. The village has a chapel on site and convenient access to public transport just outside the village entrance. A weekly bus service is available to take residents to the Riverton Forum Shopping Centre and the recently redeveloped Carousel Shopping Centre is a few minutes' drive awav.

Castledare is a pet friendly village and the location is ideal for walking your dog in the adiacent parklands. The Kent Street Weir Park which offers walking trails, barbecues, sheltered picnic tables, childrens' playground and a canoe hire and canoe launching facility is also located nearby. This gives residents and their family a range of options for leisure and social activities.

James Rydqvist recently moved into the village from Kenwick and he enjoys walking down to the river to do a spot of bird watching "all year round where there are native birds in the parklands. It is very pleasant and relaxing for my wife and I to just sit and spend

Trinity Village located in Duncraig offers spacious villas

time watching the wildlife and the passing canoes and soaking up the tranquillity," he said.

Trinity Village is located at 7 Beddi Road, Duncraig and living at Trinity Village gives access to a range of shopping choices given its prime location just off Marmion Avenue.

No less than five shopping centres, Carine Glades, Warwick Grove Shopping Centre, Karrinyup Shopping Centre, Whitfords Shopping Centre and Marri Road Shopping Centre are all within seven kilometres of the village.

There is a weekly bus

service to the village which takes residents to Warwick Grove.

Trinity Village offers spacious villas within lush, established gardens and is conveniently located to the Sorrento Bowling Club, Sorrento Tennis Club, Hamersley Golf Course, Mildenhall community centre and the Duncraig library. Public bus routes are accessible on Marmion Avenue.

The four available villas at Trinity Village have two bedrooms, one bathroom, air-conditioning, built-in robes in bedrooms, private rear courtyards and undercover parking for a single vehicle. All homes are wheelchair friendly.

The pet friendly village community offers a range of social and leisure activities, there is a choice of spaces in the village for residents to relax in and interact with their neighbours and friends. Residents can access daily meals in the dining room.

For further details and inspection times please contact the village sales manager, Johan De Klerk at Seniors Own Real Estate on 9243 1366 or mobile: 0409 779 920 or visit www.seniorsown. com.au



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- Offers a carefree lifestyle with an array of social and recreational activities.
- Newly refurbished yillas and apartments (with lift) now available.

The event will compromise of a guest speaker to discuss diverse ways you can become more waterwise, village tours, complimentary lunch and the opportunity to mingle with residents. RSVP via email admin@villagesolutions.com.au or phone 9355 3400

CONTACT MATTHEW RAJA 0433 750 210 Home Open - Wednesdays and Saturdays from 1.30pm to 2.30pm Leederville Gardens, 37 Britannia Road, Leederville www.leedervillegardens.com.au



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SAFE's foster care model gives peace



Julie Pearce and Jigs

HAVE you ever thought about what would happen to Fido and Felix if you passed away unexpectedly and none of your family or friends were able to take him in? This often happens, with animals ending up in animal shelters or even euthanased.

Some forward-thinking animal lovers are safeguarding their pets by making provision in their wills for Saving Animals from Euthanasia (SAFE Inc) to take care of their

animals through an innovative WA-wide foster care network.

When Julie Pearce lost her old faithful dog in October 2017, she thought she would have to wait a long time to find another dog which would fit into her life and heart so well. But then she found little rescue dog *Jigs*, advertised for adoption by SAFE Goldfields. *Jigs* fitted straight in, hopping eagerly into Julie's bike basket to go for a ride with Julie and her other dog Tom.

When Julie recently drew up her will, one of her priorities was making sure *Jigs* and *Tom* would be well cared for, nominating SAFE as the organisation she trusted to find her dogs a new home if she passed away.

"I chose SAFE as they helped me to find my newest rescue dog, Jigs, and also because they use foster carers to look after their animals in their homes while they find a long term adoptive family. My dogs would not cope well if they had to go into a cage in an animal care facility when I go. Knowing that might happen upsets me... this way, I know they will be well looked after" said Julie.

Julie isn't the only one thinking about what happens to their pets when they pass away. Teri O'Toole, of Duncraig, started volunteering for SAFE 12 months ago. She said, "I have seen first-hand how SAFE's foster care model is so much better for animals awaiting adoption than being kept in a cage. I won't even put my two dogs in kennels when I go away for this reason – they prefer to be in their home environment, so we use house sitters instead.

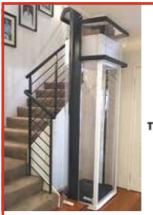
"My partner and I recently updated our wills and decided to include wording to nominate SAFE to look after any pets that survive us as well as a bequest to support their vital work."

The care of dogs by SAFE is not contingent on making a donation or bequest, however Julie also decided to make a bequest to SAFE in her will.

"Jigs and Tom bring me so much joy every single day, I wanted to give something back to SAFE. Leaving a bequest in my will means SAFE will be able to continue rescuing pets and finding them loving homes, long after I am gone," she said.

If someone is interested in becoming a foster carer or volunteer for SAFE, or would like more information on how to ensure care for an animal through their will, please contact Sue Hedley - 0448 893 033 or email exec@ safe.org.au

Participate in our READER SURVEY... see page 20 All survey participants will be eligible for BIG PRIZES!







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Home is where the young at heart live...



RAAFA Estate residents Chello and Liz Ferraz

AT 63 years old, Linda Ferraz is one of the youngest people to live at Erskine Grove, although moving into the estate when she was

just 60 years old is a decision she has never regretted.

"We had two friends who lived here already so we had become familiar with the estate, which we liked because of its location near the ocean and estuary, and also because it's just so pretty," explains Linda who moved into the estate with her husband Chello in 2014.

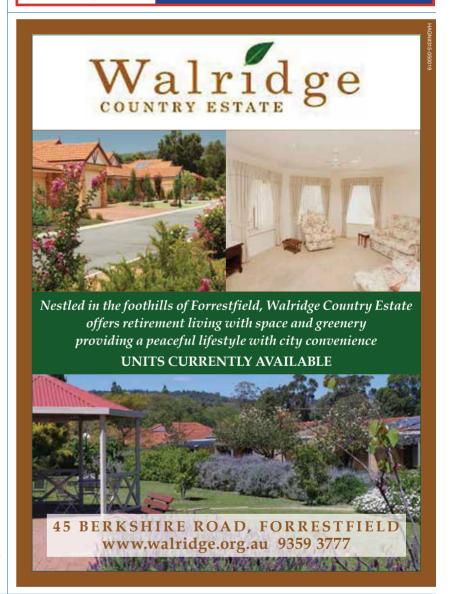
"At the time we had a mortgage which we wanted to get rid of, and we also needed to downsize, and so we thought rather than moving once and then moving again in a few years' time to a retirement village, we would just take the plunge and move straight into the estate.

"We are just so pleased we made that decision, we have no mortgage and are free of any financial commitments which means we can travel as much as we want and have freedom in the second half of our lives."

Linda readily admits that the community is very friendly, with "really lovely people of all ages living berg"

ages living here"
"We cycle a great
deal and enjoy the
beach, and a threebedroom villa certainly
isn't too small, it's the
perfect size for us and
we just love living here;
we'd recommend the
lifestyle to anyone."

Call 9288 8400 to inspect retirement homes available in an RAAFA Estate near





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Many options for retirement living with opening of new apartments in Menora

JUNIPER has opened its newest retirement apartments to provide greater accommodation options for people seeking quality lifestyle choices. Chief executive Vaughan Harding said understanding people's changing needs and their desire to live a full life are at the heart of Juniper Orana in Menora.

"This initiative represents the best in retireaccommodation residents can enjoy security, indepen-dence and the benefits of community living," he said. "Juniper Orana successfully promotes apartments for life and 'ageing in place' - a concept where housing and community design enable residents to live and enjoy their home for as long as possible.'

Mr Harding said the accommodation is part of Juniper's strategic plan to double its capacity to respond to community need which will also deliver an additional 450 aged care beds across Perth and regional WA. The apartments are the latest stage of the redevelopment of the Juniper Elimatta site in Menora which comprises a mix of residential aged care, retirement villas and apartments.

"Plans for the balance of the site are currently under development and Juniper expects in coming months to submit to the City of Stirling a revised masterplan that will guide the broad uses of the site over future stages," Mr Harding said.

Juniper Orana, meaning "welcome", features 40 self-contained apartments in a range of one, two and three bedroom or two-bed plus study layouts, each with a bathroom and air-conditioned open-plan living and dining area. Its other amenities include: contemporary interiors, chic finishes and quality kitchen appliances, balconies with views on upper levels, choice of floor coverings to non-wet areas; and 24-hour duress alarms plus secure parking.

Located on Bradford

Juniper Orana apartments

Street, the new apartments complement the organisation's existing two-by-two plus study villas which surround a contemporary clubhouse where all residents can enjoy the bowling green, lounge and outdoor entertaining areas, a reading room, café, covered pool and craft room.

architects Perth Sharley and Hames builders Pyramid Constructions and other local suppliers were engaged to design and build the \$18 million project.

To discuss pricing and availability, contact sales agent Glenda Cooper of Dempsey Real Estate on gcooper@dempsey realestate.com, or call 0418 944 051.

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There's something in the Aire in West Perth



Perth's newest residential tower, Aire, built by leading apartment developer Finbar, is now complete and residents are settling into their new apartments.

Located at 659 Murray Street, West Perth, the Aire building features 178 one, two and three-bedroom residential apartments, many of which offer spectacular city, river or Kings Park views.

Linda and Mervyn Wright, purchasers of an investment apartment at Aire, are more qualified than most when it comes to understanding what makes a good apartment development.

"Aire is a fantastic development and with the lack of quality development in that particular area we are confident we will always get a solid rental return," said Mrs Wright. The couple are enthusiastic advocates of apartment living having converted to apartment living after their children left home.

"We initially downsized from a five-bedroom, to a three-bedroom house, and then to a two-bedroom apartment. We would never consider living in a house again. We spent many hours looking after the garden and maintaining the house. Now we spend our free time relaxing and social-

"We currently live in Finbar's Adagio apartment development in East Perth, and the Aire apartment is the third Finbar apartment we have purchased. You know if it's a Finbar development

the apartments will be of a high standard with fantastic facilities," Mrs Wright

Aire provides a range of luxurious resort-style facilities located on level four and level 21. On level four residents can stay active with a fully equipped gym and a 22-metre swimming pool or can choose to relax in the sauna, snooze in the pool-side cabana, read the newspapers in the residents' lounge, play pool in the games room or hold a poolside barbecue for family and friends.

On level 21 residents can enjoy the Sky Lounge and roof garden with barbecue and outdoor dining areas which lend themselves to relaxing and entertaining with stunning views across to the city and river.

Within a one-kilometre radius of Aire there are numerous restaurants, cafés, and stores including outlet shopping centre, Water Town, only 250 metres away.

Aire is more than 70 per cent sold and has limited apartments still available including one-bedroom apartments from \$385,000 and two-bedroom apartments from \$535,000.

Live it up north close to Health services.



Don't miss the grand opening of the new respite centre on July 21 - register now!

You're invited to Jurien Bay Village for the grand opening of the new Turquoise Coast Respite Centre on Saturday July 21 from 11am. Come along for a guided tour and discover the range of

to residents of the Village.

Register your attendance at jurienbayvillage.com.au

Beautiful new homes from \$193.000

With a new on-site respite centre and a range of home care health services, living at Jurien Bay Village just got better.

Join this vibrant community for over 55s and take advantage of the Village's superb facilities while enjoying the relaxing Jurien Bay lifestyle. Plus, you'll be just a short stroll away from the local medical facilities, bowling club, golf course, shops and beaches. And it's all just two hours from Perth.

Register now and go into the draw to WIN A NIGHT'S STAY at Peppers Perth valued at \$250*

Corner Bashford Street and Nineteenth Avenue, Jurien Bay

jurienbayvillage.com.au









Have a go and get involved



FOR those people who have raised a family here in WA, your children may have fond memories of Constable Care from their school days, and their own children may have enjoyed the beloved WA charity's unique blend of engaging safety education. Constable Care has recently launched an exciting road and transport safety program, and it's a great opportunity for seniors to "have a go" and make a difference to reduce childhood road trauma.

Most Western Australians are familiar with Constable Care's iconic puppet theatre shows, but there's so much more to this fantastic organisation – from providing comfort packs filled with personal and essential items for children in crisis, to working with teenagers on hard-hitting issues like bullying, isolation and domestic violence. But the latest addition to their line-up has quickly become WA's most exciting and educational excursion destination.

The Constable Care Safety School, a state-of-the-art facility which provides young travellers aged four to eleven with a realistic layout of Perth's streets to explore, as they learn vital pedestrian, bike and public transport safety skills in a safe environment of learning-throughplay.

The Safety School is seeking volunteers to help facilitate the experience, guiding them through the simulated-risk environment and reinforcing key safety messages as they learn about the rules of the road and how to recognise and avoid hazards. The Safety School is very educational, but also very entertaining for children, so for those people who have been looking for a volunteer opportunity where they can make a difference to the lives of young people, while having fun at the same time, then contact Constable Care Child Safety Foundation on 9272 0000, or email vol unteer@cccsf.org.au.

Guest speaker to discuss ways of preventing brain decline

ALFIAH Blond will talk about a "call to action" in reference to dementia and the early identification of various forms of dementia of which Alzheimer's is the most common, at the next meeting of Australians in Retirement in Padbury.

As a qualified and accredited naturopath, Ms Blond is passionate about brain health and doing whatever we can to delay or avoid the ravages of these diseases. She believes that lifestyle changes can improve brain function and that if caught early enough some of these diseases may be stopped or reversed.

Many of the events that we class as "senior moments" could be signs of brain deterioration

This talk is a real must for anyone over 55 or with elderly parents as the need to understand what is happening to the brain can bring positive results if the right action is taken.

People are invited to join AIR for their meeting at 9.30 am Thursday 21 June. The meeting is held at the Fleur Freame Pavilion the corner of Marmion Avenue and Forrest Road in Padbury. (entrance off Forrest Road.)

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

For further information please contact Norman Johnson on 9309 1044 or e-mail pnsair@gmail. com for further details.

Solicitor to speak at next AIR Mandurah meeting

THE Association of Independent Retirees Mandurah regional branch (AIR) meets on the fourth Monday of every month (except when that clashes with a public holiday).

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

The guest speaker is Catherine Bastow, from Nash Clavey Solicitors in Mandurah. She can advise people on how to make appropriate decisions about their future options.

Visitors are welcome to join the group and are invited to stay for morning tea. For enquiries please ring Eva llett on 9534 5215, or Jim Landells on 9586 9174.





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WARATAH community village***

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Waratah Community Village
748 Old Coast Road Wannanup WA 6210
Contact Peter Randell 0415 941 430









Best of both worlds is available at Urban on Cambridge



Urban on Cambridge's apartments are stylish, low-maintenance and much more © QUBE facebook

IF STYLISH, low-maintenance living half way between the beach and the CBD appeals to you, then you're going to need to move fast.

All but a few of the apartments at Urban on Cambridge in Wembley have sold, with many of the funky two-bedroom and one-bedroom

apartments going to buyers keen to free up more time and money for travel and leisure activities.

Managing director at developer QUBE Mark Hector says buyers are also acutely aware that the market is starting to improve and the apartments can't be easily replicated at current prices.

"Not only is the mix of location, space and specification at Urban on Cambridge a winning combination, but we're also keen to move the remaining 10 apartments," Mr Hector said.

"Many buyers have

told us they have been tempted away from the big family home they had lived in for 20 years or more. Now that their children have flown the nest, they are free to enjoy a low-maintenance home that gives them more time, cash and energy for travel."

Another plus is that the Federal Government has introduced additional superannuation benefits for retirees selling their family home that may benefit downsizers.

With only 10 of the 69 apartments remaining, the developer is open to sensible offers.

Nine of the remain-

ing apartments have two-bedrooms and two-bathrooms, with prices starting at \$559,000. The other remaining apartment, priced at \$480,000, has two-bedrooms and one bathroom.

"You're just minutes from the Perth CBD, and everything you could need is on the doorstep, whether it's a café or restaurant, a doctor's surgery, a sports club or a park."

For more information on Urban on Cambridge, please contact Richard Self on 0439 978 117 or visit www.urbanoncam bridge.com.au.

Shine a light and help the RSPCA



Legs on arrival at RSPCA, with a large gash to his head

continued from front cover

"I'm so proud of the team for not giving up on Legs. What looked like a dire case in the beginning, has a happy ending – this time," said Mr van Ooran, adding, "Sadly, this problem is not isolated to any particular area of WA."

"What's concerning is that we don't really know how many animals are suffering needlessly because we just can't reach them or are not there to respond. In regional areas in particular, we hear reports of cruelty from local police and shire rangers, but without an RSPCA presence, people just don't know who to call for help."

"That's why we're asking for help from the community," he continued. "We're asking every West Australian to chip in \$20 so we can get and keep 20 Inspectors on the roads in WA. With more Inspectors on the roads, we can rescue and protect more animals from cruelty."

"We rely on the community to be our eyes and ears on the ground," continued Mr van Ooran. "It's thanks to caring members of the community that we receive so many reports, which shows people are not tolerating cruelty to animals, and won't stand for it happening in their neighbourhood."

Happily, Legs was adopted and is living with his

new retired owners north of Perth, far away from the troubles of his past.

To donate to RSPCA 20for20 campaign please donate at www.rspcawa20for20.com.au

Upgrade your bathroom



"AS A HEALTH conscious person and with personal hygiene high on my list I always wanted a bidet in my bathroom, but I got a quote a while ago and I was shocked by the price," said bidet user Mrs Nash.

"Since then I have been held back by the cost and

space required by a stand-alone unit."

Mrs Nash said her luck changed when she discovered The Bidet Shop had the Hyundai bidet toilet seat for much less after reading about it in this newspaper.

Mrs Nash said the staff showed her how the bidet

Mrs Nash said the staff showed her how the bidet worked and its other features such as a heated seat and soft closing lid

"The bidet is wonderful because it replaces the existing seat and automatically cleans without the use of toilet paper," she said.

With just the push of a button the bidet toilet seat automatically sprays a jet of warm water and then dries the user off with a gentle stream of warm air.

"It was one of the best investments I have made in years, and it was less than a quarter of the price a plumber quoted for a standalone unit and much nicer," said Mrs. Nash.

For more information or to purchase call The Bidet Shop® on 08 6315 4252.

Have a Go News readers may qualify to have their Bidet fully funded, call them to find out how.



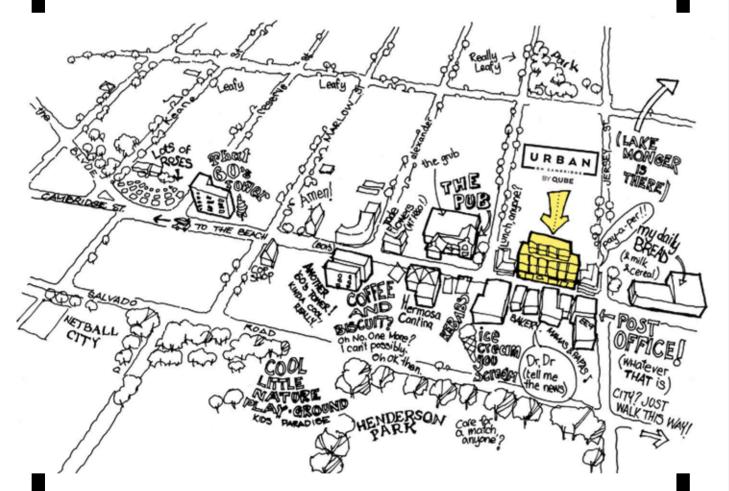
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L JOHNSON Australian Cricketer STERLING NEW LIFE AMBASSADOR

Sterling New Life is an affordable housing solution for Senior Australians.

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✓ Freedom of Lifestyle

✓ No Hidden Fees ✓ No Weekly Facility Fees

Affording a comfortable retirement can be difficult. After a lifetime supporting children and elderly parents, more and more ageing Australians are approaching retirement with financial worry. Sterling New Life is an innovative housing solution that allows seniors to choose new accommodation at a fraction of the cost of taditional downsizing. With the savings freed up, many of our residents have gone on to settle their mortgages, pay-off debt and retire with financial peace of mind.

Compare the costs!

	Retirement Village	Sterling New Life
Upfront outlay for a similar property (approximately)	100%	60%
Ongoing management fee, facility fees or rent outlay	Yes - often in the range of \$100 - \$200 per week	No Fee
Deferred management fees or exit fees	Yes - up to 40% of the property value	No Fee
Exiting refurbishment costs	Yes - varies from village to village	No Fee



Baldivis 6 Winpara Way 3 Bedroom, 2 Bathroom Contact Andy on 0427 087 660



South Bunbury A/5 Ecclestone Street 3 Bedroom, 2 Bathroom Contact Shirley on 0428 181 255



Heathridge 1/103 Cariden Street 3 Bedroom, 2 Bathroom Contact Mark on 0418 952 250



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Chance to chat with local scientists in Explore Diabetes Expo



Executive director, Diabetes Research WA, Sherl Westlund

WA researchers are playing a part in unravelling the impact type 2 diabetes has on the brain – in a bid to help reduce or prevent the complication.

Diabetes Research WA's Sherl Westlund said the important findings funded by the charity could ultimately help uncover what's causing the damage.

"We realise it can be incredibly confronting to read about diabetes affecting the brain but if we can understand, through high-quality research, what's driving it and how to find the early warning signs, we have the chance to prevent it happening," she said.

The research by UWA PhD candidate Nicole Milne, published in the Brain and Behavior journal, showed cognitive problems (like memory difficulties, poor attention, and slower speed of thought), which are known to be more common in type 2 diabetes, are likely to be caused by damage to the righthand side of an area of the brain linked to memory and learning.

It revealed that in those participants who had one side of the hippocampus larger than the other, the righthand side was smaller.

"This is the reverse of the expected direction seen with normal ageing and in Alzheimer's disease, where the right hippocampus is usually larger than the left," explained Ms Milne.

"What this suggests is that in type 2 diabetes, this area of the brain is more vulnerable to damage, resulting in significantly poorer cognitive functioning." Earlier phases of the study re-

Earlier phases of the study revealed slower thinking skills and right hippocampal abnormalities in those with type 2 diabetes could be an early warning sign of dementia and that type 2 diabetes could dramatically affect the everyday thinking skills of up to one-in-three adults aged 60 and older.

Ms Westlund thanked the WA

researchers for their valuable contribution: "We are hopeful this research will help pave the way for change and allow those with type 2 diabetes to live with fewer complications which will have a positive impact on so many families."

Diabetes Research WA's Explore
Diabetes Expo will be held from
8.30am to 11.30am on Wednesday
11 July in Wembley as part of National Diabetes Week.

The event will give attendees a chance to chat with local scientists.

To reserve your free spot, please email info@diabetesre searchwa.com.au or call 9224 1006 bv Wednesday 4 July.

Open a window of opportunity for a new world of hearing

by Nicole Irvine Audiologist - Attune Hearing

THERE are many things I love about audiology but giving back the ability to hear conversations is my favourite. As we get older, health plays a big part in our lives and can affect our quality of life, and of course it's different for each of us.

As hearing changes gradually for most of us as we age, the impact it has might not be obvious or is easy to ignore. I like to think of hearing loss as a slowly closing window, as it starts to close we can still hear the birds chirping and the children playing in the street, but the more it closes the harder it becomes until all you hear is the drone of the lawnmower instead of the fun and laughter.

As an audiologist I try to offer a window of opportunity, to help my clients hear and engage in ways they used to, in sounds that bring them joy and change their quality of life.

For many people listening in noisy situations can be difficult and frustrating at times, and may even stop them from going out, celebrating and interacting with other people, and tends to be one of the first signs of hearing loss. Age related hearing loss affects about one-third of the world's population and corresponds to the increased frequency of dementia in older adults.

So, what can we as audiologists do to help? We are university trained to diagnose hearing loss, treat it with hearing aids and other assistive listening technology and counsel and guide our clients to use their hearing and improve their quality of life. Hearing aids are constantly improving and adapting devices that focus on improving speech and with guidance from your audiologist can be chosen to meet people's goals, to open the window of opportunity wide so interaction with friends and family are once again enjoyed and coveted.

My father's story is one I want to share. He

was a diesel fitter who for most of his working life listened to loud engines and never used earmuffs or earplugs for hearing protection. He has always been an extrovert who loves a party or a long chat with friends. Slowly over time the football got louder on the TV and he would call me less and less on the phone.

At his granddaughter's third birthday he sat at the kitchen table and only spoke to those who spoke to him. Once everyone left he pulled me aside and said, "I think I need your help." The things he loved were not giving him the same joy and more than anything he wanted to hear his granddaughter's voice clearly when she excitedly spoke about the presents she received for her birthday.

This lead us to a GP visit, a hearing test and a trial of hearing aids. Choosing ones to suit took time and we fine-tuned them to get the most out of the technology. Are they just like normal hearing? No, but they have given him the ability to hear what is important to him in his life. To hear at school when helping his

granddaughter in kindergarten, to hear the football on the TV without the neighbours hearing it too, and to hear his friends and family at his 80th birthday celebrations.

So open the window, hear the opportunities and let us as audiologists guide people along the way. Call one of our branches nearest to you or see our advert on page 8 in this issue.

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1. The 2014 Compilance Report for the Global IOL Market. 2. Daya S, Espinosa M; The FineVision Trifocal Lens, ESCRS 2011 © 2017 Bausch & Lomb Incorporated.

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healthy living ADVERTISING FEATURE



health options for the mature west australian





Care And Ageing Expo returns bigger



THE second Care and Ageing Expo to be held at the Perth Convention and Exhibition Centre over the weekend of 4 and 5 August, will provide WA's most extensive guide to every element of the aged service industry.

The Bethanie Lifestyle seminar stage will provide a continuous stream of information from industry experts and discussion panels with opportunities for questions from the floor. Experts in fields as diverse as how to choose between home care or residential care to how to care for those with dementia, the latest technology in hearing aids, setting up wills and enduring powers of attorney, through to dealing with scams and cyber-crime and fi-

nancing aged care. Dozens of exhibitors will include residential care, home care, retirement living, equipment, service providers, health care, legal and financial, medical, consultants, technology and support groups.

Expo organiser Richard Campbell said the inaugural expo had been very successful and this year will be significantly larger with up to 80 exhibitors ex-

pected. "There is a considerable thirst for information on what's available and our aim is to provide as diverse a range of information as we can," Richard said.

"It's great that there are now services available for all sorts of needs that take into consideration cultur-al diversity, dementia care, the wide range of lifestyle villages, residential care facilities, home care services and much more. But it takes time to consider those options - something that is a luxury when pressure is on to make significant lifestyle changes - but hopefully bringing together so many exhibitors will make that process eas-

Sean Rooney, CEO of Leading Age Services Australia (LASA), the national peak body rep-

resenting providers of age services, said that it was timely for LASA to create the Care and Ageing Expo to showcase the wide range of services available to an ageing population.

The whole of the aged care industry now has a much broader responsibility in terms of helping consumers understand the options available to them as we enter an unprecedented period of competition and choice," Sean

"Now more than ever, the consumer has the opportunity to compare the market and make an informed decision about their aged care. It can be bewildering, particularly when these kinds of decisions are suddenly thrust on elderly parents and their middle-aged children to be able to have a meaningful conversation and to reach the best decision for each family.

"In a society where we plan for most of the major events in our lives - birthdays, milestones, weddings, retirement and even funerals - we are still reluctant to plan for what can be the most vulnerable time in our lives - our aged care.

"It's a conversation that can be stressful and confronting for both the person concerned and their family and carers, but clarity around these important decisions provides reassurance in knowing that a loved one's voice has been heard and their wishes are being fulfilled," Sean said.

Lotterywest have again joined the expo allowing the support for small not-for-profit and volunteer groups to exhibit providing much needed information and advice for visitors.

With Leading Age Services Australia hosting this much needconsumer event, the sponsorship of Bethanie which delivers 16 seminars over the two days and Community Vision's sponsored Retreat adds that extra touch for people seeking information and services.

The expo will be open from 9.30am to 4.30pm on 4 and 5 August. Discounted tickets are available for pre-purchase at \$8 for an adult, \$5 for concession card holders and free for pension card holders. Tickets at the door are \$10 for adults and \$7.50 for concession card holders.

Food and coffee can be purchased from the café onsite.

information More and tickets are available from www.carean dageingexpo.com.au

Flu shot shortages on track in WA



AFTER recent reports in the national media of a flu vaccine shortage Have a Go News asked the Department of Health how this affects Western Australians.

Department of Health communicable disease control director, Dr Paul Armstrong said that so far this year there has been an almost 10 per cent increase in influenza vaccines administered at a national level, evidence that people are taking the risks of influenza seriously.

"In Western Australia, 430,000 doses of Australian Government funded (National Immunisation Program - NIP) influenza vaccines have already been distributed to immunisation providers, of which one quarter have been recorded as administered to patients. This means that while there is currently a national shortage, most providers in WA will have enough vaccine to administer to patients.

"However, the Department of Health is closely monitoring the amounts of NIP influenza vaccines that are available at different providers to ensure stocks are equitably distributed. If immunisation providers are short of vaccines, they will be able to contact other providers that have excess vaccine or work with the Department of Health to access stock.

Further vaccine supplies are expected in the country before the influenza season commences. Western Australians not eligible for NIP influenza vaccines are advised to check the availability of private market influenza vaccines at their GP or pharmacy immunisation provider before attending for vaccination,' said Dr Armstrong.

Diabetes research developments



Dr Aron Chakera

WESTERN Australia's peak diabetes research funding group will host a National Diabetes Week expo to shine a light on the latest developments in diabetes.

Research Diabetes WA's Explore Diabetes' Expo will be held from 8.30am to 11.30am Wednesday 11 July at the Telethon Speech and Hearing Centre in Wem-

The event will feature updates from local researchers including renal physician Dr Aron Chakera post-transplant diabetes and the CSIRO's Professor Yogi Kanagasingam talking about advances in screening for diabetes-related eye disease.

There will also be a chance to chat with local scientists working in diabetes research.

To reserve your free spot to the event and find out specific location details, please email info@ diabetesresearchwa. com.au or call 9224 1006.

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Seniors time at the barre aids healthy ageing



There are many benefits of ballet... © Christian Tiger

by Frank Smith

A RESEARCH project of Queensland Ballet and the Queensland University of Technology (QUT) in which seniors were given lessons in ballet,

resulted in participants gaining improved energy levels, greater flexibility, improved posture, and an enhanced sense of achievement.

Queensland Ballet Director of Strategy and Global Engagement, Felicity Mandile said ballet was not just a young person's activity.

"Participants enjoyed the challenge. The teachers were aware of senior's physical limitations but participants wanted to test what their bodies could do.

"Participants included a few former professional dancers but most just like ballet as an art form. Others had danced when they were younger but gave it away usually because of lack of time. Now they have the time and they still love dancing," she said.

participation Ballet also involved weekly social engagement within a supportive, non-competitive, and non-judgemental community of like-minded people.

"We concentrated on the social advantages. People say they laugh a lot and some have organised other social activities such as coffee catch-ups and Christmas in July."

The research part of the project aimed to provide a detailed understanding of the motivations and experiences of ballet class participants and potential participants.

While the qualitative data focused on emotional and social wellbeing, the participants' quantitative responses suggested that they felt physical wellbeing outcomes the strongest, for example keeping in shape, posture, flexibility, bodily control and aware-

Participants also felt happier and enjoyed a sense of community and friendship on completing a three-month project, incorporating 10 Ballet for Seniors classes

"We're thrilled to have this research underpinning what we do as it enables us to offer meaningful engagement programs for our participants rather than just giving them what we think they want and need," Ms Mandile said.

"The project critically investigated older adults' motivations to participate in ballet, the health and wellbeing outcomes for active older adults, and the examination of the teaching practices involved in this delivery," she said.

"We weren't surprised by the research findings strongly indicating that ballet participation is a highly pleasurable activity for active older adults. However, we were pleasantly surprised by the flow on effects of that."

Performance psychologist and former professional ballet dancer Professor Gene Moyle from QUT's Creative Industries Faculty said movement, be it dance or other forms of exercise, was a critical factor in better ageing.

"The physical benefits of movement and dance

on ageing bodies is well documented and our project really re-enforces these findings, however additionally highlights the joy and benefits social connections in dance can bring to people's said Professor lives," Moyle.

"Some of the participants reported that they found the classes positively euphoric and transformational in the pleasure they felt at being part of such weekly social engagement."

Ballet Queensland public dance class program not only includes Ballet for Seniors classes but also a specialist class specifically designed for people living with Parkinson's Disease.

Mobility aids help people remain independent



METRO Mobility is privately owned and run, and they pride themselves on being able to offer quality products, designed to make it easier for the more mature folk to stay at home. These products allow people with mobility issues greater freedom and independence.

Other benefits to users of Metro Mobility aids, include, reduced pain, increased confidence and self-esteem. For those

who have disabilities or injuries or are an older adult who is at increased risk of falling, Metro Mobility can help. They specialise in Shoprider mobility scooters, and wherever possible, will source products from local WA suppliers.

Their clients will always have the choice of their preferred mobility supplier.

Metro Mobility know how important it is to stay physically independent and know that mobility aids can help improve people's state of mind by enabling them to meet up with friends and family, or take part in activities outside of their home, providing the opportunity to meet new people and learn new skills.

They promise people, friendly and personal service ... and won't be beaten on price or quality. Metro invite you to pop in and say hi soon ... and they will assist customers to make the right choice of equipment.

For more information see advertisement on page 54.

Danish founder visits Perth



Danish founder Dorthe Pedersen cycling guests on one of the trikes

THE Cycling Without Age program which launched early in the year in Perth encourages people to age in a positive context and uses cycling as a means to bridge generations.

Its mission is to connect elderly people with the community and the outdoors by taking them

out on specially designed trishaw ebikes, piloted by volunteer cyclists to create a sense of dignity and belonging in our societies.

Cycling Without Age is an international notfor-profit organisation which operates in 37 countries with 1500 trishaws worldwide and has more than 50,000 older people enjoying a

With the aim to promote and support Affiliates here in WA, the founder of the program Danish Dorthe Pedersen will visit the state. The state chapter of Cycling Without Age - WA will host several events during Dorthe's visit in late June.

There will be a public event at North Perth Town Hall on 29 June, featuring the documentary The Grey Escape, a half hour film about a life-changing four-day journey in which twenty elderly people deliver trishaws from Denmark to Norway. Dorthe will share reflections about the experience and hopes to provide inspiration for the WA chap-

She will also present a white paper *Denmark- A* Dementia-Friendly Society at an event for aged care homes and service providers on 26 June at RAAFA Bullcreek and on 28 June Dorthe will visit Mandurah to promote the Cycling Without Age program there.

People are welcome to come and learn more from Dorthe about this global movement which brings communities together.

Volunteer positions are available as well as opportunities to further the trishaws in the com-

To find out more or register interest for any of these events contact wa@cyclingwith outage.org.au



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health options for the mature west australian





Soroptimist International works to keep women and children safe

SOROPTIMIST International is a global volunteer organisation that works on ways to transform the lives of women and girls. Their network of more than 75,000 club members in 122 countries works at a local, national and international level to educate, empower and enable opportunities for women and children.

Soroptimist International creates projects at either a local, state, national or international level. Projects can be done individually as a member or as a group depending on the project of choice.

Soroptimist International South West Pacific is currently in the process of developing their Sanctuary Shelter for Women, a project aimed at providing safe homes for women and children in Fiji.

Fiji is the fourth highest country with incidences of domestic violence and is prone to natural disasters such as cyclones that often enhance domestic violence.

Soroptimist International of the South West Pacific Federation recently had their conference in May, with 200 attendees representing 13 countries in Melbourne.

This conference addressed details about projects being run by clubs around the region. Special attention was given to a number of Western Australian clubs that are working at various levels and through a number of ways to support women in prisons in WA.

At the conference, it was confirmed that the Fiji Project has the support of both the government and service providers in Fiji and is a project that is being further facilitated by the members of Soroptimist International in Fiji.

Soroptimist International WA has 15 clubs, from Karratha to Albany. Some examples of Soroptimist International projects in WA include: assisting women's refuges, providing emergency relief kits for Red Cross, sponsoring girls to get education in Nepal and making dolls for the Uthando project.

The clubs also have various fundraising events such as movie nights, wine and cheese tasting days and holding stalls at markets. Any funds a Soroptimist International club collects goes towards a project that can either educate, advocate and/ or empower women.

Soroptimist International South West Pacific is current seeking funds to help develop their sanctuary shelter for women project. Soroptimist International South West Pacific currently has a vacant block of land, but shortly there will be two-bedroom emergency safe home houses erected there. National representative of Fiji and Sanctuary: Shelter for Women project manager, Maria Dolton, has announced that three blocks of land have been donated by the Fijian Government for SISWP to be able to begin erecting the safe home

shelters for victims of domestic violence.

It was recently announced that this project will enable and empower women and children and help break the cycle of violence and will continue as the Federation Project for the Soroptimist International South West Pacific 2018-2020 Biennium

For further details on this project please follow the links below:

SISWP Website: https://siswp. org/what-we-do/projects-1/sanc tuary-shelter-for-women.html

To find out more about the organisation or to join visit www. soroptimist-wa.org.au or visit their Facebook page at Soroptimist International of Western Australia.



CHRONIC back pain, migraines, arthritis, nerve pain and other

kinds of persistent pain can be debilitating and severely impact quality

Why chronic pain can be managed and improved

of life. But pain doesn't have to be so limiting. Black Swan Health, a leading health service provider across Perth, can help people take control of chronic pain.

Despite the likelihood that specialised treatment will improve the immediate and long-term effects of chronic pain, less than 10 per cent of Australians with chronic pain access

professional support; with men less likely to seek help than women.

If untreated, chronic pain can negatively impact people's mindset and relationships with others. Over time, this can take a toll on emotional and mental health. Black Swan Health offer a comprehensive pain management program, which includes access to a psychologist who

can help develop positive coping strategies to help people maintain their mental wellbeing or overcome mental health issues before they escalate.

Additionally, an experienced physiotherapist or accredited exercise physiologist will help people find the best exercises to maximise their physical abilities without experiencing

pain. In many cases, exercise actually improves chronic pain, as well as prevents it from getting worse.

Black Swan Health offers a free, expert-led pain management education program with practical tools and techniques, which enables people to take pain management into their own hands. Black Swan Health's experi-

enced psychologists, dietitians, physiotherapists and exercise physiologists provide expert support to complement self-management.

Improve health and wellbeing and overcome pain today by visiting www.blackswanhealth.com.au/ persistent-pain or calling Black Swan Health on 9201 0044.



Joan tangos a lot more these days. Even if she walks a little less.

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Anthony Callea returns to Perth to debut his new album

flect on their lives and

careers in this unique

documentary directed

by Notting Hill filmmak-

er Roger Michell. The

women have gone from

fledgling actresses in the

1950s to acting royalty,

with each receiving a

Damehood in recogni-

tion of their outstanding

contributions to the act-

Tea with the Dames in-

vites audiences to spend

time with these theatrical

icons for the first time to-

gether on screen. They

share their experiences

in theatre, television and

cinema and the memo-

ries that they have from

when they were bright

young things right up to

the present day - now

looking back with the

This film is a wonderful

insight into acting royalty

featuring four favourite

English actresses. Tea

With The Dames screens

at Luna Cinemas from 7

June.

wisdom of the years.

ing profession.

ANTHONY Callea's seventh album, Aria Number 1 Hits In Symphony has debuted at number one on the ARIA album charts. This is Anthony's third album to enter the charts at number one and sees him join an elite club of only four other Australian male solo artists. Industry icons Jimmy Barnes, John Farnham, John Butler Trio and Keith Urban share similar chart success, cementing the future pathway for Anthony's 13-year long career to date.

Coinciding with the release,

Anthony launched his album to a sold out audience last month with the Melbourne Symphony Orchestra at Hamer Hall. A standing ovation acknowledged his performance of the new album as he delivered his version of anthems derived from the official ARIA music charts.

This is the first number one ARIA album to feature the MSO since 1987 with Sir Elton John.

"I love that this album with the Melbourne Symphony Orchestra has connected with so many people and debuted at the number one spot on our charts. ARIA Number 1 Hits In Symphony is such an epic sounding album, an album that is filled with passion, beautifully produced, recorded, orchestrated, played and it was a privilege to sing and interpret these iconic lyrics and melodies that are part of our musical landscape," Anthony said.

Anthony has confirmed a national tour for the album and this promises to be his biggest and most exciting concert experi-

Anthony Callea plays in WA on Saturday 7 July at the Astor Theatre Perth. Bookings www. ticketek.com.au

WIN WIN WIN

We have a double pass to giveaway to a lucky reader to see Anthony Callea at the Astor Theatre on Saturday 7 July. To be in the draw simply email win@haveagonews. com.au with Anthony in the subject line or write to Anthony Callea c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 30/6/18.



Four thespians share memories



TEA with the Dames is a documentary starring old friends Judi Dench. Maggie Smith, Joan Plowright and Eileen Atkins who spend a week-

end together at a retreat once shared by Plowright and her husband renowned British actor Sir Laurence Olivier.

The four women re-

Johnny Young Presents CHRISTMAS SPECIAL Starring Narelle Belle The Carpenter Band

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Incredible favourite for grandchildren back



IN Incredibles 2, Helen (voice of Holly Hunter) is

called on to lead a campaign to bring Supers back, while Bob (voice of Craig T. Nelson) navigates the day-today heroics of 'normal' life at home with Violet (voice of Sarah Vowell), Dash (voice of Huck Milner) and baby Jack-Jack - whose superpowers are about to be discovered. Their mission is derailed, however, when a new villain emerges with a brilliant and dangerous plot that

threatens everything.

But the Parrs don't shy away from a challenge, especially with Frozone (voice of Samuel L. Jackson) by their

That's what makes this family so Incredible. Written and directed by Brad Bird (Iron Giant, The Incredibles, Ratatouille) and produced by John Walker (The Incredibles, Tomorrowland) and Nicole Grindle (Sanjay's Super Team

short, Toy Story 3 associate producer),

Disney•Pixar's Incredibles 2 busts into cinemas on 14 June.

WIN WIN WIN

To be in the draw to win a double pass to the Incredibles 2, simply email win@ haveagonews.com.au with Incredible in the subject line or call the office on 9227 8283 during business hours. Competition

Heritage gone to hell - horror film hits new terrain...



WHEN Ellen, the matriarch of the Graham family, passes away, her daughter's family begins to unravel cryptic and increasingly terrifying secrets about their ancestry. The more they discover, the more they find themselves trying to outrun the sinister fate they seem to have inherited.

Making his feature debut, writer-director Ari Aster unleashes a nightmare vision of a domestic breakdown that exhibits the craft and precision of a nascent auteur, transforming a familial tragedy into something ominous and deeply disquieting. Hereditary pushes the horror movie into chilling new terrain with its shattering portrait of heritage gone to

Creeping into cinemas 7 June, this game-changing horror masterpiece stars Academy Award® nominee Toni Collette, Golden-Globe® winner Gabriel Byrne and Alex Wolff.

WIN WIN WIN

Thanks to Studiocanal Australia we have five double passes to giveaway to a screening to Hereditary. To be in the draw simply email win@havea gonews.com.au with Hereditary in the subject line or call the office during business hours on 9227 8283. Closes 14/6/18.

A new tragic comedy from the makers of Kenny



IT'S been 12 years since phenomenal success of Kenny. Director/ actor Clayton Jacobson reunites with his brother Shane Jacobson in a very different film, yet just as quintessentially Australian and individúal.

Brother's Nest begins on a cold winter's morning in the middle of country Victoria, two brothers arrive at the family home intent with treacherous intent. Terry and Jeff's motive is to make sure their dying mother's plan to change her will in favor of her husband - their stepfather - is upturned.

It is all meticulously planned, but there is one thing the boys didn't take into account - spending an entire day together Old arudaes ent world views and a general troubled history will pit these two brothers against each other. Brothers' Nest is a tragic comedy about family, loyalty and sibling rivalries - demonstrating that even 'brotherly love' has its limits.

by Written Jaime Browne and produced by Jason Byrne, Brother's Nest also features Kvm Gyngell, Lynette Curran and Sarah Snook and releases in cinemas across Australia from 21 June.

WIN WIN WIN

To be in the draw to win a double pass simply email win@havea gonews.com.au Brothers in the subject line or call the office during business hours on 9227 8283. Competition closes 20/6/18.

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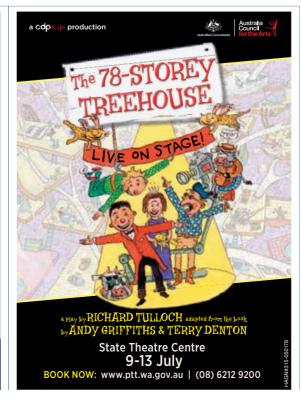
2018 Film Program presents for your pleasure Boy On A Dolphin

starring Alan Ladd, Sophia Loren and Clifton Webb Monday 25 June

Live organ music before the show Admission; Members \$6 Seniors \$9 Public \$11 Grand Cygnet Cinema, Preston Street, Como Ph 9367 1663

Doors open 9.15am Screening starts 10am Email: waregion@ammpt.asn.au or write to The Secretary, PO Box 5147 Dalkeith WA 6009

TREAT A FRIEND! Bring this advert, and a friend, to any of our 2018 film screenings, for FREE ADMISSION for your friend.



Regal return for The Milford Street Shakers as they play the songs of Motown



Street Shakers wowed an au-Subiaco's dience at Regal Theatre last year and they are set to do it all again this year. The 60s soul and R&B band will bring back their Beyond Hitsville: Motown to Muscle Shoals concert to the Regal on 29 June. Band leader Dom D'Leno said the concert, featuring the getup-and-dance music of America's fabulous 60s Soul and Motown music, proved incredibly popular in 2017 and audiences had been asking for a return. Timeless music from performers such as Aretha Franklin, Marvin Gaye and the Supremes were incredibly popular with audiences of all

"People just love the sound of the nine-piece band and can't resist grooving in their seats to the toe-tapping music," he said.

Vinyl DJs and an after-party will again be part of the Super Soul Spectacular and this year support act, award-winning New Zealand musician, Reo Dunn, who has a voice that has been compared to that of Stevie Wonder, will set the scene for the main show.

It's been a big 12 months for The Milford Street Shakers who have performed to audiences across the State from the

Pilbara in the north to the Leeuwin Concert in the southwest, but Dom said the Regal concert was a real highlight for the year.

"The sound we can create in that venue is so powerful it really gets the audience going," he said.

doesn't matter whether you are 21 or 81, its music that's impossible to resist."

Doors open at 5.30pm with Reo Dunn playing at 7.30pm and The Milford Street Shakers from 8.15pm to 10.30pm with a 30 minute intermission.

Adding to the fun will be the Milford Street dancers performing alongside the band.

After that the party will move upstairs to the Regal Attic bar with a DJ.

Dom said The Milford Street Shakers takes its audience on a journey from the late 1950s to the early 1970s Chicago, Memphis, New York, and Alabama.

"It will be a fantastic night and the band is really looking forward to it," he said.

"This band is so much fun, both to watch from an audience perspective

as well as to perform in.' Tickets are on sale now from http://www. milfordstreetshakers.

WIN WIN WIN

com.au/

To be in the draw to win one of three double passes to the Milford Street Shakers at the Regal Theatre on 29 June simply email win@haveagonews. com.au or write to Shakers competition c/- Have a Go News PO Box 1042 West Leederville 6901. Competition closes 22/6/18.

Best-selling children's series hits the stage this school holidays



Freya Pragt and Samuel Welsh in The 78-Storey Treehouse

THEY'RE back, and coming to Perth with the premiere stage adaptation of The 78 Storey Treehouse at the State Theatre Centre of WA in July.

Andy and Terry's treehouse just keeps on growing. With yet another 13 levels, it's now got a scribbletorium, a high-security potato chip storage facility (guarded by one very angry duck!) and even an openair movie theatre.

The team behind the hit adaptations of The 13, 26, and 52-Storey Treehouses have come together once again to bring Andy Griffiths' and Terry Denton's bestseller The 78-Storey Treehouse to life on stage for a national tour following premiere seasons at QPAC and Sydney

The best-selling, award-winning series of books by much-loved duo Andy Griffiths and Terry Denton has inspired children across Australia to let their imaginations run wild; The 78-Storey Treehouse book was Australia's fasting selling book ever on released.

The book sold more than 3000 copies on its first day of sale at Dymocks stores. The stage adaptations has also been incredibly successful throughout Australia, including The 52-Storey Treehouse winning the 2015 Sydney Theatre Award for Best Production for Children.

In this adaptation Andy and Terry are going to be famous. The legendary Mr Big Shot has arrived to make a Hollywood blockbuster. But when his first step is to fire Andy and replace him with a monkey - well, a gibbon named Mel Gibbon - the battle is on.

Will the Treehouse Blockbuster ever get made? Who will win the battle of Andy and Terry? And why are those mysterious spy cows turning up everywhere?

Playing 9-13 July at the Heath Ledger Theatre, State Theatre Centre of WA

Bookings: https://www.ptt.wa.gov. au/venues/state-theatre-centre-of-wa/ whats-on/the-78-storey-treehouse/ phone (08) 6212 9292

For more information on the production visit www.cdp.com.au

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S

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A one-night tribute to Elvis and Tom Jones



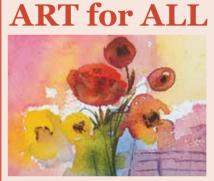
International star John St Peeters is the special guest musical director and will ensure this will be a night to remember. Don't miss reliving the

adrenaline rush Elvis and Tom brought to all their concerts and fans.

release The Night the

Lights Went Out in Vegas.

WIN WIN WIN To be in the draw to win one of five double passes to One Night With You, Saturday 30 June, 8pm at Regal Theatre simply email win@haveagonews. com.au with Elvis in the subject line or write to Elvis competition C/ Have a Go News PO Box 1042 West Leederville 6901. Closes



Check website or facebook for more info

Music of the 60s & 70s

the LOVE-GENERATION

16th Annual Atwell Youth Awards 2018 Amazing exibition of works from WA artists of high school age.

One-day Pastels workshop "Ocean & Coastline" with Fiona Buchanan June 22-24

"Masterpiece Bargains 3 Day Sale"

June 25-29 A short, sharp "End of Financial Year Sale"

June 30 - July 1 **Gallery closed**



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Tivoli Club of WA Inc present



and Tom Jones. Jack Gatto is the newest Elvis world's sensation and James Cupples who featured on Channel Nine's The Voice team up with their vocal brilliance. Presley's scribed Jack as the closest vocally to the King there's ever been.

Cupples, who was Keith Urban's protégé on The Voice, recreates the heart and soul of Tom

At this show people will be treated to hits from Elvis's '68 comeback concert, Aloha from Hawaii and Vegas concerts plus the songs that made Tom Jones a household name over six decades -It's Not Unusual. Delilah. Love Me Tonight, Kiss, Keep Your Hat On and so many more.

of this unique event is a show-stopping presentation of Jack's new

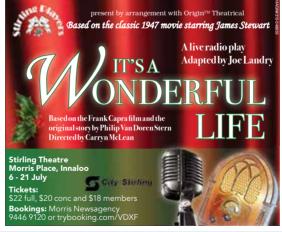
27, 28, 29, <u>3</u>0 JUNE

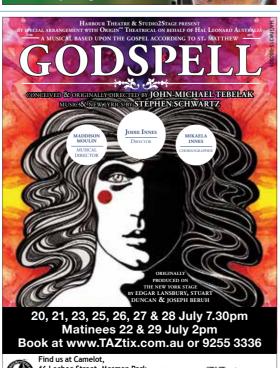
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City Beach local demonstrates there is more to life than golf in your retirement



John Major at work on a seaside piece of Cottesloe in his studio

by Jennifer Merigan

ONE of the advantages of retirement is having the freedom and time to discover new pathways in life. John Major said he was feeling like a fish out of water when he first retired from a busy professional life until he picked up a paintbrush about four years ago.

He found the drive and desire to paint after a visit to Auschwitz in Poland

"What happened was I went on

holiday to Poland to explore because I love Polish people and I wanted to go to Auschwitz because I couldn't get my head around why humans would behave like that," he said.

"It was a life changing experience for me – it moved me more than I have ever felt in my life. It affected me so much that when I came back from that trip the only relief I could get was to pick up a brush," John told *Have a Go News* from his studio in City Beach

With a lifelong interest in photography John took many shots in Poland particularly on his visit to Auschwitz which he used to mirror his first painting

I saw the painting in his studio and it's hard to believe that an amateur had painted the scene, it was clear that a deep-seated talent for art was emerging.

"Retirement had allowed the space in my head to develop this talent and that was the beginning of the art journey for me, it was as if I downloaded all this stuff and it came out through my brushes," John said.

Over the last four years Major has produced many pieces including portraits of Picasso, Vincent Van Gogh, John Lennon, his wife Lally and now has moved into three dimensional seaside artworks.

His creativity has travelled from the darkness of Auschwitz to the light of the seaside.

Hailing from Leeds in the north of England, John is an ardent *Beatles* fan and almost channels John Lennon when he speaks. His favourite artist is Laurence Lowry who, he says, was an insignificant kind of guy from Northern England but had this amazing ability to capture everyday life and people in quite a childlike way.

"I like Lowry's innocence and I find his works very enjoyable and I feel I

can understand what was in his head and its influenced my art style."

John has developed his own style of painting called heli-art and it reflects his vision of looking at the bigger picture of life as from the view of a helicopter. The seaside three-dimensional pieces display the joy and happiness that a day at the seaside can bring people and feature our local beaches including Cottesloe and City Beach.

John says the beach is a great leveler; there's no class distinction when you're at the beach and his characters reflect that.

Every character in his seaside pieces has a story and he has a unique talent which brings each one to life.

I loved the three older ladies who appear in most of his pieces, they sit in the shallows and just love their day out. Each piece can take him anywhere from a month to six weeks to create and walking through his studio and seeing them being created reflected to me John's love for his work.

"I want to make people happy with my art – I'm 65 now and I achieved everything I want to achieve but I want something to remain as a legacy if I die tomorrow.

"With the artworks at least I've got stuff in people's houses – every little bit has had my hand on it and I feel like I'm leaving a little bit of happiness behind," he said.

Last year John worked as a volunteer at the Perth Royal Show in the art section and this year he is submitting one of his seaside pieces in the competition.

"I worked as a volunteer and it was brilliant – talking to people about artworks I got really excited sharing stories about each piece and I sold about six artist's works.

"If I am lucky to be chosen for this year I will be very happy," he said.

He says the thing he loves about retirement is that you do the things you want to do not because you have to but because you want to.

Delving into the world of art has provided a new pathway for John which is a journey for the beholders eyes and for him for his soul.

For physical activity he rides his bicycle, walks and enjoys riding his Harley Davidson motor bike in his spare time.

John says his philosophy in life is simple... "it's nice to be important but it's more important to be nice." And that sums up this friendly and budding artist

A collection of John Major's work is currently on show at the Boulevard Centre in Floreat until the end of July. His seaside pieces are also on display at the Hamptons Restaurant in City Beach.



Grandkids will delight in this monster film offering

HOTEL Transylvania 3: A Monster Vacation - the third instalment in the very popular franchise starring Adam Sandler and Selena Gomez comes to cinemas this month.

Join our favourite monster family as they embark on a vacation on a luxury cruise ship so Drac can take a summer vacation from providing everyone else's vacation at the hotel

It's smooth sailing for the Drac Pack as the monsters indulge in all of the shipboard fun the cruise has to offer, from monster volleyball to exotic excursions, and catching up on their moon tans.

But the dream vacation turns into a nightmare when Mavis realises Drac has fallen for the mysterious captain of the ship, Ericka, who hides a dangerous secret that could destroy all of monsterkind.

In cinemas 28 June.

WIN WIN WIN

To be in the draw to win one of five admit four passes (worth \$80 each) simply email win@ haveagonews.com.au or write to Hotel Transylvania Competition c/ Have a Go News PO Box 1042 West Leederville 6901. Please include your contact details. Competition closes 25/6/18.

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*Conditions apply. May also include offers and promotions throughout the month.



SCENE SOCIALL































SCENE (2): THE Living Longer Living Stronger program launched its newest provider of the strength based program for the over 50s at Life Ready Physio in Midland last month with 88 year old ambassador Professor Bob Ziegler with City of Swan Mayor David Lucas launching the new venue. The program provides personalised, safe, affordable evidence based exercise for older adults. For more information about the program call COTA on 9472 0104.

SCENE (2): Above, left to right; Bob Ziegler, Patty Jones and City of Swan Mayor David Lucas. Below, L-R; Catherine Weber and Digna Cuevas - Joanne Bethune and Noel Morey - Vic and Jeanette Watson



SCENE (1): THE Seniors Recreation Council held their annual Seniors Ball at Crown Perth Astral Ballroom on 6 June. More than 220 people filled the ballroom enjoying the afternoon tea, floor show and dancing the afternoon away to the live band. The event was proudly sponsored by Crown Perth and Have a Go News.

SCENE (1): Clockwise from left; Mel Glover - Dawn and Martin Yates - Veronica Csuka and Alex Acs -Kathy and Robert Hervu and Louise and Ron Seman - Remo Ogden and Beverley Pepall - Graeme Taylor - Janet Ward and Isabelle O'Brien - Les Crump and Lyn Angelini - Cheryl and Kevin Peel - Helen Vivian and Noel Brenzi - George Budd and Wendy Lee











PH: 9354 4124







SCENE (3): Top row; Helen Conquess and Mairanne Thomas. Second row from left to right; Stay Sharp coordinator Tina Schwarz with Bob Peirce, Tom Weir, David Timbrell and Trevor Hathaway - Rose Marie Peirce, Wendy O'Farrell and Helen Metcalf. Third row, L-R; Barbara and Arja - Jude Wodcke, Pat Keillor and Glenice Duffy - Merrillee Shepherd and Margo Janesen.

Call 6558 1833 for details.





SCENE (3): HAVE a Go News presented its Living Histories talk to the Stay Sharp group last month. The Stay Sharp program combines eccentric exercise and brain training for people aged 55 and over to improve overall health and well being. One of the members Pat Keillor, who is 93, said her health has improved greatly since doing the program.





SCENE (4): WEARABLE Art Mandurah encourages participants and spectators to view the body as a medium and the stage as a canyas for encouraging new ways of viewing the world through wearing revolutionary works. The premiere event of its kind in Australia. V Art Mandurah now attracts entrants from across the world. The 2018 competition has seen the largest amount of entries, with 132 participants from Australia and abroad, including the USA, China, the UK, India, New Zealand, Switzerland and Romania. *Have a Go News* attended the launch of the competition and the artworks can be viewed at an exhibition from 2 August to 0 Sentember of Centember 1971 August to 0 Sentember 2012.

3 August to 9 September at Contemporary Art Spaces in Mandurah.

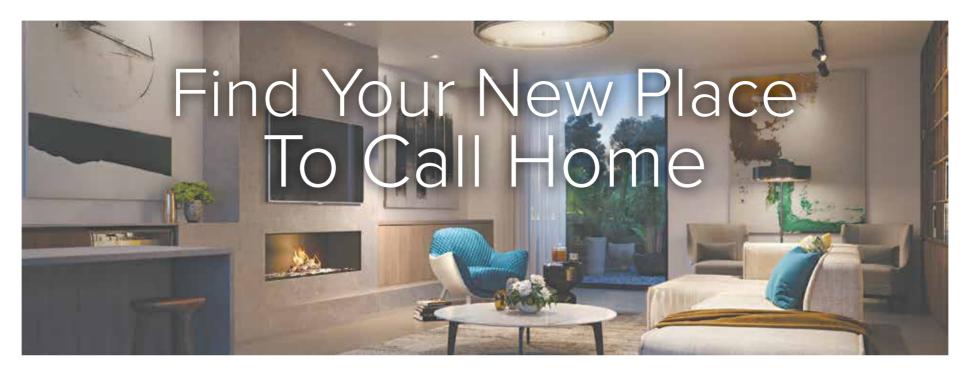
SCENE (4): Top row, from left to right; Kirsten Springvloed and Alyssa Kay with Alyssa's piece Internal Transparency. Left, clockwise; Melissa Walmsley with her piece It Takes a Village to Raise a Child-Director of people and communities at City of Mandurah, Lesley Wilkinson and curator of Parmelia House Wearable Art Installation, Denise Fisher - Marie Gallin and Jude Tupman with their artwork Patches Off inspired by the Fred Hollows Foundation and the restoring of vision from cataract surgery - Holly Hopkins wearing Morphett'e by Oceana Picone, Paris Cusack wearing The Butterfly Collector by Diana Kelly, Ellie Wilson wearing Anthozoa by Svenja and Georgia Kelly wearing Net-Glitz by Carmel Ryan.

SCENE (5): THE Western Australian Carpet Bowls Association (WACBA) held their annual Patrons Trophy competition on 15 May at Altone Park Leisure Centre with 36 teams competing for the trophy. Patrons Have a Go News' Quentin Smythe and Seniors Recreation Council's president Hugh Rogers were pleased to support the event. Quentin presented the prizes to the winning teams with first place awarded to Rockingham, second to Balga and third to Nollamara.





SCENE (5): (L-R) WACBA 1st - Olivia Coxshall, Joan Weighell, George Heels and Geraldine Howe. WACBA 2nd - Elizabeth Speer, Douglas Orr, , Kath Bradshaw and Johanna De Almeida. WACBA 3rd - Nicola Dal Borrello, Hazel Oswald. Ron Scown and Lucia Pracilio



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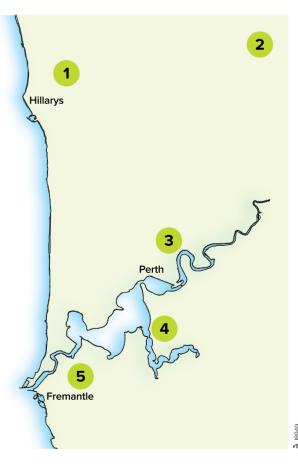


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