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LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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Shock, horror possums, Dame Edna is back!



Dame Edna 85 years young...

"Sex is the most beautiful thing that can take place between a happily married man and his secretary. New Zealand is a country of thirty thousand million sheep, three million of whom think they are human."

Dame Edna confesses that while she's been rising to superstardom, Humphries continued to get a giggle with lines like: "The difficulty about a theatre job is that it interferes with party going."

"Australia is an outdoor country. People only go inside to use the toilet. And that's only a recent development."

"To live in Australia permanently is rather like going to a party and dancing all night with one's mother."

Dame Edna agrees she and Humphries have endured with sell-out shows.

As Humphries put it: "I have outlived most of my more athletic contemporaries who jogged, golfed and squashed themselves into coronary occlusion".

Along the way, the megastar and the manager have taken the brunt of rumour and innuendo.

One scurrilous reporter even suggested - shock, horror - that Dame Edna was actually Barry Humphries, dressed in drag.

But Dame Edna pressed on. Her gags and caustic cuts on life continue to pour out of her, faster than she can dispense bunches of gladioli into her adoring audiences.

Sensibly, before her grand arrival in Perth, the dynamic Dame will have tested her new material on audiences in Canberra, Melbourne, Sydney, Brisbane, Adelaide, Newcastle and Geelong.

Then, on 30 October, she will be fully ready to grace the Riverside Theatre at the Perth Convention and Exhibition Centre.

Was it really in 1955 that Dame Edna was first introduced by Humphries with her first appearance in a Melbourne University revue.

continued on page 6



IN THIS ISSUE



let's go travelling

- Steve Collins' train adventure on board Rovos Rail, South Africa
- Winter in the West
- QE2 celebrates 50 years



Have a Go News Jo Allison speaks with author Tricia Stringer



- Retire in Style - 12 pages
- Where opinions matter
- Food & Wine - reviews, recipes and more

COMPETITIONS/GIVEAWAYS

Ad Words - \$200 Shopping voucher
 LUNCH & DINNER VOUCHERS - Bayswater Hotel
 BOOKS - Oriana: A Photographic Journey, Something in the Wine and A New Tomorrow
 FILMS - Toy Story 4, Yesterday, Scandinavian Film Festival
 TICKETS - Metropolitan Symphony Orchestra, The Tap Pack and Michael Pigneguy

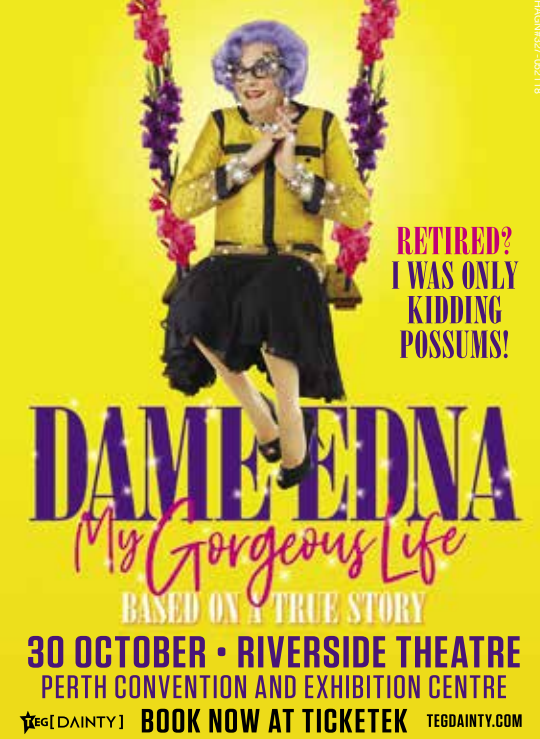


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by Lee Tate

DAME Edna Everage is beaming with a new lease of life and plotting an October Perth performance. "I'm reborn, fit as a fiddle and rid of the leech who tormented me for so long," says the invincible international megastar.

For those possums who aren't up with the earth-shattering news, the international queen of stage and screen has sacked her lifelong manager Barry Humphries and turned her back on retirement.

"That's what I'm doing. That explains my so-called retirement and withdrawal from public life" (which was an-

nounced by Humphries six years ago).

The name of the latest tour by Dame Edna, who must be (shhh!) 85, the same age as Humphries, is dubbed: "Retired? I was only kidding possums! Dame Edna My Gorgeous Life. Based on a true story."

Dame Edna has apologised to her fans for upsetting them when she announced her retirement from public life, blaming "failed actor and attention seeker" Humphries.

"One of the reasons I am adored pretty much worldwide is that I've always told you the truth; mostly the truth about yourselves and even sometimes about me,"

she said.

"However this is an apology. It's an apology for once telling you a wicked fib, a porkie, a cruel deceitful lie. I told you I had retired."

"That was a few years ago and when my announcement got around the globe a lot of people 'freaked out' to employ a phrase I never use. Some people actually lost the will to live. Some even self-harmed!"

She said that while every star had to make allowances for minor acts of embezzlement, Humphries had his hand in the till up to his armpit. My new team of advisors said I should close down all my companies, even

my charitable foundation Friends of the Prostate, and re-start my career on a clean page," she added.

We're not sure how Dame Edna will survive without Humphries who has never been backward in coming forward.

Constant traveller Humphries said: "I give my address as "Business Class Lounge, Terminal 5, Praying for an upgrade".

Dame Edna acknowledges that Humphries unleashed some great lines like:

"My mother used to say that there are no strangers, only friends you haven't met yet. She's now in a maximum security twilight home in Australia."



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Jennifer Merigan

CONGRATULATIONS to Seniors Recreation Council president Hugh Rogers who received a Volunteer Service Award last month to recognise his continued community service to SRC for more than 27 years. Hugh has done a wonderful job volunteering his time to the council over the years and we extend our congratulations to him for this achievement.

★★★★

The very popular Stay Sharp will start a new program on 1 August at Tattersalls Bowling Club in Perth. This low-cost program is designed especially for older adults and combines eccentric exercises along with brain training. It's a great way to get back into doing some training for the mind and body. Not only is there an

From the editor's desk

exercise part of the class, there is a great sense of camaraderie among the group. Program coordinator Tina Schwarz ensures everyone is made most welcome and offers interesting talks and information for people throughout the course. For details call Tina on 6558 1833.

★★★★

I have had a lot of fun getting out and about talking to a variety of groups this month including Rotary Mount Lawley, Trigg Probus and the Melville Friendship Club. I always enjoy presenting our *Living Histories* program, taking people back to the '50s and '60s, encouraging people to record their own life story and a short history of this independently owned newspaper.

★★★★

I also attended the launch of the Salvation Army's Red Shield Appeal during the month and was totally humbled by the work they do in our community. The Salvos are all about people and they work hard to ensure peo-

ple feel loved and cared for. A young woman who had lost her way shared her story with us about how she turned her life around thanks to the Salvos. They truly believe everyone matters and if you have a spare cent or two please think about donating it to this most effective and caring organisation.

★★★★

In our *Meet the Author* series Josephine Allison speaks to Tricia Stringer whose recent tome is set in Margaret River. It's a lovely rural romance and Tricia talks about researching the book and how her daughter's move to WA and a holiday to the area inspired the novel. We really have some wonderful authors in our midst in Australia and I do hope you are enjoying reading about some of the amazing talent we have featured in this series. See page 6 for Tricia's story.

★★★★

Unice Robinson contacted me to say thank you for the double pass she won to the movies to

see *POMS* from a competition we ran on our Facebook page. She said she was very excited to win as she has just started using that platform. Unice said, "Just because we are heading into older age does not stop us doing whatever we want. As your paper says, 'have a go' - I really enjoy your paper and of course now following it on Facebook too." Don't forget to like the *Have a Go News* page and join us for lots of fun and competitions which we run separately to the paper.

★★★★

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

★★★★

I hope you enjoy this month's issue.

Jen Merigan
Editor

jen@haveagonews.com.au
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Ageing research snippet

Eggs are one of the highest natural sources of Vitamin D

WITH more than a quarter of the Australian population having a mild or moderate vitamin D deficiency and these rates doubling in winter - new research has found that a serve of eggs (two eggs) every day could be the key for people to maintain the recommended vitamin D intake.

An average serve of eggs provides 82 per cent of the recommended intake. Vitamin D is essential for the body to absorb calcium effectively which helps prevent disease, maintain strong bones, teeth and muscles and lowers the risk of cardiovascular disease.

Eggs contain 11 different vitamins and nutrients and only have 300 kilojoules each. So this winter reach for an egg or two every day to boost your Vitamin D.

Have a Go News Quick Quiz

1. Norseman was a mining town for ?
 2. Name the wildlife park at Whiteman Park.
 3. Who looks after war widows and families?
 4. Where in WA is Erskine?
 5. Who starred as *The Greatest Showman*?
 6. What suburb north of Mandurah has an Hawaiian name?
 7. Gibb River Road runs past which hilly range?
 8. Name the low-cost Singapore airline.
 9. Karijini is in which WA region?
 10. Which Perth suburb has a posh car name?
- See page 16 for answers.

Urban slang

Helicopter parent
A PARENT who meddles constantly in a child's life, often into adulthood, to the point of attempting to control every aspect of the child's life and the actions of those he or she interacts with.

Great West Aussies - Did you know?

FRANK Ponta, a legend of Australia's Paralympics, won backstroke gold in the first Paralympics in Rome, 1960. He competed in four more paralympics events including table tennis and decathlon. Ponta was among the first patients in Shenton Park's spinal unit.

Quote of the month

THE joy of retirement comes in those everyday pursuits that embrace the joy of life; to experience daily the freedom to invest one's life-long knowledge for the betterment of others; and, to allocate time to pursuits that only received, in years of working, a fleeting moment.

Byron Pulsifer

Word of the month

Labefaction (noun)
Deterioration or weakening.

Funny historical fact

US president Abraham Lincoln's Gettysburg Address speech is the one of most quoted in American history despite being two minutes long.

Find the secret word and win a \$200 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 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. Care & Ageing Expo
2. Aussie Redback Tours
3. Gate 1 Travel
4. Kalbarri Beach Resort
5. Bicton Travel Group
6. Alchera Living
7. Champion Lakes Lifestyle Village
8. Bethanie Group

9. Back in Motion
 10. Advocare Incorporated
 11. Atwell Arts Centre
- Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/6/19.
- Congratulations to Cheryl Gibb our March 2019 winner.



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Soaring to new heights for wheelchair users



From left to right; Lyn Stewart (in chair) partnered by Joan Zhong - Danielle Stitfall (in chair), partnered by Darryl Davenport © Gerard Pickerd

by Casey Ryan

AN inspiring new life awaits for wheelchair users wanting to experience the world of dance, thanks to a new Perth program called *Para Dance*. A DanceSport WA initiative, *Para Dance* is an opportunity for wheelchair users to take part in a social and sporting activity, something until now not available in WA.

Para Dance is an increasingly popular activity from social to elite level. The sport has

been represented by the IPC (International Paralympic Committee) since 1998, with local, national and international world *Para Dance* competitions.

In *Para Dance* classes, an able-bodied dancer is partnered with a wheelchair user or two wheelchair users can dance together. Participants learn dances including the cha cha, jive, rumba, samba and waltz under the expert guidance of qualified DanceSports instructors. *Para Dance* is tai-

lored to the individual and can be physically challenging and immensely rewarding.

Dancing is one of the best physical activities at any age, and especially for wheelchair users. Dancing is associated with many physical benefits, including the maintenance of physical balance, flexibility, range of motion, coordination and improved respiratory control.

Social dancing also benefits mental health, helps ease stress and a 2013 study even found

social dancing to have mood-boosting effects. On top of that, participants also enjoy the social benefits of dance which include increased social communication and building relationships.

Students in the inaugural classes showcased their skills at the LiveLighter 2018 Night of Stars national DanceSport championship at Joondalup last June, evoking a highly emotional response from the crowd.

Talking about the re-

ception to the performance that night, *Para Dance* student Andrew Liddawai said, "after the performance the energy was ramped up and people were approaching us from everywhere, praising us on our performance."

Four para dancers from the class also took part in their first *Para Dance* competitive event at the Australian Dancesport championships in Melbourne last December.

For people in wheelchairs who like the glitz

and glamour of ballroom dancing and seek to improve their physical fitness in a creative and engaging way or just want to meet friends, *Para Dance* may appeal.

For more details about

Para Dance classes contact Darryl on 0439 460 487.

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Special screening of *Toy Story 4* for little Scarlett...



Scarlett with her parents Marcus and Kate Whitmore

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It provides service to others, promotes integrity, and advance world understanding, goodwill, and peace through fellowship of business, professional, and community leaders.

The Rotary Club of Mount Lawley works on community projects, fundraising and social activities. It is also currently involved in joint projects with the Rotary Clubs of West Perth, Cambridge and Surabaya in Indonesia.

It is hosting a screening of *Toy Story 4* to raise funds for Scarlett, a four-year-old girl who is the only person in WA identified with GNB1 Syndrome, a rare disease that affects the signalling inside her cells.

As a result, Scarlett is unable to independently move, communicate, or feed herself. As Scarlett gets bigger, it is becoming increasingly difficult for her parents to lift her all the time, so funds raised from this event will go towards a wheelchair-accessible vehicle for Scarlett and her family. The vehicle will make transporting Scarlett so much easier and safer.

Bring along the whole family and enjoy *Toy Story 4* and at the same time make a huge difference in someone's life.

The screening is on Sunday 23 June and the fun begins from 2.30pm at Event Cinemas Morley Galleria with the film

starting at 3.30pm.

Dress up as your favourite *Toy Story* character and enter the fancy-dress competition on the day. There will be a prize for best-dressed adult and child. Face-painting will also be available for a gold coin donation.

Tickets can be purchased from the Rotary Club of Mount Lawley website at www.rotarymtlawley.org.au

And don't forget... if you can't make the movie, you can still donate to Scarlett's appeal which is fully tax deductible. Any contribution big or small would be greatly appreciated. Visit www.rotarymtlawley.org.au for more details.

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Postal address: PO Box 1042 West Leederville WA 6901
Website: **www.haveagonews.com.au**
Tel: **(08) 9227 8283**
Fax: **(08) 9227 8293**

Editor **Jennifer Merigan**
/Travel Editor
Please address all correspondence to the Editor
Email the editor/travel editor: **jen@haveagonews.com.au**

Email to production: **production@haveagonews.com.au**

Printers **Fairfax**
Assistant Editor **Tahlia Merigan**

Journalists **Josephine Allison** **Frank Smith**
Brad Elborough **Lee Tate**
Columnists **Colin Barlow** **Jon Lewis**
Karen Majer **Tahlia Merigan**
Mike Roennfeldt **Hugh Rogers**

Contributors **Noelene Swain** **Vince Garreffa**
Production **Suyin Boehm**
/Graphic Artist

Advertising sales: **(08) 9227 8283**
Direct Line: **advertising@haveagonews.com.au**
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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
IN reply to Lee Tate's opinion in *Have a Go News* May issue No 326 he states that no opposition is required in present day government. To me that suggests we move towards a dictatorship with no protection for the masses of underprivileged.

There would be nobody to see fair play and honesty from those in power, not a good idea as past history has shown us.

If as Lee Tate suggests then the only way the underprivileged as I see it could try to get anything altered would be to revolt in the streets. We can do without that as opposition in government provides a civilised way to negotiate with the government of the day.

Another point he mentions is about the salaries they receive and one of their recent increases was more than the annual pension I receive for a year.

We need opposition to sort out these glaring discrepancies.

If you are already well off it probably does not bother you but please spare a thought and have some compassion for the masses that are struggling every day to be able to earn enough income to pay all the exorbitant and ever increasing water, power and gas charges.

M Spice Mandurah

Dear Editor,
RECENTLY you wrote an article about the benefits of pole walking.

I have a friend who does this and so after reading the story I decided to tag along with her.

The group immediately made me feel welcome and the group leader Jeanette lent me some poles to get me started in the first few weeks. By week four I bought my own poles.

I just had to write and thank for writing about the activity because I love it.

I would like to extend a big thank you to my friend Chris who took me along and to Jeanette and the group for all their encouragement.

I would recommend anyone to give this a go, even if you have had a hip replacement. The biggest improvement for me has been in my legs which feel so much stronger.

We meet at Rockingham Village Green on Tuesday mornings at 8.30am.

Barbara Deveney Rockingham

Dear Editor,
JUST a wee note to thank Vince Garreffa for his part in the food and wine section in the *Have a Go News*.

My husband Brian takes me to the library once a fortnight where I get my books to read and and once a month we get the paper.

When we get home we head to Vince's recipe and read that first.

Thank you.

Jill Dunbar Dalyellup

Dear Editor,
RE Lee Tate's Opinion piece about getting rid of the opposition in government. I wholeheartedly agree with Lee Tate's article in the May issue of *Have a Go News*.

It's time we had a government formed by the best people from each party (hybrid Government) get rid of all the hangers on who seldom open their mouths to speak but are the first to put their hands out for all the perks they can get.

The fighting and

bickering is an absolute disgrace. Is it any wonder that youth today is violent and has no respect for their elders when they are given such bad examples by their bickering government. God help us!

There are so many good and honest people in both parties and untold talent why can't they get together and form a (hybrid government) it would make Australia the envy of the world.

Jean Atkinson Via email.

Dear Editor,
THANKS for a very readable newspaper.

I always read Rick Steele's snippets. They are often tongue in cheek and always with a musical reference or two.

And then a week or two ago I witnessed a great musical Blues night at the Charles Hotel. Front and centre was Rick.

The whole night was fabulous. Particularly fabulous was the 'Singapore Sling' segment at the end. Ten great musos taking turns in excellent and also supporting, to enhance the overall performance.

Thanks Rick!

Lester Marston via email

Dear Editor,
OPINION - "Is it time to ditch the opposition in all governments?" (Lee Tate, May *Have a Go News*)

There always has been, is now, and probably always will be governments without real Oppositions. They are known as dictatorships.

Those who take any interest in the current

affairs of our country are well aware of the shortcomings of our present government system as described by Lee Tate and there is much need for reform. However, any democracy, even one as imperfect as ours, requires a strong freely elected Opposition.

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9 HOME, SWEET HOME

10 ONE FINE DAY

11 SPRING IN MY HEART

12 AMAPOLA

13 MUSETTA'S WALTZ SONG

14 LOVE IS ALL

15 WALTZING IN THE CLOUDS

16 IT'S FOOLISH BUT IT'S FUN

17 WHEN APRIL SINGS

18 BENEATH THE LIGHTS OF HOME

19 PERHAPS

20 ANNIE LAURIE

21 KISS ME AGAIN

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23 POOR BUTTERFLY
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Philippa's passion as a volunteer helps make WA a better place



Philippa Packer (centre) with Governor of WA Kim Beazley and Department of Communities Helen Nys

by Josephine Allison

VOLUNTEERING, for Mosman Park woman Philippa Packer, is im-

28 years she has been involved with the Australian Red Cross in Perth in various fields, most notably the annual Bindaring secondhand clothing sale.

When we meet, the annual sale had just been held and Philippa was elated at the fact that \$191,500 was raised even though it was also the day of the federal election. The sale was planned months in advance before the election date was announced.

"The sale is always a great success when you consider men and women have clothing at the back of their cupboard they don't want any more," Philippa said. "Perhaps they have become bored with it, grown out of it or just want to give it away."

Philippa's longstanding work for the Red Cross was recognised last year when she received a Volunteer Service Award from WA Governor Kim Beazley at a special ceremony at

Government House.

Philippa was on the Red Cross WA divisional advisory board for seven years. She also chaired the advisory committee for Lady Lawley Cottage in Cottesloe for seven years. As president of Bindaring unit, she organised and encouraged around 125 women to put together the Bindaring clothing sale and has worked on the soup patrol.

The mother of three grownup daughters, British born Philippa settled in Perth with husband Ron 32 years ago and was a stay-at-home mum but still got involved in various charitable projects, enjoying giving back to the community.

Philippa was originally involved in school affairs, chairing the Schools Foundation and the Parents and Friends Association among other things. Apart from Red Cross, she has since done a host of other things including recording audio books for VisAbility (formerly the Association for the Blind) in Victoria Park which she has done for the past 16 years, using her fine and clear speaking voice to its best.

From 2010-2014 she was involved with the *Leaping Lizard* program for Brightwater's Oats Street facility in East Victoria Park as set up by Dr Penny Flett. The centre caters for people of all ages with an acquired brain injury, helping them graduate from the facility with a chance of leading an independent life.

Another fundraising achievement for a cause close to her heart is Caps for Cancer. "I discovered there were no cooling caps for cancer patients in WA. Patients who wear these caps have a much better chance of not losing their hair because the caps reduce the amount of chemotherapy medicine reaching hair follicles."

"We held an art exhibition and sale which raised \$84,000 for two caps and then the St John of God

Foundation matched this amount which meant four caps could be used by the people of WA. The project also raised the medical world's awareness that the community wanted them."

Philippa says emphatically she is not a "lady who lunches." She has a strong determination and commitment to give back to the community and work with others. "People I have asked to be on a committee with me have done so because they empathise with the cause."

Philippa also does a lot of sailing, she is on the board of the Royal Freshwater Bay Yacht Club, as well as three committees and chairs the Ron Tough Yachting Foundation which gives grants to talented sailors, yacht clubs and class associations to encourage excellence in sailing in WA with a special focus on youth. Husband Ron is vice-patron of RFBYC.

She is a keen supporter of *Champions of Literature* through Fremantle Press, Black Swan Theatre Company, WA Symphony Orchestra and the *Fathering Project* which seeks to improve and assist the dads of today to develop and raise the children of tomorrow as best possible for the greater good.

Plans for the future? Philippa smiles and says she plans to keep on volunteering and being involved. Life is good.

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It's a family fun affair at Vasse Probus Club



Ron and Judith Iles at the new Dolphin Discovery Centre in Bunbury, during a recent club visit with 26 Probus members, organised by Judith.

TWO of the most important roles in the Professional and Business (PROBUS) retirees clubs are the treasurer and outings officer. Both roles, are critical to the smooth running of each club and retention of members.

Recently at the annual general meeting of the Probus Club of Vasse a family team was again elected to these positions. Ron and Judith Iles will now carry

on their respective duties of treasurer and outings officer for a further term.

The couple joined the Probus organisation more than 10 years ago and have been directly involved in helping their club in maintaining a strong culture of friendship, fellowship and fun in retirement ever since.

If you would like to join the Vasse Probus club contact membership officer John Riley on 0455 554 759.

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Tricia Stringer's latest rural romance set in Margaret River's vineyards



Tricia Stringer

by Josephine Allison

RURAL romance author Tricia Stringer has dedicated her latest book

Something in the Wine set in Margaret River to daughter Kelly who spent five years in WA from home state South Australia. Tricia says her own affinity with WA started from there.

"Yes, next to South Australia, WA is my favourite State," Tricia laughs over the phone in an interview with *Have a Go News*. Tricia lives in the Copper Coast region on the York Peninsula in South Australia, named after its copper mining history. "We have a big festival every two years called the Cornish Festival which was held only last weekend," she said.

Tricia's latest novel, *Something in the Wine*, has just been released. It tells the story of Keely Mitchell, a South Aussie girl who heads to Margaret River where she gets involved with warring father and son Euan and Flynn Levallier and spends time in their winery.

"They have different ideas about how a winery should be run and Keely is the piggy in the middle, she is drawn to the son so there is some love interest there."

Tricia visited Margaret River on several occasions to research her new book. "I went behind the scenes at wineries, meeting winemakers and

making sure that what I was writing was correct. I would come up with some ideas and sometimes the winemaker would look at me and say, "Hmmm, that wouldn't happen here."

"I want to ensure everything I write is correct but it is also a lot of fun. My husband Daryl and daughter Kelly read everything I write. Kelly worked at Royal Perth Hospital so we made regular trips with our two sons to visit her and had a family holiday in Margaret River."

Tricia's path to writing started with teaching. "I really wanted stories that suited primary school children I was teaching so that they could read about it. That got me enthused to write children's stories which got me hooked on writing, progressing to writing for adults."

"I was a teacher for almost 40 years with time off for having children, my last employment at Moonta Area School. When you write books and send them off to publishers, they say, keep writing, don't worry about waiting."

"I had seen a short story competition for an adult story with a rural theme and thought I would have a go at that. That short story, *A Chance of*

Stormy Weather, evolved into a book and was picked up by Harlequin."

Tricia's books have been published through Harlequin since 2012. *Queen of the Road* won the Romance Writers of Australia Romantic Book of the Year award in 2013. Her latest book is the 11th, seven titles being rural romance, a popular theme for readers. Her Flinders Ranges series are set during the early days of settlement, with a mix of passion and history. Her next book, *A Model Wife*, set on a property in SA, is due out in September and tells the story of Natalie King, a woman approaching 60, the glue who holds her family together. But things are falling apart for her so she decides to head for the northwest.

Tricia says she loves researching her books. "Australia is a pretty wonderful country and I enjoy the feedback I receive from readers; sometimes they have been to the place in my book or enjoy exploring it ... I try to support tourism."

She takes up invitations to speak at various clubs including Probus and the VIEW Club, a group of retired women who meet for lunch and friendship and raise money for the Smith Foundation. She is currently

writing next year's book, due to come out in September 2020.

"I write from my study at home most days. When I am in the middle of producing a story I try for 2000 words a day though some end up on the cutting room floor."

"What drives me? Publisher's deadlines but I love coming up with a story and immersing myself in it, getting to know the characters and finding out what they would and wouldn't do."

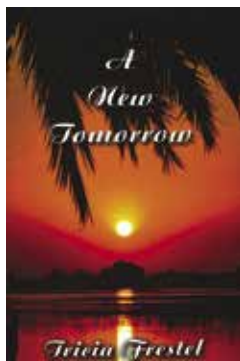
Tricia lists here other interests as family (she has two grandchildren), travel, reading, walking on the beach and doing craft ("I have every type of craft in my cupboard").

Something in the Wine (Harlequin) retails for \$29.99 and is available from good bookshops, Big W, Kmart and Target.

WIN WIN WIN

We have three copies to give away of *Something in the Wine* for some lucky readers. To be in the draw simply email win@haveagoneews.com.au with Wine in the subject line or write to *Something in the Wine* c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 5/7/19.

Memoir details an interesting and challenging life



Reviewed by
Pat Paleeya
A New Tomorrow
by Tricia Frestel

TRICIA Frestel asserts that this book was written because she needed to write her story down and I, for one, am so pleased that she did.

This is an outstanding memoir that ranks among some of the best that I have read.

My attention and interest never wavered such is the fluency and

flow of the story.

It captures and rewards the reader time and time again.

When she and her brother are very small her mother drops them off at a railway station hands them over to their father stating, 'here are your children' then with a 'flick of her foxtails' she was gone forever. Flick of the foxtails paints a vivid picture of her mother in a few words which I thought was skillful writing indeed.

Tricia travels constantly from a young age - visiting England, Wales, Ireland, South Africa and finally Australia.

She is widowed twice by the age of forty, loses friends to suicide, illness and misfortune. As a single mother she works doing myriad jobs to survive. On top of all this she has to

contend with a really controlling stepmother given to daily tirades and deception.

Personally I would have hired a hit man to deal with Whacky Winifred. Tricia Frestel is stoic, down to earth and not given to self-pity this less than hum-drum life of hers is a delight to read.

Published by Linellen Press. *A New Tomorrow* is available on Amazon and other on-line bookstores for \$26.95 or Kindle \$4.13.

WIN WIN WIN
We have three books to give away to some lucky readers. To be in the draw simply email win@haveagoneews.com.au with Tomorrow in the subject line or post your entry to Tomorrow c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 5/7/19.

Calling former students of Perth Boys' High School for its final reunion



Left to right; Perth Boys High School - Ken Peters wears the old school blazer

IN 1847 the Perth Boys' School opened in the court house and in 1947 it was re-named Perth Boys' High School. The first record of an 'Old Boys' Association is when an Old Boys' dinner was held in 1911 and they continued for some years.

It is understood that several other reunions were held before the first of the current reunions started in 2013. This was considered an appropriate date as it was the

centenary of the original 'Old Boys' Association.

An entry in the *Can We Help* column in *The West Australian* newspaper was the starting point. Catering for that first reunion was provided by personnel from the Seniors Recreation Council (thanks to Dawn and Mary - and Mavis and Jo who helped with name badges and entry fee collection).

Martin Yates was a roving photographer for the event. A small commit-

tee was established after that first reunion and has continued to organise reunions since.

The first two events were held at the former Perth Boys High School in James Street (now the home of the Perth Institute for Contemporary Arts - PICA) - where the next and final reunion will be held.

In 2014 we had 317 contacts - which included 53 with no email address.

As the school was closed in 1959 it has

been decided that 2019 is an appropriate year to hold the final reunion as the number of former students who have been attending reunion dinners has fallen while their age has increased.

The youngest attendee is 74 years old this year. The falling number of men makes it difficult to justify the effort required by the small organising committee who are themselves former Perth Boys students.

A highlight of the final dinner will be the unveiling of a plaque commemorating the Perth Boys' High School at the school by Les Wearne - a student from 1933 to 1935 who has attended every reunion.

The reunion will start at 10am PICA (old Perth Boys High School) James Street, Perth on Friday 12 July.

Contact Vince Baker on 9447 7484, 0448 899 544 or vince.baker@bigpond.com for more information.

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Shock, horror possums, Dame Edna is back!



by Lee Tate continued from front cover

Of course, the purple-rinsed Melbourne housewife was then only a humble Mrs Edna Everage. It wasn't till 1974 that she became Dame Edna. It was revealed in the movie *Barry McKenzie Holds His Own* when Prime Minister Gough Whitlam made a cameo to confer the high honour.

Dame Edna toured Europe, the US and the Middle East, won a Tony Award for the 2000 Broadway production *Dame Edna, The Royal Tour* and a Tony nomination in 2004 for *Back with a Vengeance*.

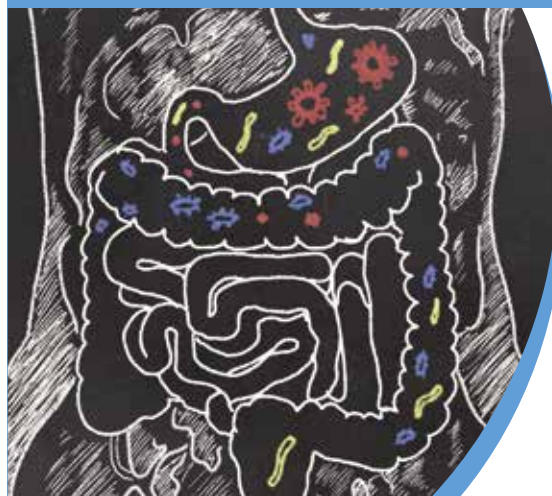
And Humphries became a celebrated comedian,

actor, satirist, artist and author, nabbing honours including an AO and a CBE. He also inflicted Sir Les Patterson and Sandy Stone on long-suffering audiences.

Things between the two stars have certainly been better with Humphries even recognising Dame Edna as a "gigastar."

So, without Humphries, her life-long guiding-light, can the Dame stay at the top? Audiences can only judge when the lady inflicts herself - er, comes out - on stage in Perth.

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Where Opinions Matter: seniors aren't parasites and should feel included...



by Lee Tate

THE time is coming – as it must – when seniors are no longer treated merely as consumers of services. Mature people, we know, have knowledge and skills that take decades or near-lifetimes to acquire.

Mature people can be a mighty asset, a bonus, to society. Some already are. Yet seniors are still undervalued and underutilised. With the explosion of seniors around the world, how prepared are our policy-makers to make provision for them? This demographic revolution is unmatched in history.

The number of Australia-

lians aged 65 and over is projected to double by 2055. They need to be active, inclusive and useful members of every community. Seniors no longer are prepared to be shunted into the background or sidelined to care homes. Nor should they.

Nations would have to build a massive number of facilities if more seniors were placed in care homes. They couldn't build enough for all the seniors. What can we do to have an inclusive society? Because we should all be involved in the planning.

Genuine respect for seniors, as in countries such as Japan, is a large part of the equation. Embracing seniors and providing for them – encouraging them – to participate in community activities and work (paid and non-paid) is crucial. Changes are afoot worldwide include grandparents filling in for working parents as babysitters... and more.

In the US a few years ago, grandparents were caring for two million children and 1.2 million of them were living with the grandparents. This trend has snowballed since. It is a similar pattern in Australia.

Japanese seniors provide regular babysitting duties for their communities in exchange for help with their shopping, cleaning and washing. Seniors can mentor children. Trusted seniors can pass-on knowledge and direction on such things as music, history, cooking, travel, writing and dress-making.

How many retiring seniors on their final working days are asked by employers if they'd like to come back to talk to younger employees and new staff? Many seniors would jump at it as volunteers or for a fee to cover expenses. Workplaces continue to practice age-related bias. The Australian Human Rights

Commission found widespread age-related bias, even by managers who were aged over 40 themselves.

Age discrimination's negative impacts are on mental health, families and financial independence. And the whole economy. A survey by the commission found that a five per cent increase in the paid employment of Australians aged over 55 would have a \$48 billion impact on the economy each year.

With numbers of aged people exploding, if there's not much greater workforce participation, there will be increased demand for aged-care services and further strain on the welfare system.

A "Willing to Work" report urged government to create a national action plan to address employment discrimination and to launch public education campaigns to dispel negative stereotypes about older workers. The

report identified a "damaging gap in access to skills training and retraining for workers approaching mid-life". This was particularly so in labour-intensive industries in decline, such as manufacturing.

In his excellent book, *Dementia Beyond Disease*, US specialist Allen Power (who has strong dementia-caring links with WA) points to how an inclusive society would reach out to seniors. There would be greater focus to provide communities with gardens and libraries, improved lighting and signage, neighbourhood shops, ramps, supporting neighbours and un-

derstanding of people with dementia and other issues. Stigma would be erased.

The author outlined how it would be in a truly inclusive society. "Society is stronger and wiser when we support all of its constituents," he wrote. "We have now abandoned the all-or-none thinking about what elders, even frail elders, can contribute. Now we see older adults as more than, let's face it, parasites of our economic wealth and we have learned how reciprocity can build both social and financial capital, creating a paradigm for successful global ageing."

Professor Power said our rush to simply increase services reflected a paternalistic attitude towards older people and a blindness to what they also have to contribute. "As long as we continue to view older people purely as consumers of services, global ageing remains unaffordable and unsustainable," he said.

Well said!

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.

Holly Wood Tuesday Morning Show packed with entertainment

EVERY Tuesday morning at the Perth Town Hall people are welcome to join the friendly throng for a free show from 11am to noon. Proudly supported by the City of Perth it's a great opportunity to make some new friends and enjoy great entertainment.

Morning tea starts at 10.30am for a gold coin donation.

Enjoy lunch following the show at Citipace Community Centre situated on the upper level of the City Railway Station complex, which offers seniors a range of low cost refreshments and services in a warm, friendly environment.

Program:

18 June - Compere: Bobby Adams

Wayne Pride is a little bit country, a little bit rock n roll, a little bit of yarn and a lot of sing along. With more than 50 years in the business, sit back and be entertained by a professional.

25 June - Compere: Bobby Adams

Gary Lynn, popular entertainer, will give a great show of songs from the swinging years featuring songs from Frank Sinatra, Dean Martin, Sammy Davis Jr and other stars of the era.

2 July - Compere: Bobby Adams

The Dazzlers is a group of standout divas, singing a variety of favourites in solo duo barbershop and a capella format.

9 July - Compere: Bernard Carney

Jennifer Merigan from *Have a Go News* will update people on the news, events and competitions in this month's issue.

John Foscett, will present a stylish musical treat with popular classic songs from some of the world's best entertainers and big bands of the swing era.

16 July - Compere: Bernard Carney

The Swinging Gypsies live three-piece band, will take people back to the golden Jazz Era of Django Rheinhardt and Stefan Grappelli and nostalgic standards of the '40s and '50s.

Stylish morning tea supports the Leukaemia Foundation

MIREILLE'S fifth annual morning tea in support of the Leukaemia Foundation will be held on Wednesday 24 July at 10am at the South Perth Civic Centre. This stylish morning tea raises important funds for the foundation and is a fun and entertaining morning.

Vince Garreffa will emcee the event and entertainment will include a special performance from dancers at the Charlesworth Ballet Institute along with music from Phil Furkin of *Chain Reaction*.

Mireille was diagnosed with stage four lymphoma in 2014 and this year celebrates five years in remission and organising these functions is her way of giving back.

Tickets are \$55 pre purchased or \$60 at the door.

The ticket includes a delicious morning tea served on Wedgewood china, entertainment, lots of fun and raffles and auctions. Get a group together for a fun morning, tables of 10 are available.

Call Gillian Huo on 0402 786 728 or book at www.trybooking/BCMHA



23 July - Compere: Bernard Carney

Bling is three sparkly ladies singing songs you love from the '50s through 'til now, in beautiful harmony.

30 July - Compere: Bernard Carney

Geoff Morgan is a musician and author, and also drives the Fremantle tram. Enjoy a chat about the life and times of Geoff as a Freo tram driver and some of the unusual things that occur enroute, along with the late night ghostly tours.

Amy Heron will take the audience from big band to *Beatles*, torch songs to singalongs.

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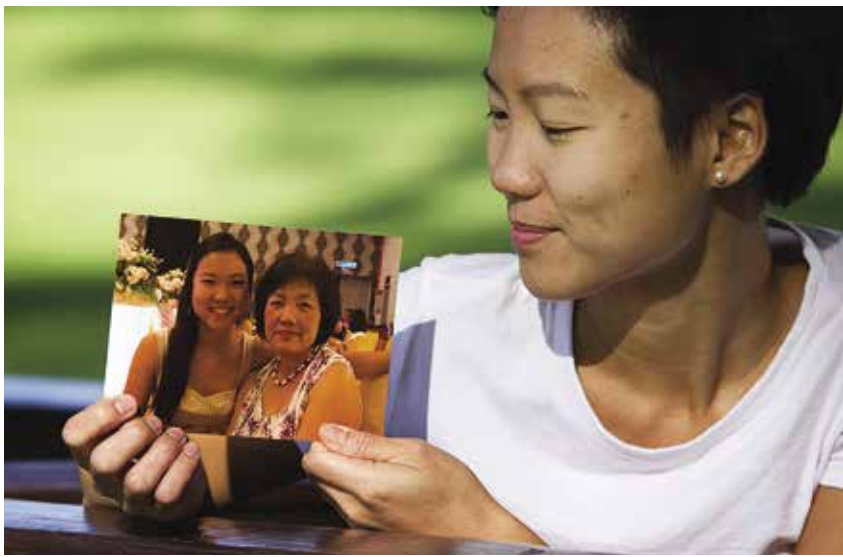
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Belinda walks across Australia in support of assisted dying



Belinda Teh with photograph of her mum Mareia

by Frank Smith

BELINDA Teh 27, is planning to walk from Melbourne to Perth in a bid to raise awareness of the need for assisted dying laws in WA.

Starting at Parliament House, Melbourne, on 28

May and ending at Parliament House, Perth, on 26 August the walk will honour Belinda's mum, Mareia, who was denied assisted dying in Perth three years ago and consequently died a lingering and painful death.

The Victorian Volun-

tary Assisted Dying Act comes into effect in June this year and Western Australia's State Parliament is expected to debate a Voluntary Assisted Dying Bill later this year.

"I need to share the story of my mother with the WA community and

MPs and point out that palliative care alone is not a sufficient solution," said Ms Teh.

"I also wanted to show other people in a similar situation that they are not alone."

Belinda completed a Bachelor of Laws and Commerce at the University of Western Australia, in 2016, just eight days before her mum, Mareia was diagnosed with terminal breast cancer.

After the diagnosis, she became her mother's full-time carer.

Belinda says the last few weeks of Mareia's life in a hospice were particularly difficult.

"She was in a lot of pain and a lot of discomfort in this period. Her body was basically wasting away. She couldn't eat much food anymore. Her stomach was rejecting it.

"But mum was also suffering in a way that can't be summed up by statistics: the distress and

anguish that she experienced, knowing that she was trapped in a situation where she had no legal options, and no one was able to legally give her what she had requested, due to the state of the law in Western Australia.

"The palliative care doctors and nurses did a wonderful job looking after my mum. They did everything they were allowed to do and were always respectful and professional. But even with the very best that modern medicine could offer her, I witnessed her suffer a gruesome and undignified death, an experience that will haunt me for the rest of my life."

Mareia, a practising Catholic, made two separate requests to two different medical practitioners involved in her care for help to die peacefully – but her requests were denied both times.

Left with no other options, she spent the last

hours of her life twitching and struggling in her hospice bed, gradually growing weaker with each round of morphine. Belinda's mum's experience is evidence that not all pain and suffering can be alleviated even by the best palliative care.

"There should have been a more compassionate way for mum to die, on her own terms, when she decided that she had suffered enough. And until the law changes, Western Australians who find themselves in the same situation as my mum will have no options available to them," said Belinda.

"I originally felt resentful about the way my mother was treated in WA. I did not want to stay in the state and planned to move away with my partner. In time I worked through that feeling. I have received much support and now I'm a proud West Australian and want

to stay and contribute to change in the state.

Two cross-party parliamentary enquiries in Victoria and Western Australia have independently concluded that even the best palliative care cannot relieve all suffering for terminally ill patients.

The committee also found the family and friends are being traumatised as they watch loved ones die agonising deaths and as that some terminally ill people are taking their lives, often in horrific circumstances.

While suicide is not illegal, it is illegal to assist in suicide. This is the only occasion where it is illegal to assist in a legal act. One possibility is to repeal the prohibition on assisting suicide, but Ms Teh does not agree.

"I think a Bill similar to that in Victoria is the best solution. There are lots of checks and balances in place. It is a safe system," she said.

Alzheimer's WA Men's Sheds offer meaningful support



TERRY (pictured left) runs the Men's Shed at Alzheimer's WA in Shenton Park and has done for more than five years. He said that supporting this Men's Shed gives him the opportunity to give back to the community, after his late wife was diagnosed with Alzheimer's disease in the late 80's.

"I was previously working at Subiaco Men's Shed when I was approached to support the Men's Shed at Alzheimer's WA," he said. "I thought it sounded like a nice thing to do."

Terry's dedication and patient, caring and calm manner are evident in the support he provides to members, from finding projects for them to take part in or helping with projects they bring in from home.

"I love seeing the pleasure on the guys' faces, and I love the

stories they tell me," he said.

Men's Sheds promote the health and wellbeing of members and encourages social inclusion. Being part of a Men's Shed provides men with the opportunity to participate actively in a safe, friendly and welcoming environment, and work on meaningful projects that can help maintain strength, coordination, thinking skills, emotional wellbeing and the ability to be as independent as possible.

Alzheimer's WA has three operational Men's Sheds open to men who are living with a diagnosis of dementia. The sheds are located in Shenton Park, Mandurah and Albany.

For more information contact Alzheimer's WA on 1300 66 77 88 or visit alzheimerswa.org.au/our-services/mens-shed/

Retiring with Grace:

Without her wanting to throttle you too often!



A talk about the psychological adjustment to retirement.

By Psychologist Colin Longworth

When: 2pm Saturday 22 June

Where: Mills Park Centre - Lesser Hall

85 Brixton Street, Beckenham

\$15 per person or \$20 a couple

Booking: Trybooking.com

(Look for 'Retiring with Grace')

Or at the door if space available.

More info: www.colinlongworth.com.au/Grace

Potential new treatment for bronchiectasis being trialled



THERE is no known cure for the lung condition bronchiectasis. However a potential new treatment is being trialled by the Institute for Respiratory Health with the aim of improving the health of those suffering from the condition.

Bronchiectasis is a lung condition where the bronchi (lung branches) are damaged and therefore cannot clear themselves. This causes inflammation, leading to infections in the airways. It also prevents individuals from breathing easily.

The Institute for Respiratory Health strives to advance its research of bronchiectasis through clinical trials, where a potential new treatment is tested in individuals who currently have the condition, in the hope of learning more about how to better treat the disease.

The team of staff in the Clinical Trials Unit at the

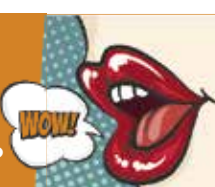
Institute for Respiratory Health are currently calling for volunteers to participate in clinical research trials aimed to achieve improvements in bronchiectasis treatment. Felicity Kelsall, head of the Clinical Trials Unit, urges anyone who has had a diagnosis of bronchiectasis to contact them to confirm their eligibility to be a participant in this trial. "We need to learn more about bronchiectasis, and being part of a clinical trial can help us to find better treatments for this condition," she said.

The Institute for Respiratory Health is a not-for-profit medical research institute committed to creating a better life for those living with respiratory conditions. It also conducts clinical trials for a number of other respiratory illnesses including asthma, COPD/ emphysema, cystic fibrosis, idiopathic pulmonary fibrosis, and Alpha 1-antitrypsin deficiency.

If someone has bronchiectasis, or any of the other mentioned respiratory conditions, and want to help to find answers please email the friendly team at admin@resphealth.uwa.edu.au or call 6457 3198 for more information.

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VOLUNTEERS REQUIRED

Institute for Respiratory Health

New Bronchiectasis Clinical Trial

Our leading Clinical Trials Unit at the Institute for Respiratory Health is dedicated to finding better treatments for the respiratory condition, Bronchiectasis, and we need your help.

If you have been diagnosed with Bronchiectasis, and suffer from a constant and productive wet cough, you may be eligible to participate. If you are interested in determining whether you may be eligible to participate or would like more information, please contact the team;

(08) 6457 3198

www.resphealth.org.au

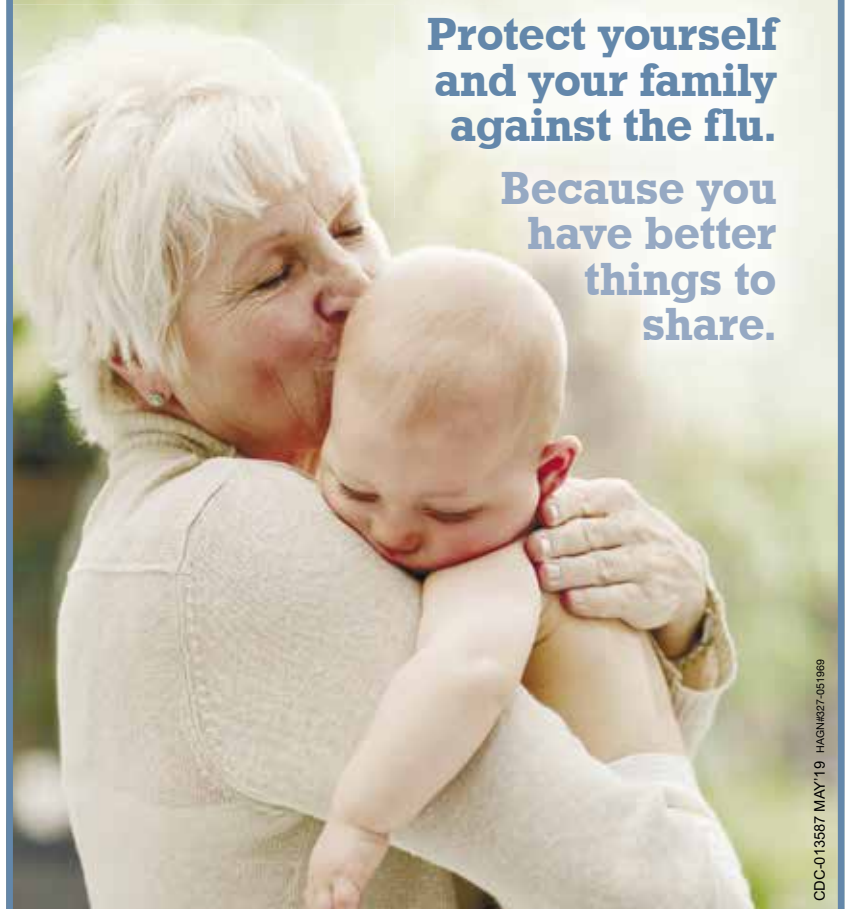
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Gratitude for abundance and fighting the challenge of waste



Karen Majer

by Karen Majer

WHAT does the word 'abundance' conjure up for you? The dictionary tells us it means 'a very large quantity of something' but to me it's more than that. It's a feeling of appreciation.

'Glorious abundance' came to mind this week when I joined friends to pick 440 kilos of olives. The sight of branches hung low and dense with fruit, and of the subsequent bottles of deep yellow aromatic olive oil, was deeply satisfying. I feel the same emotion at our Farmers' Market when I see tables piled high with fresh fruit and vegetables, loaves of bread, cheeses, preserves and all the other delicious local produce.

Another joyous source of abundance is my garden, which survives my neglect and manages

to provide rocket for ten months of the year and a variety of seasonal fruit and veg, many of them 'volunteers' springing up from last year's crops.

We in WA are lucky in comparison with people in many parts of Australia and the rest of the world who are struggling with drought and food shortages. While not forgetting that we have our share of folk who suffer food insecurity or rely on food relief, most of us have access to abundant choice. Sadly, some take this for granted. Alarming food waste results from discarding perfectly good

produce on 'cosmetic' grounds, supermarkets throwing out past 'use by date' products, restaurant waste and householders throwing away food.

The waste is expensive – Australian households throw out \$8 billion of edible food each year. One in five shopping bags end up in the bin, amounting to \$1036 worth of groceries per average household each year. As well as the direct cost, every bit of food discarded wastes the water and fertilisers used to produce it, the packaging, and the fuel used to transport it. At this time of acute aware-

ness of climate change, reducing food waste is one way to lessen our individual carbon footprint.

Here are a few tips. Make a shopping list and check the pantry before going to the supermarket. Don't go shopping when you're hungry – you might be tempted to buy more than you need. Keep perishable foods, and those getting near their use-by date, at the front of the fridge and use them up first. Serve smaller portions onto the plate – it's better to go back for seconds than scrape good food into the compost, or worse still the bin. Use-by

dates don't mean that the food is 'off' the next day so use common sense. Find ways to turn left-overs into the next meal.

My best discovery is beeswax wraps. They may be a bit expensive to buy but they last for ages and keep vegetables and left-overs wonderfully fresh for longer. Feed peelings and scraps to a worm farm or to your garden plants via a compost bin.

Ask your restaurant for a take-away container for food left on your plate. Most are happy to oblige. Tell your supermarket you support 'ugly fruit'. Ask

them to tackle the policies that cause an estimated 20 to 40 per cent of fruit and vegetables to be rejected before they even reach the shelves because they don't meet high 'cosmetic' standards. The supermarkets blame consumers – let's tell them we are more sensible than that!

For me it comes down to properly valuing the magnificent abundance that comes from the land and using it with respect and gratitude.

Find out more: www.foodwise.com.au/food-waste/food-waste-fast-facts/

Eleven new members join the over 55 Canoe Club



Safety day at Hillarys

by Iris Mickiewicz

THE past month has been an interesting start to the Over 55 Canoe Club season. It has welcomed eleven new members to learn and take part in various activities from canoeing to social events and friendship.

For the first time this year the club has buddied our newbies with some existing members. This enabled individual tuition, increasing the learning process and was hailed as being highly successful.

As, the newbies had the opportunity to enjoy

individual teaching and learning each week, they also enjoyed getting to know some members as well as advancing the all-important social aspect.

Many thanks to club members who, as always, very generously loaned kayaks, life jackets and paddles. This allowed the newcomers to try paddling different kinds of kayaks for three weeks before deciding which kayak they would like to purchase.

The final induction session for the newbies was a safety day at Hillarys Boat Harbour. Despite the weather being cold and breezy, 29 hardy souls (both newbies and current members) arrived at Hillarys all set to get wet.

The aim of this session is to practise basic strokes as well as learning how to avoid obstacles. It also allows new paddlers to learn how to help themselves, as well as how to be assisted whenever an involuntary disembarking from a kayak happens. It is never terribly pleasant getting wet on a cold day but it is important to know how and what to do to keep safe.

It was a brilliant safety day, many thanks to all existing members who gave their time and expertise to assist the new members. Congratulations to the newbies for giving everything "a go". It was terrific to see the satisfaction they experienced when they

achieved the tasks especially the extremely wet exercises.

It was wonderful to see that all of the new members are now financial and fully-fledged members. The club welcomes them and hopes they enjoy many years of paddling, fun and friendship.

If anyone is interested in club activities please contact president, Iris Mickiewicz on 0438 926 578 or secretary, Dale Winn on 0420 733 024.



Toy Story returns to screen

WOODY has always been confident about his place in the world and that his priority is taking care of his kid, whether that's Andy or Bonnie.

But when Bonnie adds a reluctant new toy called Forky to her room, a road trip adventure alongside old and new friends will show Woody how big the world can be for a toy.

Directed by Josh Cooley and produced by Jonas Rivera (*Inside Out, Up*) and Mark Nielsen (associate producer *Inside Out*).

Disney Pixar's *Toy Story 4* ventures to cinemas 20 June.

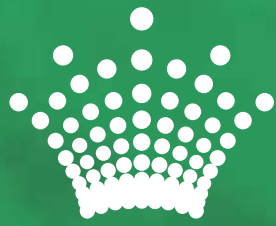
WIN WIN WIN

To be in the draw to win one of five family passes to Disney Pixars' *Toy Story 4*, simply email win@haveagonews.com.au with *Toy* in the subject line or call the office on 9227 8283 during business hours (Monday to Friday 9am – 5pm). Competition closes 18/6/19.



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LIVE A LITTLE BRIGHTER

Social links vital for men's physical and emotional well-being



Rhonda Parker
by Rhonda Parker
CEO Alzheimer's WA

MEN'S Health Week occurs this month and I'd like to explore an area of health outside the traditional considerations of physical wellbeing and illness. Research shows that being socially connected is vital for physical and emotional wellbeing. Retirement challenges us in that we no longer have the connections the workplace brings. Social connections aren't simply about having people to spend time with to keep us occupied, although that is im-

portant. We know from data that having purpose is vital to wellbeing. Social connections should bring purpose into our days. Social connections, and our network of relationships, are beneficial in their reciprocity. That is, each person benefits from the interaction, each is nurtured by it, and it brings meaning and purpose to both participants. An Omnipoll survey conducted last year revealed most Australians have half the number of close friends they did 10 years ago. Men are more at risk than women, with 40 per cent of men having "low levels of connection" and 15 per cent found to have no close friends outside their long-term relationship. These figures are cause for concern when we think about men's health. What can the men in our lives, or indeed people reading this ar-

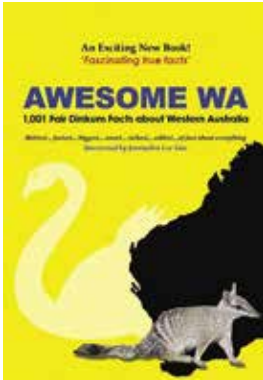
ticle, do to ensure they or you aren't in the group of those whose low levels of social interaction potentially impact on the sense of purpose or wellbeing? We need to constantly adjust as we move through our life stages, and moving beyond early adulthood is no exception. Recognising we need to make a few changes is no indication of failure, simply a response to the world of change that we live in. The solution is closer and easier than people might think. Get to know neighbours. Knowing those who live close by can give a real sense of connection, even if people don't have a lot to do with each other. Humans are essentially social creatures, and need to belong to a group. Those living in physical proximity are a great start to help someone feel connected.

Become a volunteer. Not only will people reap the health and wellbeing benefits of being a volunteer, they will have the opportunity to give back to their local community. It's a win win situation for all. Volunteering opportunities are wide and varied and most organisations are always looking for the unique skill set that volunteers (especially older volunteers) can bring. Check out what your local government – council or shire – has to offer. Local government has long been supportive of local residents being connected locally, rather than seeking to work and play further from where they live. A local government will have a wide range of sporting groups, hobbies or exercise classes, with many tailored to those over 50. Join a local group. It could be their local Probus, Lions or Rotary

club. Look out for notices at the shops or in the local newspaper. There will no doubt be notices in this newspaper for groups that may interest. For the blokes reading this, consider joining a Men's Shed. As a woman, the therapeutic benefits of a Men's Shed are a mystery to me. However, I'm told there is something very cathartic for a man in simply being in a shed. Apparently, just being surrounded by the tools of a trade, the familiar smells and sounds has a positive effect. Even if the time amounts to nothing more than a good old yarn with a mate, or a chance to enjoy a cuppa uninterrupted away from the usual pace of everyday life, Men's Sheds have proved to be an important place for social interaction and connections to be nurtured. A quick glance at the Men's Sheds of WA

website reveals there are more than 180 registered Men's Sheds in WA either operational or in development. Being a part of a Men's Shed provides opportunities to participate actively in a safe, friendly and welcoming environment where men are able to work on meaningful projects at their own pace, in their own time, in the company of other men. The sheds promote the health and wellbeing of male members and encourages social inclusion and connection. For those wondering, don't let a diagnosis of dementia stop a man from joining a Men's Shed. Alzheimer's WA is a part of the Men's Shed movement with three operational Men's Sheds dedicated to men living with dementia. Men's Health Week is a good time to consider your own health. We are living longer, and we all

want those extra years to be healthy and not spent with a minimal level of wellbeing and enjoyment of life due to the impacts of poor health. Part of this is ensuring social wellbeing is catered for. Make sure you aren't a 'Mr 15 per cent'. Reduce the risk of becoming socially isolated as you get older. Do what you have done throughout your lifetime and build new relationships and purpose as you move through one phase of your life to another. Whether you drop into your local Men's Shed and make some new connections, join a walking group or volunteer in an organisation whose work is meaningful to you, take a stand for your wellbeing this month. Make the changes required to build health and wellbeing as you move through life's journey.



Discover 1001 fair dinkum facts about WA ...

PRAISE has come from all quarters for the book: *Awesome WA: 1,001 Fair Dinkum Facts about WA*. More copies, by esteemed journalist Lee Tate, our regular contributor, are available after a third reprint to meet demand. Premier Mark McGowan

wrote: "It's a very wonderful book – filled with interesting facts and figures about this amazing State of ours. "When I am next asked why I continue to live in Rockingham, I will simply point out that as well as being a great community, it is also the sunniest place in

Australia. (The book shows Rockingham is Australia's sunniest city). "I wish you the best with the book." Tourism Minister Paul Papalia wrote: "Thank you for helping to promote our State." The book highlights truly

fascinating facts about WA and makes a perfect gift. WA seemingly has the biggest, richest, rarest, hottest, sunniest, longest, oldest and oddest of just about everything. The book is highly entertaining and informative and suitable for overseas and

interstate friends and relatives. *Awesome WA* is available from *Have a Go News* for \$25 plus postage or can be collected from 137 Edward Street, Perth, in office hours. Order through 9227 8283 or see the coupon in this issue on page 38.

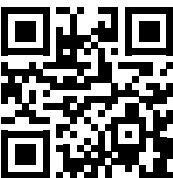
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Making good use of old electronic devices - recycling and reusing...



by Frank Smith

TELEVISIONS, computers, tablets, computer peripherals, batteries, light globes and mobile phones have a limited lifespan. They either fail to work or become too slow and cumbersome to handle up-to-date software, or in the case of mobile phones the network they operate on is no longer operating.

Over time many of us end up with a drawer full of electronic bits and pieces and old phones and shelves with ancient computers

and peripherals such as hard drives, mice, cables, memory cards, printers and scanners. This now known as e-waste.

Kerry Wilson waste education officer East Metropolitan Regional Council says people shouldn't just put them in a rubbish bin. E-waste contains valuable and often toxic materials that should not go into landfill.

Metals are recovered and sold mainly to countries in south east Asia. Glass is broken and used in road construction.

Steel, plastic, brass, lithium, aluminium, glass and precious metals can be reused. But many also contain material such as lead, arsenic, chromium, cadmium and mercury which are hazardous in the environment.

The growing amount of e-waste is a world-wide challenge as valuable and scarce resources are going to waste. According to the United Nations the world combined generates a staggering 44.7 million tonnes of e-waste annually or more than six kilogram per person.

Only 20 per cent of e-waste is collected and recycled globally. In WA 16 tonnes of batteries are recycled every year, but that is only 40 per cent of those purchased.

Kerry Wilson says some materials are difficult to recycle. They are toxic, difficult to sepa-

rate or create a plastic problem in the ocean.

In the past in Australia we solved our waste problems by exporting it to third world countries in Asia or Africa. There the metals are recovered by burning off the associated plastic. This causes serious health risks for the operators and releases of toxic gasses in the environment.

Ms Wilson says these countries, led by China, are beginning to reject our rubbish. We can't continue to export our electronic and other waste.

But what should we do?

Computers that are still working or repairable can be given to Technology for Ageing & Disability WA (TADWA) in Bassendean or Bunbury. TADWA refurbish computers and supplies them free or at a nominal cost to people with disabilities, older persons, and those who care for them, people who are experiencing financial hardship, community service organisations and other not-for-profit and training centres. Others go to developing countries as part of humanitarian aid.

TADWA will also ensure that all people's personal data is destroyed before the machines leave their premises.

If the computer has passed its use by date

TADWA dismantles them and separates materials for recycling. Contact them on 9379 7400 or email enquiries@tadwa.org.au

E-waste can be dropped off at most local council waste management facilities and companies such as Officeworks and Harvey Norman will take old computers and televisions.

These go to TechCollect, the official recycling program of the Australia and New Zealand Recycling Platform Limited which recycles equipment collected by their collection partners.

Janene Murdoch, TechCollect's program manager, says even if equipment is still functioning it must be recycled.

The Scheme only covers the recycling of televisions and IT equipment. Phones are covered by an organisation called Mobile Muster.

Mobile Muster collects phones for resource recovery and are not reused. This ensures that any data left on the device is destroyed.

There are a number of companies that will buy old phones for possible refurbishment. They will also ensure that all data is destroyed. They include Mazuma Mobile, Phone Cycle, Bounce Mobile or Boomerang Buyback.

My task for this winter is sorting and disposing of several drawers full of computer junk.

TV Talk with Lee Tate - *Two and a Half Men* has gags galore to keep viewers chuckling



TELEVISION sit-coms from star-struck US of A can be hard to swallow, especially for senior viewers who, for most of our viewing lives, have been put-off by Yankee canned laughter and lame jokes.

Among American comedies, *MASH* - where the genius of actor, writer, di-

rector Alan Alda came to light - must be at the top of genuine hits from stars-and-stripes territory. *Seinfeld* and a couple of others aimed at younger viewers will also be hailed as greats.

Enter *Two and a Half Men*. Yes, politically-incorrect *Two and a Half Men*.

Some of us are latecomers to the show which ended its first series in 2015. But nightly, one-and-a-half hours of replays on 10 Peach (Channel 11) have hooked us. The series' gags, written by an army of jingle and joke writers, are genuine rib-ticklers that keep coming in every episode.

Each show is also short. The key thing is that along with the good lines, all the actors are perfectly cast. TV bad boy Charlie Sheen is probably acting himself, given his reputation with women and various substances. He's supported by formerly little-known Jon Cryer and Angus Jones.

Without going into what happens in the series, the basic premise is that bachelor Sheen is a hedonistic jingle writer living in his beachfront Malibu house, chasing women and drinking booze. His life is changed after Charlie Harper, his uptight brother, Alan, and Alan's trouble-

some son, Jake, move in.

It doesn't sound especially alluring but Sheen gives it his own sheen. There's a fair bit of nudge-nudge, wink-wink naughty antics but gradually it borders into almost AO territory. These days, of course, there's not much on TV that younger viewers haven't seen or heard on the small screen - and elsewhere - plenty of times.

The repeats are hardly late-night viewing either, with episodes running from 7.30pm to 9pm. These shows can't last forever, of course. As with all these long-running series

that depend on so many people, actors, directors and writers, *Two and a Half Men* runs into trouble.

In 2010, a magazine reported that after seven seasons, Sheen announced he was considering leaving the show. Sheen quit after filming the final episode of season seven, due to his rejection of CBS's offer of \$1 million an episode as too low, according to one source.

Sheen eventually stated that he would be back for two more seasons. It was reported that a press release issued by Sheen's publicist confirmed that Sheen had signed a new

contract for two years at \$1.78 million an episode.

In 2011, CBS and Warner Bros. ended production for the rest of the eighth season. Sheen had entered drug rehabilitation and apparently made "disparaging comments" about the series' creator and executive producer Chuck Lorre which didn't go down too well, despite the show's enduring ratings. Sheen got the chop the following month.

After Charlie's "death" to get him out of the series, Ashton Kutcher (husband of Demi Moore for six years) took over and the series survived very nicely

in the ratings.

In January 2011, Sheen entered a rehabilitation centre voluntarily for the third time in 12 months. In another development, Angus Jones ("Jake"), converted to Christianity, joining the Seventh-day Adventist church and attacked the show as "filth that contradicts his moral values". He said that he was sick of being a part of the show and begged fans to stop watching.

Such happenings behind-the-scenes! Enough action for a TV series. Don't suppose the boys would want to play themselves!

Talking gut health and diabetes...



Professor Fergal O'Gara and Liz Davis

DIABETES Research WA delves into the links between gut health and diabetes when it hosts its annual National Diabetes Week event in July.

The lunchtime event *Diabetes & The Gut: Closer to a Cure?* will be held in Wembley on Wednesday 17 July.

Speakers will include Curtin University's professor Fergal O'Gara who

is undertaking research into the relationship between type 2 diabetes and statin medications and Professor Liz Davis, a paediatric endocrinologist, head of the department of diabetes and endocrinology at Perth Children's Hospital and a senior clinical lecturer at the Telethon Institute for Child Health Research who will talk about possible links between bacteria in the gut and type 1 diabetes.

West Coast forward Jamie Cripps, who has type 1 diabetes, will also be at the event, signing autographs before the formalities kick off.

Diabetes & The Gut: Closer to a Cure? is on Wednesday 17 July at 11.45am for a midday start at the TSH Centre, 36 Dodd St in Wembley.

RSVP details from diabetesresearchwa.com.au

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Seniors Recreation Council Jottings

LiveLighter Seniors Activity
/Information Day, Belmont

ON 15 May about 155 people attended the SRCWA LiveLighter Seniors Activity - information day at Belmont Oasis. The event gave participants the opportunity to try different recreational activities as well as find lots of information relevant for older adults from a variety of outlets. SRCWA executive officer Dawn Yates introduced City of Belmont seniors and disability engagement officer Helen O'Sullivan to open the proceedings and then invited the participants to have a go trying out activities including pole walking, Exergaming, giant darts, Bob (table billiards), Heart Sport Activities, seated hockey, indoor bocce, carpet golf, carpet bowls and others. After a morning of engaging activities people were treated to a healthy lunch of sandwiches, hot food and fruit. During the break people were invited to join an interactive demonstration from Ballroom Fit followed by Dance Sport and Para Dance Sport which had the audience mesmerised with their moves. Para Dance Sport is an elegant, graceful and stylish sport which includes athletes with a physical impairment and was amazing to watch.

SRCWA would like to thank Helen from the City of Belmont, City of Belmont staff, and SRCWA's hard working volunteers and staff for helping to make this event a great success. We would also like to make a special thank you to the trustees from Wooroloo Prison Farm for their outstanding assistance throughout the day.

SRCWA extends its appreciation to LiveLighter Healthway for their magnificent sponsorship, the City of Belmont for hosting this event, the Department of Local Government, Sport and Cultural Industries and Department of Communities for their support. Remember to eat healthy meals and exercise daily to LiveLighter. This event was sponsored by LiveLighter Healthway, organised by SRCWA in partnership with the City of Belmont.

FREE 2019 LiveLighter
Seniors Activity/Information Days

The LiveLighter Seniors Activity/Information Days are free events to provide people with the opportunity to find out about relevant information and take part in a variety of activities. At the event morning tea and a light lunch is provided. If you would like to attend any of the scheduled events please call 9492 9773 for further information, registration is essential for catering purposes. The events run from 10am to 1.30pm and the venues are listed below.

Furnissdale: 20 June, Peel Masonic Hall, 16 Furnissdale Road, Furnissdale

Swan View: 3 July, Brown Park Recreation Centre, Swan View

WA Volunteer Service Awards

As the state president of Seniors Recreation Council I was so honoured to receive a volunteering service award at the Department of Communities WA Volunteer Service Awards held on Wednesday 22 May. It has been a joy for me to volunteer continuously in different capacities with the SRC council for more than 27 years. I also send congratulations to the host of amazing individuals from our community who received recognition at a brunch paying tribute to their contributions as volunteers for more than 25 years with the one organisation. The Minister for Seniors and Ageing; Volunteering; Sport and Recreation, the Hon Mick Murray MLA presented the awards at the event. Congratulations to all the recipients on their awards, your dedication and commitment over the years is an integral part of our society.

Have a Go Day 2019, a LiveLighter Event –
Registrations Open...

Have a Go Day 2019 a LiveLighter Event will be held on Wednesday 13 November at Burswood Park from 9am to 3pm. This free day offers the over 50s the opportunity to try new activities find valuable information and last year attracted an attendance of 15,000 people and 230 exhibitors.

Registration forms are now available for clubs/groups, not for profit agencies and commercial entities; forms can be obtained by calling 9492 9773.

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



SRC President, Hugh Rogers

Swimmers 'have a go' at state championships at HBF stadium



Michelle Chia from Belmont Masters being presented her towel by Wendy Holtom, Masters Swimming Australia board member.

by Nadine Georgiades
Project Coordinator
- Masters Swimming WA

ANOTHER very successful LiveLighter Masters Swimming WA state championships were held in late May at HBF Stadium. Even though it is a state event, our swim meets are different to others. Competitors swim with people who have similar times, male or female, or any age. This gives everyone the chance to swim with swimmers of the same ability.

The weekend is all about participation and having fun and of course a swim or two.

Have a Go News very generously sponsored our event with the Have a Go News encouragement award. This award has been running since 2010 and it recognises three participants who "Have A Go" at this annual event.

Each club is able to nominate one member who is preferably swimming in the event for the first time and is assisting their club to gain points

without any possible chance of winning events or setting records and is willing to assist their club as a volunteer to time-keep or fill other volunteer positions at this event. This is the Masters Swimming ethos - swimming for fitness, friendship and fun.

This year's winners are Olena Kopyl from Beatty Park Masters, Anne Archer from Busselton Masters and Michelle Chia from Belmont Masters. All these swimmers have fantastic stories leading up to their swim.

Olena only learnt to swim three years ago and joined the club to improve her swimming. Anne started with private lessons to learn to swim and joined the club in February of this year and has also done her first open water swim. Michelle has competed in her first state championships and has now joined the committee of Belmont Masters.

With more than 30 clubs in WA to choose from please visit our website www.mswa.asn.au to find your nearest club and start a swimming journey.

Update of British pensions and finding lost contributions



Mike Goodall

by Mike Goodall

WHILE the Brexit saga rumbles on in the UK and another Prime Minister bites the dust, our cause is held in limbo. At least by the time people read this we will have a new ministerial team in Australia and will know who we need to get to know and who's ears to bend.

Letters have been arriving from the HMRC

in the UK for those people who are making voluntary contributions to enhance UK State Pensions. However, I am now aware of several cases where people who have reached State Pension Age (SPA) since 6 April 2018 have also been receiving requests for payment for part years up to the date that they reached SPA.

These letters have been sent either by mistake or as a part scam by HMRC because payment for part years is only relevant if people are living in the UK. If living permanently in Australia please do not pay for part years requested in this way. They will not enhance the UK State Pension and it is within people's right to ignore them.

Having said that in some cases paying for earlier part years can still be of benefit if they are making a part year already paid while working in the UK into a full year over the year that a person moved to Australia.

While I am not legally allowed to advise on Occupational Pensions I am staggered by the number of people with whom I speak to regarding their UK State Pensions who tell me that they could possibly have at some time while working in the UK been part of or paid into an Occupational Scheme run by their employers.

Recently there has been a summary published by the Association of British Insurers (ABI) that they estimate that there is more than £20 billion of Personal Pension Insurance sitting unclaimed in their coffers. This is money, possibly from short service, that should have been paid out to pensioners who have either moved jobs or countries and who are not aware that they

still have this investment, some made decades ago and forgotten about.

This ABI report does not take account of pensions accrued while working as a teacher in education or in the forces, the police, local government or the NHS.

The UK Government has announced it will be working with the pension industry to develop a 'Pension Dashpot' which will record all the pension payment made by a person over their lifetime so that there is one central reference point.

However, this will not be finalised for several years so what can be done in the meantime? Many people will not have what is known as a 'digital footprint' ie. have a Linked-in account, a Facebook or Instagram account or email that can be referenced back to the time they were working in the UK as such things were unknown for most of our working lives.

Insurers have little incentive to invest heavily in finding people as it also can have the effect

of moving money from their business. Therefore, listing all the companies that people worked for where they believe they might have paid into a scheme is always a good start.

Then try searching for them or records about their scheme on the internet. There are specialist companies out there who have access to information but be cautious of scammers offering to find 'lost pensions'. Always use a reputable company.

In some cases, it might be worth considering moving these pensions to Australia which again requires working with a specialist company as the rules have changed many times over the last few years.

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

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A LiveLighter Event

Wednesday 13th November 2019

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Free Activities and Information day for over 50's

Be Prepared to "Have a GO"

Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies

For more information contact

Seniors Recreation Council of WA Inc.

08 9492 9773

www.srcwa.asn.au

Free tea, coffee & bottled water available all day

Food Vendors in attendance

FREE Shuttle Bus service from Burswood Train Station to Have a Go Day

AGE IS FREE SENIORS EVENT NO BARRIER

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Perth Convention & Exhibition Centre

3 & 4 August 2019

9.30am - 4.00pm

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Over 100 exhibitors under one roof to help you seek out advice and information for ageing well!

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- ◆ Aged Care Planning
- ◆ Ageing Well



TICKETS & ADMISSION

Aged, Veteran & Disability Pensioners: FREE

Pre-purchase through website: Adult: \$8.00 Concession: \$5.00

At the Door: Adult: \$10.00 Concession: \$7.50

For Expo Information, contact CMS Events: Phone 9201 9888 Email info@cmsevents.com.au

www.careandageingexpo.com.au

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COMMUNITY NOTEBOOK



REVOLUTIONARY WORKS OF ART ON THE BODY
Showcase Sat 15 June 6.30pm, Sun 16 June 2pm Mandurah Performing Arts Centre
Music, theatre, laughter, spectacular wearable art Australia and beyond.
Tickets and info 9550 3279

MORLEY/BEECHBORO RETIREES
Meets Wednesdays 9.30am in the Beechboro Library.
Come along for companionship, outings, games, or just a cuppa and talk.
Contact Carolyn 9378 3326.

SENIORS ART AND SOUL CONCERT
Aquila Quintet playing light classics and golden oldies.
Dementia friendly event proudly supported by City of Melville.
Thursday 27 June 10am Blue Gum Community Centre, Brentwood
Entry \$10, carers and children free, light refreshments included.
Ph 0438 898 822 www.trybooking.com/BAJGI

FRIENDS GWELUP
Meeting 1, 3, 5th Tuesdays of the month from 9.30am-11.30am
\$2 donation includes morning tea. Board games, crafts, card making, lots of chatter and outings arranged.
Lake Gwelup Christian Church cnr Karrinyup Rd and Huntriss Rd
Call Wendy 0438 921 729 with any questions

LESLIE CENTRE MANDURAH
If you're new to Mandurah and looking for a place to go then this Community Centre is for you. Varied activities including scrabble, sausage sizzles and concerts. Wednesday there is a friendship group for the over 50s.
info 0412 151 212

VINTAGE COLLECTABLES
Dolls, Toys and Antiques
The Perth Doll and Toy Collectors Group present the annual sales day.
4 August 10am-3pm. Admission \$4
Cannington Exhibition Centre cnr. Station St / Albany Hwy Cannington
Robyn 0435 327 462

LADIES TUESDAY CLUB
Meets at the Nollamara Bowling Club
Tuesdays 9am-11am
Social get together, morning tea and friendship
New members welcome 9349 0097

JOONDALUP AND DISTRICTS COUNTRY WOMENS ASSOCIATION
Come and join us for coffee at our meeting room at Emerald Park Clubroom
41 Emerald Way Edgewater
Tuesday mornings from 9.30am
You will be welcomed by a friendly group of ladies who enjoy craft mornings, fund raising activities or just a coffee and a chat.
President Alison 0439 850 435.
Secretary Margaret 0424 392 431

VOICE MOVES WINTER CHOIR BASH
Sunday 7 July 1.30pm-4.30pm Cost \$5
Venue Riverton Baptist Church
38 Modillian Ave Shelley. Doors open 1pm
Afternoon tea will be served at the intermission for a \$2 coin donation.

MORNING MELODIES
Wednesday 19 June 11-12pm
Older Women's Network Theatre Group presents a variety show of music and dancing from yesteryear along with some laughter and joyful comedy.
Fees Standard \$15. Group (10 or more) \$14.
Registered Carer \$3
Don Russell Performing Arts Centre,
Murdoch Rd, Thornlie 9498 9414

OPEN DOOR FRIENDS GROUP
Meets every first and third day of the month. 9.30am-11.30am.
Carpet bowls, board games, craft (bring your own), conversational English etc
Morning tea provided (free)
Maylands Baptist Church Hall
102 7th Avenue Cnr Coode St. Maylands
Enquiries David and Shirley mob 0497 070 288 or 9305 8760

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

Your ideal personal trainer has four legs and barks...



by Frank Smith

DOGS make ideal personal trainers because they encourage their owner to take exercise. They are also much cheaper than the human variety.

Dr Carri Westgarth, lecturer in Human-Animal Interaction at Liverpool University in the UK asked 385 households in West Cheshire about their physical activity. These comprised 191 dog owning adults, 455 non-dog owning adults and 46 children.

Unsurprisingly dog owners walk more frequently and for longer periods than non-dog owners, but interestingly they walked their dogs in addition to, and not instead of, other physical activities.

Dr Westgarth estimated that dog owners were four times more likely than non-dog owning adults to meet recommended physical activity guidelines.

She said the findings highlight the role that dogs may have in helping to keep humans healthy.

Health authorities in both UK and Australia recommend that adults should do at least 150 minutes of moderate-to-vigorous physical activity per week.

The Australian Institute of Health and Welfare found 54 per cent of women and 51 per cent of men in Australia failed to meet the recommendations.

Dr Westgarth said previous research showed that dog ownership encouraged physical activity, but it was unclear whether this involves all members of a dog-owning household, or whether dog walking replaces other forms of exercise.

In a related study, American researchers Cheryl A. Krause-Parello, Elise E. Gulick and Basilia Basin reviewed research into the role of human-animal interactions in the lives of older adults and its effect on loneliness, depression, and amount of physical activity.

They reported that older adults who interact with animals have decreased loneliness and depression, improved cardiovascular health, and increased physical activity.

Dog owners had lower systolic blood pressure than both cat and non-pet owners and rated their health better than cat owners. Dog owners who lived alone exercised more frequently and spent more time on each physical activity session than did either cat owners or non-pet owners.

Cat owners had higher body mass indices and higher systolic blood pressure, reported worse general health status and exercised less.

However, people who owned dogs but do not walk them had no apparent mobility advantage over non dog owners who did little walking.

But there is more to dog ownership than just picking a mutt up.

"I would recommend thinking carefully about what type of dog (for example size and breed) best suits an older person's lifestyle and capabilities," said Dr Westgarth.

"My research shows that there is a perception, or rather a myth, that smaller dogs don't need as many walks.

"They may be easier to physically control and handle for an older person than a larger dog, and actually still very happy to undertake a substantial walk every day.

"However, I think what type of dog best suits someone comes down to personality of the individual dog and person rather than making any easy judgments by size or breed alone," she said.

Some of the researchers suggested that older people might consider volunteering at an animal shelter. That would provide many of the physical and psychological advantages of owning their own dog without the cost and practical problems.

Dr Westgarth's results were published in *Scientific Reports* in March.

Old school tap from the new kings of swing comes to WA



The Tap Pack Sydney Opera House © Daniel Boud

FOLLOWING sold-out houses in London, Edinburgh, Beijing, Berlin, and fresh from sold-out shows at the Sydney Opera House, Australia's newest and hottest tap dance sensation, *The Tap Pack* will tour Albany, Bunbury, Mandurah and Perth with their high energy, tap comedy show tour from 2 July.

Picking up where The Rat Pack left off... *The Tap Pack* conjure up a modern twist to the crooners and artists from the 50s through to the noughties. Featuring songs from Sinatra, Dean Martin and Sammy Davis Jr to Sheeran, Bubl  and Beyonce, *The Tap Pack* mix slick humour, high energy entertainment and world class tap dance.

With dazzling performances on stage, dressed in slick suits and equipped with sharp wit, *The Tap Pack* is a highly entertaining act featuring some of Australia's finest tap dancing performers tapping up a storm.

Starring a rotating cast of Australia's finest and most distinguished dancers and singers, including Jesse Rasmussen (*Hot Shoe Shuffle*, *Grease*, *Candy Man*), Jordan Pollard (*West Side Story*, *Anything Goes*, *Singin' in the Rain*), Thomas J Egan (*Singin' in the Rain*, *Fame The Musical*, *The Great Gatsby*), Sean Mulligan (*Jersey Boys*, *Legally Blonde*, *Saturday Night Fever*), Ben Brown (*The Boy From Oz*, *Singin' in the Rain*, *Wicked*) and Max Patterson (*Hot Shoe Shuffle*, *Funny Girl*, *West Side Story*).

Armed with their lovable on-stage larrikinism and with numerous credits in theatre, film and television and more than 30 musical theatre productions between them, the show is pure entertainment. They sing. They dance. They joke. They bring a new, invigorating energy to a timeless style that the whole family can enjoy.

This is old school cool from the new kings of swing.

Don't miss *The Tap Pack* performing in WA at the following venues:

On 2 July at Albany Entertainment Centre, Bunbury Entertainment Centre 3 July, Mandurah Performing Arts Centre 4 July and Perth 5 and 6 July at the Regal Theatre. Contact the venue for tickets.

WIN WIN WIN
We have a double pass to give away to each show in WA, simply email win@haveagonews.com.au with Tap in the subject line and don't forget to mark which venue you would like to attend with your details. Or call the office on 9227 8283 during business hours and nominate which venue you would like to attend. Closes 25/6/19.

#327 June edition PUZZLES Solutions

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Wheel Words: Over, Rote, Rove, Tore, Torr, Tort, Tote, Trot, Veto, Vote, Otter, Overt, Retro, Rover, Torte, Toter, Trove, Voter, Extort, Retort, Trover, Vetoer, Vortex, Extorter. 9-letter word: EXTROVERT.

Square Shuffle: Bike, Cart, Taxi, Tram.

Have a Go News Quiz Page 2: 1. Gold. 2. Caversham. 3. Legacy. 4. Mandurah. 5. Hugh Jackman. 6. Waikiki. 7. Cockburn. 8. Scoot. 9. Pilbara. 10. Bentley.

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Playful Pup Diamond Pendant

I wag & wiggle!



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From the moment you saw that tilt of the head and those loving eyes, your puppy captured your heart forever! Show the world how much you love your favourite friend when you wear our “Playful Pup” *Diamond Pendant*, an exclusive new jewellery design from The Bradford Exchange. This fun and stylish pendant features a hand-painted enamelled puppy. Not only is the face of each pup irresistibly sweet, but the legs really move and the tail really wags! Hanging at the puppy’s side is a gleaming heart that sparkles with a genuine diamond and is engraved with “I Love My (name of breed)”. Both the puppy and the

heart gracefully suspend from a 46cm chain. The pendants are available in your choice of 29 popular breeds.

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- ☐ Yellow Lab
- ☐ Yorkie



Please nominate a category for your advertisement.
Tick one box only.

- ☐ Travel companion
- ☐ Pen friend
- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered

GSOH: Good sense of humour

SD: Social drinker

NS: Non smoker

SOR: South of River

WLTM: Would like to meet
- DTE: Down to earth

ND: Non drinker

NG: Non gambler

NOR: North of River

TLC: Tender loving care

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Name Address

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Phone I am over 45 years of age (Signature)

Each person may submit
one entry every month.

STOP: Please read new instructions carefully
Write your advertisement in the grid below. Please
print clearly in ink using only one square per word.
Send the completed coupon to:
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Reply Box entry:
Please include two stamped (\$2) self addressed
C5 envelopes. These envelopes measure approx.
23x16cm and are obtainable from Australia Post.
Entries not accompanied by the correct sized
envelopes will not be considered for publication.

Friend to Friend: When replying to an entry...

To reply to the advertisements in *Friend to Friend* nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:
eg. Reply Box 4100
c/- Friend to Friend,
PO Box 1042,
West Leederville, WA 6901.
(example only)

Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14 x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope. No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.



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PADBURY GENT 71 honest, caring educated professional w/ conservative views. English sense of humour, loves travel, walking, nature, classical music, helping others. Sk petite lady without ties 65-72.

DIANELLA GENT 75 kind, generous, reliable w/ calm, relaxed nature. Likes exercise, walks, concerts, sport, listening & playing music, outdoor interests. Sk happy, patient lady who likes the simple pleasures 68-78, any area.

SORRENTO GENT 71 trim, healthy, well presented, easy on the eye. A “one woman man”. Retired professional, still very active, likes surfing, cycling, walking, fishing, travelling. Sk active, funloving lady 65-72.

PILBARA GENT 69 living way up Nth West of WA. Living the dream if you love hot weather, outdoors, boating, fishing, camping, nature & the Aussie way of life. Sk country lady who is not a princess 63-73.

JOLIMONT GENT 76 Great for age. 179cm, trim, tidy, well grmd, easy to talk to, very easygoing, loves classical music, concerts, local travel. Sk sociable, funloving lady w/ a young & positive attitude 65+.

MANDURAH LADY 66 gorgeous, slim, petite blonde, a social person w/ family values. Pretty, feminine, active & d.t.earth. Sk loyal, loving gent who's there for you thru good times & hard times 64-72.

ELLENBROOK LADY 74 slim, petite & pretty blue eyed blonde, English rose. Sweet natured widow who wants to live life to the full w/ lighthearted man with good morals who likes a laugh 70-78.

WEMBLEY LADY 71 attractive, warm, caring widow, fin. Secure, loves music & would like to do some cruising/ travel. Presents very well & keeps fit & healthy. Sk gent, Perth or Sth West.



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Matching mature singles since 1995

Seeking a Friend

ACTIVE gent with a caring nature and no health issues seeks a broad-minded lady over 70.
Reply Box 8251

ENGLISH lady educated, refined, nice personality and looks, various interests, GSOH, NS, NG, ND, medium build/height, not fat. WLTM genuine, polite, honest, kind, caring, single gentleman, 75-85, SOR for friendship, TLC if compatible. Coffee?
Reply Box 8264

GENT 70s, own home, fin sec, active - in all ways, DTE, GSOH, wide range of interests. WLTM lady similar. Plenty TLC if you are alone. Not happy, drop a line, have a chat. ALA.
Reply Box 8260

GENT 74, 5'8", 75kg WLTM lady around same age SOR. Enjoy carpet bowls, quiet nights at home. I'm an Australian born Italian, NS, SD, looking for friendship and companion. Let's meet and see what happens.
Reply Box 8252

GENT 80, fit, slim, still working, confident, honest. Likes music, dancing, eating, travel, walks. Seeking a lady friend to share casual dating. Perth to Mandurah and their surroundings.
Reply Box 8272

GENTLEMAN 61 years WLTM a happy natured lady I am presentable, intelligent and financially comfortable. Please write.
Reply Box 8269

HAPPY natured DTE lady 5'8", tall, slim, blonde, living NOR, seeks good hearted gent for outings and maybe travel if compatible. Needs to be fit and active, easy going and well presented. ALA.
Reply Box 8263

LADY 69, postcode 6063, WLTM kind, honest gent, SD, enjoys music, dance, GSOH, NOR, coffee, DTE, NS.
Reply Box 8255

LADY Australian, bright personality, always taken good care of herself. WLTM Australian guy, to 70, decent appearance, GSOH, SD, NS, DTE, NOR, outings, movies, modern music, dinner, genuine, honest personality, friendship if compatible. Coffee first.
Reply Box 8271

LADY NOR, mid 70s, WLTM a genuine DTE guy who WLTM a lady to join him in a caring and lasting relationship. Let's meet and have a coffee and chat. ALA. GSOH.
Reply Box 8258

LADY WLTM gent, 79/80s, loving, caring, longterm, quiet evenings, TV, cinema, travel, dining in/out, NS, NOR, SD, genuine, meet for coffee. Hope for reply.
Reply Box 8273

MALE, 62 seeks medium build female who is broad-minded and enjoys life to the fullest and needs massage, outings and more. I am fit and easygoing and considered fun to be with, also an artist. Please include phone number. ALA.
Reply Box 8246

PRESENTABLE senior gent, Asian born, educated, fin sec, enjoys travel, music, arts, fine dining. Live in Perth. Seeking another lonely senior to have happy times together. Life is too short. Enjoy while you can. ALA.
Reply Box 8265

WOMAN 65 widow, 162cm tall, Christian, not old. GSOH (clean), SD, SOR, educated, mainly positive, likes good food, outings, some socialising, walking, travel, reading, writing, movies, family plus. Salubrious and simple taste. WLTM man 65-70, widower, taller, fin sec, similar plus, for ultimately marriage.
Reply Box 8247

Seeking a Partner

ACTIVE gent 68, NS, SD, many interests, cycling, swimming, crosswords, birds, nature, hanging pot plants, books, sport, films, weekends away, travel, dining in/out, cooking. WLTM lady, slim to medium, quiet, for relationship, if compatible. SOR.
Reply Box 8259

A PROF guy 60 WLTM similar guy to share life, age 40-65, race not important, like history, bicycling, canoe, buildings, art, puzzles, travelogues. ALA.
Reply Box 8262

A SLIM caring, happy lady, young thinking, many interests, music, cooking, dancing, family, fin sec, WLTM gent 75+, similar likes, good company, conversation, GSOH, life in general, long term if compatible. NOR.
Reply Box 8267

ATTRACTIVE, slim lady, varied background, well educated, presentable, seeks NS gent, 65+ for permanent relationship if compatible. Interested in music, gardening, travels, good conversation. Must be well mannered. Let's have a chat over a cuppa.
Reply Box 8245

AUST lady 70s, slim, sincere, genuine, DTE, enjoys walking, movies, carpet bowls, laws of creation, country drives, nature, cooking, weekends away. WLTM tall, slim, genuine, sincere gent, 70-75, well groomed, honest, DTE, similar interests. SOR.
Reply Box 8253

AUSTRALIAN Christian lady, 70, NS, SD, seeks sincere, kind, single gentleman same age group. Likes country drives, beach walks, footy, movies, swimming. Genuine replies only.
Reply Box 8256

GDAY, honest, eligible widower wanting to meet like-minded lady up to 55 years, must be single, no ties, lots of TLC, must like horses, travel, bush camping, no frills, happy go lucky, self sufficient, DTE.
Reply Box 8244

GENT 78, healthy, active, NS, enjoys walking, beach, movies, life in general. Seeking lady for friendship, relationship, SOR.
Reply Box 8270

Hi a lovely, attractive lady, 70, looking for a companion in the main metro area only please. I live SOR. I am good company, love to laugh, movies, dining in/out, just hanging out.
Reply Box 8274

LADY 70 well travelled, WLTM gentleman, share interests in arts, reading, outdoors, walks, travel together, lots to see in Australia. Enjoy family time and grandchildren. Start as friends and see where we go. NS, NOR.
Reply Box 8249

MATURE widower, sincere, caring, active, fin sec, GSOH, NS, NG, SD, wide range of interests, WLTM lady of similar disposition, age up to 80, Rockingham, Mandurah, Pinjarra area.
Reply Box 8250

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facebook

Seeking a Travel Partner

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Reply Box 8248

GENT UK/Australian, 70, 180cm tall, GSOH, educated, seeks intelligent, attractive lady, compatible, would consider most types of travel, destinations including cruising. Benefits; companionship, security, fin sec. NOR, chat over a coffee.
Reply Box 8275

LADY 69 single, GSOH, educated, fin sec, keen traveller, slim, 165cm, WLTM tall, slim gent, fin sec, sincere, friendly, honest. Coffee. Possible relationship.
Reply Box 8257

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food & WINE

...eat, drink and be merry...

ADVERTISING FEATURE



Brunch with T - a delicious suburban café pit stop



Left to right; Doric Street Café's French toast served with bacon, fresh strawberries, maple syrup and berry compote - corn and zucchini fritters with smoked salmon, poached egg and hollandaise sauce - watermelon passion juice, passion halo juice and flat white coffee Inset; Tahlia Merigan



by Tahlia Merigan

ON a sunny Friday morning after taking my car in for an obligatory service in Osborne Park, we decided to head to Scarborough to try a local café that I'd heard did great brunches.

Suburban cafes are on the rise and Doric Street Café was buzzing with activity when we arrived around 10am. I liked seeing the range of demographics at the place, from the 20 somethings, mums and their young and quite a few retirees taking advantage of a pre weekend breakfast.

The parking is easy, and it is located in one of those quaint old-fashioned group of shops on a corner block. The decor is the usual café style; semi-industrial modern but there's some nice touches such as the wall garden near the counter and some lovely local artist prints along the wall.

I liked the attention to detail of trying to reduce waste with sugar on the table in a jar and paper straws. It's counter service and after we made our choice and headed to order the staff were all helpful and friendly.

The menu is comprehensive serving all day brunch items including nasi goreng, ramen, steamed buns, a burger, soup and the expected breakfast dishes. There is also a cabinet offering a range of pastry items, rolls and home-made cakes which all looked delicious.

For drinks I went with one of the home-made juices passion halo (watermelon, passionfruit and pineapple) which was a perfect combination not too tart and really refreshing. My guest ordered a watermelon passion juice (\$8) along with a flat white coffee (\$4.40) which she said was smooth but unfortunately was luke warm. She said her juice was delicious.

I decided on the corn fritters which came with two corn and zucchini fritters served with smoked salmon, poached egg and home-made hollandaise sauce and a rocket salad (\$19). It was a flavour bomb and the smoked salmon was a really good quality fish with a generous serving. I asked for hard poached eggs and they were perfect.

My guest chose the French toast which came with bacon, fresh straw-

berries, maple syrup and some berry compote (\$14). The bacon was crispy and delicious, the maple sauce was generous but she said the toast wasn't quite hot enough and the berry compote didn't go with the dish but overall a tasty dish.

We noticed a fellow diner eating the Doric Street granola which came with pannacotta, granola, berries and yoghurt and felt food envy - it looked delish.

We liked this little suburban café and it is certainly popular with the locals. Friendly service, nice food and well-priced. It would be a nice spot for brunch and then head to the beach for a winter walk along the coast.

3.5 spoons
Doric Street Café and Kitchen
4/11 Doric Street,
Scarborough
9341 3198
www.doricstreetcafe.com.au
Open - Monday to Sunday 6.30am to 4pm



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.



Shepherd's sausage surprise



by Vince Garreffa

THIS is bangers and mash at its best. Cooks can prepare them in advance wrapped in foil cold waiting to reheat in the oven on the barbecue or even straight on the coals. Involve the kids in the adventure of making the dish and wrapping in foil so there is more excitement in unwrapping

the parcel and eating its contents.

Ingredients to feed four:
8 x thick pork sausages
½ red capsicum cut into thin strips
½ green capsicum cut into thin strips
½ yellow capsicum cut into thin strips
4 x potatoes mashed
Sea or lake salt to taste
Freshly cracked black pepper to taste
WA Extra Virgin Olive Oil

Fry the sausages slowly so that they cook thoroughly without drying out and allow to cool if the intention is to serve them the next day. Fry the capsicum strips in the pan used to cook the sausages until the capsicum is a little tender and co-

loured. Set the capsicum aside and deglaze the pan with a little water or stock and save the dirty looking juices from the pan, this is pure flavour.

Mash the potatoes with a little extra virgin olive oil and season with some salt and pepper to a chunky or fine texture, you choose. Split the sausage in half but not all the way through like a banana split. Put the capsicum strips down the centre and pipe the mash on top. Place the two splits per person in a double strength or heavy duty alfoil and pour a little of the juice over the mash and decorate with little cubes of mixed capsicum. Close the parcels and reheat when required or do it all fresh and heat the pork splits in a large tray covered with alfoil so they steam under the alfoil to serve piping hot.

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

T's spoon ratings

- | | |
|---------------------|--|
| Five spoons | - excellent food and service - you must go! |
| Four spoons | - overall good food and service well worth a visit! |
| Three spoons | - reasonably good food and service but could make some improvements. |
| Two spoons | - food and service needs improvement. |
| One spoon | - would not recommend. |



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824 Beaufort Street, Inglewood
9371 6350 www.mondo.net.au

of onions and cauliflower florets with olive oil and fresh herbs as a side dish or folded through pasta.

Apples: Crunching on a fresh new season apple every day is a joy when there is such a choice. WA's best known apple, Pink Lady, is now joined by the new generation premium Bravo apple sporting an intense burgundy colour along with crunch mildly aromatic spicy sweet flesh. Bred right here in Manjimup, the Bravo is set to gain the world class reputation achieved by Pink Lady. West Australians should feel suitably proud of such amazing achievements.

Sweet, juicy pears: Look for Packhams, which will take up to a week to change to a green-gold

colour and soften ready for juicy eating—they make an elegant table decoration in the meantime. Beurre Bosc pears are favourites for cooking and good eating as well.

Navel oranges: The season for WA navel oranges is kicking off, with some early season fruit already arriving in stores. Seedless, easy to peel and full of sweet juice, navels are a perfect snack or healthy finish to a meal. Eating one orange a day will ensure the recommended daily intake of vitamin C throughout winter. When juicing, remember to squeeze just before use as the juice of navel oranges doesn't have the keeping qualities of Valencia, the summer variety. Always check the origin of your fruit carefully - choosing fruit fresh from local orchards guarantees you're getting the freshest possible so it's WAaay fresher.

Papaya (or pawpaw): Grown around Carnarvon and the Ord River, papaya has a lovely tropical taste and aroma that brings sunshine to the coolest of days. Select fruit that is well-shaped and sweet smelling. The skin should be mainly yellow in colour, smooth, unbruised and free from black spots. During the wet season there are sometimes 'freckles' on the skin but they do not affect the flesh. As with all tropical fruit, storage is best at room temperature. If unable to find green papaya, try a Thai green papaya salad - simply scrumptious.

Jennifer Merigan's hearty risotto for cool evenings



Above; Origin of risotto recipe hails from Louis Maffina's birthplace of Italy
Inset; Jennifer Merigan



THIS risotto recipe has been passed down the generations from my mother's family and provides me with great comfort every time I cook it. The recipe came to Australia with my

great grandfather Louis Maffina when he immigrated to Kalgoorlie from Northern Italy in the 1920s.

I can remember my great grandmother cooking it when I was

a child. Everyone in my family cooks this recipe including my cousins and we all do it a little differently. When I was growing up my Mum and Nana would boil a chook for quite a few hours for the stock and meat included in the recipe. Due to time constraints I have amended the recipe and now use chicken breast and bought stock. I hope you enjoy this taste of my Italian heritage.

Jennifer Merigan
Editor

Ingredients
2 heaped tablespoons of butter
2 large cloves of garlic
1 shallot diced finely

A big pinch of saffron (use strands)
200gms of button mushrooms sliced – pre fried in pan with olive oil
1 large chicken breast sliced into small pieces – lightly pre fried in oil in pan with olive oil
2 cups Arborio rice
4 cups Campbells chicken stock (heated to nearly boiling)
1 - 1½ cups hot water (may not need all of it)
Salt and pepper
200grams finely grated parmesan cheese

Method

Fry butter in a large saucepan with garlic and shallot on a low to medium heat for about 2 minutes and then add

rice and stir and ensure rice is covered with butter stirring for another two minutes. Add saffron and a pinch of salt and a teaspoon of pepper. Keep stirring and then add first cup of hot stock. Keep stirring.

As rice absorbs stock keep adding a cup of stock until all stock is used up. The secret of a good risotto is to constant stirring of the rice as it absorbs the liquid. As the rice becomes tender you may need to add an extra cup or cup and a half of hot water.

When the rice is nearly tender stir through the pre-fried mushrooms and chicken and three

quarters of the parmesan cheese. The risotto should be nice and creamy and not stiff. Keep stirring for another two or three minutes until the rice is perfectly cooked. Don't add the chicken and mushrooms until its nearly cooked. Top risotto with last of the parmesan and serve with salad and crusty bread.

NB: It takes about 20-25 minutes to cook the rice in a risotto – the dish should be nice and creamy and not stodgy – add extra salt and pepper to taste but remember the parmesan adds a salty taste so be careful of adding too much salt.

Cooking with Gas - recipes brought to you each month by AGL the proud partners of Have a Go News.

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Knife and fork talk with the stylish dining divas



L-R; Avocados Restaurant's chicken schnitzel and vegetarian beetroot risotto

by Pat Paleeya
and Judith Cohen

THIS month we took a 15-minute bus ride (241) from Kelmscott station to visit Avocados restaurant

in the south eastern foothills near Roleystone, this was a lovely city escape.

The restaurant sits beside the Canning River just off the Brook-

ton Highway. We dined inside as there was a welcoming fire which made for a very cosy atmosphere, the large wooden rafters and the panelling had the feel of

a country home. There is plenty of seating inside and out.

Avocados offer a \$16 seniors' lunch from which we chose chicken schnitzel and the vegetarian beetroot risotto. The chicken schnitzel was tender with a crunchy herbed coating which was delicious. A mixed salad, crispy chips and a mini pot of pepper gravy complimented this lunch perfectly.

The beetroot risotto with sweet potato, spinach, pine nuts and beetroot vinegar was extremely palatable. The beetroot vinegar was a delightful surprise not being very acidic but

almost caramelised (it may have been) and very moorish. Sometimes risotto is not quite right but this was perfection, the cubes of sweet potato and beetroot married well with the pine nuts and spinach...scrumptious.

Avocados definitely requires a second visit or more to sample other options on the menu (we eyed off fellow diners' orders).

The 241 bus stops opposite Avocados.

4 Forks
Avocados Restaurant
2 Mount St, Kelmscott.
www.avocadosperth.com
9496 3838

Knife and fork talk ratings

Five forks – excellent food and service

Four forks – overall good food and service

Three forks – reasonably good food and service but could make some improvements

Two forks – food and service needs improvement

One fork – would not recommend



The Garreffas clock up 40 years' service



Vince and Anne Garreffa at their annual brunch for Lifeline

CONGRATULATIONS to Vince and Anne Garreffa and the team from Mondos Butchers for marking 40 years of service to the WA community.

Vince and Anne started Mondos Butchers at a store in Midland and eventually relocated to Inglewood. Supply-

ing quality local meat has always been their motto and now they offer a range of prepared meals, pies, salads, organic fruit and vegetables and lots of gourmet items.

They also have a wholesale division which supplies restaurants, hold cooking

classes and offer a catering service.

The Garreffas are stalwarts of the community providing many items for charity culminating with their annual brunch in their backyard which has raised more than \$3 million dollars over the years for Lifeline.

To celebrate their 40th anniversary Vince and Anne are pleased to offer seniors card and pensioners a 10 per cent discount off products every Wednesday in the shop.

Mondos Butchers is located at 824 Beaufort Street, Inglewood. It is open Tuesday to Friday 8am – 6pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au



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www.stpatricksmtlawley.com
Father Stephen Conway 0478 514 516



Bravo to WA - celebrating the beautiful new apple variety unique to WA...

by Noelene Swain

IT'S a rare and exciting opportunity to celebrate the addition of a brand new apple variety. It's especially exciting when it's been bred right here in Western Australia.

Bravo apples have launched their commercial debut and are ready to capture attention as a world first. With a distinct sweetness, moderate to high crisp crunch, and a striking deep burgundy colour the Bravo is truly unique and well worth cheering about.

Bravo is a new generation, luxury apple offering a distinctive fresh fruit eating experience and delicious cook-

ing possibilities. Bravo apples are like no other apple currently available from Australia.

Available commercially for the first time in 2016, only fruit that meets the exacting quality specifications earn the right to be sold under the premium Bravo apple brand.

Bravo apples are the result of more than two decades of research and development by the Department of Agriculture and Food as part of the Australian National Apple Breeding Program.

The tree is the result of a traditional hybridisation cross between Royal Gala and the internationally acclaimed Western Australian-bred Cripps Red apple, more commonly known as

Sundowner. It became apparent over time, that the program had something like no other apple and they selected ANABP 01 from which Bravo's apples were born.

Local growers are hopeful this uniquely coloured apple will set a new course in apple retailing around the world as the Pink Lady did in the 1970s.

The apple's outstanding deep colour and golden lenticels provide a distinctive sparkling appearance to a Bravo apple which is generally medium to large in size.

The apple is fresh tasting with an excellent balanced flavour at peak maturity, is juicy and crisp and has an

attractive contrasting creamy parchment white flesh which contrasts beautifully to the skin. When cut, the flesh doesn't brown quickly.

The apple flesh has a firm and dense, crisp texture loaded with juice, holding its shape well when cooked. It has a very pleasant, well balanced sugar to acid flavour with hints of woody, Christmas spice and red wine flavours.

Response from the public shows people adore the flavour and texture of the Bravo. The dense flesh has been found to be enjoyed and easier to chew for young and older apple lovers and the flavour is balanced and aromatic.

Like no other, Bravo™ apples have many benefits including: striking burgundy coloured skin, like no other apple grown in Australia. Distinctive sweetness with good sugar and acid balance; moderate to high crisp and crunch. Excellent eating apple for all ages. An exciting and attractive additive to salads and many other food dishes.

Medium-sized apple with good storing quality and grown, graded and packed in Australia to exacting standards. Available in specialty green grocers and supermarkets until October.

Recipes are provided by Fresh Finesse - www.freshf.com.au

The Bayswater Hotel welcomes Have a Go News readers

LOCATED in the heart of Bayswater and only steps from the Bayswater Train Station the Bayswater Hotel is the perfect place to park and ride to connect people with all of Perth's major attractions.

The hotel is one of the few suburban hotels to still offer quality overnight accommodation with well appointed guest rooms which offer comfortable bedding, full air-conditioning, flat-screen TV, refrigerator, and tea/coffee making facilities.

All rooms include a private ensuite with a shower, hairdryer, and complimentary toiletries.

Make a breakfast date at the new café which is the perfect place to stop in for a hot coffee, available for dine in or take-away or a delicious breakfast from 7am to 11am.

The ever-popular bistro offers breakfast, lunch, and dinner with both a-la-carte menu and an extensive buffet with a salad bar on offer for lunch and dinner.

The Lounge Bar is great for relaxing with a beer or wine and their 1898 Sports Bar has seven plasma-screen TVs for sports viewing needs. There is also an alfresco courtyard, where younger guests can enjoy the on-site playground.

They have rooms for hire for larger functions, in three separate areas of the hotel.

Renowned for their Monday to Friday

seniors buffet lunches, the Bayswater also offer a range of special meal nights.

Have a Go News staff have enjoyed joining many of our clubs and groups which utilise the fabulous seniors buffet lunch during the week. For \$19.95 from Monday to Friday, people can enjoy eight to nine hot dishes, a variety of salads, meats, cheeses, two soups, sweets and complimentary tea and coffee.

From Monday to Thursday enjoy wood fired pizzas for \$10 from 5pm till late and on Friday to Sunday from 12pm. Don't miss the delicious seafood buffet every Tuesday night from 6pm which includes prawns, oysters, crabs, fish, chilli mussels and squid.

Reservations required and it's all you can eat for \$33.95.

The Bayswater Hotel is located at 78-80 Railway Parade, Bayswater, call 9271 7111 for reservations.

WIN WIN WIN

Thanks to our friends at the Bayswater Hotel we have some lunch and dinner packages to give away. We have two buffet lunches for two people each to give away as well as two seafood buffet dinners for two people. To be in the draw simply email win@haveagonews.com.au with Bayswater in the subject line or write to Bayswater Hotel Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 5/7/19.

Upside down pear pudding

Preparation: 30 mins;
cooking: 60 mins; serves: 8



- 3 Beurre Bosc pears, peeled, halved and cored
- 1 cup caster sugar
- 3 cups water
- 3 tablespoons soft brown sugar
- 175g soft unsalted butter
- ¾ cup caster sugar
- 4 eggs
- 1 cup sifted self-raising flour
- 1 teaspoon sifted baking powder
- 3 teaspoons cinnamon
- 100g ground almonds

HEAT the oven to 180°C. Line a 23cm cake tin with non-stick baking paper.

Put caster sugar and water into a saucepan and gently cook until the sugar dissolves. Add the pear halves to the pan. Gently cook the pears for 10 minutes or until tender. Remove from the syrup using a slotted spoon and cool. Throw away the syrup.

Sprinkle the cake tin with the brown sugar and arrange the pears cut side down over the sugar. In a large bowl cream the butter and caster sugar until pale and fluffy. Add the eggs one at a time, along with 1 tablespoon of flour, beating well between each addition. Fold through the remaining flour, baking powder, cinnamon and almonds. Spoon over the pears and smooth the surface. Bake in the oven for 50 – 55 minutes or until skewer inserted into the pudding comes out clean. Remove from the oven and carefully turn out onto a serving plate. Cut into slices and serve with vanilla custard or yogurt.

Bravo apple orchard cake



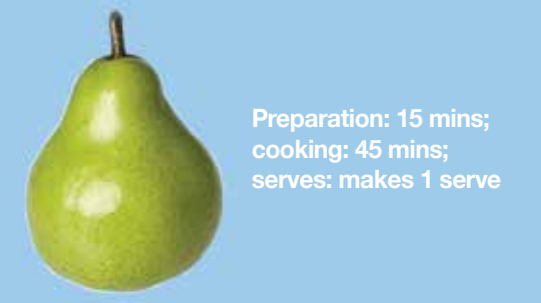
Preparation: 15 mins;
cooking: 60 mins; serves: 8

- Recipe courtesy of Sophie Zalokar for Bravo apples*
- 300g plain flour
 - 100g wholemeal flour or spelt
 - ¾ tsp bicarbonate of soda
 - ¾ tsp salt
 - ½ tsp each of ground cinnamon; ginger; cardamom; and allspice
 - 1 Bravo apple, peeled and diced
 - 150g unsalted butter, softened
 - 250g caster sugar
 - 3 large eggs
 - 2 Bravo apples, unpeeled, grated
 - 2 tbsp tahini
- Icing:**
- 2 cups icing sugar
 - 2 tbsp melted butter
 - 3 tbsp apple brandy or apple schnapps
- Dried crosscut Bravo apple slices, for garnish**

PREHEAT oven to 180°C. Line two loaf tins with baking paper. Combine flours, carb soda, salt and spices in a bowl. Beat butter and sugar together until creamy and light. Add the eggs one by one until incorporated. Continue to fold in the flour mixture, grated Bravo and tahini until well combined. Fold through the diced apple with a large spoon. Transfer to two loaf tins. Bake 40 mins then reduce temperature to 150°C for a further 10 minutes until a skewer comes away clean. Place cakes on a wire rack to cool.

Icing: Sift icing sugar into a bowl. Stir through melted butter and apple brandy. Ice each loaf cake. Garnish with dried finely sliced Bravo apple slices.

Delicious pear pot pie for one



Preparation: 15 mins;
cooking: 45 mins;
serves: makes 1 serve

- ¼ sheet shortcrust pastry
 - 1 Packham pears, cored and sliced
 - 1 tblspn sugar
 - 2 tspn flour
 - ⅛ tspn cinnamon
 - 1 tspn butter
 - ⅛ tspn lemon juice
- Milk to glaze pastry**

PLACE sliced pears in an individual ramekin with sugar, flour and cinnamon. Toss to coat evenly. Dot with butter. Sprinkle with lemon juice. Cover with pastry sheet. Seal edges and cut a slit in top of pastry. Glaze with milk. Bake at 220°C for about 30 minutes or until pastry is golden. Serve with custard, cream or yogurt.

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GREAT HOME and GARDENING



Rug up for winter - Colin's top tips for caring for the winter garden...



RHS Chelsea Flower Show highlights, L-R; Garden by Birmingham City Council - Green Switch designed by Kazuyuki Ishihara - Mark Gregory's The Welcome to Yorkshire Garden

by Colin Barlow

WELL winter is here and the nights may be chilly, but we need some good downpours of rain after our warm dry autumn. So here are a few timely jobs to do now to keep your plants and garden healthy in the cold winter months ahead.

Lawns

- Continue to mow your lawn at least every three to four weeks.
- Rake up any fallen tree leaves that may cover the grass as it can result in diseased or dead patches of grass.
- Vigorously rake worn or dead patches of grass to remove dead material or thatch.

- Aerate compacted areas with a garden fork or hollow tine aerator.
- Use a pre-emergent herbicide to spray and control winter grass such as 'Winter Grass Killer'. Always thoroughly wash it in to create an effective barrier.
- Spray away the winter weeds in your lawn with a selective herbicide for your specific type of grass. Weeds will grow actively while the lawn is slowing down during the winter months and can smother your lawn resulting in dead patches.

Vegetable Patch

- If you grow brassicas including cabbage, cauliflower, Brussels sprouts, broccoli, kale or Asian greens this time of year is

perfect for growing these tasty veges. The downside is that they are very tempting to caterpillars, including the cabbage white butterfly, cabbage moth and looper. These nasty caterpillars are very good at hiding and camouflage so you need to effectively control them. Safe and organic products such as Success Ultra, Dipel or Beat A Bug Naturally Based Insect Spray are best to use.

- If you want muscles like Popeye, try growing some healthy spinach during winter. It is full of antioxidants and vitamins, protein and fibre.
- Quick growing lettuce are perfect for winter salads and can easily be grown in pots if you don't have a veggie garden. Varieties that I recommend include Cos, Baby Butterhead, Green Mignonette, Frizmo, Revolution, Oakleaf, Salad Bowl and Iceberg.
- Cooler wet weather during winter usually means the snails and slugs will be sliding around the garden

munching on your veges. Effective controls include beer traps, copper sprays, coffee grounds; Iron chelates based pellets and ducks, if you can borrow one from a friend.

- For a healthy treat, sow broad beans and both snow and sugar snap peas in June. Choose a well-drained soil in a sunny spot with some form of support such as a tripod of stakes or a trellis.

Fruit

- Over the last couple of years scale on fig trees has become more prevalent and now in winter it is an ideal time to take back control. Spray fig or any other deciduous fruit trees with a safe botanical oil such as Eco Oil to kill scale and mealy bugs. After 10-14 days repeat the spray to break the breeding cycle by killing the crawler stage.
- If peach leaf curl was a problem on your peaches, plums or nectarines last year preventative Lime Sulfur sprays should

be applied now while the trees are dormant and before budswell. Later sprays of Copper oxychloride can be used at budswell and around a week later.

- Most Citrus will have various stages of ripening fruit at the moment depending on the variety, but it is also the time to prune them. Cut the branches 10 to 30cm above ripening fruit to keep them compact and to encourage new flowering and fruiting growth for next year's crop.

Garden

- Pull up weeds or grass growing in your garden beds and add some soil improver like compost or manure to improve the soil. Try mixing in a couple of kilograms of clay per square metre with the compost to really make a difference to sandy soils.
- Scatter some wildflower everlasting seeds in any bare patches of the garden.
- Wait until mid July before you prune your roses in

Perth. Professionals prune their roses from mid July to mid August.

Flower Garden

- My jonquils, Dutch Iris, anemones and tulips have commenced growth and will be bursting into bloom in late winter and spring. To strengthen the bulbs reserves for enhanced flowering next year apply a soluble high potash liquid feed with an added seaweed based soil conditioner and plant tonic. Start now and apply every two weeks until they die down after flowering.
- Fill some pots, containers or any spare spots in your garden with some bright and colourful winter flowers. Easy to grow and care for at this time of year are poppies, pansies, Violas, alyssum, Lobelia, Dianthus, Cineraria, English daisies, Primulas, Calceola and Forget-me-nots.

Indoor Plants

- During winter most indoor plants will survive quite happily being watered once every two weeks.

- During late autumn and winter many indoor plants can often suffer dry leaf tips and red spider mite attack. This is commonly caused by warm dry air from the use of heaters, reverse cycle air-conditioning or gas fires. Mist plants regularly or sit them on a gravel tray with the water level just below the top of the gravel to increase humidity. For mites use Eco Oil, Eco Neem or Richgro Bug Killa to control infestations and repeat 10-14 days later.
- Due to the decreased light levels during winter, most indoor plants can be moved a little closer to the windows of the house.

All the fun of the garden fair

The Northern Orchid and Garden Fair will be held at John Septimus Roe Community School, Mirrabooka Avenue, Mirrabooka, 76 Evandale Road, Darch from the 6 to the 7 July. The fair is open from 9am until 4pm on Saturday and from 9am until 3pm on Sunday.

There will be wonderful displays throughout the weekend of orchids, African violets, bromeliads, gerberas, camellias, tulips, wildflowers, cacti and succulents.

Entry is \$5 or \$3 for seniors and includes a cup of tea. Don't forget to check out the plant sales, talks and demonstrations while you are there. Contact Tony 0481 967 471 or Bruce on 0417 903 280 for further details.



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

Steve Collins loves trains and this month shares his travelling tale of South Africa's Rovos Rail train. See page 27 for details.



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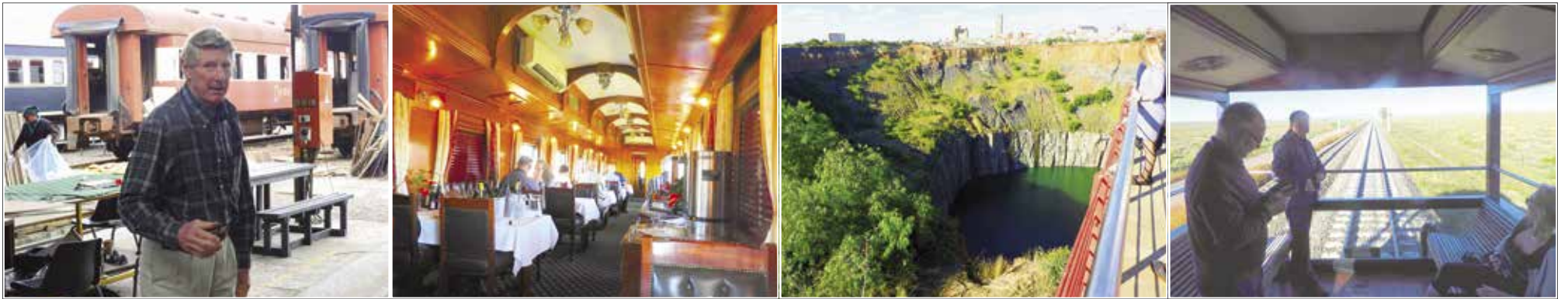
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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Western Australian connection in rail journey through scenic centre of South Africa



Left to right; Rohan Vos - Rovos Rail's luxurious dining car - looking into Big Hole - the observation carriage, an ideal vantage point for capturing wildlife

by Steve Collins

I LOVE people who can have a dream, then turn that dream into reality.

South African Rohan Vos is one such man. This owner of a successful auto spare parts business took his first train trip and was hooked. More than thirty years later, auto spare parts are a distant memory as Rohan now runs a successful private train enterprise that is based in Pretoria, South Africa.

When I was given the opportunity by Great Train Journeys by Rail Europe (www.greattrainjourneys.com.au) to ride Rovos Rail from Cape Town to Pretoria, I did not hesitate. As a train nerd I have ridden on trains throughout the world, and I knew that travelling on Rovos Rail would be very special. Even so, I could not anticipate what a brilliant experience I was about to enjoy.

The journey begins in a luxury lounge in a heritage building situated just a few metres from Cape Town Railway Station. Champagne and canapes are served by liveried waiters

as Rohan Vos himself bids us adieu.

He makes a point of personally farewelling every journey.

Rohan is an entertaining speaker, but he does have a serious message. Mobile phones and devices are not to be used for browsing in the dining and lounge carriages. Those public areas are for conversing with fellow passengers and drinking as much as each individual feels fit. Phones can be used to take photos, otherwise put them away while in public.

He is an imposing figure, it's his railway, so he makes the rules. Those laws were not broken, as far as I could determine.

Cape Town is a scenically dramatic city that is guarded by the Table Mountain sentinel which overlooks the wild South Atlantic Ocean. As the train snakes through the valley behind Table Mountain, that monolith is an imposing sight.

The train churns through a valley past the town of Paarl and into wine country. We soon pass the Hex Mountains, which are the highest in

Western Cape. They provided a ruggedly scenic backdrop as I relaxed into the journey.

Life aboard the train is pure luxury. There is a maximum of three staterooms to each carriage, each of which has its own private, spacious bathroom. Mine had a double bed, two comfortable lounge chairs, and plenty of hanging space for clothes.

The sleeping carriages have all been completely renovated to an exacting standard. They are based on the American Pullman carriages, which were synonymous with luxury trains, and are a joy to travel in.

I was often content to just sit there and watch the country pass by. At other times I would seek the company of others in the lounge cars. My favourite was the very last carriage, the observation carriage, because the rear was open to the elements, ideal for taking

photos of the scenery and wildlife.

Passengers hailed from all over the world and many were rail enthusiasts, like myself, who love the easy pace of travelling by train. The Rovos Rail experience harks back to the glory days of rail travel, reminiscent of the first half of the 20th century before aviation became a common form of transport.

Rohan Vos was correct; interesting conversation mixed with stunning scenery, plus the odd tipple, made for a wonderful journey.

On Rovos Rail, passengers dress for dinner. Men are expected to wear jackets and ties. In my normal life I find wearing things a bit too formal, but this train evokes the style of the Victorian era and it was entirely appropriate to dress for dinner.

The meals served on board are simply amazing. The accent with all meals is on fresh local in-

gredients; with traditional dishes such as game being a specialty on the train, complemented by fine South African wines. The sound of a gong heralds lunch and dinner. You make your way to the dining car with an almost crab-like walk in order to cope with the sway of the train.

As I was travelling as a single, and tables were for four, I imposed my meagre company on different passengers for each meal. It was a great way to make acquaintances, to learn about my travelling companions and to indulge in some brilliant conversations over excellent food and some superb wines.

As we climbed up the escarpment towards Touws River we entered a series of sweeping curves

which offered lovely views of the landscape. Just after sunset we stopped at the small town of Matjiesfontein, for the strangest excursion on the whole trip.

This is a small, but architecturally impressive, town in the Karoo. It was built by a Scotsman called Jimmy Logan and comprises just a few ornate buildings including a hotel called the Lord Milner.

As this was a refuelling stop, passengers were ushered off the train and crammed into a double decker bus which travelled about 90 metres to drop us all off for a tour of the hotel and a wander around the small town. The tour guide was a bit too exuberant for my taste, he was more like a frustrated thespian than genuine tour guide

and his jokes were rather weak. The walk across the road to the station following the official tour was much shorter, and more interesting, than the initial bus ride.

After the thrill of visiting Matjiesfontein I enjoyed a wonderful meal then had a beautiful sleep. Because it is mostly a single line track we often pulled into sidings to wait for other trains to pass, and sometimes this wait would last quite a while which made it very peaceful for sleeping.

Next morning we continued travelling north through the Karoo. This is a great plain at an elevation of 1100m above sea level, and is part of the great spine of Africa, which stretches all the way up to Ethiopia.

continued on page 28

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let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

Western Australian connection in rail journey through scenic centre of South Africa



Left to right; Waterbirds landing on lake - Cape Town waiting room - lounge car - Rovos Rail state room

continued from page 27

The landscape of the Karoo reminded me of the country between Southern Cross and Kalgoorlie when travelling on The Prospector. It is flat and covered in low shrubs with very little wildlife to be seen. It was truly mesmerising.

Our next stop was the Diamond City of Kimberley. This was a truly impressive place, and the discovery of diamonds led to the founding of De Beers, the world's oldest monopoly.

We visited the Big Hole and Kimberley Mine Museum, which was indeed inspiring.

The Big Hole used to be a big hill, but when seams of diamonds

were discovered it soon became a 215m-deep hole as 22.5 million tonnes of earth were excavated.

You walk out onto a giant gantry gangplank to gaze down into the deep, and it was impressive. Especially when you consider that this pit was mostly dug by picks and shovels. As I gazed down into that massive chasm I admired the industry of humans.

Part of the mine museum replicates the tunnels and shafts that would have been dug during the mine's heyday. Inside the Exhibition Centre are photographs, archive material and original artefacts that illustrate the story of dia-

monds from the past to the present.

There is a real diamond display inside a vault which shows the surprisingly large variety of diamonds, not all of which are found in South Africa, and some very beautiful cut diamonds.

Back to the train for a cocktail then to dress for dinner. This was to be our last night on this glamorous hotel on rails, so a bit of a party was planned. After dinner most of us sashayed down the rolling carriages to make our way to the observation carriage where cocktails were already waiting for us.

Passengers are encouraged to enjoy

themselves, and I had some fascinating conversations with people from all over the world. These included married medical specialists from Pittsburgh whose shared interest was riding trains all over the world; a Finnish lady who ran a specialist rail travel agency out of the UK Midlands; and a group of Chinese who raved about their visit to Western Australia.

The next morning, on our way to our final destination, Pretoria, we could see Johannesburg in the distance. Johannesburg became enriched due to gold, which was discovered by an Australian prospector,

George Harrison.

Reaching Pretoria we had to reverse into the Rovos Rail station, which was exciting for me as I, and the other true rail fans onboard, were able to stand at the rear of the observation carriage to watch as we were shunted in.

On reaching the platform we were greeted by Rohan Vos, his family, and a large number of his staff. This is a private station that is comprised of a luxurious waiting room, museum, carriage and locomotive sheds, workshops, laundry, kitchen and a large railway yard.

I was privileged to be taken on a private tour by Rohan, and it

is a magnificent operation. At the time of my visit Rohan was using South African Railways locomotives to haul his trains, and he told me that his great wish was to own locomotives that were powerful enough to pull his own trains.

Western Australia has come to his rescue. We have the same rail gauge as South Africa, and Rohan has been able to purchase six powerful diesel electric locomotives here, which he shipped over to be overhauled, painted in the Rovos Rail livery then put to work.

My Rovos Rail journey from Cape Town to Pretoria was fabulous. It is a brilliantly run private railway for which standards

are extremely high.

One man's vision morphed into magnificent reality.

This trip was but one of the many itineraries offered by Rovos Rail, other journeys venture into Namibia, Mozambique, Zimbabwe and elsewhere in southern Africa. Rovos Rail Journeys can be booked via Great Train Journeys by Rail Europe. Go to their website www.greattrainjourneys.com.au where your quest for adventure will definitely be whetted.

Steve Collins was a guest of South African Tourism (www.southafrica.net) and www.greattrainjourneys.com.au

Friendship Force members' busy year of exchange travel



Friendship Force of Perth in Mexico

MEMBERS of the Friendship Force of Perth have just returned

from visiting three clubs in Florida USA, Costa Rica and Mexico, expe-

riencing home hospitality by their host clubs and visiting places not

usually readily available to normal tourists.

Highlights of their overseas trip were visiting a cottage industry of weaving in Mexico, attending an elementary school and being entertained by students singing and dancing in traditional costumes, taking part in a marimba festival, hiking in the Talamancas Mountains and getting up a little too close to the Irazu volcano in Costa Rica.

To add to their adventures, they also visited a guide dog training facility, became friends with manatees and visited the quirky Museum of Art and Whimsy in Sarasota, Florida.

They attended civic receptions and did a "coffee tour" in Costa Rica.

The Friendship Force of Perth has another interesting year planned as members hosted a group from the Friendship Force club of Western Tokyo that arrived last month. The club organised an interesting program for the group's seven-night stay.

Anyone interested in being a part of this international organisation which promotes peace and understanding throughout the world through a program of home hosting is always welcome to join.

For more information, visit the Perth Friendship Force website www.friendshipforceperth.net or contact the membership officer on 9255 1773.

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Included are images of Anderson's lounge, the Theatre Royale, Peninsular Restaurant and Medina room as well as the different types of cabins, deck features and behind the scenes areas. It's a must have keepsake for those who have voyaged on board.

Oriana is available through Dymocks for \$49.99.

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We have a copy of Oriana to give away to a lucky reader. To be in the draw simply email win@haveagone.com.au with Oriana in the subject line or write to Oriana Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 5/7/19.



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Fly PER to ADEL • Transfer to Mannum for river cruise • Includes meals, drinks and off train experiences • 4 x nts Murray Princess Cruise, outside cabin includes all meals • coach transfer back to ADEL • ADEL hotel for 2 x nts ADEL to Darwin on the Ghan in a Gold cabin, inc all meals and drinks • Darwin hotel accom for 2 x nts • Return flight back to PER.

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EXPERIENCE WA'S WONDERFUL WILDFLOWERS!



5 DAYS | NANNUP FLOWER AND GARDEN FESTIVAL

15 to 19 August 2019 | Price: \$1330 PPTW | Single option: \$205

Join us for a holiday to the beautiful South West to delight in the colours and live entertainment of the 2019 Nannup Flower and Garden Festival.

HIGHLIGHTS: Fairbridge Village - Nannup Flower and Garden Festival - Garden Festival Village - Holberry House and Gardens - Anniebrook Wine and Flower Emporium - Yallingup Shearing Shed - Olio Bello - The Berry Farm - Margaret River Wine Region - Dinner on Geographe Bay

INCLUSIONS: 4 nights accommodation - 9 meals - tours and attractions - pre and post tour transfers (ex Perth).



5 DAYS | GERALDTON AND MIDLANDS WILDFLOWERS

17 to 21 August 2019 & 13 to 17 September 2019
Price: \$1530 PPTW | Single option: \$280

Join us on a 5-day tour of Geraldton and the Mid West to view carpets of vibrant everlastings and many other beautiful species of wildflowers this winter.

HIGHLIGHTS: Specialist wildflower guide - Coalseam Conservation Park Chapman Valley - Coomberdale Wildflower Farm - Northampton - St Francis Xavier Cathedral - HMAS Sydney II Memorial - Museum of Geraldton

INCLUSIONS: 4 nights accommodation - 11 meals - tours and attractions - pre and post tour transfers (ex Perth)



5 DAYS | KALBARRI WILDFLOWERS

26 to 30 August 2019 | Price: \$1645 PPTW | Single option: \$310

Kalbarri is rich in natural beauty. Admire towering sandstone cliffs bordering the coastal reef fringes, cruise the pristine Murchison River, step out into the rugged outdoors, view ancient landscapes and relax in comfort at the Kalbarri Edge Resort.

HIGHLIGHTS: Murchison Gorge Cruise - The Pink Lake of Hutt Lagoon - Historic Lynton Station - Principality of Hutt River - Murchison House Station Tour Specialist Wildflower Guide - Indian Ocean Drive

INCLUSIONS: 4 nights accommodation - 10 meals - tours and attractions - pre and post tour transfers (ex Perth).



7 DAYS | WEST COAST WILDFLOWER EXPLORER

5 to 11 September 2019 & 19 to 25 September 2019
Price: \$2515 PPTW | Single option: \$530

Spend seven glorious days touring Kalbarri, the Murchison River Gorges and the Shark Bay World Heritage Area during the spectacular wildflower season.

HIGHLIGHTS: Wildflower guide in Kalbarri and Geraldton - Shark Bay World Heritage Area - Francois Peron Peninsula - Monkey Mia dolphins - Mullewa and Coalseam Reserve - Hamelin Pool Stromatolites - Murchison River Gorges - Greenough

INCLUSIONS: 6 nights accommodation - 17 meals - tours and attractions - pre and post tour transfers (ex Perth).



6 DAYS | WILDFLOWERS ON THE SOUTHERN COAST

12 - 17 September 2019 | Price: \$1755 PPTW | Single option: \$305

WA's stunning south coast beckons this wildflower season! Join us to experience the magnificent wildflowers of the region this spring.

HIGHLIGHTS: Wave Rock Wildflower Shoppe - Cape Le Grand National Park Esperance Bird Park - Ravensthorpe Wildflower Show - Stirling Range National Park

INCLUSIONS: 5 nights accommodation - 12 meals - tours and attractions - pre and post tour transfers (ex Perth).



5 DAYS | MARGARET RIVER WINE, WILDFLOWERS AND CHOCOLATE

30 September to 4 October 2019 | Price: \$1295 PPTW | Single option: \$195

Stunning sights and gourmet delights await on our 5-day tour of the Margaret River Wine Region. Visit charming townships, sample delicious local produce and enjoy the beautiful range of wildflowers on display at the 94th Annual Wildflower Exhibition in Busselton.

HIGHLIGHTS: Margaret River Wine Region - Olio Bello - The Berry Farm - Margaret River Chocolate Factory - Uniting Church Wildflower Exhibition - Dunsborough - Anniebrook Wine and Flower Emporium - Cape Naturaliste Lighthouse - Farewell lunch

INCLUSIONS: 4 nights accommodation - 9 meals - tours and attractions - pre and post tour transfers (ex Perth).

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ADVERTISING FEATURE

travel options for the mature west australian

Maritime historian marks the 50th anniversary of QE2



Left to right; Legendary ocean liner QE2 - Chris Frame

by Chris Frame

MAY 2019 marked the 50th anniversary of the maiden voyage of legendary ocean liner QE2. The word famous ship, which was named by the Queen in 1967, entered service in 1969 at a time when

the jet aircraft looked set to fully take over international travel.

Yet her unique design and ability to go cruising led QE2 to become the most successful ocean liner of all time. In a career that spanned almost 40 years, QE2 sailed over 2.5

million miles, carried 5.8 million passengers and became a regular visitor to ports all over the world.

When QE2 entered service in 1969 many critics thought she would be a failure in the age of the jet. Why, they argued, would owner Cunard Line, build

an ocean liner when jet aeroplanes had already dominated global travel?

But in QE2, Cunard had built a flexible floating resort. This allowed the ship to operate on the Transatlantic during the summer months, and escape the winter by cruising in the Southern Hemisphere.

QE2's design was genius. The designers reimagined what a passenger ship could be. QE2 had four pools, air-conditioning, on deck entertainment and outdoor eateries. She was modern, exciting and luxurious. The ship was an instant hit with a new, young group of travellers.

The last ocean liner built at the famed John Brown shipyard in Clydebank, QE2 was quickly dubbed 'the last of the great ocean liners' and by the 1970s she was the only passenger ship left operating regularly on the North Atlantic.

QE2 maintained a nostalgic link to the past by operating Transatlantic crossings throughout her career, which the travelling public enjoyed. She went on to commence world cruising which allowed her to become a global icon - a floating ambassador for Britain and regular visitor to Australia.

The ship became synonymous with luxury, quality cruising. She was known in ports as far afield as Sydney, Hong Kong and Cape Town, and always drew a crowd.

In 1982 the QE2 was requisitioned for use as a troop carrier during the Falklands War. Carrying 3,000 troops she sailed to the South Atlantic. She later returned to Southampton with survivors of the HMS Ardent, HMS Coventry and HMS Antelope.

When QE2 arrived back in Britain after her service in the Falklands War, she

was met in Southampton by Queen Elizabeth, the Queen Mother aboard the Royal Yacht Britannia. Following her service in the Falklands War, QE2 was relaunched, and became more popular than ever.

The ship went on to serve as Cunard's flagship until 2004 when she was succeeded by the new Queen Mary 2. However QE2 continued in Cunard service for another four years, operating as a cruise ship and still undertaking regular Transatlantic crossings between Southampton and New York.

In later life QE2's popularity soared, as she represented a true link to a bygone era. The ship's elegant external design made her stand out in ports all over the world, while her reputation for quality was unmatched, making her hugely popular.

When QE2 visited Sydney during her 2007 world cruise, the ship's presence brought the city to a standstill. Queen Mary 2 was already in Sydney generating lots of interest. However when QE2 arrived, the city became swamped with spectators all trying to get a glimpse of QE2 as she sailed past Queen Mary 2 and the Sydney Opera House. It caused much excitement and brought the city's transport system to a near halt.

In 2008 QE2 retired from Cunard service. Sold to Dubai she arrived in the UAE in November of that year. Following a lengthy period in layup, QE2 opened as a floating hotel in Dubai, in March 2018.

QE2 remains a global icon and it is wonderful to see people enjoying the ship in her new role in Dubai.

Learn more about QE2 at www.chriscunard.com

Find out about the wonders of ocean cruising at an information evening

TRAVEL Associates Currumbine is a boutique travel agency with an uncompromising focus on customer service. Drawing on a wealth of industry experience and years of first-hand destination knowledge, their advisers specialise in creating unique and experiential holidays with a difference.

From river and ocean cruising, to escorted tours and luxury retreats;

they can help people discover the hidden gems of your next destination without stress.

What's more, the team's passion and dedication doesn't end with a ticket, they are available every step of the way and that's what really sets them apart. Travel Associates client Giorgia Kuhn can attest to this, "Not sure what I would have done without

Skye when I booked my trip to Italy.

"She took care of every single detail, making what is meant to be a long and exhausting flight quite a pleasant experience!

"I was travelling alone with my two-year-old and she booked me seats close to the toilets, stops with the shortest wait and very yummy kids meals.

"The process was quick and was all explained clearly. I would definitely ask Skye to help me with my next trip (hopefully soon) and have recommended her to all of my friends and family."

Join Travel Associates for a free Wonders of Ocean Cruising Information Evening on 18 June, with special guests Princess Cruises. Learn more

about Princess Cruises and the exciting Australia, New Zealand and South Pacific itineraries they have on offer.

Come along to enjoy delicious nibbles, refreshments and an evening of great travel-inspired conversation. Exclusive offers available on the day plus a lucky door prize to be won.

RSVP instore or call Skye on 1800 605 044.

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- Dining is casual deluxe (think show kitchen with live buffet stations)
- Spacious spa/wellness areas
- Onboard languages are German and English with all publications and announcements in both languages

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SEINE (NORTHERN FRANCE)

Ship A-ROSA VIVA | **Duration** 7nt

Route Paris (St. Denis) return

2019 Departure Dates

Jun 15 & 29 | July 27 | Aug 17 & 24

Cat A (Deck 1) **\$1,429pp** twin share

Cat C (Deck 2) **\$2,149pp** twin share

Cat D (Deck 3) **\$2,269pp** twin share



RHONE (SOUTHERN FRANCE)

Ship A-ROSA STELLA | **Duration** 7nt

Route Lyon return

2019 Departure Dates

Route Classique Jun 29 | Jul 13

Route Méditerranée Jul 6 | Aug 3

Cat A (Deck 1) **\$1,429pp** twin share

Cat C (Deck 2) **\$2,149pp** twin share

Cat D (Deck 3) **\$2,269pp** twin share



DANUBE

Ship A-ROSA DONNA | **Duration** 7nt

Route Engelhartszell (Passau) return

2019 Departure Dates

Jun 30 | Jul 21 | Aug 4 & 11

Cat A (Deck 1) **\$1,429pp** twin share

Cat B (Deck 3) **\$2,059pp** twin share

Cat C (Deck 2) **\$2,269pp** twin share



NORTHERN RHINE

Ship A-ROSA AQUA or SILVA | **Duration** 7nt

Route Cologne return

2019 Departure Dates

Jun 29 | Aug 3 | Sep 7

Cat A (Deck 1) **\$1,429pp** twin share

Cat C (Deck 2) **\$2,149pp** twin share

Cat D (Deck 3) **\$2,269pp** twin share

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FRANCE & GERMANY ENCHANTING CHRISTMAS LIGHTS & MARKETS

11NT ✈️ 🏠 🚢 HOLIDAY

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Holiday Includes

- Flights from Perth to Paris
- 1nt Paris hotel stay including breakfast and transfers
- 4nt Seine Enchanting Lights cruise onboard A-ROSA VIVA

Cruise Highlights St. Denis (Paris) • Rouen • Mantes la Jolie • St. Denis (Paris) overnight

• Train from Paris to Cologne

• 1nt hotel stay in Cologne with breakfast

• 4-night Rhine Enchanting Christmas markets cruise onboard A-ROSA SILVA

Cruise Highlights Cologne • Rudesheim • Mainz • Frankfurt • Koblenz • Cologne

• Transport from Cologne to Dusseldorf/Dusseldorf Airport

• 1nt Dusseldorf hotel stay including breakfast

• Flights from Dusseldorf to Perth

From **\$4,195pp** twin share



GERMANY & AUSTRIA CHRISTMAS MARKETS

11NT ✈️ 🏠 🚢 HOLIDAY

DEPARTS PERTH 20TH NOVEMBER 2019

Holiday Includes

- Flights from Perth to Prague
- 3nt hotel stay in Prague with breakfast daily with 1 day hop on/ hop off sightseeing tour
- One-way transport from Prague to Passau

• 1nt hotel stay in Passau with breakfast

• Transfer from train station to port

• 4nt Danube Christmas Markets cruise

onboard A-ROSA DONNA

Cruise Highlights Engelhartszell (Passau) •

Vienna (overnight) • Linz • Engelhartszell (Passau)

• One-way transport from Passau to Munich

• 3nt hotel stay in Munich with breakfast daily

with 1 day hop on/ hop off sightseeing tour

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MURRAY RIVER CRUISE

A stunning cruise onboard the Murray Princess

9 DAYS, 10 TO 18 OCTOBER 2019

Discover the delights and explore the maze of the Murray River from Mannum to Morgan onboard the PS Murray Princess. The PS Murray Princess is an authentic working stern paddlewheeler vessel, built to recreate the golden age of Australian paddle steamers.

\$4250*

PER PERSON TWIN SHARE
SINGLE PRICE \$5300*



TOUR HIGHLIGHTS

- ★ Visit the Giant Rocking Horse and Toy Factory in Gumeracha
- ★ Visit the Banrock Station Wine and Wetland Centre
- ★ Enjoy cellar door tastings and a tour of the gardens at Caudo Vineyard
- ★ See the historic town of Mannum
- ★ Enjoy an Aussie BBQ on the banks of the Murray River
- ★ Enjoy a Captains Farewell dinner and dance
- ★ Spend time in the quaint German village of Hahndorf

TOUR INCLUSIONS

- ✓ Home pick-up and return by Hughes
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ 1 nights' accommodation at the Stamford Plaza Adelaide
- ✓ 7 nights' onboard the Murray Princess in an outside twin cabin
- ✓ Breakfast daily, 7 lunches and 8 dinners
- ✓ All sightseeing and entry fees as per the itinerary
- ✓ Luxury coach transfers with a professional driver



SINGAPORE XMAS LIGHTS

8 DAYS, 29 NOVEMBER TO 6 DECEMBER 2019

See all the famous lights and sights of Singapore. As Christmas approaches halls, malls and the entire 2.8-kilometre stretch of Orchard Road are decked with glittering lights and stardust. Take in the street decorations from Tanglin Mall to Plaza Singapura, and stop by the many shopping centres competing to be crowned the "Best Dressed Building" for the festive season.

\$4190*

PER PERSON TWIN SHARE
SINGLE PRICE \$5250*



TOUR HIGHLIGHTS

- ★ Visit Marina Bay Sands
- ★ Taste the famous "Singapore Sling" at the Long Bar at the Raffles Hotel
- ★ Travel to Sentosa Island by a scenic Cable Car Ride
- ★ Enjoy breakfast up close with Orang-Utans
- ★ Enjoy free time in Singapore to relax or shop
- ★ Enjoy a dinner in the sky on the Singapore Flyer
- ★ Visit to Gardens by the Bay
- ★ Visit Singapore's biggest yuletide fair to see Christmas Wonderland
- ★ Enjoy High-Tea at The Fullerton Hotel

TOUR INCLUSIONS

- ✓ Home pick-up and return with Hughes
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes with Singapore Airlines
- ✓ 7 nights' accommodation at Hotel Jen Orchardgateway Singapore
- ✓ Luxury Coach travel with a professional driver and a local guide
- ✓ Breakfast daily, 1 high tea and 3 dinners
- ✓ Sightseeing and entry fees as per the itinerary



MILITARY TATTOO IN AUS

The Royal Edinburgh Military Tattoo in Sydney

4 DAYS, 17 TO 20 OCTOBER 2019

In October 2019, one of the greatest shows on earth, The Royal Edinburgh Military Tattoo Sydney returns to Sydney at ANZ Stadium, Sydney Olympic Park. Set against the amazing backdrop of a full-size replica of Edinburgh Castle its 1200 international performers bring together a thrilling mix of music, ceremony, military tradition, theatre and dance from the world's best-massed pipes and drums. It will also feature traditional Scottish favourites including pipers, fiddlers, highland dancers and precision drill teams, together with representatives from around the globe and members of the Australian Defence Force.

\$2890*

PER PERSON TWIN SHARE
SINGLE PRICE \$3590*

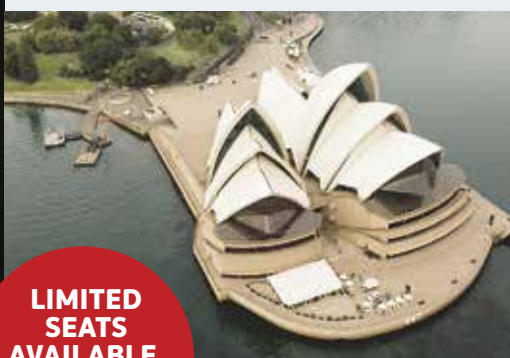


TOUR HIGHLIGHTS

- ★ Premium seating at the Edinburgh Military Tattoo
- ★ Sydney Harbour Cruise
- ★ Lunch at The Grounds of Alexandria
- ★ Farewell dinner at an iconic Sydney Restaurant

TOUR INCLUSIONS

- ✓ Home pick-up and return by Hughes
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ 3 nights' in deluxe accommodation centrally located in Sydney
- ✓ Breakfast daily, 1 lunch and 2 dinners
- ✓ Premium Ticket to the Edinburgh Military Tattoo
- ✓ All transfers included in a luxury coach
- ✓ All sightseeing and entry fees as per the itinerary



LIMITED SEATS AVAILABLE. GET IN QUICK!

NORFOLK ISLAND XMAS

Including 2 Nights in Sydney

10 DAYS, 18 TO 27 DECEMBER 2019

Imagine Christmas time spent on a scenic and historic island located in the Pacific Ocean. The local community will show you a simple laid back way of life as you learn the history and culture of Norfolk Island amongst sandy beaches, jagged cliffs and tall pine trees.

\$4890*

PER PERSON TWIN SHARE
SINGLE PRICE \$5750*

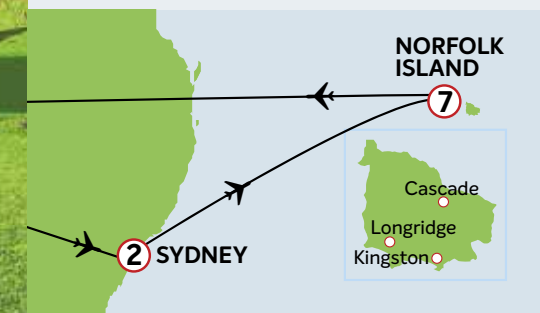


TOUR HIGHLIGHTS

- ★ Visit the home of Fletchers Mutiny Cyclorama
- ★ Enjoy a sights tour of Norfolk Island
- ★ Experience a Sound and Light Show
- ★ Visit the Sunday markets
- ★ Enjoy a tour featuring some of Norfolk Island's loveliest gardens
- ★ Indulge in a progressive dinner with locals
- ★ Discover Norfolk's unique marine life on a glass bottom boat ride
- ★ Dress-up as a convict
- ★ Take a bush walk to the Captain Cook monument for a delicious breakfast BBQ
- ★ Visit Colleen McCullough's majestic home
- ★ Indulge in a delicious Christmas Lunch
- ★ Enjoy a feast of island dishes
- ★ Enjoy dinner with the descendants of Christian Fletcher

TOUR INCLUSIONS

- ✓ Home pick-up and return by Hughes
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ 2 nights' accommodation at the Sir Stamford Circular Quay
- ✓ 7 nights' accommodation at the Paradise Hotel and Resort, Norfolk Island
- ✓ Transfers throughout with professional driver
- ✓ Breakfast daily, 1 lunch and 8 dinners
- ✓ All sightseeing and entry fees as per the itinerary



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WINTER IN THE WEST

let's gotravelling

It's time to get out and about to discover Western Australia's wonders this winter



Ocean wonders at Albany

by Numbat, our travelling scribe

HORDES of us West Aussies are set to hit the roads again. (When aren't we, though?).

Spare, for a moment, a thought on our easy access to our fascinating and varied places and

natural adventures. Compare it with overseas.

No borders, passports or currency changes. No massive queues, traffic congestion or heavy pollution. No lugging hefty suitcases. You can take a plane easily enough inside WA without the boarding delays and long

queues in so many other countries.

With all the talk about attracting many more tourists to the West, let's face it. We're never going to have it so good on our open roads and at our special spots.

The hordes are coming. That's inevitable. We

have so much to offer the most-intrepid traveller and word around the world is seriously spreading, fanned by government, tourism folks and businesses. There'll be a price to pay, of course.

The focus on the growing the economy is understood. But we have seen what it can be like in other countries for travellers. Getting anywhere can be a challenge: Time it takes, finding a seat, juggling toilet stops, finding or buying safe water and food, competing for tickets to events. And coping with their weather!

Let's not forget how lucky we are in the West. We can jump in the car and head in any direction and at any time of the year. Wet, windy, wintry days in Perth mean warm or hot, sun-shining days in our north. Relief from Perth's hot spells can be found in our south. Spring

spells world-class wildflower-sighting. Strong winds brings sailors and wave-jumpers.

We need only jump in our cars, board a plane, train or bus or join a guided-tour. For three winter months in our north-west, we mightn't see a cloud in endless, warm, blue-sky days.

On the road, we can drive for one day, two days or 10 days and see spectacular, changing countryside that citizens of so many nations can only hunger for. Traversing thousands of kilometres, sometimes with sighting hardly a soul.

We are spoilt from choice of so many remote towns and locations that even well-worn, heavily-wrinkled West Aussies haven't seen them all.

Wide-open spaces. The genuine sunburnt country. Wild flowers and wild animals.

Where else on the globe can you: Stand facing the ocean with the desert at your back? Wander or drive along endless white-sand beaches for days? Peer into spectacular gorges? Cruise down bird and crocodile-populated waterways? Tour mine sites? Get down in the red dust? Watch whales and dolphins within a stone's throw of the shore. Dive into one of the world's most-unique natural features – Ningaloo Reef – and watch world's-biggest ocean tides.

WA also offers up diamonds and gold, gas and oil, iron and lithium, salt and oysters. We have ocean and river fishing, lobsters and prawns, pearls, fruit and vegetables, abundant water and world-class wines, truffles and cheeses.

In WA, people jump

from planes, soar in hot air balloons, dive with whale sharks, hike hills, run marathons, swim oceans, jump and ride huge waves, cycle circuits, tour on motorbikes and sail seas.

Our sunsets and natural beaches are enough to draw international tourists and we can lay on our backs anywhere across thousands of open kilometres to see the best nightly shows in the universe.

Did I mention quokka selfies?

Yes, this is waxing lyrical. But we don't have to beat-up our State's natural and abundant attributes. We just have to list them. Fact is, our appeal as a tourist magnet is easy to see. Western Australia in the raw. Openly accessible and now at its best.

Tick, tick, tick...the tourist tsunami is coming.

Club 55 Travel Club offers people the joy of travelling in WA all year round

THE Club 55 Travel Club caters for individuals, couples and small groups. It has some great tours coming up and guests can enjoy a

great day out from as little as \$50 per person.

There are convenient departure locations around Perth, including Belmont, Booragoon,

Bassendean, Bentley, Innaloo, Whitfords and Perth City.

Membership to the Travel Club is free and people can register on-

line at the website or simply give Club 55 a call. Some of the great tours coming up, including Gravity Discovery Centre, Christmas in July @ Chesters, and Tulips of Araluen and many more.

Large groups such as Probus clubs, bowling clubs and retirement villages are also very well looked after and have a choice from more than

80 specially designed outings. All tours are done at an enjoyable leisurely pace. There are no strangers at Club 55, just friends people are yet to meet.

Phone 1300 653 696 or visit the web page www.club55.com.au where people can view the latest brochures and sign up for regular newsletters and special offers.



Milligan Island Camping Node is perfect for a relaxing getaway...

Nestled amongst the natural bushland is the new Milligan Island Eco Tourist Camp. Located on the Turquoise Coast, between the two small towns of Leeman and Green Head, the camping nodes hosts 35 camp sites, shade shelters, picnic settings and long drop toilets all within a short walk from the beach. Sites fees are \$15 per vehicle per night. A nature enthusiasts paradise and ideal for all types of water activities. There are numerous photography and artist opportunities including the sun setting through the window of Milligan Island. Fantastic for all types of water activities such as kayaking, diving and surfing. A short drive from Mt Lesueur National Park, Lake Inoon and the Stockyard Gully Caves. Wildflowers are usually at their best between July to December. Admire the views from the 3 Bays Walkway in Green Head or you may choose to relax and just enjoy the tranquil surrounds.



For more information contact the Leeman Administration Shire Office
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Phone 9953 1388 or
visit www.coorow.wa.gov.au



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- 15 mins to Guilderton Beach/Moore River and Gingin Township
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HAGN27-051800

A spot of fly fishing in New Zealand's picturesque South Island



NZ...like fishing in a postcard

by Mike Roennfeldt

I RECENTLY spent close to three weeks touring around New Zealand.

Most of that time we were in a motorhome cruising the South Island and, as everyone says, it was like living in a postcard.

The scenery was stupendous. Bright sunny days with snow-capped peaks dominating the landscape. Rivers and

streams were plentiful and most of them held fish, lots of them.

Just because there were fish everywhere didn't mean they were easy to catch. In the more accessible and better-known waters the fish were water-wise and often a bit difficult. Having said all that, it wasn't really a fishing trip but I did have a fly rod in the suitcase and got to use it a handful of times. The highlight was a couple of hours late one afternoon on the Twizel River, where the fish were small but willing.

It took me back 45 years to trips I used to do to the famous rivers around Lake Eildon in Vic-

toria, notably the Howqua and Big River. We would wade upstream for miles, casting small dry flies onto sparkling water that bubbled over smooth stones. Small feisty rainbows and occasional wary browns would snatch our flies from the surface and race madly through rapids and pools until played out and released.

On the Twizel, there wasn't much happening in the way of insect hatches and I fished a small nymph suspended under a bushy dry fly. It was great fun and what the fish lacked in size they made up for in energy and enthusiasm. Rainbows all, they turned a pleas-

ant upstream stroll into an amazing little action-packed fishing session.

New Zealand has become very good at making a dollar or two out of tourism and while the fishing is world class, it is a bit skewed against visiting anglers. If you're a visitor to the Shaky Isles, you can buy a day licence (around \$34) or a season licence (somewhere north of \$160).

I know a lot of people who travel to New Zealand to fish. Invariably, they stay for somewhere between ten days and two weeks. If you live in NZ you can get a nine-day licence. Visitors don't get that option, which

doesn't make much sense unless extracting a few more dollars is the ultimate aim.

That small gripe aside, NZ is an awesome place to fish. I was there around 13 years ago on a purely fishing exercise and could scarcely believe the scope of opportunity for truly big fish in one of the most scenic places on earth.

Living in WA has lots of compensations for the isolation but quality freshwater fishing isn't among them. The proximity to NZ and all those magnificent waters is as compelling a reason as any to make one want to pack up and move to the east coast.

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Accommodation includes quality furnished safari style eco tents, family eco cabins and traditional campsites for pitching the tent, parking the camper or caravan with full use of share ablutions with hot showers and barbecue facilities.

Guests enjoy top quality chef prepared meals in the outback style alfresco restaurant and bar including such delights as barramundi fillet, bush Greek salad with finger lime aioli, kangaroo loin with roasted root vegetables and rosella jus, and crocodile green curry.

Continental or cooked breakfast (the red velvet pancakes are legendary), a-la-carte or take-away dinner options and on-site or packed picnic lunches are available daily, along with a selection of snacks, supplies, ice-creams and souvenirs at the kiosk. A range of beers, wines and spirits are on offer at the bar daily from 6.30pm.

Guests love to get together with likeminded travelers and share their adventure stories of the day after exploring the ancient surrounds.

Tour options are available to be booked on-site including coach tours, adventure tours, astronomy tours and more throughout the peak season being April to October. The Retreat is open year round.

For more information visit www.karijiniecoretreat.com.au - email reservations@karijiniecoretreat.com.au or call 9425 5591.

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HONDA



Enjoying a trip to magical Jurien Bay with the COCOA gang...



The Pinnacles

by Rose Hope

THE shadows of late afternoon cast an eerie

glow over the deep blue sea and its salt white sandy beach. Dunes studded with native grasses and small olive coloured shrubs created a magical never to be forgotten scene.

Further on past the dunes a number of large two storey homes gave testament to the region's growing wealth.

I'd travelled up by TransWA coach passing natural bushland then pine plantations and on past late summer sun bronzed country and white sand dunes resembling huge pavlovas.

Back at camp I joined the COCOA (Come Out Camping Older Adults) mob.

We don't use tents when we travel around and I was doing my best eavesdropping when I overheard two of the old boys who were with us talking.

"Mate, we're sharin a room, 'ope ya don't mind if I snore. Bin told I'm worse than a buzz saw."

"Don't worry about it 'ole coot. I won't tell anyone ya snore if ya don't tell anyone I fart worse than a draft horse."

Their secrets were safe with me

The next morning we explored the village, engrossing ourselves in the huge modern visitor centre with a book exchange and lots of arts and crafts. Stumbling upon an intimate little coffee shop we paused to get our fix before wandering off to the beach.

At the bar and bottle shop we replenished our supplies and then drove around to a sea port where once again the wealth of the district was evident by the cray boats and the huge mansions on its shore.

The group was picked up by coach and driven to the Pinnacles where we walked down the track which took us to the big rock formations set in a sandy wind blown valley. After that we

were glad to hurry back to the huge display centre for refreshments.

There is an op shop in the town to die for and it stocks magnificent stylish clothes hardly worn and has a huge fitting room. As many of us could crammed in trying on stacks of the fabulous clothes.

We called in for tea and scones at the Seniors Centre where everyone was very friendly. The theme for our happy hour was 'the sand and the sea' so we dressed in bathers.

"Careful oo ya cosy up ta," I heard one of the old boys warn.

The camp run from Sunday to Friday and cost \$320 including the trip to the Pinnacles. The COCOA Club runs camps, picnics and members often form little groups and go on trips together.

For more information call Judy Hampson on 0450 735415.

Escape to warmer climes and head north this winter with Aussie Redback Tours

AS the cooler weather creeps in, most people are thinking it would be nice to escape to a warmer climate for a while. The north of Australia is a good place to start and,

this year, Aussie Redback Tours are excited to be running a Broome to Cairns - Savannah Way tour from Tuesday 23 July to Wednesday 7 August.

It takes guests up through the stunning Kimberley region of WA, across to Kununurra then Katherine. Enjoy vast gorges, rivers and thermal springs, and loca-

tions steeped in history.

From Katherine travel down through Daly Waters to Tennant Creek, then across the border to Queensland. Highlights of the tour include cruises on Geikie Gorge and the Ord River; a breakfast cruise at Nitmiluk Gorge; and a visit to the Daly Waters pub, famous for past murders, shootouts

and stampeding cattle.

In Queensland guests will visit the iconic outback towns of Mt Isa, Cloncurry, Normanton, and Karumba (experience an amazing sunset whilst enjoying a fish and chips dinner). The tour finishes in Cairns with a visit to the popular Kuranda markets.

Another trip to warm-

er climates includes their Tropical North Queensland tour, which follows on from the Broome to Cairns tour. It runs from Saturday 10 August to Wednesday 21 August, beginning in Cairns and finishing in Brisbane.

Guests visit the popular Kuranda markets, Cooktown, Port Douglas, and Townsville. While in Townsville people can take the ferry to Magnetic Island to see the largest living coral reef aquarium in the world. The tour

continues to beautiful Airlie Beach where people enjoy a cruise to nearby islands; then Mackay, Rockhampton and Bundaberg, and a visit to the Bundaberg Distillery Co.

There are many more highlights on this tropical warm trip, giving people even more reason to escape the cold winter.

To book or make further enquiries, people can contact Aussie Redback Tours on 1300 662 026 or email aussieredbacktours@yahoo.com.au.

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Entrance into Margaret River's After Hours Winery

by Frank Smith

CHARDONNAY is one of the world's most popular white grape varieties, and wines made with Chardonnay can be found on just about any wine list in the world. The legendary Burgundy wine region of France is its traditional

home.

Australian Chardonnays are a mixed bunch. Its popularity has led to over production and especially over oak-ing, while there is much good and affordable wine around. Here are my suggestions for quality Chardonnay at afford-



able prices.

Windrowie Family Reserve Chardonnay 2017. The winemaker, Anthony D'Onise, has gone to considerable trouble to produce one of the best Chardonnays. This is how he describes the wine: "It is all about fruit purity (citrus and stone fruit), elegance and restraint, with classic varietal elements highlighted and complemented by the spice of the oak. It is a very well balanced wine with a long textural finish. RRP \$35.

Angullong Fossil Hill Chardonnay 2017 is straw coloured with a slight green hue. It has aromas of citrus, spice and stone fruit, with oak adding depth and complemented the fruit. The

palate is a layered, complex cool climate wine with great structure, soft texture and depth of flavour. RRP \$26.

After Hours Chardonnay 2016 is a traditional Margaret River Chardonnay. It has great depth of flavour with aromas of citrus, dry pear and melon and a fruit driven, palate of white peach and cashew nuttiness. The balance between the fruit and integrated French oak produce a wine of rich complexity and freshness. RRP \$32.

Houghton Crofters Pemberton/Margaret River Chardonnay 2017 is pale green with citrus and stone fruit aromatics, with a touch of cashew and honeycomb, malt and brioche. The pal-

ate has flavours of white peach and lemon citrus in combination with oak characteristics of light toast and grilled nut. It presents freshness with great length of flavour. RRP \$18.99

We also tasted three of Jacob's Creek Chardonnays and a New Zealand Chardonnay from the same stable.

Jacob's Creek Classic Chardonnay 2018, although the cheapest in the range the Classic is not to be ignored. It is a bright sparkling light green with aromas of citrus, melon and stone fruit. The palate is rounded with a buttery mouthfeel, fruit flavours and toasty oak. There is acid enough to offset the creamy texture. RRP \$11.99.

Jacob's Creek Double Barrel Chardonnay 2017 is an unusual Barossa Chardonnay matured in both French oak and Scotch whisky casks. Pale straw in colour with a green tinge it displays aromas of ripe peaches and wild flowers and a palate of citrus and nectarines with nutmeg and vanilla. The mouthfeel is soft and creamy. RRP \$24.99.

Jacob's Creek Lynndale Heritage Chardonnay 2017 is bright yellow with hints of green, the aroma is flinty with lemon curd and citrus bloss-

soms. The palate showcases citrus, white peach and toasted cashews. The wine has a persistent clean slatey acid finish. RRP \$44.99.

Church Road Chardonnay 2017 is a flavourful, multidimensional Chardonnay from New Zealand's Hawkes Bay with a core aroma of ripe stone fruit and fragrant citrus, overlaid with roasted nuts, toasted brioche, and a hint of smoke. The palate is subtle, soft and creamy, with gentle acidity providing freshness and balance. RRP \$25.99.

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ADVERTISING FEATURE

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Relive the glory days of the Murray River paddle steamers in three Australian states...



PS Industry makes an impression

by Roderick Eime

AUSTRALIA'S riverboat history is a colourful one. What began as a challenge between two entrepreneurial merchants in the infant colonies, turned into a thriving industry for over half a century.

Spurred on by a prize of 4000 pounds offered in 1851 by the governor of South Australia, Sir Henry Fox Young, William Randell and Francis Cadell started the romantic and hectic era of paddle steamers along the Murray River with their own modest vessels. Within a few years, around 250 vessels were plying the river, carrying general goods, wheat, wine and other produce to market.

But the river, like any other, was fickle and prone to periods of high and low water.

Boats were often stranded for weeks on end with perishable cargo on their decks, and before a series of planned locks could be completed, the river trade was overtaken by road and rail. Many boats were abandoned where they lay, left to rot in the mud.

Even though the river trade may have almost died out, the tourist demand kept the big paddle wheelers afloat. Taking a few days for a leisurely cruise along the Murray River has been a tradition for the best part of a century - with comfort and refinement gradually increasing to its peak with the *PS Murray Princess*, the largest and grandest vessel yet.

For example, two of the busiest ports from the heady days of 19th century paddle steamers, Mannum (SA) and Echuca (Vic), keep the tradi-

tion alive with both restored and replica vessels taking part in regular re-enactments' and tourist cruises.

Here is a summary of the ways and where's you can relive the glory days of Murray River paddle steamers.

South Australia

Mannum, founded by William Randell around 1850 expressly to service his paddle boat empire, is still the home of the famous 110-year-old *PS Marion*. This delightful historic vessel still operates cruises.

For information, see www.psmarion.com or telephone 08 8563 2720.

Also based at Mannum is the impressive sternwheeler, *PS Murray Princess*, the biggest paddle wheeler ever to operate on the Murray and claimed to be the second largest in the southern hemisphere. Carrying 120 passengers at a leisurely six knots, the *PS Murray Princess* operates three, four and seven night itineraries between Mannum and Blanchetown, depending on river levels. Excursions include wine tasting, history and museums, a sheep station and Aboriginal heritage.

For information, www.murrayprincess.com.au or www.captaincook.com.au or telephone 02 9206 1100.

Murray Bridge in South Australia is another historic river port where people can take a short day cruise aboard the modern *Captain Proud* or a two-or five-night cruise aboard the 1982-built, 40-passenger

Murray Expedition (formerly *MV Proud Mary*)

See www.rivermurraycruises.com.au or www.captainproud.com.au

The Riverina port town of Renmark is known as the oldest irrigated township in Australia and was also a major player in the river trade. Today the paddlesteamer, *PS Industry* (1910) calls Renmark home.

See <https://www.facebook.com/PSIndustry.Renmark/>

At the mouth of the great river is the town of Goolwa, home port to the century-old *PS Oscar W*. Formerly work barge C24, *Oscar W* was restored as a paddle wheeler and after a colourful career on the Murray it now serves exclusively as a day-cruiser. Goolwa offers a double treat for history buffs because it is also the terminus for the 'Cockle Train', a steam locomotive operating between the wharf and Victor Harbour.

See <http://www.oscar-w.info/cruises.html> and www.steamranger.org.au

Victoria

The twin towns of Echuca Moama boast the largest fleet of paddle wheelers in the world including the oldest wooden-hulled paddleboat, the 1866-built *PS Adelaide* and the TV star, *PS Pevensey* (1910). Other vessels have included *PS Alexander Arbuthnot* (1923), *PS Emmylou* (1980 replica with a 1906 engine), *PS Hero* (1874) *PS Canberra* (1912) and *PS*

Pride of the Murray (1924).

While one or more of these vessels may be under maintenance or restoration by their volunteer staff, there is still a choice of several vessels on which to cruise. A good time to visit Echuca Moama is during one of their annual festivals like the Celtic Festival (March), Winter Blues (July) or the American Iron Heritage truck display (September).

For a full listing of events, activities and cruises, see www.echucamoama.com

Trivia: In 1984, a six-part television miniseries, *All the Rivers Run*, based on a historical novel by the Australian author, Nancy Cato, was filmed in and around Echuca. It starred veteran Australian actors John Waters, Sigrid Thornton, Charles 'Bud' Tingwell and Gus Mercurio. The starring vessel was the century-old *PS Pevensey* renamed *Philadelphia* for the series.

Mildura is one of the largest cities on the Murray River and today is a bustling rural centre with modern, sophisticated accommodation and dining. Paddle steamers *Melbourne* (1912) and *Rothbury* (1881) operate regularly from the wharf with Melbourne departing twice each day as it has done continuously for the past 40 years. The Mildura fleet also includes the modern replica *Mundoo*.

For further information on the Mildura fleet, see www.paddlesteamers.com.au

Swan Hill Pioneer Settlement is a recreated 19th century river township that includes the genuine historic river vessel, *PS Pyap* (1896) as part of its activities.

See www.pioneersettlement.com.au

New South Wales

As the Murray River forms the border between New South Wales and Victoria, it was natural that the northern state (or colony as it was before 1900) be part of the busy river trade. The town of Wentworth is the home port for the *PS Ruby* (1907) after it was presented to the community following restoration in 1996.

One of the last remaining vessels purpose-built for passengers, *Ruby* is operated by volunteers on a cruise schedule based on demand and does not have onboard overnight facilities.

See www.murrayriver.com.au/ps-ruby-wentworth-inc-1241/ for scheduled cruises.

The many surviving and restored Murray River paddle steamers are operated and lovingly maintained by squads of volunteers, reflecting the great affection held for the vessels themselves and the history they represent. Cruise aboard one of these magnificent antique vessels and share in the romance of Australia's greatest river.

For a summary of all cruising and activities along the Murray River, www.murrayriver.com.au/river-cruises/







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Let's GO MOTORING

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Handy tips for buying the ideal car for retirement



by Tony McManus
6PR's Saturday Night
Show host

THE two greatest R words many of us have lived by, often denied, procrastinated about, or simply just loathed. Responsibility and retirement. And now we are at a stage of life when we

can perhaps slightly forgo one, to fully embrace the other. When it comes to owning a car for your latter years it seems the options are too numerous and often confusing. So let's try to simplify the process. Spend time planning, to ensure maximum motoring pleasure and value. Firstly the dreaded budget. Most of us have worked hard to get to this stage. We don't want to blow our money, give it to government or lose too much over the time of car ownership. But we do fancy driving a car that is a joy each time we jump be-

hind the wheel. Budget is vital so create one, and then choose the car for your retirement within. Ask yourself what lifestyle you want? What will be ongoing costs of ownership? Can you manage without going into debt? An important consideration; debt should be avoided if at all possible. Benefits; will you buy new or 12 months old? I recommend the latter as savings can be considerable. Own a car that brings joy and suits your lifestyle but does not severely restrict your ability to splash the cash on the grandchildren when you choose. Do plenty of research, read car reviews and spend time test driving your selection. Take no crap at the dealership; talk to your financial adviser. It's your money Ralph; spend it wisely. Here are my top three cars from which to choose, considering most of the above. (I've not included expensive, high end brands, Benz, Jag, Rolls, BMW and Audi. Desirable? Maybe. But nonsensical for retirement considerations). Toyota Land Cruiser (VX) around \$90,000. Buy one around 12-18 months old, for further savings. They are like tanks, great to drive, safe, with unparalleled reliability and manageable running costs. Fantastic for those of you who fancy driving around Australia. Ideal for towing and plenty of room for grandkids. Stress free driving and strong resale. Arguably, anything from Toyota, case in point, Prado, is going to satisfy. It's what they do. Mazda CX-5, 12-18 months old from around \$45,000; wonderful warranty, fabulous backup network and manageable service costs. A joy to drive, comfortable, safe, with all the bells and whistles you'd ever want. It screams responsible,

prosperous and sensible, without breaking the bank. All while looking smart at the golf club. And again, a joyous drive every time. Thirdly, don't dismiss anything from Hyundai or Kia. From around the low \$20,000. Outstanding warranty, fantastic backup network, safe and efficient. If you only ever need a smaller, reliable and affordable motor car then it's hard to go past the Hyundai i30. A cracking drive; easy to park in the dreaded supermarket carpark and fun with two grandkids on a day trip. I know there will be many who will disagree, but if you want joyous, predominantly trouble free, affordable retirement driving these rules apply. However, if you fancy living the dream; join me most Sunday afternoons window shopping at the Bentley dealership in Nedlands; BYO thermos. Keep on dreaming.



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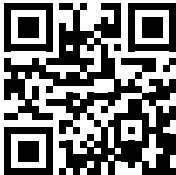
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Retire in Style



The quintessential checklist for quality retirement planning



by Lee Tate

RETIREMENT planning provides opportunities, potential savings and a sense of direction. Proper planning takes time and is best tackled early and step-by-step to avoid stress and arguments. The check-list may look daunting but you are essentially reviewing the

rest of your life. Retirement benefits and entitlements. Health cover. Banking, assets, wills, funeral arrangements and insurance. Travel plans. Consulting spouse and family. Downsizing or retirement home. Cars. Fitness and activities. Social and community involvement. Home jobs and duties.

Tackling the tasks eases you into retirement, setting you up for a fully-enjoyable era in your life. Times have changed. Retirement is no longer a matter of just going out to pasture after your working life's efforts. Retirement is a second bite at life, a new chapter you can have some control over.

Yes, enjoyment and leisure are priorities. But without direction or planning, you may become jaded or idle – perhaps turn to excessive substances. Proper plans pay-off. Tenfold. The good thing is that the plan is not set in concrete. Modifications along your retirement journey are inevitable and encouraged.

Early into retirement, you're going to celebrate – perhaps with that dream trip. But we'll get to that. Well-out from retirement, find out about your entitlements. WA's Seniors' Card has several benefits worthy of grasping and these are listed online: www.seniorcard.wa.gov.au/benefits/

Public transport may not have been part of your life. But being able to travel without car costs and parking issues at times when few others are on buses and trains should change your viewpoint. It's free

or cut-price, depending on travel times.

Finances are an unavoidable big issue – pre-retirement and during retirement. Much paperwork and money matters are required by Big Brother before pensions or part-pensions are set. It's going to take your time to gather it all and present, Centrelink-acceptable.

Make an appointment to visit Centrelink well ahead of retirement. Allow for long waiting times in their offices (go early in the day). Establish what you need to supply and what you can expect to get. Word of advice: don't accept social benefit advice from friends and relations. Get it from the horse's mouth. Everyone's fiscal situation is different and rates, services and benefits change.

If you can afford it, get advice and direction from an independent financial expert. Priority: Cut all debt. Live within your new means. At this stage, having looked at your finances and gone through the paperwork, it is timely to look at your assets to make or update your wills. Commit to it. Changes can be made if circumstances change.

Now, to celebrate.

Approaching retirement is the right time to plan that special something to celebrate your reborn lives. Mostly, it's an overseas or on-the-road holiday. To get the best rates, book well ahead. Perhaps a year.

Tip: For your special trip, go when the weather is best and that usually means peak and shoulder seasons. Yes, it will cost you more. But well worth it (if you can afford it). Booking well ahead also gives you time to shop around travel agents and deals.

Travel early in your retirement when you are younger and probably healthier. Your travel insurance rates won't be at their peak. Check the difference in rates between your 60s, 70s and 80s.

In retirement planning, involve your spouse or partner and consider family members. You are doing things together more often. Travel might seem like a great idea to you both. But even if you agree on the same destinations, you may have different ideas on how to do it.

Does she expect to go window shopping at all those stops? Does he expect to sit in the sun with a coffee or beer in each of the towns? Do you really want to visit

art galleries and historic sites? Does she want to go to a big concert? (Tickets often need booking months ahead).

Couples need to be upfront with each other or risk travelling under sufferance. Some couples are able to happily divide their interests: She goes shopping, he strolls along streets or has a beer and they reunite down the track and tell their stories afterwards.

Health, like it or not, raises its ugly head for the retiree. Health cover is crucial to your well-being and your hip-pocket and can be investigated well-ahead. See a health fund early to discover your current coverage and travel coverage. Do you have pre-existing ailments? These have to be declared or your claims will be void.

Your credit card may automatically include travel insurance but check with your bank. (One common card provides travel insurance if you spend \$500 or more). Pre-retirement is a good time to review your banking arrangements. Do you have or need a joint account? Does it require both signatures? What happens if one is unable to sign on the joint account? Do you need power of attorney

to cover each other's affairs if something happens? How will you draw funds when travelling?

Family is also a consideration when travelling. They have any upcoming plans that may impact your plans. Will your home need attending-to or rented out?

When not travelling, how much time can your children expect you to put in for them, babysitting for example? This should be discussed with your spouse. You are in retirement together.

Retirement activities. Pre-retirement is a good time to investigate your future interests: Sporting clubs, libraries, seniors' groups, singing, dancing, social group outings, charities. Having something to go to, mix-in with and contribute to is recommended. "Hanging around the house" is an issue of contention.

Spouses need some commitments and time away from each other. Joining a social or charitable group isn't enough. It has to be the right one. The nearest Men's Shed or weekly dancing group may be made up of well-meaning people but they may not be suited to you. Trial and error with groups is worth the effort.

continued on page 44

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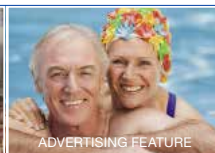
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Retire in Style



The art of pottering - there's nothing better than a day around the house...



by Zofia St James

LAST month I talked about laying up and changing the look of your room to embrace the cosy winter months and I

hope that provided some good ideas on how to achieve this.

The good news right now is that the shops all have mid-year sales and it's never a better time to grab some wish list items if you haven't already. Bear in mind that winter looks will be heavily reduced soon to make way for the new season's spring/summer looks.

I'm not suggesting that people need to redecorate every season but take advantage of the opportunity of something new and at a great price. Now is the time to be assessing whether it might be time to have new pillows, doonas and sheets.

These are of course necessities and basics but still it always feels good knowing that new pillows are a treat. It is recommended that pillows be replaced every 18 months.

Treating ourselves and taking joy in our life and home is what it's all about. That and family are our world and that's why I am always so passionate about having lovely things at home.

I have really enjoyed meeting with people lately who follow my column and have contacted me for home visits, shopping excursions and shared with me the vision for what they would like to achieve and see it realised. Thank you for allowing me to play a part in making that happen. I really do appreciate the trust it takes and the sense of reward is wonderfully satisfying.

Did you know that there is such a thing as the art of pottering? Well, I didn't but it makes sense because I have always loved doing it. Pottering is about taking the time to appreciate, re-arrange, care for, look at and assess our homes.

It's the time when we are not manically on a house work mission but rather on an afternoon when things are done and you can wander about and think about whether the sofa might look better there or buying some fresh flowers to enhance a room.

It's about re arranging favourite things on a mantel, bookcase or tabletop and taking the opportunity of creating a fresh interior lifescape. A domestic Rorschach test if you will, where instead of interpreting inkblots we can take in and interpret the meaning of the why, what these items mean and reason that they're living with us or where they're taking us.

Less is more quite literally these days so unless we want to be a slave to dusting or anything just because it's sentimental... give it some thought and make the choice to move on and remove.



Organising and pottering to display items

So many people do tend to feel they need to keep things but really ask yourself this month what can I dispense with. Just a thought and especially for those in the throes of downsizing, while I do know that downsizing can be in itself a rather traumatic choice, think of the freedom of being clutter free.

The best advice I can give for a potter session around the house is plenty of time and music. It's about relaxing and thinking and having the chance to make choices and ones that you are comfortable with. Let all the furniture and collectables in your home be only what speaks of you and what you love and who you are.

Once again from a clean slate of declutter is where you can make a decision to then add. Follow your heart, make it about you. We all work hard for others, it's a lovely thing to self care and make it about us too.

Fancy a feather pillow and a silk pillowcase? Do it...small pleasures provide a large joy. And don't forget you deserve it. This month have a good look around the home, let go of things if you can and, after a good potter, give

yourself the time and the space to make those decisions.

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

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The quintessential checklist for quality retirement planning

by Lee Tate continued from page 42

Seek good libraries near home and when you travel. Active brain cells

help you live longer and better. What computers and phones will you need in retirement and travel? Will you need the same number of cars? Will you need to buy a caravan or boat?

What activities and ser-

vices are available from your council? Have you been to a council meeting? Considered being a councillor? What worthwhile contribution can you make to your community?

What jobs need at-

tending around the house and garden? Which ones can you realistically do and which ones require someone else? With your spouse's input, which will have priority? Exercise. What's going to be your daily routine, rain, hail or

shine? (You may need to investigate sports clubs or gyms. Or buy bikes).

Do you expect to move house, downsize or go into a retirement village? Investigating these avenues take time, perhaps years, to find the best available.

In planning your retirement goals, one tip is not to focus on budget (important that it is). Listing your goals, instead of "travel", list "trip to Broome" or "trip to Paris". Instead of "community contribution", list "volunteer with kids one day a week." Contain your list of goals to perhaps the top five.

Funeral arrangements. Morbid for some, practical for others. But for those wanting a say in their funerals, now is a good time to discuss and resolve it. You may need to consult funeral directors. Then write it all down for your successors.

The modern-day retiree wants to be active, involved and making a contribution, exercising body and mind. Retirees live longer with better quality and solid family connections.



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Retire in Style



Retirement villages and land lease communities explained

RACHEL Lane, author, financial planner and seniors industry expert, recently spoke to an audience of potential downsizers at a seminar for National Lifestyle Villages. She explained the differences between retirement villages and land lease communities.

The biggest difference and benefit to land lease communities, like all National Lifestyle Villages, is the ownership arrangement. "In a retirement

village your contract will likely be a leasehold or a license arrangement," she said. "Retirement villages don't give you any ownership of the home or the land, just a lease for a fixed period."

"In a land lease community, you own your home and lease the land on which it sits and that creates a very unique ownership model from a social security point of view. If people get a pension, this allows rent as-

sistance, something that most people haven't had prior to moving into a land lease community," Rachel said.

Commonwealth rent assistance is available to National Lifestyle Village home owners who are on a pension. "In my opinion rent assistance is the most generous of government payments. If your rent exceeds the threshold, rent assistance kicks in for every 75c you pay," Rachel said.

Retirement villages operate under the state Retirement Villages Act.

Most important, when choosing where to downsize to, is finding the community that suits you.

"You need to get a sense of the vibe. Some villages you walk into and you go this is a bit of me, I could live here and bring all my mates and we could have a really good time. That's the sense you want to get, it doesn't matter how cheap or expensive something is, if you don't like it, it's not worth the cost."

"It's about being with a community of like-minded people and sharing the experiences you've



L-R: National Lifestyle Villages founder, John Wood - CEO Serenitas management, Rob Nichols - Rachel Lane - home owners at Vasse Lifestyle Village, Barbara and Peter Wagner

already had over a glass of wine. People can pass on the experiences yet to come through travel and all the other things that liv-

ing in this new community provides," Rachel said.

To hear more of Rachel Lane's presentations head www.nlv.com.

au and view the video. To find out more about downsizing to a National Lifestyle Village call 1300 45 55 65.

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Good planning is the key to financial security in retirement



by **Hank Jongen**
General manager
Department of
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ALTHOUGH many people look forward to finishing work, once they actual-

ly get there, retirement can be both exciting and a little bit daunting. It's about finding a balance between financial security, lifestyle and personal wellbeing.

It's finally your time – time to relax or to travel. Time to explore a new hobby or reconnect with a forgotten passion.

Good planning can increase financial security in retirement. There's a lot to consider and to organise, things like superannuation, other investment products and the

Age Pension.

Everyone's circumstances are different, so setting up a unique financial strategy will help people reach their goals. Ideally, it should provide for things like a regular income to meet ongoing expenses, access to long-term capital growth as well as a cash reserve to cover emergencies.

Before people retire, I'd recommend they use our free Financial Information Service (FIS). Our FIS Officers provide free information and educa-

tion so people can make informed decisions about their current and future financial needs.

And another thing to keep in mind is that from 1 July 2019, the Age Pension qualifying age will increase to 66 years. This means Australians born between 1 January 1954 and 30 June 1955 can apply for Age Pension when they turn 66 years of age. The qualifying age will increase by six months every two years, until 1 July 2023 when it reaches 67 years.

People can submit an Age Pension claim up to 13 weeks before they reach the qualifying age.

To find out more about the things to consider when planning for retirement visit humanservices.gov.au/olderaustralians or follow 'Seniors Update' on social media.

If people have a question they would like answered don't hesitate to write to us and we will pass it on – email info@haveagonews.com.au with Hank in the subject line.

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- M. Grickage, Resident



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Survey completed by residents

7.9 Overall national satisfaction rating

8.7 SwanCare satisfaction rating

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Modern, secure village the way to downsize in Balcatta



MYVISTA Retirement Village

IF you're looking to downsize into a modern, secure retirement village, look no further than MYVISTA in Balcatta.

Situated just 11km from Perth CBD, in a quiet location near expansive parklands, MYVISTA Retirement Village has two or three-bedroom villas available right now and offers over 55s the opportunity to experience a modern,

comfortable and secure environment with an active social community.

The village has easy access to public transport, and two local shopping centres.

MYVISTA is a small, vibrant community, comprising 43 retirement homes, a clubhouse and indoor pool, all surrounded by beautifully landscaped gardens.

The social committee is very active and runs a variety of events throughout the year.

a very secure place to live."

The village shares the site with a 102-bed residential aged care facility which offers the opportunity for village residents to volunteer in the many regular activities or just stay in touch with friends who may have moved in to residential care. Being a smaller village, the community has a very personal feel to it with many residents and staff knowing each other by name.

Village residents, Des and Kay said that moving to MYVISTA was the best thing they ever did. "We like how spacious the unit is and the general atmosphere of the village. Everybody knows everybody, everyone is very helpful and it's

A number of the villagers also engage the services of MYVISTA Home Care, which offers support services to the broader community.

For more information contact MYVISTA on 9207 4666 or visit www.myvista.com.au

Retirement, are you ready for a big change?

ONE fact of life is certain, we don't stay young forever. Everyone will have different aspirations when they retire.

For some it will mean being able to travel and see the world. For others it will be enjoying time with the grandkids or pursuing projects they have always wanted to tackle.

Whatever your goals, you want to be sure you have the money to fund the lifestyle you aspire to. To ensure we're able to enjoy a long and happy retirement, it's important to plan for the future.

It might be worth considering a gradual approach to ease into retirement. Rather than leaving the workforce altogether, you may be able to reduce the hours you work. That way you still have some income coming in, and a staged approach to retirement can also help with the mental adjustment to leaving the daily grind behind.

Having a plan for how you ease into retirement is more important than ever. The value of a good financial plan goes well beyond just dollars it will help you to achieve your dreams and aspirations.

If you need help creating your plan, call Wealth Plus today - it's never too late to start.

Wealth Plus offer a range of financial plans - see advertisement on page 50 for more details.

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Head for the Perth hills for a relaxed retirement lifestyle

CLAREGE Retirement Village is an intimate over 55s village nestled in the Perth Hills with beautiful views over the adjoining nature strip. "Listen to the birds and enjoy the tranquility of this village location," manager Niamh O'Reilly said.

Just 20km from Perth CBD, residents can enjoy the luxury of living in picturesque surroundings with medical facilities, shopping and many amenities right at their doorstep.

One or two-bedroom units are available, fitted to people's require-

ments with a new kitchen, bathroom, floor coverings, kitchen appliances, recycled air-conditioning, freshly painted and enclosed courtyard with undercover parking area.

Residents can also enjoy their morning coffee or compelling book in the lovely common room or under cover in the alfresco area looking over the community veggie garden patch.

With a focus on making all residents feel welcome, Clarege Retirement Village is even pet friendly, meaning a small furry friend can join

residents in their new home.

HOME OPEN - FIRST SATURDAY OF EVERY MONTH

Clarege invite people to come and join them at their home open on the first Saturday of every month between 10am and 10.30am.

Prices of the homes are very reasonable with a one bedroom unit at \$180,000 and a two bedroom unit priced at \$250,000.

Phone Niamh on 0450 133 990 or email clarege.lbc@inet.net.au to arrange a visit at a time to suit.

www.clarege.com.au



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BICTON 153 STOCK ROAD

Arcadia Waters Bicton is set in beautifully landscaped grounds with a rich 100 year history with a location, close to public transport, restaurants and shops- you really are spoilt for choice!

2 bedroom villas and apartments from \$345,000



GERALDTON 45 WINNETTA RIDGE

Situated high on the hill only minutes from the Indian Ocean, Arcadia Waters Geraldton offers luxury facilities combined with a warm community feel, where a home in Geraldton will enhance your chosen lifestyle and all you to enjoy the best things in life.

**2 bedrooms units from \$287,000
Stage 3 coming soon!**



MANDURAH 23 LADYBRAND DRIVE

Arcadia Waters Mandurah offers a peaceful setting with the convenience of being just 800m from the new railway station, 1.5km from the Mandurah Forum Shopping Centre and 500m from the Peel Health Campus.

2 bedroom units from \$250,000



MADDINGTON 99 BURSLEM DRIVE

Combining city convenience with country ambience, award winning Arcadia Waters in Maddington is located on the banks of the Canning River, just 30 minutes from the centre of Perth.

2 bedroom units from \$250,000



SWANBOURNE 141 CLAREMONT CRESCENT

Arcadia Waters Swanbourne is in a great location, only walking distance to a variety of shopping centres, medical services, cafés, restaurants and sporting clubs and a short drive to Cottesloe Beach.

2 bedroom apartments from \$620,000

Retire in Style



Travelling in retirement - Fred and Edna Marsh's world adventures and retirement tips



Fred and Edna celebrating their 60th anniversary

by Josephine Allison

AFTER more than 60 years of travel around the world Trigg couple Fred and Edna Marsh have it down pat when it comes to travelling well and economically and enjoying a well earned retirement. At 91 they have mainly relinquished overseas travel but can look back on many years of happy

visiting many countries achieved through good research and planning. Fred and Edna, were both members of *Have a Go News* editor Jen Merigan's travel club, and said the club was a great place for sharing experiences, travel tips and suggestions on what fellow travellers can do. "We started off doing one overseas trip by

coach but then opted for independent travel in the UK which we did five times from 1980 until 2012," Fred said. "We have also embarked on five Eurail trips in Europe and find it is the best way to see the country, as well as 24 cruises which we really enjoyed." In 1964, the couple, the parents of three now adult children, embarked on their first cruise aboard the *Centaur* which went from Fremantle to Singapore, a 17-day round trip. Then onto the *Perseus*, a cargo liner with 32 passengers on a 34-day trip to Manila, Hong Kong and Japan. The *Centaur* was utilised again in 1971 for the whole family to celebrate Christmas and New Year together with a cruise. "After that, we bit the bullet and did a Mediterranean cruise calling into a different port and new country virtually every day," Fred said. "Another voyage was from Sydney to Sydney via New Zealand. "In all, we did five Mediterranean trips, three to

New Zealand with the remainder around Asia. For Edna's 90th birthday last year we headed for Singapore for a 14-day cruise to Shanghai. At 91 now, we have found cruising the way to go, the bonus being not having to pack and unpack all the time. We are flying to the eastern states in September for a holiday." Fred, a former high school teacher, says the standout feature of ship travel these days is the disappearance of ocean view cabins, replaced by balcony-style cabins, a different style of ship. One tip: never book a trip less than 90 days in advance and go to travel expos which have good deals such as cabin credits to spend on beverages and off-shore excursions. "The best way to see Britain is by car, you can't see the countryside any better way, visiting the villages, scenic coastlines, the Cotswolds, Cornwall and Scotland. I adopted the cat system for travel-catering, accommodation and transport which you have to adhere to

every day as an independent traveller." "In Britain, following the cat plan, you might visit a British pub for a meal, accommodation might be a bed and breakfast and transport a car attached to an airline ticket which can be half the price of normal car hire. Stay in London for three days first to get acclimatised. "In Europe, following the same system family run pensions near railway stations are a good bet, look out for tourist restaurants with English speaking menus outside advertising a three-course meal (in Italy a glass of wine is thrown in) and use a Eurail ticket to see the country. For instance, there are four tourist trains in Switzerland the Glacier and Bernina expresses and one in Norway." In 1990, Fred and Edna embarked on a three-month ticket from Norway to Turkey by train, visiting 13 countries. It was the year before the Balkans war and there was tension in Belgrade and Bulgaria was still behind the Russian

Iron Curtain. Fred looks back on the changing cost of travel, saying in 1975 the couple flew to London for \$2500, the equivalent of five weeks' salary. In 2019 people can go for \$1250 (one week's salary). The advent of the Boeing 707 in 1972 has helped lower the cost of travel. Air and accommodation packages to Asia are always a good deal. Because of his travel expertise, Fred also lectured at TAFE advising people on the best way to travel including not taking too much luggage, doing ample reading and research and learning about the local currency. He has seen people waste \$600 of a \$10,000 holiday on bank and card commissions. When travelling, take cash, a credit card and a debit card. Family have always been an integral part of the Marsh's journeys. While still teaching in 1975, Fred won a three-month scholarship, the couple taking their eight-year-old son around the

world. In 1980 he also went with them while Fred was on long service leave. Fred chuckles as he remembers some of the more amusing anecdotes from travel: "The Grand Bazaar in Istanbul has more than 1000 shops. I saw a note: "We sell genuine fake watches." The couple's favourite places: Dijon and St Raphael in France, Munich and Boppard in Germany, Sorrento and Cinque Terre in Italy, Barcelona and Santander in Spain and Lucerne and Lugano in Switzerland. And he has some advice for people planning retirement: "Family first, volunteering. Hobbies and interests and travel and keep on walking." The couple have been ballroom dancing for 65 years and only gave it up about three years ago. "One conclusion after seeing so much of the world, it that it is a privilege to call Australia home. It is the best place in the world and we should all work together to keep it that way."

Join the fun at the grand opening of The Reserve in Willagee



ALCHERA Living is hosting the grand opening day of their new apartments for over 55s living, located within their largest village Weeronga on Saturday 15 June. This is the first opportunity for the public to explore this brand new retirement living development. Alchera Living will be giving guided tours of the apartments followed by refreshments in the newly refurbished social centre. The spacious and modern

two and three bedroom apartments are now on offer from only \$399,000, after applying a \$20,000 bonus, which is only available for a limited time. The development also features a heated indoor pool, fully fitted gymnasium, and residents are walking distance to local shops, medical facilities and amenities. Weekly yoga classes are held at the village, an ideal way to socialise and maintain a regular exercise regime. Not only will people get a

chance to see the new apartments, they will also have the opportunity to meet existing residents to get an appreciation of the benefits of living at the village. Architecturally designed with safety in mind, the apartments have no trip hazards, are equipped with wide doors and hallways, level flooring, and a range of other safety features. The Reserve apartments overlook Winnacott Reserve, perfect for enjoying the view or a leisurely stroll. Cafes, the local IGA, medical centres and other retail outlets are within walking distance. It is in close proximity to bus routes, the local library and community centre are also within the same precinct. The Reserve offers a high quality and affordable home that has to be seen to be believed. To organise a private viewing of the completed display apartments, please call David on 0434 659 904 or visit www.thereserve.net.au The grand opening day runs from 10am - 12.30pm on Saturday 15 June at 40-44 Worley Street in Willagee. Don't miss out.

Live independently and enjoy life



ONE of the benefits of getting older is having the opportunity to enjoy an independent lifestyle that's socially, mentally and physically active, especially while people remain in the comfort of their own homes. The not-for-profit organisation Catholic Homes' has been providing aged care services to Western Australians for more than 50 years. Catholic Homes' offers 24/7 customised support, including Home Care Packages across the metropol-

itan area and the south west regional area. Aimed at keeping their clients at home, Catholic Homes offers tailored, personalised and flexible support as agreed to by the client, and doesn't charge the basic care fee. Services include personal care, community involvement, support for appointments/events, nursing care, household duties, gardening and maintenance, meals, cooking, aids, equipment, transport and technology support.

Additional Home Care services include day therapy at their St Vincent's site in Guildford offering allied health and wellness services including podiatry, occupational therapy (activity groups) and physiotherapy. St Vincent's is currently undergoing a state-of-the-art redevelopment due for completion late 2019. The ability to remain at home is often dependent on a spouse or family member and Catholic Homes offers respite care at home with a carer or at any of their seven aged care residences. The home care service at Catholic Homes includes private services designed for people who can't access government funded packages. Pastoral care is also offered to support people's spiritual and emotional needs regardless of their religious belief or background. Catholic Homes' short-term restorative care is an early intervention program for up to eight weeks designed to help prevent, delay or reverse the need to enter long-term care. This program is offered to the metropolitan area and in the Wheatbelt. Under the Community Visitors Scheme, Catholic Homes offers a volunteers in place service. Just as the relationship cultivated between a home care worker and their client is a special connection, so is this buddy system with a volunteer. With a Care with Purpose model based on the Montessori and Wellness Approach, Catholic Homes continues to live by its core values of love, joy and hospitality and supports those they care for to live life to the fullest. For further information contact Catholic Homes on 1300 244 000 or visit www.catholichomes.com

You can't go back and change the beginning, but you can start where you are and change the ending.

- C.S Lewis

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We can create a personalised package that
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*Our friendly and caring staff are on hand
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regarding support for your family or
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Pastoral Care

Day Therapy Centre

Retirement Living

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Homes**

Live among friends at Bethanie Retirement Villages.

Welcome to Bethanie Retirement Villages, where you're living your way.

When it's time to rightsize, a relaxed retirement and low-maintenance living are waiting for you. There are seven Bethanie Villages for over-55's right across Perth to suit your budget.



Lake Gwelup From \$395,000*

Bethanie Gwelup

Move into a brand-new village with great views across the Lake Gwelup reserve. With more than just nature on offer, Bethanie Gwelup is close to shopping, golf courses and not far from the beach.



Menora From \$385,000*

Bethanie on the Park

You'll be spoilt for choice with villas, apartments and serviced apartment options. Enjoy a stroll around the beautifully landscaped gardens, or the lush parklands on your doorstep. Bethanie on the Park has it all.



Eaton From \$299,000*

Bethanie Esprit

Be part of a vibrant community in the south-west of WA. Bethanie Esprit gives you the freedom to explore the convenience of city life where it meets the natural serenity of nature. New cottage development on sale.



Eaton From \$360,000*

Bethanie Fields

On the banks of the Collie River in the south-west of WA, Bethanie Fields is only metres from Bethanie Esprit. With access to walking trails and activities on the river foreshore and estuary, there's always something to keep you busy.



Port Kennedy From \$335,000*

Bethanie Waters

Enjoy resort-style living not far from the coast. Bethanie Waters is at the heart of the relaxed lifestyle of Port Kennedy, whether it's the library or the medical centre nearby, or heading out for fishing or a wine tour.



Yanchep From \$395,000*

Bethanie Beachside

Between an unspoiled national park and pristine beaches, Bethanie Beachside is surrounded by beauty in Yanchep. Boasting a clubhouse, a bar and lounge, plus an outdoor pizza oven, you can enjoy a lifestyle unlike any other village.



Innaloo From \$240,000*

Bethanie Geneff

Landscaped, established gardens. Meandering pathways. At Bethanie Geneff Innaloo, you can enjoy privacy and seclusion while making the most of a busy social life and all the services you'll need to enjoy stress-free living.



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Retire in Style



Ivan Halbert at Baptistcare Yallambee Retirement Village

Nature on the doorstep at Baptistcare Yallambee Retirement Village

THE great outdoors has always been a big part of 84-year-old Ivan Halbert's life. A farmer by trade and tradition, he has spent the majority of his time enjoying the wonders of nature and was reluctant to compromise when it came time to downsize to a retirement village.

"After my wife passed away I continued living in our family home for 12 years but looking after a large place with four bedrooms and a swimming pool became too much on my own," he said.

In early 2018, knowing he was ready for a change, Ivan's family encouraged him to look at a home for sale at Baptistcare Yallambee Retirement Village in Mundaring.

"Initially I thought I would find it too small compared to what I was used to, but it turned out to be the best move I've made in 20 years," he said.

Set in the picturesque suburb of Mundaring, Baptistcare Yallambee Retirement Village combines the serenity of a natural setting with all the home com-

forts to create a relaxing place to live. Ideally located within walking distance to Mundaring's town centre and its shops, cafes, and library, the pet friendly village features spacious common areas including a large function room that caters for a variety of social activities.

According to Ivan, the bush surrounds and close proximity to Mundaring's town centre are Baptistcare Yallambee's stand-out features.

"Being amongst nature has always been important to me

and my home here is surrounded by trees, bird life and bandicoots.

"It's also so close to town that everything is in easy walking distance," he said.

Fifteen months after making the move to Baptistcare Yallambee, Ivan says he's never looked back. Moving here was a brilliant decision, I couldn't be happier," Ivan said.

For information about Baptistcare Retirement Living, please visit baptistcare.com.au/retirement-living/ or contact 1300 660 640.

We're at the stage in life where we want everything to be easy...

THERE comes a time when 'right sizing' makes perfect sense. After raising a family, pursuing a career and maintaining the home and garden, many people find that they are ready for the next chapter of life to begin. Whether seeking to make socialising more of a priority, or becoming part of a safe and caring community, where a friendly face is always just around the corner. At Arcadia Waters, they are about maximising your independence.

Every day, they do their very best to make sure residents feel genuinely valued and cared for in retirement. They meticulously maintain the beautiful gardens, so people can be surrounded by natural beauty and the staff are there to help in any way they can, so residents can enjoy an independent life without a care in

the world.

One of the greatest positives of downsizing is finding more time and opportunities to enjoy what makes you truly happy. Keep up your interests outside of the village and discover new ones with-in thanks to fantastic leisure facilities and ongoing social events Arcadia Waters has on offer. Yet there may also be times where you want to do nothing more but stay at home, lost in a good book or your own thoughts. At Arcadia Waters, the choice will always be yours.

All of their villages contain units, villas or apartments that are low-maintenance and have a quality that only brick and tile can provide.

People have the choice of well-appointed two and three-bedroom units or secure an

apartment to potentially capture sweeping views of the surrounding landscape or in some villages, city or ocean views.

A new home will feature all or some of the following; high ceilings; open plan living; built-in wardrobes; wide entry doors; quality carpets, curtains and light fittings; wireless internet access; air-conditioning and a monitored 24-hour emergency call system plus security doors and windows.

Arcadia Waters has five villages in Western Australia including Bicton, Geraldton, Maddington, Mandurah and Swanbourne. Two-bedroom units start from \$250,000 and two-bedroom apartments start from \$650,000. They are open Monday- Friday 9am-4pm or by appointment

Call 1300 88 98 35 or visit www.arcadiawaters.com.au

Community and sustainability arrives at Fremantle



NIGHTNGALE Fremantle is a housing model developed in Melbourne, that preferences the home owner, the community and sustainability.

As there is no developer, the apartments are deemed to be 'housing at cost' and the level of sustainability attained reduces living costs, ideal for those looking to comfortably retire in style with financial peace of mind.

The Nightingale community is initiated before

the first brick is laid, by inviting people to take part in surveys and become involved in the design process. Purchasers are encouraged to catch up regularly, to learn about each other and develop connections, so that when the project is finished, there are no strangers. Purchasers also partake in monthly site visits during construction.

The other reason why community is so important is its contribution to mental

and physical health. "Social connectedness is the one of the most powerful determinants of our well-being."

The ground floor commercial spaces at Nightingale are there to develop a connection with the surrounding community, and residents are encouraged to provide input when selecting the kind of commercial businesses they would like to see open in the space.

Nightingale Fremantle is made up of 15 apartments and two commercial spaces. There is a rooftop community area with an entertainment zone, shared laundry, drying court, community garden, and lift access to all levels.

For further information see advertisement on page 44.

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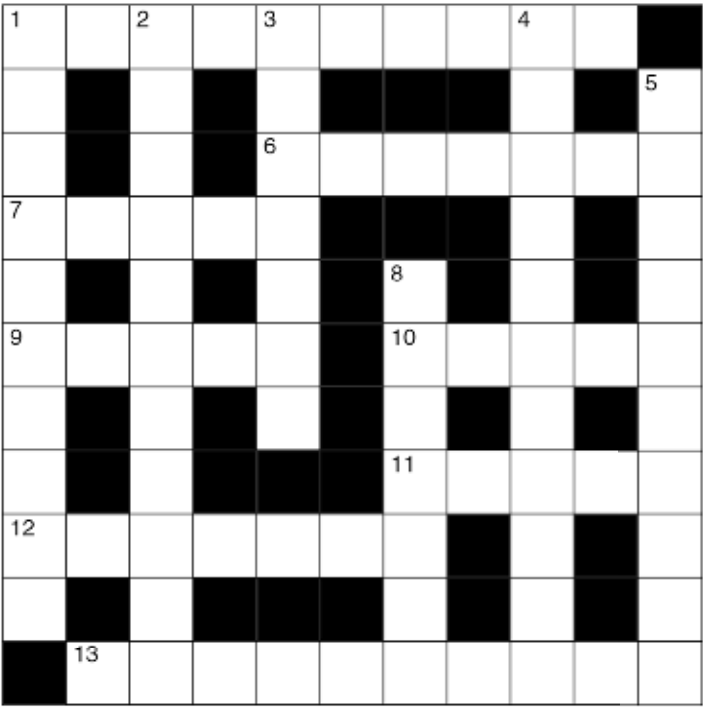
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care teams to ensure an outstanding level of personalised care; The Richardson is a truly wonderful place to call home.

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CROSSWORD



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STRAIGHT CLUES

- Across
- 1. Star Trek starship (10)
 - 6. Track & field performer (7)
 - 7. Feels sore (5)
 - 9. The Devil (5)
 - 10. Atmospheric layer (5)
 - 11. Gem side (5)
 - 12. Incident (7)
 - 13. Great painters (3,7)
- Down
- 1. Accentuated (10)
 - 2. Of land (11)
 - 3. Thinks logically (7)
 - 4. Doctor's listening instrument (11)
 - 5. Tower of London guards (10)
 - 8. Treasury (7)

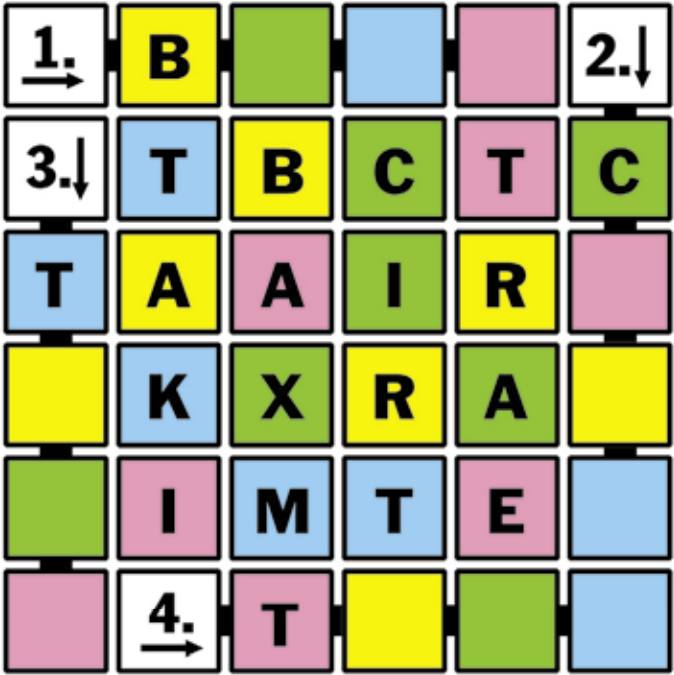
CRYPTIC CLUES

- Across
- 1. Bold undertaking, to come in and lever up (10)
 - 6. Jumper, for instance, let heat out (7)
 - 7. Ruth's surgery is painful (5)
 - 9. Posed with an archfiend (5)
 - 10. Reportedly owes own pure air (5)
 - 11. Aspect of second degree, in fact (5)
 - 12. Part of TV series is so deep I become confused (7)
 - 13. Ageing teachers produce classic works (3,7)
- Down
- 1. Aphids seem extraordinarily stressed (10)
 - 2. Terror Tory! Al sounds very protective of his patch! (11)
 - 3. Causes change to beginning of seasons (7)
 - 4. Holy man and community spirit manage to make medical tool (11)
 - 5. Fee rebates processed for well-fed yeomen (10)
 - 8. Funds supplied by throat clearers, apparently (7)

#327 June edition puzzle solutions on page 16.

SQUARE SHUFFLE

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



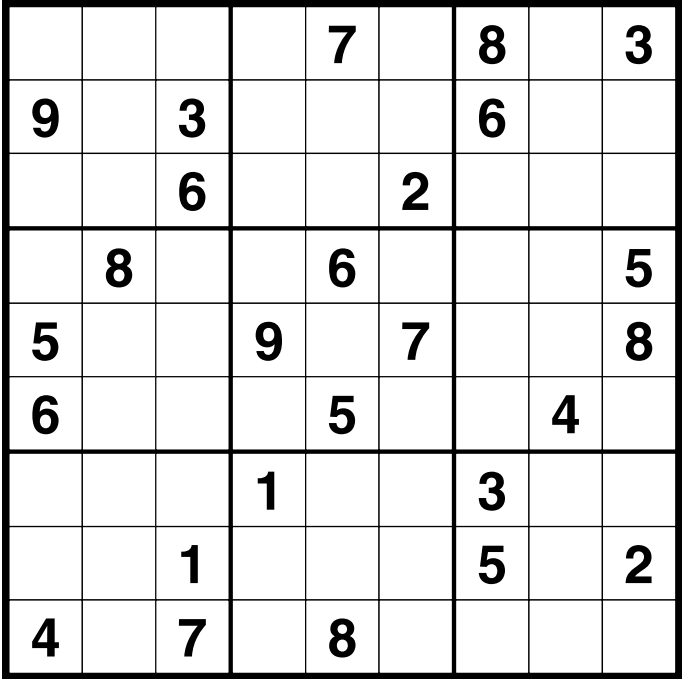
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SUDOKU

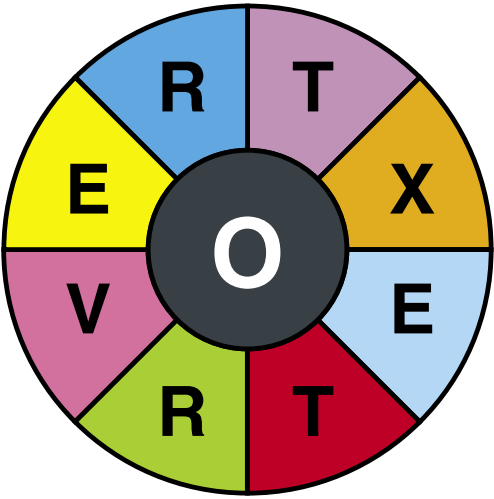
Rating: ★ ★ ★ ☆ ☆

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



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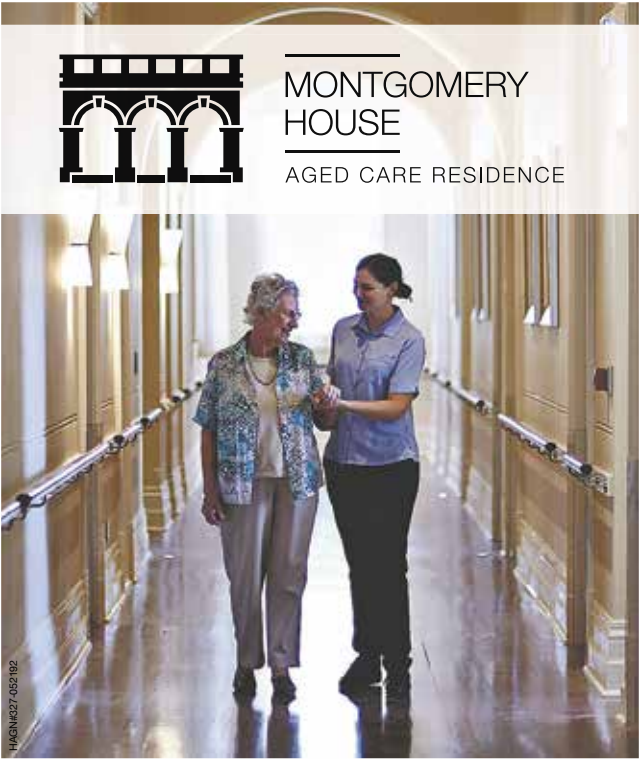
Wheel Words



© Lovatts Puzzles

Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

8 Good 12 Very Good 15+ Excellent



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Healthy blokes are happier - do a health check during Men's Health Week

by Lee Tate

A DELUGE of medical, scientific and social evidence shows men can do much more about improving their health. The messages are loud and clear but where do they all land?

Many more women than men are probably reading this article. Women show far more interest and concern about health: Their own, their families, parents, brothers and friends. And it's a job for them to convince their men to do more about their own physical and mental well-being. How many blokes have regular medical check-ups?

Real men never ignore a knock in their car's engine. Real men make it a priority to fix a tiny leak in

their boats. Truck drivers, real men, ensure the truck they drive to make a living is always in top nick.

Yet, for themselves, a sudden pain, some bleeding or trouble with the grey matter will often be ignored. Until it's too late.

Most of us know plenty of men who have ignored warning signs and paid the price.

I asked our over-50s pharmacist who was dispensing advice and satchels for colonoscopy preparation, if he'd ever been in for a colonoscopy.

"No, I confess I haven't. I can't stand the thought of anything going in there (the rectum)," he said.

In the bloke-dominated business world, anyone known to be facing a colonoscopy will likely cop a barrage of bum jokes

and comments ("Hey, you might like it").

Yet these enlightened people are aware of the high toll of bowel cancer. A disease can that be easily checked and treated, saving thousands of lives every year, among them my relatives' and my own.

Yes, the surgery is invasive. But you know nothing about it, except for all the caring and consideration by the medical team around you. Surely you'd rather be alive than dead.

The problem of blokey negligence goes back to cavemen. Be tough, be the provider and the protector. Take what's coming. Don't shed a tear. Stand up and be a man.

Blokes are hard to budge. "It won't happen to me." But the world is

changing, even for stubborn men. Drip-by-drip.

But with more public information, discussion, debate and better understanding of medical matters, men's health messages must find their mark. Recognition and acknowledgement of health issues confronting men, political commitment and funding, wider publicity and happenings around Men's Health Week are all in the mix.

Compared with women, men drop like flies from health problems.

"More males die at every stages through the life course, more males have accidents, more males take their own lives and more males suffer from lifestyle-related health conditions than females at the same age," says the

Men's Health Week blurb.

And it's not just to do about preventable early death. Healthy men relish life, take greater interest, get around easier and play better with kids and grandkids. Healthy blokes mix better with colleagues and friends and tend to join organisations. They have a go! Healthy blokes communicate better. Healthy blokes are happier.

Healthy body and healthy brain are connected with diet a crucial link. They are key factors in reducing dementia, depression and other mental issues. Exercise the grey matter, take on mental challenges, join organisations and communicate more. Cut down or cut-out the smokes, the booze and the sugar.

Eat fruit and vegetables every day with less meat. Exercise (a daily 30-minute walk), drink a lot more water. Sounds like a lot? Take the first step and build it into a routine.

At the World Congress of Men's Health in Vienna 17 years ago, among the key action points was: Creating school and community men's health programs targeting boys and young men.

With blokey attitudes entrenched from an early age, raising awareness among boys and young men at the earliest stage is fundamental.

Also, in the Vienna Declaration:

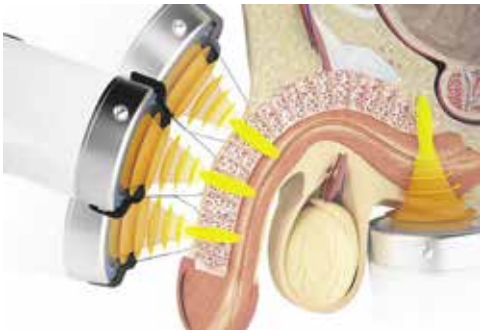
Recognising men's health is a critical issue and that there are health issues which only affect men. Promoting aware-

ness of men's approach to health. Changing the way health care is provided to be more sensitive towards men's needs. Connecting health and social policies to better pursue men's health goals.

In Australia, Men's Health Week provides a platform "for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country."

"Our approach celebrates the strengths of men, the contributions they make and the important role they play in society. It is as much as week of celebration and engagement of men with a serving of health on the side."

Be aware during Men's Health Week - new treatments available for men to treat ED



ERECTILE Dysfunction (ED) is an embarrassing problem that affects about 40 per cent of

Australian men. Research also shows that only a small percentage of men actually seek help for this condition.

It may only occur a handful of times in a man's life but it can become a long term problem that has significant effects on their mental wellbeing and relationships.

There can be multiple reasons why a man might lose erection function.

These include cardiovascular disease, diabetes, prostate disease and stress and anxiety, which is often the case for younger men and can be a vicious circle of worry about sexual 'performance' followed by failure to 'perform'.

Any ED should always be investigated by a

doctor first.

Current treatment offerings include pharmacology (medication), counselling, penile pumps/implants and injection therapy.

Physiotherapy isn't something that men would initially think of to help their ED. However, specialised physiotherapy is well placed to deal with treating the pelvic floor muscle which plays a significant role in erection function.

Another form of treatment is Low Intensity Extra Corporeal Shock Wave therapy. Back In Motion Como offer the latest advanced treatment for vascular ED.

Shock wave is a non-invasive application of an acoustic pulse transmitted into the tissue of

the affected area and has clinically improved erectile function.

Treatment works to improve blood flow to the penile tissues by stimulating the formation of new blood vessels, thereby improving erection function. A major advantage of shock wave is, unlike other forms of treatment, it doesn't have to be administered right before sexual activity.

Health fund rebates are available as are Medicare funding options but require a referral form from the GP.

Call Back In Motion Como on 9313 3414 for further information or to book an appointment today.



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E admin.midland@icon.team



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Midland WA 6056

1800 954 327
midlandprostateclinic@icon.team



Prostate problems: a sign of ageing or something more sinister?



Nicholas Foster © Echo News/Liam Ducey

RECEIVING a prostate cancer diagnosis at any stage of the illness, instantly fuels the fear of the unknown. It is common for men to have problems with their prostate as they age and most men who experience prostate changes will not go on to be diagnosed with a cancerous condition.

Prostate cancer is the most common cancer diagnosed in men in WA accounting for a third (29 per cent) of cases, and the number of new cases is increasing each year.

Screening for prostate has in the past not been ideal as men are undergoing PSA (Prostate Specific Antigen) testing outside the recommendations contained in the PCFA guidelines; essentially too frequently, when

the men are too young, too old or have a short life-expectancy.

Signs and symptoms of prostate cancer can include frequent need to urinate; difficulty starting or stopping urination; sudden urge to urinate; reduced flow of urine; blood in urine or semen; lower back pain or pain in the hip area and unexplained weight-loss and fatigue. For that reason, it's recommended that men talk with their GP first about what is best for them.

Local patient Nicholas Foster knows the importance of getting checked. The 63-year-old grandfather of six and Hills, Mundaring resident, was diagnosed with prostate cancer early on 2018 after missing three years of routine check-ups.

Nicholas underwent a prostatectomy but as the surgery couldn't remove all the cancer, he had to receive seven weeks of radiation therapy at Icon Cancer Centre Midland.

"It doesn't matter if you're 35 or 65, finding out you have cancer is an overwhelming experience for anybody," he said. "I wasn't one to go and see the doctor, so it's just one of those things you often put off. Now that I've been through it I encourage men to get checked."

"Prostate cancer is very common, so it can happen to anyone. I think it's important to talk to others about it, otherwise you feel in the dark. Getting radiation was a little concerning at first but the doctor explained everything and the staff

talked me through the process."

Icon Cancer Centre, Australia's largest dedicated cancer care provider, has recently established a dedicated multidisciplinary prostate clinic within their Midland centre, with a commitment to delivering the best care possible for prostate patients, as close to home as possible.

Specialist radiation oncologist from the Midland Prostate Clinic Dr Eve Tiong, said men often found it hard to navigate their prostate condition given the screening and diagnosis process and various treatment options available.

"The Midland Prostate Clinic has brought together various specialists and health professionals

who work together with the patient to determine the best avenue of care," Dr Tiong said. "It's comforting for patients to know that they are getting comprehensive advice across all the various treatment paths."

The clinic is equipped with some of the best technology available in the world to treat prostate cancer and to provide men with the support they need, all in one location.

Mr Foster said "being able to receive treatment close to home without facing over an hour of traffic crossing the CBD, felt like winning the lottery. It meant I was able to spend more quality time with my family, no hassle of paying for parking and dealing with traffic; it was a real relief".

Wanted: Men to make a difference in WA's men's sheds

SIMPLY being a member of a men's shed enhances men's health and well-being in many ways, including overcoming social isolation and providing meaningful activities.

There is a positive impact on physical and mental health, plus social

inclusion, with benefits extending to relationships and families, plus the wider community.

The membership of sheds is diverse. Men from all backgrounds, ethnic and social mixes enjoy the benefits of their shed, bringing their own

cultural characteristics and life's experiences to enliven the activities.

The common theme in all men's sheds is about men feeling useful and by contributing to their communities being valued, learning or sharing their skills, making friends,

networking and availing themselves of health information programs and opportunities.

They work on projects, contribute to the community, learn new skills, unwind and talk with mates. Activities vary widely, as groups pursue their members' interests. These include woodwork, metalwork, the restoration of old cars, building equipment

for third world countries, restoring computers for the not-for-profit sector and other pursuits.

Many men's sheds also contribute to the maintenance and development of local community facilities. Older men are typically reluctant to recognise and discuss their health issues, frequently avoid seeking health advice and submitting to routinely

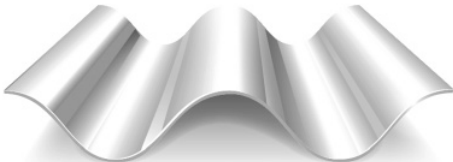


available health checks. Mixing with other men

of similar age and health status makes these discussions easier and less confronting.


In some cases, men have become disconnected from their local community. It could be they have had a central focus on work and family. As life changes through retirement, job loss, loss of their partner or relationship breakdown, a number of men are challenged with anxiety and depressive issues.

There are 180 men's sheds throughout Western Australia. Find a shed near you. Their contact details are available at www.menssheds.wa.org.au/sheds-near-you



MEN'S SHEDS

— OF WA —



What happens in a Men's Shed may surprise you. The men you meet may surprise you. But what may surprise you the most is how good sharing projects and a cuppa in a Shed makes you feel. If you know someone who might benefit from joining a Shed, please pass this information on.

With 180 Sheds in WA, chances are there's one near you.
You can search at: www.menssheds.wa.org.au/sheds-near-you

HAGN237-251612



Support, information and encouragement

Heart Support Australia is the national body providing peer support, information and encouragement to the 4.2 million Australians, carers and families who have been affected by a heart event. Its programs and services provide the social, psychological and physical support that people who have been affected by a cardiac event need to ensure improved health outcomes, quality of life and the reduced risk of a secondary event.

Members of Heart Support Australia receive the following:

- Login details to a secure, members' only area Heart Support Australia's National website
- Access to a community of people who have experienced a heart event
- Access to Heart Support Australia's growing heart health resources
- Heart Support Australia's monthly newsletter *From the Heart*
- Invitations to events, seminars and activities being held by Heart Support Australia
- Access to Heart Support Australia's programs including its flagship Health Heart Program

Visit www.heartsupport.org.au/signup today to become part of a growing community that works to empower its members in achieving their quality of life physically, emotionally and socially.

HAGN237-052071



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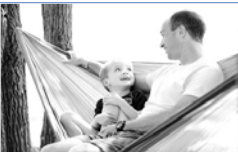
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Brent's story of heart attack a timely warning for rapid response and CPR



Ingrid Smith, one respondent who helped resuscitate Brent Treloar

HEART disease is Australia's leading killer with men accounting for four out of five heart disease related deaths. Heart Support Australia member Brent Treloar's story is a testament and active lifestyle and CPR and defibrillator knowledge prevented him from succumbing to this statistic.

In February 2018, Brent Treloar aged 48 was playing tennis for his club Mintaro versus Saddle-

worth in South Australia. He had already played his mixed doubles and was at 5-5 in his singles match and waiting to return serve when he felt a sudden dizzy spell come over him. He asked his opponent to wait and within a couple of seconds he dropped to the ground.

It was a little more than 15 minutes later when Brent's heart started again. "I just remember seeing all these people looking down at me through very blurred vision and I said, "I think I'll be right to go back on, as I thought I had just fainted."

Luckily for Brent his daughter was playing a local doctor on the next

court, he had a volunteer ambulance officer in his team, there was a registered nurse visiting her dad at the bowls club next door and there was also a dental nurse in the opposing team.

These four people administered quality CPR for about 15 minutes. Despite their incredible efforts they were not successful in re-starting Brent's heart. A defibrillator was located at the bowls club next door and, after two shocks, Brent's heart restarted.

"My cardiologist said I have got out of this event without any noticeable damage which shows the importance of the quality CPR I was given. Without

the knowledge and skills of these people and the defibrillator from the bowls club obviously my story could have ended quite differently," Brent said.

There is history of heart disease in Brent's family, with his father dying at age 60 of a heart attack. "It was always in the back of my mind that I was at risk, but due to my age and pretty physical lifestyle I didn't think I needed to worry yet. I was overweight but I feel like my fitness may have just gotten me over the line that day."

An angiogram showed Brent had five blockages in the arteries of his heart despite having no prior warning signs of this. He

had quintuple bypass surgery the next day and began his road to recovery.

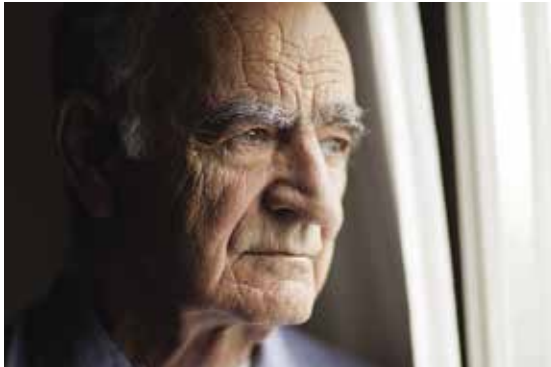
"Following surgery I looked at my situation as being such a positive thing – there are no negatives to take out of it really, apart from what your loved ones have had to go through emotionally. I started eating really healthily and exercising and used my second chance as a positive drive to push me forward. I lost 15 kilograms pretty quickly and soon realised how much richer life is, when you are fitter and healthier. It helps you through every aspect of life, both physically and mentally."

"Going through some-

thing like this really helps you to appreciate what is important in life. When you are lying there thinking about your life, you don't think about how successful you have been or how much money you have, you think about what time you have spent with your wife and kids and loved ones and how good a person you have been."

"You also appreciate just how important it is that we have as many people trained in CPR as is possible and that we have as many defibrillators as we can scattered through our communities and we know where they are when we need them. I am living proof of that."

Elder Abuse Helpline - you are not alone and Advocare is here to help...



Elder abuse can take various forms... © Nadofotos

THE United Nations designated World Elder Abuse Awareness Day to take place every year on 15 June to raise awareness of Elder Abuse.

Elder Abuse is defined by the World Health Organisation as "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person". Elder abuse can take various forms such as financial, physical, psychological and sexual. It can also be the result of intentional or unintentional neglect.

Advocare operates the WA state-wide Elder Abuse Helpline, which has received a significant increase in calls over the past

12 months.

The State Government has recently acknowledged the importance of the future stability of this vital service by granting a further five years funding to continue the service.

If you are experiencing abuse or would like information please remember you are not alone, you can call our Elder Abuse Helpline for a free and confidential conversation. Advocare's advocates will listen and provide support without judgement, and only take action if requested and consent is given.

On Friday 14 June, Advocare will be working with other community organisations and government departments to host the Pre-

venting Financial Elder Abuse of Older Western Australians event from 9am-1.30pm at the State Library WA.

People are invited to this free event to browse information stalls, chat to industry representatives and attend the information sessions.

If you or someone close to you is experiencing or at risk of Elder Abuse please call the Elder Abuse Helpline on 1300 724 679. (Monday – Friday 8.30am - 4.30pm).

If you would like to organise a free community information session about how older people can stay safe as they get older and protect themselves from Elder Abuse, please call Advocare on 9479 7566.

Western Australian designed alternative to taking pills providing drug free pain relief

OSKA Pulse is registered with the FDA (USA) as a Medical Device Class 1 and has already won four major awards in the USA in 2017.

A 'doctor recommended' portable, wearable device, Oska

Pulse uses specially configured electromagnetic fields that speed the body's natural healing processes, dealing with general joint pain; pain from degenerative issues such as osteoarthritis and speeding recovery from workplace

or sporting injuries.

The size of a computer mouse or bar of soap, it can be worn over clothing and used while going about your normal everyday activities. There are no sticky pads or wires and no uncomfortable tingling

sensations.

The internal rechargeable battery makes it extremely easy to use and take anywhere, work, traveling (yes even on aircraft) or just sitting at home watching TV.

Designed in Western Australia by Medic

Technology International and manufactured in the USA by Oska Wellness Inc, Oska Pulse has a money back guarantee, so you have nothing to lose but your pain.

So next time someone reaches for medication to dull aches and

pains, think about long-term health and that there is an alternative to popping pills.

See advertisement on this page for details about how to buy the device.

Annual skin checks important for both men and women

IT HAS never been more important for someone, their spouse, father or son to get a skin check. Two in three Australians will be diagnosed with skin cancer by the age of 70, but men are nearly twice as likely as women to develop the potentially deadly disease.

Generally, men have more unprotected exposure to the sun, tend to monitor their own skin less often, and discover skin cancers later when they are harder to treat. Nearly 70 per cent of Australians who die from skin cancer are men.

As late diagnosis can lead to significant scarring, disfigurement or death, early detection is the key to the successful treatment of skin cancer.

And winter is the ideal time to get a full-body skin check, according to Elly Bradshaw, practice manager at National Skin Cancer Centres Cottesloe.

"The instigating factor for many people to get their skin checked by a professional is that a friend, family member or even a stranger raises the alarm about a particular mole or blemish," said Ms Bradshaw, 26.

"But as the weather becomes cooler and we cover up more, this incidental detection reduces dramatically, putting people in real danger of delaying a life-saving diagnosis."

Ms Bradshaw, a melanoma survivor, encourages all Western Australians to stay vigilant even as the weather cools down, and says the best approach to peace of mind is a yearly check-up with a skin cancer doctor.

National Skin Cancer Centres Cottesloe combines the expertise of specially trained skin cancer doctors with unparalleled skin imaging technology to evaluate patient's skin health from head to toe, offering skin checks, diagnoses, treatment and aftercare all under one roof.

To learn more or book a skin check, call 6280 0180 or visit www.skincancercentres.com.au/cottesloe



69% of Australians who die from skin cancer are men.

Men have more unprotected exposure to the sun, tend to monitor their skin less often, and discover skin cancers later, when they are harder to treat.

Book a skin check today.

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*J. Sex Med 2008 **Urology 2013 5:95-99
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Care and Ageing Expo to focus on people ageing well in Western Australia



WITH more than 100 stands and seminars on two stages, the third Care and Ageing Expo at the Perth Convention and Exhibition Centre over the weekend of 3 and 4 August will focus on products and information enabling older people to enjoy the ageing process.

An increased number of stands will feature products and services covering all aspects of the care and ageing industry, ranging from providing advice on finance to demonstrating

equipment to help make living at home easier and even hearing solutions for older people.

Created by Leading Age Services Australia (LASA), the Care and Ageing Expo will showcase the full spectrum of products and services in home care, residential aged care and retirement living that will assist the community to navigate through what can be a confusing journey.

Expo organiser Richard Campbell said it aimed to

help people understand what was available in every aspect of ageing well.

The Bethanie Lifestyle seminar stage, with MC, former ABC presenter Verity James, will provide a continuous stream of valuable consumer information including discussion panels with opportunities for questions.

Topics range from aged care finances and home care planning, to how to care for those with dementia or learn about cyber-crime and safety for

seniors along with much more.

A more informal Chat Lounge will focus on technology, staying healthy and innovative products to make life easier for the ageing consumer.

There will be opportunities to hear about and discuss products and services from industry specialists from TADWA, VisAbility, Silver Chain, Intelligent Home and others.

Mr Campbell said over the last couple of years the Care and Ageing Expo

had proven to be an ideal way of encouraging aged consumers and their families to contemplate how to create a contented environment for ageing well.

"There are many new developments in the way both government departments and care and ageing services as well as ever-improving technology to help make life safer and more enjoyable for older people."

Types of exhibitors will include: residential care facilities; home care pro-

viders; retirement living providers; equipment providers; service providers; allied health providers such as physiotherapists, cognitive therapists and counsellors; vulnerable care groups including, LGBTIQ+, legal, financial, banks, superfunds; medical; consultants; technology; workforce; and not for profit volunteer groups.

LASA CEO Sean Rooney said that in a rapidly evolving aged care environment the expo would play a valuable role in helping consumers understand the options available to them.

"Age services providers are responding to the demands of consumer centred care and tailoring offerings to meet the care needs of the growing number of older Australians.

"So now more than ever, the consumer and their loved ones have the opportunity to compare the various age services

options and make informed decisions," Mr Rooney said.

"I would strongly encourage anyone who is nearing retirement, or caring for elderly loved ones, to visit the expo, ask questions and gather as much information as possible before making what can be 'life changing' decisions.

The expo will be open from 9.30am to 4pm on 3 and 4 August. There is free entry for pension card holders (Aged, Veteran and Disability). Children under 18 are also free.

Tickets are available for pre-purchase for \$8 for adults and \$5 for concession card holders (Health, Seniors Card and Student). Companion cards are accepted.

At the door tickets are \$10 for adults and \$7.50 for concessions.

More information and tickets are available from www.careanageingexpo.com.au

Stem cell nutrition may help lead to better health

THERE has been a lot of recent publicity about stem cells, and now there is a great natural product that people can take to assist their own adult stem cell migration.

With this product, not only is it safe, affordable, easy to take and effective, but it is now here in Australia.

Stem cells are the only cells in our body capable of repair and

renewal. We need them every day, for our daily repair and renewal. Cells are constantly breaking down and being replaced where possible, but the older we get- less and less stem

cells are then able to be released.

The National Institute of Health has identified 74 treatable diseases using stem cells in therapy. So, it makes sense therefore, to increase the number of stem cells available.

The more stem cells people have in their bloodstream the healthier they are. People always make stem cells, but their ability to move from the bone marrow decreases. The rate of natural decline of stem cells in our bloodstream as we age is 45 per cent by the age of 35,

50 per cent by the age of 50 and 90 per cent by the age of 65.

Every time someone consumes two capsules of stem cell nutrition, within an hour up to 34 per cent more stem cells will be released into the bloodstream. This has been proven. This is potentially an extra four to nine million stem cells in circulation.

If people wish to find out more about how stem cell nutrition can transform their life phone Sandra Barnsley 0412 479 156.

A bidet can solve many mobility issues for people...



BARBARA Nash simply dreaded going to the toilet, the combination of arthritis and a bad back made what is a simple thing for most people almost impossible for her.

Her doctor had said a bidet would solve her problem but the cost of installation and space required for the traditional stand alone bidet to be installed in her home was just too expensive.

Barbara says her luck changed when visiting her friend and she tried out her bidet.

She said, "it has a heated seat and soft closing lid but the best thing is, once I have finished going to the loo I simply press the wash button on the remote control and the Bidet cleans me with a stream of warm water, the in-built fan then dries me off with warm air and I haven't used toilet paper since. It's the best thing since sliced bread!"

Barbara was so relieved that her toileting problems were solved. She rang The BIDET SHOP® straight away and ordered one. Since then Barbara has introduced four of her other friends to this life changing machine.

"I just didn't know how many other people out there were having trouble going to the toilet. My advice to everyone is get a COWAY Bidet put on your toilet, I did and it changed my life."

Have a Go News' readers may qualify to have their Bidet fully funded. Please call call The Bidet Shop® on 08 6315 4252 to find out more.

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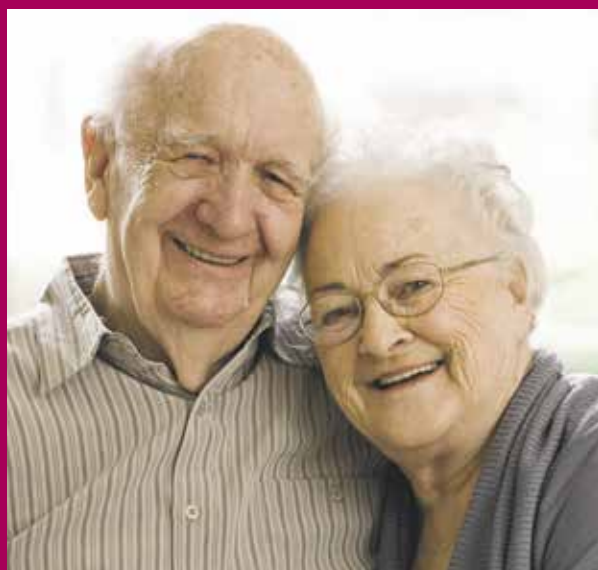
Uncertain about your rights in your home or residential care service?

Call us for free, confidential information and support on 1800 655 566 or visit www.advocare.org.au

Human Rights Don't Diminish With Age

WA Elder Abuse Helpline 1300 724 679

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Lay back and listen to jazz great Michael Pigneguy



WHILE many artists are wary of straying too far from home, both literally and figuratively, Michael Pigneguy has had the pluck to investigate all sorts of music beyond his beloved jazz roots and to base himself somewhere as improbable and exotic as Qatar where he lived for more than a decade before recently returning to Australia.

As far as it is in kilometres it is even further in cultural terms from where he was born (Sydney), grew up (New Zealand) and studied and forged a career (Perth). Taking up the piano by the age of four and the drums at nine, he knew music would be the focus of his life from early on.

After a year at Auckland University beginning a classically-based academic degree, Michael attended the Western Australia Academy of Performing Arts (WAAPA) from 1989-1992 and, although he had be-

gun composing at school, this was when his interest in composition really flourished.

After WAAPA he stayed in Perth and formed the *Michael Pigneguy Quartet*, which quite soon expanded to a sextet to offer him a broader palette as a composer.

Despite so much going on in Perth, Michael and his wife moved to Abu Dhabi in August 2006, looking for a change. There was no jazz scene in Abu Dhabi other than some hotel gigs at that time, but Michael became involved with the UAE Philharmonic Orchestra, and revisited *Jazz Meets Mozart* for full orchestra in 2007.

After three years in Abu Dhabi they moved to Dubai and then Doha, where they remained until 2018.

Last year Michael returned to Perth and played to a soldout room at the Ellington Jazz Club and this year he returns to Perth again with an entourage of some of Australia's best musicians playing one night only with guest Evelyn Feroza on Thursday 11 July from 7pm to 10pm at The Duke of George, 135 George Street, East Fremantle.

Tickets \$35 and available from www.moshtix.com.au

WIN WIN WIN

We have a double pass to give away for a lucky winner to attend the Duke of George performance on 11 July. To be in the draw simply email win@haveagonews.com.au with Jazz in the subject line or write to Jazz Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/7/19.

Old school thriller with a modern heroine...



FROM director Trevor Nunn and starring Dame Judi Dench, Sophie Cookson and Stephen Campbell Moore in the new film *Red Joan* which comes to screens this month.

In a picturesque village in England, Joan Stanley (Academy Award® winner Dame Judi Dench), lives in contented retire-

ment. Then suddenly her tranquil existence is shattered as she's shockingly arrested by MI5. For Joan has been hiding an incredible past; she is one of the most influential spies in living history.

Cambridge University in the 1930s, and the young Joan (Sophie Cookson), a demure physics student, falls intensely in love with

a seductively attractive Russian saboteur, Leo. Through him, she begins to see that the world is on a knife-edge and perhaps must be saved from itself in the race to military supremacy.

Post-war and now working at a top secret nuclear research facility, Joan is confronted with the impossible: Would you betray your country and your loved ones, if it meant saving them? What price would you pay for peace? Inspired by an extraordinary true story, *Red Joan* is the taut and emotional discovery of one woman's sacrifice in the face of incredible circumstances.

In Australian cinemas nationally 6 June.

Sally Morgan - ordinary woman with an extraordinary gift



DUE to public demand, Britain's best-loved psychic, Sally Morgan, is bringing her successful interactive show back to Australia.

Since a young girl Sally has had paranormal experiences, sighting her first ghost just aged four. Her phenomenal ability developed organically over the years and she quickly became

referred to as 'Psychic to the stars' due to her close and trusted relationships with top showbiz celebrities and royalty alike including George Michael, Natalie Imbruglia and most notably the late Princess Diana.

Sally's down-to-earth nature and infectious personality has attracted a whole new audience to the spiritual

world and her astounding accuracy keeps audiences on the edge of their seats.

This unique theatrical experience should leave you feeling uplifted and enlightened...as they say seeing is believing!

Don't miss seeing Psychic Sally at the Astor Theatre on Saturday 6 July. See page 61 for booking details.

Let's get Nordic this July at special film festival



contemporary dramas, comedies and crime thrillers.

Exploring culture, history and life in the Nordic region, a host of Australian premieres will bring high calibre and award-winning Scandinavian cinema to Palace Cinema Paradiso and Palace Raine Square from 17 July - 7 August.

WIN WIN WIN

To be in the draw to win a double pass to any of the films at the Scandinavian Film Festival simply email win@haveagonews.com.au with Nordic in the subject line or write to Scandinavian Film Festival C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/6/19.

THE 2019 Scandinavian Film Festival will celebrate new films from Norway, Sweden, Finland, Iceland and Denmark. Now in its sixth year, the festival will showcase a strong line-up including

WASO West Australian Symphony Orchestra

waso.com.au
9326 0000



Tchaikovsky's Violin Concerto

MORNING SYMPHONY SERIES
Thu 20 June 11am
Perth Concert Hall

To perform Tchaikovsky's perennially popular Violin Concerto we welcome back to Perth the great Russian violinist Vadim Gluzman, whose recording of the Concerto was described by *ClassicsToday* as "jaw-droppingly spectacular".

Tickets from \$30*



Tchaikovsky Symphony No.5

MORNING SYMPHONY SERIES
Thu 4 July 11am
Perth Concert Hall

Estonian conductor Hendrik Vestmann makes his WASO debut with Tchaikovsky's Fifth Symphony. We open with the kaleidoscopic textures of Esa-Pekka Salonen's *Nyx*, named after the Greek Goddess of the night.

Tickets from \$30*

Wesfarmers Arts
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Department of Local Government, Sport and Cultural Industries

let's go west

*A one-off handling fee of \$6.60 per transaction applies to all web, phone and mail bookings. A fee of \$3.85 applies to over the counter bookings. An additional fee of \$4.40 per transaction applies for delivery via Registered Post.



World calibre artists to entertain with SwanSongs through June



Left to right; Alexandra Bak © Kristin Bowtell
- Gregory Yurisich and David Wickham © Matt Galligan

WEEKENDS in Perth through June will see a

return of David Wickham's celebrated *SwanSongs* featuring a program of illustrious singers who have made their mark on the world stage.

Northern Lights at 7pm Saturday, 8 June at Steinway Gallery, 246 Railway Parade, Leederville will feature Alexandra Bak soprano, Brigitte Heuser (mezzo-soprano) with David Wickham (pianist). New Zealand born singer Heuser returns in spirit to her former home Norway, with Bak to present great songs from countries bordering the Circle, Norway, Finland and Russia.

Expect music blending finely-drawn simplicity, soaring passion and echoes of folk music. Bak has been a WA Opera chorister and soloist for a decade, as well as taking roles for Opera Box, the Australian Opera Studio and Black Swan Baroque.

Heuser is a graduate of the Australian Opera Studio with a career that has taken her to Germany, Norway and the UK. She now lives in Perth and WA audiences can hear her as the redoubtable Katisha in *Mikado* for the Gilbert & Sullivan Society.

The program is repeated at Christ Church, Cla-

remont, corner Stirling Highway and Queenslea Drive, 3pm, Sunday 9 June.

Saturday, 15 June at 7pm at Steinway Gallery will see *Decadence* with Harriet Marshall soprano and Ileana Rinaldi mezzo-piano with David Wickham piano. Soprano Marshall sets the tone with a sublime set of songs, a program for rich voices and generous souls. Harriet, or Hattie to her friends, is the guiding spirit behind Freeze Frame Opera, the company defining opera for contemporary audiences.

Rinaldi, a regular solo-

ist with Opera Australia and WA Opera, is perfectly matched vocally, and offers Berlioz's exotic Summer Nights with six songs. Both women juggle singing careers with motherhood.

The program is repeated at Christ Church, Claremont, 3pm, Sunday 16 June.

Sunday, 23 June at 3pm at Steinway Gallery sees the return of legendary baritone Yurisich in a unique program entitled *Melodramas* accompanied by David Wickham.

Yurisich was a world class baritone for three decades, described by Plácido Domingo as his

favourite. Now retired from singing, he returns to the stage to bring his musical, textual and vocal powers to bear.

David Wickham, who established *SwanSongs* six years ago, is a lecturer and performer with a strong history of working in the music industry. He is skilled in accompaniment, coaching, repertoire, languages, musical direction, conducting, arranging and teaching.

Wickham graduated from the Guildhall School of Music and Drama and was a freelance pianist in London.

Tickets from www.tybooking.com

Sit back and enjoy WASO's morning symphony concerts

DO PEOPLE know that the West Australian Symphony Orchestra perform morning concerts as well as evening ones? Their Morning Symphony Series is a selection of much-loved classics in one-hour experiences.

These morning concerts begin at 11am but get there early to enjoy a complimentary tea or coffee before the performance and don't miss the Wesfarmers Arts free pre-concert talk in the auditorium of the Perth Concert Hall at 9.40am.

These talks bring words and music together for people to gain a greater understanding of the concert they are about to experience. The speaker will give tips on what to listen out for, as well as explaining the history of the piece. Why not make a day of it and enjoy a buffet lunch at the Perth Concert Hall afterwards? They have some fantastic concerts yet to come this year.

World-renowned violinist Vadim Gluzman

joins WASO on Thursday 20 June at 11am to perform Tchaikovsky's hugely popular *Violin Concerto* under the baton of principal conductor Asher Fisch. On Thursday 4 July at 11am they perform Tchaikovsky's *Symphony No.5*, an exploration of grief, joy and triumph.

Don't miss Asher Fisch become soloist on Thursday 29 August to perform Schumann's rapturous *Piano Concerto*.

For more information and to book, visit www.waso.com.au or call 9326 0000.

Enjoy the magic of Dorothy and the new *Wizard of Oz*

THE entertainment industry has evolved in leaps and bounds since the story of Dorothy was first told in the 1939 film *The Wizard of Oz*.

APAN Entertainment, in association with HAMA Productions, which has been bringing to Perth smash hit sellout seasons of productions such as *Legally Blonde*, *Beauty and the Beast*, *Grease*, *Fame* and *High School Musical* will bring *The Wizard of Oz* to the Regal Theatre in Subiaco for a three-week season from 17 August to 1 September.

The huge production has more than 500 individually designed costumes, a huge set, a cast of more than 200 and lots of magic.

The main story of the film, of course, involves a

girl named Dorothy who wishes she can go to a better place than being stuck on a farm in Kansas with her family.

When a huge tornado picks up Dorothy's house with herself and her dog, Toto in it, the house lands in the magical land of Oz and Dorothy sets off on a journey down the yellow brick road to get back home.

Featuring seasoned musical theatre performers Vincent Hooper as The Courageous Lion (*Rocky Horror Show*, *Avenue Q*, *Heathers*) Jamie Mercanti as the The Wizard (*Beauty and the Beast*, *Jesus Christ Superstar*, *Legally Blonde*)

From the beautifully composed *Over the Rainbow* sung at the beginning by Dorothy, to the fun songs of the

Munchkins, the variety of songs help make the musical so recognisable that people end up singing along to the songs during

the show.

The Wizard of Oz is a musical for people of all ages.

For more informa-

tion and tickets go to <https://premier.ticketek.com.au/shows/show.aspx?sh=WIZAO-FOZ19&v=REP>

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MACBETH

7.30pm 19 | 22 | 24 | 26 October
HIS MAJESTY'S THEATRE

TICKETS ON SALE www.waopera.asn.au

ART for ALL



June 9-19

17th Annual Atwell Youth Awards
An amazing exhibition of artworks from 15 high schools.

June 21-30 Passion in Print

Printmakers' Association of WA Exhibition
Includes Lunch in Gallery Wednesday,
June 26, 12-2pm

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SCENE SOCIALLY



SCENE (1): THE Seniors Recreation Council of WA held their annual mid winter ball themed *A Winter Wonderland* in the Astral ballroom at Crown Perth on 5 June. More than 250 people dressed up and danced the afternoon away. Thanks to Crown Perth, this newspaper, Casey Tours and other sponsors the afternoon was a great success with lots of prizes and giveaways. The live band *Satin Doll* played a selection of beautiful dances and everyone enjoyed the floor show which was one of the pipers from the WA Police Pipe band with Scottish dancers. Congratulations to SRC for a well organised event.

SCENE (1): Top row, from left; SRC executive officer Dawn Yates and president Hugh Rogers - Marlene Robins and Phil Paddon - Jenny Eyre and Leslie Crump - Helen Anderson and Derek McCance - Pat Paddon and Patsy Talbot. Second row, from left to right; The Red Hat Ladies Julie, Christine, Sylvia and Marion - Gloria and Terry - John Bertelsmeier and Patricia Brant - Adam Fan and Linda Wang - Michel Overton and Charles Murphy.



SCENE (2): CONGRATULATIONS to Colin Svanberg, Peter Schoch and Rosemary Beekingham who were our lucky winners of the AGL competition to win a double pass to see West Coast Eagles versus the Western Bulldogs. It was a fabulous experience in the Field Club which is part of the Locker Room at Optus Stadium to watch the West Coast Eagles enjoy a great win. The experience includes food and drinks, an opportunity to see the players warm up and then run on to the ground and watch the action from the terrace right next to the players' bench. Thanks to AGL for the opportunity to share this amazing experience with some lucky readers.

Stay Sharp Program

for the over 55s - as seen on Channel 7 Today Tonight
Promoting Physical & Cognitive Health

Have you attended any of our previous programs?
Do you wish to improve your physical and cognitive well-being?
We invite you to our on-going Stay Sharp Program

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

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

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

Next Program Commences
1 AUGUST - 18 SEPTEMBER 2019
9.30am - 12noon
Perth & Tattersall's
Bowling Club
2 Plain St, East Perth

8 weeks \$80

REGISTRATIONS
(08) 6558 1833
info@staysharpprogram.com

HAJ0427/056175

Play set to entertain and delight

A *CHORUS of Disapproval* follows the story of young widower Guy Jones. In his fight against loneliness he finds himself joining an amateur operatic society that is putting on *The Beggar's Opera*.

Through a series of hilarious and questionable actions he rapidly progresses through the ranks to become the male lead, while simultaneously conducting liaisons with several of the female cast.

Directed by Luke Miller and performed by an amazing cast: Guy Jackson, Mike Moshos, Steph Hickey, Suzy-June Wakeling, Ann Cahill, Rachel Vonk, Taneal Thompson, Kelly Blee, Benedict Chau, Ray Egan, Ryan Perrin, Kieren Elliott and Jordan D'Arcy; this play is set to send audiences home 'begging' for more.

A *Chorus of Disapproval* plays at 7.30pm 5, 6, 10, 12, 13, 17, 19, 20, 24, 26, 27 July with 2pm matinees 7, 14 and 21 July. Tickets are \$22, \$20 Concession, \$18 Members - book now on www.trybooking.com/BAEKN or visit marloothetre.com.au.

Marloo Theatre is at 20 Marloo Road, Greenmount (off Innamincka Road).



SCENE (3): IN APRIL Morish Nuts very kindly donated two lovely hampers for a competition for readers. Congratulations to our two lucky winners Peter Schoch from Scarborough and Alice Williams from Swan View.

SCENE (3): Left to right; Alice Williams collecting her delicious prize - Jenette collects her dad Peter Schoch's win from Morish Nuts employee.



SCENE (4): EDITOR Jen Merigan has returned to *The Couch* TV talking about current affairs. *The Couch* airs on Foxtel on Sundays Nights at 8.30pm on channel 173 Aurora and can be watched through YouTube and via their Facebook page. Don't miss this entertaining local variety show every week, now in its 17th year. It's a Western Australian produced show supporting local artists.

SCENE (4): Left to right; Jen Merigan with host Fred Mafira



SCENE (5): EDITOR Jen Merigan recently visited the Trigg Probus Club to present a talk about *Have a Go News* and the *Living Histories* project taking participants back to the '50s and 60's as well as talking about the benefits of writing a life history. With more than 40 people in attendance we love getting out and sharing the *Have a Go News* story further creating and reaching our large community.

SCENE (5): Clockwise from top left; Toni Nolan and Celia Richards - Jill and John Heinrich - Jan Crisp, Jan Joseph and Maureen Stubbs - Merryl and Don Miller - Gerd Schmidt and Steve Stevens - Ray Hunt and Sylvia Stevens - Judi Bell and John Coombes - Margaret Hatch, Jo Graneri and Pam Lawson

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