



LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN
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introductions

Proud partner AGL - It's gas, plus a whole lot more

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let's go travelling

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- Frank Smith in Norway
- Winter in the West



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- Care & Ageing Expo feature
- Food & Wine
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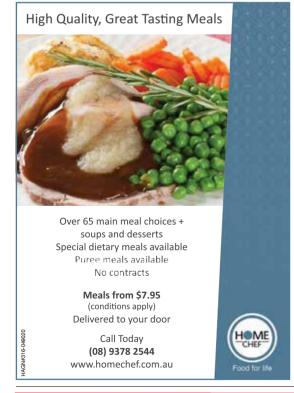
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André Rieu waltzes in...



Dutch violin superstar André Rieu

by Lee Tate

ANDRÉ Rieu, home in Holland, is juggling his "second family", a 120-strong juggernaut, to bring a traditional taste of Christmas to Australia.

Perth's 24 November concert will be "a wonderful evening filled with delicious music," he tells me from Maastricht, without a hint of self-promotion.

Undoubtedly, it will be. The musical phenomenon draws 600,000 people a year to concerts on five continents, outselling

Elton John, Madonna and Coldplay.

Perth's performance will be the last concert on the national tour before the Dutch violin superstar heads home for his own family Christmas.

"You can expect the most beloved Christmas carols, but also romantic waltzes, well known melodies from movies and musicals, famous opera arias and so much more," says the "King of Waltz".

"I will bring the *Platin Tenors* and famous sopranos who will perform with my *Johann*

Strauss Orchestra.

"It will be an evening we will never forget and I promise we will get you in the perfect romantic mood for the season."

Rieu's concerts usually include a few surprises.

"Together with my wife, Marjorie, we make a new program every year and we take care that we include several surprises, too," he said.
"My orchestra is my big

"My orchestra is my big family, there are about 60 orchestra members who are very dear to me. In total, there are 120 people on the payroll which is a huge responsibility obvi-

ously.

"A few months ago, Vera, our harp player, had a baby. She will take the little one with her but also her mum who will be the nanny of the infant. Isn't that great? The orchestra family grows bigger and

bigger every year, haha!"
Rieu is reassuringly
real

"I have the most beautiful job in the world. Who else is able to say that he can make people happy with music for more than 40 years now?

"I feel lucky and priv-

ileged to do this and I simply can't imagine a life without music. Music is my life!"

Rieu and his entire team are clearly in tune.

"We all share the same dream, to let the world dance the waltz. Having and sharing this dream gives energy to us all. On tour, there is enough room to relax, of course, but also playing on stage is something we all love to do."

For a busy tycoon/musician, Rieu says his life is a happy balance.

continued on page 7

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From the editor's desk



I AM very pleased to announce the beginning of an inaugural 12-month partnership with AGL. This partnership will provide readers with a variety of benefits including exclusive competitions, sponsorship of the Seniors Week Film Festival, special offers to competitions and many other opportunities throughout the year.

Since AGL's launch into the WA gas market they have been looking for ways to support the local community and have already established sponsorships with the West Coast Eagles, Surf Life Saving Western Australia and Foodbank WA.

The partnership with Have a Go News demonstrates their commitment to the senior's demographic in Western Australia and we are proud to begin this association which will bring exclusive senior special deals on gas and other readership benefits.

To kick off this partnership readers have the opportunity to win tickets to a home game at Optus Stadium on Sunday 19 August where the West Coast Eagles take on Melbourne.

The lucky winners will have the opportunity to

experience the game like never before in the Field Club and will be hosted by AGL and *Have a Go News*, see page 3 for full details.

Last month we attended the inaugural Legacy WA ball which was held at Crown Perth ballroom to celebrate their 90th anniversary.

It was a lovely night which celebrated the many achievements of the work Legacy undertake and was hosted by Jeff Newman.

The WA Army band provided the entertainment and I have to say they were sensational. talented singers and musicians, they took us on a musical journey which spanned 90 years. They played all night and finished off playing many popular tunes which had us all up and dancing. The ball was to raise money for the Legacy educational fund and they raised more than their target of \$55,000 from the night.

Thanks to the hundreds of people who have completed the reader survey, we appreciate the feedback and will be announcing the winners of the prizes during the month. One of the requests I have received from many people was to return to a mixed crossword of straight and cryptic clues which we have included again this

★★★
In our charity begins at home series we have a

look at the Heart Foun-

dation and some of the important research programs they are running in WA. See page 5 for details

Our Living Histories project which has seen hundreds of people share their stories of what life was like for them in WA during the 1950s and 60s. We provide an interactive talk for clubs and groups which also provides tips on writing your own piece of history. If you would like to book a talk, please call the office on 9227 8283 or email Tahlia@haveagone ws.com.au

Don't forget to check out our digital platforms with our website www. haveagonews.com.au where we offer things of interest in between editions of the paper including reviews and competitions and lots on current scams. Our Facebook page continues to grow and it's a space where we have lots of fun – like our page to join our digital community. For those who want the paper hot off the press, you can subscribe to the digital issue and receive it into your inbox each month. Just email reader@haveagone ws.com.au to be on the

I hope you enjoy this month's issue of the paper. Stay well, warm and

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

Quote of the month

"The key to successful ageing is to pay as little attention to it as possible."

Judith Regan

Great West Aussies - Did you know?

WA footballer George Doig kicked a national record 152 goals in 1934. In 1931 he kicked all of East Fremantle's 26.20 score v Palmyra. Doig was also first to kick 100 goals in a WA season and retired with a haul of 1,111 goals.

Have a Go News Quick Quiz

- 1. Esperance is on which ocean?
- 2. Pinjarra is in what region?
- 3. According to Noongars, there are how many seasons?
- 4. Geographe and Naturaliste were named after ships by whom?
- 5. Who rode into the surf at Redgate Beach to save shipwrecked passengers in 1876?
- 6. Name the world's biggest ocean.
- 7. Whiteman Park is in which suburb?
- 8. Where is WA's Joffre Gorge?
- 9. Who operates Karri Valley Resort?
- Name ABC TV's longtime rural program.
 See page 14 for answers.

Funny historical fact

DURING the Black Death in Europe a law was passed requiring people to say 'God Bless You' when they heard someone sneeze!

Word of the month

Ecdysiast

Noun A striptease performer.

1940s: from Greek ekdusis 'shedding', on the pattern of enthusiast.

Urban slang

Ghosting

the practice of ending a personal relationship with someone by suddenly and without explanation withdrawing from all communication.

Ageing research snippet

Removing wrinkles from inside our cells...

A STUDY from the University of Virginia Health System suggests that we could reverse ageing by removing wrinkles inside our cells. The new discovery about the effects of ageing in our cells could allow doctors to cure or prevent diabetes, fatty liver disease and other metabolic diseases -- and possibly even turn back the clock. How would they do it? By using viruses as tiny aestheticians.

Find the word - win a \$200 shopping voucher



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

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

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

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

make up the Ad Word. 1. Bethanie Group

- Marron Real Estate
 Attune Hearing
- 4. John Hughes
- Scooters Australia
 CMV Cruise and
- Maritime Voyages
 7. Kalgoorlie Boulder
 Visitor Centre
- 8. Hotel Clipper9. Independent Living Centre

10. ACMN

11. Atwell Arts

Entrants can enter via email win@haveagon ews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leeder-ville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/07/18.

Congratulations to Mrs S Crook our April 2018 winner.



"Mum needs help, but it's too early for an aged care home."

When an aged care home is not what you need, there's Bethanie on the Park Serviced Apartments.

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Find out more today. Call 131 151 anytime. bethanie.com.au/servicedapartments





Win a chance to see the West Coast Eagles tackle Melbourne





To celebrate our exclusive AGL partnership the lucky winners will see the game from an intimate perspective

THREE lucky readers have the opportunity to experience the West Coast Eagles play a home game when they take on Melbourne at Optus Stadium on Sunday 19 August.

Have a Go News is proud to offer this competition for readers to celebrate our new and exclusive partnership with AGL.

Thanks to AGL, the lucky winners and their guests will experience all of the action of what will be a crucial clash for both teams, while enjoying premium hospitality and a host of other benefits.

The winners will enjoy tickets within the Field Club in the unique Locker Room bar and be hosted by the AGL partnership manager and Have a Go News³ editor Jennifer

Feel a part of the game as you watch the mighty

Eagles players warm up in the glass-walled locker room before you cheer them on as they run on to the field ready to take on the Demons.

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

Got a smile

to deliver?

chorus

You'll be so close to the action that you will be able to smell the liniment when the players receive a rub down, see the interchange of players and observe the support staff, including the doctors and physios, doing what they

do during the match. Few people get to experience the game so close and it will give you an appreciation of how hard the players work during the game. They can clock up speeds of around 34 kmph and run 12 kilometres or more with Eagle's mid fielder Andrew Gaff running an average of 15 kilometres each match. During home games AGL donates 500 meals to Foodbank WA for every kilometre he runs

This is an opportunity to experience football like never before, cheer on your favourite players, enjoy food and drinks and finish the day off observing the post-game press conference with the coaches, rounding off this unique football experi-

It's an AFL sensory overload and thanks to AGL three lucky readers have the opportunity to

win a double pass which are valued at \$1000 each. **WIN WIN WIN**

To be in the draw to win one of three double passes to the Field Club on Sunday 19 August simply email win@haveagonews. com.au with AGL in the subject line or write to AGL West Coast Eagles Competition c/- Have a Go News PO Box 1042, West Leederville 6901 with your name, address and phone number included. Terms and conditions for this competition can be found at www.haveagonews. com.au Competition closes 31/7/2018.



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Donations wanted for Perth Town Hall's 150th anniversary

PEOPLE of Perth will play an important role in an exhibition to celebrate the 150th anniversary of the Perth Town Hall by lending or donating items that showcase its cultural, social and community role.

Deputy chair of Commissioners Gaye McMath said while usage of Perth Town Hall had evolved over time, the land was a meeting place since before colonisation, when the traditional custodians of the land used it as a campsite.

'We are inviting people to lend or donate items that tell a story - however big or small - about Perth Town Hall, the historic site it sits on and the role it has played

"Perth Town Hall opened on 1 June 1870 and continues to be an important and popular community meeting place and an admired function centre.

'The exhibition, marking the building's 150th anniversary on 1 June 2020, will not be restricted to historical photographs - donations could include items such as contemporary photographs or videos, artworks, spoken memories, ephemera and keepsakes related to the Perth Town Hall site.'

Respected Perth heritage identity Richard Offen said Perth Town Hall had a special place in the heart of the community.

"We hope people will search high and low for items which can go into the exhibition," Mr Offen said.

'So often, things which seem unimportant to the owner can be of great historical significance to the story of a place such as this."

In conjunction with the donation drive, the City of Perth has created a display from its cultural collection, highlighting the civic use of the Perth Town Hall over time.

Featured in the upper foyer of Perth Town Hall, the display includes items with connections to World War II, and important cultural celebrations such as wed-

To donate an item, please visit www.perth.wa.gov. au/livingcommunity or complete a collection offer form available from Perth Town Hall.



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A lifetime of sport and laughter for Gwyn White



Gwyn White (centre) with her daughter Joy Jones (left) and son Ian White (right) celebrate her 105th birthday

by Jennifer Merigan

HAVE A GO NEWS had the pleasure of attending the birthday celebrations for Gwyn White last month when she celebrated her 105th birthday on 13 June.

As the widow of a WWII veteran Gwyn has been assisted throughout her life by Legacy WA and says Legacy,

along with the Department of Veterans Affairs has helped her in every way possible.

Gwyn puts her longevity down to a lifetime of playing sport after taking up tennis at 17 years old, as well as playing golf and regular swimming.

Tennis has been a central part of life for the White family who

were founding members of the Floreat Park Tennis Club. Her son lan has gone on to be a life member and former president of Alexander Park Tennis Club.

When her husband passed away Gwyn maintained her enjoyment and participation of the game.

In 1973 Tennis Seniors was established which allowed Gwyn many opportunities to continue playing competitive ten-

nis all over the world. In 1988 at the age of 75 she and her team were victorious at the Australasian Veterans

Championships in Perth. She continued to represent Australia at many senior tennis carnivals throughout the world regularly beating younger people.

At 90 she toured Europe for six weeks playing competitive tennis and was still playing pennant tennis at 95 years old, deciding to retire at 96.

Gwyn treasures her family and two children Ian White and Joy Jones and said that she's not interested in being inspirational but would prefer to be thought of as a good mum.

At 105 Gwyn still plays indoor bowls and says one of the secrets to a long life is ensuring you have a damn good

Uncrowned king of Hay Street retires at 76



Cameron Bell locks up his shuttle bus for the final time

CAMERON Bell the self proclaimed uncrowned king of Hay Street West locked up his bus for the last time on 8 June.

Since 2008 Cameron has driven the shuttle bus service between Graylands, King Edward and Princess Margaret Hospitals.

With PMH closing last month the service provided by Buswest was terminated and Cameron locked up his bus for the final time, retiring at 76 years old.

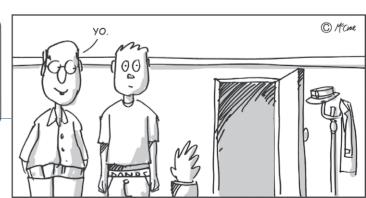
Cameron said he has kept a daily diary which records the 37,800 round trips he drove over the contract

"With the shuttle bus being manual I changed gears seventy times a trip or 2,597,000 times over the job.

"In retirement my wife and I intend to travel widely with others doing the driving and finish the book I started writing twenty years ago. I also intend to look busy, so my wife won't find jobs for me to do,' said Cameron.

Have a Go News wishes Cameron all the best in retirement and hopes he will find many activities to 'have a go' at through our pages!





Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

THE West Australian printed a comment on its opinion page calling for "Boomers Unite" on Saturday 16 June 2018. It suggested that we of the grey brigade gather our experiences to form a political party for us oldies to ensure our future lonaevity.

That is a question that I have

asked of myself many times, as I would love to do this:

To to negate the propaganda of global Marxism and denounce the Fabian views and ideology of

To expose the greed of the society that is running (or should I say ruining) our lives today and that for future generations.

But I am now nearing the end of my life's expectation and just want to enjoy what freedoms are left to me, without the worry of debates that I know that I could not control. Thank you for asking anyway.

Kindest regards

Terry Weston JP Secret Harbour

Dear Editor.

RON and Nola here, we are back from our winning trip to Singapore...thanks to Have a Go News paper. We had a wonderful time and extended our stay for a week. The flight with Scoot was good and the

Mercure on Stephens was fabulous, could not fault any part of it.

Thank you for your great, informative paper and also the chance to win competitions! Kind regards

socialism.

Ron and Nola Cox

Heart Foundation WA works hard year round for healthy hearts





Left: Associate Professor Andrew Maiorana receives a research award last year from Graeme Robson, former Heart Foundation WA president. Above: Researcher Dr Yu Suk Choi, of the University of WA.

by Josephine Allison

IT'S the kind of pain that can strike at any age, day or night, sometimes a searing pain or something that creeps up quietly with few or no symptoms. Heart attack is one of the ways people experience heart disease, which is the leading cause of death in Australia. Statistics are improving but there is still much work to be done.

Since 1959 the Heart Foundation nationally has invested \$557 million into the causes, treatment and prevention of heart, stroke and blood vessel disease. Vital research Australia-wide has led to important breakthroughs such as the introduction of pacemakers, coronary care units in hospitals

and trials of a vaccine to prevent rheumatic heart disease. The foundation's WA division, based in Subiaco, runs programs across WA including the

southwest and Pilbara. Donations from the help fund community world-class research, guidelines developing for health professionals, support patient care for people living with heart

disease, help Australians live healthier lifestyles and advocate to government and industry to improve heart health.

Each year in June the Heart Foundation focuses on women and heart disease. This year, the Making the Invisible Visible campaign looked at high blood pressure during pregnancy which can lead to heart disease later

According to Heart Foundation WA clinical engagement co-ordinator Shelley McRae while more Australian men will be hospitalised with a heart attack, as a percentage, heart disease takes roughly the same number of lives of both men and women.

"This highlights that the health outcomes for experiencing women heart disease are worse. she says.

"When admitted to hospital, many of the standard heart related procedures are not administered on women in the same timeliness that they are for men. Women are also less likely to be referred to and to com-

plete a year round program of cardiac rehabilitation after a heart attack, which would reduce their chances of having a second one.

"Many people think that heart disease is an old man's disease, but the fact is heart disease doesn't discriminate; it affects both genders. If we are to protect the heart health of current and future generations of Australian women, there is an urgent need to do more."

Those aged over 45 (35 for Aboriginal and Torres Strait Islander people) should see their GP for a heart health check.

The Heart Foundation is urging women to familiarise themselves with the warning signs of heart attack - because they are often not what people expect - and to call triple zero (000) without delay. Signs are not necessarily sudden or severe and some people don't experience chest pain at all.

Symptoms can include shortness of breath, jaw, shoulder, neck and back pain, feeling nauseous or generally unwell. Women tend to experience these

less obvious symptoms but only one in four women are aware of at least one of these. Women are also less likely to see the symptoms as representing a life-threatening emergency than men. This then impacts the time it takes to diagnose and

treat women once they

present to emergency de-

partments.

In ongoing research in WA. Associate Professor Andrew Maiorana of Curtin University is studying with other researchers to find out if adding exercises in water to a workout helps bring more benefits for heart health.

To find the answer, they have been conducting a randomised, controlled study tracking the effects of 12 weeks of moderate intensity water-based or gym-based exercise workouts on blood vessel health and function, brain blood flow, fitness strength, body composition and blood test parameters. All those taking part have coronary heart disease.

Professor Maiorana said it is known that when exercise is performed in water, the response of the cardiovascular system are different to land-based exercise

In another program, Dr Yu Suk Choi, of the University of WA, is involved in a project looking at whether raising stem cells in an environment that mimics the biophysical properties of heart tissue has a potential to regenerate heart muscle cells.

The Heart Foundation WA will hold its HeartCare Red Hot Winter Ball on 11 August at Crown Perth. The gala evening will help raise vital funds for heart disease prevention and research. Ticket enquiries waevents@heartfound artion.org.au or phone 9388 3343. To buy tickets direct go to - www. hu manitix.com/event/red - hotwinter-ball/.

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U3A (University of the Third Age) aims to encourage life-long learning among people in the third stage of life when they are no longer in the workforce, in other words seniors and retirees.

The U3A Movement has spread across much of the world, including

Australia with the support of the University of Western Australia, which provides office space for our volunteers. The U3A head office organises the regular city courses and seminars, while the individual branches organise their own social activities and regular talks on various topics.

The U3A Choir is part of this movement. At the beginning of the year they were invited by Friends of Lake Gwelup to perform at the Lake Gwelup Christian Church. They spent the earlier part of 2018 learning new pieces and practising some old favourites.

In May they gave their performance to an audience of about 180 people at the largest venue and before the largest audience that they have ever performed for.

The concert was very received including the classic Isn't it a Lovely Day to be Caught

On Tuesday 31 July the choir will perform at the Holly Wood Tuesday Morning Show at the Perth Town Hall. The final performance for this year will be a return visit to Alfred Carson agedcare lodge in Claremont in October.

The choir has enjoyed a busy year and alwavs welcomes more people to join or to enjoy the varied courses and camaraderie offered at the many branches of U3A.

For information about U3A enrolment or joining the choir, ring 6488 1857 or visit: www.u3auwa.org



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Language Campuses

World renowned pianist David Helfgott returns to Perth Concert Hall





Above: David Helfgott to perform at Perth Concert Hall Friday 20 July © Cameron Herweynen - David Helfgott and wife Gillian

by Brad Elborough

PIANO virtuoso David Helfgott has played to packed houses in iconic concert halls all around the world. The Hollywood Bowl, the Royal Albert Hall, Vienna's golden concert hall and the Sydney Opera House – just to name a few.

And while they are all among great highlights of a glittering career and playing them was a part of the life's ambitions of a young musician, the Perth Concert Hall sits proudly among those that the man whose life is so well documented in the multi Academy Award winning movie Shine, still enjoys visiting.

David spent much of his childhood in Perth and it was at the Perth Concert Hall that he won the state finals of the ABC's Instrumental and Vocal Competition. It is one of many accolades he has earned along the journey.

Many decades later, he continues to add the venue to his schedule.

He has also made a lot of friends and picked up a lot of fans from performing for 30 consecutive years at the much less formal Mundaring Weir Hotel, many of whom still enjoy the opportunity to watch his play live.

"We have so many friends over there; all of David's family is over there," said Gillian Helfgott, David's wife of more than 30 years.

'David likes to go back to the same places. He remembers at 14 when he became famous and won the competition at the Perth Concert Hall. Past experiences and friendships are very valuable to us;

not just playing in the Hollywood Bowl and all that sort of thing, which he has done now.

"He has more or less achieved all of his ambitions, going back to the Royal Albert Hall and playing his beloved Rachmaninoff's Third Concerto in London and meeting up with friends he was with at the Royal College of Music.

"All of these things are important, but we hope we never lose sight of the support and love of friends over the years.

"To play Rachmaninoff's Third Concerto at the Concert hall is very exciting. David did it in the famous Golden Hall in Vienna, one of the most famous concert halls in the world, in front of over 2000 people. The standing room was sold out.

"With Rhodri Clarke, it was so powerful, two pianos, and you hear the full power of the piano.'

Now 71, David is still going strong and his talents are still very much in demand.

He's currently enjoying a rare winter in his home at the back of Bellingen (NSW), but will later head back to Europe, where he'll perform to full houses in Hungary, Denmark, the UK, Geneva, Vienna, Paris, Zurich and Istanbul.

He's still enjoying travel. The pair believe that getting out and about helps to keep their minds fresh. It's the airports that David doesn't like.

'The problem with the travelling is the airports." Gillian said. "They are so congested these days and then there's all of the scanning and you have to be there so much earlier than the flights.

"David calls them scareports

and I think that sums them up. So, we like to tour by car."

And because Gillian is older than David, in most countries they can't hire a car, so they have their family tour with them and take on some of the driving duties.

The pair are intending to take a bit of a breather next year. But in no way does that mean David is contemplating retirement.

Gillian said that David was asked recently if he was thinking about retiring and he looked at them in horror and declared that he would play until he dropped.

And that day is hopefully still a long way off.

His childhood piano teacher in Perth, Madam Alice Carrard, gave a concert on her 100th birthday and she is just one example of a pianist who has lived beyond the century mark.

"David's body is holding up as well as you could possibly image," Gillian said. "He is so

"He is in great shape.

"He has a passion for swimming, that's why one of the first things he did once we could afford it was put in a lap pool for him. He'll swim up to seven hours a day.

"To play the Rachmaninoff Concerto really does take a lot of effort and energy.'

While that energy has earned him a raft of fans, some of his fame is due to the depiction of his life in Shine, where he was played by Geoffrey Rush.

It told the story of a tough time of his life when he dealt with mental health issues. His ability to push through periods of loss, self-doubt and ultimately hospitalisation, has been an inspiration to many.

And while he doesn't like to talk about those days much anymore, he does acknowledge how important that period was in making him the musician he is today.

"He realised that it has added an extra dimension to his music," Gillian said.

"Once he made Shine and shared his joys and pain with the world, it was an incredibly liberating thing for him, that he was carrying that alone.

"Occasionally, he will come out with a little anecdote from that past, but that time when he was in hospital and in care, is well behind him.

"However, he is grateful for the life he has now and his courage that enabled him to

fight through.

"He is an inspiration for anyone who has been in the mental wilderness. And it has undoubtedly added to his mu-

David Helfgott performing Rachmaninoff's Concerto number 3 (two pianos) with Rhodri Clarke at the Perth Concert Hall on Friday, 20 July. Tickets \$89; \$79 (concession); \$59 (student); \$75 (pp for groups of six or more). Plus a booking fee. www.ticketmas ter.com.au www.perthconcer thall.com.au or call 9231 9999.

WIN WIN WIN

We have two double passes to giveaway to the performance at the Perth Concert Hall on Friday 20 July. To be in the draw simply email win@haveagonews.com. au with Helfgott in the subject line or call the office on 9227 8283 during business hours. Competition closes







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Perth Friendship Force hosts Japan club members



THE Friendship Force of Perth recently received 22 members of the Nara Friendship Force Club in Japan who were home hosted

by local club members.

During their week long stay in Perth the Japanese were able to practice their English language skills as well as experiencing some Australian culture.

Some of the highlights of their stay in Perth was a visit to Kings Park, a civic reception, a hands on mosaic session and a school visit.

The group really enjoyed spending a day at the Hills Discovery Centre in Mundaring, nestled in a bush setting, tucking in to an Aussie sausage sizzle and enjoying the fun of a bush dance.

Friendship Force International provides opportunities to explore new countries and cultures from the inside by bringing people together at the personal level.

Through the signa-

ture program of home hospitality, local hosts welcome international visitors into their culture, sharing with them meals, conversation, and the best sights and experiences of their re-

The Friendship Force of Perth always welcomes new members and if people would like to home host visitors from all over the world or travel with a group of trusted friends, please contact membership colinallen30@ officer gmail.com.

For more information about Friendship Force, check out: www.friend shipforceperth.net or www.friendshipforce - aussie.org.



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Where opinions matter - how much do we want animals in our lives?



by Lee Tate

SHEEP, fish, dogs, cats, birds. How much do we want animals in our lives? Humans make all the noises about earth's survival but fail in the conservation big picture.

What value do we really put on the lives of sheep and cattle when we are presented with evidence of cruelty and bastardry exporting live animals?

We could have stopped the trade and the cruelty overnight but money came first. Yes, we know farmers, exporters, transporters and (through governments taxes) would lose out. The dollar comes first.

Farmers and others could be compensated by governments during transition to other activities. Despite political bleating, the money can be found, as has happened in the past with suffering and struggling farmers and businesses. It comes down to priori-

People scream out to protect great white sharks, yet on any jetty along Australia's coast vou can see fishers nonchalantly ripping hooks out of the mouths of little or unwanted fish, tossing them onto hot jetties to die gasping for breath.

People-eating sharks are protected but crocodiles that attack humans or dogs or even look threatening to the public are caught and lockedup for the rest of their lives.

And a dog that sinks its teeth into a person or even another dog is put down.

People adore their dogs as we know, sometimes more than humans. Dogs are accepted in apartments, holiday parks, hospitals, retirement villages and, in some countries, on public transport and in eateries (nibbling from their owners' laps).

The place for man's best friend in our lives has been cemented.

Cats are loveable. Cats are also killers and, along with foxes, are the greatest threat to our native species, wiping our entire species and consuming

millions of native birds and animals every year.

Yes, there are more human controls over cat-breeding and greater owner-awareness keeping pet cats lockedin for the protection of other life.

But we are merely tinkering at the edges of addressing the awful massacre cats inflict in the deserts, forests, parks and suburbs. The nation has only a few serious cat-catching programs, including conservation programs at WA's Mt Gibson that led to Australia's largest cat-free region.

Several Perth councils have signed-up to an Adelaide-based national study, tracking 1,400 domestic cats at night. An earlier survey found 40 per cent of cats that were thought to be inside at night were actually out on the prowl.

Trees still face the chop. Humans relentlessly march on to expand communities at the obvious expense of trees. While entirely conscious of the importance of trees to the entire environment humans saw away.

Countless trees are still chopped down just for the wood.

When we visit Europe and Asia and elsewhere, we see how far nature has been ravaged. Children grow-up never seeing a butterfly or a bird in the wild. Some will never see them in their lives. Or clamber up a tree.

In Hong Kong, New York, Tokyo, Beijing and countless other big cities there's something obviously missing - the hand of nature. Residents pour into their zoos by the millions every year.

Caged and cooped-up animals are stressed. We know they would rather be flying or roaming free. hunting, mating and mixing with their own kind in their natural environment.

But total animal welfare takes second place to a desire for humans to view animals, especially unique animals, at closerange. Even in open, wide-range zoos with roaming beasts, humans hop into vehicles to get a close-up view. Zoos, of course, play a valuable role in education.

In Africa, fly-in, fly-out hunters still get a thrill out of stalking and gunning down sitting-targets.

Yet pay-as-you-kill reservations in Africa have proved to be a lifesaver for some breeds with the money spent on breeding and fostering various species.

We now understand the importance of nature to the earth and all of us who live on it, more than any time in history. But animals, plants and trees continue to become extinct by the day at the hands of humans.

The issue is staring us in the face but we are losing the battle. We aren't prepared to fully pay the price. Not at the expense of human progress and profits.

Give us your opinion. Email info@haveagone ws.com.au with Opinion in the subject line or head to our Facebook page to write your thoughts. You can also write to us at Opinion, c/- Have a Go News, PO Box 1042, West Leederville, 6901. Read the full list of comments at www. haveagonews.com.au

André Rieu waltzes in...

Twitter and Instagram

allow me to keep in

touch with them as

much as possible. I req-

ularly share photos and

videos and it is fantastic

to see how much they

The maestro marches

on after Perth. He says

he regrets he won't

have time for sight-

"Unfortunately I prob-

ably don't have time

for that. Our concert in

Perth is the last one and

the day after, we'll fly

enjoy it."

seeina



Dutch violin superstar André Rieu

continued from front cover

"My wife, children and grandchildren are my small family and I see them quite often. We (the orchestra) give about 100 days every year and over a few weeks there are rehearsals in my studio in Maastricht. So yes, I give both my families the time and love they deserve."

Feedback from around the world floods into Rieu's operation.

"It is lovely to receive all these moving stories. Children who play the violin and want to musicians, become people who need two weeks to come down my concerts, people who write me that they have just lost someone and my music helps them cope and comforts them.

"Unfortunately, I don't have time to answer all my dearest fans personally but Facebook,

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home again. But I have been to Perth before during one of my previous tours.

"Perth is a magnificent city. I love being in Australia because the people are so open and friendly.'

The cheery Dutchman sees himself making music for a long time, yet.

grandmother "Му nearly reached the age of 102 and I am planning to become 120! Okay, seriously I am planning to do this for many years to come.

"As long as my health allows me to perform and make people hap-

py, I will keep going. "Waltzing is healthy, did you know that? A waltz a day, keeps the doctor away!"

André Rieu's concert at the Perth Arena will take place on 24 November. Tickets and travel packages on www.andrerieu.com.

Letters to the editor... Opinion column

IN THE June issue #315's opinion piece Lee Tate explored Australia's use of alcohol and whether we as a nation drink too much.

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

I am too stingy with \$\$\$ to waste on alcohol.

Joyce Osborne Most people tend to

drink less as they get Jo Goodall It's part of the Austra-

lian vernacular... **Bob Rich**

Europeans seem to have nailed social drinking and don't have the same negative problems as Australia does over consumption of alcohol. Children in Italy are often given small glasses of wine to learn how to drink appropriately. Perhaps we should emulate some of their behaviour as they don't seem to have the

same issues as we do. Banning things seems to make people want them

Lyle Gordan

Governments should stop telling people what to do all the time and wasting thousands of tax payers dollars on advertising. There's an advert advising about the perils of alcohol on television regularly and I think we as a community are bombarded with that sort of advertising so much that people switch off to the messages.

Joan Pretty

There are too many messages on television telling people what to do and it doesn't promote self responsibility in people. Drinking can be enjoyable if it not done to excess

Veronica Peach

Australians have always been heavy drink-

Mal Bogota

We need to encourage people to take responsibility for their actions and treat other people better. Then al-

cohol fuelled violence will subside. We seem to live in a society where everyone blames other people for their problems.

Lorraine Taylor

Drugs are more of a problem these days than alcohol and if the two are mixed together people become aggressive and dangerous.

Bob Elders

If you would like to read the original story again please visit the www.haveagonews. com.au.

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Having the time of their lives celebrating love and marriage in later life



Peter Keogh and Sacha Mahboub on their wedding day

by Peter Keogh

I WROTE a book a couple of years ago, My High-de-High Life which did quite well and since then have been asked quite often for updates on the lives of my partner, Sasha and I as two older gay men and how we are living our lives – busily and very well in spite of our advancing years.

I want to share with other seniors that there can be a wonderful life after turning 60 and especially for gay people – some I know who still find it very hard to just come out, let alone be public about their feelings.

The legalisation of gay marriage was a deeply moving day for us. We decided there and then to regularise our relationship after thirty years. On Easter Saturday this year my partner of thirty years Sacha Mahboub and I were finally legally married at our workplace – The Mandurah Performing Arts Centre.

We exchanged vows on the mezzanine floor and as the sun set behind us. After that we moved into the theatre for the reception where the stage was decorated lavishly – as a surprise for me from my partner. It was without doubt the happiest day of our lives.

However it has been a long journey, but certainly a very worthwhile one, to reach this point. I was a country boy raised by very strict but loving parents who in spite of their strong Catholic beliefs were finally able to come to terms with my homosexuality. However sadly the same could not be said for Sacha who was raised in an orphanage in Rockhampton where he was horribly abused – sexually and emotionally.

Our life journey took us on very different paths on opposite sides of the world – me in London and Sach working in Australia in musical theatre – including being in the chorus of *Funny Girl* which starred Jill Perryman who is now a very special friend.

We met in 1988 in the offices of the most prolific Australian theatrical producer John Frost, the producer of *My Fair Lady*, *Wicked*, *Book of Mormon* etc, who was my friend of seven years in the early '80s.

During our time together Sach and I have had been involved with many exciting events and seen a great deal of change. We brought the Hollywood legend Debbie Reynolds to Australia to appear in the musical *Irene* at His Majesty's here in Perth and became fast friends.

I actually wrote to Debbie as an eleven year old fan and she answered personally. We have stayed in touch intermittently over the years, so it was a dream come true to have her work for us. She was one of the kindest, funniest, most outrageous persons we have ever met. We loved her and she especially adored Sacha. Our hearts were broken when Debbie and her daughter Carrie Fisher both passed away a day apart in 2016.

Since we moved to Mandurah we have both been working at The Mandurah Performing Arts Centre, me in the box office and Sacha as special events manager. He also hosts the monthly Morning Melodies at the arts

centre and has developed a large and loyal following.

A TV crew came to our home to film our reaction to the news that the Western Australian Government were to apologise to the gay community for the actions of various governments.

Another major issue in our lives this year has been the Royal Commission into Sexual Abuse in institutions and the redress scheme that has been finalised.

The saddest event has been losing my beloved mother. She adored us both and accepted us as partners unconditionally. She always introduced Sash as her son-in-law. After almost two years I still often go to dial her phone number. We miss her so very much.

We are happily 'legal' and have a group of friends who are so special that having them in our lives is like being embraced by a warm blanket of love. We treasure each moment together because at 73 and 77 we are very aware that we have less time ahead of us than behind us.

Have Australian scientists found the fountain of youth?

by Frank Smith

THE FOUNTAIN OF YOUTH is a legendary spring that supposedly restores the youth of anyone who drinks or bathes in its waters. The 16th Century Spanish explorer Juan Ponce de León, first Governor of Puerto Rico, searched for it in America without success.

Now Professor Derek

Braemar

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Richard, scientific director of the Cancer and Ageing Research Program (CARP), at the Queensland University of Technology and his team have discovered a drug which might have

similar properties.
It's an anti-ageing drug to stop the DNA wrecking ball which causes cancer, heart disease, type 2 diabetes cholesterol, arthritis

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and Alzheimer's disease.

This drug could prevent them all, delay their onset or even reverse ageing.

"Our research identified a key protein, hSSB1 that is increased in all cancers that we have studied including breast, pancreatic, lung and colorectal cancers. When we block this protein in cancer cells

they die," Professor Richard said.

The CARP team are currently working towards understanding how this protein functions in cancer and are developing new drugs to target its function. They plan to use one of these drugs to treat patients with a range of different solid tumour cancers such as lung cancer, advanced prostate cancer and melanoma.

This same protein is also linked to other proteins that are important in ageing.

"In very exciting early experiments, we have been able to change the activity of some of these proteins that may delay the ageing process."

"The protein hSSB1

senses genetic damage in cells. As cancer cells have one thousand times more DNA damage than normal cells, they cannot tolerate the loss of hSSB1. Our drug, DKLS02, inhibits hSSB1, making the cancer's genetic code collapse, which in turn kills the cancer cells,"

Professor Richard said.

He said the breakthrough was built upon
years of research focused on the ability of
single-cell organisms
called archaea to survive in harsh conditions,
including the boiling,
sulphuric acid pools of
undersea volcanoes.

"Our research revealed a 'super hero' protein, known as ssB1. But the real eureka moment came when we discovered that hu-

Professor Ken O'Byrne (left) and Associate Professor Derek Richard (right). Credit: QUT

mans have this same protein, called hSSB1, in every cell of our bodies," Professor Richard said.

"In normal cells, ssB1 is like a guardian angel that is looking after the genetic code and, if there is any damage, it rushes in to repair that damage. But, as we age, we lose parts of our genetic code, and that is the foundation for diseases such as cancer and Alzheimer's.

"When we found that ssB1 was helping the archaea to repair its damaged DNA, we realised we might have stumbled across the basis for a new cellular treatment for humans, to control our ageing pathway and keep people healthier, for longer.

"This new drug functions by restoring the activity of the hSSB1 protein in our bodies and making cells believe that they are much younger than they actually are," Professor Richard said.

While the drug has the potential to prevent or delay the onset of disease and illness, the primary aim is to improve quality of life.

"The big link between cancer and ageing is DNA repair. As we age, our target protein starts to function differently and allows our genome to be damaged. This damage can cause cancer," said CARP clinical director Professor O'Byrne said.

"This drug, once fully developed, could actually be taken to protect high-risk individuals from cancer and other diseases," he said.

Clinical trials begin next year.

The new drug is probably not the fabled fountain of youth, but it could be a valuable weapon in the fight against the diseases of ageing.

Have a Go News will keep you posted on updates of the trials as they come to hand.



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by Rick Steele

Blowing in the wind and other ballads which changed the world



Left; Rick Steele in 1961 Above; Rick Steele



Secretly, we would only play the record WHEN my sister came home, sometime in the when mum was out, until late 1950s, with a 45 the inevitable happened recording of Elvis Presand the ensuing tantrum ley singing Blue Suede scene was played out Shoes, nobody could minus the heart attack, have foreseen that it but only just. would change so many

Mummy dearest taught piano in the front lounge four afternoons a

week after school, while practised my leg spin bowling in the backyard. I wanted to be a 'Warnie' and play for NZ. My sister got her lessons sometime in the weekend or whenever and practised when she was told, so the old goanna got a good working over every day.

I was offered lessons many times but hearing what the other poor buggers were going through, I declined. Everything in those days was taught with discipline and repetition. Not my strong suit.

However, one thing I will always be grateful for, was mum's encouragement to have a go.

'Have a Go' sounds familiar. At school we had singing for one lesson a week for probably half an hour with mostly hymns, Brahms lullaby, and maybe a token Maori song like Pokarekare Ana. I still enjoyed the time and when teacher enquired if anyone would like to sing a song, I had little hesitation in offering to perform Blue Suede Well as they say, the crowd went wild and the seed was sown.

Maa had always said, "No, I won't buy you a guitar or you will end up like that awful Elvis Presley!"

Luckily, she couldn't see into the future. Five years later my brother and I were taking bible class and teaching our contemporaries Dylan songs on guitar, which we had saved up for and bought ourselves.

The Beatles exploded worldwide and the floodgates had opened. We were trying to learn ten songs a week and Lonnie Donegan's, My Old Man's a Dustman, and Itsy Bitsy Yellow Polka Dot Bikini were deemed gone. Even John Lennon was influenced when he met Bob and I believe that was the beginning of the end for the Beatles.

John had tired of singing, Love, Love Me Do, She loves You Yeah Yeah and wanted Paul to put some meat in the sandwich and write some meaningful lyrics. All we are saying, is give peace a chance.

I kind of felt the same way, and even though I didn't know what he was singing about half the time, the lyrics were intriguing and to this day, I still perform many of his songs.

Last year, while supporting my son in Los Vegas, and the election had just been lost, I sang, Just Like a Woman for Hillary She breaks just like a little girl.

Keeping all this mind,

each year we do a show called *Highway61*, where along with the finest and most experienced musicians I can find, we perform the songs of Mr. Zimmerman.

Part two of the show is designed especially for those who still practise the habit or should I say art of dancing, so bring yer dancing shoes. Our first performance will be at the Scarborough Sportsman Club on Sunday 22 July beginning at 3pm (special babyboomer time). Tickets 9341 6000.

Old hippies eighty will be admitted free, if accompanied by their parents.

A hippie wears his hair long like Tarzan, walks like Jane, and smells like Cheeta!

Cheers dears.

lives and the ramifications would carry on for

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by Jon Lewis - Monday to Friday overnight announcer on Radio 6PR

THE more people you talk to, the more you learn. Did you know, the more you talk to people from other countries the wider you learn?

While travelling along on a lovely holiday overseas we found ourselves in Greece. We ferried to a few of the beautiful 2,000 or so Aegean islands including Santoríni, Mykonos and Crete.

These islands provide a lovely relaxed and friendly environment where tipping is optional and you are never too far from a filling gyros or a wonderful coffee.

Broaden your horizons by talking to more people

As you could imagine with my love of coffee I was quick to embrace the Greek coffee and then to my delight, the double Greek coffee! Wow! It's easy to be awake in Greece.

Now, the knowledge I pointed to earlier is regarding how much more around the edges there is to know that charmingly or excitedly written stories do not really convey.

Chatting I discovered that men in Greece like to be happy and they seem to like others to join in too. I liked that and was ready to be happy too.

Also while walking, lost in Athens, a friendly somewhat 'ouzoed' gentleman, stopped in his wobbly walk to ask where we needed to be. Then he calmly expanded and with a clear 'bye bye', continued, I expect, on his way home.

I feel this wider un-

derstanding is being able to glean something valuable from in between the words of a written page or what could be buried deep in the binding of a book.

It's a knowledge that provides calm and empathy along with a jolly swagger of fun.

I encourage talking to a wider range of people of all walks of life. Oh, and if you see me, you could start by saying hello!

All the best.

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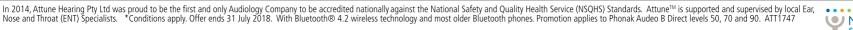
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You must be present to win. Active contactable members only



TV Talk with Lee Tate: Julia Zemiro...not everyone's cup of tea?



WHY on earth did producers pair the brilliant physicist Brian Cox with Julia Zemiro in the ABC's Stargazing Live series?

Eloquent, easy to listen to and highly-qualified, Professor Cox is that rare beast – a scientist who can easily explain his subject to the wider public. And win fans.

The likeable English-

man is professor of particle physics in the School of Physics and Astronomy at the University of Manchester.

So viewers hardly needed TV's RocKwiz compere to explain the issues and make light of it all.

Frankly, it was a turnoff. Television does it at other times, including sport.

In international golf championships, Aussie golf commentators (sometimes still back in Australia), have their two-bobs worth of needless input before crossing to the experts in the US or UK. The same goes for some TV major coverag-

es of British royalty. They should just leave it to the experts.

Stargazing Live was in the 6pm timeslot - up against top-rating commercial TV news and River Cottage Australia (repeats) on SBS.

River Cottage hits the mark thanks to another gentle presenter. Paul West has taken over from Matthew Evans's Pig Farm-chefs developing their properties and their families while showcasing their farm cooking.

Those picturesque scenes we saw nightly were of the property at Central Tilba on the slopes of Gulaga Mountain

Last year, Paul West sold his NSW farm and moved his young family, partner Alicia and two young sons, Otto and Bowie, up the coast to Newcastle, closer to his parents.

Paul toured food shows and other events based on his fame from the show and produced the inevitable cookbook.

He popped-up on ABC Gardening Australia as guest chef and he does it well as someone who can relate to audiences.

Paul said packing up and saying good-bye to the farm was hard.

"It was like losing an old friend – all the people I met there and amazing

experiences I had and the food I cooked there. I will always remember it fondly," he said.

Julia Zemiro, Frenchborn and fluent in French, has the runs on the board and doesn't look like leaving our screens.

As well as a television presenter, she's a radio host, actress, singer, writer and comedian probably best remembered as a commentator for the SBS broadcast of the Eurovision Song Contests.

Together with 3RRR radio personality Sam Pang, Zemiro, she acted the clown and gave some background to the many weird and wonderful acts.

weird and wonderful acts. -They did it from Mos cow, Norway, Germany, Azerbaijan, Sweden, Denmark, Vienna and Stockholm.

But those gigs have come to a close.

Pang and Zemiro's exit from the role was a bolt out of the blue. Zemiro said:

"Giving SBS audiences a sneak peek into the machinations of this wonderfully unique event over the years has been an absolute joy and a career highlight. It's hard to say goodbye but thrilled to be handing over to the next team on a high."

SBS said it was Sam and Julia's own decision, due to scheduling and other commitments.

It was reported that both had busy schedules - Zemiro shooting the movie *The BBQ*. Her ABC *Home Delivery* series was apparently a hit "and she remains in high demand for corporate gigs."

Zemiro appeared on BBC's QI in 2012 after appearing on a stage with Stephen Fry and Alan Davies on QI Live, the stage version, in Melbourne in 2011. She was back on QI in 2013 and

Despite it all, Zemiro's not everybody's cup of

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

Now is the time for people to check their risk of diabetes - don't delay



Let's Prevent program will help people at risk of chronic conditions to minimise their risk

ARMADALE resident Zara Secker was diagnosed with type 2 diabetes last year after recurring experiences with thrush.

"Despite the discom-

fort, I'm actually glad I got thrush because it exposed my diabetes. The diagnosis was a wake-up call to manage my health more carefully. I'm now exercising

regularly, eating more healthy food and watching my portion sizes. Hopefully by taking care of myself I can avoid any complications associated with the disease," she said.

Around 200,000 Western Australians may have silent, undiagnosed type 2 diabetes. They may have the condition for up to seven years before it is diagnosed. During this time diabetes may be damaging their blood vessels and nerves, which could lead to long-term complications including heart disease, kidney damage and blindness.

National Diabetes Week runs from 8 to 14 July. The "It's about time" theme aims to raise awareness about the importance of early detection and early treatment for all types of diabetes.

A number of factors that might increase a person's risk of type 2 diabetes, including:

- Age
- Genetics
- Smoking
- Having a relative with a chronic condition.

During National Diabetes Week, Diabetes WA is encouraging people to check their risk, and if it is high, to see their doctor and ask about having a fasting blood glucose test. To assess your risk go to

www.diabeteswa.com. au/whats-your-risk

The sooner type 2 diabetes is diagnosed, the sooner it can be managed to avoid long-term complications.

Let's Prevent Chronic Conditions

We all know some chronic illnesses run in the family. But they aren't inevitable – there is a lot you can do to delay or avoid a diagnosis of heart disease or type 2 diabetes. Taking small steps now can make a big difference to you and everyone that depends on you.

Launching in Bunbury in August, Let's Prevent is a health program for people at risk of developing heart disease, type 2 diabetes or stroke. It is designed to inform and support people to make positive, sustainable lifestyle changes.

Let's Prevent provides participants with the practical knowledge and skills they need to make important changes to their health behaviours, with the ultimate goal of helping them avoid or delay type 2 diabetes, heart disease or stroke.

More than just a oneoff workshop, Let's Prevent is a free 12-month program offering group education sessions, telephone counselling and online support. Participants are able to come back afterward for support whenever they need it.

If you are at risk of type 2 diabetes, heart disease or stroke and live in the greater Bunbury area, join the Let's Prevent program to minimise your risk. For more information visit www. diabeteswa.com.au/lets prevent or call 1300 001



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National Diabetes Week 8-14 July 2018

200,000

Western Australians may have type 2 diabetes but do not know it

There are a number of factors that might increase your risk of type 2 diabetes, for example:



AGE



GENETICS



SMOKING



RELATIVE WITH CHRONIC CONDITION

IT'S ABOUT TIME

you checked your risk so that type 2 diabetes can be diagnosed quickly and managed to avoid long-term complications.



To check your risk, go to diabeteswa.com.au/whats-your-risk

- 1300 001 880
- w diabeteswa.com.au



#316 July edition PUZZLES Solutions

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Wheel Words: Amid, Avid, Dais, Damn, Dial, Diva, Laid, Land, Maid, Mild, Mind, Said, Sand, Slid, Adman, Divan, Naiad, Salad, Valid, Vanda, Viand, Dismal, Island, Sandal, Vandal. 9-letter word: VANDALISM

Transformers: Acre, robe, seat, rapt.

Have a Go News Quiz Page 2: 1. Southern Ocean. 2. Peel. 3. Six. 4. Nicolas Baudin. 5. Grace Bussell and Sam Isaacs. 6. Pacific, 7. Whiteman. 8. Karijini National Park. 9. RAC. 10. Landline

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Community **NOTEBOOK**

ACT-BELONG-COMMIT-CANNING ART AWARDS

Opening night Friday 10 August 6pm-9pm. Drinks and canapes served. Presentations commence at 6.30pm. Exhibition Saturday 11 August-Sunday 19 August. Open 10am-3pm daily \$20 Adults. Free 12-17 year olds.

Venue: Function Room, City Administration Building, 1317 Canning Hwy, Cannington

CYMBIDIUM ORCHID SHOW

At Eze-Grow Orchids, 76 Evandale Rd. Darch. Friday 27 and Saturday 28 July 9am -5pm Sunday 29 July 9am -4pm Sales, demonstrations and raffles. Re-potting for a small fee. Entry \$5 Single complimentary tea or coffee \$3 Seniors and concession cards with tea or coffee.

CARE AND AGEING EXPO Perth Convention Exhibition Centre

4 August and 5 August 9.30am-4.30pm Exhibiting information for residential care, home care, equipment, service providers, legal, financial and much more.

Pre purchase pricing; \$8 Adult. \$5 Concession, Health, Seniors and Student cards Door Pricing; \$10 Adult, \$7.50 Concession, Health, Seniors and Student cards Free; aged, veteran, disability pensions and children under 18 years

WHEELCHAIRS FOR KIDS

Quiz night. Saturday 14 July 7pm for 7.30pm start. Sorrento Bowling Club, Percy Doyle Reserve. Cnr Warwick Rd and Marmion Ave, Duncraig. \$15 per head. Great prizes, raffles, auctions and

BYO nibbles, but no drinks please as venue is licenced

Supper provided.

Booking: email marietcocks@gmail.com Phone 0246 0138 and leave a message.

GLASS ARTISTS OF WESTERN AUSTRALIA

Zig Zag Gallery 50 Railway Pde, Kalamunda Exhibition and sale of work, 13-29 July Weekdays 9am-4pm. Weekends 10am-4pm Enq email glassartistswa@hotmail.com

WA CRAFT SHOW 2018

3, 4 and 5 August. Claremont Showgrounds Two shows for the price of one. Craft and wood

Time 9.30am - 4.30pm Entry: Adults \$17, Concession \$15, Child \$8 (6-16yrs)

DON RUSSELL PERFORMING ARTS CENTRE

The Voice of Karen Carpenter-Roseen Pearse Wednesday 18 July 11am -12 pm Roseen Pearse brings alive the unique sound of Karen Carpenter.

Fees: Standard \$15.50, Group (ten or more) \$13.50,

NANNUP FLOWER & GARDEN FESTIVAL

Daily coach to Nannup and return. 18 August Leaves Crown Casino 7am arrives Perth 6.30pm Complimentary cuppa along the way. For more details contact Jen 9453 3843 or email info@goonabus.com.au

TOODYAY INTERNATIONAL FOOD FESTIVAL & FAMILY FUN DAY

Tempt your taste buds with dozens of food stalls, sip boutique beer, wine and cider. Free kids activities throughout the day. Fun for the

whole family.

Enjoy the thrills and spills of the Avon descent. Toodyay Visitors Centre 9574 9380 www.toodyay.com

GREENBUSHES WINTER FESTIVAL WEEKEND

3 - 5 August

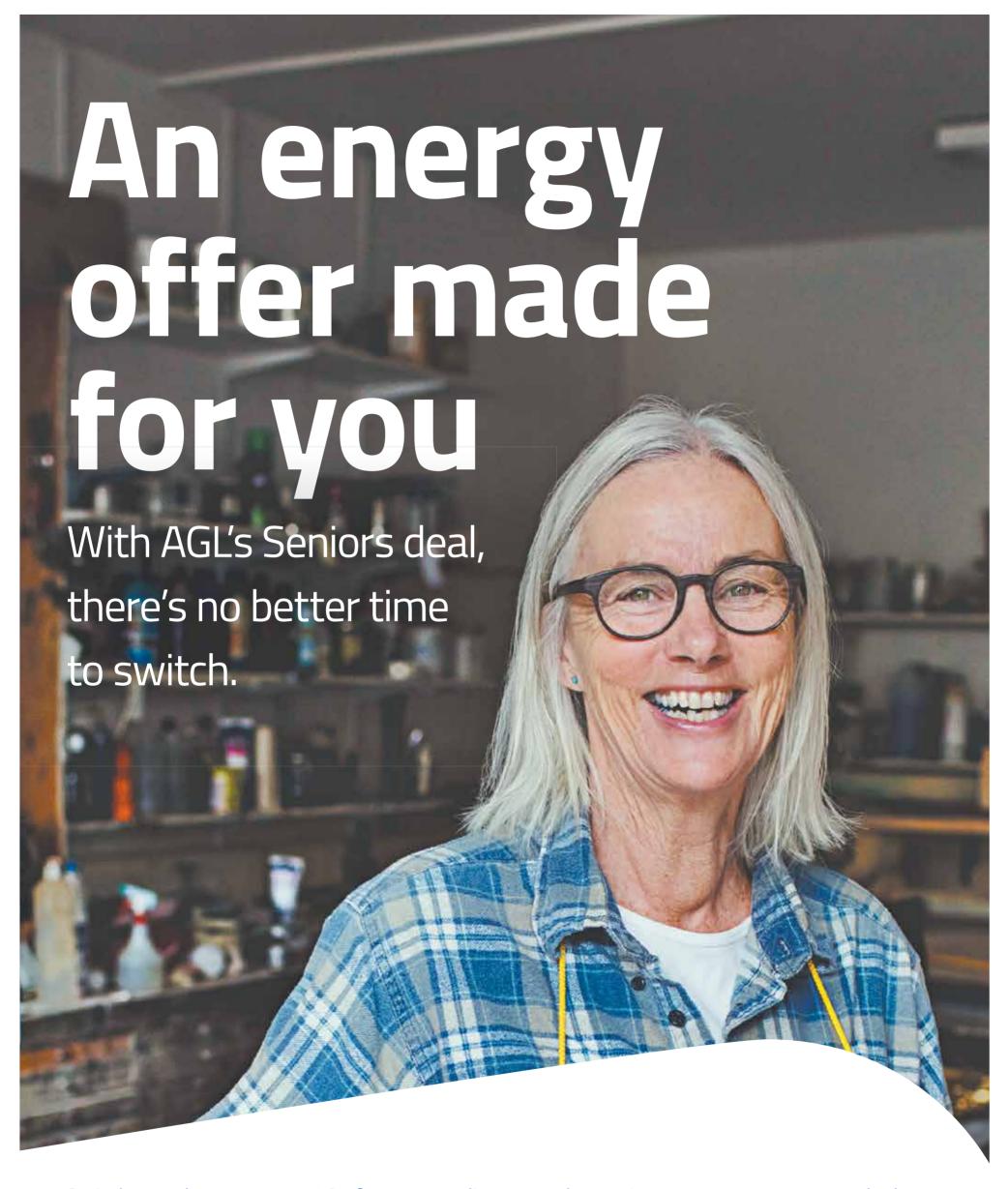
Join in events on this weekend. Art trail, Maranup Ford Laser Mayhem, Cabaret with band RetroSonic, Community Garden morning tea and more. Ina: 9764 3883

email discovergreenbushes@gmail.com

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

New outlet in Innaloo

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



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agl.com.au/seniorswa







Free Scams Information Session - Don't get ripped off

SENIORS Recreation Council of WA and Consumer Protection invite you to attend a free information session to learn about how to protect yourself from scams. The event will be held on Friday 20 July from 10am to 12noon in Leederville. Phone 9492 9774 to register your attendance, places are limited.

Annual Seniors Enchanted Garden Ball 6 June

The 2018 Enchanted Garden Ball was a sell out well and we had more than 200 people attending with many of the guests' keen ballroom dancers who took to the floor from the opening dance. Vice president Phil Paddon welcomed everyone and introduced the Minister for Seniors and Ageing; Volunteering; Sport and Recreation Hon. Mick Murray MLA who officially opened the Ball. There were some lovely prizes won throughout the afternoon thanks to Crown Perth, Have a Go News and Casey Australia Tours. Special thanks go to our volunteers and sponsors Crown Perth, Have a Go News, Dept. of Local Government, Sport and Cultural Industry, Dept. of Communities and Casey Australia Tours. Following the event, we received many emails and phone calls congratulating SRCWA on a very successful Ball.

Tech Savvy Connected Seniors Event

Friday 15 June saw more than 200 seniors attend the Tech Savvy Connected Seniors event at the Loftus Recreation Centre in Leederville. The event presented by SRCWA in partnership with Telstra gave people the opportunity to discuss their technology issues with more than 30 Telstra digital ambassadors. The emcee for the day Telstra area general manager WA, Boyd Brown introduced guest speaker Jenny Seaton and she was followed by informative presentations by NBN Co, Telstra Health, Telstra Digital Ambassadors and SRCWA Tech Savvy Seniors program manager Martin Yates. During his presentation Martin invited a member from the audience "Roving Selfie Stick Man" to take a shot from the stage with him and the crowd in the background.

The static displays offering information included NBN Australia, Camera Electronics, Independent Living Centre WA and Telstra and we thank them for their support. A vote of thanks goes to Boyd, Naomi, Jodi and the digital ambassadors from Telstra, to the volunteers and staff from SRCWA and to Dept of Local Government, Sport & Cultural Industry, Dept of Communities and Have a Go News for their ongoing support.



LiveLighter Seniors Activity Information Day Peel

On Thursday 21 June SRCWA conducted a Seniors LiveLighter Activity/Information Day at the Masonic Lodge in Furnissdale. About 120 enthusiastic and active seniors came along and enjoyed a morning of activities and information sharing. One of the most popular activities on the day was the warm-up activity from the Fit and Flexi program lead by Robyn Lister. Information was provided by Australian Hearing, Breast-Screen WA, City of Mandurah, Enrich Living, Independent Living Centre, LiveLighter Healthway, Mandurah Croquet Club, RAAFA Connect. Seniors Card Office, Seniors Recreation Council of WA, Shire of Murray Library and Recreation Centre and Silver Chain. It was wonderful to see so many seniors 'having a go' at the many activities on offer.

Thanks to SRCWA volunteers and staff, Peel branch president Jan McGlinn and her dedicated volunteers on a magnificent event. Sponsors of this event were LiveLighter Healthway, Dept of Sport and Recreation, Dept. of Local Government and Communities and Have a Go News.

Have a Go Day 2018 a LiveLighter Event. 14 November at Burswood Park 9am to 3pm

REGISTRATION NOW OPEN and filling fast. This prestigious event is an activity/information sharing event for over 50s and last year attracted an attendance of 15,000 participants and 230 exhibitors. Registration forms are now available for clubs/groups, not for profit agencies and commercial entities; forms can be obtained by calling 9492 9773.

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





HAVE-A-GO NEWS No. 316 JULY 2018

Cynda's legacy - nurturing the future of our planet...







Clockwise from top; Hard-working farmer and community volunteer Cynda Mills - Karen Majer - Vale Cynda Mills

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by Karen Maier

CYNDA Miles was a warm-hearted, generous, hard-working farmer and community volunteer with a great love for her family, environment and community. Tragically, Cynda is now known

as the grandmother who died in the heartbreaking events in Osmington in

While the community mourns Cynda and her family - husband Peter, daughter Katrina and the children, Taye, Rylan, Ayre and Kayden - many of us find some comfort in remembering our beautiful friend for how she lived.

Cynda was the driving force behind Boomerang Bags, borrow-and-bringback fabric bags to reduce plastic shopping bag use, which are now well recognised and used by the community in Margaret River. The tally of bags to date is over 3750 and each has circulated many times. A skilled seamstress, she made aprons for the Wash Against Waste cup-wash crew and beautiful bags and notebooks from recycled fabric.

Creating crafts and nature-play for children was a passion. Each year kids crowded around Cynda's table of recycled tréasures at the 'Love

Where You Live' Sustainability Pavilion at the local Agricultural Show. Cynda was the pavilion coordinator and, together with friends from Transition Margaret River, raised awareness of ways to live more lightly on the earth.

Her legendary scones, donations of produce and plants, and sharing of her prodigious gardening know-how were a backbone of 'Swap Shuffle Share', the community exchange of seeds, seedlings and garden produce. Her own farm, 'Forever Dreaming', was a picture of productivity and homeliness. There is no doubt that

Cynda's work will continue within the volunteer groups she supported. Friends are coming together to share hugs and take some comfort in reflecting on her generous life. The 'Love Where You Live' Pavilion will go ahead in October, with an even larger volunteer crew inspired to step forward to offer skills or just say "how can I help?" The community has rallied

with businesses opening their doors for free family events, the Shire combining with Red Cross and other support groups to offer services, and groups associated with various family members through volunteering, schools and home-schooling organising special events. Little actions can mean a lot, like school kids making muffins and delivering them to the Police Station. It may be a long road, but we are recognising that strength comes from connection. This already tight-knit rural community has a tighter bond.

There are no words for the loss of this muchloved family, but the community will heal in time. A big part of that healing will be working together to protect this special place and nurture hope for the future of our planet. That will be Cynda's legacy.

If this raises issues for you, call: Lifeline 13 11 14 Beyondblue 1300 224 636 **Kids Helpline** 1800 551 800

Canoeing in the sun, rain, and rapids

by Jeremy Haslam

IT'S been a month of many seasons on the water for members of the Over 55 Canoe Club. It started with a launch from Riverside Woodbridge Park, where in addition

to the singing toilet we all know and love, there is a brand new beach with viewing platform. trip upstream went well in pleasant sunny conditions. The mainstreamers had a go at Blackadder Creek but there was no use portaging around the weir as there was little water in the upper lake. Blown back to lunch they made good speed to meet up with the leisure-

The next week was a different event altogether. No sooner had the groups got into the swing of things paddling up a few shortcuts on the stretch from Kent Street weir, it was time to dive for the rain gear - no easy thing to do when sitting in the middle of a river in the kayak. But as always the grey skies turned back to blue (in patches), and then it was time to take all the stuff off — not easy either. But at least everyone was able to show off their latest pink, orange, blue, black, or green wetweather fashion items. One member even has a pink outfit to match their kayak; going a little far perhaps.

Turning up at Point Re-



Just enough room

weather gear and took to the water. The river was easy to spot as that was the wet stuff lapping around the kayaks, other water just filled the rest of the available space. Dripping from every corner and every paddle the mainstreamers and leisurelies set forth on their explorations, the two groups quickly los-ing sight of one another. Meeting up again at the no limbo dancer at their best could have got under. Unfortunately in all the rain the leisurelies left their tail-ender behind enjoying his tea accompanied only by a wet magpie. Rescued by the mainstreams coming in for their diluted hot drinks, all was well, if

But excitement was not yet over for the The mad-max month. brigade had been scanning the river reports and yes, there was enough water on the 14th to go down to Dwellingup and engage in some derringdo in fast water (one of the keener members took a dive in the process). From Sandy Pool down through S Bend down to Yaragil, and on to Island Pool: some going down to Bob's Crossing and Baden Powell after lunch. Such romantic names. Luckily for those of saner disposition there was an alternative location on the Swan to enjoy a most delightful day's sunshine. Both groups having a delightful day.

The Over 55 Canoe Club can be reached by calling club vice-president Peter (0459 414 148) or secretary Ken (9447 5624).



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Ballroom & Latin

NEW CLASSES

Saturday

1pm to 2.15pm

The importance of remaining socially connected throughout life



By Rhonda Parker CEO Alzheimer's WA

IT has been long known that a simple cup of tea possesses magic powers capable of fixing just about anything.

Winston Churchill is rumoured to have said tea was as important to the Second World War effort as bullets, and George Orwell once wrote 'tea is one of the mainstays of civilisation in this country'

Tea was used as medicine long before becoming a beverage. Research suggests tea contains powerful antioxidants which can protect drinkers against heart disease, stroke and diabetes.

According to the Tea Association of the USA (who knew there was such an organisation?) around half the US population drink tea each day. In the UK, that figure is an astounding 84 per cent.

In Australia, around 38 per cent of the population

HANCOCK

drink tea, however that figure increases to 67 per cent for those aged over 70

Why all the fuss about tea drinking? I recently shared a cuppa with Kevin and Joan Milne at the opening of a Memory Café in Innaloo. Joan approached her local council with the idea after attending a Memory Café in Booragoon with her husband Kevin, who has dementia.

The Innaloo initiative is one of several to get off the ground in recent months, with cafés in Rockingham and Roleystone also kick started by determined locals. It

is not the memory café itself I wish to draw your attention to, but the premise behind it, and it isn't about the tea. The real importance is about maintaining social connections as we get older.

Much has been written about the importance of active ageing. We are constantly reminded with messages, told to 'act, belong, commit' and to 'live longer, live stronger'.

What do these messages really mean... and why?

Social interaction

Social interaction provides a person with purpose and a sense of belonging. Research shows that it will improve physical and emotional health and contribute to the quality and length of our lives, through what is referred to as psychosocial pathways to wellbeing. Researchers don't know exactly how these pathways work, only that they do.

Our health and well-being relies on retaining social connections, yet as we get older too often those connections can be lost – for a variety of reasons. In past decades, when we were unwell we were encouraged to retire from life. We now know that the opposite is true. We should continue to engage, especially if

we aren't enjoying the robustness of our youth.

A recent trial of more than 800 people with dementia in English aged care homes found just one hour a week of socialisation could improve their quality of life. The trial involved care staff talking to residents about their interests. Given the statistics I mentioned earlier there's a good chance this was over a cup of tea. Quite a simple solution really, and one we may take for granted when we constantly interact with others in our busy lives.

So look out for your friends and neighbours.

Invite them over for a cuppa and a chat once in a while. Take the opportunity to attend the many events and activities offered by local clubs and organisations. This newspaper lists many options in this regard.

Being socially active is serious business. It's as important to your health and well being as being physically active. As we get older, and particularly as we leave the work force, research shows that it's vital to nurture connections outside your own home and in the community. And you'll probably score a cup of tea in the process.

Olympian recognised

By Nadine Georgiades Project Coordinator -Masters Swimming WA

CONGRATULATIONS to Sandgroper Masters member, Elizabeth Edmondson (pictured)

Edmondson (pictured) who was inducted into the inaugural Swimming WA Hall of Legends at the recent 2018 Westpac Swimmer of the Year Awards ceremony.

This new category recognises outstanding swimming performances at an international level. Her performances are deemed to have inspired the nation and to have established the name of the athlete, their state and their

country on the world stage.

Elizabeth was the first inductee to the Swimming WA Hall of Legends. She won WA's first swimming gold medal at Tokyo Olympics in 1964 for multi-class freestyle.

She has been a member of Masters Swimming WA for more than 20 years and continues to volunteer her time officiating at meets. She also managed the medal allocations at our recent national championships.

If you have ever thought about joining a Masters Swimming WA club this is a great time to start the process. All Masters clubs offer a free one month trial to swim with them before joining. We then offer a Swim into Spring discounted membership from September so it makes sense to get back in the pool now.

To find a club near you please go to www. mswa.asn.au.

The UK summer slows the fight for the frozen British pension



by Mike Goodall

IT is silly season in the UK again; the time when if you can find some sunshine you strip off to the bare essential and get as burnt as much as possible as quickly as possible.

This doesn't just apply to the public it also applies to the Her Majesty's Revenue and Customs (HMRC). Have any of you attempted to call them recently? Well if you did I

hope that you had better luck that my recent attempts.

I usually call them sev-

I usually call them several times each week so am used to their longwinded answering system which starts with an automated voice system, that I call Miranda, to direct you to the relevant department for your query. Previously, Miranda has been quite good and listened to my replies. However, this week for some reason I think the sun must have got to her. Even when she asked me if she had heard correctly and I answered 'No' she still continued down the wrong track. Then when I tell her that the enquiry is from abroad she insists on telling me about information that is available via

a special web link which (unless I have a UK passport) I am not able to use from abroad. She even tells me about the special web link when I'm trying to find a National Insurance Number (NINO) and it is not possible to access the site without a NINO either. So, I'm put through to the wrong department who try and connect me to the right department, fail and switch me back to Miranda to start again. 10 minutes into the telephone call I'm in a queue. Six minutes later I receive an automated message that 'they are very busy today' she then repeats the message and tells me to call back later, disconnecting the call. Total call time 18.15 minutes.

So, 30 minutes later

I try again and after five minutes am back in the queue. Four minutes later a real person answers, then disconnects the call because my response wasn't quick enough due to the delay on the telephone line from Australia. What a waste of time and not to mention money.

Changes are taking place at the top of the International Consortium of British Pensioners (ICBP). The Chairman Sheila Telford is stepping down and is being replaced by John Duffy who did such a great job in the UK around the Commonwealth Heads of Government Meeting (CHOGM). John is based in the Caribbean and has some useful contacts including Sir Richard Branson.

The UK lobby organisation which has been working with the ICBP for the last five years is ceasing as their main political staff member is leaving them. It will now be down to the new ICBP board to develop a new strategy to retain their UK exposure. As this organisation has also been the secretariat for the All Party Parliamentary Group the new board will have a lot to think about.

Anyone who would like to discuss the above in greater detail or require guidance and help on any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail:- mikecgoodall@btconnect.com

Adult learning is interesting, stimulating and fun

MATURE Adults Learning Association Inc (MALA) has another exciting semester coming up begining on Friday 24 August at the George Burnett Leisure Centre (along Manning Road between the Freeway and Curtin University). Early enrolment is advised.

MALA meets on Friday mornings in fiveweek blocks with each semester lasting 10 weeks, and students can enrol in up to four courses.

The topics planned are: Part A from 24 August to 21 Septem-

ber: Heritage - Friend or foe (Richard Offen), Music and the brain (Renniert Orlando), to Journey Persia (Saleh Kafami), losophy of existence and death (Meera Finnigan), Crime investigation and forensic science (E/Prof. Bob Mead) and Radio astronomy (Kevin Vin-

Part B runs from 12 October to 9 November: Emerging viruses – origins and threats (Prof. John McKenzie), Beyond Bali – unity and diversity of Indonesia (Dr Ian Chalmers), Incredible plant diversity of South West (Dr Neville Marchant), The whisperings within (Dr Chris Meredith) Russia and the Middle East (A/ Prof Alexey Muraviev) and The origin of life (Dr Alan Needham).

Interested people can download an enrolment form from the website, or to find out more call Julie 0498 560 026 (enrolments) or Sue on 9444 4902 (general). Course information will be posted on the website in July with an enrolment form attached.

Remember there's

no exams, no homework, no academic level required just interesting lectures.

Please come! Visit www.perthmala.org.au or email perthmala@ westnet.com.au

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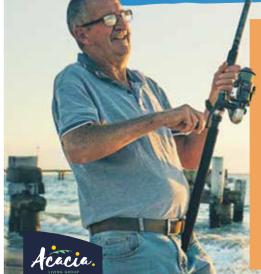
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Live it up north close to Health services.



Don't miss the grand opening of the new respite centre on July 21 - register now!

You're invited to Jurien Bay Village for the grand opening of the new Turquoise Coast Respite Centre on Saturday July 21 from 11am. Come along for a guided tour and discover the range of

home care health services available to residents of the Village.

Visit jurienbayvillage.com.au to register your attendance or call 0447 253 440 for further enquiries.

on v

Register now

and go into the draw to

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valued at \$250*

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Beautiful new homes from \$193,000

With a new on-site respite centre and a range of home care health services, living at Jurien Bay Village just got better.

Join this vibrant community for over 55s and take advantage of the Village's superb facilities while enjoying the relaxing Jurien Bay lifestyle. Plus, you'll be just a short stroll away from the local medical facilities, bowling club, golf course, shops and beaches. And it's all just two hours from Perth.

Corner Bashford Street and Nineteenth Avenue, Jurien Bay jurienbayvillage.com.au Jurien Bay VILLAGE

Money, money it makes the world go around...



by Mickel Smits

'MONEY makes the world go around' and 'Money is the root of all evil' are two age-old, universally known expressions which spring to mind when we consider the role of money in our lives.

Recently I've delved into as to what is the real-

ity of today's money and the financial system. One realisation has been that the issuance of money is no longer backed by something tangible such as gold held in reserve by governments and banks. Instead, it is only our faith in these institutions that underpins our money's existence. When we further realise that 97 per cent of the money in the system has been created out of thin air by banks using a fractional-reserve banking, which allows them to extend credit (money) at the rate of almost ten times the actual assets (cash and bonds) they hold in reserve, it becomes clear that our

faith must squarely lie with the banks.

Banks make large profits, even when times are tough. More than 80 per cent of bank profits made in the world are made by American banks. This is just one reason why the decisions of the US Federal Reserve control the international monetary system.

The US Government first experimented with adopting a central banking system in 1791. Then in 1806 it was disbanded by the government because of public outcries that it had become too powerful and influential. Following a succession of financial collapses in

1896, 1900, 1903 and 1907, all of which were caused by the extension of excessive credit to speculators via fractional-reserve banking, it became obvious their banking system was out of control.

JP Morgan, who bailed out the federal government after the 1896 crash, was approached following the 1907 crisis but he told them he could only assist by calling upon some of his fellow banking friends and that it was imperative to restructure the industry.

Representatives of the JP Morgan, Rockefeller, Rothschild and Kuhn Loeb & Co banks met secretly with the Secretary to the Treasury and the chairman of the National Monetary Commission, Republican Senator Nelson Aldrich, on an island resort called Jekyll Island, which lies off the coast of Georgia. Aldrich was a business associate of JP Morgan and the father-in-law of J D Rockefeller's son. At the time, these banks owned a quarter of the world's

According to research by G Edward Griffin in his best-selling 1994 book, The Creature from Jekyll Island, the principal objectives of the parties attending was to inhibit the growth and competi-

tion of newer banks, obtain a franchise to create money, enforce contributions and control of the reserves of all the banks, shift losses onto taxpayers, and convince the US Congress that their banking charter would be in the best interests of the public at large by bringing stability while opening an avenue of credit for the government.

Griffin contends the meeting and subsequent drafting of the bill had to be secret as it would have been rejected due to the public's anti-big bank sentiment. Critics of the day argued against it because they said it would create a

giant banking cartel. considerations Such led to President William Howard Taft vetoing the Aldrich Bill when it was presented to Congress in 1910. However, another financial shakeout in 1912 caused President Woodrow Wilson, who was elected the following year to firstly introduce income tax in October and then in December. pass the Federal Reserve Act, presented as the Glass-Owen Bill which was a slightly revised version of the rejected Aldrich Bill.

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

Celebrating our first and very successful Aboriginal cricket team who toured England in 1868



by Mickel Smits

IN the past few months Australia's cricketing prowess and reputation has been hit for a six, no-balled you might say, and so I hope this mostly good news story might help us get over it.

Following the end of the very first organised

tour of England by an Australian cricket team in 1868, the journal Sporting Life, summed up the Aussies performance as follows: 'no eleven has in one season ever played so many matches so successfully – never playing less than two matches in a week, and frequently three, bearing an amount of fatigue that now seems

incredible'.

Of the 47 matches played over five months, the Australian XI won 14, lost 14 and drew the rest. The outstanding Aussie performer was all-rounder, Johnny Mullagh, who top-scored in the first match played at The Oval

in front of an enthusiastic crowd of 20,000 and then went on to complete the tour hitting 1698 runs, taking 245 wickets from 1877 overs, 831 of which were maidens, and even catching-out four Englishmen when he stepped in as wicketkeeper.

The other Australian team members were Sundown, Tiger, Red Cap, King Cole, Jimmy Mosquito, Twopenny, Bullocky, Johnny Cuzens, Peter, Jim Crow, Charley Dumas and Dick-a-Dick. Following the conclusion of many matches, the lads further entertained the crowd with boomerang and spear throwing

demonstrations while Dick-a-Dick dazzled them by inviting all and sundry to throw cricket balls at him which he athletically and skilfully fended off with a narrow parrying shield.

Yes, dear reader, the first Australian cricket team to tour England were Australian Aborigines and boy-o-boy did they do themselves and us proud. To commemorate the 150th anniversary of this milestone event, Australia Post has released a stamp paying tribute to them. Issued in a sheetlet of 10, the design features the team in one of the few surviving

photographs from the tour. Sadly King Cole is absent as he tragically died of tuberculosis while in the UK, and so too are Jim Crow and Sundown who were sent back home due to illness. In those days, Aborigines were dangerously vulnerable to European diseases.

The photograph, taken at Swansea where they played the local team and won by an innings and 33 runs, also features their captain, English cricketer Charles Lawrence. Lawrence had played Cricket in Australia and led the group of Aboriginal players all of whom were

from the Western District of Victoria where they worked as stockmen and farm station hands.

They were encouraged by the farmers to adapt and develop their athletic abilities to the gentlemen's game of cricket and participate in social matches which in turn nurtured a spirit of goodwill in the community.

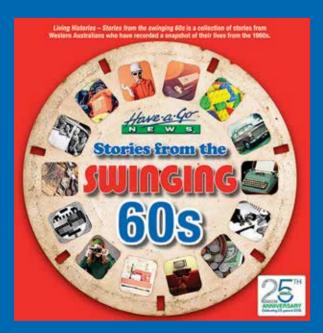
That was also the intention of promoting the Aboriginal XI tour of England. While there were some critics that said it was being used to tout the successes of British imperialism whereby natives had taken to their sport. There was also

cynicism that the matches were staged for novelty value and commercial gain, the outcome was that these indigenous Australian cricket touring pioneers proved themselves to be far from savages. They were instead fierce, friendly and entertaining competitors capable of beating the English at their own game.

Dedicated to Ross Wood who was a giant stalwart and tireless leader for organised philately both locally and nation-

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

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



Purchase a copy of the book Stories from the Swinging 60s - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s.

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



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













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Let's GO MOTORING

The allure of the small SUV - 2018 Honda HR-V VTi-L review



by Luke Mueller

THE past few years have seen buyers flock to the small SUV segment in record numbers, especially hatchback owners seeking more space and versatility and large SUV owners realising that fuel efficiency matters.

The Honda HR-V was a trailblazer in this segment, and since its arrival it has been the most popular Honda model in the lineup. The HR-V range starts at \$26,490, through to \$37,490 for our top spec VTi-L tester

Burswood Honda has been the default Honda dealership for my family and I for as long as I can remember. Whenever a Honda falls within the car-buying shortlist for anyone I know – the friendly and patient folks at Burswood Honda have enjoyed a visit.

So I felt those familiar butterflies of excitement as I pulled in to the dealership, where our Lunar Silver tester was parked, ready to go. Also waiting for me was Claude Mattiaccio, the long serving dealer principal at Burswood Honda. After a short chat over an espresso, he walked me through the HR-V.

This car, in almost every way, represents everything that the modern Honda brand is known for. Bucketloads of practicality, a premium feel and bulletproof build

quality and reliability; things you could likely say about every Honda since the 70s, but especially true of the brand in 2018.

Sliding into the driver's seat, first impressions are strong. The seat is the perfect height, not too high, and certainly not too low. The steering wheel and all of the controls fall easily to hand, gauges are perfectly legible, and visibility is excellent through both the windscreen and to the rear.

Honda is known for great material quality and that theme continues here in the HR-V. Storage is excellent, coat hooks and usb inputs abound, plus there's a 12V outlet in the second row.

No review of the HR-V is complete without a mention of Honda's Magic Seats system. Not only does the back row flip and fold 60:40, but the base slides forward, allowing the whole seat to fit deeper into the floor and liberate even more cargo space. The seat bases can even be lifted and folded up entirely, perfect for transporting things like bikes or pot plants.

Another oft-overlooked feature is the auto hold switch a savior in urban driving. This handy button stops the car from rolling forward in drive without having to hold the brake pedal. Simple.

HR-V is powered by a 1.8

L naturally aspirated i-VTEC four cylinder motor, driving the front wheels via a standard CVT transmission. There's no manual gearbox on offer, which likely doesn't matter.

The engine is responsive off the line, has perfectly adequate power for driving around town and will return excellent fuel economy on the open road. It's not a cutting edge unit - many of its competitors have switched to much smaller capacity turbocharged engines - but what it lacks in the absolute latest in engine tech, the 1.8 L motor certainly makes up for in reliability and fuss free motoring.

All HR-V models are covered by Honda's five-year, unlimited kilometre warranty. Service intervals are recommended every 12 months or 10,000 km and Honda's capped price service program helps to ensure there are no surprises when it comes to servicing up to 100,000 km.

After more than three days with the HR-V, I've come to really appreciate it as a vehicular all-rounder. It's a perfectly capable machine, infinitely practical with an upscale interior that will keep it looking fresh for years. Pulling into the Burswood Honda lot to return the keys, I found myself considering another lap around the block. Such is the allure of the Honda HR-V.



We became Perth's largest and most awarded Honda showroom by working tirelessly to deliver remarkable service to everyone who comes through our doors. It's been our promise for over 20 years and it continues



John Hughes (



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Nominate the unsung senior hero in your life...

West Australians are encouraged to recognise exceptional people aged 60 and over in their communities by nominating them for a WA Seniors Award.









A partnership between the State Government and the Council on the Ageing, the WA Seniors Awards are an opportunity to recognise and celebrate older West Australians. Nominations from the community are essential because it is the public who know the seniors who are out there doing great things in the metropolitan area and regional WA.

Whether it's someone delivering meals on wheels, volunteering in seniors organisations, working with children, contributing to sporting organisations we want to hear from you.

Give thanks to those unsung heroes in your life by nominating them for a WA Seniors Award.

The 2017 winners of the WA Seniors Awards were both committed to their communities.



WA Seniors Awards
Metropolitan
Juniper Lifetime Achievement Award Winner
Philip Paddon

Phil Paddon has volunteered for more than 15 years, encouraging older people to remain active as they age. He is vice president of the Seniors Recreation Council of WA, runs annual events for the Square Dancing Association of WA and stages country music concerts.



WA Seniors Awards
Regional
Juniper Lifetime Achievement Award Winner
Lesley Balinski

Lesley Balinski is actively involved in working with the diverse community in Katanning. She tutors English, helps new arrivals settle in the town, and advocates for them as part of the Katanning Multicultural District Health Advisory Council. She also works closely with the town's young people, organising events, drama workshops and teaching ballroom dancing.

Nominations open 1 August and close 5pm 11 October.

For nomination forms or further information contact COTA WA on 9472 0104, Marlene 0419 278 184 or email awards@cotawa.org.au













Journalist Frank Smith utilised a luggie for his recent trip overseas which allowed him more freedom and mobility on his travels. He's pictured at Mount Fløyen overlooking Bergen in Norway. Read more about his travels on page 25.

The King of Waltz - André Rieu Live at Rod Laver Arena and Beautiful Victoria

Combine a wonderful Victorian holiday with Platinum Seats at Rod Laver Arena for the Christmas with Andre Rieu 2018 concert in Melbourne.

It's guaranteed to be an outstanding evening of incredible entertainment.

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TRAVEL insurance can

be a tricky thing to navi-

gate when you have

contacted me about his

experience. After having

a triple bypass operation

in 2016 Graham is fully

Graham Parker (72)

health issues.

LtR; Bob Simpkins' funny photo from his trip to Iquacu Falls. Brazil - Jennifer Merigan

recovered with no further complications or issues. This year he is planning a trip to USA and Canada and contacted a number of insurance companies for a quote which he said originally ranged from \$500 to \$900.

For each quote he completed the medical assessment form which he says asked basically the same questions of whether he had been in hospital in the last 12 months and if he took blood pressure medication and if that changed in the last six months. He answered no to both questions and then went ahead and took out the policy which said it offered him unlimited medical cover.

Graham said he didn't feel comfortable that he was fully covered and decided to read the product disclosure document and then called the company to ensure that he really did have full medical coverage

After speaking with the insurance company, they advised him the onus was on the buyer to inform them of any ailments, and with the policy he had originally taken out he would be covered for everything except any heart related problems.

If he hadn't followed his gut feeling and double checked he may have left the country without adequate cover.

After disclosure of his surgery he was able to get full medical cover but at a much different price than what was originally auoted.

Graham wanted to share this experience with readers to ensure that people really understood the intricacies of travel insurance policies for those who had any medical conditions.

*** Journalist Frank Smith has returned from another adventure and shares his story about travelling to Norway and how this year he has took along a Luggie portable scooter which gave him greater freedom and better mobility on his travels. He shares the experience with readers on page 25.

*** Last month we featured Paul Church's motorbike adventure around WA and he emailed me to advise us that the Esperance Council fine to NASA for litter was \$400 and not \$400,000.

Passengers will receive a comprehensive

information kit, two full

service Qantas meals

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wine, beer, spirits, soft

drink and use of the

state of the art enter-

The crew provide

tainment system.

Well-travelled reader Bob Simpkins has

shared another amusing photo which he took of a warning sign from his travels to Iguacu Falls in Brazil. If you have any funny photos you would like to share, please email me on the address below.

Thanks to the many readers who have booked to come with us on the Antarctica day trip on Australia Day 2019. We have included the details again in this issue and if you would like to join us call us for a brochure on 9227 8283 or email me at jen@haveagonews. com.au

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

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

> Jennifer Merigan **Travel Editor**



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

Join Have a Go News for the day trip to Antarctica on Australia Day 2019



MORE than 25 readers have already booked to join us on the day trip of a lifetime to Antarctica which will take place on 26 January 2019.

It's an opportunity to fulfill a bucket list dream of exploring Antarctica by air.

Australia is the only country from which you can take a sightseeing flight to Antarctica. Every departure is different - no two flights are the same.

All seating classes experience spectacular views and the trip provides the complete Antarctic experience - Antarctic experts on board, live crosses to the Australian stations, videos and other informative activities.

wonderful service, the atmosphere on board is nothing like you have experienced on a flight before and passengers experience four full hours flying across the frozen continent.

The Have a Go News tour manager on board takes photographs of the views for our group, providing an exclusive pictorial record for our guests and also receive a special Australia Day goody bag and name badge. This flight departs

Perth on 26 January 2019 at 8am and returns at 8.30pm.

The following seating is available: **Economy Class Cen-**

son* Class Economy Standard Cost \$1999

tre Cost \$1199 per per-

per person* Economy Class Su-perior Cost \$2999 per person*

Premium Economy Class Cost \$3299 per person*

Business Class Centre - Cost \$4299 per person*

Business Class Deluxe - Cost \$7499 per person*

Ice Class - \$7999 per person SOLD OUT

Please contact us for brochures and booking forms which detail the trip and the seating arrangements.

This flight only departs Perth every two years, bookings close 30 October unless sold out prior.

A \$300 deposit is required with booking and full payment is required eight weeks before departure. Travel insurance can be purchased for an extra \$175* per person and covers people to age 85, price subject to change.

For further information, brochures and booking forms or to reserve your seat please call the office on 9227 8283 or email jen@ haveagonews.com.au

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et's go travelling travel options for the mature w



The ins and outs of touring overseas with a mobility scooter





Left to right; Frank Smith said his Luagie Elite allowed him greater mobility

by Frank Smith

LIKE many older people I have a mobility prob-lem. I can walk, but only slowly and for limited distances.

That means I miss out on many adventures when I am travelling and I'm limited to visiting places that are easily accessible by hire car or public transport. That

rules out most gardens, history walks through towns and much exploring of cities.

After much badgering by my daughters and wife, I bought a Luggie Elite mobility scooter powered by an electric motor and battery, for my recent visit to Norway and Scotland.

The Luggie is designed to fold up into a compact shape and weights only 25kg. It can be carried easily in the boot of a car and best of all in the hold of an aircraft.

There are several other makes of mobility scooters that do the same thing. Some actually fold themselves up at the press of a button.

Most airlines will carry mobility aids, such as electric wheelchairs and scooters free of charge, but impose conditions.

You can't just rock up at the check-in desk with a scooter. You have to get approval from the airline first. This can involve some serious negotiation. Generally the battery has to be removed and carried in hand luggage and the airline has to know the

weight and overall dimensions in advance.

Airport security tends to look askance at the batteries and it is best to carry written authorisation, especially when dealing with security staff who have limited English. I found that electric wheelchair was a better understood description than mobility scooter.

My first overseas trip with my scooter went well. Qantas, Qatar and KLM all agreed to carry my Luggie after some time spent getting to the right department for approval.

Loading at Perth was no problem and the Luggie arrived at Oslo along with me, my wife and other baggage. But then the fun began.

Oslo pavements have spoon drains in which small scooter wheels stick and often excessive sideways slopes.

On my first tentative trip round the city my scooter rolled over going round a corner leaving me holding on to a signpost to prevent me falling into the gutter. I was stuck – unable to let go – when two kind Norwegians in a nearby café saw my predicament and hauled me back upright.

"Takk, mange takk og tusen takk," and I was on my way.

The following day I explored Oslo's main shopping mall, grounds of the royal palace and the Peace Museum, followed by a cross-fjord trip and long ride to the Viking Ship and the Kon Tiki museums then back to my hotel for a recharge.

In Bergen I was able to explore the city and even take it up Mount Fløyen overlooking the city on the funicular rail-

In Scotland we carried the Luggie in the boot of our hire car. This allowed me to take it out and explore towns, gardens and historical sites and to travel further afield in search of restaurants. I was even allowed to ride my buggy through a stately home and a church on one occasion.

I successfully negotiated a walk through Loch Garten Osprey centre's pine forests at Nethybridge in spite of uneven ground and protruding roots, only falling off when I attempted to turn round on a soft sand patch and head back to the car park

The only disadvantage is that the Luggie tends to rush down slopes and cannot tackle very steep uphill slopes without my reluctant wife or a kindly bystander giving me a push. It also proved difficult to use in crowded area without danger to other pedestrians. However I did not run over anyone.

The other problem was the airline baggage handlers who clearly ignored the 'fragile' warning and broke off two Luggie wheels and those of the carrier bag.

In spite of the hazards I'm convinced that won't leave Australia again without my mobility scooter.

Calling all Probians - let's go on holiday



VILLA Carlotta Travel invites Probus members to join them on an exclusive holiday aboard the famous PS Murray Princess in South Australia.

Villa's six-day Murray Princess Outback Heritage Cruise will take Probians on a journey along the great Murray River from the historic river port of Mannum to Blanchetown. Follow in the wake of great Australian pioneers on a four-night cruise along the outback river highway.

Experience the magic and majesty of the spectacular scenery from towering cliffs to expansive farmlands.

Together with fellow Probians and Villa tour leader, the days will be filled with fun, laughter and great companionship. The holiday will include cruising through Lock #1 at Blanchetown, the Burk Salter Boutique Winery, a guided walking tour of the Swan Reach township, the Sunnydale Woolshed Show and the Native Wildlife Shelter, an authentic riverside Aussie barbecue and the chance to explore an chaeological site with an expert local quide plus so much more This six-day holiday

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departs Perth on Sunday 18 to Friday 23 November and starts from just \$3150 per person twin share. FreeCall 1800 066 272 or email holidays@villa. com.au to reserve your spot now. Hurry, only 20 places available on this amazing holiday adventure down the mighty Murray.





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Norway in a nutshell - discovering this gem in the shortest time possible







Left to right; Picturesque Flåm - Norway's second largest city, Bergen - Enjoy mountain views and more in UNESCO World Heritage Listed Nærøyfjord

by Frank Smith

NORWAY is an expensive country for travellers so when I visited earlier this year I tried to see as much as possible in as short a time as possible.

For this we chose a Norway in a Nutshell self guided tour from Oslo to Bergen through Norway's most breathtaking **UNESCO-protected** fiord and mountain scenery, as well as a trip on Europe's top scenic rail-

We spent two days in Oslo, Norway's largest city. It is a user friendly city on a great location at the head of the Oslofjord, surrounded by forested hills. Even in the city centre, the nearest park is never more than a few blocks away.

After touring the city, including the Viking ship museum, we set out on a westbound train journey through scenic terrain on the Bergen Railway to Myrdal nearly 1000 metres up in the mountains. Although it was June, most hills remained covered in snow.

Upon arrival in Myrdal, we changed trains to the legendary Flåm Railway. It is also one of the steepest standard-gauge railway lines in the world, with most of the journey at a gradient of 5.5 per cent. The train drops 867m in 20km through a series of 20 tunnels and sharp bends running through spectacular scenery, tall mountainsides, foaming waterfalls, and many points providing panoramic views of some of the wildest and most magnificent scenery. It even stops to allow passengers to disembark for photo opportunities.

The small picturesque village of Flåm, is situated in the Aurlandsfjord, an arm of the 204km long and 1308m deep Sognefjord.

The village has a population of about 400 inhabitants. In 1980 most of them Flåm were farmers, today most of the inhabitants work in the tourism industry or with the railway. Flåm is also one of the most popular cruise harbours in Norway.

Tourism in Flåm dates back to the end of the 19th century, when large numbers of English tourists came to fish in the Flåm river. These travellers were transported in two-wheeled buggies through the spectacular

We spent the night in a brewery hotel in Flåm and the following morning took a fjord cruise on the magnificent Aurlandsfjord and the Nærøyfjord to the small village of Gudvangen. The Aurlandsfjord is a picturesque fjord that offers stunning views, while the Nærøyfjord is a narrow dramatic fjord surrounded by high mountains.

It is included on UNESCO's World Heritage List.

From here the journey continued with a bus trip through Nærøydalen, with its charming villages and scenic nature landscape to Voss. The bus travels down the steep hairpin bends of Stalheimskleiva which twists and turns up through 13 hairpin bends offering views of the Sivlefossen and the Stalheimsfossen waterfalls. It is the steepest stretch of road in Northern Europe.

From Voss, we returned to the Bergen Railway to Bergen for a threeday stay.

Bergen is Norway's second largest city with a population of roughly 270,000. King Olav Kyrre founded the city of Bergen in 1070, and it was the country's capital from 1110 until

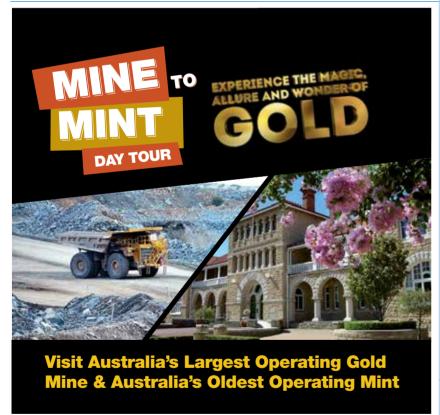
Bergen was one of the major Han-

seatic cities and it has been a great centre of trade throughout the ages. Fish was the main export, while grain was the chief import. The first German merchants came to the city in 1270, and the powerful Hanseatic League lasted until 1784, when it was disbanded. The Hanseatic merchants operated in the Bryggen area, which is now included on UNESCO's World Heritage List. Today Bergen is an important centre for the shipping and oil industries, as well as for aquaculture, the food processing industry and higher education.

Close by is the home of Edvard Greig the composer. A visit to his house included a short piano recital of some of his best-known works.

There is a lot more to see in Norway, but a week spent there provided a taste and perhaps I can return for more sometime.

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Take a journey to a working gold mine then on to the splendour of The Perth Mint. Located just 130km from Perth, the Newmont Boddington Gold Mine is a comfortable day trip and the only working mine of this scale so close to Perth, Western Australia's capital city.



Fishing between Brisbane and Sydney...



Yabby pumping at Nambucca Heads

by Mike Roennfeldt

I RECENTLY enjoyed a three-week trip in a campervan along the coast between Brisbane and Sydney. Incredibly, it was a part of the world I had mostly missed in my travels as I was usually more likely to be found in remote locations like the Kimberley, Pilbara or the

Abrolhos. It was easy to see what all the fuss was about. That mountainous hinterland backdrop to much of the trip spawned endless rivers and estuaries, which in turn spawned endless fishing opportunities. I got to speak to quite a few fishos along the way and generally they weren't catching much, but the potential of all those waterways was mind-blowing.

Apparently, it wasn't peak season for whiting, which together with bream, flathead and occasional mulloway, account for most of the estuarine action in that part of the world. There were a few people trying for blackfish along the rock walls and a couple of times I saw the evidence of some chunky tailor from the beaches. Overall, it was a little disappointing in terms of catch and my only fishing activity was to spend one or two hours wandering fruitlessly over a couple of shallow flats in search of flathead. I suspect the whole scene would be a lot more lively in summer.

I did enjoy watching the various bait gathering activities though and even got to participate once. Worm catching on the surf beaches was the most spectacular and we came across

this near the entrance at

Bruce, a visiting angler from Canberra, showed us how. He walked the gently sloping beach dragging a mesh bag containing an old fish, watching in the receding wave for the tell-tale vee of water that betrayed a worm's head poking up though the sand. Once he spotted one, he would crouch down near the spot and gently wave a piece of fish just uphill from the worm. As it rose up and arched over to bite the fish, he grabbed it between forefinger and thumb and drew it steadily out of the hole. He reckoned they can be incredibly hard to extract at times and most are at least a metre long. We came across

a great grandmother at Nambucca Heads, pumping for yabbies with a stainless hand pump on the edge of a shallow estuarine backwater, something she had been doing there her entire life. She made it look easy and had a modest harvest target of just 24 yabbies for a fishing session that afternoon.

I even relived "twisting" in the sand for pipies (cockles) at Elizabeth Beach, something I had tried 45 years before near Noosa In Queensland. The big, fat pippies, which can fetch up to almost \$50 out of a live tank at the Sydney fish markets, are great baits for whiting and bream and even better to eat. So satisfying to get a few of these, although I'm sure the spectacle of me doing the twist to get them would have provided some entertainment for the locals.



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Join a magical short break and with an on board wildflower guide and find yourself in a land of natural beauty with trips to the Lesueur and Badgingarra National Parks to find an abundance of wildflowers.

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Hyden and the Wheatbelt

Staying in Hyden, venture out to visit the famous Wave Rock, Hippo's Yawn, the Wildflower Shoppe, Wandilla Farm Homestead, Lake Grace and Cabinatta Yabbies before travelling the Tin Horse Highway.

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Wildflowers on the Southern Coast

Visiting Hyden, Esperance and Albany, you will be rewarded with the Esperance Anglican Wildflower Festival, the Ravensthorpe Wildflower Show and the beautiful natural vonders of Wave Rock and the Stirling Ranges.

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The splendours of South Australia combine on this tour to bring you one fabulous South Australian holiday experience. Commence with three nights in Victor Harbor to explore local history, the marine wildlife and the salt water lagoons of Coorong National Park. You will also meet the locals behind the local produce and take a ride on the Granite Island Tram. Next we take the ferry to Kangaroo Island where adventures will get you up close to the wilds of the island and the local inhabitants. Expect breathtaking scenery and the local wildlife to be on show. To complete your holiday, relax aboard the famous PS Murray Princess as you cruise the mighty Murray. Fabulous off boat experiences will be assured as well as great hospitality and entertainment by your crew.

9 Days | Sunday 28 October to Monday 5 November 2018 | Price \$4775 | Single Option \$645



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Spend a short pre-Christmas break in the heritage town of Hahndorf nestled in the picturesque Adelaide Hills. One of the prettiest towns in Australia, you will enjoy rustic tranquillity, artisan produce, the unique combination of German and Australian history plus the stunning Adelaide Hills. To get you into the Christmas spirit, your holiday will feature the Christkindlmarkt, a European-style Christmas market in the German town of Hahndorf and the Lights of Lobethal, a tradition that has continued for over 60 years and has now evolved into the largest Community Christmas light display in the Southern Hemisphere.

6 Days Tuesday 11 to Sunday 16 December 2018 Price \$2975 Single Option \$375

Free Travel Information Sessions Perth and Rockingham

Monthly Events are held at the State Library of Western Australia (Perth) Morning and Afternoon Sessions Available FreeCall 1800 066 272 for dates, times and presentation details

Villa is coming to Rockingham – Morning Session Only – 24th August 2018 Gary Holland Community Centre (Kent St) FreeCall 1800 066 272 for presentation details

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EMBARK on a journey of a lifetime with Cruise & Maritime Voyages as you complete one of life's great nautical crossings a cruise between Australia and the UK.

southbound Sailing from London (Tilbury) on 15 October 2018, guests will start their incredible 54 night voyage with a visit to Lisbon and Madeira before crossing the Atlantic Ocean bound for the Caribbean.

Here they will be en-

thralled by a feast for the senses, from ancient ruins and pristine beaches to vibrant flavours matched only by the vivid colours. Guests will then have the opportunity to marvel at one of mankind's greatest achievements as the intimate Astor traverses the Panama Canal.

As the ship makes her way towards French Polynesia, guests can spend their time relaxing onboard and enjoying the plentiful onboard facilities. With multiple pools, a card room and library, full-equipped spa and fitness centre, as well as an expansive sports deck, guests will be spoiled for choice. After Tahiti, Bora Bora and Nuku Hiva, the Astor will arrive in New Zealand before returning to Australia for her final Australian season.

Perfectly suited for extended voyages, the Astor's intimate countryclub ambience is the ideal way uncover your new favourite part of the world. Savour each exquisite meal, relax in one of her sumptuous lounges with newfound friends, take in a cabaret style performance or simply relish the ever-changing views from the promenade.

For those looking for something a little more exotic, why not embark on Astor's final northbound voyage through Africa. Departing London on 10 March 2019, this 43 night voyage is designed to delight even the most travelled guests.

Bound for London (Tilbury), guests will be tantalised by Reunion Island and Mauritius before arriving on the African mainland, and then be spellbound by the natural beauty and spectacular sweeping vistas in Maputo. Durban, Richards Bay, Mossel Bay and Cape

From here guests can soak in Walvis Bay, Cape Verde and Casablanca before calling in to Lisbon on the trip home.

With a choice of magnificent breakfast, lunch and dinner in multiple restaurants, afternoon tea and late night snacks included in every cruise fares, as well as beautiful lounges and spacious cabins and suites, you are sure to return relaxed. Plus, for a limited time only, guests can enjoy buy-one-getone-free fares as well as exclusive flight and hotel packages from the team

at Travel Tree.

So whether you like to rejuvenate with days at sea or are moved by the thrill of discovery and waking to a different magnificent vista each morning, the extended journeys about Cruise & Maritime Voyages' Astor promise to be truly unforgettable.

Chris Dagostino at Travel Tree can provide information and take bookings on 9382 5011 or chrisd@traveltree.com.au.

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Deluxe Russian river cruise

RUSSIA river cruise specialists Beyond Travel are offering Earlybird savings of up to \$1200 per person for 2019 deluxe river cruises in Russia aboard the Volga Dream when bookings are made before 31 July.

The signature 13-day itinerary between Moscow and St Petersburg (or vice-versa) offers three nights stays in both Moscow and St Petersburg, as well as excellent sightseeing options. There are three levels of pricing - gold, platinum and imperial (with imperial offered only available on selected departure dates between May and

September 2019). Prices start at \$4750 for gold, \$5940 for platinum and \$7360 for imperial – per person (based on twin share).

Gold offers five star hotels, transfers and comprehensive group sightseeing, platinum includes five star hotels, transfers and additional sightseeing in smaller groups, and imperial, a new level for 2019, has five star deluxe accommodation, intimate group sightseeing and private transfers on arrival and departure.

The Volga Dream is an elegant vessel designed in classic decor with a slight Russian touch and

accommodates just 100 passengers.

Guests can enjoy a range of activities including cooking demonstrations, Russian language documentary lessons, films, Tchaikovsky and Rachmaninoff piano concerts, matrioshka painting classes and Russian-costumed dinner with vodka

Also on offer is the Grand Volga, a 11 or 12day itinerary that operates Moscow to Volgograd or W. Savings on the Grand Volga are up to \$950 per couple with prices starting at \$4280 per person (based on twin share).

Highlights of this trip include visit to Kazan, the capital of Tatarstan and centre of Tatar culture of Russia, as well as the World Heritage Site of

For more details visit www.cruise-russia.com. au brought to you by Beyond Travel or call 1300-363-554.

Making Bali accessible

HAVE you enjoyed going to Bali for holidays, but are now a little concerned that age is catching up with you?

Maybe you think that you might need help with stairs or might even need someone to monitor your activities if your walking is not what it used to be. Perhaps you now use mobility aids and think that with them it's too difficult to travel.

Well forget your worries. There is a new travel service in Bali especially prepared to look after senior citizens and to ensure that you can fully enjoy a safe and comfortable holiday tailored to your abili-

Bali Senior Tours have staff trained in the USA who are widely experienced in aged care.

They can assess your level of mobility and stamina and then tailor a range of tours and activities which you can fully enjoy. Imagine having a dedicated helper who is familiar with all the wonderful sights and experiences in the beautiful island of Bali and can take you there.

They can handle all aspects of your holiday planning including air travel, accommodation and ground transport.

In addition, they provide tours using their own vehicles and can recommend suitable restaurants and shopping experiences.

The company is registered with the Indonesian Government and complies with all legal requirements in that country.

So, don't just sit at home and dream - make your dreams come true. Contact Bali Senior Tours today and start planning your own tailored holiday with prices so cheap that you will be astounded.

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56 NIGHT FLY, STAY & CRUISE from \$7,850* per person share twin

Northbound Voyage to London Tilbury CRUISE DEPARTS Perth 10 March 2019

45 NIGHT CRUISE, STAY & FLY from \$6,550* per person share twin



FLY, CRUISE & STAY inclusions: Southbound Voyage to Fremantle

FLY, CRUISE & STAY package includes: One way economy class airfare with a full service carrier from Perth to London; Private transfer in London from airport to hotel; 2 nights accommodation in a 4-star hotel in London including breakfast; Private transfer in London from your hotel to Tilbury Port; 54 Night Southbound Voyage onboard MS Astor from Tilbury (London) to Fremantle (Perth) / Interior Category 3 Stateroom.

FLY, CRUISE & STAY inclusions: Northbound Voyage to London

CRUISE, STAY & FLY package includes: 43 Night Northbound Voyage onboard MS Astor from Fremantle (Perth) to Tilbury (London) / Interior Category 3 Stateroom; Private transfer from Tilbury Port to your London hotel; 2 nights accommodation in a 4-star hotel in London including breakfast; Private transfer from hotel to airport; One way economy class airfare with a full service carrier from London to Perth.

- Delicious full board cuisine Afternoon teas and late night snacks Self-service tea & coffee (6am to 10pm) Captain's cocktail party
- Big show entertainment, cabarets and classical interludes Daytime activities and leisure facilities Airport taxes, port charges and government fees

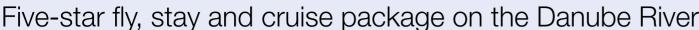


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AU REVOIR travel invite people to travel on an exclusive 12-night Danube Delights fly/stay/cruise package that showcases the imperial beauty of Budapest, the romance of the River Danube and the baroque palaces and medieval villages which line the iconic waterway.

Enjoy five nights in a boutique hotel in Budapest with breakfast, allowing you plenty of time to explore this magical and charming city, with a 48-hour hop-onhop-off city bus pass and a full-day tour, with lunch, to a Hungarian ranch to watch the traditional Puszta Horse Show.

STAR SHIP at a fraction of the price

Then board Riviera Travel's newest five star luxury river ship, MS Robert Burns indulge on a seven-night return cruise on the Danube from Budapest to Linz in Austria. Along the way, visits include the baroque town of Bratislava in Slovakia, the magnificent, Benedictine monastery at Melk and the palaces and museums of Vienna, with a side trip from Linz to the 'Sound of Music' city of Salzburg. Complimentary excursions are included each day as well as a live, classical quartet recital and Hungarian folklore show onboard the Robert Burns.

Despite being a new vessel with modern amenities for 167 guests, such as USB ports in every cabin and a splash pool on the Sun Deck, MS Robert Burns has the atmosphere of an upscale country house hotel that oozes the traditional style and elegance of bygone times. The sumptuous marble-floored lobby is topped by a glittering chandelier and throughout the ship there are a wealth of wrought-iron, glass and polished wood fixtures and fit-

This exceptional package includes return flights from Perth, accommodation and sightseeing in Budapest, meals and shore excursions during the cruise, transfers in Hungary and onboard Wi-Fi.

The 12-night Danube Delights package is available from \$5525 per person, twinshare. (based on 28 October, 2019 cruise departure)

Spoil yourself with this bonus on-board beverage package valued at \$199 per person and enjoy drinks with lunch and dinner, valid for bookings made by 31 August, 2018, or until sold out.

Available for cruise departures on 8 April, 22 July, 19 August and 28 October, 2019. To book this exclusive offer please call Au Revoir Travel on 9242 3339 or email info@au-revoir-travel.com

Go for gold with Go West Tours

EXPERIENCE the magic, allure and wonder of gold, by taking a journey to where it all begins on an exciting new tour, launched by Go West Tours, in conjunction with the Perth Mint and Newmont Australia.

The tour takes visitors on a journey through the complete gold production process, from a working mine at Newmont's Boddington gold mine to the splendour of the Perth Mint, on Go West's latest luxury bus.

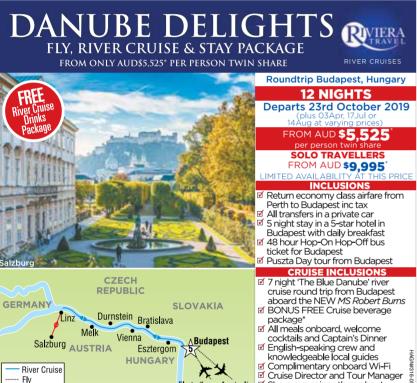
Kitted out in high visibility vests, hard hats and safety glasses, visitors will see Australia's largest operating gold mine in action and be able to look down into the giant pit, where ore is mined and haul trucks transport their loads.

The tour continues through the processing plant, where ore is ground, precious metals extracted and gold separated, ready for melting at 1100°C and poured into moulds.

From there it's on to lunch in the picturesque Boddinaton township and gold panning by the Hotham River, before departing for the drive to the Perth Mint.

The Mint is where Western Australia's golden heritage comes to life. Watch molten gold being poured to form a gleaming gold bar, see the largest gold coin in the world and the second biggest natural nugget in existence. Then view precious coins and medallions being minted, handle a real gold bar and experience the spectacular jewellery at the Perth Mint Shop.

To book a Mine to Mint Tour contact Go West Tours on 9353 3671 or visit gowesttours.com.au.



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le until 31 Aug 2018 unless sold out prior. Images used in conjunction with Riviera Travel



Chris Frame

New codeshare for **Qantas and Air New** Zealand.

Trans-Tasman rivals Qantas and Air New Zealand have called an unexpected truce, with the recent announcement of a new codeshare agreement.

The development follows the recent break up of a long-standing partnership between Virgin Australian and Air New Zealand: which ends in

October 2018. That same month, the new Qantas deal will take flight. The agreement will see Qantas add its QF flight code to 30 domestic Air New Zealand flights, while the New Zealand carrier will reciprocate, codesharing on more than 80 Aussie routes served by the flying kangaroo.

Our relationship with Air New Zealand goes back almost 80 years. We've been partners at various stages over that time and we have a lot of respect for them as a competitor," commented Qantas CEO Alan Joyce.

"A codeshare deal on our domestic networks makes sense for customers because it leverages the strengths we each have in our home markets.'

Frequent Flyer with Qantas

Whether the newfound agreement with Air New Zealand will bring additional Qantas Frequent Flyer redemption benefits is yet to be seen. with full details to be released

before the October commencement.

Airline news and updates with Chris Frame

But regardless, Qantas Frequent Flyer program offers an array of benefits for frequent travellers. After joining for \$89.50, points earned are allocated to Qantas travellers based on the distance, member status and travel class on the segment flown.

In addition to frequent flyer points, status credits allow those most regular travellers to move up the status tiers from bronze to silver, gold, platinum and platinum one. Each additional tier comes with added benefits, such as Qantas Club entry for gold frequent flyers and access to the airline's excellent business and first lounges for those holding a platinum or platinum one card.

While status credits renew annually, frequent flyer points can be saved, so long as you add to your points balance every 18 months. Furthermore, while status credits can only be earned by flying (on Qantas, One World or select partner airlines) flying isn't the only way to rack up a healthy frequent flyer points total, that can be redeemed for flights

You can accrue frequent flyer points with select hotels, car rentals, credit card partners, retail providers, restaurants and even for buying your groceries at Woolworths if you have a linked Woolworths Rewards Card.

Redeeming Qantas flights is simple and easy on the Qantas website; though can also be done over the phone (13 13 13) for an additional fee. Qantas offer two kinds of redemption options, Classic Flight Reward and Any Seat Awards.

Classic Rewards are the most affordable but are rarer and somewhat more restrictive than their Any Seat counterpart. However if your travel dates and times are flexible, this is potentially a great way to fly at a far

lower price than booking a paid ticket - as all you have to cover using money is the taxes.

Any Seat Awards allow you to book any seat using points, but the number of points required is much higher than most Classic Reward seats. This may be a good option if you're looking for a specific flight, or want to earn points and status credits on your travels as these aren't accrued when using Classic Rewards.

Just remember to "Classic Flight select Reward" if you want to explore the full range of availability as the default search on some browsers is for Any Seat Awards.

To learn more hop over to www.gantas.com and remember all info provided is as of 31 May 2018 so check out the website for the latest benefits and offers to make your own assessment on the value of this program.

Virgin to launch Sydney - Hong Kong:

More good news for Aussie trävellers heading to Asia as Australia's second largest airline Virgin Australia will commence daily flights between Sydney and Hong Kong in

These services will be flown on the airline's A330, which features a spacious economy cabin and best-in-class business suite. The flights will allow an array of connections in Hong Kong to allow Virgin frequent flyers links as far afield as Lon-

"Virgin Australia has been "shaking up" the Australia-Hong market by introducing lower fares and its awardwinning inflight product and service since it began its first Melbourne-Hong Kong flight last year," CEO of Virgin Australia John Borghetti said.

The service will connect with Virgin Atlantic's flights to London offering Virgin frequent flyers another option for flights to the UK and Europe.





WA's GREAT Outdoors CARAVANNING · CAMPING · ACCOMMODATION



October commemorates 50 years since the earthquake of Meckering



arms. The birds started to

sing and Debbie just said:

couldn't get his tractor

and towing gear across

the 37 km-long fault line

where the earth rose

higher than two metres.

So he unhitched the gear

and found a spot where

he could just ease the

tractor over the scarred

Seventeen locals were

townspeople's

experiences

injured with, remarkably,

will be relived and re-

vived at Meckering's 50th

earthquake anniversary

in October. Visitors from

all over the State are ex-

Dashing in from the

Graham

"Birdie, birdie, birdie".

paddocks,

earth.

no deaths.

The

dramatic



Above; Miracle town Meckering Image courtesy of Skyworks WA Left; Alice and Graham Snooke

by Lee Tate

FIFTY years on, Alice Snooke, 74, can clearly recall the horrific noise and earthy smell in the collapse of her farmhouse when, nine months pregnant, she snatched daughter Debbie, 2, from her cot in WA's worst earthquake.

Nature was ruthless and Meckering, 130 km east of Perth, copped it between the eves. The fault in the earth's core literally split the town. Every shop, commercial building and town home was demolished. And many farmhouses as well.

Alice, whose hubby Graham out in the paddocks on his tractor, was walking from her clothesline to the house when the 40-second quake struck. The house, with baby Debbie inside, collapsed before her eyes.

The earth moved under my feet. I had no idea what it was," Alice told Have a Go News.

"I couldn't get through the rubble into the house so I went around the side and found a way in. I picked up Debbie from her cot and got outside and just stood there.

"I was holding her in my

The quake, measuring 6.9 on the Richter scale, shook WA as far away as Albany, Kalgoorlie, Esperance and Perth where there was minor damage

to some city buildings.
The Mundaring to Kalgoorlie Pipeline was severely damaged and a section can be seen in Meckering at the Gazebo in Gabbedy Place. There is also salvaged section of the damaged railway

A 1km stretch of the

fault line is visible 12kms south of the town on the York to Meckering Road. The ruins of 'Salisbury', an original homestead, can be visited.

Meckerina's reconstruction began soon after the quake but to the south-west of the original

Meckering acquired a new town hall, infant health clinic, primary school, sporting club, shopping precinct and inter-denominational church.

But 45 fearful families left Meckering never to return. The town's population plummeted from 650 to 296.

A "new" resident, Rebekah Burges, wasn't born when the quake struck but married a local farmer and happily moved to the town a decade ago, raising their two kids.

The thought of another damaging quake - despite continuing district tremors (15 a year) doesn't cross Rebekah's mind. One scientist told

townspeople there probably wouldn't be a serious quake for another 1,000 years.

A public gala dinner is planned for 13 October inside a marquee in the town centre which was rebuilt and moved after the damage with tickets at \$100 each. (www. meckering.50yrs.com.au).

On Sunday, 14 October at 10.59am - exactly 50 years on - locals and guests will stop for a moment of reflection. Cunderdin shire president, Dennis Whisson, will open proceedings.

There will be entertainment, market stalls, paddock-to-the-plate food and a one-off, local beer brewed from barley grown by the Snookes (whose son Jeffery came into the world 10 days after the quake. Debbie, 52, lives and works in Perth).

There will be free guided tours, a new walk trail opened, inspections of the fault line, ruins and the showgrounds where people congregated in the quake's aftermath and

where, in the wool pavilion, school classes were held. Electric carts are available for disabled visitors. Lotterywest stepped

in as sponsor. Do vou have a memory of feeling the earthquake? As a young reporter, I felt the footpath in Albany's York Street move eerily under my feet.

The editor of this newspaper claims she was still in a cot in 1968 but felt it swav in Perth.

Meckering organisers are encouraging visitors to bring their stories or come to learn more and add to the atmosphere to give respect to the town and the fighting spirit of its people in what could have been a far greater tragedy.

"This is a wonderful community to live in," chirped Alice, dashing off to watch her grandson play footy.

Petworth Farmstay at Dalwallinu



Relax and enjoy the farm life, sunsets and more at Petworth Farmstay in Dalwallinu, famous for it's wheat and wattle.... Select from the farmstay's variety of self contained accommodation with queen size bed.

For bookings phone 0428 611 111

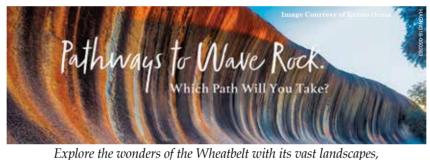


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vibrant wildflowers and world famous rock formations. Follow us on Facebook @PathwaystoWaveRock or visit our website www.roetourism.com.au for further information







Dalwallinu District Tourism Incorporated invite you to the 24th Annual Wattle Week Festival - 1st to 8th September 2018

Visit the Dalwallinu shire for a fabulous week of assorted activities. Enjoy wonderful country hospitality and join in one of the many events ranging from a unique bush breakfast, kids fun in the park, garden tours, full day farm tour and more.

Take the opportunity to socialise and exchange information with both fellow travellers and local volunteers at one of our very popular hosted evenings held at the Dalwallinu Caravan Park.

Event bookings & enquiries: Angella Davey library@dalwallinu.wa.gov.au or 9661 1805, Karen McNeill 9661 1162 or Kirsty Carter 9661 1551. See details of the full program at http://www.dalwallinu.wa.gov.au/events











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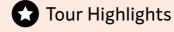
2) Bay of Islands

7 (1) AUCKLAND

Wellington

1)CHRISTCHURCH 7

Rotorua (2)



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entry fees as per the

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itinerary

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*Conditions Apply. Tours are based on reaching a minimum number. Home pick-up and return is included based on a set radius – surcharges will apply outside these areas. Other special conditions may apply to each individual tour, please contact the office for further details. Organised Optional Tours are an additional expense. The above cost include \$175pp of air taxes







AMSTERDAM (1

BRUSSELS 2 1

BRUGES (2)

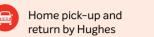


147 4





- ★ Visit the cheeky Mannekan Pis statue and stroll
- around the Grand Place ★ Enjoy a sights tour of Brussels
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- ★ Explore Ghent, the 'City of Flowers'
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Cat ES Emerald Single Stateroom The above pricing is available until 31 August 2018.

orice includes \$700pp of air taxe

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Franz Josef (1

Te Anau (1 2 Queenstown

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lunches, 1 high tea

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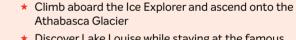
Seattle **⊀**

Breisach O Black Forest

Basel Zurich

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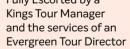
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20 Full Breakfasts, 8

14 Day Canadian Rockies Experience, 7 Nights on a luxury cruise ship – Holland America Line ms Eurodam, 2 Day Rocky Mountaineer Rail Experience, one of the world's great rail journeys

S Tour Cost Per Person, Land Only

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Twin Share \$10,995* Single Price \$14,595*

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Left to right; Tourist in featherflowers (Verticordia) wildflowers, near Hyden - Grevillea coccinea, found in the Fitzgerald River National Park © Tourism WA

by Lee Tate

ONE of the world's great natural wonders awaits, the largest floral show on earth. Western Australia's wildflower collection is the world's largest with more than 12,000 species and 60 per cent found nowhere else.

"They colour the landscapes from coast to forest and city to outback," say our tourism tsars.

The six-month flowering season begins in the north in June and July on the vast outback plains of the Pilbara, Goldfields and Coral Coast where vibrant blooms contrast with pindan earth, rugged

canyons and turquoise

September, has moved south and reached Perth's botanical gardens, nature reserves and national parks, finishing with a flurry in October and November throughout the forests and coastal heaths of the south west.

The tourism people have got it right but where to start in our enormous state? When? How?

The best part is that seeing the wonders of our wildflowers is as easy as a short, city bus ride. Or enjoying a long, leisurely country trek covering thousands of ki-

lometres. And over a sixmonth time-frame.

Consider a coach tour, a train trip (using your concession), flight or selfdrive or hire 4WD.

Wildflowers within striking distance of **Perth**

The diversity of WA plants from the Kimberlev to the Great Southern can be seen at the WA Botanic Garden in King's Park, the world's largest

inner-city park. From November to August visitors can hear stories of people and plants in 90 minutes. In July-October there's a two hour water views and wilderness tour, exploring unique flora at Roe Gardens and Kings Park bushland.

From August to October a 90-minute nature trail goes through King's Park bushland and wildflowers and in July to October explore hidden paths for a three hours walk to discover how plants survive in a challenging environment.

Look too for Gija Jumulu, a 750-year-old boab tree. The guided walks are free. See www. bgpa.wa.gov.au or phone 9480 3624.

In spring some of the best and most extensive displays of native wildflowers can be seen in

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Wireless Hill Park. This 40-hectare park is in suburban Ardross, the location of the former Applecross Wireless Station,

and is ideal for a day visit. With Banksia and eucalvot woodlands as well as shrub lands, the park has fabulous displays of red and green kangaroo paw (otherwise known as Anigozanthos manglesi) and many species of orchid including donkey orchids, spider and cowlsip orchids, sun orchids and rattlebeak orchids.

www.friendsof See: wirelesshill.org/wildflow ers.html for more infor-

Country wildflower hotspots

Best of the West selfdrive tour links Perth with the Northern Goldfields via Geraldton, Sandstone, Leonora and Lake Ballard. It returns via Kalgoorlie, Esperance and through the south-west.

From August to October, coaches from Great Western Coach Tours take tourists on a fullday tour of the Swan Coastal Plain and Darling Escarpment. As well as red and green kangaroo paw, there are feathery

dge resort

KALBARRI EDGE RESORT

Luxury new resort next to town centre

verticordias, vivid pink isopogons, purple fringe lilies and orchids.

In the Pilbara, July-September, vibrant floral shades contrast with the red earth and golden spinifex. Along rivers, creeks and lakes you can see river red gums, coolabah, silver cadjeput and desert bloodwood trees. Gorges come to life with flowering rock fig and rock kurrajongs. In season, carpets of wildflowers of all sizes, shapes and colours like mulia mulla, Ashburton pea and 65 species of acacia or wattle can be

From July to October carpets of everlastings reach into the distance in the Golden Outback, as far as the eye can see and busloads of people are attracted to wreath flowers north of Pindar.

The Winery, Wood-lands and Wheatbelt trail begins in Perth and heads to Narrogin via Wandering and Wickepin and extends to Wagin, Arthur River and Williams.

Wildflower Country tour goes from Perth to Dalwallinu, Morawa, Geraldton and back to Perth via the Midlands route.

The Wheatbelt Way extends from Perth to Wyalkatchem, Beringbooding and Mukinbudin featuring Kunzea pulchella in both red and white varieties as well as native orchids and everlastings abound.

The Wheatbelt also features Hakea, Grevillea, Lechenaultia, wreath flowers and orchids from July to November. Visit Dalwallinu to see a vast array of wildflowers including wreath Lechenaultia. Perenjori, 355 kms north of Perth, is in the heart of wildflower country and is known for its wide variety of rare native spring orchids.

Follow the new Public Silo Trail showing murals by local and international artists on grain silos, public walls and transformer boxes. The trail runs from Perth to Northam, Merredin, Hyden, Ravensthorpe, Hopetoun, Katanning and Albany.

The Gascoyne-Murchison is known for carpets of everlastinas from ber. (Gascoyne Junction is 1,069 kms from Perth, Meekatharra is 764 kms).

Narrogin offers access to Dryandra Woodland, a nature conservation area

with one of the largest remnants of original vegetation. In spring there are district wildflowers including orchids.

The Durokoppin Reserve on the Kellerberrin/Bencubbin Road is a 1,500-acre reserve of woodland, heath and mallee and supports a wide variety of flora. See tea trees, wattle and Grevillea

Further south

More than half of WA's 12,000 plant species grow in the south-west, some found nowhere else. It is is home to some of the rarest orchids and carnivorous plants, trees and mountain bells.

August-De-Spring, cember, is the main flowering period but there is something in flower every month.

The Flower and Garden Festival is held at Nannup each August. when tulips are in full bloom.

Northcliffe district has bounced back from its 2015 bushfires. Rising from the ashes are wildflowers including orchids and fungi. The Blooming Wild festival runs from September to November.

in the southern forests and valleys are 3,000 species of flora, old growth forest of karri, jarrah, marri and tingle. There are 194 species of orchids and plenty of fungi, best seen from May to August, when the forests are cool and wet.

Country arboretums also provide international and native plant habitats.

Wildflower hot spots near Albany

Albany Windfarm coastal heath, pepper-mint forest and Albany woollybush with colourful sprays of Hibbertia, Pimelia and Hakea.

National Torndirrup Park - colourful display of wildflowers in spring, including Albany woollybush, carnivorous Albany pitcher plant and the pungent sticky tailflower.

Also see Stony Hill Heritage Trail in Torndirrup National Park and Point Possession Heritage Trail - Vancouver Peninsula.

The southern section of The Bibbulmun Track, 1,003 kms Albany-Perth, is a must for wildflower watchers. Follow the Waugul (rainbow serpent) track markers

On the Kalgan River take the Luke Pen River Walk for basket flower. purple flag, curry flower, devil's pins and parrot

In Mount Martin Regional Botanic Park the Mount Martin Walk Trail is good for white spider orchids and huge stands of grasstrees.

The Porongurup National Park has 750 plant species including 55 different species of orchid. Stirling Range National

Park, one of the world's

most important flora areas, has 1500 species, 82 found nowhere else. There are 123 orchid species in the park - over a third of all of WA orchids. All regional areas have

information offices and websites to point you in the right direction.

EXPLORE AND EXPERIENCE A KALGOORLIE PENSIONER PACKAGE

	Free Pass	Pen/Sen	Adult
Best Western	\$325	\$415	\$515
View on Hannan	\$340	\$430	\$530
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Ibis	\$365	\$455	\$555
Rydges	\$370	\$460	\$560

DISCOVER KALGOORLIE

Unearth the history and heritage of this outback City, to uncover a wealth of treasures. Package includes three nights choice of accommodation including continental or buffet breakfast, Super Pit tour, Questa Casa Bordello tour and Kalgoorlie-Boulder Audio Walking Tour.



DAY 1: PERTH TO KALGOORLIE

Depart Perth on the Prospector at 7.10am and arrive Kalgoorlie at 2pm. Transfer to your hotel (own expense) and enjoy a free afternoon to explore the City.

DAY 2 & 3: TOURING KALGOORLIE

Over these two days, undertake a Super Pit tour, Questa Casa Bordello tour and Kalgoorlie-Boulder Audio Walking

DAY 4: KALGOORLIE TO PERTH

Transfer to the rail station (own expense) and depart at 7.05am,

To make the most out of your visit, speak to the experts at KBVC for travel tips and tour bookings.

Book with Kalgoorlie Boulder Visitor Centre 9021 1966

visitors@kalgoorlie.com kalgoorlietourism.com





Terms and conditions apply. Prices per person queen share, extra costs for twin and single acc Valid for travel 31/12/18. Not available for travel between 05/08 to 09/08 and 23/09 to 07/10.



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Great late rains guarantee best wildflower season for Kalbarri



Murchison Rose

THIS year's wildflower season for Kalbarri is set to be the best in a long time. Excellent late autumn and early winter rainfall has paved the way for the National Park to be alive with colour.

There are more than 800 species of wildflow-

ers in and around the National Park and even in town on the golf course and along the scenic coastal walking trails. Visitors don't need to travel far or go on an expensive tour to see the best of the wildflowers in Kalbarri.

Now until October is the very best time to visit and the season, which starts in early July will not disappoint. Thunderstorms and cyclones will have now passed and left the farmers and the wildflowers ready for a bumper

Fields of everlastings, native orchids, banksias, kangaroo paw, cat's paw, thryptomene and 12 o'clocks are just a few of the many early flowers people are likely to find.

Later in the season people will see many wattles, hakeas, grevilleas and leschenaultias to name just a few.

Kalbarri Palm Resort is offering visitors a number of great packages which include free breakfast and many other features to make their stay in Kalbarri a very relaxing and refreshing holiday.

Trans WA coaches arrive from Perth and Geraldton every Monday, Wednesday and Friday.

With the package, the Palm Resort mini bus will provide free transfers to and from the bus station in town.

The resort is only 200m from town and foreshore, so once settled in guests can explore the shops and foreshore within a very short

You can take advantage of your pensioner free pass on TransWA coaches, or drive and still enjoy plenty of choice in multinight stay

One of the best of these is a three night stay for two people in the best deluxe hibiscus suite including a free restaurant breakfast, wine and chocolates in room on arrival. Just \$279 total for two people.

Those selecting one of Palm Resort's seniors packages which utilise the TransWA pass will receive a welcome Kalbarri holiday planner, a free restaurant breakfast, free courtesy transfers to and from Rainbow Jungle, the local and famous parrot habitat and a discount voucher for Edge Restaurant's evening meal.

Choose a room upstairs with a view or downstairs for easy access. Enjoy the luxury Hibiscus suites well equipped with everything guests need for a relaxing stress free holiday.

Kalbarri is great for outdoor dining with warm, mild evenings. The resort has a modern outdoor covered barbecue area where people can cook and eat, or barbecue there and eat in the comfort of their own suite.

Guests will be pleasantly surprised with all the resort features and quality room amenities.

There is of course heaps more to do and see in Kalbarri, so if possible, visitors should stay at least five or six nights.

Enjoy walking on the beach and the scenic trails down towards the coastal gorges. Treat yourself to a scenic flight to Monkey Mia or out to the incredible Abrolhos islands. Meander through the shops with a difference around town. Take a boat ride on the Reef Walker or the River Queen up the river. Pop down to the foreshore for a coffee and watch the famous pelican feeding daily at 8.45am. Or just relax on the private balcony and enjoy the Kalbarri winter sunshine.

People won't do better than these current seniors' packages and specials. Free call the resort on 1800 819 029 to book or email stay@ palmresort.com.au for details and prices on all senior's packages. Visit www.palmresort.com. au and click on seniors and or specials tab.

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This year is shap-ing up to be a great wildflower season and Club 55 have several tours that will be visiting some of the local top spots, including a three-day Mid West Wildflower Tour departing on 23 August to take in this annual

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Phone 1300 653696 or visit the web page www.club55.com.au where people can view and pay for their tours online. Phone 1300 653696. See the advertisement on page 3.

able leisurely pace.

& SPRING FESTIVAL 10-22 September More than 600 wildflower specimens on show Street parade / country carnival 15 September guided bush walks Fitzgerald River National Park, gift shop, 4WD Tag Along Tours 13, 18 & 21 September, art exhibition and patchwork display, country soup and

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Left to right; Numbat working on despatches - upside down toilet signs - unisex-getting with it - Adelaide builder Leighton Brow with son Bruce

By "Numbat" AKA Lee Tate (Paying tribute to our state emblem)

Hi Jen

Your assignment for me to travel the Great Northern Highway presented all the anticipated fascination and beauty that a three-day road trip up WA could.

But there's been reallife drama and outback oddities, too.

Fellow caravan cavaliers, also with eyes for wildflowers and wonder, will have seen it in their own ways.

We were variously forced off the road, confronted by a snow-white peacock, coughed-up

probably the world's highest-prices for fuel and met all-age travellers on the road - as young as one year.

Now in Broome, I can report that overnighting in caravan parks for the three nights proved to be both enlightening and entertaining.
Our first stop, Wheat-

belt town Dalwallinu - "the first shire along the Wildflower Way - is just 248 kms from Perth. Hardly a major milestone when you have 2,240 kms to trav-

But, back in Perth with car and caravan set to leave, our (freshly-serviced) 4WD kick-over. wouldn't Two RAC call-outs and a replacement battery fitted, we didn't hit the

f

road till 3pm.

Dalwallinu caravan park being closed at 6pm, we helped ourselves to a poweredsite and in the morning left the \$24.50 nightly fee in an honesty box.

We pulled over at Mt Magnet for lunch where a shared toasted hamcheese-tomato bagel and two good coffees set us back \$18.40.

We took on board enough diesel to tally up another \$199. Vehicles cost more to feed than humans.

Along the highway is a steady flow of trucks, caravans, vans, converted buses and a group of disability cyclists on a fundraiser.

Wildflowers aren't abundant but, being just the start of the season, the great hope is to capture all their flourishing glory coming back late in August.

North of Meekatharra, road trains were coming thick-and-fast towards us, heading south with great loads of machinery and materials and swamping us with their bursts of passing air.

In one mighty swoosh, with our car and caravan swaying, my car's external mirror - mounted with a second mirror required for caravan towing - smashed into the driver's window.

The strapped-on mirror was torn away and is strewn across the Great Northern Highway.

North-west towns are probably strong retailers of towing mirrors.

By the time we reached Kumarina Roadhouse, midway between Meekatharra and Newman, were thirsty but not as parched as our trusty . Tovota Prado which needed quenching to the tune of \$100.

camping Caravan here, at \$25-a-night, comes with ablution blocks resembling ships' containers with individual shower-toilet cubicles called en suites. And unisex cubicles.

Back on the road, Kenny Rogers became stuck in our DVD player. He's still there, until we

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Coast to Coast

can price technical repairs in Broome. The British Royal family, incidentally, is lodged in our caravan TV/DVD so we'll get a quote for that repair, as well.

For word and music from the outside while motoring, all we have to rely on is the ABC's network, in the absence of commercial station coverage. We are fully abreast of cattle prices.

Animal sightings have been good: Swarms of hovering hawks and occasional wedge-tail eagles sticking their beaks into road kill. One was attacking the head of a black snake.

A few truck-terminated cows, on their backs with legs unceremoniously splayed in the air, appeared to attract no raptors. No beef eaters?

We mostly avoided night-driving to spare the roos, but when we did drive owls swooped our headlights.

It was in broad daylight that we came faceto-face with the biggest threat - a mighty truck loaded with one of the world's biggest mining protruding machines, over both sides of the Great Northern High-

Áhead of this loadbearing monster was the mandatory pilot vehicle with lights-flashing. But the car was barely in front of the terror-on-wheels - not enough warning for us to plot an orderly exit off the highway.

Hitting the brakes with a two-tonne caravan hitched-on is nervy enough but finding a

level patch of earth on the side of the highway and dodging a roadside white post isn't relished.

Massive trucks with pilot cars are common up and down the highway but perhaps pilot cars or their flashing signs could be colourcoded: Green for long load, blue for wide load and red for get off the road now.

We pulled into Munjina for \$100 of diesel and a natter with fellow travellers. New father, Adelaide builder Leighton Brow, fills his enormous RV's tanks as wife Carly attends to ablutions. With diesel pump in one hand, Leighton is left holding the baby.

"It isn't illegal to hold a baby while pumping fuel, is it?" he laughs when I take a photo.

One-year-old Bruce, will have tackled WA and the Top End before he's two. Dad and mum having sold-up their house in Adelaide for a time-free run on the roads.

We overnight for \$30 at Pardoo and head for Sandfire Roadhouse tourists are where greeted by an all-white peacock looking incongruously out-of-place in the outback. And along comes a free-range red chook, too sensible to accept a tourist's offering of part-sausage roll from the food stop.

Fuel-desperate travellers pour into this outpost where, mysteriously, the gents' and ladies toilet signs have been put on upside down. (Perhaps because we're Down

Under).
At Sandfire Roadhouse we give the 4WD a modest drink of diesel - just enough to get us to Broome and cheaper prices - and hand over \$90.

Regulars top up their tanks on the road coming out of Port Hedland to avoid some of Australia's highest fuel prices.

I tried to fill-up at Port Hedland but the BP pump refused to give out more than \$60 worth and we consequently motored into Broome at 85 kms-anhour to conserve fuel and make the distance. Travelling

comes at a price. But we wouldn't be anywhere else.

north

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Spotting wildflowers



along the way.

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The tour continues to

the coast and then heads

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FOR those who haven't yet seen Mt Augustus or Karijini National Park in the Gascoyne area of Western Australia, then August is the perfect time for a visit.

Mt Augustus is one of the many wonders of Australia. It rises 715 metres above the surrounding alluvial plain and is surrounded by rocky creeks and gorges that support a variety of vegetation and wildlife.

The area around Mt Augustus is particularly beautiful at wildflower time from July to September when carpets of wildflowers abound. Mt Augustus is an inselberg, meaning island mountain and covers an area of 4,795 hectares which is about twice the size of Uluru.

Karijini National Park is WA's second largest park. High plateaus, breath-taking winding gorges, emerald pools, and stony tree-lined watercourses make up this beautiful area and it really is a must-see at least once in your lifetime. There are spectacular lookouts in many spots for people to take amazing photos for memory books and photo albums.

This year Aussie Redback Tours are offering a 10-day tour to these beautiful spots and more.

Their tour departs Perth on 11 August and heads to Mt Augustus first, with stops on the way. By the fourth day guests will be in Karijini country and will have ample time to explore this area, spotting wildflowers, wildlife and everchanging landscapes

Kalbarri offers a unique experience for everyone



Murchison Gorge, Kalbarri National Park © Tourism WA

ON a visit to Kalbarri you are encircled by two distinct landscapes offering both scenic lookouts and longer hikes through the 400 million year old Murchison Gorge.

Rugged ocean cliffs provide a magical backdrop with lookouts, marine life and a boardwalk. Most, with a few exceptions, are wheelchair accessible. Stop at the Visitor Centre to get a free map.

All National Park roads are fully sealed with toilets and picnic facilities at most sites. It's the perfect time to explore and marvel at the amazing gorge system within Kalbarri National Park.

August and September are peak wildflower season, bringing people from all over the world to enjoy the spectacle. There are more than 1200 species on display between July to November and many unique to the region.

Lovely winter weather ensures pristine beaches, excellent whale watching and of course the fishermen and women are catered for with excellent river, beach as well as offshore fishing.

Keen for a little more? Loads of tour options are available and the girls at the Visitor Centre can help with all your questions and bookings.

Don't feel like driving? TRANSWA can get you here – perhaps take advantage of your free trip voucher. Call 1800 662 205 to secure your booking.

The Visitor Centre can arrange great deals on accommodation, give them a call on 9937 1104 Monday to Saturday 9am - 5pm or Sundays 9am to 1pm and have a chat about what suits your style and budget.

Pathways to Wave Rock - take a self drive experience in the region



THE Wheatbelt region in Western Australia has spectacular self-drive experiences through rural vistas and charming farming communities, all with their own unique

character and true hos-

The Pathways to Wave Rock self-drive trail takes you on a journey of discovery and you will experience the very best

of what our region has to offer. It encompasses the Wheatbelt towns of Bruce Rock, Corrigin, Kondinin, Kulin, Lake Grace and Narembeen. Be sure to stop and explore these charming and friendly communities.

Witness the internationally famous icon, Wave Rock. Standing 15 metres high and 110 metres long, this huge wave-shaped rock is not

Enriched with beautiful wildflowers, camping areas, granite crops and historical buildings, including the Australian Inland Mission Hospital

to be missed.

Museum - one of only three remaining in Australia and the only one left in Western Australia you will soon discover the unique attractions and experiences the re-

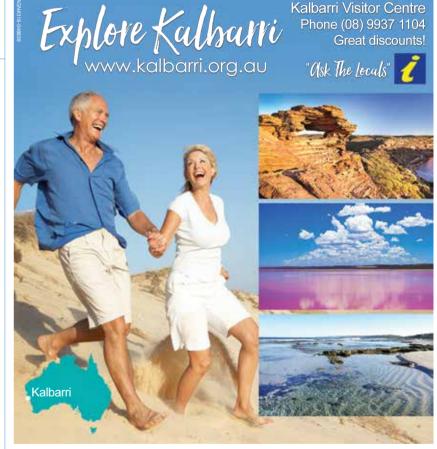
gion has to offer.

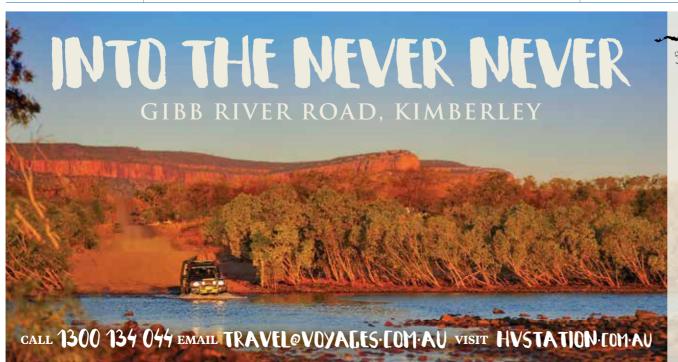
Want something on the more quirky side? Drive past the bright tin horses on the Tin Horse Highway near Kulin, a fun and entertaining drive showcasing wonderful community creations.

The Pathways to Wave Rock brochure is an excellent guide to use for your trip.

Visit www.pathway stowaverock.com.au for more information.









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Finding precious pearls on tour at Willie Creek in Broome

Creek cruising

SKIP WINTER AND JOIN US IN THE SUN!

KUNUNURRA

by Lee Tate

BROOME'S Willie Creek Pearl Farm, serving generations of Australians and countless international tourists, has takenoff - literally.

Decades ago we hammered our cars out of Broome along a corrugated trail to learn something about pearl farming and its role in building a fascinating coastal town that produces the world's

best pearls. Today, the road might still be rough (subject to the latest grader's visit) but, in keeping with the tourists are coltimes. lected from hotels and caravan parks by air-conditioned bus, driven by informed and light-hearted

Around the back of the Willie Creek pearl farm, a white helicopter is liftingoff with three passengers for a seven-minute sce-

nic flight over the area. It will cost them \$90 each a reasonable sum that opens the way for firsttime chopper passengers.

Our cheery Italian pilot, who has choppered all around the world, steers the aircraft over the creek and along the coast. Manta rays are commonly seen, plus dolphins, whales and perhaps a turtle. Flying low over Willie Creek, passengers have their eyes peeled for saltwater crocodiles that have settled-in.

Turning inland, the pilot heads to a regular waterhole where wild brumbies are drinking. Cattle, in big numbers, are just along the track. After a record wet, they are tucking-in to grasses that will make them fat and tasty for American hamburgers.

Tourists here can take a 15-minute chopper flight for \$180 or opt for an airtransfer back to Broome

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for \$295.

We are happy to bump back to Broome by bus. But first there is a short lecture on what we are about to do, including a boat ride up the creek to pull-in and inspect demonstrator farmed pearl shells.

Tour guide Matt runs through the exhaustive stages of pearl farming. This is done by pearl companies, their divers and technicians, along 800 kms of coast and stretching several kilometres out to sea.

Markings along the river bank, high above us, show where 10-metre tides have deposited everything that floats. The amazing tidal movements, with nutrientrich and unpolluted waters, create the perfect environment to create some of the world's best pearls.

After morning tea that includes fresh damper, we visit the onsite pearl showroom where all varieties are shown and where, of course, we are invited to buy a souvenir or gift. You don't have to seek perfection. There truly are pearls and shells to suit the budget-conscious.

Tour guide Sean holds up a classic beauty that meets buyers' high demands for size, shape, complexion, lustre and colour. It'll cost a working man several years' pay.

Sean, a master under-

water diver, may be Canadian but he's full bottle-bottle on the process of producing Australian South Sea Cultured Pearls.

The Banfield family has operated and built-up Willie Creek Pearl Farm since 1989, the days of the legendary Pommy developer Lord McAlpine. Pearling came to Broome in 1880s and at its peak had a 400-strong lugger fleet.

Around 1895 two Japanese men (the Mikimoto name is still associated with pearls) perfected the technique of inserting a shell bead nucleus into the living oyster to produce a loose pearl.

We learn that a pearl is a calcareous blob, formed by the living oyster. The mollusk coats itself with layers of nacre to protect itself from an irritant. Human approved perfectly-round pearls form naturally, but rarely, in nature.

Farmed oysters hurryup the process, modelling pearls to our tastes. It's a rare case of humans outdoing nature. Between cultured and natural pearls, customers can't tell the difference.

Willie Creek Pearl Farm tours cost adults \$75, concession \$65, children \$40 (under-5s free) or with coach Broome pick-up (recommended) adults \$120, concession \$100, children \$65 (under-5s free).

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Celebrating agriculture



DOWERIN GWN7 Machinery Field Days returns for its 54th year on 29 and 30 August and this year they are shining a light on women in agriculture.

To celebrate the theme they have carefully selected female-only presenters for the event including Rural Woman of the Year, Tanya Dupagne.

This year will also see the introduction of a young farmers challenge. The competition will see teams of four compete against the clock. The teams will have to master 10 everyday farm tasks ranging from fencing to mustering livestock for a prize of \$2000.

With new demonstrators in the equestrian exhibit you'll be able to see olympic medallist Sonja Johnson, Sophie Warren and Dr Portland Jones present in conjunction with Off The Track WA and trick rider group Girls, Girls, Girls. Horse enthusiasts can also expect to see clinics on show preparation, reining and equine therapy.

Dowerin Field Days have renewed their partnership with Eco Fashion Week Australia to offer two daily fashion parades. All the garments shown will be made from merino wool; the shows will take place in the GWN7 Marquee.

The photography section of the art exhibition will include 'Women in Agriculture', 'Don't Tell The Boss!' and 'Field Days Photos' categories. There will also be a colouring competition for budding young artists.

Celebrity chef Anna Gare, best known for presenting the Great Australian Bake Off and Junior MasterChef will be cooking up a storm in the Good Foods and Getaways Pavilion and ABC's Sabrina Hahn will be tackling all your gardening problems on the Avon Legal Stage in the Lifestyle Pavilion.

With plenty of machinery and allied equipment, lifestyle and leisure products and entertainment for all ages there's something for everyone at the Dowerin







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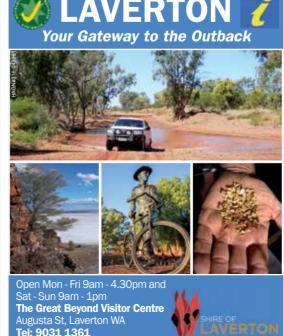
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water.

Wrapped up in woolies to enjoy a chill themed holiday in delightful Albany...





It's Albany for the wow-factor, left to right; viewing platform at the gap - main street

by Lee Tate

IT'S a chill winter wind that crosses King George Sound and penetrates Albany, but that doesn't mean the traveller cops a cold reception from locals

Albany people take the cold and the wind in their purposeful strides so tourists arriving in the town out of peak season find welcoming warmth to accompany the famous scenic wonders.

Albany is truly a tourist drawcard with natural attractions far outclassing so-called magic features offered in many parts of the world.

Visiting Europeans, accustomed to chilly climes, soak-up the cool and many move to Albany, presumably with their hearts set on warm, cosy homes plumped with generous fireplaces.

European settlers had few qualms about the weather and were dumbstruck by the awesome, open natural harbour and farming opportunities. They put Albany ahead of Perth, Albany being WA's first permanentlysettled town, on Boxing Day, back in 1826.

Hadn't considered Albany for a winter getaway? Think again.

Just prepare for the cold, rug-up well and compile a bucket-list of Albany features.

Also prepare for no queues, willing, waiting waiters (who invented the awful waitpersons?), near-empty caravan parks, choice of cabins and hotels, stress-free driving and easy shop-

The pace is altogether different from every summer when so many thousands escape Perth's searing heat.

A chill-themed holiday will open the eyes of

your kids and grandkids.

They'll be snug in gloves

and beanies. I confess to a soft spot for Albany. With granddad a customs officer there, we spent many family holidays visiting and looking forward to tackling Dog Rock - getting a run-up across the road and launching ourselves up the granite dog head (after checking for the wary traffic inspec-

Ás a teenager, I got a journalism cadetship on Albany Advertiser

and became captain of the Albany Surf Club.

I can't say I loved the cold, especially as a surf lifesaver when we, on club patrol, were the only ones on the beach. And that was in summer.

But today, visitors to the south - and locals are better prepared with warmer clothing and, mostly, better common sense on the weather.

Albany has so much raw, natural beauty that a fully-occupied, eyeopening holiday can be devoured without spending a dollar in entrance

Make a sandwich, take a thermos and throw in a couple of rugs and picnic chairs. And try the local eatery's tucker. Walk in and pick a table near the fire. Chances are you'll be sharing the place with just a few others.

Emu Point has quaintlv retained its beachy, country atmosphere with worthwhile fishing (there must be good reason for having the most white pointer sharks in WA. Thankfully with few fatal

The tougher seasons have taken their toll on the shoreline with rising sea levels and winter storms causing the council to install retaining walls. Residents, considered to be under some threat, were urged to move out until the walls were installed. All escaped the wrath of the

They've added an extra café to Emu Point and improved the picnic areas but the boat launching ramp and peaceful surrounds (excluding the squawking seagulls during chip-feeding), with inquisitive pelicans and the occasional albatross has increased the point's appeal.

You can camp in the holiday parks cheek-tocheek with the coastline, a short stroll to carry your fishing gear and bring back a hefty haul of fresh fish or wrapped fried flake if all fishing fails. Just don't sacrifice chips to the seagulls.

There's little need to mention the famous (infamous?) whaling station. I recall the awful heavy smell from whale flensing when the whaling station was operating, permeating into town and harbourside homes.

However, every first visit to the region should include the old whaling station which is bliss in winter (escaping the flood of tourists), the old jail, the many scenic drives around the rolling hills and endless heritage buildings.

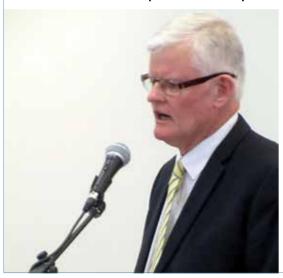
Out of the tourist peak, the coast can be raging. The internationallyfamous and perilously-dangerous Gap is especially dramatic when it's rough. And what a magnificent job they've done creating the jutting visitor lookout.

But the National Anzac Centre, Australia's foremost museum dedicated solely to saluting the Anzacs of World War I, takes the cake. I was staggered with the blend of modern-look and respectful approach to the project. A must-see for all Australians, surely.

It's Albany for the wow-factor: whaling, wool, wheat, wildflowers, wines, wind farms and worms (advertised for sale on the roadside).

Add to that wet winters, wrapped in warm woolies, of course.

Aviation expert to speak at Floreat National Seniors meeting



GEOFFREY Thomas (pictured left), known world-wide for his expertise in aviation, will be the guest speaker at the next meeting of Floreat and Districts branch of National Seniors Australia.

President John Dingle said, "We are privileged to have Geoffrey Thomas as our guest speaker. Our members are looking forward to his lively talk and I am hoping that many guests will be keen to join us."

"Everyone is welcome to hear Mr Thomas speak on long range travel and future trends."

The meeting is not restricted to National Seniors members. Because of the current interest in the topic with direct flights from Perth to London and his overall expertise in the field, all are invited.

The branch meets on Thursday 9 August at Mt Claremont Community Centre, Montgomery Avenue, Mt Claremont at 9.30am for 10am.

Cost is \$7 (\$5 for National Seniors members) and includes a splendid morning tea, warm welcome, door prizes, happy fellowship as well as enjoying an informative and interesting presentation.

There is no need to book, but feel free to ring John on 0414 963 086 for further information.

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Find your dream holiday home in Margaret River this winter



by Janine Pittaway

LOVE a bit of spontaneity in your life? Dream of whisking your partner off for a surprise getaway, heading south with the girls or treating your family to a luxury break for a milestone celebration?

Winter gives visitors to the Margaret River more time - to visit favourite wineries, restaurants and breweries without having to book in advance, for long walks and fresh ocean air, for wildflower and whale spotting, and to spend with friends and famgreat value.

Private Properties has many amazing homes and co-owner David Moyes said winter provided a great opportunity for people to enjoy their dream home away from home.

"We have some truly remarkable short-term holiday homes to rent," David said. "In peak seasons some are booked out months in advance which means people have to plan their getaway a long way out.

"But in winter the pace slows and our dream homes are more likely to be available, and at low season rates.

"With homes that can sleep up to 12 people and locations from Eagle Bay beachfront to Flinders Bay in Augusta, we can really cater to a variety of getaways; perfect for a range of winter activities and relaxation," he said.

Many Private Properties exclusive holiday homes include wood and gas fireplaces both indoors and out. It's easy to picture yourself watching winter storms roll in over the ocean while you're toasty indoors with a glass of Margaret River red by the fire.

Wilderness Rise in Margaret River is a winter oasis. Sleeping eight, the opulent home is set on eight hectares of native bush and manicured gardens to enjoy for walks. A double-sided stone gas fireplace is the centrepiece of the living and dining area, and there's even an outdoor heated spa and sauna.

'One of my favourite Private Properties holiday homes is the stunning Flinders Bay House in Augusta. The winter features I love in this huge Hamptons style home include sweeping views across the ocean, two indoor wood fires, plus and an outdoor fireplace in the courtyard, a sun room, thousands of books to read, and a gourmet kitchen," said David.

Winter walks are completely accessible from many Private Properties homes, whether it be the Dunsborough to Meelup oceanfront trail through the regional park, a section of the Cape to Cape track, a quick nine holes on the local golf course, your own private walkways to the Margaret River or secret gardens and sculpture

Golf tragic? Stay at Skyfall in Yallingup and tune up your short iron shots with two tee boxes.

There's plenty of indoor entertainment for the days when going outdoors is just too much effort. Games rooms, sun rooms, entertainment systems, board games are all in-home options for a winter break.

Private Properties' concierge Sophie can also arrange in-home chef dining options and dinner parties, and can stock your fridge and pantry with gorgeous local goodies ready for your

Many Private Properties holiday homes are also pooch friendly - check out the list on their website - www. privateproperties.com.au/collections/ pet-friendly. You can also drill down to search for must-haves like fireplaces, spas, pool tables, tennis courts and theatre rooms. Grab your gumboots, beanie and jumper, it's time to find your dream winter holiday home.

ily in a stunning holiday home that's

Whale trail safari to the southwest for caravanners



OWNERS of caravans, motorhomes and camper-trailers will have a whale of a time this spring when they join an escorted Global Gypsies convoy along WA's scenic southwest coast in search of whales.

This magical tour during peak wildflower and wildlife viewing season from 9 - 20 September

will be led by accredited eco-guide Jeremy Perks and his partner Jan Barrie. Beginning in Esperance and ending in Albany, the Whale Trail Motorhome and Caravan Safari will visit the gorgeous bays and beaches along the southern and western coasts of WA at a leisurely pace.
The WA coastline is

famous for its whalewatching opportunities - Australian Geographic lists Albany as one of the top 10 best observation spots in Australia. During the tour the Gypsies hope to see southern rights, humpbacks and possibly blue whales from a number of marine and terrestrial vantage points.

Over 12 days, the convov will visit such scenic destinations as Duke of Orleans Bay, Esperance, Cape le Grand, Lucky Bay, Bremer Bay, Point Anne, Hopetoun, Cheynes Beach, Albany and more.

Included in the package will be special welcome and farewell dinners; a whale-watching cruise; entry to the Albany Whaling Museum; optional 4WD outings and other fun activities such as open house and group pot luck suppers; national park entry fees; guided bushwalks; stargazing evenings; reversing demos; caravan park fees; pre-departure Kit and lots of terrific optional excursions.

The adventure will be self-catering and is a joint venture with George Day Caravans. Motorhomes, caravans, camper-trailers and fifth-wheelers are welcome. The safari costs \$1850 per van (two people) and convoy numbers will be strictly limited.

For details on this or other tours, contact Global Gypsies on 9341 6727 or admin@global gypsies.com.au www. globalgypsies.com.au



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Rooms



It's a memorial cruise to remember... | Total eclipse of the moon this July





Left to right; Historian Neville Browning OAM - Cruise and Maritime Voyages' Astor

DUE to the popularity of the ANZAC themed cruise last January, Cruise & Maritime Voyages will again dedicate a five-night cruise to Esperance and Albany to a World War I memorial cruise. And there is no better ship to undertake the vovage than the intimate and classic, Astor.

Guests have the opportunity to spend their days immersing in the legends of vestervear and rediscovering the ANZAC spirit, with lectures by Neville Browning, the author and authoritatively acclaimed historian on World War I, and Jon Doust of Albany, who regularly does talks on the Israel light horse charge at Beersheba, Waler horses at war along with his own family's involve-

For those wanting to pay their respects, an early morning Memorial Service will be conducted onboard Astor off Middleton Beach, as well as ashore at dusk at the Mount Clarence Memorial in Albany, with the support of Albany RSL. A shuttle service will be available from the ship.

At this time Albany will be home to the Field of Light: Avenue of Honour - a spectacular solar light display by renowned artist Bruce Munro as a moving tribute to the 41,000 troops who departed from Albany for the Great War.

During the day guests will have time to visit the highly acclaimed National ANZAC Centre, the state of the art World War I museum known for its immersive and retelling of the World War 1 story.

For a limited time only, enjoy buy one get one half price on already reduced single, twin and quad cabins

fares for the unforgettable voyage, which departs Fremantle Sunday 6 January 2019 return-

ing Friday 11 January.

Cruise & Maritime Voyages' Astor is widely regarded as a friendly and casual ship with international crew and featuring a highly acclaimed entertainment team in the Show Lounge with a live band and Late Night Cabaret. Known for her intimate, country-club

ance, she holds just 550 guests and offers a more traditional and leisurely style of cruising with fellow Western Australians.

With limited cabins available and selling fast, be sure to book early to avoid disappointment.

Chris Dagostino at Travel Tree can provide information and take bookings on 9382 5011 chrisd@traveltree. com.au





Left to right; Aggies Cottage - total lunar eclipse

STARGAZERS Club of WA are pleased to announce there will be a total lunar eclipse on Saturday 28 July.

It's a great opportunity to see Mars with the naked eye or with a telescope for those who have access to

At the same time as the total lunar eclipse, Mars will be in opposition which means that it will be as close to Earth as it gets this year. This happens every 26 months because the earth orbits the sun faster than Mars and every 26 months the earth catches up to its orbit.

This year is rather special because at opposition, Mars will be 57.6 million km away and it won't be this close to earth again until September 2035.

Galaxy girl (aka Carol you can see how reddish Redford), from the club says that Mars will be very coloured the moon bebright and will appear just bright and red to match. above and to the left of the blood red moon with the

across the western horizon. The eclipse happens very early in the morning with the partial eclipse beginning at 2.24am when people can see the earth's shadow move across the

Milky Way galaxy stretching

lunar surface. At 3.30am the total eclipse begins with the moon completely in the shadow of the earth. Mid eclipse is at 4.22am where

a fully equipped kitchen.

comes and Mars will look The eclipse will finish about 5.14am and the sun

will rise at 7.09am with the

moon setting in the west at

7.17am. This is a great opportunity to share a cold winter's night with family and friends and discover much about our stars.

For more information about stargazing contact Carol at the Star Gazers Club on 0427 554 035 or email info@stargazersclub wa.com.au

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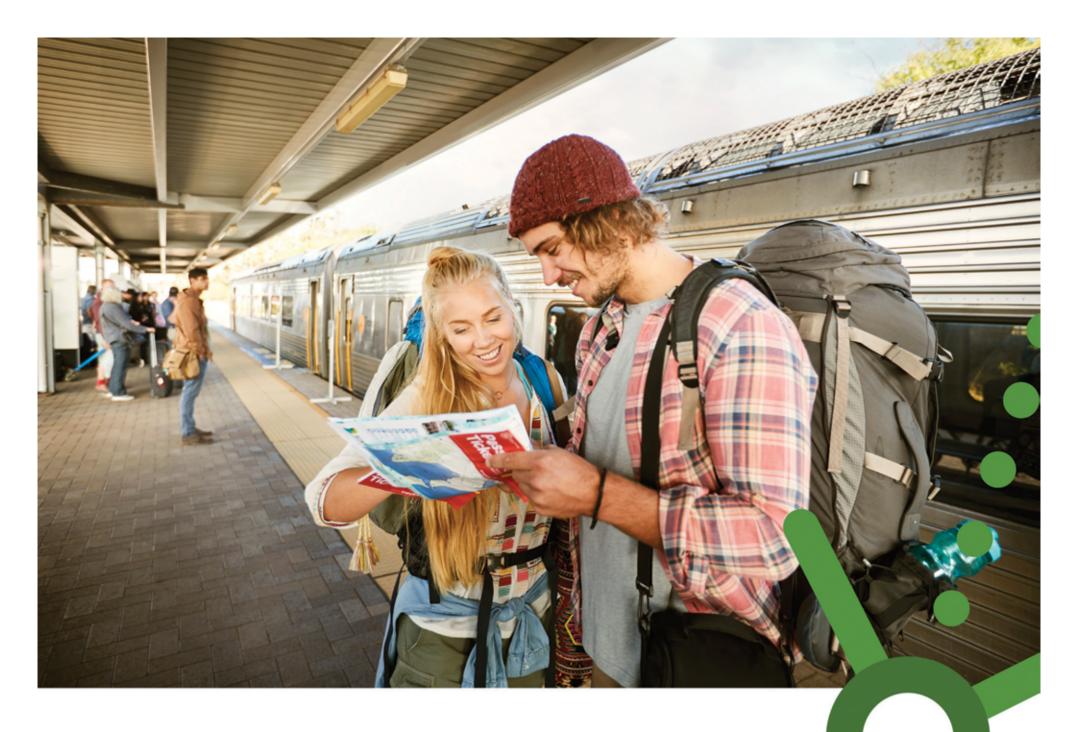
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Downsizing ADVERTISING FEATURE



Making the most of apartment living - tips and ideas for downsizing



by Zofia St James Domayne Furniture Decorator

THIS month I want to cover some of the benefits of apartment living and offer some tips when you downsize.

Today more than ever many people are opting for this downsizing home option which offers security, lock and leave virtues and the fact that maintenance is a breeze. Apartment living offers a great lifestyle for those of you are on the go and wanting to travel regularly.

I know quite a few people who have purchased an apartment and have decided to choose all new furnishings to suit the space and embrace the



opportunity to modernise and enjoy a brand new chapter in their lives.

But for others it can present something of a trauma to part with pieces of furniture which have a lot of sentimental meaning.



that makes a move all the more reassuring.

I recommend to those who are feeling stressed about getting rid of pieces to hire a storage unit in order to hang on to some things you are unsure

about until the dust settles and to see if any of them could be worked in after the move.

Change is a challenge but it provides the opportunity to invent again and I just love to reinvent.

One of my favourite tips for downsizing is culling kitchen appliances and choosing those that have multiple functions.

I talked about slow cookers last month and I have found Breville's Multi Chef which retails at Harvey Norman for \$109. It sautés, fast cooks, slow cooks and is also a rice cooker.

Do you need the breadmaker? Is a smaller food processor more appropriate than the large one? It's worth going through the cupboards and culling things that haven't been used regularly.

Determining how much Tupperware one really needs is important and saves on space. We accumulate so much over the years, let alone decades. It really can be amazing and revitalising to limit what

you have. When stored in a new space they can be tweaked up with some new fashion colours.

I am really loving the shade of mustard at the moment and worked in to a room that has grey or taupe it looks great. Add some winter white (modern cream) and it can add sunshine and light to a room that looks like a grey day.

It's great to be able to completely refurnish and sometimes that is necessary, but my advice when designing interiors is always about the heart and soul of the person who lives there. Sometimes I see huge potential in possessions which have not been used or placed to the best advantage in a room.

Apartment living is wonderful and small spaces are cosy and easy to make beautiful.

It's easy to heat, clean and decorate but make sure the space is well designed with adequate storage, generous living areas and most importantly with lots of light especially in the winter months. I recommend looking for an apartment with a northerly aspect and having a balcony. This becomes another living and entertaining area. Indoor plants really lift apartment living and are an essential part of the decorating.

Downsizing is an important and exciting chapter of life and is an opportunity to evolve and blend old with the new.

Any move is not easy but the life when settled will be.

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 Zofia on 0406 336 607 or email zofiastjames@hot mail.com

Nick Bruining will speak to Mandurah retirees group in July

NICK Bruining, financial planner and media personality will speak at the July meeting of the Association of Independent Retirees Mandurah regional branch (AIR).

Nick is well known in the financial industry and will be able to advise people on retirement planning and other financial issues.

AIR meets on the fourth Monday of every month (except when that clashes with a public holiday). The next meeting will take place at 9.30am on Monday 23 July at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine. Visitors are welcome to join the group and are invited to stay for morning tea.

For enquiries please ring Eva llett on 9534 5215, or Jim Landells on 9586 9174.

The best of both worlds

My first recommenda-

tion is not to have a fire

sale. This can often lead

to regrets later. But to de-

cide on those pieces you

can't live without. Every-

one does need to feel a

sense of continuity and





Retired and still have:

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Downsizing ADVERTISING FEATURE

Study confirms Age Pension 'a nightmare' for older Australians



A JOINT study conducted by the National Seniors Australia (NSA) and Retirement Essentials, has confirmed that applying for the age pension is a fraught experience for many older Australians.

According to Retirement Essentials founder and CEO Paul Rogan, the report offers a unique insight into the challenges confronting

prospective age pensioners who deal with Centrelink and reveals for the first time the scale of the problem.

"In recent years, the media has increasingly reported complaints from the seniors' community of long Centrelink phone wait times, and horror stories of claiming issues. But, until now, there has been no independent research into these issues," said Mr Rogan.

"Our study, conducted by National Seniors Australia, proves beyond doubt that the age pension application service is a deeply complex and frustrating experience for many."

Retirement Essentials commissioned the NSA to produce the report, *The Centrelink Experience* – From 'waiting, frustrated, hopeless' to 'helpful friendly, positive'. The NSA surveyed their members who had recently applied for the age pension with more than 4,500 seniors responding.

"This is an important document for senior Australians and public policy stakeholders. It shines a light on a vast problem which has been hiding in plain sight," said Mr Rogan.

The study found conclusively that fewer than four in ten seniors are satisfied with the current age pension application process. Specifically, it also found that 88 per cent of people in the survey were dissatisfied with age pension application forms and process-

es.

"I was surprised by how widespread this problem is. If the survey data is reflective of the whole community, then over 153,000 Australian seniors each year are having a negative experience when applying for the pension."

experience when applying for the pension."

Mr Rogan argues this is significant because of the practical impact on vulnerable individuals

"Beyond those who are simply frustrated, there are many eligible people who actually give up on accessing their entitlements. And, when the purpose of the age pension is to be a safety net, we need to do more to assist seniors to navigate the complex process and support them."

Retirement Essentials has recently launched a service that combines an easy to use web-

site with good old fashioned, accessible telephone service that solves many of the issues identified in the report. The Retirement Essentials Age Pension service is a new, smarter way to apply for the Age Pension.

Crucially, the website is easy to use because it's been designed with seniors, for seniors.

"We worked with Seniors to better understand how they prefer to interact with technology and we quickly learned that a hybrid service that links good old-fashioned customer service with human-centred technology would work best," said Mr Rogan.

"In a country like Australia where people have worked hard and paid taxes their whole life, it's simply not fair that government makes it hard to apply for the age pension," said Mr Rogan

Rogan.

"We believe every Australian should be able to access affordable support when they reach retirement age, which is why we have worked with everyday seniors to design an age pension service that helps them secure their entitlements with confidence."

Enjoy life with the security of RAAFA Retirement Living.



With RAAFA Retirement Living you not only become part of a warm and friendly community enjoying a wide range of resort-style facilities and endless social and recreational activities. You enjoy personal security, and the peace of mind that someone else is taking care of the maintenance and gardens. You have the financial security of a self-funded, not-for-profit organisation offering low fees and total transparency.

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Making the most of life



Joan Bailey at home

RESIDENT Joan Bailey says life at Meadow Springs Estate is exactly what you make it.

"It's so easy to live in a place like this," says Joan, who has lived in the estate since 2000.

"There's so much done for you, the maintenance, lawns, you have none of the responsibility of a normal suburban home and the huge benefit is that this frees up time to enjoy the things you like doing.

"What's more there's so much going on, whether that's patchwork, sewing, cards, yoga, swimming, aerobics. Basically, if you want to get involved you can, but equally you don't have to join in, the choice is yours."

Another major benefit is that you can make ter-

rific friends on the estate.

"I've lived on the same street for 18 years and you pretty much know everyone, even if that's only to wave to," she said.

"But if you want to make friends, you just go along to the clubrooms or say hi and have a chat, and that's really how you get to know people – you never have to be lonely if you want company."

Joan and her husband of 63 years previously lived in a retirement village in Ocean Reef but were very keen to move down to Mandurah when they heard about Meadow Springs Estate.

"We came down to have a look and we loved it so much we asked if any units were available, and at that time they gave us a list of the homes which were finished," she explains.

"So we decided to have a look at number 112; the first thing I said when I walked in was it was gorgeous, so we put a deposit on it straight away.

"We've never regretted a minute of it, we've loved this place from the start, it really is an amazing community. I know that some people are reticent about moving into a retirement village, but not all of them are the same and my advice would definitely be to visit somewhere like Meadow Springs yourself and see what you think.

"I'm sure anyone would be very pleasantly surprised."

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Downsizing FEATURE

Small village feel in ideal location - Leederville Gardens



Enjoy the good life

FREE yourself from the big family home and make the move to a smaller more managable residence at Leederville Gardens.

Aimed at people 55 years and over, Leederville Gardens is a peaceful and private village of-

fering a carefree lifestyle at an affordable price. It is ideally located adjacent to parkland and beautiful Lake Monger, minutes away from all of the eateries, shopping and amenities of Leederville and the Perth CBD.

The village offers a range of options for people who take this important step into community living. Throughout the estate's 20-year history, residents have enjoyed the active lifestyle, security, quality, comfort, companionship and a not too big, not too small feel that makes Leederville Gardens so special. It's run by professional and caring staff, who ensure residents are treated with respect and supported to maintain their independence.

"How do I feel about living here? It's one of the best decisions I've ever made! Perfect location, the right size and I'm able to do what I want with every aspect of my life," said long time resident Verna Kingsbury.

"Units here are on completely flat ground, there's no steps or walking hazards. We can choose to do as much or as little gardening as we like. I have gardens in the backyard and out the front door.

"Shopping has always been easy with the Mezz and IGA nearby. It's just minutes from the CBD by car, bus or train. Plus the social life gets better every year," she said.

Leederville Gardens is an inner-city retirement village in Perth that offers luxurious surroundings, affordable villas and useful services for people seeking quality independent living. If you're thinking of making the move, call and make a time to visit. Bring your family – the kettle is always on.

Leederville Gardens is located at 31, Britannia Road in Leederville. Visit the website www.leederville gardens.com.au for more informa tion.

Discover your family history

AUGUST is a great time to start a family history or learn more about how to further research. The Western Australian Genealogical Society (WAGS) has a feast of events during the month.

Grow Your Family Tree is two days of free talks on family history with a theme of helping people learn how to conduct research and where to find the records they need.

All nine sessions will be held at the State Library, Francis Street, Perth on Tuesday 7 August and Wednesday 8 August (9.30am - 3pm).

Topics cover: Getting started, oral histories, introduction to DNA for genealogists, overseas research plus lots more. Experienced WAGS volunteers will be available to assist people with their research.

WAGS will have several other events throughout August at its Family History Research Centre, Units 4-6, 48 May Street, Bayswater starting with a two-hour talk Getting Started with your Family History on Thursday 9 August (10 am), Newspaper Discoveries on Monday 13 August (12 pm), an orientation or Discover the resources available at WAGS on

Wednesday 15 August (10 am) and Ancestry.com on Tuesday 28 August (1pm).

To end the month, a Family History Open Day will be held at the Family History Research Centre in May Street, Bayswater between 10 am and 4 pm on Sunday 26 August. This is a free event with visitors able to talk to experienced family historians and to explore the vast resources of the library's IT records and book stock covering countries around the world. WAGS can provide assistance to people researching in most regions of the world and has extensive collections on the United Kingdom, Australia. Europe and Asia.

Don't worry for those who don't know where to begin – WAGS volunteers are available to help. There is a huge amount of worldwide information accessible here in Perth.

The full program and information on how to book are at www.slwa. wa.gov.au. For events Australia-wide visit www.familyhistorymonth.org.au. For more information contact Liana on 0414 412 035 or email pr@wags. org.au.

New campus for EF International Language School

EF has been operating globally since 1965 and here in Australia since 1986. The principle of the programme is very simple: learn English through discovery and activity – action learning.

Students from across the globe are coming to Perth to immerse themselves in an English speaking country to develop their linguistic skills, make friends, have new experiences and learn more about Aussie life. Students are aged from 15-70 years and study for between two weeks and nine months.

Ultimately learning doesn't stop at the doors of the classroom, whether enjoying a surf lesson, exploring Rotto, or chatting to their host families, they are all opportunities to learn and develop their language skills.

International students add a huge amount to the local community and economy, whether it is enjoying local restaurants and cafes, taking trips with local activities suppliers and of course living with one of the wonderful host families.

Few experiences can spark interest in the world like opening up your home and becoming a host family for an international student.

Being a host family with EF is a unique, rewarding, fun and educational experience for all members of the family and an opportunity to create long-lasting international friendships and appreciate a great way of sharing and learning differences in languages and cultures.

When you become a host family you welcome an international student into your home and experience a true cultural exchange representing and demonstrating the community to the world.

The host family becomes a vital part of the students' time abroad

and their experiences became the students' home away from home.

An EF host family provides a safe and comfortable environment for students to ensure they get the best experience possible.

By becoming a host family, it gives the students a chance to experience maximum cultural immersion by living as locals – with locals.

This give them the

opportunity to gain a deeper insight into the local culture, pick up expressions with much greater ease and return home with a more authentic accent.

The host families play a key role in fulfilling EF's mission of breaking down the barriers of culture, language and geography that divide.

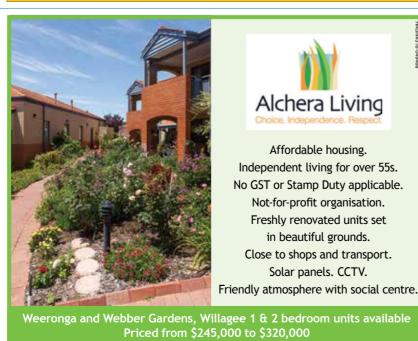
EF is looking to engage host families in Perth to offer students

a profound experience that can change their view of the world – and might change yours too.

If you would like to know more about joining the EF family call the school on 8361 8880, send an email to host. perth@ef.com or visit www.ef.com/homestay

If someone owns a business that you think students would use or be interested in, please get in touch too.





For further information or to view, call 9314 5884 or 0429 893 018 www.alcheraliving.com.au
Lifemark Accredited, Member of Property Council of Australia

Meals on Wheels - more helpers required



(Left to right): Phyllis Paganoni and Lois Portelli

CHORUS Kitchen volunteers Phyllis Paganoni and Lois Portelli met in 1995 on their very first Meals on Wheels delivery. The pair deliver meals from Melville to Mandurah every week and have become known as the much-loved 'Tuesday girls' to Chorus customers.

"Once you are retired and have time on your hands, I think it's a great thing to give something back to the community," says Lois. "I believe you really get what you give, and certainly volunteering with Chorus has enriched my life in many ways, not least because I met Phyllis and we have such a wonderful friendship."

The friendship has become much more than just volunteering: "We ring each other up when things happen in our lives," adds Lois.

Through the Chorus Kitchen (Meals on Wheels) program, Phyllis and Lois deliver more than 80 meals to the homes of seniors and people living with disability every month.

"We just fit in with each other," adds Phyllis. "For the first 15 years I drove and Lois was the runner. After my husband passed away and I'd come back, I said: well, you can drive now."

It's a true community friendship. Chorus customer Verna has meals delivered three days a week and went to school with Phyllis's sister. She loves that the pair stop to have a chat and check up on her.

"I'm not only happy with the meal, I'm happy with the delivery girls, absolutely!" she quips.

Chorus is a fresh approach to community service and offers flexible volunteering opportunities for individuals and groups, including students, community and corporate groups. Chorus volunteers work alongside seniors, those living with disability or on a mental health recovery journey. Volunteers can help with gardening, home maintenance, driving, meal delivery, outings, wellness programs, home visits and shop-

Why is volunteering is so rewarding?

"I just love helping people so you feel like you're achieving something," says Phyllis.

If you would like to help people live the life they choose, Chorus would love to hear from you. Find out more about volunteering with Chorus by phoning 1800 264 268 or email: volunteering@volunteertaskforce.org.au

An energy offer made for you

With AGL's Seniors deal, there's no better time to switch.*

Call us or go online to find out more.



\(\) 1300 001 125



agl.com.au/seniorswa



*Only available to residential customers in WA where AGL operates.

Disrupted Festival of Ideas - join the discussions at the State Library



STATE Library of Western Australia will host

the Disrupted Festival of Ideas with more than 30 Australian guests ranging from anthropologists, writers, journalists and scientists who'll participate in keynotes, panels and workshops on the weekend of 28 and 29 July.

All events are free to attend across the weekend with this year's theme covering technology and its impact on humanity. As we become more

embedded in the 21st century, technology has begun to move faster than we can keep up. Technological advancements created for the military are now accessible to everyone and infiltrate our daily lives.

How has technology impacted the way we communicate, form relationships or have developed as a society?

The 2018 Disrupted Festival of Ideas considers technology in its different forms, from the simple to the complex. How do we navigate this ever-changing world? Have we forgotten ethics or are we better human beings?

The festival gathers experts from around the country to discuss the state of the world through panels, conversations and keynotes. They invite you to join

them for an exciting weekend disrupting the spaces of the State Library.

A hypothetical courtroom will be set up where technology will be on trial and the audience will be the jury on Saturday 28 July at 2.15pm

Key note speaker and orthopaedic leading surgeon Dr Munjed al Muderis will talk about the groundbreaking advances in robotic and prosthetic limbs on Sunday 29 July at 3.30pm.

Other highlights include a vibrant panel discussion on The End

of Journalism as We Know It with speakers Narelda Jacobs, Keving Nguyen, Liam Phillips and Jessica Warner on Sunday 29 July at 11am.

Also on Sunday from 10am to 1pm in the Perth Cultural Centre and Library foyer the Disrupted Markets will host food vendors, music, bookshops and records for an engaging morning of fun.

There is something for everyone at this inspiring and unique festival which is free to attend - for a complete list of activities visit www.dis rupted.slwa.wa.gov.au

Come and see fine handmade crafts, antiques and collectables plus more...

unique and different

quality handmade crafts

COME ALONG to the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair on Saturday 21 and Sunday 22 July from 9.30am to 4.30pm where people can visit more than 300 indoor market stalls from across the threeway combined event at the Claremont Showgrounds.

The event comprises three individual fairs which include handmade crafts, antiques and collectables and the Polka Dot Vintage Market, all conveniently located at the one venue.

Handmade Crafts The craft exhibitors offer a wide variety of

for sale. Enjoy a shopping experience where the person selling the product is the person who made it.

They also have a wide range of food products.

Craft stalls are situated inside the Robinson Pa-

Antiques and Collectables

This fair includes antique and collectable dealers selling their wares through more than 100 stallholders. Free antique valuations are also available from 12pm to 3pm daily where customers can bring along a family heirloom.

Stalls are situated inside the Silver Jubilee Pavilion.

Polka Dot Vintage Market

People with a passion for vintage and retro clothing and accessories, can browse in the 3 in 1 Market's Polka Dot Vintage Market.

Admission to the 3 in 1 Market is \$7 with children less than 10 years admitted free.

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

The 3 in 1 Market @

Showgrounds is organised by Treasured Craft Creations.

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

WIN WIN WIN

To be in the draw to win a double pass to 3 in 1 Markets, phone the Have a Go News office on 9227 8283 during business hours (Monday to Friday between 9am to 5pm) or email win@haveagonews. com.au and include the word treasured in the subject line. Competition ends 13/07/18.



Have a Go
Have a Go News is available on subscription
Have a Go News is available on a 12 month or 24 month subscription. This will ensure the delivery to your home of a copy of each issue as well as chances to enter our monthly competitions. \$35 for 12 months or \$70 for 24 months, covers postage and packaging from your first delivered copy. Simply fill in your details, cut out and send to: 'Subscriptions' Have a Go News, PO Box 1042, West Leederville WA 6901 or email payment details to accounts@haveagonews.com.au.
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Phone: Email:
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SUBSCRIPTION \$35 for 12 months



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Take solace in comfort food this winter

by Noelene Swain

Comfort: to soothe in time of affliction or distress. To ease physically; relieve.

SOMETHING to soothe in time of affliction or distress? Saucv lamb shanks with a mound of fluffy, buttery mashed potato, thank you very much, followed by bread and butter pudding. It's the ultimate comfort food menu and one I turn to frequently in winter after a ghastly day at work, icy weather or as a form of solace when I'm feeling a tad glum.

Food, along with the memories and associations we attach to it, is an incredibly powerful tonic. Favourite childhood recipes, regardless of how basic or dated, will always retain a rightful spot in our kitchens as classic, staple comfort food. The nostalgia of preparing something you remember eating as a wee kid is immensely calming, and the food

most often prepared runs along the lines of simple, well-executed fare made with lots of love.

Think lasagne oozing rich beef mince, a chicken broth laced with fresh herbs and dished up with lots of crusty bread and real butter, or a fat, pink steak with creamy peppercorn sauce. Perhaps your grandpa or your mum made it for you as a kid; perhaps your spouse bakes it when you're in need of a warm embrace or maybe it's something known only to you; your indulgent, cosy food secret.

Whatever the inspiration, your beloved comfort foods are probably regulars at your dinner table, as they should be. Unless, of course, you hear Nana is baking her famous vanilla slice, in which case you're racing out the door to her table, following the warm, wafting scent of your fondly remembered youth.

These are a couple of family favourites to try...

Discover the wonderful world of Perth's Chinatown



IT is 18 years since Perth local Pauline Lynch established her Wandering Wok Tours which have her dubbed as the Queen of Northbridge.

Pauline's passion for all things Asian led to her search for fine local Asian ingredients and after discovering that there was so much available in Perth, particularly in Northbridge (Chinatown) she wanted to share her knowledge. So she designed an interesting, informative, fun and delicious walking tour of Northbridge.

Have a Go News editor Jen Merigan joined one of Pauline's tours a few years ago and said that it provided her with so much information about shopping and cooking Asian food.

"As an Asian aficionado I found Pauline's walking tour very informative and I still utilise much of the information I learnt about various shops and cooking styles.

"It's also a really fun day out to take along friends or visitors from in-

terstate," said Jen.

The walking tours introduce people to the grocers and the many varied products available within the stores. It's an opportunity to find the freshest greens, meat, poultry, fish and enjoy samples of fare along the way. A delicious Chinese lunch is provided at the end of the tour along with a goody bag.

For more information contact Pauline Lynch on 0417 091 343 or email woktours@gmail.com

Cumin pear, carrot and lentil strudel



Preparation: 15 minutes; cooking: 45 minutes; serves 4 200g firm green pears, stem removed and cored 2 tablespoons cumin seeds, dry roasted and cooled 150g carrots, peeled and grated 150g firm tofu, diced into 1cm pieces

3/4 cup precooked canned lentils.

1 tablespoon finely grated orange zest

6 sheets Filo pastry Spray rice bran oil

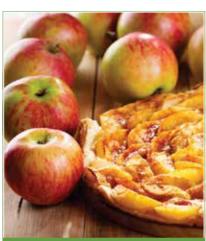
1 teaspoon ground black pepper 1 cup plain low fat yoghurt 2 tablespoons chopped fresh

PREHEAT oven 180°C or 160°C fan force. Cut pears into a 1cm square dice and put into bowl. Grind the cumin seeds in mortar and pestle; sprinkle over the pears

and toss to coat well. Combine carrots, tofu, lentils and orange zest. Mix well. Lay one sheet of pastry on the bench and spray lightly with oil. Top with another sheet and repeat until the pastry is all used. Spoon the carrot mixture down one side of the assembled pastry layers. Top with diced pears and sprinkle with ground black pepper; roll and pull in the ends to make a sealed package and lift onto a baking paper lined baking tray. Spray with a light coating of oil and bake until browned and crisp - around 45 minutes. Combine the yoghurt, mint and pepper. Serve the sliced strudel hot with the voghurt and green salad or steamed vegetables.

Recipes prepared by Fresh Finesse – www.freshf.com.au

Delicious country fruit pie



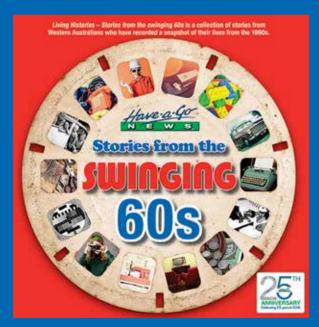
cooking: 45 minutes; serves 6

- 1 sheet ready rolled shortcrust pastry 4 apples, peeled, cored, thinly sliced 2 pears, peeled, cored, thinly sliced
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/₃ cup lemon juice
- 1/3 cup caster sugar
- 1 tablespoon butter, diced To serve:

lcing sugar and fresh cream

PLACE pastry sheet into a lightly greased 20 cm pie plate. Leave excess pastry intact for folding over filling. Toss apple and pear slices in lemon juice. Arrange slices in pie shell. Sprinkle with sugar and spices. Dot fruit with butter. Fold the over-hanging pastry over the fruit. Bake in a 190°C oven for 40-45 minutes or until filling is bubbly and crust is golden. Serve dusted with icing sugar and fresh cream.

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



Purchase a copy of the book Stories from the Swinging 60s - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s.

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



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







Timeline

Normal RRP \$25 *postage & handling additional \$10 urf, girls and a simple Perth 60s life







Good organic wines are rare, but when they are good they are very good



by Frank Smith

FEWER than five per cent of vineyards worldwide are organic. Unlike other organic products organic wine has never really taken off. The message I get is that consumers seek quality first and if it's organic that's a bonus, but they won't drink poor wine just because it is said to be good for the environment.

Here are a few organic wines that taste good and offer value for money

Natural Wine Company Organic Rosé is light in colour as

well as additives. It has aromas of rose petals and flavours of raspberry and cream, with a soft mouthfeel. RRP \$18.

Natural Wine Company Sauvignon Blanc is an aromatic wine with prominent tropical fruit characters including passionfruit, melon, pineapple and grapefruit. The flavours are well balanced with mid palate fruit weight combining with a fresh lively

Natural Wine Company Organic Shiraz is ripe plum in colour with aromas of raspberry, cherry and tobacco complimented with some nuttiness. The palate reflects these with the addition of black pepper with silky tannins and vanilla spiced oak. A medium bodied wine ready to drink now. RRP \$18.

Pig in the House Organic Chardonnay 2017 is a classic of its variety from Cowra NSW. The winemaker says it has had minimal intervention and is a true example of the quality benefits of organic viticulture. The wine's aromas are dominated by white peach with hints of white flower, mineral flint and charry French oak. The palate is fresh and flavoursome complimenting the fruit core. RRP \$25.

The Pig in the House organic Rosé 2017 is light salmon in colour, with aromas of raspberries and cream when smelling after a soft swirl. On the palate the wine is dry, with red fruits dominant, and soft in the mouth. RRP \$25.

These next two wines are not organic but they are of outstanding value. Vineyard owner Rob Glass says both are favourites with price conscious shoppers, grey nomads or fixed income retirees. I don't doubt that.

Firetail Semillon Sauvignon Blanc 2011 from the Rosa Glen area of the Margaret River region. The wine is a bright straw colour. The bouquet shows herbal characters on the nose with light tones of lemon zest and straw. The palate is lively with good fruit intensity displaying a degree of complexity. This is a characteristic Semillon Sauvignon Blanc. RRP \$10.

Firetail Merlot 2008 is made from fruit from a small Merlot vineyard in the Geographe Region. The wine is a bright deep ruby colour. The bouquet is soft, spicy, earthy, stone fruit aroma, with a hint of toast and tobacco. Medium bodied on the palate with fleshy mouth feel. The wine is rich and generous with a long lasting clean finish. RRP \$10.

Rob also produces some more up-market wines.

Knife and fork talk with the Dining Divas

Firetail Cabernet Sauvignon 2013 is from 35-year-old vines in Margaret River. The colour is saturated with deep purple red pigments. The bouquet has aroma of violets and spicy plum cradled by subtle toast and hints of vanilla pod. The palate displays ripe silky tannins fill and coat the palate. The wine has long finish. RRP \$27.50.

What's fresh at the markets this month



Pumpkin: Varieties to look for at the moment are the butternut, characterised by a bulb shaped base with a slightly narrower neck, and the very popular Jap with its bluegreen skin and yellow to orange flesh. Uncut pumpkins will keep well at room temperature for weeks or even months. When purchasing

cut segments, check that the edges

YOU are invited to Mireille's

fourth annual morning tea on

Wednesday 25 July to help raise

important funds for the Leukae-

stage four lymphoma in April

2014 and she says much of her

speedy recovery is due to sup-

port from the Leukaemia Foun-

Our regular columnist Vince

Mireille was diagnosed with

mia Foundation.

dation.

look fresh and the seeds are not slimy and cook within a few days of purchase.

Celeriac: The ugly duckling of the winter veggie tribe, celeriac more than makes up for its lack of goodlooks with sensational flavour. It produces a smooth, mild and creamy mash and is heaven in a hearty gratin or roasted with other root vegetables. Raw celeriac can also be grated and combined with a mustard-spiked mayonnaise to produce remoulade, that French bistro staple. Look for tennis ball sized roots (the larger ones are slightly less flavoursome) and peel before

Imperial mandarins: One of the most widely available varieties of mandarins, locally grown Imperials are at their flavoursome best from

Mireille's fourth annual morning tea to raise funds

Garreffa will be the emcee and

auctioneer for the event and

guests can be assured of a morn-

Wedgewood have loaned the

crockery and Vera Wang glasses

for the morning tea service and

there will be an art exhibition as

well as entertainment from the

Don't miss this elegant morning

with tickets at \$50 per person for

Penrhos Year 10 String Quartet.

ing full of fun and laughter.

June to August and are noted for their excellent flavour, good juice content and an appetising aroma. They are easy to peel and have only a small number of seeds which make them ideal for lunch boxes and snacks. Try mandarin segments tossed with watercress and toasted walnuts as a lovely partner for fish. Lemons: Whilst local trees are dripping with lemons, kick start your day with a healthy glass of freshly squeezed lemon juice. The addition of grated rind and juice takes the flavour of favourite winter fruit puddings, pies and tarts to new heights. Alternatively, squeeze and freeze lemons for use over the next few months, and make a batch of preserved lemons to flavour salads, couscous, seafood and meat

pre bookings or \$55 at the door.

make new friends and join an-

other group.

ing at 12noon.

information.

Tables of ten are available or

The event will be held at the

South Perth Civic Centre and

doors open at 9.30am conclud-

Tickets can be purchased by

visiting bit.ly/LFBoxOffice or call

Gill on 0402 786 728 for further

by Judith Cohen and Pat Paleeya

LUNCH in the city was our plan for a wet day, and centrally located lvy and Jacks suited us perfectly.

This dining establishment is located at the former Town Cinema which had its debut screening of For Love of Ivy in 1969, hence the naming of lvy

and Jacks. No sooner had we entered than friendly staff were showing us to our table with menus. The interior of the restaurant was warm and welcoming, with an industrial look, but softened with lots of copper and low lighting.

We were lucky to be able to sit in one of the upholstered booths that are available, although there was plenty of alternative seating.

Left to right; Ivy and Jacks' char-grilled steak with beer battered chips and

a bourbon barbecue sauce, and seafood pizza

A \$15 lunch menu consisting of three choices is offered. The menu does change occasionally so it's worth checking before going.

We chose char-grilled steak with beer battered chips and a bourbon barbecue sauce and a seafood pizza.

The steak was tender and char grilled to perfection, when cut there was just the right amount of pinkness that promises a treat for the taste buds, and that promise was well kept with every forkful. A dinky pot bourbon barbecue sauce accompanied the steak, to smother or not to smother was left to the discerning diner. The chips were crisp on the outside and not at all fatty, almost guilt free!

A handful of lightly dressed salad leaves as a garnish completed a well presented and delicious lunch. This will be a place to take my friends more than once.

The seafood pizza was delicious with a nice assortment of seafood. A thin and crispy base was perfect for this diva, very yummy. Take a doggy bag as the servings are very generous, and the staff are lovely and help-

Can't wait for the other Diva to invite this Diva to lunch next time she goes. 31/2 Forks

lvy and Jacks, 788 Hay Street, Perth 9261 7233. Lunch 11.30am to

What's on at St Patrick's Anglican Church



Christmas in July Friday 20 July, 7pm A medieval themed three-course long-table Christmas dinner with all the trimmings, prepared by Vince Garreffa and the Mondo's team. This is St Patrick's premiere candle lit fundraising dinner with themed musicians, raffles and prizes. Strictly limited number of tickets

\$75 per person - \$140 per couple - \$700 per table of 10

Sunday 12 August Georgian Singers Fundraiser

> Trivia Night September

Parish lunch Sunday 14 October Halloween...BBQ and great slide for kids

www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516

Wednesday 31 October

Find us on social media



The Australian Museum of Motion Picture and Television, Western Region Inc



CLASSICS OF THE SILVER SCREEN

2018 Film Program presents for your pleasure The Court Jester

starring Danny Kaye, Glynis Johns and Angela Lansbury

Monday 23 July Live organ music before the show

Admission; Members \$6 Seniors \$9 Public \$11 Grand Cygnet Cinema, Preston Street, Como Ph 9367 1663

Doors open 9.15am Screening starts 10am Email: waregion@ammpt.asn.au or write to The Secretary, PO Box 5147 Dalkeith WA 6009

TREAT A FRIEND! Bring this advert, and a friend, to any of our 2018 film screenings, for FREE ADMISSION for your friend.

Knife and fork talk ratings

Five forks - excellent food and service

Four forks - overall good food and service

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

Two forks – food and service needs improvement

One forks – would not recommend



WEEK DAY LUNCH SPECIALS

CARGILL

\$6 daily lunch special Mon- Fri 11.30- 2.30 46 Cargill St. Victoria Park 9361 0579

IVY AND JACK

\$15 lunch special Mon-Sun 11.30-3pm 788 Hay St Perth 9261 7233

CHARLES HOTEL

\$14 senior lunch special Mon-Fri 11.30-2.30pm Charles St. North Perth 94441051

AND RESTAURANT \$20 lunch special incl. a

glass of wine or a beer Wed - Sun 11am-3pm 836 Beaufort St. Inglewood 9371 5585

THE CARINE

ESTIA CAFE

\$12.50 seniors lunch Mon-Thu 11.20am-3pm 493 Beach Rd. Duncraig 9444 7400

THE BROOK BAR AND

BISTRO \$18 seniors lunch special

plus wine, beer or coffee. Mon-Fri 12-3pm 11 Main St. Ellenbrook 6296 5699

88 NOODLE BAR Inside Crown Casino

Under \$20 lunch menu Every day from 11.30am 180Ó 556 688

PINK DUCK

\$15.95 lunch special 11am-9pm everyday 59 Rockingham Beach Rd. Rockingham 9529 3053

Gypsy Stew (Guisado Gitano)





by Vince Garreffa

GYPSIES are a big part of Spain's culture and their peasant dishes are reminiscent of the gypsies in Calabria, my part of Italy. Gypsies are nomads trying to find paradise and will adjust to local ingredients quickly. This gypsy stew

is very delicious and you can enjoy it outside under a tree next to your caravan, cubby house or house. Oh to dream, perchance to eat.

Ingredients for 4 1 big pork shank, cut into 4 slices 300g dry cannellini beans, soaked overnight in water

100 ml extra virgin olive oil 4 garlic cloves, chopped

2 Spanish red onions, chopped

2 teaspoons cumin powder 2 teaspoons smoked paprika

½ teaspoon cinnamon powder

1 teaspoon cayenne pepper (optional)

2 sprigs rosemary

400g tin diced tomatoes

1 red capsicum, diced

300ml chicken stock 200g sweet potato, diced

100g silverbeet (any colour)

Method

Fry the pork shank pieces in 100ml of extra virgin olive oil in a large pot until a little browned on the outside. Now add the onion, stirring well, cook for about five minutes until the onion is tender, then add garlic, stirring well again to mix and cook for a further two minutes with a lid on. Now add the beans and spices and stir well again, then add the rosemary, tomatoes and stock and bring to a boil. Reduce heat to a simmer with the lid just slightly askew. Cook for about two hours or until the pork is very tender. Now add capsicum, sweet potato and extra water if everything is not submerged under juices. Cook for 20 minutes at a good simmer with a lid 100 per cent on. Now season to taste, add silverbeet and cook for five minutes before serving in bowls

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

Letters to...Vince Garreffa

IF YOU want a particular recipe of mine, don't hesitate to drop me a line at Have a Go News. Address your enquiry to Vince Garreffa c/- Have a Go News PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your phone number so I can call you!

Brunch with T (and Dan) - winter brunching in Applecross





L-R; Nic and Kolo's mac and cheese eggs benedict, and muchrooms and kale



by Tahlia Merigan

ON a chilly morning Dan and I rugged up and ventured to Nic and Kolo in Applecross to sample their brunch offering.

We arrived and waited to be seated. We chose to sit indoors as it was warmer but in spring it would be lovely to sit in the al fresco area.

The design of the restaurant is minimalist with some modern finishes. That created a really nice airy vibe, especially as we were sat at a full-length glass window.

Once seated water was

brought straight to the table and we were able to peruse the menu. After some hard decisions from their comprehensive all-day brunch menu, I ordered a ginger ninja juice (\$5.50) and the mushrooms and kale (\$22), and Dan ordered the jack rose juice (\$5.50) and the mac and cheese eggs benedict (\$23).

Our juices were brought out really quickly. The ginger ninja juice consisting of carrot, apple, ginger and turmeric, it was nice and refreshing and hopefully immune boosting to prevent the winter lurgy. Dan's jack rose juice was sweeter and contained apple, lemon, strawberry and mint and was also refreshing

We both were looking forward to our meals although we had to wait a while for our food. When it arrived we dug in with vigour and it was worth the wait.

Mv mushrooms and kale came with poached eggs, fetta, rye bread,

salsa verde and hazelnut crumbs. The serving of mushrooms was very generous and they were cooked to perfection. The kale was light and crunchy adding a crispy element which was delicious. The salsa verde and fetta balanced the richness of the dish creating a fresh flavour ensuring that I thoroughly enjoyed it.

The mac and cheese eggs Benedict included panko crumbed macaroni cheese, asparagus, pancetta, parmesan, hollandaise sauce and poached eggs. It was a hearty brunch perfect for the cold day. The crispy fried parcels of mac and cheese topped with egg and hollandaise with asparagus and bacon on the side were delicious and Dan's only complaint was he just wished there was more of it.

Overall, the food was delicious, the table service was lovely, the menu very comprehensive although the long wait for food was a little disap-

We gave Nic and Kolo 3.5 spoons.

Nic and Kolo, 45 Ardross Street, Applec-ross, 0451 197 488 or 9364 9496.

Open Tues: 7am -4.30pm; Wed - Sat: 7am - 10pm; Sun: 7am - 4.30pm. Mon: closed www.nicandkolo.com.au



CHINATOWN DISCOVERY TOUR NORTHBRIDGE

Tastings, lunch & goodie bag \$85pp Fully inclusive 9.30am-1pm Thursdays and Saturdays



0417 091 343

T's spoon ratings

Four spoons

- reasonably good food and service but could make some improvements.

Three spoons

Two spoons

One spoon

A Christmas in July special



HOTEL Clipper in Rockingham has undergone a re-branding and refurbishment. The property was previously known as the Ocean Clipper Inn. With the new name and updated accommodation rooms they have also opened the fully licensed Café Clipper restaurant which is open for breakfast, lunch and dinner.

To celebrate Christmas in July this season they are offering groups of 20 or more a fabulous Christmas meal for \$29 per head.

The special includes a two-course

set menu including plated meal with ham off the bone, seasoned turkey, roast potatoes, cranberry sauce and gravy. Pumpkin and seasonal greens are served to the table and dessert is a traditional plum pudding with vanilla custard and brandy sauce.

Hotel Clipper is offering a special promotion. The first group of 20 or more guests to book will receive two complimentary meals and two bottles of house wine for the table.

Call 9527 8000 for details or email sales1@hotelclipper.com.au

KIDS EAT FREE

SPECIAL

Receive one free kids meal with every adult dish ordered. Offer available for children 12 and under, Monday to Thursday only.

Christmas in July Seniors \$20* (Wednesday to Friday - bookings of 5 or more)

Come and relax in our beer garden and enjoy our handcrafted award winning naturally brewed beers and ciders with great Aussie Tucker to match! Your choice of one of the following;

Wood fired pizza (small) Chicken or vegetarian baguette

Salt 'n' Pepper Squid Fish and chip basket with tartare sauce Spring rolls with sweet chilli sauce **PLUS** Christmas Pudding and custard PLUS 1 middy of beer/cider or 1 glass of wine or cup of tea or coffee

The Valencia Complex, 55 Benara Rd, Caversham Phone 9377 4400 OPEN Wed to Sun www.ironbarkbrewery.com.au



HOTEL CLIPPER

Delicious two course set menu includes the following:

- Plated meal with ham off the bone, seasoned turkey, cranberry & gravy, roast potatoes
- Pumpkin & seasonal greens served to the table
- Traditional plum pudding with vanilla custard & brandy sauce
- Full bar available

Valid 1 - 31 July 2018 - bookings essential Minimum guests 20 adults

Contact the Sales Team for more details sales1@hotelclipper.com.au 9527 8000





R



Come join our vibrant and friendly centre for 55s and over. Become a member for discounted lunches

Services available (by appointment - members only*): Podiatry - Tuesday & Thursday 9am-12.30pm* Hairdresser - Tuesday & Thursday 8.30am-12.30pm*

Lifestyle activities: Scrabble, Bridge, Bingo, Rummicub, Chess, Mahjong, Indoor Bowls, Yoga, Tai Chi, Heartmoves and Zumba.

FREE iPad classes.

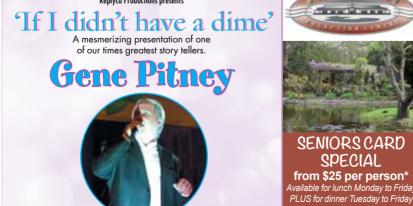
Singercise on Wednesdays.

23 July & 27 August: Classic Films - Fourth Monday of each month, 12.30pm, includes afternoon tea.

24 July: Christmas in July, bookings essential.







Friday 20 July Doors open: 6.30pm 3-course meal and show Tickets: \$80 adult \$50 child u13 (2-course kids meal)

Limited seats No door sales



BOOKINGS ESSENTIAL 9455 1187 459 Nicholson Road, Canning Vale www.willowpond.com.au

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GREAT HOME and GARDENING

It's time to create your own winter garden wonderland











Left to right; Lemon Heaven can be grown in most Australian climates - add some colour to your garden this winter with pansies - rake your lawn to remove dead material - treat scale and mealy bugs

by Colin Barlow

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WE had a great start to our winter rains last month. Let's hope that we continue to get good falls of rain to top up the dams and keep our gardens green. While vou may be watching the rain through the window, there are a number

Electric

Services

of jobs to do now to tuck your garden in for the cold wet winter months.

My top tips for a wonderful winter garden.

Lawns · Rake worn or dead patches of grass to remove dead material, then aerate the lawn with a garden fork or hollow tine aerator to re-

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· Spray weeds such as clover and dandelions with a selective herbicide for your specific type of grass. Be particularly careful with Buffalo lawns to ensure that you only use a product with Bromoxynil in it,

duce compaction.

grass. Cut your lawn every

otherwise you can se-

riously damage your

three to four weeks and rake up any fallen leaves that may smother and damage the grass.

 Spray 'Winter Grass which is a pre-emergent herbicide to control winter grass. This should be watered over the lawn and then thoroughly washed in.

Vegetable Patch

 Check your vegies and seedlings for damage from snails and slugs that can decimate your crops overnight. Use ioron chelates based pellets, beer traps, copper sprays and coffee grounds to keep them under control.

 Seed potatoes are now in store and early winter is the ideal time to start them off. Place them in a shallow tray in a dry cool area with indirect light. After sprouting 'eves' in a few weeks time, the potatoes will be ready for planting in the garden.

· Sow snow and sugarsnap peas in a sunny area and train them up a trellis, fence or tripod of stakes.

· Caterpillar control on your brassicas and Asian greens is a must

this month to avoid your hard work going to waste. I like to use safe and organic products on my vegies such as Beat A Bug Naturally Based Insect Spray, Success Ultra or Dipel.

Fruit

· Now is the time to prune your citrus trees to keep them tidy and compact. Prune just above any ripening fruit to encourage new flowering and fruiting arowth.

 Keep an eye out for rats eating your citrus fruit. Use baits hung in trees with cable tie or hidden in pipes to avoid pets gaining access. Always use products that have limited secondary poisoning effects in case pets or birds eat the dead rats.

· Treat scale and mealy bugs on deciduous fruit trees with Eco Oil to kill overwintering insects. Repeat around 10-14 days later to kill any crawlers to break the

 Copper oxychloride and lime sulfur sprays should be used now before budburst if leaf curl was a problem last

Garden

 Sow some native everlastings or poppy seeds to brighten up the garden in spring. Scatter the seed over a fine soil surface and then gently rake them in.

 It's time to prune your roses in Perth from mid July to mid August.

Flower Garden

Add some warming

winter colour to your garden and pots by planting some pansies, violas, primulas, English daisies, obelia, alyssum, forget-me-nots, marigold and poppies.

· Feed any late winter or spring flowering bulbs that have started to pop up. Use a seaweed based conditioner and plant tonic combined with a soluble high potash liquid feed. Apply every two weeks until they die down after flowering to build up the bulbs reserves for improved flowering next

Indoor Plants

 Avoid placing plants on the window ledge between the blinds or curtains and the glass windows on cold chilly nights in case they are damaged by the cold.

 Move most indoor plants a little closer to the windowpane, as the light levels are much lower in winter particularly on the southern side of the house.

· Water sparingly, no more than once a week, although many will be happy being watered every two weeks at the most during this time of year.

· Mist the leaves of plants where heaters or gas fires are used to avoid dry leaf tips and to help reduce the incidence of red spider mites. Use Eco Oil or Richgro Bug Killa for severe infestations.

Time for a squeeze with no seeds

No Aussie home would be complete without a lemon tree, whether you use them for cooking, juicing or as a garnish. They have

been a staple of the Aussie backyard for decades and many even seem to thrive on neglect. With the popularity of cooking shows on television, lemons are a must have for any home or professional chef. The only drawback has been the need to strain the lemons or pick out all the seeds after you squeeze them, but not any more.

The new release from PlantNet, Lemon Heaven, is a seedless form of the thornless and reliable fruiting Eureka lemon. It has been bred by the citrus breeding program of the Agricultural Research Council of South Africa and produces large crops of juicy lemons from March in warmer areas or April/May in cooler districts. Lemon Heaven can be grown in most Australian climates including coastal areas, except those that experience severe frosts.

Heaven is Lemon available both as a grafted full size tree growing to around four metres high with a spread of up to four metres wide, or grafted onto a dwarfing rootstock limiting the tree to around two metres tall and wide. So you should be able to find space for one whether you have a large or small garden.

Lemon heaven will be available from leading garden centres and hardware stores, but get in early as the dwarf form will be in limited supply this year. And this time next year you could have lots of lemons without the seeds! Warm up with a winter pruning workshop

Rose pruning workshops are usually held in July and early August throughout Western Australia, so if you are struggling to understand how to tackle your prickly roses then check out the following societies and nurseries for more information.

- Rose Society of WA Inc. Tel: 9313 2109 www.wa.rose.org.au
- · South West Rose Society Inc. Tel: 9728 3247
- · Heritage Roses of Australia Inc. Tel: 0417 989
- Dawson's Garden World Tel: 9453 6533 www.dawsonsgardenworld.com.au
- · Melville's Rose 'n Garden Tel: 0419964819 www.rosengardenperth.
- Roworths Nursery Tel: 9302 1932 www.roworth. com.au

Swiss Rose Garden and Nursery Tel: 9399 1880 www.swissrosegarden. com

The Cymbidium Orchid Winter Show takes place on the 27 to 29 July at Ezi-Gro Orchids, 76 Evandale Road, Darch. The show is the ideal place to learn how to care for these spectacular flowering plants and is open on Friday and Saturday from 9am until 5pm and from 9am until 4pm on Sunday. There will be plant and fertiliser sales, potting demonstrations, raffles and complimentary tea and coffee. Entry is \$5 for a single and \$3 for seniors and concession cardholders. For further information on the show contact Lyn Brooks on 0414 922 923.









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Care and Ageing Expo

Saturday 4 August and Sunday 5 August, 9.30am to 4.30pm
Perth Convention and Exhibition Centre





Tackling the conversations when it comes to ageing



by Keren Smedley

MY feisty intelligent and somewhat difficult mother was diagnosed with vascular dementia in her early 80s. She had been complaining about losing her memory from when she was 78 and no one, including her children took any real notice. She had a phenomenal memory and, even with some impairment, she remembered more than any of us

But I remember one event when she was nearing 80 when we were out shopping and she didn't recognise her car; then I, too, started to worry. She had a number of tests including the Mini-Mental Status Examination (MMSE) and nothing was found. Later, I realised that this test is not a good indicator as it doesn't take into account our IQ and therefore we respond differently.

Finally, at 82, it was obvious to us all that there was a real problem. From that moment, sadly we watched her slowly deteriorate until she couldn't answer a single question on the MMSE. My sister's and my heart were broken.

If I'm honest, the period when my mother was still at home only just managing to cope, to start with by herself and then with carers, and watching her lash out at those carers due to her frustration with the situa-

tion and her fear about her future, was the worst period for me.

It meant that it gradually became impossible for most carers to manage her and we went through two care agencies. Although at the time I felt guilty that we weren't able to help her stay at home, I was relieved when that time came when she had to move into a care home. I could again rest easy at night knowing that she would be looked after.

The period before she moved had taken its toll on our lives. I spent more time with my mother, both physically and managing the situation, than I did with my family. I was called home from work more often to manage her wanderings than I ever was with three children when they were young and I spent more time worrying.

I have three sons from my first marriage who were in their late teens and early 20s when she was ill and I vowed I would never cause this distress to my children. My mother and her generation were on the whole surprised that they lived so long. They believed that they would have three score years and 10, possibly five additional years but no more than that. They didn't plan for later life. They were also fortunate as many of them had enough savings to pay for their care.

My generation, those of us in our 50s, 60s and even 70s, are aware that we are likely to live well into our 90s, if not beyond. We also know that, although medical science can keep us alive, we will suffer physically while the figures quoted for the growing number of people who will have dementia are scary.

In 2018, more than 425,000 Australians are living with dementia; 45 per cent are men and 55 per cent women. Without a medical breakthrough, the number of people with dementia is expected to increase to over 500,000 by 2025 and over one million by 2056. Currently, an estimated 250 people are joining the dementia population each day. The number of new cases of dementia is expected to increase to 318 people per day by 2025 and more than 650 people by 2056.

So here I am, nearly 10 years on from my mother's death and with little in the way of future plans for how I am going to cope with my own ageing and not become a burden for my family.

I know from my own experience that however much you love your parent and want to give back to them for the care you were given as a child, it's a burden. I understand not everyone will feel like me. We live very busy lives and most adults work full-time with many also looking after children. Caring full-time or even part-time for a parent is difficult.

Of course I want my children to be around and to care for me and to spend quality time with me. But, equally, I don't want them to feel that they have no choice.

So where have I got to? I'm thinking in time I'll need to buy a new home that I can live in until I'm too infirm to live alone. I will have aids such as a bath rail and an easy access shower put in now so they're there as I need them rather than having to call on someone to install when the time comes.

My house will be on one floor and in a place where the door is wide enough for a wheelchair and I will have an extra bedroom with an en suite bathroom so I can have a carer living in. I'm considering buying somewhere where there is on-site assistance even though I don't need that now.

I'm also taking supplements which claim they will reduce inflammation and keep my bones strong. I exercise regularly and eat well.

I've also had long conversations with my sons and daughters-in-law about the next phase of my life and how we together can manage my later years. It's a difficult conversation for all of us. They don't want to see me as older – it doesn't fit with their current perception of me – and I don't want to see myself like that, either.

I wonder what you're doing to manage this next phase of your life. Any ideas anyone?

New friends made



Pauline Farrell and dog Nico with Timothy Watkins, Harper-Grace Pozzi and Eva Fawcett

AGE is proving no barrier for the unlikely friendships blooming at Braemar Village's aged care home in Willagee, thanks to a new partnership with a local childcare centre.

Residents at the notfor-profit home have been striking up friendships with youngsters from the Birra-Li Child Care centre next door, as part of an intergenerational partnership, which aims to encourage companionship and connections between young and old.

Facility manager of Braemar Village, Lyn Cattell, said the benefits of the partnership extended both ways, with the children and residents involved genuinely enjoying their time together and forming strong bonds.

"We're delighted by how well our intergenerational partnership has been received by both the residents and children alike," she said.

"Seniors benefit from interacting with younger people, particularly the little ones. It helps them to feel young themselves and reminds them of their own childhood, as well as enabling them to share stories and showcase their special hobbies, talents, and life lessons.

"Some of our residents may not receive that many visitors, because perhaps their children live overseas or are working. Our partnership with Birra-Li Child Care is one way in which can reduce loneliness or isolation, while giving residents something to really look forward to."

Would you like to be independent, well and safe at home?

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- Visit www.ilc.com.au
- Drop into our Nedlands or Cockburn Centre





Saturday 4 August and Sunday 5 August, 9.30am to 4.30pm
Perth Convention and Exhibition Centre





Impressive range of speakers and seminars at the Care and Ageing Expo in Perth

AN IMPRESSIVE array of speakers, focussing on innovation in ageing will take to the stage in this year's greatly expanded Care and Ageing Expo at the Perth Convention and Exhibition Centre.

Subjects will range from staples such as residential care, home care and dementia to the use of robots to engage with the elderly, to preparation of creative meals, through to discussions about finance, modifying a home to keep it safe, wills and enduring powers of attourney, to changes in the keeping of health care records.

Scams and cyber-crime: what to be aware of and how to avoid them has become of increasing concern and will be tackled by David Cook from Edith Cowan University and Chair of Australian Computer Society's National Fellows Committee.

Hosted by Leading Age Services Australia, the two-day Care and Ageing Expo on Saturday 4 August and Sunday 5 August will feature stands from every facet of the aged

care sector.

More than 75 exhibitors will include residential care, home care, retirement living, equipment, service providers, health care, legal and financial, medical, consultants, technology and support groups

The Bethanie Lifestyle Seminars will provide a continuous stream of experts with a wealth of advice for people contemplating their future and those planning for family members

It will be hosted by former ABC presenter Verity James.

The more informal innovAGEING Chat Lounge, made possible by funding from the Department of Health, will stage innovative business presentations of interest such as Robot Buddy, Silver Chain's Integrum Care + program designed to support people with complex chronic conditions and Technology Asisted Disability WA (TADWA)'s equipment modifications.

Lotterywest has provided support for the inclusion of not-

for-profit organisations.

The Community Vision Retreat will also be available as a chill out area within the expo providing comfortable seating and a space where visitors can relax and talk with friends or business colleagues over a coffee from the pop-up café.

Entertainment will come from the Jeanie Proude Duo with jazz vocalist Jeanie Proude performing her blend of jazz, soul and groove each day from 9.30am to 1pm and the *Gumnut Stompers* jazz trio playing material by Duke Ellington, Fats Waller, Scott Joplin and Jellyroll Morton each day from 1pm to 4.30pm.

See page 56 for detailed speakers on each day.

This year aged, veteran and disability pensioners and children under 18 are free to attend the Care and Ageing Expo. Tickets can be pre-purchased at \$8 for adults and \$5 for concession and seniors card holders or at the door at \$10 for adults and \$7.50 respectively.

Doors open from 9.30am to 4.30pm.

Occupational therapy support enables Barbara to stay where she loves - her home



Independent Living Centre WA occupational therapist Genna worked with Barbara to enable her to stay living at home

BARBARA Reeve lives at home with her husband on a beautiful block in the south of Perth. One of her passions is pottery, so much so that she has her own pottery shed in the backyard so she can practise her art whenever she likes. Barbara also enjoys cooking, playing mahjong and gardening. For Barbara, her home is where her heart is.

Recently Barbara felt she was becoming unsteady around the home and was having trouble with everyday movements such as sitting down and standing up, walking out the back step to her yard and completing tasks that were once very simple.

To address these concerns, Barbara was referred to the Independent Living Centre WA (ILC) and was put in contact with ILC occupational therapist Genna.

"I visited Barbara in her home to see how she carried out her everyday tasks. I walked through the entire house with Barbara and spoke to her about her daily activities and what she was finding difficulty with. I was then able to provide recommendations on what would allow her to remain independent, safe and well," said Genna.

"Some of the solutions included the instalment of rails beside the toilet and shower to make it easier to move from one spot to another, and at the back door to make it easier for Barbara to get to her backyard.

"Barbara also trialled a sock aid to assist her to put her socks on without having to bend down to reach her feet."

Barbara said the support she received from Genna has increased her confidence and helped her make the decision to stay living in the home she loves.

"I think Genna was absolutely marvellous and she gave me confidence right from the beginning. She walked us right through the house and showed us how she thought things could be better for us.

"I love my gardening, I love my pottery. I wouldn't like to move anywhere else. Genna gave us so much help that it made us decide that okay we can really stay here. We haven't regretted it for one moment."

Occupational therapy is a health profession that

helps people recover or develop new skills to enable them to engage in their daily activities. The main goal of occupational therapy is to help people become independent.

"As an OT I'm able to provide information and education on ways to manage symptoms people may be experiencing, in addition to providing advice and recommendations on everyday tasks and simple assistive equipment that may benefit a person's lifestyle," said Genna.

"Being able to see someone reach their goals every day and feel that I've been able to help them achieve that is such a great feeling and it's why I enjoy my job as much as I do."

The ILC's occupational therapists will be at the Care and Ageing Expo on 4-5 August at stand 167. Visit the ILC stand to explore a range of assistive equipment, speak to their OTs about how they could support you and pick up your complimentary copy of the Making Choices, Finding Solutions guide. This must-have guide includes simple assistive equipment and home modification options to assist people to remain independent and safe in their own homes as they

For further information about the ILC visit ilc.com. au or call 1300 885 886.

YOU OWN YOUR



Visit the Green Team from Fairway Villages at Booth 149 at the Care and Ageing Expo to find out how you can move to an Over 55s Village, PLUS come and chat to Radio 6PR's Bob Maumill and get his take on what to do if you are looking to downsize.

JUST FOR SAYING HELLO...

Receive FREE entry to win a \$200 gift voucher* to stay in any Discovery Park in WA, for example beautiful Broome or Bunbury Foreshore's delightful Koombana Bay

*Bring your completed coupon to the Fairway Village booth at the Care and Ageing Expo to be in the draw.

Address:

:mail:



Located alongside Lakelands Country Club & Golf Course Clubhouse Lane, Gnangara T: 1300 499 435 www.fairwaythegreen.com.au

Urgent call for volunteer drivers to help patients in Perth

THE LEUKAEMIA Foundation is urgently calling for volunteer drivers in Perth to help transport people living with blood cancer to vital medical appointments.

The Leukaemia Foundation's much loved patient transport service has been providing people with free transport for more than two decades. It provides more

than 38,000 patient trips each year and last year travelled more the 1,557,779 kilometres... the equivalent of traveling more than 38 times around the world.

Sadly, they currently have limited volunteers available and therefore many people living with blood cancers in the local area are either not able to access the transport service

or are on long wait lists.

Perth residents can help us to continue this vital community service by providing just a few short hours of their time per week, fortnight or per month. Your free time will make a real difference in the day of a person living with blood cancer.

To find out more, please contact 1800 620 420.



Younger Onset Dementia Key Worker Program

The younger onset dementia key worker acts as a primary point of contact for people with younger onset dementia, their families and carers. The key worker provides information, support, counselling, advice and helps consumers effectively engage with services appropriate to their individual needs, with a specific focus on support to access and receive ongoing supports through the NDIS.

For further information contact the National Dementia Helpline 1800 100 500.

Living with Dementia Program

This program is for people in the early stages of dementia (and a support person), and provides an opportunity to obtain information, have questions answered, meet and talk with others in a similar situation, and focus on living well and managing now and into the future. The program runs over 7 weeks (2 hours each week) and is free to attend. The 7 week program is held in various locations across the metropolitan area, so if you would like to find out if the program is suitable for you, contact the **National Dementia Helpline 1800 100 500**.

dementia.org.au

National Dementia Helpline **1800 100 500**For language assistance call 131 450

Care and Ageing Expo



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

The second Care and Ageing Expo

will be held over the weekend of August 4 and 5 providing WA's most extensive guide to every element of the age services industry. Over 75 exhibitors will include residential care, home care, retirement living, equipment, service providers, health care, legal and financial, medical, consultants, technology and support groups.

Feature areas include the Bethanie Lifestyle Seminar Stage with 16 valuable presentations over the two days; the Community Vision Retreat, a chill out area providing comfortable seating and a space where visitors can relax and talk over a coffee or bite to eat from the pop-up café.

The innovAGEING Chat Lounge is a relaxed presentation area and great source of information for visitors with a focus on innovation in products and services for the aged care consumer.

Visitors will enjoy some live music on entry to the expo and also have the chance to enter into the draw for a \$500 Crown Voucher.



Bethanie Vou're among friends Lifestyle Seminars

Saturday

- Living Longer Living Stronger
- Cyber Crime and Safety for Seniors
- Planning for Aged Care
- Living with Dementia Panel
- Wills & Enduring Powers
- Your Rights in Aged Care
- Aged Care Finances: What will it cost?
 Aged Care Finances: What will it cost?
- Retirement Village Living Panel: It's not what you think!

Sunday

- Prevention and Recovery Seniors Guide to Healthcare
- My Health Record What's in it for you?
- The Future of Home Care
- The Innovative EDIE Experience
- Advanced Health Directives & Advanced Care Planning
- Quality Hearing Services
- CALD Diversity in Aged Care

Admission:

Aged / Veteran / Disability Pensions - FREE!

Pre-purchase (through the website)

Adult \$8.00 Concession \$5.00

At the door

Adult \$10.00 Concession \$7.50

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









innovAGEING



Care and Ageing Expo

Saturday 4 August and Sunday 5 August, 9.30am to 4.30pm Perth Convention and Exhibition Centre





Small is beautiful - even in aged care housing



Dr Suzanne Dyer, left, Mary Pope who provided feedback, Professor Maria Crotty, right, and Flinders research fellow Dr Stephanie Harrison conducted extensive interviews with older Australians as part of their national investigation.

by Frank Smith

SOMETIMES it takes a research program to prove the obvious. People in residential aged care, especially those living with dementia, are happier when housed in small manageable groups in a home-like environment where they can get to know all their neighbours rather than

large impersonal institutional facilities.

tional facilities.
What's more it costs

less.
A new study led by Professor Maria Crotty, from Flinders University's College of Medicine and Public Health found that living within small-scale home-like, clustered residential units leads to better quality of life and fewer hospitalisations and visits to emergency department when compared with standard Australian care models.

More than 180,000 people live in permanent residential aged care in Australia, an increase of more than 10 per cent in the last five years. Their average age 84 with 52 per cent of these living with a diagnosis of dementia.

She said staff and physical environments should support resident choice and flexibility in activities and provide access to the outdoors. Residents should also have more involvement in domestic duties such as meal preparation.

Residents of the homelike units were also 52 per cent less likely to be prescribed a potentially inappropriate medication (such as antipsychotics or benzodiazepines), which are associated with adverse health effects such as falls or strokes in older adults. The model also performs better in quality of care indicators such as re-hospitalisations, catheter use and pressure ulcers.

Chief executive of health and aged care provider, HammondCare, Dr Stephen Judd said: "This research, supports the type of care that we have been delivering for many years – small home like environments, with domestic kitchens and meals being prepared and cooked in the home, where there is easy access to the outdoors.

"It shows that these sort of environments for older people deliver a better quality of life as well as less time spent in hospital – something we all want for our loved ones.

"But it is important to add that this is not just about the physical environment, but the social model of care and approach to staffing as well"

As well as delivering improved health outcomes for residents, home like models are estimated to save \$14,000 per person, a year.

"So not only are home like residences providing better health outcomes, they are also cost effective. It should be a no brainer for governments, philanthropists and other aged care investors to back those models that reflect the evidence, because at the end of the day, that's what will produce better outcomes for more and more older Australians," Dr Judd said.

The study was published last month in the Medical Journal of Australia

Memory worries?

DEMENTIA describes the symptoms of a large group of illnesses which cause a progressive decline in a person's functioning. There are, in fact, more than 100 different types of dementia – with the most common form being Alzheimer's disease. In most cases, why people develop dementia is unknown.

The early signs of dementia can be subtle, common symptoms often include progressive and frequent memory loss, confusion and loss of ability to perform familiar tasks. At present there is no cure for most forms of dementia but support is available to help the person living with dementia and their family/carer to better understand the disease.

Dementia Australia offers the Living with Dementia program where a range of topics about dementia are discussed. The sessions also provide the opportunity to share experiences with others in a similar situation. These sessions, which run for two hours each and are delivered over a seven-week period, are delivered in a variety of suburbs across Perth.

Although dementia is not a normal part of ageing, the risk increases with age but it's important to remember that there are many elderly people who will not develop dementia.

Dementia is often thought to be a condition that only affects the elderly but, although less common, people aged under 65 years may also be diagnosed with younger onset dementia.

Dementia in younger people is less common than dementia occurring after the age of 65 therefore it can be difficult to diagnose and can be very isolating. The Younger Onset Dementia Key Worker program provides individualised information and support. The diagnosis of Younger Onset Dementia may entitle access support offered by the National Disability Insurance Scheme (NDIS) as it is rolled out across the state and the Keyworker could support access to these programs.

To access support and information on programs and services for dementia, contact the National Dementia Helpline on 1800 100 500.







Call us today
1300 66 77 88
alzheimerswa.org.au

alzheimer's Wa
the dementia experts

Saturday 4 August and Sunday 5 August, 9.30am to 4.30pm Perth Convention and Exhibition Centre





Cancer under challenge from advances in science

by Frank Smith

CANCER remains one of the most feared diseases, especially of older people. While conventional treatments of surgery, chemotherapy and radio therapy have increased the survival rate, especially in early-detected cancers, they are not always effective and the side effects, including nausea, fatigue and loss of hair can be extremely unpleasant.

However there have recently been spectacular advances in our understanding of the way cancer tumours grow.

Scientists, led by Professor Danny Rischin at the Peter MacCallam Cancer Centre in Melbourne have trialled a new drug, Cemiplilab, which led to spectacular reduction in size of tumours in previously incurable skin cancers.

Almost 50 per cent of patients with

advanced cutaneous squamous cell carcinoma, the second most common skin cancer, responded to the new drug with a rapid and sustained reduction in the size of their tumours.

There are currently no approved therapies anywhere in the world to treat tumours that reach such an advanced stage.

In a further development Peter Mac scientists, led by Dr Jane Oliaro and Professor Ricky Johnstone, who were investigating how tumours evade the immune system have identified a previously underappreciated way that cancer cells are destroyed, involving Tumour Necrosis Factor (TNF).

TNF is naturally produced as a result of T cells (a type of white blood cell) being activated in response to cancer cells, a virus or other foreign invader.

"T cells can directly kill cancer

cells when they recognise antigens on the cancer cell surface but they have another weapon in their arsenal, TNF, which may be very important in fighting cancer," says Dr Oliaro.

"Our study has revealed that the large amounts of TNF produced by T cells when they recognise a cancer cell causes widespread collateral damage to other cancer cells nearby. This means that TNF can kill rogue cells that either don't have the antigen on their surface, or are hidden from T cells deep within a tumour."

The Peter Mac researchers have developed a new, whole-genome gene editing screening process using CRISPR methodology to identify key genes and molecular pathways that cancers use to evade the immune system.

This involved individually deleting all 20,000 genes in the genome in

cancer cells and testing which ones, when missing, allow cancer cells to evade T cells. Cancer genes involved in sensitivity to TNF were the top hits

"This screening process has shown us that when tumours evade the immune system, a major reason for this is acquired resistance to TNF," says Professor Johnstone.

Work is underway to test a drug that sensitises tumour cells to TNF.

Meanwhile scientists in the US have cured a woman with advanced breast cancer which had stopped responding to chemotherapy and other conventional treatments by using her body's own immune system.

Dr Steven A Rosenberg and colleagues from the National Cancer Institute took a small sample of her tumour and studied its DNA mutations

Then they extracted immune cells from the tumour and grew billions of them, finding those which would be the most effective to kill her cancer. These were multiplied in the lab and 80 billion of them were injected into the patient together with a drug called pembrolizumab, which helps the immune system to attack cancer.

"After the treatment, all of this patient's cancer disappeared and has not returned more than 22 months later," Dr Rosenberg said.

"The research is experimental right now, but because this new approach to immunotherapy is dependent on mutations, not on cancer type, it is a blueprint we can use for the treatment of many types of cancer."

It is too early to claim cancer is beaten, but the chances of surviving cancer just got a lot better.

Here are ten reasons why everyone should take a hearing test...



Hearing loss is very treatable

HEARING loss happens with about one in six Australians have some kind of hearing loss. Hearing loss is also very treatable — and more successful when started early. If you suspect you have hearing loss, here are 10 reasons why you should schedule a hearing test.

- 1. A hearing test is painless, free* and should take less than an hour.
- 2. Untreated hearing loss increases your chance of developing dementia. There is a growing body of evidence linking untreated hearing loss to physical changes in the brain, accelerated rate of cognitive decline, and cognitive disorders like dementia and Alzheimer's disease.
- 3. Hearing loss may be an early warning sign or red flag for other health conditions including cardiovascular disease and diabe-
- 4. If your hearing test shows your hearing is normal, you can tell your mumbling teenage kids or grandkids it is them (and not you).
- Untreated hearing loss increases your chance of falling. Along with vision, good hearing also helps maintain spatial orientation and balance.
- Treating hearing loss with hearing aids is proven to reduce the risk of cognitive decline.
- 7. Untreated hearing loss is known to contribute to depression and social isolation.

 8. Hearing loss treatment has been shown

to improve earning power.

- 9. Free hearing services and hearing aids** if required for Pensioners and DVA card holders on behalf of the Office of Hearing Services
- 10. Because you're proactive about your health and care about your quality of life!

Think you may have hearing loss? Find out for sure by scheduling a hearing test with your local ihear Applecross and Joondalup clinic on 9315 1524 or our ihear Tuart Hill clinic on 9349 0595.

*ihear offer free hearing screening checks to all clients

**Available through ihear on behalf of the Office of Hearing services

Meet my friends the bacteria

PATHOLOGIST Ed Reed will speak at the Association of Independent Retirees (AIR) July meeting. His talk is titled 'My Friends the Bacteria'.

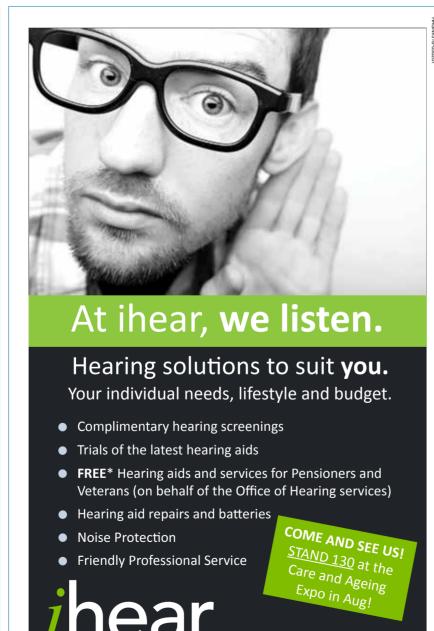
Ed established and was CEO of a major testing laboratory in WA. His informative talk covers information about the trillions of 'germs' that are living (and dying) on the surface of your skin, tongue and deep in the coils of your intestines.

He will also advise on how to keep them to enjoy good health and find out more about what happens to tests that doctors request.

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

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

For further information please contact Norman Johnson on 9309 1044 or e-mail pnsair@gmail.com for further details.



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Come and join us at the Care & Ageing Expo 2018 - stall No.157 for a chat over a cup of tea and let's embark on a quality life journey that best suits you and your family.

The Chung Wah Association Community & Aged Care



CARE & AGEING EXPO 2018 - 4 & 5 AUGUST

9.30AM - 4.30PM

Perth Convention and Exhibition Centre



Saturday 4 August and Sunday 5 August, 9.30am to 4.30pm Perth Convention and Exhibition Centre





Precision medicine offers new hope for patients with kidney failure

by Frank Smith

A NEW treatment regime is planned to reduce the risk of kidney failure and time spent on dialysis.

Most people with kidney problems will go on to develop fibrosis or scar tissue – typically a precursor to end-stage kidney failure.

Professor Darren Kelly of Melbourne University said that when you damage an organ – say by smoking or drinking to excess – the body tries to protect itself from further abuse by causing fibrosis or scar tissue.

"If you keep doing that injury you are basically hammering it on the head," he said. Eventually the damage will be irreversible and the organ will fail unless the deterioration can be arrested.

A University of Melbourne spin off, Certa Therapeutics aims to use DNA testing to identify and pre-emptively treat those kidney disease sufferers who will develop fibrosis. This speeds up treatment and makes it more efficient as only those likely to benefit will be treated. Certa

has also developed drugs that can prevent the development of fibrosis.

About 1.7 million Australians suffer from chronic kidney disease which is becoming more prevalent as the population ages. Treatment costs about \$1 billion each year and 53 Australians die of kidney failure every day. More than 11,000 Australians are living with kidney transplants.

People with kidney failure are treated by dialysis unless and until a suitable donor kidney can be found. Dialysis does what the kidneys can no longer can when they fail.

Two needles are inserted into a patient's arm to remove blood and return it to the body. The blood passes through a machine that filters the patient's blood and removes waste products and water that the kidneys of healthy people do on their own.

RPH nephrologist and Curtin University professor of medicine Johan Rosman says more than half the people on dialysis are due to diabetes.

"If fibrosis has begun

it is too late to save the kidney. The DNA analysis will find only a few kidneys that can be treated with new drug.

"It is very disappointing to read about medical breakthroughs that look so promising but are blown up. This development will at best help 10 per cent of people with kidney problems.

"It will have only a minor impact on the need for kidney transplants," he said.

Health Minister, Greg Hunt, said Certa development trials will be support by an investment of \$22 million from the Federal Government's Biomedical Translation Fund.

The money will cover two clinical trials in kidney disease and a trial on another of the organs susceptible to fibrosis – which include the lungs, liver and eyes.

Professor Kelly said precision medicine revolution will save lives and spare patients from dialysis by using Certa's treatments to block a receptor that is a key driver of the fibrosis.

With its drug advancing to Phase II clinical trials, it could be on the market within five years, transforming personalised care.

"It's an incredibly exciting time to be working in medical science. The amount of stored genetic material at our fingertips is immense. Access to this genetic data is transforming how we treat diseases." he said.

es," he said.

"Rather than creating drugs that work for the majority of the population, we can now tailor our treatment based on an understanding of genetic make-up. The implications of this for fighting disease are profound," he said.



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Care and Ageing Expo



Saturday 4 August and Sunday 5 August 9.30am to 4.30pm Perth Convention and Exhibition Centre

The Saturday program on the Bethanie Lifestyle Seminar Stage will include a Welcome to Country by Tom Little; Living Longer Living Stronger by Mark Teale, CEO of the Council on the Ageing WA with Emeritus Professor Robert Ziegler; Planning for Aged Care with Chris How, Chief Executive Officer of the Bethanie Group; a Living with Dementia Panel with moderator Jason Burton who is the Head of Dementia Practice and Innovation, Alzheimer's WA, along with Challis Wilson, Senior Dementia Consultant at Alzheimer's WA, Rejane La Grange, Dementia Services manager at Southern Cross Care WA and Louise Jones, Dementia Specialist Occupational Therapist; Wills and Enduring Powers by Etta Palumbo, Director Business Development and Marketing at the Public Trustee; Your Rights in Aged Care by Ann Canham, Advocate at Advocare; Aged Care Finances: What will it cost? by Craig Billing, Financial Planner at Destination Financial Planning; and a Retirement Village Living Panel - It's not what you think with Fiona Davidson, Operations Manager, at Village Solutions Australia as Mod-

The Sunday program will include Prevention and Recovery - Seniors Guide to Healthcare; My Health Record - What's in it for you? from Kirsten Beckingham, the My Health Record Community Engagement Officer, WA Primary Health Alliance; The Future of Home Care from Michelle Jenkins, Chief Executive Officer at Community Vision; Supporting People Living with Dementia from Lynne Hedley, the WA General Manager at Dementia Australia; Advanced Health Directives and Advanced Care Planning with Lana Glogowski from Palliative Care WA; Quality Hearing Services from Lize Coetzee, Head of Clinical Services at Lions Hearing Clinic; Aged Care Finances: What will it cost? by Aldis Purins, Financial Planner at WP Financial Planners; and Cyber Crime and Safety for Seniors from David Cook, Lecturer and Researcher in Computer and Security Science at Edith Cowan University.

healthy living

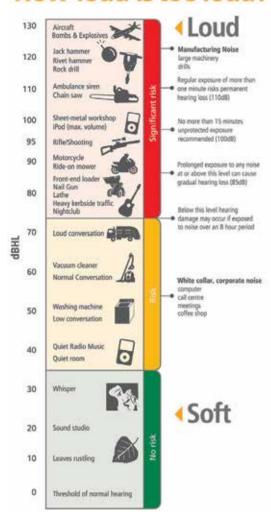


health options for the mature west australian



The myths about hearing loss

How loud is too loud?



DID you know that the average person views hearing aids as a sign of old

There is a misconception that hearing loss is an inevitable consequence of ageing and an even bigger misconception that hearing aids are required over a certain age. Let's bust some common myths about how we hear and ageing and hearing loss.

Surely my hearing is normal for my age?

Our hearing gradually gets worse as we grow older, particularly to sounds in a higher pitch. Hearing loss is the third most common condition affecting adults over the age of 50. This deterioration occurs equally in both ears and because the loss is gradual, we may not acknowledge hearing difficulties and complain that others no longer speak clearly.

While it is normal for our hearing to decline over time, normal hearing is still being able to detect speech sounds to commu-

cause communication difficulty for the person with hearing loss or for their communication partners.

The normal range of hearing is based on communication ability rather

Hearing loss and tinnitus (noises in the ears) could also be due to an undetected medical condition. This could be a blockage of the outer or middle ear or even damage of the inner ear or neurological pathways.

I'm too young for hearing aids

Even mild hearing loss can make it hard to understand speech, particularly in noisy environments. Hearing loss can also make it hard to enjoy talking with family and friends, leading to withdrawal and to feelings of social isolation and ultimately depression. Many people with hearing loss are insecure about wearing hearing aids because they don't want people to know about their hearing loss.

I was exposed to loud noise, but that was many years ago

Exposure to excessive noise is a common cause of both hearing loss and tinnitus. Nearly 40 per cent of all hearing loss is noise related.

Hearing damage from noise exposure is cumulative, so even if you were exposed to noise in your

early 20s, it will still impact on your hearing in your Hearing difficulties due to noise exposure may only become obvious when someone develops age related hearing difficulties in addition to noise induced hearing loss.

Why do you ask about my general health when you check my hearing?

Other conditions that can cause permanent hearing loss or tinnitus are associated with diabetes, obesity, heart or circulation problems, a range of neurological conditions, chemical exposure and the use of some medica-

Every adult over the age of 50 or those with any of these conditions or risk factors should have an annual hearing screen to monitor hearing.

If testing detects any differences between the left and right ears a full audiological diagnostic test should be performed. Changes in hearing can be an early indicator of other more serious medical conditions.

As with most medical conditions; early intervention achieves better out-

The Audiologists at Attune Hearing work closely with ENT Specialists and can provide both screening and full hearing evaluations with a GP's referral.

Update your bathroom with a bidet

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 for installation and space required for the traditional stand alone bidet to be installed in her home was just too ex-

Barbara says her luck changed when visiting her friend Norma in the next suburb. While she was there she had to go to the toilet -- a thing she dreaded most while she was out - and saw she had a bidet seat installed.

"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!"

Well Barbara hesitantly went in to the toilet and used the COWAY Bidet, she pressed the large button on the remote control and she was clean. She cried tears of joy and relief now that her 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 ma-

"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

For more information or to purchase call The Bidet Shop® on 08 6315 4252. Please call to ask how Have a Go News readers may qualify to have their Bidet fully funded.



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Have a Go News PUZZLES PAGE Have a Go



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

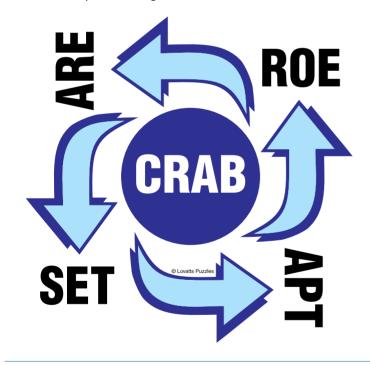
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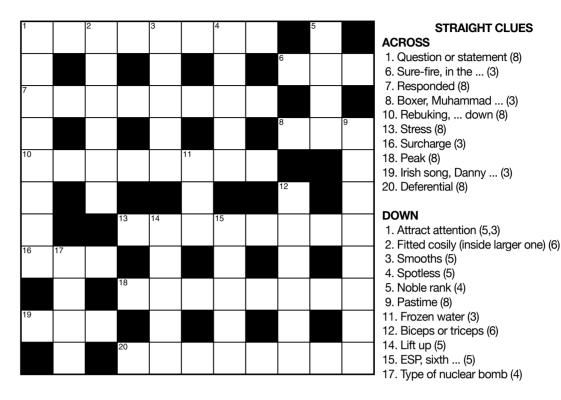
#316 July edition PUZZLES - Solutions appear on page 14

TRANSFORMERS

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



CROSSWORD

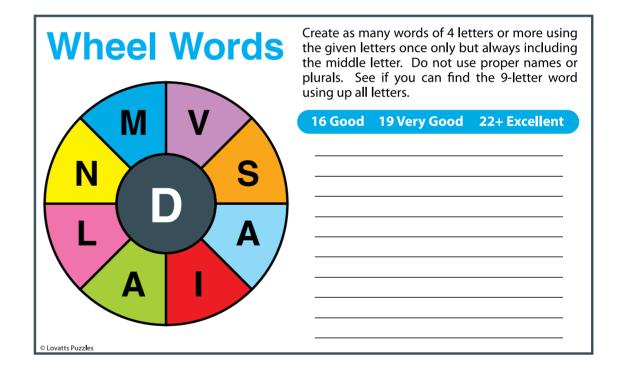


CRYPTIC CLUES ACROSS

- 1. Prisoner's term for part of paragraph (8)
- 6. Criticise piece of luggage (3)
- 7. Found the solution wars need to be changed (8)
- 8. Mr Baba is Italian at heart (3)
- 10. Putting on clothes instead of bandage to cover wound (8)
- 13. Sort of cooker or group that's measured in millibars
- 16. Make heavy demands on levy (3)
- 18. It's all downhill from here (8)
- 19. On reflection, this youngster is a yob (3) 20. Reverend almost respectful (8)

DOWN

- 1. Alpine singer 2. Cleaned (floor)
- 3. Chamber
- 4. Distort (direction of) 5. Dalliances
- 6. Effortless
- 10. Ate meal
- 11. Mary, Queen of ...
- 13. Give outline of 14. Pierced with lance
- 16. Actress, ... Anderson
- 18. Maths problems 19. Crafty
- 20. Toiletry powder



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DTE: Down to earth ND: Non drinker

NG: Non gambler NOR: North of River TLC: Tender loving care

<i>a-il+- a-i</i> l	Please nominate a category for your advertisement. Tick one box only.	Abbreviations used in ALA: All letters answ				
Friend to Friend	☐ Travel companion	GSOH: Good sense				
FREE	☐ Pen friend☐ Seeking a friend	SD: Social drinker NS: Non smoker	N N			
	Seeking a partner	SOR: South of River WLTM: Would like to	meet			
			Each pe			
			one en			
			OP: Please read			
		pri	nt clearly in ink usend the completed			
		Fri	iend to Friend D Box 1042			
			est Leederville W			
			otaining replies to			
Name	Ple	ease include two envelopes. Thes				
Phone I am over 45 years of age(Signature)						

Seeking a Friend

A LONELY gent NOR, late 70s, healthy, active, good presentation seeks a loving, caring lady to share his life.

Reply Box 7940

DENTED late 30s model, high mileage, not in best running condition but walking well with lots of TLC left in tank, fin sec, no baggage, NS, NG, SD, WLTM lady with similar attributes for friendship to begin with.

Reply Box 7932

GENT 73, 75kg, 5'8", NS, ND, SG, WLTM lady 65-70, slim to medium build for friendship and companionship, enjoy outings and dining out also an Italian born in Australia. Enjoy carpet bowls. Live 6110.

Reply Box 7921

GENT NS, ND, NG, late 70s, interested in fine music, ABC, SBS, seeks lady similar age, open friendship, Rockingham area, company for concerts, lunches, quiet times, TLC. Calm personality, non pushy, meet for coffee and chat.

Reply Box 7933

GENT UK/Australian, late 60s, near 6', well presented, fin sec, VGSOH, seeks compatible lady to 68, slimmish build, relationship. My pasttimes; coastal walking, gym, usual social activities, flexible, coffee, chat, NOR.

Reply Box 7929

GUY 62, retired, easygoing, own home, small 6489, country town. GSOH, NS, SD, can offer accommodation to homeless Aussie. English lady 50/60, in return, small rent, cooking, cleaning, no baggage, genuine only. Please ALA

Reply Box 7912

HAPPY NOR, Aussie guy, 72, GSOH, NS, SD, enjoys all life's pleasures, WLTM lady with similar interests to work towards successful friendship with longterm goal for travel and to establish honest. loving, relationship. Meet over coffee.

Reply Box 7931

I'M STEVE 82 years old, NS, SD, NG, I live in Mandurah in my own house. I'm willing to meet you. My interests are nature, eniovina movies and home life. I am financially stable

Reply Box 7942

LADIES 55+ interested in meeting new friends? Join our friendly coffee club meet once/twice a month at The Boatshed Kiosk South Perth Foreshore for a cosy morning chat within a happy, cheerful atmosphere and decent company.

Reply Box 7919

LADY 60s, petite, enjoys walks, family, dancing, music, life in general, healthy, lifestyle, SD. NS. SOR, seeking easy going, intelligent, youthful, presented, social, gentleman with view to permanent relationship if suitable.

Reply Box 7930

LADY 67, south west, NS, SD, WLTM honest, caring male, 67-75. Me; medium build, friendship, family orientated, own home, rock and country music. If you want a ten figure etc do not reply. Love fishing. Quiet nights.

Reply Box 7914

LADY who likes to cook wants gent who likes to dine in and out, and doing dishes, intelligent, NS, SD, GSOH, companion to share activities, travel, make new memories. Dancing a bonus. Mandurah area.

Reply Box 7915

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

Reply Box 7925

MATURE lady 73, slim, fit, active, WLTM a tall, caring, DTE man, 69-75 for companionship, NS, SD, live 6230 area, love to dine-out, movies, live shows, travel. ALA.

Reply Box 7941

NICE guy, 65, seeking a nice lady for long term friendship, GSOH, NS, NG, ND.

Reply Box 7935

NORTHERN suburbs, widower, NS, SD, GSOH, fit and healthy, mid 70s, WLTM slim, med, happy lady, 68-74 who enjoys family, dining in/out, weekends away, travel, sharing TLC, meet for coffee. See what future holds.

Reply Box 7918

SLIM fun loving young postcode 6060 WLTM a young man 70-76 to enjoy movies with, lunch, dinner, coffee, drinks. Interests; sport, theatre, music, dancing, sincerity and care. ALA. Reply Box 7937

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SOR two ladies mid late 60s looking for two gentleman to share outings. SD, ALA, GSOH, DTE, NG, We love life, love to laugh. Write soon. Lots of laughter and fun ahead. Reply Box 7934

TALL 182cm, youthful looking, English gentleman, slim, medium build, 56, kind, open minded, ND, NS, NG, independent, sincere, seeking close platonic relationship, tall, elegant, refined lady who enjoys inner city attractions, fine dining, good conversation, country outings, TLC

Reply Box 7928 WIDOW 77, petite, energetic, healthy, independent, no oil painting, not one of Cinderella's ugly sisters either, like to meet compatible gent 75-80 for companion, friendship, movies, dinner, bbgs etc. Honesty and respect given and expected. GSOH, brown hair sprinkled with Mandurah area. ĂLÁ.

Reply Box 7922

WLTM very much gent UK, 75-80, SD, NS, NOR, NG, dining in/out, travel, watch TV, cinema, caring, long term relationship.

Reply Box 7926

YOUNG thinking, easy going, friendly, 70, Australian lady, NS, SD. Enjoy keeping fit, music, good food, picnics, family friends. WLTM nice gentleman, similar age, interests, genuine, prefer Australian, living Freo and/or neardby suburbs.

Reply Box 7923

Seeking a Partner

ARE you out there? Caring gentleman, postcode 6010, happy natured, family oriented, lover of animals, NS, NG, SD. I am. WLTM you. I am 65, medium build, well groomed, genuine person. ALA.

Reply Box 7916

ATTRACTIVE English/ Australian lady, 70, feminine, medium build, fin sec, own home, educated. WLTM unattached, sincere, attentive, fin sec. gentleman, 65-72, with no baggage. My likes are music, reading, good conversation, country drives, relaxing, genuine replies

Reply Box 7924

GENT 51 seeking life partner, friends first, dinners, drives, weekend company. Lives south-west but keen to travel to see you. Looking for fun lady, sincere, kind, Italian gent, good cook and generous, romantic person.

Reply Box 7943

GENT 60, friendly, personable, outgoing, young at heart, enjoys movies, dining, WLTM lady, friendship, relationship. Let's

Reply Box 7917

GENT morning person, 70, interesting content, sensible, seeking feminine, creative female for the rest of my life. Help! Reply Box 7913

LADY 70+ NOR metro area loves good company, social outings, familv life. WLTM active gent, NS, SD, GSOH to share a good life together. **Reply Box 7920**

LADY 70s WLTM gent 70+, NS, honest, sincere, caring, DTE, GSOH, love music. outdoors. caravanning. Enjoys life, love, laughter, good times, conversation, spontaneous, lives in the present, no baggage, now in a rut, life is too short to spend it alone so please write and let's see where it could lead. ALA

Reply Box 7938

MAN 52, fit, attractive, NS, SD, GSOH, educated. Enjoys arts, music, reading, nature, travel, movies. WLTM lady, 55-65, friendship. Let's meet for coffee. ALA Reply Box 7927

MATURE widow, attractive, slim and youthful, looking, kind and caring nature WLTM single, genuine, honest, well presented gent, 69-74, not overweight or too set in his ways, fin sec for company, relationship, travel, if compatible, NS, SD, NG. **Reply Box 7936**

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

Reply Box 7939

KEEP UP TO DATE DAILY Visit Have a Go News online: www.haveagonews.com.au

Seeking a Travel Companion

ALA SD, DTE, NS, WLTM, absolutely genuine, avoid single supplement. Sailing Sun Princess, 22 October 2018, eight days, Fremantle to Fremantle, desination Broome. Previous shipboard references available. Supplement main consideration. Male, friendly, considerate, independent, love people, GSOH, interested in happiness!

Reply Box 7944

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page. **Get writing** and send in your coupon.

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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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:

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(example only) Send your reply on a single sheet of paper.

Place in a small envelope 11B (measures approx. 14 x 9cm).

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not

Replies must be in response to reply boxes no older than three months.



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A directory of sport and recreation for over 50s To obtain a free copy of the 20th edition Add Life to your years directory please contact Dawn at the **Seniors** Recreation Council on 9492 9773 or email info@

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SOLUTIONS MATCHMAKING Half price joining fee JULY* 9371 0380

LANDSDALE GENT 68 180cm, trim, fit, modern, young o/look, div, own home, reliable, loyal, likes golf, 4wd, concerts, dining out, can dance. Sk o/going, well grmd lady w/ GSOH 60-70.

CRAIGIE GENT 67 kind, caring, gentle natured, funloving, well mannered, widow, loves walks, golf, dancing, travel, anything o/doors, sk thoughtful, e/going, happy lady 60-70.

DUNCRAIG GENT 70 English gentleman, educated, prof, well spoken, practical, helpful, likes nature, walks, classical music, travel, interesting places, Brit humour, sk lady 62-72.

SOUTHERN RIVER GENT 66 honest, laid back, happy spirit, full of life, 175cm, trim, div, true, courteous, generous. Enj family, friends, outings, sk funloving, loyal lady 60-68.

UPPER SWAN LADY 60 lady farmer, wid, youthful, slim, attractive, intell, brn eyed brunette. Enj travel, concerts, ocean, animals. Sk active man w/ country mindset

WOODLANDS LADY 70 refined, ladylike, slim, very well grmd, pretty smile, brn eyed brunette, intell, multi-skilled, fit & active, funny, sk educated man w/ happy disposition 68-76

CLAREMONT LADY 75 stunning brunette, slim, modern, warm, loving, ret. Professional, wid, sk gent similar who wants to be in the arms of someone special.

SCARBOROUGH LADY 78 funloving Brit, happy-go-lucky grn eyed blond, indep, e/going, reliable, kind & loving. Sk gent 75-83 who still has "get up & go".



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Atwell spinners celebrate 40 years with a spin-in



Pictured left to right - Pat Timmel, Lorna Green and Barbara Dudding. Pat and Barbara became members in 1979.

ATWELL Arts Centre spinning group celebrate their 40th anniversary this year and will be hosting a 'Spin In' which will

see members of spinning groups around the state join the Atwell spinners on 14 July.

More than 100 people

mesmerizing tribute to one of the greatest story

are expected to share their knowledge of spinning with many bringing along their wheels.

The spinning club was founded in 1978 and about 20 people attend each week on Tuesday afternoons from 12.30 pm to 3.30 pm.

Newcomers are most welcome and there are plenty of willing helpers to assist beginners. The group spin, knit, chat and have nice afternoon teas.

Interested people can join Atwell House spinners. The cost of the afternoon is \$3. For more information contact Lorna Green 9339 1524 Barbara Dudding 9330 3614.

A curious and relevant role...



Julie Hale (Siobhan) and Joshua Jenkins (Christopher Boone) Curious Incident International Tour. Photo by Brinkhoff Mögenburg

by Josephine Allison

WHEN the overseas tour of the National Theatre of Great Britain's stage adaption of the celebrated novel The Curious Incident of the Dog in the Night-Time came up, actor Julie Hale thought she had no chance of continuing the role of the sympathetic teacher Siobhan.

"The big shock for me was I have a husband and three kids in Glasgow and I'm from Dublin but I married a Glaswegian," says Hale down the phone from Brisbane where the play was nearing the end of its run there.

"When the touring role came up it was down to me and another woman and I can remember talking to my husband about it. He said, 'there's no way they will go with you, you're from Scotland and you have a husband and three kids, the other woman is in London and as far as we know has no dependents or any real commitments.

"But when the call came through to say I had the touring role, my husband was amazing, saying, it's the adventure of a life-time handed to you like that."

And so it was Hale came to Australia, first to Melbourne earlier this year for a seven-week

great Victor Borge.

season of The Curious Incident (winner of five Tony Awards and seven Ölivier Awards) at the Melbourne Arts Centre, then to Hong Kong, Singapore and China. After Brisbane the play goes to Canberra, Sydney and Adelaide before opening in Perth from 8-19 August at His Majesty's Theatre.

The Curious Incident of the Dog in the Night-Time is a 2003 mystery novel by British writ-er Mark Haddon. The novel is narrated in the first-person by Christopher Boone, a 15-yearold boy who describes himself as "a mathematician with some behavioural difficulties" living in Swindon, Wiltshire. Christopher investigates the murder of Mrs Eileen Shears' black poodle Wellington which he finds dead in her garden.

The book was the joint winner of the 2004 Boeke Prize, won the 2003 Whitbread Book of the Year award and sold more than two million copies. A stage adaption, by Simon Stephens and directed by Marianne Elliott, premiered at the National Theatre in London in August 2012.

Hale describes the role of Christopher's teacher Siobhan as the one person in the play who really identifies with him and actually gets him, understands how he works and how to work with

"We are a really good team and I think Siobhan is the one character in the play who is like a big comfort blanket. When she appears you feel safe and warm. It is a nice role to play."

Hale trained at the Samuel Beckett Centre, Trinity College, Dublin at the HB Studio, New York and at the Impulse Studio, London. Her work in theatre includes Whisky Galore for the National Theatre of Scotland, Cured at the Arches, Glasgow and Old Times and Love in the Title with London Classic Theatre. Television includes Shetland, Garrow's Law and Crash with film roles in My Left Foot, Ash Wednesday and WC.

"When I left school it was all about travelling to the States and I hadn't been to this part of the world before," she said. "My children are aged 11, 9 and 7 and I do miss them a lot, but they have been out here with husband Jimmy to Melbourne and Philip Island. I went to Hong Kong and Jimmy took them to the Barrier Reef, they have also been to Hong Kong and Singapore."

Hale says The Curious Incident was very well received in China. "There were little things

like basically it is all sur titles but I think a huge amount of the audience were speaking English anyway. We were doing Q and A afterwards and they would have to translate everything back and forth and I can recall asking who speaks English and I would say around 90 per cent of the audience put their hands up.

"To the extent of how well they knew English, I don't know. Sometimes they were laughing at jokes before they came out because they had read them before they were spoken."

Hale has been playing Siobhan since last September but this particular production has been going since January last year with a nine-month UK tour.

"Evervone was given the option of whether they wanted to travel internationally or not and the woman playing Siobhan previous to me decided she did not want to travel. Then the choice came down to another woman and myself so it was an amazing opportunity."

Hale doesn't leave the stage for the play's first act while in the second she pops in and out.

She believes it takes a special person to work with people with special needs.

"I think it needs a special kind of skill set, it is not only dealing with the person with needs in front of you but it is also dealing with all the other people in that person's

"Having children probably does help and in Ireland we don't talk down to children, we talk to them as an equal. We do expect a certain amount of respect and I think I probably bring a bit of that to it. I speak to Christopher as an equal.

'The play is hugely relevant to today's society, there has been a whole massive shift in everybody's understanding. I even see that with my children going to school and how inclusive schools are now.

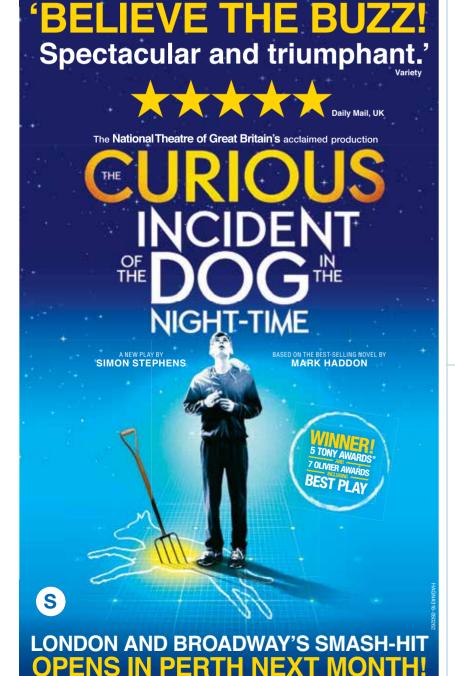
"This is one of the most unique roles I have tackled. For everything it encompasses, it has been the most amazing thing. For me I have three kids close together and I found myself living in Glasgow in a traditional family home which was never my idea.

"It has given me the opportunity to see parts of the world – like I am going whale watching tomorrow.'

Future plans?

"I think I will have a ball and chain attached to my ankle, my husband and kids won't let me go anywhere. But I need to put some feelers out through my agent to find some work closer to home."

The Curious Incident of the Dog in the Night-Time plays at His Majesty's Theatre 8-19 August.



His Majesty's Theatre 8-19 August 15 Shows Only!

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to the swinging 60s!



entrances and brutal exits.

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Get ready to sing and dance, laugh and love all over again



TEN years after Mamma Mia! The Movie grossed more than \$600 million around the world, you are invited to return to the magical Greek island of Kalokairi in an all-new original musical based on the songs of ABBA.

With the film's original cast returning and new additions including Lily James and Cher, the musical comedy opens this month.

Mamma Mia! Here We Go Again is produced by Judy Craymer and Gary Goetzman, producers of the original film. Craymer is also the creator and producer of the worldwide smash-hit stage musical.

Ol Parker, writer of The Best Exotic Marigold Hotel. writes and directs the seguel and Benny Andersson and Björn Ulvaeus return to provide music and lyrics and serve as executive producers.

Reprising their roles from Mamma Mia! The Movie are Meryl Streep as Donna, Julie Walters as Rosie and Christine Baranski as Tanva.

Amanda Sevfried and Dominic Cooper reunite as Sophie and Sky, while Pierce Brosnan, Stellan Skarsgård and Colin Firth return to play Sophie's three possible dads: Sam, Bill and Harry.

As the film goes back and forth in time to show how relationships forged in the past resonate in the present, James will play

the role of Young Donna. Filling the roles of Young Rosie and Young Tanya are Alexa Davies and Jessica Keenan Wynn. Young Sam will be played by Jeremy Irvine while Young Bill is Josh Dylan and Young Harry is Hugh Skinner.

In cinemas 19 July. **WIN WIN WIN**

To be in the draw to win a double pass to the Mamma Mia 2, simply email win@haveagone ws.com.au with Mamma in the subject line or call the office on 9227 8283 during business Competition hours. closes 15/7/18.

A powerful and insightful drama set in 1960s England

Beach in Dorset.

SUMMER 1962. and England is still a year away from huge social changes: Beatlemania, the sexual revolution and the Swinging Sixties. We first encounter Florence and Edward, a voung couple in their early twenties, on their wedding day. Now on their honeymoon, they are dining in their room at a stuffy, sedate hotel near Chesil

Their conversation becomes more tense and awkward, as the prospect of consummating their marriage approaches. Finally, an argument breaks out

between them. Florence storms from the room and out of the hotel, Edward pursues her, and their row continues on Chesil Beach

From a series of flashbacks, we learn about the differences between them - their attitudes, temperaments and their drastically different backgrounds.

Out on the beach on their fateful wedding day, one of them makes a maior decision that will utterly change both of their lives forever.

On Chesil Beach is a

powerful, insightful drama about two people, both defined by their upbringing, bound by the social mores of another era.

In cinemas 9 August.
WIN WIN WIN

To be in the draw to win a double pass to the On Chesil Beach, simply email win@haveagone ws.com.au with Beach in the subject line or write to On Chesil Beach c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 31/7/18.

Tribute show to American rock star

MUSIC fans should get ready, because David Johnson's special tribute to American Rock and Roll Hall of Fame star Gene Pitney is set to hit the Astor Theatre Perth on 5 October.

Promising a mesmerising show with a brilliant 21-piece symphony orchestra, the Perth actor and musician says he plans to bring a unique element to one of music's most loved artists.

Johnson who has been a regular on talent shows from New Faces to the X Factor, made his early living through theatre and performing as a cover artist for another hit American singer, Meat Loaf.

"I was into different music when I was younger, like Meat Loaf and I ended up pursuing that for a while. But I had quite a few people come up

to me after a gig and tell me I sounded like Gene Pitney so I have been performing his songs ever since.'

Titled, If I didn't have a Dime the show will be Johnson's most serious attempt at channelling the singer-songwriter, going so far as to perform one of Pitney's famous songs, as he did, in Italian.

In addition, show includes such songs as 24 Hours from Tulsa, I Wanna Love my Life Away, Blue Angel, Hello Mary Lou, Trans Canada Highway, and the rare Rolling Stones/ Pitney penned hit, That Girl Belongs to Yesterday, plus many more...

With a supporting artist Alix Jordan performing her show Bacharach Brilliance with her band Where There's Smoke, there could not be a more fitting collaboration.

The show will be at the Astor Theatre Perth on 5 October.

Tickets are available now through Ticketek, by phoning 132 849 or www.ticketek.com.



Raunchy Kiwi comedy



FIFTEEN years ago, Jen (Jackie van Beek) and Mel (Madeleine Sami) discovered they were being two-timed by the same man. Bitter and cynical they became fast friends and formed The Breaker Upperers, a small-time business breaking up couples for cash.

Now they're in their late-thirties and business

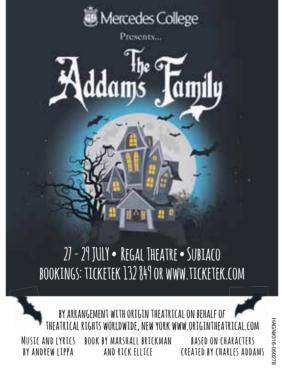
is booming. They're a platonic, co-dependent couple who keep their cynicism alive by not getting emotionally involved with anybody else. But when they run into an old victim, Mel develops a conscience and their friendship is truly put to the test.

Directed by, written by and starring NZ comedians Jackie van Beek and Madeleine Sami, The Breaker Upperers is in cinemas 26 July.

WIN WIN WIN

Thanks to Madman Entertainment we are giving away five double passes to some lucky readers. To be in the draw simply email win@havea gonews.com.au with Kiwi in the subject line or call the office during business hour on 9227 8283. Competition closes 20/7/18.





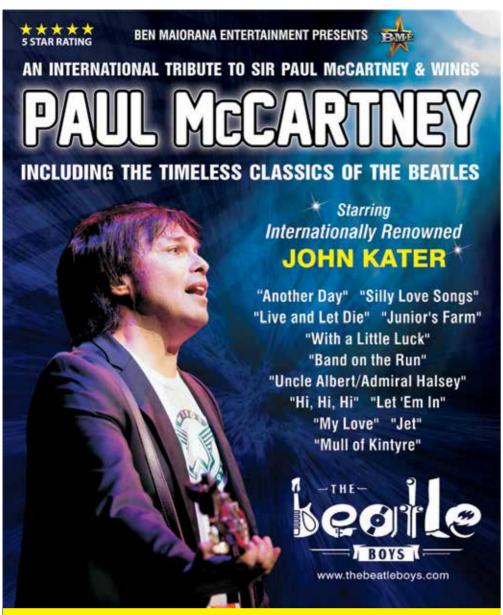


Gata Christian Stop

music



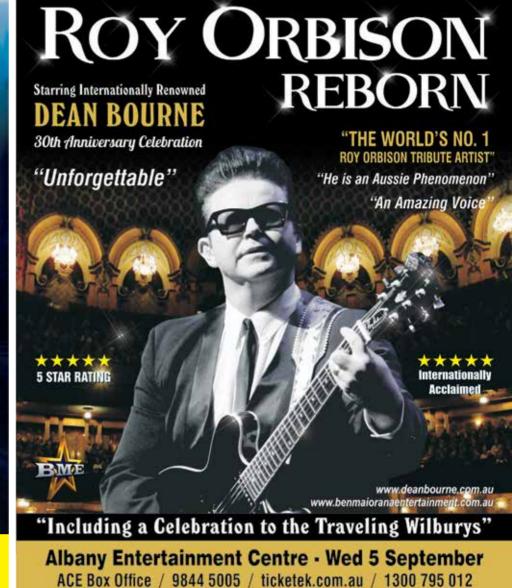




Bunbury Regional Entertainment Centre - Thu 9 August 1300 661 272 / www.bunburyentertainment.com

Mandurah Performing Arts Centre - Friday 10 August 9550 3900 / www.manpac.com.au

Astor Theatre Perth - Saturday 11 August 1300 111 369 / www.astortheatreperth.com



Bunbury Regional Entertainment Centre • Thu 6 September

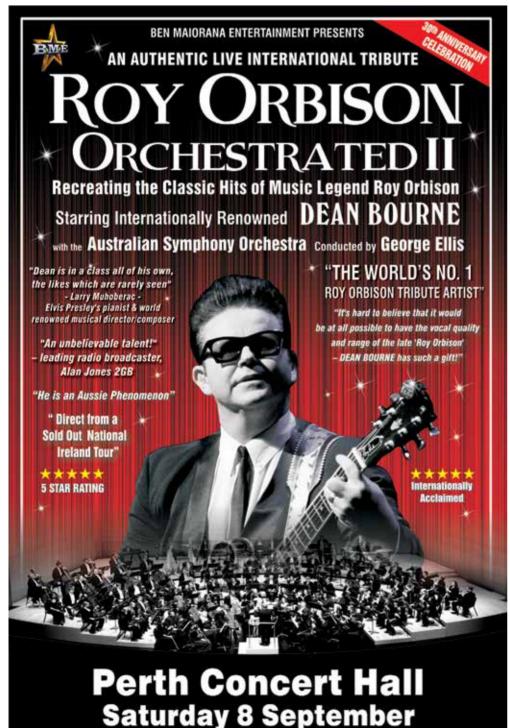
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Mandurah Performing Arts Centre - Fri 7 September

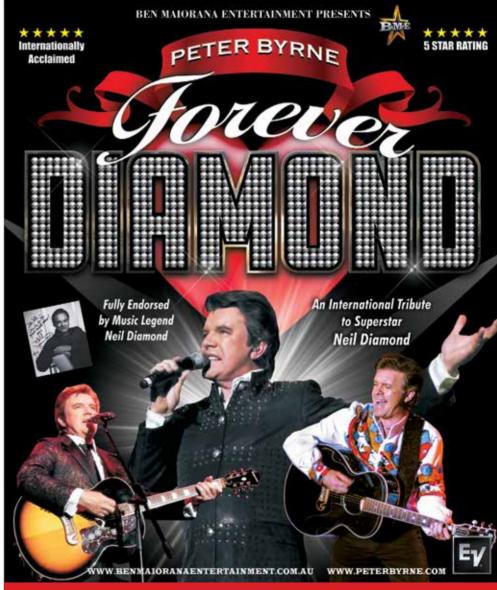
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Bookings - 9550 3900 / www.manpac.com.au

Astor Theatre PerthSaturday 20 October

Bookings - astortheatreperth.com TICKETEK

SCENE SOCIALLY

























SCENE (2): BETHANIE has been running an intergenerational playgroup since February this year at the Bethanie Gwelup Aged Care Facility (ACF).

Each fortnight, young babies, toddlers and their parents visit the ACF for a few hours at a time for the playgroup session. The group brings together young children, parents and older people for quality interaction through activities and playtime. It takes place from 9.30–11.30am on a Friday and is free to attend. Interested people can attend by contacting Belinda on 0421 319 499.

SCENE (2): Above; Senior: Sofia Barber, child: Amelia Perera. Left; Senior: Sofia Barber, child: Amelia Perera



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SCENE (3): WESTERN Australian Carpet Bowls Association (WACBA) held the *Have a Go News* State Triples on 19 June at Altone Park Recreation Centre. More than 20 teams took part in the competition with Rockingham 20 taking out the title, Rockingham 17 coming second and third place went to Balga 16. *Have a Go News* editor Jennifer Merigan was on hand to present the prizes. Anyone interested in joining a WACBA club can contact club president Jean Tierney on 0413 974 293 or secretary Barbara Price 9344 3215.



SCENE (3): Clockwise from top left; Rockingham 20; Geraldine Howe, Robert and Jacqui Carlyon with Jen Merigan - Rockingham 17; Olivia Coxshall, Barry and Joan Weighell with Jen Merigan and Balga 16; Johanna Almeida, Douglas Orr and Kate Bradshaw. SCENE (1): ON Friday 15 June, more than 250 people attended the Seniors Recreation Council's Tech Savvy Seniors event sponsored by Telstra at the Loftus Centre. The free event gave people the opportunity to find out more about NBN, ask questions about their mobile phones, scams, photography and emerging technology. Further events will be held later in the year, contact SRC on 9492 9774 to register your interest.

SCENE (1): Clockwise from left; Telstra's Jodie Wootton and Tech Savvy project manager Martin Yates - Bob and Zita Dobson - Rose Hope and Wendy Chappell - Jennifer and Christine Seng - Noreen Hemmy and Mary Nicholas - The crowd getting ready to get tech savvy - Learning more about technology - Phil Paddon, Claudine Bates, Tyrone and Helen Rodrigues, Marilyn Potter and Telstra's Jodie Wootton - Telstra cupcakes - Mary Miraudo and Rona Morrison.





SCENE (4): A MEETING of the minds about Elder Abuse was hosted by Seniors and Ageing Minister Mick Murray at the Constitutional Centre last month to come up with solutions to this growing societal problem. More than 40 stakeholders from the seniors and ageing sector including representatives from local government, Department for Communities, Advocare and Council on the Ageing (COTA WA) discussed the issue. One of the key points which came from the event is that further education is required for the community about the issue.

SCENE (4): Above; Minister Mick Murray, Karen Merrin and Scott Johnson. Left; COTA WA's Mark Teale, Minister Mick Murray and Advocare's Deidre Timms



SCENE (5): JUNIPER recently opened its new aged care centre Juniper Gerdewoonem in Kununurra furthering its commitment to providing quality care to regional WA. The \$11.5 million facility is a historic milestone for aged care services providing a one stop shop for older people in the Kimberley. It includes respite accommodation, a medical centre, community care and has been specially designed for the environment.

SCENE (5): Left, from left to right; Elder Agnes Armstrong, Vaughan Harding, Melissa Price MP and Fred Boshart. Right; Juniper Gerdewoonem - The new aged care facility in Kununurra. Image courtesy of Danny Carter.



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