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Nadia and Russell keep it real and local



ABC Radio Perth Breakfast announcers Nadia Mitsopoulos and Russell Woolf

by Lee Tate

WELL before the sun rises over the ABC's Perth radio studio, Russell Woolf and Nadia Mitsopoulos step-up to their microphones. The red light goes on.

The breakfast program presenters are quick off their marks, swapping banter and getting down to business. Like a tennis doubles team, they'll stay standing together for the duration, batting off the issues from 6am to 10am every weekday.

The ABC's coupling, iust five months ago, of familiar ABC hand Russell, with television news veteran Nadia has clicked

With their experience, broad interests and their yin and yang, the duo has found a successful formula that broadcasts the daily news, tackles current affairs and opens their microphones to guests and listeners.

In between, they juggle endless, mandatory weekday radio services from traffic and weather to stock market responses and fire warnings.

Being a news radio presenter is one thing. To share the work smoothly, constructively and happily at the microphones with constantly-pressing deadlines is another, as many would-be radio duos have discovered.

This is the ABC. This is different to the hip-and-happening, funny, ha-ha world of commercial radio. This is serious stuff with the presenters having to show knowledge and insight into the world at large while being competitive. All within Aunty's parameters.

To the New Media world, this is seen as staid, old-fashion stuff with not enough hype and zany quips to maximize radio ratings.

But Russell, 53, and

Nadia, 47, are proud advocates for putting the facts first and checking them. Getting both sides of the stories and correcting them when wrong.

In the ABC café, over coffee with Nadia, Russell says: "I'm proud of where we are.

"It was a big learning curve for me," says Na-

The duo has been brought together by fate: Russell, a third-generation lawn bowls player with Jewish roots, and mum-of-two, neighbourly Nadia, with her Orthodox Macedonian heritage.

Weekdays Russell up at 4.15am, showered, dressed and, after two cups of coffee, rolling his scooter to the end of the street before starting the engine. He doesn't want to wake family and neigh-

Longtime ABC listeners will know of Russell's scooter exploits from when he hosted the Drive program. He has since swapped the Vespa 50cc model for a 300cc stronger and safer version.

By 3.30am, Nadia is already up to allow time to do her make-up before tip-toeing out of the house, where husband, the respected journalist Roger Martin, and their two children are sleep-

ing. the neighbourhood where Nadia has a strong presence, people believe in a strong community relationship where kids grow-up, know the people in their streets and watch out for them as they age.

Once, when her house fences were being replaced, Nadia directed that they weren't too high because she wouldn't be able to chat over them with her neighbours.

Nadia, who found herself hosting their new show solo for the first couple of days when

Russell was laid low with a virus, says she was concerned with doing something different and working in an unfamiliar studio with the latest technology.

Russell adds that he was terrified but not of the program or his new on-air partner.

"Not being a traditional morning person, I was scared every night going to bed that I wouldn't wake up on time, so I set four or five alarms. Thankfully, I only need one alarm now. It's much better."

Russell, an empathic broadcaster and extremely good listener, is concerned at the constant barrage of negative and shallow news from the New Media and many news outlets.

"I won't sit with my 11-vear-old daughter and hear all those 30 minutes of (commercial) television news," he says.

continued on page 53





From the editor's desk



Jennifer Merigan

ONE of things I enjoy most about working for this paper is meeting inspiring people. I admire those who work to raise money or volunteer their time to help various causes which ultimately make our community a richer environment for us

One on my treasures list is Crown CEO Barry Felstead who fundraises and donates to many WA charities on an annual basis. Last month he participated in his tenth Vinnies CEO Sleep Out. Held at the WACA ground, the event sees heads of companies sleep outside on a cold winter's night to emulate how a homeless person lives.

They also have the task of raising money for the privilege. This year Barry hit the magic million-dollar mark with his fundraising efforts. This will make a significant difference and let Vinnies help more people in need in WA.

Council on the Ageing WA (COTA) are running a mentoring program for young adults, aged 18 to 25, which aims to help them enter or re-enter the workforce. They are seeking volunteer mentors who are willing to help a young person reach their goals. They require people for a six-month period who have good communication skills and extensive workforce experience. It requires the time for face to face mentoring on a weekly basis for the first four weeks and then a mix of email, phone and face to face meetings for the remainder of the pro-

If this sounds like a project you would like to participate in, please

contact via email – men toring2work@cotawa. org.au or call them on 9472 0104.

In this month's Meet the Author series Josephine Allison interviews Dave Warner who went from rock and roller to writer. Dave grew up in Perth, spent many years touring the country with his band and now lives in Sydney. He talks about his transition from playing in a rock'n'roll band to writing books and television shows. See page 6 for more about this suburban boy and his new book.

The third Care and Ageing Expo will be held on 3 and 4 August at the Perth Convention and Exhibition Centre. This month we include an eight-page liftout in our centre pages providing information about what's available at the expo.

Research shows that most families don't have conversations about aged care and this expo is encouraging people to have a look at what is available and find out relevant information. Being prepared and informed makes what can be a very emotional journey an easier one.

Our Facebook page grows on a daily basis and we now have about 9000 followers. We have a lot of fun, offer extra competitions and things of interest and there's no fake news or political opinions. If you are on that platform don't forget to like our page and join the throng.

For people who wish to read the paper electronically, we can deliver it to your inbox on the day of publication. Just sign up at our website or email readers@haveagonews. com.au for this free service.

I hope you enjoy this month's issue.

Jennifer Merigan Editor

jen@haveagonews.com.au www.haveagonews.com.au

Ageing research snippet

Complementary medicines – reveal all to your pharmacist to stay safe WITH almost seven million Australians taking some form of complementary medicine every day, NPS MedicineWise is reminding people to reveal all your medicines to your pharmacist.

"Complementary medicines may not work well with prescription medicines," says Dr Jill Thistlethwaite, NPS MedicineWise medical adviser and general practitioner.

"For example, St John's Wort, which some people take to help with depression may make medicines such as some epilepsy medicines and blood thinners less effective and it may also interact with some prescribed antidepressant medicines increasing the risk of side effects.

"Other examples include gingko and milk thistle which may both interact with anti-diabetes medicines, changing blood glucose levels," she says.

In Australia most complementary medicines, are listed with the Therapeutic Goods Administration (marked with AUST L on the packaging) rather than registered (AUST R). This means that while they are assessed for safety and quality, they are not assessed for whether or not they are effective.

"When checking or changing treatment, it is important to tell your health professional of all the medicines you are taking including complementary medicines," says Dr Thistlethwaite. "And, if you do take complementary medicines, your pharmacist can give you advice on which are safe for you to take."

Have a Go News Quick Quiz

- 1. When did RAC's founders first meet?
- 2. What fruit was dubbed the "gift of the gods?"
- 3. What activity do human "polar bears" undertake?
- 4. Ita Buttrose headed which health group?
- 5. The Southern Hemisphere's biggest flower show is held where?
- 6. Which HAGN columnist performs at the Grosvenor Hotel?
- 7. Sports commentator Giaan Rooney was an
- Olympian in what sport?
 8. What is the surname of comedian Rebel?
- 9. Name Seven's footy panel show.
- 10. Movie *Grease* premiered 31, 35 or 41 years ago?
- See page 60 for answers.

Word of the month

Gainsay (verb)

To deny, dispute, contradict or say something is false.

Great West Aussies - Did you know?

COTTESLOE'S Don Morrison was Australia's leading surf lifesaver with four national surf belt titles in 1948-1950-1952-1953. Emma Wynne, women's surf lifesaving champion at 16, won 11 State gold medals and six nationals.

Quote of the month

THE things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy.

Kalu Ndukwe Kalu

Urban slang

Notripphobia

THE fear of not having any trips booked.

Funny historical fact

TRIVIAL Pursuit – the board game was invented in 1979 by three Canadians in 45 minutes but took a further three years to sell the idea.

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Beazley backs seniors and sets a sizzling pace as Western Australia's 33rd Governor



WA Governor Kim Beazley

by Lee Tate

KIM Beazley is setting a sizzling pace as WA's 33rd Governor.

He's tripped to regions, attended to government and state business and addressed a long list of community events.

In their first year, Kim and wife Susie Annus have overseen renovations and adjustments to Government House, including a new roof, repainting and restyling of rooms and landscaping with the addition of an outside stage designed to boost public and official use.

The walls of Government House are lined with an expansive range of Indigenous art borrowed from a Beazley friend.

"Susie has been organising it all. She has the view that Government House should used by government for conferences and meetings

and for greater public use including entertainment.

"Government House is probably the most valuable asset in this state and she wants it used to an optimal extent," said Mr Beazley.

The Governor takes it all in his enormous stride, having surpassed his predecessor with events held at the official residence in a year (187 compared with 75) and is committed to even more.

Mr Beazley rarely takes a break.

"The last holiday I've had that's longer than a week was 10 days in Hawaii - the only family holiday I remember for maybe 30 years.

"I feel guilty having holidays in this job. If we're away it means someone important misses out. We're not here forever. The job isn't boring."

Mr Beazley, is patron of 124 organisations including Alzheimer's WA, Council on the Ageing

and Arthritis Foundation and is in the vanguard of marching baby-boomers.

The 70-year-old said: "I used to think I'd probably be retired and relaxing at 70 but now I suspect it may be 80.

"Î had a long political career and a modest academic and diplomatic career and here I am where I definitely didn't expect to be at the age 70.

I remark that the Queen and Prince Philip are working in their 90s and Ita Buttrose has become ABC chair at 77.

Mr Beazley said: "It's reflective of a trend, not only here but spectacularly in the US where retirement for those who don't have jobs that involve back-breaking labour seem to exceed the 65 age barrier.

"When I was US Ambassador, political figures aged 70 to 75 years were no way regarded as being at the end of their careers. Some might start thinking about it in their 80s. Some go into their

Mr Beazley said that among countries in the English-speaking world, Australia was probably the most insistent on youth.

"Canada, the US and Britain have an attitude which sees people taking their careers well into their 70s.

"A lot of burdens are falling on people in the latter years. One development is the emergence of grandparenting

Handmade Crafts

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and they really need to keep up income levels for quite a while.

"Then you have a focus on mentoring. When I was in my teens and 20s. no-one ever used the term mentors. 'Mentors' was disparaging, suggesting people were getting favoured treatment.

That's changed completely. There's a whole variety of organisations thinking of ways they can make use of retirees in enhancing the skills current operatives and managers. Companies had turned more to reskilling.

"It used to be thought that giving a 58-yearold person an upskilling course was a bit of waste of time if they were only going to work for a couple more years. But now they can see they could be in the workforce for at least another 10 years.

"We see around us a realistic shift in the role of older people in workplaces as our life expectations extend out into the 80s. Governments have got to encourage employers to take these employment opportunities seriously."

Mr Beazley said most seniors didn't put their working lives before young people.

"Nobody worries more about younger people than seniors. They don't say 'keep me in a job'. They say 'my grandkids are struggling to get a job'. Seniors tend to be generous-minded.

"In my dad's day nobody would think about

in 1 Market

@ SHOWGROUNDS

going beyond 65. They would do good things, voluntary work. Now we have fabulous voluntary organisations.

"About 600,000 West Australians are involved in volunteering and that's an enormous proportion of the State's population. A multitude of NGOs (Non-Government ganisations) and charitable organisations need senior volunteers.'

He said seniors could also stay active through self-help including U3A (University of the Third Age) and by keeping the brain working to reduce the risk of dementia.

"People don't have to

assume that you go in that direction (dementia) as quickly as many people go.

"I was always impressed with Bob Hawke. He was in terrible physical difficulties and required quite a lot of care. He would do Sudoko or cryptic crosswords for several hours till the day he died to keep his mind sharp, because he knew vou could mentally exercise against it.'

Mr Beazley said he had enough reading to keep his mind going in his work as governor.

He has stacks of books in his offices and bedroom that "I've looked forward to reading intensely but haven't been able to get to."

They will no doubt be part of the next chapter for the former Deputy Prime Minister, senior minister, Labor leader and US Ambassador.

Mr Beazley will inevitably be following politics from the sidelines. While daughter Hannah Beazley may have missed out on a seat at the federal election, she's intensely interested in State politics.

And following two senior government ministers and two Kim Beazleys - senior and junior - Hannah has the perfect political pedigree.





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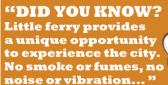




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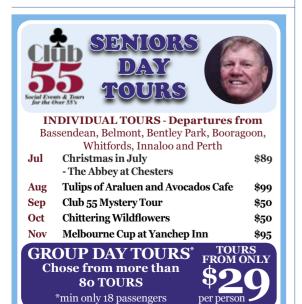
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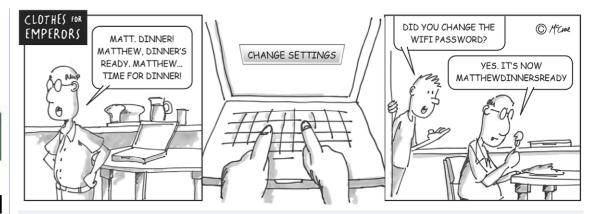
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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

DOES anyone else - like me - feel that they're being totally brainwashed by advertising?

There seems to be more ads than programs on commercial TV channels these days, and even the more serious stations seem to have succumbed to a degree.

Why do some suppliers screen in every ad break, often as many as three, four or more times during the course of a single program? If their goods are selling out so fast, why the need for continual advertising? And let's face it - it's really of no consequence if we miss this weekend's sale - we can always catch the one next weekend, or the one the following week.

And whilst we're being urged to recycle as much as we possibly can these days, more and more advertising rubbish reaches my mail box every week: most of it goes straight into the bin - but what a total waste of money.

One well known pharmacy puts out A3 size glossy publications... often as many as 38-40 pages. One week I received no less than three of these publications - two in my mail box and one with my weekend paper.

And this same outlet now has a five-minute slot on one of the commercial channels - almost daily.

About four years ago, friends of mine were recruited to assist an eastern states business who were participating in an expo being held here in Perth.

They were told to hand out leaflets to attendees with the instruction... "with a sense of urgency make them take one" this mentality seems to have increased to fever pitch now.

I'd like all advertisers to know that the more noisy and irritating their ads are, the less likely I am to

> Florence Mellott **Ferndale**

Dear Editor,

I FEEL for Ms Teh's pain at the loss of her mother (June issue) but the article does not consider the position of doctors who will be pressured to do harm when the whole of their training is to avoid it.

Medicine's task is to heal, where healing is a much broader concept than curing, according to Bernadette Tobin of the Plunkett Centre for

On this view, it makes no sense to claim that

patients have been healed by having been helped to end their lives. Symptom relief heals. Forgoing treatment acknowledges the limits of healing. But assisting a patient to suicide undermines the meaning of medicine.

Guidelines approved by the World Health Organisation state palliative care should neither hasten nor postpone death. Ms Teh claims that her mother was a practising Catholic. In this regard, one needs to consider

the teaching of the Catholic Church regarding assisted suicide. We do not keep peo-

ple alive at all costs, however, neither do we intentionally kill. To those whose lives are diminished by chronic pain and suffering, we offer the best comfort care and pain control available, always in the context of excellent pastoral, social and spiritual sup-

Because it focuses on the needs of the whole person, this care brings profound comfort and peace not only to the patient or resident but also to their family and friends.

The laws proposed in WA present a serious challenge to human dignity in this State.

> John Barich Claremont

Ed: The proposed law offers choice; palliative care or death with dignity. Not all people subscribe to the same set of ethics.

Dear Editor,

WE live in Perth and were on holiday in Busselton.

On Saturday 22 June we decided to go to Margaret River, despite the inclement weather.

windscreen wipers were not great. As there is no Kia agency in Busselton we dropped in to Auto One.

What amazing service we received.

Unfortunately, I didn't ask the

gentleman who helped us what his name was.

Despite being the only person at the shop, he took our wipers off and replaced the blades. He could have made it much easier for himself by replacing both windscreen wipers, and not only the blades.

Not only that, he did all the work to replace them, and also cleaned our windscreen with detergent, placing a bottle of it

in the washer container. Whilst all this was happening

it was pouring with rain. It was just on closing time but that didn't seem to bother him.

Cost of this, a mere \$11.95. How wonderful the world would be if more people could be like this beautiful human be-

> Verna Sherlock Via email



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Dear Editor.

dustry.

LEE Tate wrote several months ago about our enduring love with TV cooking shows. I am 87 years young and love my cooking, (International style) and at present am glued to the TV each night watching my favourite Master Chef which my husband and I reckon is the most professional cooking show on TV. It produces some talented cooks/chefs that work in the Australian food In-

Pity about the awful music in the background which obliterates the dialogue. My husband is not into cooking, only sampling what I cook, but he loves the competition, and will happily print off any recipes from the PC for me to try. I made Sandeep's recipe for lemon pepper chicken, lemon rice and raita, with

32 ingredients. Don't laugh, it took me over two hours to complete but the result won me many accolades.

I love Lee's column, keep warm.

Kind regards,

Mrs Marion Girdlestone Gosnells



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Doing fine at 99, Madge is still dancing footloose and fancy free



Madge Hitchens

Making sense of family anecdotes

and how to grow your family tree

HAVE you been thinking about those curious

stories you've heard from family members? Au-

gust is National Family History Month (NFHM)

and to celebrate this annual event, FamilyHistoryWA, the state's peak family history organisa-

Grow your Family Tree is a two-day informa-

tion package designed to introduce people to the fascinating world of family history. Ten ses-

sions will be held over two days at the State Library of WA, a short walk from the Perth train

and bus stations on Tuesday 6 August and

Experienced presenters will discuss how to

get started, where to go for information, breakthroughs using DNA, convict stories, online re-

sources, local studies libraries and much more.

Bring your own lunch or pre-order at the café on

the ground floor and use the opportunity to see

FamilyHistoryWA will also host several addi-

Then, on Monday 12 August at noon a Genie Chatter Group will discuss solving brickwalls and on Saturday 31 August at 10am, guests will

be taken on an orientation tour of the FamilyHi-

storyWA Research Centre with an overview of

the resources and services available. There'll be

a wealth of knowledge and experience available

tional events throughout August at its Research Centre in May Street, Bayswater. The first is a two-hour session - getting started; useful tips and hints to start your research - on Thursday 8

the new WA Museum under construction.

August from 10 am.

Wednesday 7 August from 9.30 am to 3 pm.

tion, will host free presentations.

by Brad Elborough

PARTS of the start of this story might sound as though they were taken from an early 1980s movie script.

A young Madge Hitchens, born in a country town, was not allowed to dance. It wasn't until she was 17 that she was able to take the steps she had pictured herself doing in her head and put them to practise with others.

She no longer had to hold back her urges when she heard the music she loved.

But then the story goes off script. When Madge got married, the dancing stopped again.

"He didn't dance; he couldn't," she said.

"I don't think he would have been able to, if he wanted to. He couldn't hear rhythm. He was clever with a radio and all that business, but he couldn't get the idea of how to dance

"For 16 more years, I did not dance a step."

When Madge became single again, she headed straight back to the dance floor, but this time, she hasn't looked back.

For 40 years, she has been making up for lost

Madge, now 99, is a member of the Nirvana Dance and Social Club. Every Saturday night she heads to the Leederville Town Hall and does what she loves to do – dance.

She doesn't hear so well these days, but that's not stopping her.

"I can do most of the dances," she said. "I can hear the rhythm and what I don't know I can make

up.
"I love a waltz the best. If you can waltz, you can do any of the dances.

"If you can't, you bugger the whole lot up."

Madge used to have a regular dance partner, lan, who has suffered health issues and can't join her any more.

These days, as she waltzes towards her 100th birthday, in February, she has plenty of people at Nirvana to dance with.

"There are lots of peo-

ple dancing at Nirvana, of all ages," she said.

"I must admit I prefer to dance with the vounger ones. I associate more with younger people than people my age.

"I am a bit of a tearawav.'

Obviously Madge likes to stay active.

She still lives in her own home and does all of her own housework. She gets by without any assistance with cooking or cleaning.

And she still drives. How else would she get to and from dancing?

"I have driven since I was 12," she said. "Being a farm girl and so far from anywhere."

"I learned to drive in an old Model T Ford, which we eventually traded in for an old Chev. You had to

put your hand out to indicate," she remembers.

"Then eventually, before the war, we got another Chevvy ute. You could wind the windows up in this."

This was a Pedric gas producer, which needed its coal stoked to get go-

That must seem a lifetime ago as she drives around town now in her little Getz.

Given a choice, Madge would trade it in for a campervan, so she can travel around Australia.

"I think I still could, but I would be a worry to the (four) kids," she says.

"Years ago, my son said old ladies like me don't go haring around the countryside in hotted up Holdens; they get on

the plane. "So, I flew to Darwin and it felt like I had my legs cut off at the knee.

"I looked in a paper, saw a car for sale, a belted-up old Cortina, so I bought it for \$300. You could see the road underneath; the floor was rusted and an ockie strap held the boot down.

"I drove it around Australia with a girl (Sabine) from Germany I met in Darwin.

"I have been right around the outback of Australia on my own in a Suzuki Sierra.'

Madge says there are a couple of reasons why she is still going strong at 99, enjoys a dance, can still get behind the wheel and remains young-atheart.

She believes she had a good start, with her lifestyle on the farm in Wa-

gin "Everything we ate was home produced, so that got me away to a good

start," she said. "Now, I don't eat a great deal. But I cook all of my meals; nothing comes out of packets.

Everyone on mum's side lived to a good age; great grandfather made it to 102.

"Dad was gone by 60, so I came out on the right side.

If you love to dance join the Nirvana Dance and Social Club for social, ballroom and sequence dancing, email: hodg son@comswest.net.au or visit www.nirvanadance club.com



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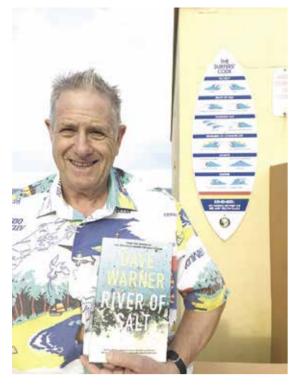


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book can be obtained by phoning 9427 3111 or emailing nfhm@slwa.wa.gov.au. Your local public library and the website www.familyhistorymonth.org.au should also be able to provide information.

Dave Warner - from Perth suburban boy and singer to bestselling author



Dave Warner

by Josephine Allison

Warner always constructing stories. But at 17 he thought it a trifle silly to write a novel so he embarked on a rock'n'roll instead career music while still reading.

The rest as they say is

highly regarded as an author and has just released a new crime novel River of Salt. But way back when the boy from Bicton was a leading light on the Aus-

tralian music scene. In 1973 Warner formed the band Pus, influenced by radical 60s New York activist band, The Fugs. Warner's song writing created his version of Suburban Boy in 1976. He gained a wider popularity with his next band, From the Suburbs, which he formed in January 1977.

"For a time, in my mid 20s, I was trying to write at the same time while playing music which was pretty much impossible," Warner says in a phone interview with Have a Go News from his Sydney home. "When you touring nationally you have no time, you are driving on the Hume Highway and up and about, and the two aren't compatible.

"It wasn't until I finished playing permanently that I started to do other forms of writing and graduated into a novel. I have written about nine or 10, I think I'm working on my 10th. There was a series of three children's novels and a bunch of non-fiction things, mainly about sport or music. Probably overall it must be close to 20 books. I amaze myself a bit and think, oh really."

For 10 years, Warner was writing for television, including more than 10 episodes of McLeod's Daughters, he also wrote in an episode of Packed to the Rafters that featured his single Suburban Boy in a storyline with Craig McLachlan as a faded 80s rock star. Again there was little time for novel writing.

But about River of Salt. Warner says it is about a young man, Blake Saunders, in Philadelphia who works as a hit man for the

"He wants to get out of that life and dreams of a life where he could do something else. He hears weird music coming from the apartment nearby and asks the man there who says it is surf music, the latest thing in California.

"He dreams of going to California, surfing and playing the guitar, but things go badly for him and he has to get out of Philadelphia and the next time we pick him up he is not only well beyond Los Angeles but on the east coast of Australia.

"He is doing all the things he wanted to do, he has a little Eden going though his past haunts him. Life is going quite well and he is running a bar but then a woman is murdered up the coast at a motel and some of the clues point to his bar. In the end he has to turn detective to get his life

Warner says he sometimes draws on his musical background for his books which he did this

"The inspiration in part for this book came from my friend and guitarist Martin Celia, a world class guitarist. He was playing down the road from me and had a worldwide hit with the Atlantics called Bombora.

"It was a huge hit.

Treasure and inducted into the WAMi Rock'n'Roll of Renown.

About 10 years ago I wandered down to Manly

to listen to the band and

the sounds of the surf

guitar. It started throwing

up all these images I re-

membered from 60s films

like Ride the Wild Surf and

Gidget and it inspired me

to write a book set in that

surf culture and as it was

going to be a crime book.

it needed a bit of dark-

"It couldn't go better

than a hit man from the

mob trying to escape his

past and that was how the

whole thing played out. In

that sense, music was

important to the develop-

ment of the book. In other books I've mentioned mu-

sic or made some refer-

ence to it. For something

you do for 15 to 20 years

of your life, elements will

Warner's first novel, a

crime story, City of Light,

was the co-winner of the

Best Fiction Work award

at the Western Australian

Premier's Book Awards

in 1996. In 2016 he won

the Ned Kelly award for

Best Fiction. He has been

named a WA State Living

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opals, small

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items of interest.

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creep in anyway."

Warner and wife Nicole. who is a singer, have three children aged 24, 20 and 12 still living at home.

"I write from home which is a good and bad thing but I shape my day."

He tries to get back to Perth often, where the couple have family and friends.

Memories?

"The heat is something you always remember, loads of memories about Bicton jetty where I learnt to swim. You would get a soft drink bottle, fill it with blue dye, throw it into the water and dive for it.

"One of my songs was about the Blessing of the Fleet in Fremantle, memories of fire brigade and police brass bands, you miss that. People would double park in Freo for a few minutes to go buy their meat and nobody minded. It's the funny little things you remember."

River of Salt (Fremantle Press) retails for \$29.99 and is available from good bookshops.

DAVE wanted to be an author from the time he was 12, as an avid reader he loved

history. Today Warner is

Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

COULD you please ask Hank Jorgen the following: When I apply for my pension in December this year is there anyone who can assist going through that minefield so that it is done properly and I don't have to do it a second time?

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Thank you, Carolyn Shand Dear Carolyn,

APPLYING for age pension needn't be a daunting task. Claiming age pension online is the easiest and most convenient way. If you haven't already, I recommend getting a head-start by registering for myGov and setting up a Centrelink online account.

You need to confirm your identity with us before you start your claim, and one of the documents you provide must have a photo of you.

Each screen of the online claim outlines what information we need from you. The benefits of claiming online means you can save and exit your application if you'd like to complete it at a later time.

It will also specify which documents or information you need to provide, such as financial statements or identity documents. You can upload these through your online account at any time. There's

even a handy video on our website explaining how to claim online simply search for 'Age Pension' and 'How to claim' on www.hu-

manservices.gov.au. We'll also write to you to let you know if we need additional documents, so it's important to check your mail, including your myGov inbox, to see if you've received any-

thing from us. If we don't hear back from you or you don't provide the outstanding documents in the requested timeframe, we may have

to reject your claim.

Of course if you're not able to claim online, our staff are available to help you complete your Age Pension claim. They can even sit with you in a service centre to help step you through the online claiming process. As I mentioned in

my last article, you can apply for age pension up to 13 weeks before you turn pension age. It's a good opportunity to get organised so you can begin to receive your payments once you're eligible.

Yours sincerely,

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

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Millionaire Hot Seat locks in 20 years - host Eddie McGuire wants people to come and have a go!



Millionaire Hot Seat contestant Duncraig's Kayne Ryan and host Eddie McGuire

by Jennifer Merigan

MY household loves trivia so much that we are part of a team which hunts out quiz nights around town.

We also like to test our watching knowledge quiz shows on television and if we're home early enough during the week Millionaire Hot Seat is one of our favourites.

It's a year of celebration for the show as it notches up 20 years on air with 40,000 questions asked across 2000 episodes and nearly 80 million dollars won.

Host Eddie McGuire visited Perth last month and Have a Go News spent some time with him and Duncraig contestant Kayne Ryan who recently won \$20,000 on Hot Seat.

"We want more Perth people to come on the show, we've found when they appear on Hot Seat they usually win some good money, said Eddie.

After doing some research, it seems Eddie holds the record for the longest host of the show, which has affiliates around the globe.

I asked him what was the secret which has kept him locked in to hosting for 20 years.

win the money, all the contestants enjoy being on TV and have a great time," he said.

Kayne said that he applied for the show through the website and didn't really have any expectations, but was happy to head to Melbourne with his wife for a break and enjoy the experience.

Eddie and everyone involved in the process made us feel really welcome and nothing was too much trouble - it's really professional with a personal touch from those involved.

"People were so nice and accommodating, it was a really good experience which I would treasure even if I hadn't won the money," said Kayne.

Éddie said that the other thing he enjoys about the show is the confidence that he sees develop in people when they win.

"What I loved see-ing from Kayne's win was watching his selfconfidence grow. I hear from contestants all the time that we provided an opportunity for them to have a moment in life where they win," said Eddie.

I asked Eddie and Kayne what advice they would give to potential contestants.

Eddie said, "the key is to decide whether you want to win the million or a big prize, most people who come on the show don't necessarily want a big prize, they just want to win, say \$20,000.

"When you are looking at the questions, look at what the answer isn't, listen, watch the questions, read it out loud and then have a

Kayne said he didn't hit the books or cram, he just did his usual trivia online at lunchtime and kept up to date with topical things and current events.

"The most difficult part of being on the show was working out which camera to look at.

"It was a bit nerve wracking when the boom came down and the lights went on, but I did better than I thought, and Ed helps take the edge of it.

Once you pass the

fastest finger and answer the first question it gets a lot easier.

"If you're tossing up about going on, just have a go, there's every chance you may win something, I only had to answer two questions to get the \$20,000 prize.

They make it easy - it's a really good experience which you will enjoy whether you win or not," said Kayne.

Eddie looks forward welcoming more people from the west to Hot Seat, and if people can't make the first of the Perth auditions on 13 July it's easy to apply online as Kayne did.

Eddie said come and have a try out - it's not a science exam, it's not university, it's all about having fun.

"Enjoy a trip to Melbourne, be on television for a day and you never know you just might change your life with a big win.

"There are a lot of television shows and lots of things on social media which are meanspirited but this is genuine fun and we want you to win," said Eddie.

Millionaire Hot Seat airs on Channel Nine Perth and 9Now Monday to Friday from 5pm to 6pm. To find out more about the audition process simply head to www.9nowcom.au/mil lionairehotseat



Living Well with Dementia

A free talk by Michael Verde - renowned educator, international speaker and founder of the Memory Bridge.

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HEALING

Panel of scientists discuss is there life on Mars?



AS PART of National Science Week, a panel of leading scientists and astrophysicists including NASA Mars 2020 rover mission program scientist Mitch Schulte, Paul Davies from Arizona State University and the University of NSW's Martin Van Kranendonk come together to discuss the potential for Life on Mars at the Perth Convention and Exhibition Centre on

15 August. The scientific significance of the 3.5 billion year-old fossil stromato-lites found in Western Australia's north will be brought into focus as this panel of experts discuss the origin of life on earth,

the search for evidence of life on Mars, and preparing to live on the red planet.

"NASA is in the early stages of preparing to send the first astronauts to Mars," says Professor Martin Van Kranendonk from UNSW.

"In 2020 the robotic mission will be searching for signs of habitable conditions on Mars, as well as past microbial life from its ancient past.

"Gathering knowledge and demonstrating technologies, the mission will address the challenges of future human expeditions to Mars. From testing oxygen production methods to improving landing techniques, this mission is the first step to answering our questions about the wider galaxy," he says.

"It's pretty simple, the

fun that comes from it,

the joy of seeing peo-

ple's lives changed in

front of your eyes makes

to tell and I love hearing

them when I meet the

can change their lives

whether its \$10,000 or

sometimes it's a million.

Ultimately at the end of

every hour I've either

given someone a thou-

sand dollars or a whole

lot more and they often

shake with the joy of

winning. Seeing that is

"Even if they don't

contestants.

fabulous

"Everyone has a story

"When they win, it

it so I never get bored.

How will people live on the red planet? Is there already simple life there? Will Mars be a base for humanity stepping out into the galaxy? Do we have galactic neighbours?

These questions and more will be asked by Dr Graham Phillips (formerly of ABC's Catalyst) who will lead this stellar panel of leading Australian and International scientists to find you the answers.

Life on Mars is present-ed by BHP and UNSW's Big Questions Institute at 8pm on Thursday 15 August at the Perth Convention and Exhibition Centre - Riverside Theatre

Tickets from \$43.85-\$84.65 + booking fee are on sale through Ticketek https://premier.ticketek. com.au





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Where Opinions Matter - the rise of the tattoo - do you like them or hate them?



by Lee Tate

TATTOOS are cool. So seniors, conscious of widening the generation gap, are careful not to criticise.

Not that tattoos are restricted to younger people. Far from it. However, there is a difference between a token tattoo and the comic strips that have spread over the human skin worldwide. Why shouldn't we speak up if we feel strongly about them? In the nicest possible way, of course.

Tattoos have become a mark of our times, thanks to actors, sports stars and the social set.

Like sheep, millions of people have thrown themselves on tattoo tables, at the mercy of tattooists armed with needles of all descriptions and in all sorts of conditions.

Many tattoos are discreet. A pink butterfly inked on an ankle. The name of a loved one pricked into the flesh of an arm. And that's their

But they've gone too far, clearly. And how ugly have they become? Stretching over the arms, legs and faces of footballers - men and women. Even on darker skins where they are barely distinguished. They are hardly attractive.

How often have you seen someone with an appealing tattoo or onethat enhances their appearance?

If they are not looking to make themselves look better, to bond, or even making money from it, why carry the images for the rest of their lives.

Tattoos suit Maoris and islander people - even sailors of generations past who knew some-

The diversity of the

collections and high lev-

thing about moderation. Tattoos evolved as part of their culture.

Many tattoos are a blur, owing to poor artwork, weak application or silly image choices. How good do people expect an inked image to come across on the human skin? And who is it for?

If they are for loved ones, why do they need to be displayed publicly on exposed faces, arms and legs? And project it over Facebook?

Does the naked body, covered in pictures, scribbles or jokes look appealing to partners? How many people truly find it erotic? If not, why have them?

Beautiful bodies pa-

rade along our beaches, spoilt by ink stains. Supermodels stalk the world's catwalks with distracting tattoos. But if they are bearing them, of course the social set must wear them. And if film stars are setting the scene, the fans must naturally follow.

What schoolkid can carry the stigma of being a clean-skin? Which adults, struggling to pay their bills, can face the indignity of being left behind without a publiclyseen tattoo?

Tattoos are sought by more than dedicated followers of fashion. At least some fashionable apparel enhances, beautifies or lifts the wearers. A great amount of stuff paraded on catwalks is ridiculous, ugly or over-the-top. But it is designed to draw attention to an event or a designer.

Temporary tattoos make better sense. But, no, the in-crowd has taken the plunge and been inked forever. We idolise these brave, trendsetting, frontier-dwellers. To the point of being ridiculous.

No point telling young people about what happens to the skin when it ages. Or what the drooping, lined flesh does to any images it carries. To many people, young and old, all that matters is

Yes, we're all different. It's a free world (at least for us). Our choices are our business. People are entitled to spend their money their way.

Go ahead. No-one is suggesting you shouldn't. But what a silly time in our evolution.

And please don't mention studs and pins, forced through noses, lips, ears and places below the belt. That would be just too painful to talk about.

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.

Discover the history of the Berndt Museum

UWA's Berndt Museum holds one of Australia's finest ethnographic art collections spanning Aboriginal Australia, Papua New Guinea

and Asia with extensive collections of photographs, sound and video recordings and important archival holdings.

el documentation make the museum an invaluable facility for research and teaching and for the wider community

The museum was established in 1976 to house the collections held in the Department of Anthropology. John Stanton became the curator and subsequently

director from 1976 to

A talk about the museum will be held on Friday 2 August at 10am for a 10.30am start at Royal Western Australian Historical Society at 49 Broadway, Nedlands.

Cost is \$10 and bookings essential by 9386 3841 or email admin@ histwest.org.au.

New style croquet a success - come and have a go



Gwenda Sharpe (silver), Eva Roach (bronze), coach and referee Christine Bunny, and Nigel Spitz (gold)

HAVE a Go sessions with a new shortened version of croquet 14/40, attracted ten players to Halls Head Croquet Club in Mandurah, recently.

In 14/40 a team of two players competes against another pair to run 14 hoops in 40 minutes. In the sixth and final session the trainees competed in a tournament.

It was won by Nigel Spitz with Gwenda Sharpe runner up. Both players have joined the club as full-time members.

Among those competing was Eva Roach, a feisty lady in her

90s from the Ingenia Gardens Retirement Village in Erskine. Each of them received medals - gold, silver, and bronze.

Eva Roach, affectionately known as 'ratbag' to her friends said: have never won anything in my life before, so I am delighted with my bronze

With everyone on court at the same time, and with the rules simplified, croquet has become easier to learn, to play and

The club will be running more 14/40 sessions on Mondays from 1.30pm. Sessions cost \$10 to cover coaching, use of equipment, including mallets. and tea.

The Dunsborough Croquet Club is running 14/40 games and 10 people have signed up to have a go. York Croquet Club has also started and Como Croquet Club will commence in August.

If you would like to have a go, age is no barrier. For more information please contact Sheila Twine, on email sheila.twine@bigpond.com.au - 0417 357 352; or David Smeeton on email d.smeeton@ westnet.com.au 0413 095 100.



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Calling descendants of George Oglesby King



George King in the buggy © Carolyn King

ELEANOR Kay is holding a family reunion on 12 October at the Swan Districts Football Club for the descendants of her great grandfather George Oglesby King who lived in Meadow Street, Guildford.

She is hoping to make contact with more of her unknown cousins who

were all born in Guild-

George's children were Thomas Oglesby, John Wilbur Lunn, George Gilmour, Annie Adessa, Alfred Hagen, Ellen Jane, Arthur Leonard, Albert Edward, Hubert Charles Barker, Eva Barker, Minnie King, Cecilia Barker, Edwin and Louis Barker.

The photo of George Oglesby King in the buggy was taken in 1895 and Eleanor thinks the boys may be the children of Thomas King.

If any readers think they are related or have any relevant information please contact Eleanor King on 9581 9607 or email kingsreunion@bigpond.com.

We can reduce the plastic tide - how you can make a difference



Karen Majer

by Karen Majer

THERE is no such thing as 'away'. When you throw something away, it must go somewhere. Sadly, in the case of plastic, somewhere is often our beaches and the ocean.

About eight million metric tonnes of plastic end up in the ocean each year. When you consider how long plastic hangs around – up to 1000 years in landfill – it's easy to see the scale of the problem.

In the ocean, most plastics break down into tiny pieces called microplastics that collect in huge ocean garbage patches. Five of these massive patches of plastic debris cover large swathes of the world's oceans. The one between California and Hawaii is the size of the state of Texas.

These concentrated patches form because of ocean gyres, systems of circular ocean currents formed by the earth's wind patterns and forces created by the rotation of the planet. The area in the centre of a gyre tends to be calm so the debris is drawn into this stable centre where it becomes trapped. Imagine a pea soup of microplastics with

larger bits like shoes and fishing tackle extending down into the depths of the sea. In 2018, a diver in a submersible in one of the deepest parts of the ocean ever explored recorded several marine creatures, one of which is a potentially new species, a plastic bag and candy

wrappers. So much for

wilderness.

By 2050 there will be more plastic in the oceans than there are fish (by weight). Marine animals often can't tell plastic particles from food with tragic results that extend right up the food chain to whales – and us. Many fish that humans consume have ingested plastic microfibers. The debris damages coral reefs and larger pieces, especially fishing line, plastic bags and nets, tan-

gle marine life and birds.
The good news is that

people are waking up to the problem and doing something about it.

Plastic Free July, which began in Western Australia in 2011, is now marked by millions of participants across more than 170 countries worldwide.

There are plenty of ways you can reduce your single-use plastic use. The first step is to stop thinking of plastic items as disposable. A so-called disposable nappy takes 450 years to break down in landfill. Recycling has become more popular but it's not a complete answer. Choosing reduce and reuse before recycle helps to cut down the greenhouse gas component of our plastic addiction as well as reduce waste.

With greater awareness, it's getting easier to choose to refuse plastic shopping bags, drinking straws, takeaway containers and coffee cups. When I took up the July plastic free challenge a few years ago, it was a struggle. Now my butcher, sushi shop and others happily accept my own take-away container. It's simple to carry a shopping bag and keep a reusable cup. Beeswax wraps can replace cling film.

But some supermarkets still have a way to go and it's up to us to tell them that we don't want our veggies on a foam tray covered by plastic. Explain to the kids that balloons are killers in the environment and encourage them to have fun making party decorations from recycled materials.

We can all do our bit to reduce the plastic tide.

Helpful hints: www. plasticfreejuly.org//living-plastic-free.html

Have a go at bird watching in Mandurah



Osprey

MANDURAH Bird Observers Group have outings on the fourth Friday of most months. On these days they visit the beautiful waterways and bush areas in and around Mandurah to observe what species of birds are in the area. They record the species they identify

They record the species they identify and report to Birdlife Australia.

More than 100 species of birds are

found in the Peel Region and numbers increase during the migratory season.

The group plans to have some out-

ings, which usually are about four to five hours duration, on a weekend so that bird lovers who work during the week can participate.

The group is affiliated to BirdLife Australia, but there is no requirement.

The group is affiliated to BirdLife Australia, but there is no requirement to join, although many of the group are members and have a good knowledge of birds in the lower south west of WA.

of birds in the lower south west of WA. If anyone is interested in learning more about our wonderful bird life and would like to be able to identify birds, enjoy the environment and impart their knowledge then contact, Bill King on 9534 9913 or email newbill 13@bigpond. com to join the group.





Local amenities at your doorstep

Are we there yet? Family journeys from past and present



Left to right; Rick with his grandchildren in the USA

www.communities.wa.gov.au/elderabuse



by Rick Steele

WELL I remember, going to the main wharf at Auckland harbour, armed with toilet rolls, ready to throw towards the people on the decks as we sang: "now is the hour, for me to say goodbye."

The ship tooted its massive horns and slipped slowly away from us and into the darkness.

We were farewelling my Nanna and Poppa who were sailing across the oceans, back to the ole country, on one of the great P & O liners of the day to visit their relatives before they all passed

My mamma said, "Wave, you may not see them again." I think we children repeated this ritual four or five times at least with varying uncles, aunties and friends of the family or the church. Probably the most poignant was the departure of my mother and father with my two sisters, when I was 15 and attending boarding school.

I can't remember exactly how long the voyage was in those days, but I'm thinking something like six weeks on the high seas. Dinner with the captain, quoits on the deck, swimming in the pool, cocktails at six, sunbathing and tourist stops.

From the postcards I received it all sounded rather gay.

Check out June 2019. "I've ordered the Uber for 10 pm. Have you got your passport and bag ready?" Airport T4. Depart midnight and arrive Sydney 6 am.Transfer bus to International, coffee, paper, toilet, customs... customs.

"Sir, take off your coat,

glasses, belt, boots and empty your pockets and walk through this and you can go now."

"Passengers from row sixty to seventy can board now."

Crikey, how big is the plane anyhow? It was a double decker! Departure time 9:30 am. Expected time to destination. Thirteen to fourteen hours.

I have a reference point to a fourteen-hour journey. Back about 1998 the band did our usual rock'n'roll type tour in the Valliant and trailer. Thursday night at the Southern Cross Railway Hotel, Friday in De Bernales Kalgoorlie, Saturday night party at Murrin Murrin mine and Sunday session at Leinster Tavern.

Our drive back to Perth was normal enough with a couple of blown tyres, the ham and cheese (tastes like plastic) stop; fuel stops and the obligatory comfort stop by the side of the road.

At least you could say: "stop the bus, I wanna get off!"

I'm used to flying sandwich class and these days choose an aisle seat, not because I'm still a member of the mile high club, but rather that my bladder is similar to

that of a young puppy.
After the first two movies, lights dimmed, and a couple of reds, I check my near neighbours and I become aware of the phantom flatulator. Bugger!

The old stick your finger up your nose trick works for five minutes. A series of deductions and I reckon I nailed him. A boring movie and a quick nap seemed to fix the problem and I was able to focus again on the meaning of life and other relevant questions like: "Are we there yet?"

As I travel, literally and figuratively on my path, I have been known to say to people that I believe walking the walk of life without family must be as difficult as going to space without a space suit.

I also say family are

similar to fans. "You don't get to pick 'em!"

I've got a meeting of my fan club next week in the phone box on Main

I'm fortunate enough and blessed to be able to visit two of my three sons in the land of Donald Trump and pass on the 'flu and the wonderful wisdom I have acquired in the bars and clubs I have worked in for 40 - 50 years. The grandkids are gonna love my grumpy ole ways and especially when I keep changing the TV channels.

By the way, it's very warm and sunny over

I've often been asked why I'm such a good swimmer?

When I was young, my dad would row out to the middle of Auckland harbour, throw me overboard and say: "swim home".

I didn't mind the swim home. It was getting out of the bag that was the tricky part.

Cheers dears.



Government of Western Australia
Department of Communities

Help shape WA's Elder Abuse Strategy

The State Government has released its *Draft Strategy to Respond to the Abuse of Older People (Elder Abuse)*. The draft strategy, which outlines the priorities, actions and outcomes needed to address the serious issue of elder abuse in our community, is open for public comment until 24 July 2019. To read the draft strategy and provide your comments (via online survey, email or telephone), go to

DOC_01838

Girl Guides Western Australia seek memorabilia for archiving

MEMBER of Girl Guides Western Australia, Dianne Hodgson has been involved in Guiding for more than 30 years and is currently a member of the Trefoil Guild (for those who no longer can or want to be a leader but would still like to be involved in Guiding).

Currently she is archiving all the Guiding history in Western Australia from 1910 to the present.

To research the badge history Girl Guides WA archives are trying to locate a number of badges they are missing from the Brownies, Girl Guides, Rangers and Adults collection. They are also seeking any old handbooks and copies of policy organisation and rules, particularly pre-1945 issues.

If anyone has any of this material and is available to assist Dianne please contact her on dianneggwa@outlook.com or call 0488 006 295.

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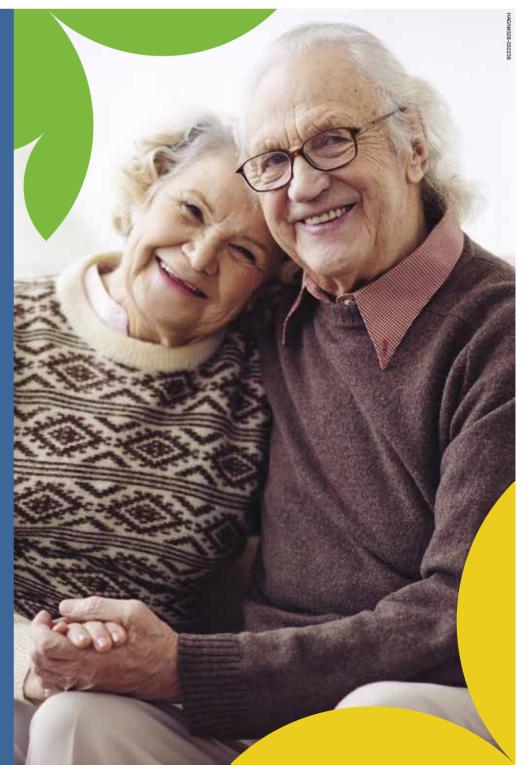
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- **Personal & nursing care** dressing, bathing, showering, grooming, mobility, medication and more.
- **Wellness services** occupational therapy, physiotherapy, assistive technology and more.

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Much to do - sometimes you just have to get out there and just do it your way



Jon Lewis

by Jon Lewis

YOU know what to do; many people have told you what to do; your friends have likely told you too, and you still haven't done it.

A lovely caller to my early morning talk show on 6PR, Nursen, explained this to me one morning...

"There are lots of ex-

planatory pieces on what to do and none on exactly how to precisely

How actually do you do it? Did you do it?

Today, I'm going to tell you how I did it in the hope that it may help vou do it.

As my darling wife Gloria was away on family matters for six weeks. I wondered what could occupy my time with, what could I achieve during her absence?

Make a healthier me was my decision. I wanted to see how much better I could be in a month and two weeks. There was no pressure just three fortnights of clean living.

My first step was to be quite brave and throw out all the processed food and anything with sugar.

I was basically left with vegetables, various meats, eggs and fish.

I even decided to, in an effort of purity, to remove everything from the fridge, wash down the white plastic walls and the shelves. It was actually quite cathartic, although the incessant periodic beeping did drive me crazy.

Eating soon became

a simple matter of boiling up a big pot of water, including various chopped up vegetables, mushrooms and packets of dried soup mix. The latter really did make it quite tasty. Soon it was bubbling nice and hot on our white IKEA convection stove top. I would then drop in a piece of fish, steak or at times even a couple of

Most surprising to me is... it didn't taste too bad. In fact, by the end it was tasting so nice that on my darling's return she insisted I continue to make it. I did wonder at how genuine this comment was as now I was doing all the cook-

My next simple step was to do some sort of exercise.

Personally, I quite like going to the gym and I would do that three times a week.

On the other days my exercise would include going for a long walk. This was something I quite enjoyed as it gave me a lot of time to think. If I found the walk a little hard to do it made me look forward to the gym which seemed easier in comparison. If the gym seemed a little difficult, I would look forward to the next day when walking would seem an easier choice.

It's funny, isn't it, how what we're doing at this present moment can seem more difficult than something in the future. I suspect we regularly perceive the future as being a lot easier than anything now. I'm sure the future me and the current me both end up doing the same amount of work, it's just that the future me seems to have a lot more work

piled up. It's nice to take the workload off the future me.

There were bumps and hiccups in my healthy 42-day experiment. This is how I dealt with it. If I was invited to dinner or someone offered me pizza... I would eat it with delight. I found, though, that I

would not eat nearly as much as I used to... had my stomach become smaller?

I started every day with much the same breakfast of rolled oats, a few sultanas and some Nature's Way protein powder. I use this product because it is only protein powder with no tricky added extras. It's a bit expensive so I wait until it's half price.

As a result of all of this I found more sustained energy and I slept bet-

The change in my body was quite remarkable. As I write this I am just 10kg off my sixpack weight in 2009 when I was featured on the fabulous TV program Today Tonight.

I have found that onesize-fits-all, does not fit me. So, I had to make a plan that did fit me. I encourage you to find what feels right and fits you. I'd be delighted if you wanted to share your plan with me.

Keep it pure, keep it simple.

I hope it helps you and that's how I actually did it.

All the best.

Unfreezing British pensions - the current state of the campaign

by Mike Goodall

THE UK still don't have a prime minister. The bookies' favourite is Boris Johnson (a Brexiter) although Jeremy Hunt (a Remainer) presents bet-

wins, the problem of the

resa May will sit heavily in their lap, especially as the ter at interview. Whichever of them European Union doesn't have a negotiator and is disastrous Brexit negotiarefusing to renegotiate anyway.

Looks like a no deal exit to me.

tions undertaken by The-

Boris has always stated that he was in favour of unfreezing our UK State Pensions but who knows what will happen if he becomes prime minister.

What we now need is to activate our Federal

Please contact your MP (if you don't know who they are or how to contact them I can help). Go and meet with them (they are only human beings after all) and tell them about the problems of frozen pensions and how if the campaign was won it would save Centrelink \$1 billion every four years plus there would be another \$1 billion plus going into the economy.

It is important that people do this in early July before the Liberal Party state conference which will be held towards the end of the month. It is time to build the pressure to have the Coalition adopt pension unfreezing

as official party policy.

In the UK, Nigel Evans, MP for the Ribble Valley, has been questioning the Secretary of State for Work and Pensions whether she is discussing reciprocal 'social security' agreements with a list of European Countries including Bulgaria, Czech Republic, Estonia, Greece, Hungary. Latvia and Lithuania. An agreement was reached with Ireland in March 2019.

The official response was 'that the United Kingdom is seeking to protect the social security coordination and reciprocal healthcare arrangements

with the EU or member states to maintain existing rights for a transitional period until 31 December 2020 in a no deal scenario'. In other words, they are talking to them. So why are they not talking to Australia?

Nigel Evans to hear from any frozen pensioners who either lived in the Ribble Valley or Lancashire, before moving to Australia. The contacts are being made via the International Consortium of British Pensioners' UK consultants so if any people wish to help, please contact me and I will put you in touch.



Mike Goodall

Anyone who would like to discuss the above in greater detail or 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 mikec goodall@btconnect.com

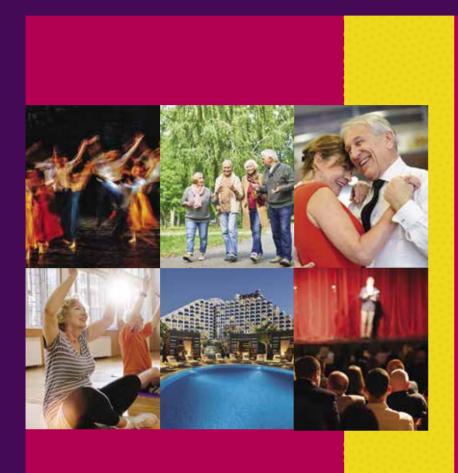




*See niv.com.au/WIN for full terms and conditions. Entries only applicable to Helena Valley Lifestyle Village, entries and WIN promotion not available at any other National Lifestyle Village. By submitting an entry into this competition entrants consent to receive promotional and other marketing messages from the Promoter (including messages sent electronically for an unlimited period of time). Entrants will be able to opt-out at any time by following the instructions included in each message sent by the Promoter. See www.nlv.com.au/WIN for full terms. Open to WA residents over the age of 45. All entrants may enter as many times as they like provided that each entry is unique. • Competition opens 30/04/19 at 12:01 AM and closes 01/12/19 at 11:59 PM. A Contestant will be drawn on 02/12/19 at 11:00 PM. There will be one envelope with the \$550,000 Display Smart Home at Helena Valley Lifestyle Village Or Cashback prize noted in it. The other envelopes will have a consolation prize value of \$2,000. The contestant will determine the prize the Contestant wins. The prize is also determined on the winner's name published online at www.nlv.com.au/WIN from 09/12/19 for 28 days. The Promoter is Helena Valley Residential Resort Pty Ltd (ABN 88 135 522 486) of 2340 Helena Valley Rd, Helena Valley Rd,



BIGGER, BRIGHTER AND MORE FUN THIS JULY





Free Crown Life Events

Get involved with free Crown Life events in the month of July. Don't miss free dancing lessons and Zumba Gold at Eve Nightclub and the popular Showtime performances at Groove Bar & Lounge in the Casino.

See crownperth.com.au for full schedule.

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





LIVE A LITTLE BRIGHTER

Winter paddling around Middle Swan with the Over 55 Canoe Club



Annual Seniors Ball

THE SRCWA annual Seniors Winter Wonderland Ball was held on 5 June and was a sellout once again with more than 200 people in attendance. The floor show was a moving performance from one of the pipers from the WA Police Pipe Band and three Scottish dancers. The band Satin Doll provided the perfect compilation of dance music and their play list was enjoyed by all with the dance floor filled all afternoon. The photo booth also proved very popular with everyone getting snaps of themselves to take home. SRCWA state vice president Phil Paddon welcomed everyone and introduced Mr Matthew Hughes MLA who addressed the audience on behalf of the Minister for Seniors and Ageing; Volunteering; Sport and Recreation Hon Mick Murray MLA. The prizes won included an overnight accommodation package and a Crown giff certificate donated by Crown Perth; a travel pass for two donated by Casey Australia Tours; two bottles of Moet Chandon Champagne donated by Have a Go News; a handcrafted wooden platter donated by MC Cabinets and a Canvas donated by Studio Twentysix Photography. Thank you to the volunteers and staff who made this event so successful. A special thank you to Pat Paddon who made 22 snowmen for the table decorations at the event which were so cute everyone wanted to take them home. Our special thanks go out to our sponsors Crown Perth, Have a Go News, Department of Local Government, Sport and Cultural Industries, Department of Communities, Casey Australia Tours, MC Cabinets and Studio Twenty Six Photography.

LiveLighter Seniors Activity/Information Day, Loftus Recreation Centre

About 90 seniors attended the LiveLighter Seniors Activity-Information day last month sponsored by LiveLighter Healthway and organised by SRCWA in partnership with the City of Vincent. This event gave participants the opportunity to have a go at various activities and source information from the many static displays on a variety of topics. The people who attended were very active and engaging and all of them wanted to take part in the activities from the moment they commenced. Pole walking, carpet bowls, seated hockey and the air soccer were particularly popular. Other activities included, giant darts, Bob (table billiards), skittles, Heart Sport activities, carpet golf and more. After a morning of activities parficipants were treated to a healthy lunch. Thanks to the City of Vincent's Kendra who assisted in organising the activity day, and a big thank you to SRCWA's hard working volunteers. This event was sponsored by LiveLighter Healthway and supported by City of Vincent, Department of Local Government, Sport and Cultural Industries and Dept of Communities. Remember to eat healthy meals and exercise daily to LiveLighter.

Pole walking

Pole walking uses two poles, often called hiking or trekking poles to add a new dimension to walking. It is an easy, efficient and low stress activity which engages the whole body in a total workout. Users find they have greater increase in muscle endurance and toning in their shoulders, back, chest, upper arms and abdominals when they pole walk. The poles also provide stability and add a spring to people's steps as they push the user along. They can help reduce stress in the knees and other joints and loosen up muscle tension in the neck and shoulders. This is beneficial for anyone who has a job where they sit in one position most of the day. Posture improves with correct technique and users find it is up to 40 per cent more effective as an exercise than regular walking. Oxygen intake increases significantly, and heart rate is five to 17 beats more per minute, compared to regular walking. To organise an individual or group demonstration call the SRC office on 9492 9773.

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

Have a Go Day 2019 a LiveLighter Event will be held on Wednesday 13 November at Burswood Park from 9am to 3pm. Come and be a part of this activity and information event for over 50s which 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.





Lovely paddling in Middle Swan

by Iris Mickiewicz

WHAT a wise choice Middle Swan was for our paddle in late June. It was very windy as promised by the Weather Bureau but, apart from fresh head winds and the occasional gusts, it was lovely paddling. We were reasonably sheltered and

could hear the wind whistling strongly in the trees above us.

Twenty-six paddlers gathered on the banks and divided into our usual two groups – leisurelies and main streamers. Leaders and tail enders were nominated, and we headed off upstream to explore.

Nine leisurelies, with their experienced leader and tail end Charlie in place, paddled up to the Maali Bridge for morning tea, as well as exploring a small creek off from the left bank, a little upstream from Middle Swan Reserve.

To add to the exciting experience the leader was caught unawares by a twiggy branch of a sunken tree inviting him to inspect the river bottom. He says he did all this to entertain the fleet and demonstrate a river rescue and club newbies need all the practice they can get for this procedure. Many a new member was up to the challenge and expertly carried out the rescue to a round of applause.

Well done to our newbies who handled a 10.6 km paddle well despite paddling against fresh head winds.

Meanwhile 17 main-

streamers headed upstream with a very capable leader in search of where the river stops be-

ing tidal.

We paddled past Maali Bridge to locate the sandy beach where we normally turn around. However, with higher water levels than usual the sandy beach wasn't easy to find. We agreed to continue to explore upstream, hoping to reach the Anglican Church. It was tempting to go around just another corner and then, around just another corner when it was realised the GPS said the church was still two km further on. At that moment common sense prevailed (despite common sense being not too common at times). It was agreed to return for morning tea.

Total paddle distance 15.8 km, a few tired paddlers that night required a magnesium bath to assist in the recovery of sore and tired muscles.

Thank you, tail end Charlie, for making sure we left no one behind out of sheer exhaustion or any other excuse for lagging behind. And, despite the camera being submerged, the leisurelies leader was able to salvage some photos for us. Thanks to our club vice president for choosing the most suitable paddle venue with such an unpredictable weather forecast.

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



Committee members appeciated for their service - especially in Vasse



Hard working committee secretaries Ursula Hillman and Barbara Moon

SECRETARIES, other officers and committee members of not-for-profit associations, clubs, groups and societies of all persuasions are the mainstay of these organisations.

Most readers are members of at least one such voluntary organisation.

The success, popularity and growth of a club is in many ways determined by the many hours and knowledge secretaries and other committee members put in. A good effective com-

mittee translates into a popular, fun filled and well attended club.

Of the many and varying volunteer associations, the Professional and Business (PROBUS) retiree's clubs around Australia are certainly no exception.

The PROBUS Club of

The PROBUS Club of Vasse (Inc) has been very fortunate over recent years with two ladies who have volunteered at different times for the secretary position. Ursula Hillman, the immediate past sec-

retary and Barbara Moon, current secretary, both from Busselton, have between them served some five years in the important position of secretary and have contributed greatly to the ongoing success of the club.

If you live in the south west and would like to know more about Vasse Probus simply contact membership officer John Riley on 0455 554 759.

There are PROBUS clubs throughout WA.



MILITARY TATTOO IN AUS

The Royal Edinburgh Military Tattoo in Sydney

4 DAYS, 18 TO 21 OCTOBER 2019

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





TOUR HIGHLIGHTS

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

TOUR INCLUSIONS

- ✓ Home pick-up and return by Hughes
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ 3 nights' in deluxe accommodation centrally located in Sydney
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- ✓ All transfers included in a luxury coach
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KINGS
TRAVEL & CRUISE

COMMUNITY NOTEBOOK

OPEN DOOR FRIENDS GROUP

Meets every first third Thursday of the month. 9.30-11.30am.

Carpet bowls, board games, craft (bring your own), conversational English etc.
Morning tea provided (free)
Maylands Baptist Church Hall.
102 7th Avenue Cnr. Coode St. Maylands.
Enquiries David and Shirley mob 0497 070 288 or 9305 8760.

VINTAGE COLLECTABLES

The Perth Doll and Toy Collectors Group presents their annual sales day. 4 August, 10am to 3pm Admission \$4.

HEARSAY: WANNEROO GALLERY

Fireside tales from the ghostly Alkimos wreck, big cat sightings, UFOs and more. Drawn from the rich history of the Wanneroo region this exhibition runs until Saturday 31 August. Mondays to Saturdays 10am-4pm. Except Sundays. Admission free. For more information ph 9405 5920.

2019 CANNING ART AWARDS

Opening night Friday 2 August, 6pm-9pm Exhibition 3-11 August, 10am-3pm Riverton library 68 Riley Rd Riverton Entry free. Ph 9231 0944.

WA CRAFT SHOW

Friday 2 - Sunday 4 August. 9.30am-4.30pm Textiles, sewing, embroidery, jewellery, paper-crafts, wood, mixed media art, demonstrations and more.

Entry: Adults \$17, Conc. \$15, Child \$8 Claremont Showgrounds. Call 6263 3100.

HISTORIC HOMES IN BASSENDEAN! WALK

Walk round Bassendean with an experienced volunteer guide and learn about some amazing places and architecture.

Tuesday 6 August. 9.45am for 10am start.

Meet at Bassendean Primary School. Bring comfortable shoes, water bottle and appropriate clothing. Phone 9279 2966

TOODYAY INTERNATIONAL FOOD FESTIVAL AND FAMILY FUN DAY

Saturday 3 August. 10am-3pm. Tempt your taste buds with international cuisine, boutique beverages and a diverse range of performances.

Free all-day family entertainment. Duidgee and Stirling Park.



NANNUP FLOWER & GARDEN FESTIVAL 16-18 August, 9am-4pm

Free and low-cost activities, roving performers, Devonshire teas, glorious gardens, exhibitions, workshops and weekend village market.

SENIORS FRIENDSHIP GROUP-JOONDALUP

Come and spend some time every second Wednesday for morning tea, friendship and entertainment from 10am-12noon.

Next meetings are on 10 and 24 July in the Living Room at Northside Community Church, 9 Franklin Lane, Joondalup Gold coin donation.

Enquiries Colette 0432 883 177.

YANCHEP TWO ROCKS LIONS CLUB

Meets every second Tuesday of the month at the Yanchep Inn in the Yanchep National park at 5pm. Make friends and help us raise funds for our local community.

Join us for a chat and stay for a drink.

INTER- SOCIETY ORCHID SHOW

Sunday 4 August
9am to 4pm
St Joseph's College Gym
Martin Rd Albany
Entry \$5
Enjoy beautiful orchid displays and expert grower
presentations.
For further information call Julie on 9841 8921.

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

TV talk with Lee Tate - Four Corners shows the way



Lee Tate

REMEMBER Pick a Box (who can forget Bob and Dolly Dyer?) and Bandstand? What about Mr Squiggle and The Bobby Limb Show? That's television circa 1961.

Bob Menzies, just re-elected, was Prime Minister but not much of a TV performer. US President Jack Kennedy, however, was setting the benchmark for pollies on TV.

It was also 58 years ago that our most enduring TV current affairs program was launched in Australia.

With its mix of investigative journalism, current affairs and documentaries, Four Corners has loyally steered viewers through a half-century of true-quality program-

This was clearly demonstrated in the wash-up to this year's shock federal election result when the program's subject was Tony Abbott who, after 25 years as Warringah MP, was trounced by Independent Zali Steggall.

As we'd expect, the program interviewed key players, revealed the campaign strategy, the roots of the insurgency within the community and the role of key activist groups.

But Four Corners'

But Four Corners' cameras were on Abbott's trail early – during the campaign – and we watched the inside running on each candidate and every angle, presented without bias. You didn't have to be a political fan to appreciate the story.

Four Corners (salute to founding producers Robert Raymond and Allan Ashbolt), was even inducted into the Logie Hall of Fame.

What is important to serious-minded viewers is the independence and wide scope of Four Corners. In the past 58 years, Australia's media has taken many twists and turns – many for the worst, especially from new media.

Four Corners hasn't become flippant, light-weight or ratings-diverted, keeping its head high above the shallow, latter-day pretenders to current affairs.

The huge effort every week to create, maintain and break new ground in current affairs is formidable enough but the program has also endured savage budget cuts and constant public carping and criticism.

Not all viewers are enamored with current affairs, politics, business, finance or serious social issues. But many are. It's needed. Where would the world be without light and shade? How would morally-corrupt figures and criminals escape be-

ing called to order and punished?

Offenders may not always be prosecuted or even charged but, put in *Four Corners'* searing spotlight, they have at least been exposed; shown-up and shamed.

For television to do that, an authoritative program is required and Four Corners leads the pack.

Consider what's been caught in its news-gathering net: Live baiting in the greyhound racing industry, revelations on the Church of Scientology, the status of women's rights in Saudi Arabia and, with graphic footage, systematic physical and verbal abuse of Indigenous children and teenagers in the Northern Territory.

In 1962, Four Corners revealed appalling living conditions for Aboriginals in NSW and in 1983 aired allegations on respected NSW Premier Neville Wran and fraud charges against Kevin Humphreys, ex-rugby player

and NSW Rugby League chairman who helped establish rugby's State of Origin series.

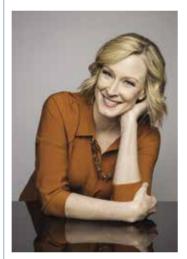
Wran stood down and a Royal Commission was set up. It found that chief magistrate Murray Farquhar used the Premier's name to get the Humphreys case dismissed but exonerated Wran. Farguhar went to prison.

Top reporters have hosted Four Corners: Michael Charlton, 1961, WA's Mike Willesee, 1969–71, Caroline Jones, 1973–81, Andrew Olle, 1985–94, Liz Jackson, 1995–99, Kerry O'Brien, 2011–15, Sarah Ferguson, 2016–18 and Michael Brissenden in 2019.

Four Corners has the clout, expertise, experience and budget to produce sharp, accurate, controversial and colourful current affairs television in a world swamped with TV swill, gossip and trivia.

Into its second halfcentury of quality programming, Four Corners deserves a big tick.

Free festival tackles many challenging topics



Leigh Sales © Daniel Boud

THE free Disrupted Festival of Ideas takes place at the State Library of WA on Saturday 27 and Sunday 28 July

Keynote speakers, Dr Karl Kruszelnicki, Leigh Sales, Prof Geoff Gallop, Dr Tracy Westerman, Bri Lee and a host of national and local guests feature in a program of events that will inspire conversation, provoke ideas and encourage change.

Through keynotes, panels and intimate conversations people are invited to join the debate on truth – discover how to harness their own truth, better understand the brain and spot

fake news.

Learn the fascinating history behind mistruths, lies, and other forms of manipulation and how the library can be a powerful weapon in the fight against truth distortion, bias and agenda.

A keynote speech by 2018 Western Australian of the Year, Dr Tracy Westerman will tell the truth about indigenous mental health, and Australia's most loved science communicator, Dr Karl Kruszelnicki will embark on a deep historical dive to uncover the mistruths that have infiltrated our every day.

Award-winning journalist and

author and host of ABC TV's 7.30 Report, Leigh Sales, will discuss her new book, Any Ordinary Day investigating how ordinary people endure the unthinkable and are forced to explore their own truth in the face of adversity.

All Disrupted events are free, but registration is required for some sessions. Keynote and panel sessions will be livestreamed.

Find out more about the events at www.disrupted.slwa. wa.gov.au or from the Facebook page: www.facebook.com/disruptedfestival/

New Perth community choir supports social inclusivity

A COMMUNITY choir has been launched in Perth City with the aim of bringing people together and promoting social inclusivity through a shared passion.

With One Voice (WOV)

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



9am Monday to Friday Morning Prayer

10.15am each Sunday Regular services of Holy Communion

Kids Program

Kids Program; Each week the children have great fun listening to a story from the Bible, talking about it, singing, playing and doing craft.

Kids Program runs during school terms
7pm, Friday 19 July

Christmas in July fundraiser
Candlelit medieval longtable feast
\$85 per person
To purchase tickets visit
www.trybooking.com/BCZPH

www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516 is a program run by Creativity Australia to build a happier, healthier, more inclusive nation. All people are welcome regardless of age, race, religion, disability or disadvantage.

The WOV choir helps bridge the gap between

people experiencing disadvantage and those more fortunate through the neurological benefits of community singing. Twenty-five other One Voice choirs have been established across Australia; this is the first for Perth.

AMMPT Western Region (Inc.)





CLASSICS OF THE SILVER SCREEN

2019 Film Program presents for your pleasure **Picnic**

Picni

starring William Holden and Kim Novak

Monday 22 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
Preserving the rich heritage of Western Australia's Moving Image Industries

TREAT A FRIEND! Bring this advert, and a friend, to any of our 2019 film screenings, for FREE ADMISSION for your friend.

The choir is led by a professional conductor and meets weekly at the old Boys School on St George's Terrace. The rehearsal is followed by a supper where choir members can socialise and build meaningful connections with one another.

Each week, choir members also participate in a wish list networking opportunity which encourages choir members to fulfil the requests of those needing assistance in different areas of life. That support may help a member attain a new skillset, draft a resume, play an instrument or attain employment.

If people would llike to join With One Voice, Perth, please register interest via www.creativ ityaustralia.org.au/choirs/ perth/



Volunteers receive Rotary International's highest recognition



Marlene Robins with her Paul Harris Fellow

by Jennifer Merigan

ROTARY International is a global network of more than one million people who work together to create lasting change across communities.

For more than 110 years their mission has been to provide service to

others, promote integrity. and advance world understanding, goodwill, and peace through fellowship of business, professional, and community leaders.

Rotary was founded by Paul Harris in Chicago in 1905. On his death in 1947 the organisation honoured him by introducing the Paul Harris Fellow. For every \$US1000 donated or contributed by an individual or club qualifies them to recognise a person with a fellowship. In 72 years the scheme has brought in billions of dollars, which has been used by the Rotary Foundation (the biggest private foundation in the world) to fund educational and humanitarian projects.

I recently had the honour of attending the annual Scarborough Rotary change with her award over dinner at the WA Golf Club in Yokine.

Guests included Liza Harvey MLA and Andrew Matraszek, management from Karrinyup Shopping Centre, Wheelchairs for Kids' Brother Ollie Picket and Bob Sheridan, Telethon Institute's Professor Andrew Whitehouse and his wife Jacqui, Scarborough Surf Life Saving Club's Jody Ballard, Tish and Arron Darch and June Gaubert. Rotarians and guests were treated to a three course dinner and experienced the official committee handover for the coming year.

During the evening Rotary Scarborough made several large donations to Scarborough Surf Lifesaving and to the Telethon Institute for their early intervention autism program.

Other formalities were to recognise several members of the community with a Paul Harris Fellow. The recipients were John and Janet Hughan and Marlene Robins.

I was so pleased to be included in the evening which allowed me to see my very good friend Marlene Robins acknowledged for her widespread work in the community.

Marlene learnt about community service from a

young age from her mother who was a war widow and a tireless community worker.

She knew from family lessons it was better to give than receive and she has thrown herself into community service throughout her life.

A long-time volunteer for Legacy she has been a consistent worker organising functions, shaking the can during street appeals and doing anything required to help war widows and their families for more than 30 years.

Since turning to Buddhism about 15 years ago she also volunteers on a weekly basis for the Buddhist Council of WA. A highlight for her was helping to coordinate the Dalai Lama's visit to Perth in 2015 where she had the chance to meet His Holi-

In her professional life

Marlene has worked for the last 20 years in the seniors landscape including as project officer at the Positive Ageing Foundation and at the Council of the Ageing for more than 15 years, handling projects including the WA Seniors Awards, Seniors Week, Have a Go Day and coordinating the very suc-

cessful CyberCrime pro-

gram for seniors.

She has a wealth of experience in event management and has donated many hours of her time to a variety of projects including country music festivals, rodeos, Harmony International Folk Festivals and Have a Go News' seniors concerts. One of her major contributions over the last 24 years was coordinating the annual Christmas Carols at the Rotary Clocktower in Scarborough.

Marlene says she loves

working with people and will continue to help the community in any way she

"I was very honoured to be selected by Scarborough Rotary to receive this very prestigious recognition and I would like to sincerely thank Frank and Edna Marsh for nominat-

"I enjoy all my community service and producing Carols at Scarborough for 24 years has been an honour and a privilege and for me. When I see the smiles on the children's faces during the event that gives me so much pleasure,' said Marlene.

Have a Go News extends its congratulations to Marlene and John and Janet Hughan for their contributions to the com-

Anyone interested in joining Rotary should visit www.rotary.org.

What you need to know about the work bonus scheme - changes for working pensioners



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

IF you currently receive an age pension and are working or considering taking on some extra work to give your retirement funds a little boost, there are some important changes coming in this month that may benefit your Centrelink payment.

Under changes for the Work Bonus from 1 July 2019, eligible pensioners can now earn more from working each fortnight before their payment rate starts to reduce.

Work Bonus is an incentive for older Australians receiving age pension, carer payment, disability support pension, widow pension, wife pension, and bereavement allowance recipients to work past retirement age.

The Work Bonus has increased from \$250 to \$300 a fortnight, meaning pensioners can earn up to \$300 a fortnight from employment before it affects their payment

If a pensioner earns less than \$300 in a fortnight, any leftover Work Bonus will accrue in their balance. From 1 July 2019, the maximum amount that can be accrued will increase from \$6500 to \$7800.

Pensioners can access their Work Bonus balance to offset higher future earnings.

The Work Bonus has now also expanded to include earnings from self-employment, where pensioner actively participates in their own employment. This includes work such bookkeeping, cleaning duties, lawn mowing, or

even driving for Uber.

Self-employed pensioners who operate as a sole trader automatically have their income assessed as active participation.

If you are a self-employed pensioner, you may have received a letter from us a couple of months ago asking you to complete a task to clarify how your income is earned. Don't delay completing this if you're still yet to do so, as you may benefit from having your income assessed under Work Bonus.

The easiest way to complete this task is through myGov using your Centrelink online account.

If you were receiving income from paid wages, you didn't need to do anything to prepare for the new changes. We automatically apply the new \$300 fortnight Work Bonus in the first full fortnight that includes the date of 1 July 2019.

If you're thinking of taking up some work, you don't need to apply

for Work Bonus. Just simply let us know when you've started a job or have become self-employed, and we'll then apply the Work Bonus to your income test.

For more information about Work Bonus, visit humanservices.gov. au/workbonus

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

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

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

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*Conditions apply. May also include offers and promotions throughout the month.



Have a Go News PUZZLES PAGE Have a Go

the middle.



CROSSWORD

12 13 14 15 16

#328 July edition

puzzle solutions on page 60.

© Lovatts Puzzles

STRAIGHT CLUES Across

- 1. Unreliable pal, ... friend (4-7)
- 7. See eye-to-eye (5)
- 8. Freezes, ... over (4)
- 9. Magic lamp spirits (6)
- 12. Buckets & ... (6) 13. The Hunchback Of Notre ... (4)
- 15. Nimble (5)
- 16. Booking (11)

Down

- 1. Petrified remains (7)
- 2. Plough (through) (4)
- 3. Astonished (6)
- 4. Violent storm (9)
- 5. Parisian thoroughfare (3) 6. Movie plot summaries (9)
- 10. Add sugar to (7)
- 11. Shooting star (6) 14. Prolonged unconsciousness (4)
- 15. Artist's tool, ... brush (3)

CRYPTIC CLUES

Across

- 1. Good climate for Spooner to wear feather? (4,7)
- 7. Eager to adapt and get on (5)
- 8. Decorates nicest interior (4)
- 9. They appear to fulfil one's wishes (6)
- 12. Suit that comes in handy when gardening (6)
- 13. Lady made changes (4)
- 15. Sprightly GI surrounded by ale (5)
- 16. Doubt about land set aside (11)

- 1. They made an impression ages ago (7)
- 2. Walk through water to get weighed, we hear (4)
- 3. Very surprised at tortuous path featured in com-
- 4. Hurry, Kane! Listen to Gale! (9)
- 5. Regret taking odd route (3)
- 6. Story lines involving Erica's son (9)
- 10. In Sweden, top dog was replaced with lovable alien, to make more palatable (7)
- 11. Remote-controlled fireball (6)
- 14. Long sleep in stucco mansion (4)
- 15. Even Xavier produced a melody (3)

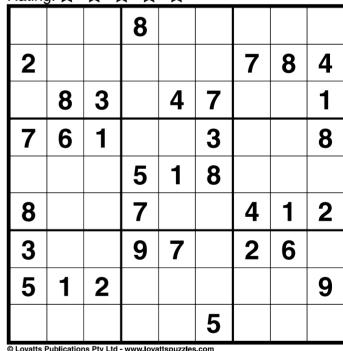


This is like a jigsaw puzzle. All the blocks fit together to make nine five-letter words

reading across. Each word is a different colour. The mystery answer will read down



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



Create as many words of 4 letters or more using **Wheel Words** the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters. G O 11 Good 15 Very Good 18+ Excellent N

Stories about Western Australia in two books



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Awesome WA, 1001 Fair Dinkum Facts about Western Australia Journalist Lee Tate has compiled this book about the weird and wonderful of Western Australia.



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METHOD OF PAYMENT:



OFFICIAL LIFTOUT

Saturday 3 August and Sunday 4 August, 9.30am to 4.30pm Perth Convention and Exhibition Centre





Care and Ageing Expo will help older people navigate latter years



Care and Ageing Expo, will be held at the Perth Convention and Exhibition Centre over the weekend of 3 and 4 August

AGEING should be an enjoyable journey and this year's Care and Ageing Expo will focus largely on helping people to make the most of that process.

With 30 presentations across two stages, speakers will address issues ranging from finance and wills to technology and cyber-crime.

The third Care and Ageing Expo, the biggest yet, will be held at the Perth Convention and Exhibition Centre over the weekend of 3 and 4 August.

As well as more than 100 stands of products and services, presentations will be as varied as how assistive technology can benefit our ageing population to entertainment with afternoon iazz.

There will be a welcoming address from CEO of Council on the Ageing in WA, Christine Allen, at 10am on the Saturday on the Bethanie Lifestyle Stage. She will talk about turning up the volume on the voice of older West Australians.

Following that will be discussions on cyber-crime and safety for seniors, aged care planning, living with dementia, retirement villages, aged care finances and enduring powers and

On the Sunday, discussions will include falls prevention, the National Aged Care Advocacy Program, cvber-crime and safety for seniors, quality in home care, dementia care, hearing services, aged care finances and NBN 101 - all about the National Broadband Network.

The interactive Chat Lounge Stage is another great source of information that will feature assistive technology, planning your future home environment, a dance presentation, advice for the vision impaired, singing for enjoyment, home care audit and afternoon jazz on the Saturday.

The Sunday discussion will include reablement, rejecting the idea that decline is permanent, gadgets to make staying at home easier, navigating aged care, ageing with attitude, living longer and living stronger and afternoon

Former ABC presenter Verity James will MC the Bethanie Lifestyle Stage and TV and radio presenter Christian Horgan will MC the Chat Lounge Stage.

Created by Leading Age Services Australia (LASA), the Care and Ageing Expo will showcase the full spectrum of products and services in home care, residential aged care and retirement living that assist the community to navigate through what can be a confusing journey.

Organiser of the expo Richard Campbell said it aimed to help people understand what was available in every aspect of ageing well.

The Lounge Retreat, a chillout area within the expo, provides comfortable seating and a space where visitors can relax and talk with friends over a coffee or a bite to eat from the pop-up café.

Mr Campbell said over the last couple of years the Care and Ageing Expo had proved to be an ideal way of encouraging aged consumers and their families to consider how to create a contented environment for ageing well.

"There are many new developments in the way of both government departments and care and ageing services as well as ever-improving technology to help make life safer and more enjoyable for older people.

"At this year's expo, which has become the biggest and best in WA. there will be a host of opportunities to get a conversation started in the family about almost anything to do with ageing family members."

Exhibitors will include: residential care facilities; home care providers; retirement living providers; equipment providers; service providers; allied health providers such physiotherapists, cognitive therapists and counsellors; vulnerable care groups including LGBTIQ+; financial, superfunds; medical; contechnology; sultants; workforce and not for profit volunteer groups.

LASA CEO Sean Rooney said that in a rapidly evolving aged care environment the expo would play a valuable role in helping consumers understand the options available to them.

"Age services providers are responding to the demands of consumer-centred care and tailoring offerings to meet the care needs of the growing number of older Australians.

"So now more than ever, the consumer and their loved ones have the opportunity to compare the various age services options and make informed decisions," Mr Rooney said.

"I would strongly encourage anyone who is nearing retirement, or caring for older loved ones, to visit the expo, ask questions and gather as much information as possible before making what can be life changing decisions.

The expo will be open from 9.30am to 4pm on 3 and 4 August.

There is free entry for pension card holders . (Aged, Veteran and Dis-

ability). Children under 18 are also free.

Tickets are available for pre-purchase for \$8 for adults and \$5 for concession card holders (Health, Seniors Card and Student). Companion cards are accepted.

At the door tickets are \$10 for adults and \$7.50 for concessions.

information More and tickets are available from www.carean dageingexpo.com.au



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The Independent Living Centre WA is a leading centre of excellence for:

- assistive technology and equipment options
- home modifications
- allied health services in your home (occupational therapy and physiotherapy)

Visit us at the Care and Aging Expo **Booth Number 135**

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

Phone 1300 885 886 or visit www.ilc.com.au





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Phone 9201 9888

Email info@cmsevents.com.au

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Arcadia Waters Bicton is set in beautifully landscaped grounds with a rich 100 year history with a location, close to public transport, restaurants and shops- you really are spoilt for choice!

2 bedroom villas and apartments from \$345,000



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Combining city convenience with country ambience, award winning Arcadia Waters in Maddington is located on the banks of the Canning River, just 30 minutes from the centre of Perth.

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Saturday 3 August and Sunday 4 August, 9.30am to 4.30pm Perth Convention and Exhibition Centre







Independent Living Centre WA occupational therapist Nicola Seafield discussing wellness strategies with a client.

Wellness solutions now available for seniors

MANY people would you like to improve their health and wellbeing? Perhaps they are interested in staying up to date with technology, or getting advice about equipment options to support daily activities?

Fortunately, there are health professionals who can support people achieve these goals, including occupational therapists and physiotherapists.

Occupational therapists can support people to learn or regain skills so people can continue to live independently in a safe environment

Support could include showing people new ways of doing activi-

ties, such as showering or cooking; creating a safer home environment; finding ways to help manage memory loss; or providing tips to reduce pain and fatigue.

Physiotherapists can work to improve mobility, balance, strength and endurance.

This could include guiding someone to move in the most optimal way to reduce pain; reducing the risk of falling and improving balance; advising on footwear and basic home set ups; and building strength.

Independent Living Centre WA (ILC) health professionals can also provide advice on assistive tech-

nology and equipment to support people to do everyday tasks and achieve your goals.

ILC general manager service Delivery, Christa Riegler, said for people to remain independent and in good health as they age they need to be able to look after themselves, move well, eat and drink well, stay connected and have fun.

"There are more than 10,000 products available on the market that can help to achieve this but often people aren't aware that there is equipment out there that can assist them, or what is the best solution for their needs. This is where we are able to help," she said.

"Our experienced team members are able to help people choose and access the most appropriate equipment and technology to support greater independence and improved wellbeing."

The Independent Living Centre WA's team members will be at the Care and Aging Expo at booth number 135.

At their stand, visitors can check out a range of assistive equipment and technology as well as discuss their allied health services and funding options available.

For further information check out www.ilc.com.au or phone 1300 885 886.



ENTER AT BLUEFORCE.COM.AU/HAVEAGO



Early intervention important for the management of dementia

RECEIVING a diagnosis of dementia is not something people plan for and it can be an overwhelming experience.

It is important to know there is support available. If you, a family member or friend are living with dementia, you are not alone. Alzheimer's WA is there to help people understand what support is available and where to begin.

Dementia Advisory Service

The Dementia Advisory Service is for people aged over the age of 65 who have just received a diagnosis of dementia, as well as their family member or carer. An experienced staff member can come to your home (in the metropolitan area) to give you information about dementia, the different types of support that are available, and answer any questions you might have.

They can also help those living outside of the

metropolitan area or diagnosed under the age of 65. Simply give Alzheimer's WA a call to find out more.

Adjusting to Change program

The Adjusting to Change program is also for people who have recently been diagnosed with dementia and their family member or carer.

The program offers information and support for those living with early stage dementia and includes a series of structured information sessions held weekly, over a five-week period.

Access support early

Accessing support as early as possible can help improve symptoms and slow down progression of the disease. It can also help people accept the diagnosis and prepare for the journey ahead.

To find out more, call 1300 66 77 88, email support@alzheimerswa.org.au or visit www.alzhei merswa.org.au.

Finding what makes a truly happy retirement

RETIREMENT brings with it the opportunity to think about what makes people truly happy. And for many people, this includes swapping the housekeeping and lawn mowing for long walks on favourite beach

Arcadia Waters want people to embrace what really matters in life – fun, independence, adventure, security, good health and the joy of residing in a caring community.

Unable to find the right retire-

ment community for his parents, Arcadia managing director Roger Kwok decided to create the kind of village that his parents would love to call home. Many years later, families continue to seek out Arcadia Waters villages for their genuine care, compassion and sense of community.

There are five Arcadia Waters retirement villages in Western Australia. While each village is unique in many ways, they all feature quality-built homes (villas and/or apartments) and resort-style facilities.

Most importantly, their villages work hard to foster a great sense of community. Residents are invited to join in activities and social events, but ultimately they can choose to be as social or as private as they like.

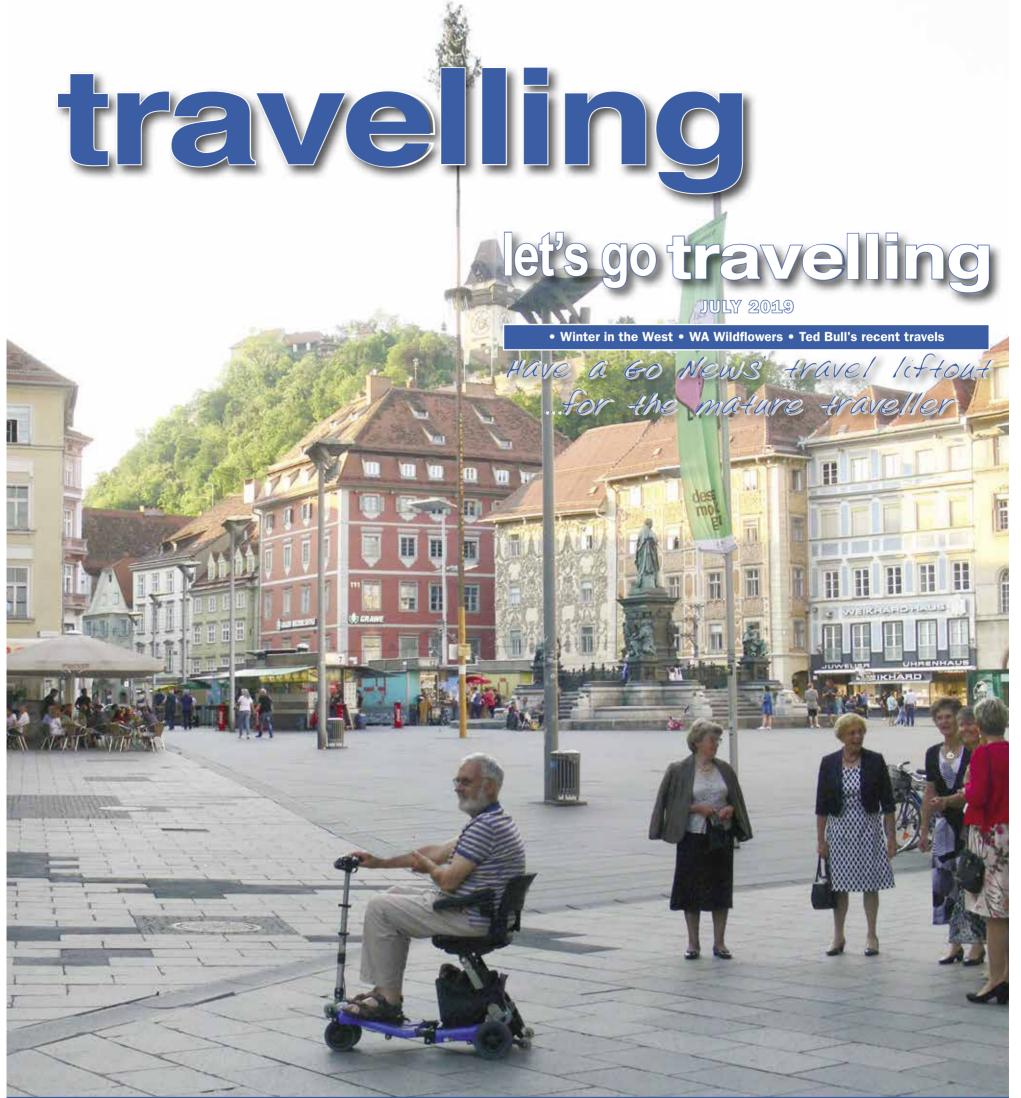
To learn more about Arcadia Waters over 55s communities, find them at Stand 176 at the Care and Ageing Expo on 3 and 4 August.



With over 22 years' experience, we understand that care and comfort go hand in hand. As one of Australia's largest aged care providers, we offer a range of programs from dementia and palliative care through to ageing in place and day respite, each tailored to the unique needs of our residents and their families.

At Regis, we know change can be overwhelming, and that when you're transitioning into aged care, it's the little things that can make a real difference. We take the time to get to know you and do everything we can to help you settle in. Our dedicated specialists are happy to answer any questions, and work to ensure you're constantly receiving the best, personalised care you deserve.

At Regis, we're setting the standard in care and comfort, with you every step of the way. Chat to us today about what we can do to help you feel right at home.



Frank Smith pictured above on his luggie in the old town of Graz shares his story about touring around some of central Europe's most accessible cities. Read more about his travels on page 25.



Grafton Jacaranda Festival and the Pacific Coast

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let's go travelling travel options











TRAVELLERS Perth can now take advantage of direct daily flights to Tokyo by All Nippon Airways (ANA) which commence on Above; ANA Economy class and ANA's B787-8 Dreamliner will fly direct to Tokyo

September. Flights leave Perth at 9.45pm arriving around 8.25am in Tokyo. The return flight leaves Tokyo at 11.10am arriving at 8.15pm back in Perth. ANA will use a B787-8 Dreamliner on the sector with business, premium economy and economy classes. They are a Star Alliance member and have won awards including World's five-star

airline since 2013. riage of ski and snow-They offer complimentary lounge access board gear.

In economy it's a three, for premium and busithree and three seat layness guests. Luggage out with a 34-inch seat allowances include up to pitch, a 38-inch pitch in two pieces for premium premium and a 44-inch economy and economy pitch in business class. weighing 23kg with All seats come with a free ski and snowboard USB port, power supply, foot rest and individual Business class offers two pieces monitor. of luggage with weight

ANA has an extensive network of 81 international routes and

120 domestic routes in Japan. This is exciting news not only for travellers to Japan but for the WA tourism sector. For more information visit your local travel agent or see www.ana.co.jp

*** More good news for WA with Lonely Planet announcing that Margaret River and southern Western Australia are the number one Asian Pacific destination to visit this year.

Lonely Planet enthus-

es: "Take one look at Meelup Beach and you'll wonder where it's been all your life: the West Australian bush parts to reveal ocean the hue of a Bombay Sapphire bottle, which is typical of the coastline stretching from Margaret River to the state's south. Beyond the sand, some of the country's slickest

wineries, breweries and restaurants lie between tracts of tall-tree forest kangaroo-dotted and farmland."

Qantas have significant nounced changes to their frequent flyer program which will be rolled out over the next 12 months. They will be adding more than one million extra reward seats annually, cutting carrier charges on international flights by 50 per cent, reducing the points required for reward seats on all flights, including a 10 per cent point reduction in international economy clas-

sic reward seats. They will create a new tiered program for those who earn points through on-ground purchases, will introduce a lifetime platinum status for the airline's most loyal flyers

and will be increasing points by about nine per cent for upgrade seats in premium cabins (premium, business and first).

*** If you have a travel issue, would like to send in a photo from a recent holiday or share some information, don't hesitate to contact me on my email. Our website has lots of great travel information updated regularly and I encourage you to take a moment to visit it at www. haveagonews.com.au.

> Jennifer Merigan **Travel Editor**

Happy trails



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

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SALES and marketing manager of Bicton Travel, Barry Downs recently attended the naming ceremony of Royal Caribbean's Spectrum of the Seas in Shanghai.

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Whilst the ship is designed with the Asian traveller in mind, Australians choosing a longer cruise of more than eight nights will experience one of the most technologically advanced ships

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et's go travel options for the mature west australia







Accessible cities of Central Europe for those travelling with a mobility scooter...







Left to right; Ljubljana Castle - Reisenrad, giant ferris wheel - Alte Hofburg, Mozart's memorial and Graz's clock tower

by Frank Smith

THE historic city centres of Ljubljana, Graz and Vienna are ideally suited for people with mobility problems. There are wide pavements, sloping curbs at crossings and extensive pedestrian malls, making them not only easy to walk through, but also mobility scooter friendly.

My first attempt to visit the old town and castle of Ljubljana was a disaster. We drove in from our apartment expecting to park near the funicular railway leading to the castle. Easy to get there but impossible to park within two kilometres. Having failed, we retreated back to our accommodation and set off walking and, in my case, on my electric powered mobility scooter.

After a few false starts. a local cyclist showed us the way to the base of the funicular only two kilometres from our apartment. Even better I was able to ride up the funicular and explore the historic castle

on my buggy.

Ljubljana Castle dates mainly from the 16th century and dominates the city from a 375 m hill overlooking the old town. There are several lengthy walking routes but most of us choose to ride the funicular. The castle is free to explore although there is a charge for visits to the watchtower with views over the city to the distant snow-covered summits of the Julian Alps and the 1489 chapel of St George, as well as exhibitions of Slovenian history and a puppet museum.

At the base of castle hill is an extensive open-air market offering everything from flowers to clothing by way of most foodstuffs. The area surrounding this is the old town with narrow traffic-free streets.

numerous bars and eateries and much architecture of secessionist and older periods.

The following day we revisited the area by travelling on a pedestrian walk along the Ljubljana river crowded with café, bars and people, past the spectacular triple bridge, then crossed into more modern parts of the city to visit the Museum of Modern Art, parliament and the National museum of Slovenia. All encompassed in a walk (or ride in my case) of around six km.

Graz. Austria's second city was similarly easy to access on foot and scooter. The Schlossbergplatz is the site of the original fortress - the Schlossberg which towers 473 m above the old town. The city's most visible icon perched on the southern edge of Schlossberg is the Uhrturm, a clock tower dating back to the

1560s. The much-loved tower was ransomed by the townspeople when Napoleon invaded in 1809 for the substantial sum of 2987 florins and 11 far-

things. The Schlossberg can be reached by a number of steep paths as well as a lift and funicular. The lift took me in my buggy rapidly to the top, but paths from there were not always buggy-friendly.

Vienna has always been one of my favourite cities. The old city centred on the cathedral square is very walkable and most attractions are either close by or just across the Ringstrasse which replaced the original city walls.

With only one full day we rode up Kartner Strasse, the boutique shopping mall, through dense gaggles of mainly Asian tourists and renewed our acquaintance with Mozart's memorial, the Alte

Hofburg, the Hapsburg's palace now glistening white following a city-wide cleaning frenzy and headed for the Albertina gallery.

The Albertina was formerly the Habsburg's apartments for guests. It now contains one of the greatest art collections in the world - the Batliner Collection – with more than 100 paintings covering the period from Monet to Picasso - as well as high quality changing exhibitions and the imperial staterooms.

The gallery staff go out of their way to make all its treasures accessible to the disabled. I was even allowed to tour the gal-

lery on my Luggie. If I had been the director, I would not have allowed me and my scooter within a mile of \$100m paintings by Reu-

On our final morning in the city we made our way to the Prater, Vienna's outdoor playground across the Danube Canal from the Inner Stadt.

Prater park is Vienna's biggest park at 60 sq km. It includes woodlands of poplar and chestnut, meadows and tree-lined boulevards, as well as children's play-grounds, a swimming pool, golf course, race track as well as a kitsch amusement

The park includes the Reisenrad, a giant Ferris wheel built in 1897, which rises to 65m and takes about 20 minutes to rotate its 430-tonne weight one complete circle providing fantastic views of the city to the distant Vienna Woods. I rode the Reisenrad still in my buggy.

Some readers will remember the Reisenrad from the 1949 film The Third Man (1949), starring Orson Welles.

These three cities provide splendid opportunities for disabled people to enjoy the same tourist experiences as the more mobile.





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et's go travel ing travel options for the mature west





Ted Bull takes to the road with wife Jules to explore the world by coach







Ted gets around; in Greece with a 'friend', in Rome and in Ireland

TED Bull had a long and distinguished media career including 25 years at the ABC. He started his broadcasting career in 1964 and, after 19 years in commercial radio and television, joined ABC Local Radio in Adelaide.

But he always wanted to come to Perth and eventually he did. In 1995 he was offered the breakfast presenter role at 720 ABC Perth (then known as 6wf). From breakfast, Ted presented Overnights for several years, then Regional Drive, both to state wide audiences.

Ted established a strong rapport with audiences down the years, retiring in 2009. His thoughts turned to travel and here he writes of some of the highlights of coach travel.

by Ted Bull

JULES and I were at a crossroads in life. We were both no longer working full-time and it was time to travel. We had both seen much of Australia and had done the Bali thing at least once or twice a year over 20 years. Now it was time to break loose.

I was more than anxious about being away from home in strange places but Jules convinced me that many others had stepped outside their comfort zones and lived to tell the tale. So, five years ago, we took off on our first coach tour and since then have racked up quite a few

Our first trip was with Cosmos from London to continental Europe and, as a friend had pointed out: "Ted, don't think of it as a holiday as it's a journey", and how true that was. We saw the biggies, Amsterdam, Cologne, through the Swiss Alps to Italy and then to Rome, Florence, Venice, Pisa, the Amalfi Coast, Capri for a couple of proseccos (wines) and then to Monaco where Carlo our ariver warmed up the coach's tyres à la F1 car around the famous track.

Then to Paris along Napoleon's Way on a road hanging on the side of a mountain. My eyes were closed almost the entire drive.

Now we had the taste. Next New York to LA via Niagara Falls, Philadelphia, Washington and Chicago and from there mainly on the road that winds from Chicago to LA. more than two thousand miles away.

And we got more than our kicks in America's Midwest, including popping into the Tabernacle in Salt Lake City, before freaking out on the edge of the Grand Canyon and living on the edge in Las

lowed with Insight, a tad more upmarket though once again travelling with a group of likeminded people not afraid to kick up their heels at organised dinners, enjoy walking on cobblestones and tasting local wines and food. A quick trip home to

Spain and Portugal fol-

do the washing and back on the road again, this time with Cosmos. We travelled the UK - London, Edinburgh, the ferry to Ireland and back to Wales. Again, friendships were formed with people of all ages and walks of life, some went for a quick pash of the Blarney Stone, but I passed on that though I was happy to taste the Guinness.

My next journey was to Greece with an old mate. He, having been before, was more than happy to sip the local brew while I climbed up and down historic sites. It was no wonder the donkey was so important to ancient Greece

Jules was back with me for our latest coach adventures, this time with Trafalgar going from Vienna to Lake Bled in Slovenia (wine €1.30 per glass, had to have a few), into Croatia, Zagreb, Budapest, Krakow, Warsaw, Berlin, Prague and back to Vienna. Phew!

Next on the list is Scandinavia and, next year, we are looking at a coach tour from London to Rome before joining friends on a Mediterranean cruise, a cruise being a change for us, as we have favoured coach tours watching the world go by and not watching the water go by.

It is all go-go on a coach tour, no sitting on your backside in a deckchair adventure. The tour guides and special guides at various locations are, on the whole, friendly and keen to ensure you get the most out of your time. Only one was a bit difficult but all the others have been great in varying degrees. Some tips: optional

before you go to decide whether to do them or not. The optionals can cost between a \$1000 and \$1500 all up. Gratuities, a euphemism for tipping the tour director and the driver, is a sticky one. We always give what we can afford and not follow the tour directions which can cost an extra \$150 per person.

All in all, drivers are skilled, the coaches comfortable, good travel chums, hotels from good to OK and, because of the rules regarding coach drivers, there are plenty of stops for those necessary breaks.

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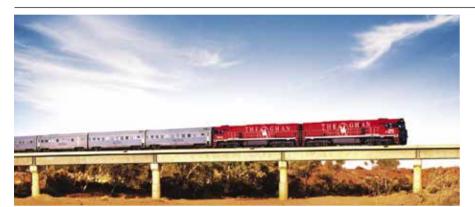


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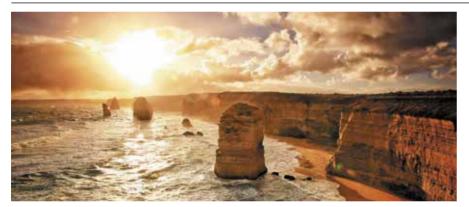
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HIGHLIGHTS: Darwin sunset and dinner cruise - Litchfield National Park -Corroboree Billabong Cruise - The Adelaide River - The Ghan (Darwin to Adelaide) - Off-train excursions in Katherine, Alice Springs and Coober Pedy.



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Visit Victoria to tick two iconic Australian journeys off your bucket list. Travel along the Great Ocean Road from Torquay to the historic fishing village of Port Fairy. Complete your holiday experience with a journey aboard the Overland train from Geelong to Adelaide.

HIGHLIGHTS: Great Ocean Road Heritage Centre - Woollen Mill - Overland train journey from Geelong to Adelaide - Flagstaff Hill light and sound Show - Flagstaff Hill Village and Museum - Fort Queenscliff - Queenscliff Maritime Museum - National Wool Museum, Geelong - Geelong Museum of Motoring.



8 DAYS | ALL ABOARD THE CHRISTMAS TRAIN Featuring the newest Australian rail adventure

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Celebrate this Christmas with a brand new Australian rail adventure. Begin in Brisbane enjoying South Bank's Christmas festivities, visit Sea World, enjoy high tea on the Brisbane River and visit the infamous Boggo Road Gaol. Travelling from Brisbane to Adelaide, journey along the coastline of Northern New South Wales, the Hunter Valley and Victoria before arriving into Adelaide. Celebrate Christmas while on board!

HIGHLIGHTS: Tour of Brisbane - Boggo Road Gaol Tour - Beenleigh Historical Museum - High tea in Brisbane - Southbank Christmas festivities - Sea World -Skypoint Observation Deck – 3-night / 4-day Great Southern train journey.



7 DAYS | SUMMER ON THE GREAT SOUTHERN Board the Great Southern train for its inaugural season

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Enjoy Brisbane and the Gold Coast before travelling in gold class comfort from Brisbane to Adelaide aboard the Great Southern train. Travel along the Northern New South Wales coastline, the Hunter Valley and Victoria before arriving into Adelaide. Operating only in December and January, here's a window of opportunity to book your place for this brand new holiday experience.

HIGHLIGHTS: Australia's Outback Spectacular Show - Skypoint Observation Deck - Tour of Brisbane - Boggo Road Gaol Tour - Beenleigh Historical Museum - High tea on the river in Brisbane – 3-night / 4-day Great Southern train journey.

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et's go travel options for the mature west australia





Ten must-do places to visit in New Zealand's cool capital Wellington









From left to right; Weta Studios Tour © WREDA - Seal with the leaning lighthouse © Trevor Templeman - Enjoy high tea or dinner at Hippopotamus © Hippopotamus and Cable car overlooking the city © WREDA

by Tiana Templeman

WELLINGTON is New Zealand's capital of cool, with an energetic local vibe that embraces art, culture, and cuisine. It is a compact city with most major sights either within walking distance of the CBD or a short taxi ride away, making it easy to get around. Here are 10 'don't miss' Wellington activities.

Movie magic at Weta **Studios**

You don't need to be a Lord of the Rings fan to enjoy a Weta Studios tour. If you've ever seen a movie and wondered 'How do they do that?' this tour will answer all your questions and more. From how to make fake chain mail to creepy creatures with moving faces, this tour is packed with movie magic. There is also a Thunderbirds are Go tour that is ideal for visitors who remember watching the original show.

Superb stays

You don't need to go far to find a great place to stay. QT Museum Wellington, a quirky hotel filled with incredible art, enjoys a prime location across the road from Te Papa. Up on The Terrace overlooking the city, the Grand Mercure Wellington has a 'secret lift' that helps guests avoid the climb up the hill. As Wellington is so walkable, centrally located accommodation will help make the most of your stay.

Wine and dine From tasty cheap eats to award winning restaurants, there are plenty of stellar dining opportunities to be found. Try Hippopotamus for elegant European-inspired fare, Mr Go's for delicious dumplings or Forage Kitchen + Bar for some of the best paddockto-plate dining in town.

If you are staying in a self-catering apartment, a visit to fresh produce emporium Moore Wilson's is a must. This family run business has been operating since 1918 and is a great spot to rub shoulders with the

Explore Cuba Street and Hannah's Lan

Cuba Street and emerging hot spot, Hannah's Laneway offer an intriguing collection of boutique shops, eateries and destination focussed provedores. Enjoy a guided tasting and tour at Wellington Chocolate Factory, a flight of fountainstyle sodas at Six Barrel Soda and peanut butter tasting at the cute holein-the-wall shop Fix and Fogg. Don't miss the savoury Smoke and Fire which comes with a chilli

What to do at Te Papa New Zealand's national museum is highly

interactive and filled with amazing artefacts and stories about the country's unique geological, biological and cultural diversity and history. From a touching ANZAC tribute highlighting the sacrifice of those who fought at Gallipoli to an earthquake simulator and a giant squid, this attraction should not be missed. Even if you have been here before. it's worth visiting again as exhibits change on a regular basis.

Wellington Museum

Wellington Museum is less well known than Te Papa but equally impressive, particularly for those who are interested in learning more about Wellington. The museum comprises three stories of fascinating city history housed in one of Wellington's original harbour buildings, with exhibits covering everything from what it was like to work as a sailor in Wellington to the city's reputation as the UFO capital of New Zealand. Don't miss The Attic on the top floor with its cutting edge storytelling technology and quirky exhibits.

Wellington Cable Car

Wellington Cable Car has been operating for more than 100 years and travels from the CBD to Wellington Botanic Gardens with views over the harbour and beyond. It is best enjoyed when the weather is good so you can make the most of the views. Walk back to the CBD via the botanic gardens which are filled with gracious old trees and pretty flower gardens.

Go on a Seal Safari

Meet some hardy slightly smelly) Wellington locals on a lively 4WD adventure that heads off-road for a ramble along Wellington's rugged coast line. Seal Coast Safari Tours offer a chance to get up close and personal with fur seals who seem to love nothing better than having their photo taken provided you don't get too close. This tour's handy half day format makes it easy to do, even if you're short on time.

Explore Wellington's markets

It is worth timing your visit for a weekend so you can explore Wellington's excellent markets. On Friday night, Wellington Night Market offers food stalls along with live music and cultural dance performances. Wellington Underground Market features handmade arts and crafts and is a good option for rainy days as it is held in a carpark on the harbour front. Sunday's Harbourside Market is a local favourite filled with colourful food purveyors, providores and peddlers of the city's finest foods.

Zealandia Sanctuary

This ground-breaking wildlife sanctuary, which is only a 10 minutes drive from central Wellington, is the world's first fullyfenced urban eco-sanctuary. Zealandia Sanctuary has reintroduced 18 species of native wildlife and is as close as you can get to experiencing Wellington's pre-civilisation landscape without travelling back in time. And, of course, there are kiwis. Sign up for an after-dark tour and, if you are lucky, you might just spot one in the wild.

FAST FACTS:

Find out more about visiting Wellington at www.wellingtonnz.

The writer travelled as a guest of the Wellington Regional Economic Development Agency.

Cooktown Port Douglas FROM PERTH Townsville Mackay Marlborough Rockhampton (Brisbane

Plenty on offer when visiting tropical North Queensland

FOR some reason West-**Australians** Queenslanders like to swap sides when it comes to holi-

Many Queenslanders come to WA to experience the diversity of our landscapes from rugged gorges and the rivers of the north, to our sparse open plains in the centre and the spectacular wildflower displays during spring.

And we Western Australians like to see what's over the other side with people seeking tropical forests and islands.

This year Aussie Redback Tours are running a tropical North Queensland trip which begins with a flight to Cairns. travels down the Queensland coast to Brisbane, and finishes with a return flight to Perth.

On the journey guests will

-Factor

discover some of Australia's best-known tourist spots. Enjoy visits to Port Douglas, Kuranda (including a ride on the scenic railway through the rainforest, and a ride back on the sky rail), Airlie Beach, Magnetic Island, and the Whitsundays.

Other highlights include visits to Paronella Park - powered by Queensland's first hydro-electric plant; James Cook Historical Museum and the Bundaberg Distillery. There are many inclusions on the tour, so guests only need a little extra spending money for souvenirs.

This 12-day tour runs from Saturday 10 to Wednesday 21 August and is priced from \$4,640 per person. For more information, contact Renata or Sharon at Aussie Redback Tours today - 1300 662 026, aussieredbacktours@ya hoo.com.au







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FEATURING Koningsdam **HIGHLIGHTS**

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La Spezia (Florence/Pisa) • Ajaccio • Civitavecchia (Rome) • Rome (3nts)

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33nt 🚿 🋗 🌲 HOLIDAY

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2020 CROATIA BY PRIVATE YACHT



13nt 💢 🗐 🌲 HOLIDAY

DEPARTS PERTH 14 JUL 2020

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The shortest ferry ride to see the biggest colony of penguins in Australia









Quick queuing for the ferry - Captain Rusty at the wheel - Penguin Island welcome - Pretty penguins pose

by Numbat our travelling

BOAT captain Rusty (63), a retired school teacher, steers us on the world's briefest ferry ride as he has done with countless others for the past five

Our five minute journey takes us across waters that are home to the world's smallest - and most vocal - penguins, plus the world's rarest sea lions and one of Australia's biggest colonies of great white sharks.

We are on Shoalwater Bay, near Rockingham, just 40 minutes' drive from Perth. Some, like us, have grandkids in tow and haven't been in these waters since we were kids and are looking forward to seeing the changes.

What a unique treat it is. Penguin Island has thankfully been retained as the kingdom for little penguins. Standing an average 33cm short, they are the only one of 17 penguin species that nest on mainland Australia.

They nest safely under cover of bush or in manufactured little homes beneath timber boardwalks stretching out from the jetty in all directions.

Penguin Island, in tourist terms, is understated. There is little overt promotion for tourists on approaching streets and nothing to indicate that the café and parking area are where the little ferry departs from. People

clearly find the place.

Even arriving 45 minutes before departure, we find the hourly ferry is fully-booked. No problem, the ferry will be back after its 10-minute return journey for an extra trip. It pays to book ahead.

There are 1,200 little scattered penguins throughout the island and several being cared for by Parks and Wildlife officers and rangers. Injured and sick penguins are rehabilitated and set free but some, especially when they've been treated very young, wouldn't survive in the wild and join others in comfortable captivity.

Some have lost flesh or flippers in encounters with Jaws from WA's second-biggest

shark colony.

Little Penguins live only up to 10 years in the wild but those in captivity, protected and regularly fed, live into their 20s.

The star of our visit to the Discovery Centre was two-year-old Kevin, a cheeky, chirpy chap who's constantly on the move, greatly pleasing the mob.

Kevin swims a length of the glass-sided pond, hurls himself up onto a rocky strip, waddles along to the end, gazes at onlookers and then dives off the end for another lap. Other penguins preen themselves atop the rocks with an occasional dip.

At feeding times, the penguins show their agility and amazing speed in

the water as sardine-size morsels are tossed into the water. Feeding time is the highlight of the island adventure which, all up, should take about two hours.

The north end of the 12.5 hectare island is occupied by an enormous squadron of proud pelicans. Below them in the green-blue, white-sand sheltered bay, perhaps 1,000 seagulls are resting in the calm water. Eagleeyed visitors might sight ospreys.

Several snorkelers ease out in the shallows and head for the jetty, watching for stingrays and other fish.

The short, shallow stretch of water to the mainland - crossed on foot by thousands of us in the sixties - can be treacherous and lethal. Strong warning signs are up at the jetties and in multi-lingual brochures.

Penguin Island has no public facilities except toilets, so food and drink need to be brought or bought at a tidy café near the departure jetty. Tickets are also collected

The island-crossing fees including Discovery Centre and feeding were \$27 for adults and \$24 concession, child \$20 or family \$85. Ferry only prices were: Adults \$18, concession \$16, child \$14 or family \$56.

Island rangers feed the penguins at 10.30am, 12.30pm and 2.30pm. Ferries department hourly from 9am to 3pm.

When the wind is blowing hang onto your hats. Three of our fellow passengers lost caps while boarding the jetty to the ferry.

The caps washed up to shore and were retrieved much to the relief of a little teary lad from India. But that was all forgotten on the island when they saw little penguins for the first time.

Little penguins are flourishing in their biggest colony in Australia. And, as we witnessed from the capacity crowds on the ferry, little penguins are an international drawcard.

If you haven't made the visit to this pristine part of our backyard for past decades, get aboard. You won't be bored.

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Start preparing for the wildflower wonderland which blooms across Western Australia



Mottlecah (Eucalyptus macrocarpa) © Tourism Western Australia

time through winter and

be ankle-deep in wild-

flowers within hours, vir-

tually wandering across

the state with caravan,

But more people are

taking the considered

approach, planning up

to a year ahead and,

they, along with out-

siders, need more di-

rection. Not everyone

wants to visit the same

wildflower venues year-

about a dozen direc-

tions to take: trails that

can be managed with-

out taking too much of

a bite, often in unfamiliar

troops are long onto it

than ever to give direc-

tion and information

from their government-

funded tourism offices.

Besides, nature doesn't

stick to the same flowering timetable year-after-year. Locals know

what's happening and

are happy to spread the word. And it's free!

from

Starting

better equipped

tourism

Basically, there are

after-year.

territory.

Regional

tent or even swag.

by Lee Tate

WILDFLOWERS and Western Australia. The words bunch together naturally and combined, draw us from all corners of the globe.

We are standing in the north-west, starting point for nature's stupendous wildflower flourish.

As if part of a gigantic wave, fields of flowers erupt week-after-week, all the way down the mighty expanse of one of the world's greatest land masses.

The state's 12,000 wildflower species keep us amazed with their colours, their variety and their names (how's your Latin?).

Starting in the Kimberley in June and appearing in a flourish in our south-west by September, our wildflowers are on show over huge expanse of open territory, unique in the world with a three-month viewing window.

West Aussies can jump in their cars in any north, there are brilliant trails, walks and boat rides from Kununurra. These can be tackled on a day-by-day basis. The vast distance from just about everywhere else means Kununurra should be tackled as a one-off, perhaps by flying to that great town and taking tours with the experts and guides or hiring a vehicle.

The Pilbara is phe-

nomenal. Dinkum travelers might even forge out to Marble Bar but the Pilbara trail takes in the expanse from Port Hedland to Dampier, plus Tom Price and Onslow. The jewel in the crown (indeed, in the nation's crown) is Karijini National Park.

Dating back billions of years with some of the world's oldest rocks and with chasms as deep as 100 metres, the district is known for its diversity of native trees, coolabahs, river red gums, batchelors buttons and candlestick cassia with their yellow flowers.

One of our favourites is the Cape Range trail. Its national park breathtaking and reached in a short drive from Exmouth. Our first trek was into Charles Knife Canyon, marked on the road into Exmouth. It was unexpected and stunning to stand on the peaks and see truly fascinating country. Wildflowers along the various tracks - splashes of pink and yellow - were an added bonus. Experts tell us we're surrounded by acacia shrub land with rock figs hanging on to sheer cliffs.

Closer to Perth, the Northern Explorer trail takes in Kalbarri National Park of over 180,000 hectares. The listed wildflowers include eucalyptus, river gums, smoke bush, grevillea, gold and orange banksia, featherflower and starflower.

This is the Murchison, known for Mount Augustus - more than twice the size of Uluru and the François Peron National Park, just four kms from Denham (and its famous dolphins). Wildflowers like hakeá, grevillea, wattle, shark bay daisy and purple pea are widely spread.

The Perth trail is ideal for short-stay tourists. Or for anyone interested in seeing 1,700 species of wildflowers, bang in the city's centre - it's all in King's Park with its city and river views an added plus. Selfieheaven. Kangaroo paws are here, along with hakea, wattle, orchids. grevillea and peas.

The Granite Loop trail is different with its mighty granite outcrops and wildflowers including cowslip and donkey orchids, triggerplant, everlastings and kangaroo paws. Around Wongan Hills

are 16 wildflower species unique to this area. The trail starts at historic Toodyay.

The Goldfields trail. taking in Coolgardie, Menzies and Leonora, features Totadgin Conservation Park, south of Merredin. Look for woodlands, eucalypt everlastings, orchids. verticordias and something called cricket ball hakeas. Kalgoorlie's arboretum showcases native flowers and salmon gums.

Jarrahland trail heads south from Perth and takes in Harvey, Collie, Pember-Bridgetown, ton, Margaret River, Yallingup and Bunbury. The Darling Range is riddled with wildflowers: verticordia, hardenbergia. chorizema, wattle and hakea and closer to the coast, orchids, wisteria fan flowers, coastal pimelea and clematis. You are also in big timber country.

The Southern Wonders trail features Stir-Range National Park with more than 1,500 native plant species with 87 species found nowhere else. Look for mountain bells, queen sheba orchids and dryandras. It takes in Albany, Denmark, Walpole and Manjimup. Esperance trail

unique with unbeatable coastline, Cape Le Grand National Park and the town and district itself, far to the east of Perth. Endless white sand beaches with dotted islands are icing on the cake.

Wildflowers include woolly banksia, bottlebrush, weeping gum, royal hakea and qualup hell. Divert to Dryandra Woodland, 22kms from Narrogin with animals

everywhere and plants including golden dryandra, orchids, tangled grevillea and prickly lambertia spread over 72,000 unique hectares.

All these are just pointers to some of the world's most fascinating wildflower regions. Go to westernaustralia.com/wildflowers or collect the brochure Western Australia Wildflowers from tourism offices.





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Day 1 - Support cars deliver travellers to coach and head to Geraldton. Lunch in Perenjori. Day 2 - Enjoy a day in Kalbarri; visit to gorges, wildflowers, whale spotting and lunch. Day 3 - Adventure east in search of the Wreath flower (Leschenaultia Macrantha) and

Coalseam Park for Everlastings. Day 4 - Free time sightseeing in Geraldton while Abrohlos Islands group enjoy their flight.

Day 5 - Journey home through coastal Dongara. Jurien Bay for lunch and wildflowers. Arrive Perth. Support cars meet coach and return passengers homes. TOUR INCLUDES: Luxury coach home pick up & drop off,

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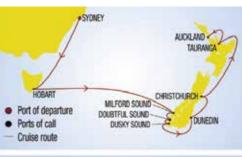
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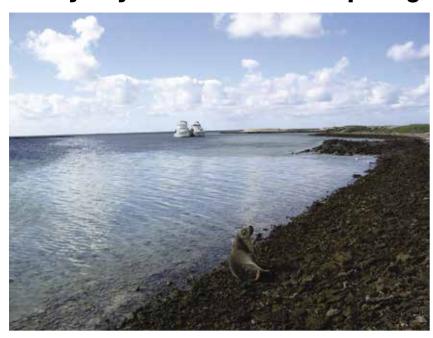
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Every day is an adventure at the Abrolhos Islands

by Mike Roennfeldt

FOR many years I've had the good fortune

to fish the Halco Abrolhos Islands Game Fishing Tournament with Halco lure manufacturer Ben Patrick and his crew, first aboard his original boat Pelagic and more recently its

replacement Mandalay.

What a roller coaster ride of fishing experiences the tournament has proved to be over the years.

Anyone who has spent much time cruising through the maze of reefs, low islands and coral outcrops that make up the three island groups 50km or so out from Geraldton will appreciate what a special part of the world it is. The fascinating, sometimes bloody, history, spectacular seascapes and often brilliant fishing mean any trip to the Abrolhos will almost certainly be an unforgettable experi-

Clusters of cray fishermen's shacks cling precariously to rocks just a metre or two above the water. Vast

expanses of coral shallows are interspersed with deep blue channels that hold promise of a huge array of hard fighting fish that ranges from succulent baldchin groper to lightning fast Spanish mackerel and yellowfin tuna. Over the years I've

hooked or seen hooked some really special fish while trolling around and between the islands during the tournament. Twice I've spent an hour or more on big yellowfin tuna and come up empty handed, once because the tortured line finally gave way and once because a passing shark decided to take a hand in proceedings. I've seen a potential world record mackerel taken by a shark right at the boat. I watched slackjawed as a Samson fish,

that was twice as big as anv I'd ever heard of, devoured a hooked mackerel a few metres away. I was on board when fellow angler Guy Bessell-Browne hooked a monster yellowtail kingfish that led us a merry dance through the coral encrusted reefs for over two hours before breaking off.

But for all the near misses on a once-ina-lifetime catch, there have been plenty of episodes that had a happy ending, where the fish was brought boatside after a tough battle, then tagged and sent on its way. These include numerous triple hookups on mackerel that have seen all three fish tagged and a memorable double hookup on a 20kg yellowfin tuna that had me standing on the bow patiently waiting with the fish 300m away out front while a fellow angler down at the stern played out and tagged his fish.

Some of the best fun during the tournament has happened on the lay days, where there's time to explore, go ashore on remote sandy islands and wander with fly or spinning rod, catching small species, including some of the biggest herring I've ever seen. The inquisitive local sea lion population always provides some sort of entertainment, checking out at close quarters what you are doing, while sea eagles perch on lonely windswept cairns of coral and screeching seabirds dive excitedly into schools of baitfish.

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people to join them on their north west wildflower journey which includes an option of taking a scenic flight over the Abrolhos and landing on one of the islands for morning tea. The tour also includes the company of a very knowledgeable

guide John and Cascade's fabulous tour manager and hostess

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travels by coach to Geraldton via the inland road to see as many wildflowers as possible through Bindoon and Dalwallinu.

This is the perfect tour for those who like to unpack only once. The Ibis Styles motel in Geraldton is the home base allowing for the group to enjoy day time discovery trips to see the wildflowers at their best. The Ibis will be providing dinner each night for the guests.

The tour includes a

visit to Kalbarri to discover the gorges and the chance to spot a whale or two along with the superb wildflowers of the area.

One of the highlights of the tour is the search for the elusive Leschenaultia macrantha (wreath flower). The tour guides have inside information about where to find some of the best of the season. It also includes a visit to Coalseam Park to see the fields of everlasting flowers.

For those who wish to participate in the flight to the Abrolhos it's an opportunity to have a bird's eve view of the area. There is also ample time in Geraldton to visit the museum and the HMAS Sydney Memorial.

The trip home is an opportunity to discover more wildflowers along the way.

The tour includes home pick up and return, daily breakfast, morning tea and dinner, four lunches, entry fees, luxury coach travel and caring support crew.

Places are limited, so early bookings are advised and Cascade Tours looks forward to spoiling Have a Go News' readers on this annual wildflower pilgrimage.

Cost \$1130 per person twin share, \$1470 single, Abrolhos flight \$295.

To secure a place please phone Chris Gill on 0413 741 556 or 9574 0218 (evenings).



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Karijini is the second largest National Park in WA. It is a wonderland of deep cavernous and highly colourful gorges formed more than two billion years ago, with pretty rock pools and contrasting red and rugged outback terrain, plus unique native flora and fauna.

Accommodation include quality furnished safari style eco-tents, family eco-cabins and traditional sites for pitching the tent and parking the camper or caravan with use of shared ablutions with hot showers and barbecue facilities.

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

Continental or cooked breakfast (the red velvet pancakes are legendary), a-la-carte or takeaway dinner options and on-site or packed picnic lunches are available daily, along with a selection of snacks, supplies, icecreams and souvenirs at the kiosk.

A range of beers, wines and spirits are on offer at the bar daily from 6.30 pm. Guests love to get together with likeminded travellers and share their adventure stories of the day after exploring the ancient surrounds.

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

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

Planet Shark: Predator or Prey - new exhibition



LEAVE the outside world behind and immerse yourself in the incredible underwater world of sharks-without getting your feet wet!

The latest exhibition to hit Western Australia is Planet Shark: Predator or Prey. Now open at the WA Maritime Museum, Planet Shark has been produced on a size and scale never seen in Australia before.

Split into several gallery spaces, the exhibition lets people journey through millions of years of evolution, right up to the present day. Interpretive digital screens, a huge collection of shark teeth, life-sized casts of real sharks and extremely rare fossils (some up to 370 million years old) creates a memorable and informative experience.

The last area is an im-

mersive projection gallery that is not only aweinspiring but allows for a moment of reflection. HD projectors illuminate the space with stunning underwater footage immersing people in the mysterious aquatic world they have just become familiar with.

Planet Shark is a great value day-out, with tickets including entry to the rest of the Maritime Museum. In the other

galleries visitors can explore Western Australia's relationship with the ocean, from fishing to migration, to the America's Cup. They can recharge at the café in the foyer while enjoying a front row view of the active Fremantle port.

Complete the visit with a guided tour of the Museum's Cold Warera submarine, HMAS Ovens, or take a stroll to the WA Shipwrecks Museum where people can see the recovered hull of the Batavia, shipwrecked in 1629.

Planet Shark: Predator or Prey is at the WA Maritime Museum until Sunday 10 November. Discounts are available for group bookings and carers enjoy free entry.

The WA Maritime Museum is located in Victoria Quay, Fremantle. Visit museum.wa.gov. au/planet-shark more information or call 1300 134 081.



The Shire of Coorow is part of Wildflower Country, home to one of the most diverse and colourful ranges of plants in the world. See a variety of orchids, kangaroo paws, banksias, grevilleas, wreath flowers, everlastings and seasonal flowers.

Wildflowers are scattered along the country roadsides including the sweeping views of Alexander Morrison National Park on Coorow-Green Head Road. Take your time to stop, safely pull over and wander amongst the native bushland. Visit the Coorow Farm Wildflower Drive just 2kms out of town and walk to the top of the hill for a great view from the Bart Mailey Memorial Walk Trail (~1.2kms).

Ask about our 2 NIGHTS FOR 1 SPECIAL for the Coorow Caravan Park and enjoy a delicious meal at the newly redeveloped Coorow Hotel.

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FACT: WA is amazing



AWESOME WA: 1,001 Fair Dinkum Facts about WA by our regular contributor Lee Tate is a fabulous book which highlights interesting and unusual facts about WA.

Published by Have a Go News the book has been so popular we are now on to our fifth reprint.

Premier Mark Mc-Gowan wrote: "It's a very wonderful book filled with interesting facts and figures about this amazing State of

"When I am next asked why I continue to live in Rockingham, I will simply point out that as well as being a great community, it is also the sunniest place in Australia." (The book shows Rockingham is Australia's sunniest city).

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

The book highlights truly fascinating facts about WA and makes a perfect gift suitable for overseas and interstate visitors.

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

Awesome WA is available from Have a Go News for \$25 plus postage or can be collected from 137 Edward Street. Perth, in office hours. Order through 9227 8283 or see the coupon in this issue on Page 18.



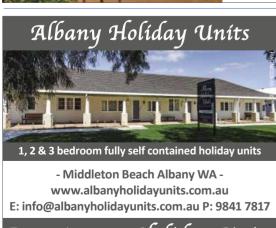
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The writing was on the wall for local Western Australian artist and bird lover...



THE Shire of Waroona stretches from sea to scarp and covers the towns of Preston Beach, Waroona, Hamel and Lake Clifton.

It's just over an hour and half's drive from Perth and the shire offers a variety of events and attractions throughout the year.

Recently WA artist Brenton See was employed to paint a superb mural in the town centre of Waroona on the South West Highway, adding an artistic element to the already pretty town and another attraction to encour-

Brenton grew up in Perth. His mother Robyn said that art and animals were one of the few things to keep this active child still

His creativity was encouraged by Robyn who kept a box full of recycled goodies which he used to create dinosaurs and paper mâché landscapes. He also drew lots of animals copied from library books.

Although exposed to a wide variety of media and creative techniques over the years Brenton has always returned to drawing animals.

As a child he ached for a pet of his own and his mother said he couldn't be responsible for a living creature unless he knew all about it.

After Brenton did months of research finches were chosen for him. Birthday money was used to build an aviary and then every spare minute would see him in that enclosure fussing

Robyn guipped that he spent more time

cleaning the aviary than his room.

In high school and beyond Brenton kept drawing and painting, spurred on by his love of nature and art. Conventional career paths were tried and abandoned for a life as a starving artist.

Persistence and passion shone though in the end.

Creating commissioned artworks and exhibiting became life for Brenton up until his change to his artistic path in February 2015 when he painted his first mural. Since then Brenton has been fortunate enough to maintain a full-time practice painting large

A keen photographer and birdwatcher he now spends most of his free time in the Western Australian landscape gathering reference photos for upcoming murals.

The excitement of sharing the flora and fauna of Western Australia keeps Brenton motivated in his journey to educate the world on just how lucky we are to share our planet with such wonders.

Brenton's murals can also be seen at Fresh Provisions in Mount Lawley, Rosemount Hotel, at many schools and at the Newdegate Silo project.

Robyn never quessed all those years ago that her quirky arty son would one day be painting huge murals of Aussie wildlife onto walls and silos, be visiting schools to share his knowledge or be getting up at the crack of dawn to photograph a bird for his latest project, but his love of art shone through.

Find out more about Brenton at www. brentonsee.com.au

WA's north coast offers lots of lifestyle options for a great Seachange



Broome's world renowned Cable Beach

IF you're thinking of making a sea change, LandCorp has lots available in some of the most beautiful locations along WA's stunning

Waranyarri Estate in Broome North is located 2.5km inland from the world famous Cable Beach. This estate features eight landscaped parks with amenities to cater for all ages, connected by a series of walkways which extend to Sunset Park and Cable Beach.

At the heart of the estate is the book share and community garden adjacent to the community shelter, providing a central location to meet friends, swap a book, help in the vegetable garden, share news and store shared

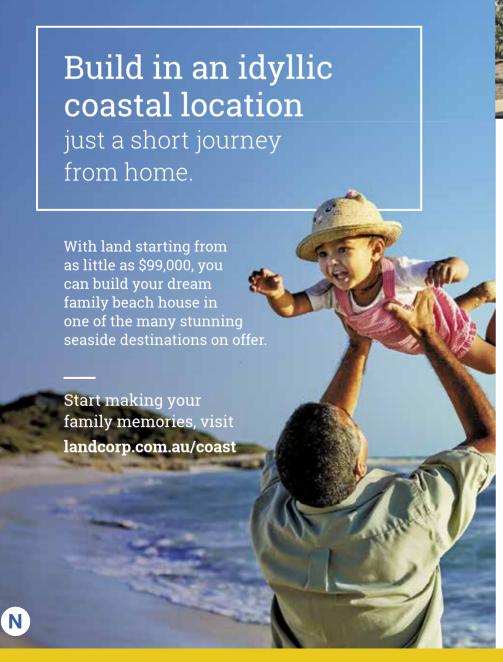
equipment and materials for the variety of community events and activities. These events include an annual Troppo event and welcome resident events as well as education and community garden working bees.

Waranyjarri Estate respects and enhances the open, friendly streetscapes of the established Broome neighbourhoods, enabling residents to maximise their enjoyment of the natural environment, with houses that respond to Broome's climatic and environmental conditions through passive solar design.

Climate responsive design has resulted in Waranyjarri Estate receiving EnviroDeveloper accreditation from the Urban Development Institute of Australia in the four elements of ecosystems, energy, water and community - the only regional development in WA to hold this accreditation.

This vibrant, sustainably designed community offers a mix of affordable housing options perfectly positioned to take advantage of Broome's idyllic coastal lifestyle. Prices for single residential lots from 611m² to 802m² start from \$204,000. Duplex lots from 624m² to 850m² are priced from \$229,000.

Every purchaser could receive \$5k for whitegoods and fittings as well as \$7k for landscaping and a \$10k builder referral. Find out more at www.landcorp.com. au/broomenorth.







WA's only EnviroDevelopment accredited regional community.

We're proud to announce Broome North has received EnviroDevelopment accreditation for sustainability initiatives across its ecosystems, energy, water and community.

Enjoy the ultimate outdoor lifestyle in this idyllic, close-knit community. The estate has also been designed and oriented to suit the climate, meaning on average households save 25%* on power. Make it yours with lots from \$204,000.

To find out more, visit landcorp.com.au/broomenorth

*According to Horizon Power Broome usage consumption research 2019.

















Why not try these warming red wines for winter enjoyment















dark berry fruit, and a unique vanillin nuttiness at the finish. RRP \$30.

2015 Huntington Estate Bin 18 Shiraz is deep red with strong aromas of chocolate and dark berries lifted by subtle spices. The pallet display tannins typical of the Mudaee region with rich shiraz fruit flavours

of dark berries and mocha. Perfectly balanced, especially for such a big wine. Finishes like a classic shiraz - strong and earthy, yet smooth. RRP

Hastwell and Light-Montepulciano 2017 from the Mcl aren Vale is a variety uncommon in Australia but according to the winemaker well adapted to our conditions. It is deep reddish-purple in colour with aromas and flavours of red plums, boysenberries and oregano spices, balanced with good acidity and firm tannins. RRP \$18.

Blind Corner Nouveau 2018 is a fresh deep red wine from Margaret River with fruity aromas and a fresh clean but complex pallet. It is made by sealing grapes inside a concrete egg for two weeks of carbonic maceration before crushing the grapes and maturing in oak barrels. RRP \$30.

Jacob's Creek Double Barrel Barossa Shiraz 2016 is deep crimson in colour with purple hues. It has aromas of cedar, vanilla bean and buttered toast with notes of pecan nut and roast cashew. The palate has savory flavours of blackberry and ripe plum with a touch of charcoals and a long soft finish. RRP \$24.99

Huntington **Estate** 'Special Reserve' Shiraz 2015 is deep red with aromas of cedar dark chocolate and Mocha. The palate is rich with plum and other dark fruit flavours and a spicy finish. RRP \$42.

Stoneleigh Latitude Pinot Noir 2016 is a lightish red with smoky and spicy aromas of black cherries and boysenberries and a rich palate of purple plum, chocolate and other berries. RRP \$22.99

Jacob's Creek Limestone Coast Reserve Shiraz is deep crimson in colour with aromas of blackberry, pepper and a touch of mocha. The pallet is intense fresh plum balanced by cedar spices from the oak and supported by voluptuous tannins. RRP \$17.99

by Frank Smith

THERE is nothing like a warm pot belly stove and comfort food in winter. I suggest thick soups, Irish stew, meaty casseroles, steak and kidney pudding as

excellent accompaniments to a good red wine this July. Here are some suggestions for the wine.

Gartelmann 'Jesse' Shiraz 2015 has an amazing nose. When the bottle is first opened there is blueberry pie, rosemary and a big waft of peppermint. Swirl the glass and allow to stand and rich damson and walnut aromas appear. The palate displays tarry and subtle tannins with

muted acid and red and

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

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



For more information contact the Leeman Administration Shire Office 20 Morcombe Road, Leeman Phone 9953 1388 or visit www.coorow.wa.gov.au





There is nothing better than a winter holiday





The view from the Esplanade Hotel

THE Esplanade Hotel on Marine Terrace in the heart of Busselton is walking distance from the jetty,

the town and foreshore. Family owned and operated since 1952, the Esplanade looks forward to welcoming Have a Go News readers during the winter months and has

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created a competitive winter accommodation special.

The hotel has a variety of accommodation to suit every budget, some rooms offer disability access and they have a restaurant which is open for breakfast, lunch and dinner as well as a bottle shop on site.

Öpen seven days a week and offering easy access with tour pickups, a casual and friendly atmosphere, it's the perfect place to plan your winter stay in beautiful Bussel-

Make your trip to Busselton interesting by booking a ticket with local tour bus operator, Gannaways. They have some great day trips on offer such as a Back Roads Tour on 7 August or Nannup Flower and Garden Festival including a visit to a Policeman's Museum on the 15 August.

Bookings can be made for these tours at the hotel. Rooms start from \$110 twin share and include free Wifi, Foxtel and tea

and coffee facilities. 9752 Call email enquiries@ehb.net. au or visit www.esplana dehotelbusselton.com.au



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Mount Magnet Visitor Centre, with entry into Mining and Pastoral Museum is the best place to visit for regional and state wide information. With a modern gift shop displaying the rare Orbicular Granite, 'Treasures of the Earth" rock collection and Wirnda Barna art. Free WiFi available

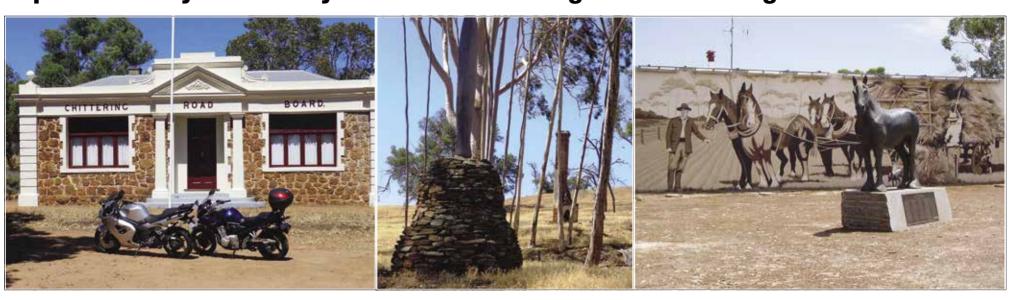
Great Nthrn Hwy (southern end) Mt Magnet Tel: 9963 4172 Email: visitor@mtmagnet.wa.gov.au







A pleasant day's motor cycle ride discovering some hidden gems around Perth



Left to right; Bindoon Museum - Bell artwork - Mural at Moora Photos by John Bristow and Paul Church

by Paul Church

I KEEP looking for a different motor cycle ride around Perth and recently I spent a pleasant day discovering a few hidden gems with fellow rider

Our first stop was the Yagan Memorial on West Swan Road at Belhus. This was created to commemorate the life and spirit of the great Nyoongar leader and warrior Yagan (c.1795 – 11 July 1833) and as a burial site for his repatriated kaat (head).

Next we headed north to Bullsbrook. Here we turned east on to Chittering Road at the RAAF Pearce Airbase, where you can often see Australian and Singaporean pilots training.

Then followed a pleasant ride through the Chittering Valley, passing orange groves and farmlets, nestled among the hillsides. We turned right onto Chittering Valley Road past the Orange Grove Café. Along this road you can glance

some of the most northerly vineyards in the state. Eventually we came to the Muchea / Bindoon Road, where we turned right to head towards Bindoon. If you think the Chittering Roads are scenic. this road is even better, especially in spring when the countryside is green. Many large houses are springing up along here and there are also some cottage ruins and quirky artworks.

I was intrigued by a handbell made out of local stone with a large wooden handle on the site of the former school. All else that is left standing now is the chimney stack.

Next we met up with the great Northern Highway and headed past the Bindoon Holy Trinity Church which was built in 1886 by volunteers using rough-hewn local stone and timber. A further 10km brought us to the township of Bindoon.

Bindoon is an Aboriginal word meaning place where the yams grow. It is now more famous for orange and mandarin groves and a very pleasant café, the Bakehaus, which is frequented by many weekend bike riders.

Continuing past Bindoon Tavern, we turned off the highway and headed towards Mogumber, on the Bindoon / Moora Road. Mogumber is only a small township but has a tavern that is also used as a drive or ride destination for many.

Moving on towards Moora, you pass through Gillingarra, which is an important bird sanctuary. It supports endangered Carnaby's black cockatoos, as well as western corellas, red capped parrots, western spinebill and western yellow

All too quickly you arrive in Moora which was one of the original stations on the Midland railway line to Walkaway. It is also a popular stopover for tourists on the wildflower trail.

Leaving Moora we headed towards Walebing, a small country town that has been home to the Lefroy Family since 1846. Sir Henry Lefroy (Premier from 1917 to 1919) farmed the family property here. Explorer Ernest Giles surprised residents in 1875, when he suddenly appeared and announced he had trekked from Port Augusta in South Australia, along the edge of the Great Victoria Desert.

We then re-joined the Great Northern Highway and headed south towards New Norcia to the Benedictine mission. This town feels like it has been transplanted stone by stone from southern Europe. It is, in fact, named after Nursia, the Italian birthplace of the order's founder. The mission is a diocese in its own right, answerable directly

Road trains can be a problem for a motor bike rider on the Great Northern Highway. The best advice is to be careful and patient. Most truckies will indicate when to overtake.

Back in Bindoon, we continued on to Muchea, where the Brand Highway converges with the Great Northern Highway. Then we headed towards Bullsbrook, turning west just before the township and joined Pinjar Road. About halfway between Bullsbrook and Perth's northern suburbs is the Maze and the brand new water playground Outback Splash, which is also home to Café Iguana. Eventually we arrived at the suburb of Banksia Grove, at the turn off to the Barbagallo Raceway and then headed home to Edgewater.

Our pleasant 360km ride uncovered some hidden gems on the outskirts of Perth.

The top 10 travel necessities that don't need charging...

by Chris Parry

1. Pen and a notebook - even if it's just to complete the arrival card while you're flying, it's worth it and you never know when you will need a piece of paper to write something on - a note pad is handy.

2. Alcohol swab - not to suck on if the bar prices are too high but for any scratch you get, particularly if you're doing a bit of trekking. Light to carry and easy to store in a pocket or wallet, just a quick wipe and you know you've cleaned your little wound. Also handy if you really need to touch a dodgy tap or door handle.

3. Bags – little ziplock bags and scrunched up shopping bags may be frowned upon these days but they have endless uses when you travel. They're a quick and easy sick bag, storage for a phone if you're heading near water, and handy to store wet clothes and unexpected things you've bought. Can also safely store those stolen buffet breakfast items.

4. Aquatabs - This is as close as I get to prepping doomsday when I travel but given they are light and easy to store it's not like I'm stocking up on cartons of tomato soup for a nuclear winter. If you get caught without a safe water supply these little tablets can save you and whoever you are travelling with. In not much more time than it takes to dissolve, they turn a dodgy water source into a lifesaver

5. Safety pin - This will make you look more presentable if you bust a button or zip and you can use it to carefully scratch at a splinter.

6. Hard copy - Yes you've got all your passport copies, itineraries and bookings in your phone but what happens if the phone can't save you because it's broken or stolen? Save yourself by having copies (in a ziplock bag of

course) and put them in the bottom of your bag, hopefully never to be needed, but they won't take up much weight or Countries like South Africa will want to see hard copies of travel documents, particularly if you're travelling with a

7. Tissues - remember Elaine in Seinfeld being caught in a toilet with no paper and the lady in the next cubicle saying: "I haven't got a square to spare." Last year in Italy I found myself in a cubicle with no paper and let's just say it was too late to back out of that situation. Thankfully I remembered that in my little day

bag I have a couple of

tissues (in a ziplock bag of course) for that unexpected sneeze... or worse

8. Spare glasses - if you need glasses you need to take a spare pair. Why travel to see the sights if you can't see the sights?

9. Cut up photos in envelopes - this isn't a dad joke but it is the dad traveller in me. When tech fails and there's a flight delay or other unexpected period of boredom, a few envelopes that have got cut up photocopies of photos make great jigsaw puzzles and keep old and young minds occupied for precious minutes. Again, they're light and easy to store.

10. Repack - not an item but a travel procedure. Make time in your travels to repack and refamiliarise yourself with your belongings and where they are located in your bags. Work out what you need for the

next day and whether you need to keep the bundle of receipts from the day's shopping. Is there anything you now realise you don't need that you can donate to a local charity or post back home?

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WA's GREAT Outdoors CARAVANNING CAMPING ACCOMMODATION



Discover the farming history of Western Australia's Central Wheatbelt



View of Lake Grace © Tourism Western Australia

CENTRAL Wheatbelt towns are all within a two to three hour drive from Perth

Visitors to the area have the opportunity to see vistas of open farmland, walk the wildflower trails, climb granite rocks, and enjoy quaint country towns.

Stay a while and enjoy the unique feel of the area. This guide provides you with information on some of the towns which make

up this important farming region in WA.

Bencubbin

Bencubbin is located three and a half hours' drive (270km) northeast of Perth.

Sandalwood cutters were in the area as early as the 1860s and a sheep station was established in 1867. Bencubbin is on the border of wheat and station country, which contributes to the wonderful

variety of beautiful wildflowers and bird life found throughout the shire. Birds are numerous all year round, and the stunning wildflower season lasts until October. There are many varied points of interest, all serviced by good roads.

Bruce Rock

traditional farming town, just 243km from Perth. Bruce Rock produces crops of wheat, barley, lupin and peas. Sheep, pigs and goats are also farmed in the area.

The Bruce Rock Museum comprises a historical display in the restored bank with adjoining reconstructions of an original one-roomed school, a typical mud brick settlers hut and a blacksmiths shop.

An arts and crafts centre is located in the main street displaying a wide variety of work by local artists. Bruce Rock celebrated its centenary in 2013 with a community project that records the history of the district, its people, farming and business enterprises and social life. The bank at nearby Shackleton is said to be Australia's smallest bank and is well worth a

Corrigin

Corrigin is a popular stopover when visiting Hyden's Wave Rock and the seasonal wildflowers of the area. Located three and a half hours' drive east of Perth (230km), it is a very attractive town.

It was known as a town of windmills due to the abundant supply of ground water. Almost every home had a windmill until 1960 when the town was supplied with scheme water from a dam nestled at the base of Corrigin Rock. The rock has a variety of dedicated tracks and trails. Tour the surrounding countryside during wildflower season and enjoy the wonder of these beautiful plants. The Corrigin Museum provides a link with the past in its display of early Australian farm machinery.

Karlgarin

317km Karlgarin, south east of Perth has a population of fewer than 50 people. It was first

settled to support farming in the early 1920s. It derives its name from the Aboriginal name of a nearby hill meaning 'place The Surveyor of fire'. General J S Roe first recorded the area in 1848. In 1931, after World War I, it was gazetted a soldier settlement site. Nearby Tressie's Museum offers a collection of pioneer farming tools and equipment, as well as a working display of gramophones and 78 records.

Visitors enjoy the yesteryear style of the beautiful Catholic church and the primary school. Scenic vistas can be seen at McCann, Buckley's Breakaway and the Karlgarin Hills.

Koorda

predominantly The farming community, 238 km from Perth grows wheat, coarse grains and sheep. Corn dollies are an ancient craft practiced in many cereal-growing areas worldwide and in 1911 Frank Lodge made a simple countryman's favour which was adopted as the shire emblem in 1974. Early in September, Koorda hosts its annual agricultural show, which brings together past and present residents, along with a large number of visitors. The show features many agricultural displays, including the corn dollies.

Lake Grace

The Shire of Lake Grace, 345km from Perth, is home to the towns of Lake Grace, Newdegate, Lake King, Varley and Pingaring. Established Pingaring. in 1911, one of the most historical buildings The Lake Grace Australian Inland Mission hospital which was built in 1926 through the work of Dr John Flynn and the local community. It has been restored as a hospital museum. Visitors can walk through the old style wards, duty room, kitchen and laundry to experience the atmosphere of an early 20th century rural hospital.

Lake Grace itself is one of Western Australia's largest inland salt lakes and this wetland is part of a chain of lakes which flow into the Avon River.

Southern Cross Southern Cross is located on the Great Eastern Highway, 367 km east of Perth and three hours' drive west of Kalgoorlie. It is the centre for the Yilgarn Shire. Yilgarn is the Aboriginal word for white stone or quartz. The area includes the towns of Bullfinch, Marvel Loch, Moorine Rock, Bodallin and Koolyanobbing.

Southern Cross is situated in a prosperous, wellestablished farming area including some of the largest farms in the state. The land is spectacular in spring with wildflowers. Popular attractions within the area include Baladjie Rock, Frog Rock, Karalee Dam and Hunt's Soak all interesting spots to visit and ideal picnic spots. For a panoramic view of the area drive up to Wimmera Hill Lookout which overlooks the township, the surrounding farmland and goldmines. Just east of town is the old cemetery which was developed as a Pioneer Memorial. Yilgarn History Museum is open daily and provides a glimpse of the area's his-

Trayning

Trayning has natural granite outcrops, native birds, insects, reptiles, woodlands and stunning panoramas of wildflowers in season which are all easily accessible. The town is 70 kilometres from Merredin and 235 kilometres north east of Perth in the heart of the north eastern wheatbelt. The Shire attractions are well signposted with maps readily available. The district produces mostly wheat and sheep and with its natural beauty and pioneer heritage it is a great town to visit.

For more information about the towns in the area visit the www.wheat belttourism.com

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Art in the Wheatbelt

ness, Judith has always

painted. She is one of

the most internally driven

dith's deep and abiding

passion for natural envi-

whelmed with the sup-

port for my exhibition

from so many people," said Judith. "Not just

the wonderful opening,

but daily with surprise

carloads of ladies from

Hyden, Kondinin, Ku-

lin, Albany, Kukerin and

Newdegate. Many have

shared my art journey

the exhibition in the

Lake Grace Regional

Artspace. Kerrie Argent

and Tania Spencer own

this gallery and gener-

ously make it available

for the Lake Grace Art

Group to hold meetings

and workshops and exhi-

"I am grateful to hold

experiences with me.

Testament reflects Ju-

"I have been over-

artists I know."

ronment.



Judith Stewart (right) at the opening of Testament pictured with Jeannette De Landgrafft (centre), president of the Lake Grace Shire, and Tania Spencer (left), coowner/manager of the Lake Grace Regional Artspace Photo credit: Kerrie Argent

THE frequently cited claim that the average person has a fear of speaking in public, second only to death, is perhaps mirrored in the art world by artists side-stepping the scrutiny and exposure of solo exhibitions, in favour of participation in group exhibitions and competitions.

Multi-award winning artist, Judith Stewart, recently summoned the courage and tenacity required to present her debut solo exhibition at the Lake Grace Regional Artspace. Why is this extraordinary? Because, Judith has been a celebrated artist within the Wheatbelt region for more than forty years proving that it really is never too late to debut.

Testament is a compelling survey of the unique landscapes of

Judith's family farm in South Craignish and the surrounding southern lake district witnessed across more than forty years. The 80 plus works represent a range of stylistic and media experimentation over the decades, including more than 20 new works.

Lake Grace Regional Artspace co-owner and manager, Tania Spen-cer, said: "Response to Testament has been out of this world. Without having ever held a solo exhibition before, Judy wasn't prepared for the public's enthusiasm for her work, or the incredible validation the experience has brought.

"Testament is a fitting word for this exhibition; it is a testament of time and skill in producing such a body of work. Through farming, work, family, sorrow and happibitions. It is a great venue and a wonderful asset for our community.'

Judith also credits her husband, Meighan.

"He has been a consupport stant and bouncing board for my art practice. He is aged 83 but helped with the lifting and packing and carting my art work in and out of the studio and to Lake Grace. He made trips to Perth to the framer several times and generally helped with everything.

Judith was supported through the process of developing the exhibition by Albany artist and curator, Annette Davis through a mentorship grant from The Creative Grid (an initiative of the Regional Arts Partnership Program). This was supported by Country Arts WA, the State and Commonwealth Government and the Lake Grace Regional Artspace.

Interestingly, show is a debut of another kind, being the first solo exhibition of any artist presented at the Lake Grace Regional Artspace in more than 10 years of operation. Judith is an inspiring role model for current and future generations of artists to follow. Lake Grace Regional Art Space is located in Stubbs Street in Lake Grace, they display a variety of exhibitions each month. Call 0429 041 063 for details or follow them on Facebook.





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Blueforce launches new range of innovative home and mobile personal alarms



I iz and Jo

BLUEFORCE, the life safety company, has unveiled their latest range of in-home and mobile personal alarm solutions, ideal for people seeking greater confidence, independence and peace of mind for their loved ones.

The Blueassist life safety range provides flexible packages and smart extras for around home or on the go. They suit all lifestyles, including people living with frailty, disability or disease, living alone or in post-operative care.

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Blueforce will be exhibiting their Blueassist range at the Care & Ageing Expo at the Perth Convention Centre on 3 and 4 Au-

Keep an eye out for the 'Have a Go to Win a GO!' competition on Page 22 for your chance to win a Blueassist GO package.

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As people move into a new stage of life. Regis offers a welcoming community - supporting the confidence to meet friendly new neighbours and try new things. The Nedlands retirement living community offers a place to come and go as people please, with quality homes designed for easy living and community facilities to embrace new possibilities.

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To book a tour of one of the beautiful Regis communities, call them today and talk about how they can make people feel right at home. See advertisement on page 4 of this liftout or refer to outside back cover.

What do you know about the Government's Home Care Packages?

FEDERAL Government's Home Care Packages program is designed to help people live independently in their own homes for as long as they can. They are available in four levels ranging from \$168 to \$978 per

To determine eligibility for a Home Care Package, contact the Government's My Aged Care line on 1800 200 422.

Once people have been assessed, funding has been approved and they have appointed an approved service provider, your Home Care Package funds can be used to purchase a wide range of services including: personal care; domestic assistance and gardening; social support and transport; and

clinical care, including physiotherapy and podia-

try.
Working with a service provider, people will be able to decide on the types of care and services they want, who should deliver the services and when those services are delivered.

However, trying to understand how the system works can be overwhelming and it can feel like there are more questions than answers: how does the application process work? How should a service provider be chosen? What services can people receive?

When the details of the Home Care Package program feel overwhelming, CPE Group can provide clarity and answers. CPE Group support clients to get the very best out of their package, maximis-ing the hours of support Packages and has been they receive, getting the

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Saturday 3 August and Sunday 4 August, 9.30am to 4.30pm Perth Convention and Exhibition Centre





Back on stage...Maureen's wish to sing again is a hit with residents



Maureen and Richard Davies

THE gift of a lifetime of music, entertainment and laughs is being shared with family and friends, thanks to a novel idea to give elders more choice in

how they live their lives.

More than 50 years ago a young Maureen Davies with her husband Richard migrated to Australia from the UK, to seek a new life for themselves and their two daughters.

After arriving in WA with his family in 1966, Richard, an entertainer, singer and comedian, soon joined Perth's famous Tivoli Theatre and took to the stage as Dick Morris.

"I didn't perform then," said Maureen, "I'd take along my little grandson to go and watch.

"Then one of the senior ladies left and the producer Dorothy said: "'you can get up there."

I said: "you're not putting me up there, I've never done that!"

Dorothy was insistent and Maureen eventually found her stage feet.

"I did it slowly, but I got there and I was doing solos before I finished," Maureen said proudly.

Maureen counts the times she spent sharing the stage with her late husband as her fondest memories, recalling him lovingly as a funny man who loved the theatre and entertaining.

"I didn't have him as a partner though, apart from doing the odd duet together, because he'd end up telling me what to do.

"I didn't want that, so I had another partner and he had someone else on stage, but we loved doing the outdoor concerts together."

As Dick Morris, Richard spent about 40 years on stage; ultimately entertaining audiences in nursing homes and retirement villages with Maureen until he succumbed to leukaemia at the age of 83.

Maureen's own health setbacks saw her moving from hospital to a number of residential aged care homes. At Juniper Hayloft, she maintains a great friendship with Mary Mews, the residential manager at the Martin facility.

Mary has a passion for people and is working hard to make sure that she and her staff can meet elders' needs so that they may live their best life. She has created a range of new ways to personalise aged care services for her residents and her innovative 'make a wish' program has definitely struck a chord with Maureen.

"Residents give their ideas, their choice of what they want to do and when we have a wish, we would try our hardest to make it come true," Mary said.

Maureen wished for a karaoke machine and its installation has been a hit with residents who love to sing together and for others.

Before too long Maureen found herself singing to an audience after a very long time offstage.

"After the first couple of times it did not worry me at all, how I'd go singing outside in front of the public I don't know, but I'd give it a go, it makes you feel good."

Ed's note: We have fond memories of Dick and Maureen from the Holly Wood Tuesday Morning Show.

To find out more about Juniper's person-centred care and accommodation at its metropolitan and regional locations visit online at juniper.org.au, call our friendly team on 1300 313 000 or email access@juniper.org.au.

New technology is a breeze to use from VisAbility

IN 1981 Lorene Bruce (now 96) was diagnosed with macular degeneration and glaucoma. Lorene, choosing empowerment over despair, refused to let these conditions stop her from living her life.

She found the VisAbility community and now accesses a range of services. VisAbility is a local disability service provider that has been empowering people in Western Australia with vision impairment and disability for more than 100 years.

"I love coming in and working on my knitting

and pottery. I am currently working on a barramundi fish sculpture and cannot wait to see the end result," Lorene said.

Individuals are empowered to use specialised equipment, assistive technology and processes and their other senses to achieve their goals and live an active life.

Lorene accessed Vis-Ability's assistive technology service and after an assessment, was provided with a video magnifier.

"I attended an appointment to see what tools were available to assist me with reading. I was shown a fantastic device called a video magnifier and I am now able to read my mail and look at photographs."

"I would strongly recommend anyone with a disability, not just vision impairment, to get in touch with VisAbility. The staff I have encountered are caring, knowledgeable and empowering. The aids and advice I have obtained help me so much, you have no idea," says Lorene.

VisAbility also provides low vision items

such as magnifiers, lighting solutions, large print and tactile objects, talking clocks and watches, access to software and apps, Guide Dogs, white canes and GPS.

For those over 65 and accessing services from a disability provider, they may be eligible to receive either individual services or a tailored package of services under My Aged Care funding. If you'd like to know more, contact VisAbility today on 9311 8202 or visit their stall at the Care and Ageing Expo on 3 and 4 August.

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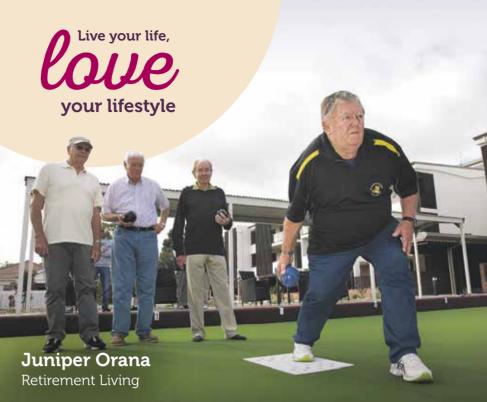


Aged care is evolving – and Hall & Prior is leading the way. We are more than a provider... people are our passion, our purpose. Our team has spent the last 25+ years working diligently in the background having illuminating conversations with Australia's senior community. These are lives to celebrate, a generation of doers. How they experience their twilight years matters to all of us. What we've learned has inspired us to invest our heart and soul into designing and operating world-class centres for healing and wellbeing across the country.

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Downsizing ADVERTISING FEATURE



Simple styling to make the most of your home and existing furniture



by Zofia St James

TWO weeks ago I had the pleasure of meeting and assisting a lovely lady who needed some advice

and ideas for her home. I did a walk through and looked at her existing furniture. There were a couple pieces in particular that she loved but were very wood heavy and a bit dated.

The first piece was a large sideboard with a china cabinet on top.

She told me that the china cabinet was detachable and I thought that we could use the base as a sideboard only,

placing it along the wall that faced into the rest of the living area instead of running along the side.

This would immediately open up that space. Then we could swing the dining table and chairs across rather that length ways to mimic the sideboard so that it would offer an extra serving surface when entertaining.

I then suggested that we should add a large mirror almost the length of the sideboard to hang above it. This would reflect the garden and add more light and give the appearance of length to the living area.

Then she showed me her bedroom which had a dressing table with a large detachable mirror that would look absolutely perfect above the side-

The dressing table could then be still used as a chest of drawers but without heavy dark wood look dominating

the room.

The sofas in her living area just needed a few new cushions in sage and soft blue to reflect and connect with two prints that she had already, but didn't have them hanging together as they were meant be.

I suggested re-positioning the sofa and two armchairs to face into the living area. That would encourage the whole living/dining and kitchen areas to feel more connected, especially when entertaining, but also look out onto the lovely courtyard garden.

What really struck me with this particular consultation was the amount of repurposing that we accomplished with the client's current furnishings and artwork, which we simply repositioned creating a different look and feel to her home.

She had recently completed a kitchen renovation and we needed to







Zofia used a collection of repurposed furniture and hand me downs to create the elements to make this older home appear fresher

look at possible options that could be laid on top of the existing floor. There was a little money left over for soft furnishings and some extra lighting.

I also had an idea for the china cabinet. She could shorten its legs to make it a gorgeous bookcase for her study with its glass shelves and three

I look forward to following progress as the changes take place at this home.

Most readers would

be familiar that I like to take in to account what a client already has and tweak it with just a few things to get that polished and styled look without spending a fortune.

Last month I helped a lovely couple who brought in their iPad with pictures of their living area to show me. They had a high wall above their sofa that just looked like a dead space.

It was a lovely room with great furniture but they needed an art piece and some cushions to tie the whole room together. We had a lot of fun finding the right items.

I love that I get to provide these finishing touches to a home, making it feel special for those that live there.

This month make a list of all the things you would love to buy, change or create in your home. It costs nothing to dream but inspires you to make change and inspiration.

Have a lovely month

Zofia offers an interior style consultation for readers and would like to offer one reader each month a free hour's consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. She offers a special rate for Have a Go News' readers and knows how to style on a budget. For those interested in a free hour's styling please contact Zofia on 0406 336 607 or email zofiast james@hotmail.com

Find out more about aged care at Self Funded Retirees meeting

THE speaker at the next meeting of the WA Self Funded Retirees Association, on Friday 9 August is business development manager at MercyCare, Samantha

Samantha has many years of experience in the aged care sector and strives to increase awareness of government funded services that are available to those over 65 years of age and who qualify for such services.

These services importantly include those which aim to keep people in their own homes for longer periods if they want, rather than have them shifted to other care arrangements.

Samantha will be available to explain other recent changes in aged care, and can provide information on how to access information which best suits the

needs of the individual.

Each month the WA Self Funded Retirees Association holds a meeting which features guest speakers on topics of interest to

The meetings place on the second Friday at 10am at Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

Visitors are always most welcome. For more information please contact Ron de Gruchy on 94471313 or Margaret Harris

Retirement living at its best

Retirement is a new beginning to be enjoyed - one where you choose the way to live your life. At Southern Cross Care we recognise this. In selecting one of our retirement villages, you will be part of a community that embraces independent living. You will be able to live an active healthy life that offers an aspirational lifestyle, safety, security and peace of mind - right at your door step.

Success village features 137 villas set amongst beautiful gardens, close to the Gateways Shopping Centre and Glen Iris Golf Course. The village offers a range of Units with two or three bedrooms and an abundance of social activities as well as an on-site Medical Centre offering residents GP and allied health services right at their door. Success Village is pet-friendly, so you can bring your furry friend with you!



Villa 44, 27 Pearson Drive, Success 3 bedroom 1 bathroom

This stunning villa is freshly painted throughout and is ready for you to bring the furniture and move in. With 3 bedrooms, 1 bathroom and an extra powder room this property has room for the guests to come and stay. A lovely outdoor courtyard can be used for entertaining and enjoy the split system air-conditioning all year round in this beautiful villa.

For sale from: \$345,000



Villa 52, 27 Pearson Drive, Success 3 bedroom 1 bathroom

This freshly refurbished villa gives you a very generous 3 bedroom 1 bathroom home that has been practically laid out and is ready to move into. The villa has a new kitchen, finished with quality appliances, soft close doors and stone bench tops. Add this to the revamped living areas, bathroom and lighting and this property really is a treat to be

For sale from: \$345,000



Villa 64, 27 Pearson Drive, Success 2 bedroom 1 bathroom

This villa is a great way to downsize without feeling like you have given up he important spaces in your home. This 2 bedroom 1 bathroom home is perfect for somebody looking to downsize. This home has open plan living matched with quality finishing's throughout. A lovely outdoor courtyard can be used for entertaining and enjoy the split system air-conditioning all year round in this newly reno-

For sale from: \$325,000

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

Jownsizing ADVERTISING FEATURE



The Reserve - an exciting new development for the over 55s in Willagee



Left to right; Hon Peter Tinley AM, MLA, Minister for Housing and Member for Willagee, Graham Sauvage and chairman Alchera Living, Russell Aubrey, Mayor City of Melville at recent ribbon cutting for The Reserve - The Reserve offers an affordable and flexible retirement lifestyle

WITH more than 40 years of experience in retirement living, Alchera Living offers a range of over 55s accommodation choices and the freedom to lead the lifestyle you want.

These options are available across four villages in convenient locations all in the City of Melville.

latest develop-

ment, The Reserve, has added 36 quality apartments to the residences available at the existing Weeronga village in Wil-

lagee. The Reserve is conveniently located within walking distance of shops, transport, cafes, parks and medical facilities. Above all it offers

an affordable and flexible retirement lifestyle.

Not only are the apartments perfect for those who want to 'lock and leave', they are also ideal for those who want to be part of a community. There are regular yoga classes and community events - a perfect way to socialise and maintain a regular exercise regime.

The Reserve is located at Alchera's Weeronga village which now features a heated indoor swimming pool, fully fitted gymnasium, newly refurbished social centre, communal grounds with landscaped gar-dens and multiple barbecue facilities.

Residents can choose to join in a range of village activities or just relax. All villages are close public transport, shops and other community facilities so they can leave their cars at home.

CEO of Alchera Living, Alan Marshall, said

that affordability often topped the list for people when it comes to choosing where to retire, however quality, comfort and convenience should

not be overlooked. "You should not compromise on space and creature comforts, especially when downfrom a large sizing

family home."

Alchera Livings' Graham chairman, Sauvage commented: 'The location of The Reserve provides great amenities and is away from major roads, traffic noise and associated pollution that goes hand in hand with main road locations".

People can secure a new apartment from just \$399,000. Each comes with a spacious storeroom and secure basement car bays with the potential to acquire a second bay. The Reserve is also fitted with electronic access for convenience and is situated within a secure aated community, providing residents with peace of mind.

For more information please contact Alchera Living at info@alcher aliving.com.au or phone 9314 5884.



Lifestyle, Location, Security & Friendship

- Highly sought after, superb location that offers the best of both worlds, smaller idyllic residency, 1 mile from the aquatic playground of Port Bouvard
- Affordable, modern and spacious 2-bedroom plus study villas from \$295,000 \$305,000 with no stamp duty and ongoing land or water rates.
- Peaceful and private village for those over 55 years of age; easy to lock, leave and travel
- · Close to golf course, medical centre, hospital, library, church, shopping centres, bus and train routes and beaches
- The Clubhouse is an additional to your home with an array of social and recreational activities Laidback atmosphere and proximity to the ocean and pristine waterways



Home Open held weekly on Wednesdays 10am to 12noon Waratah Community Village - 748 Old Coast Road, Wannanup www.village.waratah.org.au



Natural beauty, large sites, friendly environment and great lifestyle. All in one place.



NO ENTRY OR EXIT FEES · NO RATES OR TAXES NO STAMP DUTY · NO STRATA/SINKING FUNDS **LEVIES · SIMPLIFIED CONTRACTS OF SALE**

> Lot 2489 South West Highway, Serpentine. M: 0439 923 248 T: 9525 2528

> Open by appointment 7 days a week www.serpentineparkhomes.com.au

Come on Bethanie residents get cooking



2018 Bethanie Bake Off winners

DO you cook the best brownies or make the tastiest pasta sauce? Do you have a precious family recipe

that has been handed down through the generations? If so, the Big Bethanie Bake Off wants to hear from you.

DOWNSIZE With Confidence and Security at Lakelands Village - Your Home Amongst The Trees

- ✓ 50 year lease security gate
- ✓ Twice weekly bus to shopping centres
- ✓ Pool fitness centre 2 clubhouses
- ✓ 2 bedroom homes from \$125,000
- ✓ 15 minutes from Joondalup Ellenbrook

Call Anthony on 043 313 2172

289 Sydney Road, Gnangara Ph 9405 1212 Website: www.lakelandsvillage.com.au

Entries are now open for the sixth annual Bake Off, a local cooking competition which brings some of Perth's most experienced and voungest chefs together to showcase their culinary skills and share magical memories of intergenerational recipes.

Bethanie, one of Australia's Western most recognised notfor-profit aged care and retirement living providers, continues to work on closing the intergenerational gap with this popular live cooking competition, which offers some fantastic priz-

To take part, school aged children and Bethanie seniors must submit their unique recipes, as well as the history behind them, in the hope of being selected as one of four junior and four senior finalists to compete in the live bake-off.

Each submission is judged on creativity, nutritional value, and complexity of the recipe, along with the story behind their secret family recipe. Four juniors and four Bethanie Seniors move on to compete in a live cook off event which takes place on 13 November at Have a Go Day, a LiveLighter event.

A carefully chosen panel of expert judges will decide the overall winner at the live bakeoff. They will select three winners on the day - Best Senior, Best Junior and the overall Big Bethanie Bake Off Champion.

Last vear Best Senior award went to Joan Edmonds from Bethanie Mount Claremont Living Well Centre, for her Mum's patty cakes and Best Junior went to Tom Rechichi from St Anthony's School Greenmount, for his gnocchi.

The 2018 Big Bethanie Bake Off Champion was Isabell Neill from Bethanie Kwinana Living Well Centre for her cauliflower mustard pickles. Isabell surprised staff with a jar of her homemade cauliflower mustard pickles earlier in the year and it was a big hit. She has made her pickles for everyone in her family since first coming across the recipe in the early 70s and it quickly became a family favou-

To enter, visit www. bigbethaniebakeoff.com and complete an online entry form. Entries close 15 October.

For further information on entering please contact Bethanie on 131 151.



Made in Australia, for Australians





- Affordable No door
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 - No lift well required
 - Australian designed
 - Minimal maintenance · Add convenience, safety and value to
 - your existing home Easily installed into new and
 - existing homes

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Showroom: Interfloor Access (WA distributor) 15 Resource Way, Malaga (by appointment) Tel: 9276 6060 or 0412 196 372 Leone Pearson Email: leonep@interflooraccess.com.au www.resilift.com.au

Retirement living isn't for 'old people'. It's for you.

Live life your way, at Bethanie Retirement Villages.

Living well isn't just about a safe and secure location, with low maintenance properties. It's about having the freedom and independence to make your own decisions, and finding more to life, every day.



Bethanie Gwelup

Located opposite Lake Gwelup Reserve, you'll enjoy uninterrupted views from your lakeside apartment balcony of picturesque parklands and the beautiful Lake Gwelup.



Menora

From **\$385,000**

Bethanie on the Park

With Yokine Reserve on your doorstep it's perfect for outdoor living. You'll be spoilt for choice with villas, apartments and serviced apartment accommodation options.



Eaton

From **\$299,000**

Bethanie Esprit

Be part of a vibrant community in the south-west of WA. Bethanie Esprit gives you the freedom to explore the convenience of city life, where it meets the natural serenity of nature. New cottage development now on sale.



Eaton

From **\$360,000**°

Bethanie Fields

An enviable lifestyle awaits in the heart of the South West with the conveniences of city life paired with country tranquillity.



Port Kennedy

From **\$335,000**

Bethanie Waters

Enjoy resort-style living close to the coast and be at the heart of the relaxed lifestyle at Port Kennedy.



Yanchep

From **\$395,000**

Bethanie Beachside

Nestled between the pristine beaches and the scenic Yanchep National Park, you'll feel like you're on a permanent holiday.



Innaloo

From **\$240,000**^

Bethanie Geneff

It's the attractive Mediterranean style villas, immaculate landscape gardens and meandering pathways that sets this village apart in the well-established suburb of Innaloo.



Downsizing



Choosing your care plan to stay at home longer...

ACACIA Living Home Care team works in partnership with people to identify their needs and develop a care plan.

Acacia provides clients with a personalised budget along with monthly income and expense statements, detailing how the packaged is funded, and how those funds are spent.

They will monitor and provide people with ongoing formal reviews to ensure that the package continues to meet their needs. They aim to put the home care package together within 48 hours of a person signing a home care agreement with them

There's many good reasons to choose Acacia Living, but firstly as a registered charity the pricing is very competitive, which means people can get more value out of their home care budget.

第四名数据S064指 905美国北非美国共和国国际

10% OFF Wednesdays

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card holders can enjoy...

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9371 6350 www.mondo.net.au

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When people call they speak directly with a case manager and calls will always be answered, even on a weekend. The team at Acacia know the community and neighbourhood and understand how to access the best home care services that are close by. They will work hard to match people with carers who will work well with and for them.

Services are strictly timetabled and they will post or email a fortnightly roster, detailing the name of the carer and the time they will arrive on any given day. Packages are also flexible to ensure that people are getting the best possible care.

Visit Acacia at the Care and Ageing Expo, stand 109 to discuss how they can help you stay in your home longer.

Find the secret word and win

FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win a \$200 Coles 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. Hetherington Funerals
- 2. Little Ferry
- 3. Diskbank
- 4. Alchera Living5. Bicton Travel
- 6. The Esplanade Hotel Busselton
- 7. Landcorp
- 8. Waldecks Melville
- 9. Rise Asia Pacific
- 10. Kevin Bloody Wilson
- 11. Atwell Arts

Entrants can enter via email win@haveagonews. com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/7/19.

Congratulations to Diane Davenport our April 2019 winner.

Preserve your memories



BEFORE the days of smart phones and social media, the act of recording footage was reserved for life's most precious moments. While today's video of the family cat can be easily viewed and shared over and over again, your most treasured memories are probably tucked away in storage somewhere.

You may think your old film reels are safe and sound in that shoebox at the back of the cupboard, but as time passes, it is slowly degrading. In the early twentieth century, film reels were not designed with longevity in mind, often using unstable chemicals to improve the quality of the picture. Many films shot during the 1930s/40s will eventually succumb to what's known as vinegar syndrome, a decomposition process that releases a vinegar-like odour.

As your film ages, it will continue to deteriorate until it's damaged beyond repair. Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break down and lose quality. Now is the time to take

action and ensure your priceless recordings aren't lost forever.

One of the best ways to preserve your footage is to take it to Disk-Bank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio recordings into modern, digital formats. If your film has already begun to decay or develop mould growth, DiskBank can revive your footage if the damage has not spread too far.

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format. Digital files are the most versatile, offering the highest quality results in 2K, a level of resolution that is superior to High Definition (HD).

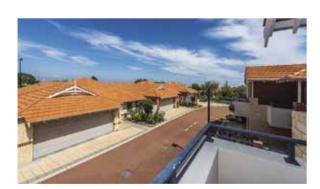
DiskBank is currently offering 2K transfers at the price of HD, a saving of about 15 per cent. Plus, as a *Have a Go News* reader, you are entitled to an additional 20 per cent off.

Simply mention the *Have a Go* name to claim your bonus discount. Visit DiskBank at 94 Jersey Street, Jolimont or call 9388 0800.

Retirement living at its best

Retirement is a new beginning to be enjoyed – one where you choose the way to live your life. At Southern Cross Care we recognise this. In selecting one of our retirement villages, you will be part of a community that embraces independent living. You will be able to live an active healthy life that offers an aspirational lifestyle, safety, security and peace of mind - right at your door step.

Foley Village is a modern, state of the art retirement village featuring a total of 86 terraced Units with either two or three bedrooms. Located just six kilometres from Fremantle, a public bus route is conveniently located just outside the village. The village offers an abundance of social activities and is close to the local Catholic Church and shopping centre. Foley Village is pet-friendly, so you can bring your furry friend with you!



Villa 13, 84 Collick St, Hilton 2 bedroom 2 bathroom

This classy 2 bedroom, 2 bathroom villa has a large main bedroom with walk in robe, en suite bathroom and air-conditioning. Enjoy a lovely sea breeze in the afternoon, ocean glimpses and the smell of the ocean from your balcony.



Villa 35, 84 Collick St, Hilton 3 bedroom 2 bathroom

This lovely 3 bedroom, 2 bathroom villa has a large master bedroom with walk in robe and en suite, a second bathroom that has been thoughtfully laid out and a separate laundry. A large open plan living area which sweeps through the main part of the home and allows you a feeling of space, and a modern kitchen with quality appliances. An easy care garden makes for a very desirable home.



Villa 53, 84 Collick St, Hilton 2 bedroom 2 bathroom

This superbly presented 2 bedroom, 2 bathroom villa features a large main bedroom with walk in robe, en suite bathroom and air-conditioning. The living room and kitchen have a feature skylight and air-conditioning, with a computer nook adjacent to the living room.

For sale from: \$620,000

For sale from: \$529,000

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

For sale from: \$490,000

- EXCINE CEC. COEST

DTE: Down to earth

ND: Non drinker

NG: Non gambler NOR: North of River TLC: Tender loving care

Friend to	Friend S.	Please nominate a category for your adverting Tick one box only. Travel companion Pen friend Seeking a friend Seeking a partner	Abbreviations us ALA: All letters a GSOH: Good se SD: Social drinke NS: Non smoker SOR: South of R WLTM: Would like	nse of humour Ner N Ner N
				Each per one en STOP: Please read Write your advertise print clearly in ink us Send the completed Friend to Friend PO Box 1042 West Leederville W Obtaining replies to Reply Box entry:
 	Postco	dem over 45 years of age		Please include two C5 envelopes. Thes 23x16cm and are ob Entries not accom envelopes will not be

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:

West Leederville WA 6901.

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ENGLISH gent 64, NS, SD, NG, GSOH, ALA, slightly overweight, seeking Asian lady, 55+, slim, medium. I enjoy cooking, bike riding, walking, drives, willing to try anything.

Reply Box 8289

ENGLISH gent WLTM a genuine nice lady who is DTE, NS, NG, SD, NOR and is into travel, cruising, country drives, movies and more. Would love to hear from you for a chat and coffee.

Reply Box 8292

GENT 69, well presented, slim build, 176cms, NS. SD, DTE, seeks slim lady for long term to socialising, dining out, TV, cinema, other events and some quiet times at home, let's meet for coffee. Hope for reply

Reply Box 8279

GENT 71, NOR, NS, SD, GSOH, medium build, music, movies, likes dining out, quiet times. WLTM DTE, sincere, easy going, honest lady 65+ for a coffee and chat.

Reply Box 8291

GENTLEMAN 24/10/46, old school, WLTM lady same age. Me; well I am a good chap. Photograph on request. Ready to fall in love again. Moon in Libra. Reply Box 8278

GENTLEMAN 61 WLTM a happy natured lady. I am presentable, intelligent and financially comfortable. Please reply with your phone number.

Reply Box 8282

HOPEFUL still of finding you 'the one'. Me; 71, Australian lady, energetic, active, young thinking. You; NS, Australian/English gent. I know you're out there, possibly also looking for 'your one'. Let's do all we can to find each other. Prefer SOR.

Reply Box 8295

NOR lady considered attractive and fun to be with seeks compatible gent to share outings and travel. I'm educated with DTE nature and GSOH. I'm fit, active and keen to meet well-mannered gent.

Reply Box 8283

UK lady WLTM gent 79/80, long term friend, quiet evenings in, cinema, dining in/out, travel, TLC. NG, ŠD, NS, NOR. Please reply.

Reply Box 8285

Seeking a Partner

ATTRACTIVE lady, 72 young, ND, years 5'6", GSOH, DTE, likes movies, family life, cooking, country drives, beach walks. WLTM tall gentleman, NS, SD for long term relationship if compatible. Country or city, SOR. ALA. Reply Box 8287

AUSSIE lady 57, single with old fashioned values, GSOH, DTE, medium build. SD, smoker seeking single aussie gent with same values who likes outings and travel and around same age with happy views on life.

Reply Box 8296

ENGLISH lady, postcode 6107, attractive, feminine, educated, pleasant personality, med/build, VGsonality, med/build, SOH, own home, fin sec, would like to date single well groomed gentleman, 65-72 for genuine long term relationship who enjoys music, reading, walking, gardens, country drives, genuine replies only. ALA.

Reply Box 8281

GENT 70 years, genuine, sincere, active, healthy, DTE, GSOH, NS, SD, fit, WLTM, active lady with similar interests in travel, Australian music, dining out, good conversation. outdoors, country drives, let's chat over a coffee. Reply Box 8294

GENT 72, NS, SD, currently receiving cancer treatment, WLTM Asain lady interested in travelling, outdoors, culture, nature, cooking, gardening and music, financially secure, own nome. Enjoys overseas travel every six months. Seeks genuine friend to share expenses. **Reply Box 8290**

GENT mid 60s, active, adventurous, DTE, independent, medium build, enjoys life with GSOH. WLTM lady 50s/60s for TLC times together. Bunbury, Harvey, Donnybrook area. Coffee chat to start with.

Reply Box 8288

GENT UK/Australian, 70, well-presented, educated, fin sec, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks compatible, intelligent, attractive, slimmish, easygoing lady to mid 60s, social activities, travel companion, whatever, northern suburbs, coffee?

Reply Box 8293

GENT WLTM lady for permanent relationship. I am 73. would like similar age. I am not interested in riches etc but in the person. I'm NS, ND. I like movies, art, sport.

Reply Box 8284

LADY mid 70s WLTM caring, active gent, GSOH, SD who enjoys gardening, country drives, home life, NOR.

Reply Box 8286

LADY WLTM DTE gent 55-65, enjoy golf, tennis, wine, dining, movies,

Reply Box 8280

MATURE widower, sincere, caring, GSOH, NS, NG, SD, fin sec, wide range of interests, WLTM lady, up to 80, with similar attributes to develop special relationship. Rockingham, Mandurah, Pinjarra area.

Reply Box 8276

Seeking a **Travel Companion**

AUSSIE male 69, large solid build, tall NS, SD, GSOH, WLTM med/large lady, happy, DTE, to travel in big caravan with all extras, satellite TV, north for winter, south for summer, share expenses, SD, SOR, ALA

Reply Box 8277

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



WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 50 for details.

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

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042,

West Leederville, WA 6901. (example only)

Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14 x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope. No greeting cards, bulky items and photos.

All replies will be forwarded early in the next

All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.



SOLUTIONS MATCHMAKING "The safest way to meet a genuine and suitable companion" 9371 0380

SWAN VALLEY LADY 68 Beautiful, tall, slim, blue eyed blonde, happy, fun, outgoing, city girl of country b'ground. Fit, active, young at heart, sk cheerful, honest man 65-73

ATTADALE LADY 68 Stylish, attractive, intelligent blonde, well spoken, gentle, feminine, kind & considerate. Enj dinners, concerts, travel, homelife, keeping fit & healthy. Sk educated man w/get up and go 65-75.

BALDIVIS LADY 69 Stunning hazel eyed brunette, very pretty, slim, well grmd, funloving, girlish w/ a gorgeous smile. A kind, caring lady w/ ad old fashioned values, sk gent 67-72 to enjoy courtship.

NORTHAM LADY 70 Slim, petite, full of life. Loves the simplicity of everyday life. Enj a movie, cards, walks, dancing, bowls & small group of friends. Sk e/going, dependable man 66-76 to meet up & get to know each other.

PEEL REGION GENT 72 Tall, trim, well grmd, retired professional, div, no ties, honest, dedicated, reliable & adaptable. Enj travel, Europe, walks, watersport, the ocean, social activity. SK intell, interesting, funloving woman 65-72.

MORLEY GENT 70 Slim, very well grmd/mannered, retired professional, active w/ a full life, fit & healthy. Enj travel, socialising, dinners, coffees, physical activity, family, home, sk slim, well grmd lady who still wants fun & romance 65-72

MANDURAH GENT 80's Trim, fit man with amazing zest for life. Generous, loving, kind, enj walks, reading, music, sport. Sk happy, affectionate lady 77-85 for companionship & outings.



SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995

A hilarious winter warmer...

PYJAMA TOPS, a hilarious farce, is Harbour Theatre's third production for the year.

Directed by the multi-talented Tina Barker this laugh out loud production has been adapted by Mawby Green and Ed Fielbert from the French

The play focuses on a husband who is planning a business trip for philandering purposes; his wife secretly invites this same voluptuous woman to spend the weekend with them and the husband becomes trapped.

Out of the blue an old friend appears with hands aflutter, followed by a gendarme with a twinkle in his eye. There is also a devilish looking butler, a maid practicing to be a cocotte, and some wildly artful dodging in the villa Clair de Lune.

The play is full of all the classic farce components of mistaken identities and just-in-time exits and entrances. This very funny play is just the ticket to chase away those winter chills.

Pyjama Tops runs for a strictly limited season from 26 July to 4 August. Bookings can be made on www.taztix.com.au or 9255 3336 with tickets \$25.50 full, \$23.50 concession.

Crafts, antiques, collectables and vintage clothes all in the one place...



COME along to the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair on Saturday 20 and Sunday 21 July from 9.30am to 4.30pm. There people can visit more than 300 indoor market stalls from across this three-way 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.

The craft exhibitors offer a wide variety of

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

This fair includes antique and collectable dealers selling their wares at more than 100 stalls situated inside the Silver Jubilee Pavilion.

Free antique valuations are also available from 12 pm to 3pm daily where customers can bring along a family heirloom.

At Polka Dot Vintage Market, people with a passion for vintage and retro clothing and accessories, can browse in the 3 in 1 Market's Polka Dot Vintage

Admission to the 3 in 1 Market is \$8 with children up to 10 years old admitted free.

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

The 3 in 1 Market @ Showgrounds is organised by Treasured Craft Creations. For further information about the fair, phone 9457 9315 or visit www.trea suredcraftcreations.com.au

WIN WIN WIN

To be in the draw to win a double pass to 3 in 1 Markets, phone Have a Go News on 9227 8283 (Monday to Friday, 9am to 5pm) or email win@ haveagonews.com.au and include the word market in the subject line. Competition ends 15/7/19.

GREAT HOME and GARDENING



with photographs of

the amazing private and

public gardens that I visit during the UK summer.

Time to tackle the

thorns

tackle the yearly dreaded

rose pruning, but don't

despair, help is at hand.

There are many differ-

ent rose societies and

Western Australia who

are happy to show you

the easy way to do it. All you need to do is check-

out their websites or give

them a call to find out

when they are holding

their rose pruning work-

shops. Just remember to

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Now in mid July to early August it is time to

Enjoying the winter rain dance to make our gardens to grow







Left to right; Tackle the rose thorns mid July to August - Drummond Castle - Kinross House

by Colin Barlow

OUR gardens and dams got a drenching during June after a warm dry autumn The heavy rain may

make it harder and messy when you are trying to plant up or landscape a garden but the plants love it. Let's hope the rain continues to fall steadily throughout winter and we may have another magnificent wildflower season ahead.

So let's keep dancing for and in the rain.

England's finest plants and gardens on show

I have just returned from England after leading another Ross Garden Tour to the Chelsea Flower Show and the

Gardens of England. We managed to avoid rain throughout the two weeks, which is a feat in itself in the UK. The tour climaxed at the opening day at the Chelsea Flower show, which is reserved for VIPs and members of the Royal Horticultural Society

This year one of the most popular highlights was the RHS Back to Nature Garden co-designed by HRH The Duchess of Cambridge and Davies White, landscape archi-The woodland garden focused on family time providing a safe haven and place for the whole family to come together to play, retreat as well as learn.

Pictures of the royals playing in the garden made news headlines all around the world and even at 8am in the morning there where queues of up to 50 metres long to walk through the garden. I decided to take my group through the garden then, as I had never seen queues like that before on the much quieter opening day of the show. Later in the afternoon the area was roped off with meandering queues of over 300 metres long, so it was a good decision.

Winners in the Show Garden category this year was the M & G Garden designed by Andy Sturgeon which won gold and the overall Best Show Garden. This

green and lush woodland garden featured 50 tonnes of sustainable burnt-oak timber carved by craftsman Johnny Woodford. For the second year in a row the Welcome to Yorkshire garden designed by Mark Gregory won gold and the People's Choice awards. This amazing piece of engineering included a working canal and lock gates and paid homage to the importance of the canals during the Industrial rev-olution. Other gold medal winners included the Resilience Garden by Sarah Eberle, and the Morgan Stanley Garden by Chris Beardshaw - personally my favorite garden.

In the new Space to

Grow category, Beyond the Screen designed by Joe Perkins won Gold and Best Space Grow Garden with his garden celebrating the coming together of communities on social media.

The overall best Artisan Garden went to the Family Monsters Garden designed by Alistair Bayford whose garden depicted the problems and pressures facing many families.

I will be off again in early July leading the great British Tour of Scotland and Northern England for Ross Garden Tours. I will keep you posted on my Instagram: colinbarlow and Facebook page: GardensfromEden1969

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garden.com From the 26 to 28 July the spectacular Cym-

bidium Orchid Show will exhibit their exotic range of colourful blooms at Ezi-Gro Orchids, 76 Evandale Road, Darch. Throughout the weekend there will be raffles, potting demonstrations, plant and fertiliser sales. You can even have your own orchids repotted for a small fee and learn from the orchid experts. Entry is \$5 or \$3 for seniors and concession cardholders, all with included tea or coffee. For more details on the show contact Ezi Gro Orchids on 9343 2761 or Helen Stretch on 0419 197 043.



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Please RSVP to John at melville@waldecks.com.au by 20 July. Seating will be limited.

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To determine about how much rainwater a house can collect, multiply the length of the roof area by the width of the roof area then by the annual rainfall for your area and then by 0.6. You may be surprised how much water you can actually harvest.

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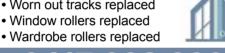
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Maggie an inspiration to have-a-go at music and theatre



Maggie Wilde West

by Barbara Booth

IN this high-tech age when we try to be tolerant of the over-use of mobile phones and iPads by children and grandchildren, the 1950s seem antique.

For Maggie Wilde West, born in Sydney in 1948 with a sharp mind and a bucket load of talent, being compared with a whip-cracking Doris Day on the Deadwood Stage was the last thing she wanted. It simply made her more determined to make her mark in her own right, receiving applause for her first production at age 8 or standing on an orange fruit box to collect an award as best actress, age 10.

The determination was hard won for a child afflicted with deafness through ear infections as a three-yearold. It was many painful years before operations could remedy the problem, the bonus being that lip-reading became second nature to Maggie and the isolation it caused at school allowed her to create imaginary characters she could direct on her own terms.

With recovery came a life of ongoing achievement; teaching, music and fine arts degrees; a Diploma from the Australian Film and Television School and recognition from one of the finest acting teachers in Australia, Hayes Gordon, who had established the Ensemble Theatre in Sydney in 1958.

Gordon was on the adjudicating panel for a performance of the play, Admirable Crichton when he first caught sight of Maggie, then 15 years of age and playing the major role. He was appalled, however when, having won first prize, she removed her wig and was immediately disqualified because she was a girl.

He took a stand against the prejudiced with the memorable words:-

"If that girl can convince you that she's a bloke then she can have a scholarship to my theatre."

Unfortunately, in those stringent post-war years, a career in the theatre was not considered a 'real job' and Maggie could not take up the offer. But she had grit and focus and her theatrical career managed a kick start in the chorus of the Australian Opera Company, followed by work as an actor in Sydney, Perth and London as well as the prestigious Actors and Directors Studio in New York.

Ten years later Gordon recognised her again and this time she was able to take up his offer.

Maggie credits the all-round theatre training delivered by Gordon as the foundation for her future ambition to establish a similar facility in Perth, where she finally came to settle.

The West Australian Academy of Performing Arts was not established in Perth until 1980 and comprehensive theatre training was sadly lacking, but this provided an opportunity to set up theatre training programs at Shore College and Mt Lawley College of Advanced Education which catered for all sectors of the community.

There were also roles for Maggie in radio, film and television and outlets for writing drama and animated television shows for children.

It's probably fair to say that impressions from early childhood are long-lasting and can either make us stronger or dampen our enthusiasm. Maggie's early confrontation with a disability resonated strongly with her in a positive way when Paraquad Industries, recognising the productive work she had been doing with young people, approached her to include actors with

What resulted was a musical called A Big Hand for Midland, commissioned by the Theatre of Difference for the Shire of Swan that involved 500 people from the local community.

Thence Maggie could finally see her way clear to establishing a theatre which could eventually include as many people from the community as possible. The first step was to source a venue, Shenton Park Community Centre and establish, in 2005, a professionally directed choir which became known as a Voiceworks.

Having been on the steering committee of the West Australian Academy of Performing Arts, it was no trouble to find 25-year-old WAAPA graduate Jackson Griggs willing to be choir master, ably assisted by Gavin Nicklette, jazz musician and vocalist, as musical direc-

With support from Subiaco Council, this not-for-profit ensemble welcomes anybody who enjoys singing, no audition necessary. Sixty-one people have been performing concerts for up to 100 people twice a year up to date.

There had to be more for Maggie to fulfil her ambition and, with the help of many of the singers and Uniting Care West, Voiceworks Plus was finally established in 2013, with 30 members, to give people with disabilities the opportunity to perform on stage.

This year Maggie received the prestigious Citizen of the Year Award from the City of Nedlands for her contributions to the community in performing arts and for her work with disabled people.

Her philosophy is: "We all know there are things that we can't do but our limits show us what we can do and everyone needs to sing and dance."

Danger Close tells the story of the Vietnam War's battle of Long Tan



BATTLE of Long Tan is one of the most savage and decisive engage-ments in ANZAC history, earning both the United States and South Vietnamese Presidential unit citations for gallantry along with many individual awards. But not before 18 Australians and more than 500 enemies had been killed.

The new film Danger Close tells the story of that late afternoon 18 August, 1966 in South Vietnam. For three and a half hours, in the pouring rain, amid the mud and shattered trees of a rubber plantation called Long Tan, Major Harry Smith and his dispersed company of 108 young and mostly inexperienced Australian and New Zealand soldiers are fighting for their lives, holding off an overwhelming enemy force of 2,500 battle hardened Viet Cong and North Vietnamese soldiers.

With their ammunition running out, their casualties mounting and the enemy massing for a final assault each man begins to search for his own answer - and the strength to triumph over an uncertain future with honour, decency and courage.

In cinemas 8 August.

WIN WIN WIN

To be in the draw to win a double pass to Danger Close simply email win@haveagone ws.com.au with Danger in the subject line or write to Danger Close c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/7/19.

Nadia and Russell keep it real and local

by Lee Tate, continued from front cover



ABC Radio Perth Breakfast's Nadia Mitsopoulos and Russell Woolf

"I do," says Nadia who was a board member at her daughter's school.

"I go through the events with the kids and explain it all to them. The kids came home from school one day and said their teachers had suggested they talk to their parents about a sad incident that had happened in New Zealand.

"I explained about what had happened and the bad people in the world but said most people in the world were good and these things sometimes happened," said Nadia.

Russell who, at age 17, spent six months in an Israeli kibbutz, enrolled in a WAAPA radio course and volunteered at Curtin Radio.

But before completing the course, he was working at the ABC in the early 90s on the Country Hour. He scored a role with RadioWest in Esperance, moved with the network to Kalgoorlie and eventually was back in Perth co-hosting ABC Perth afternoons with Verity James.

After two years, "Woolfy" was hosting ABC Perth Drive, staying in the saddle for nine years before taking time out, but keeping his hand in doing Saturday morning breakfast radio for a year.

When his wife accepted a job in Minneapolis (as an environmental specialist) Russell was US-bound for three years.

But he did return for a while, to fill-in on the ABC breakfast program for Peter Bell. When "Belly" quit, Russell was offered the

Outside ABC commitments, he has been a board member at WAAPA, ambassador for Children and Young People and patron of Inclusion WA.

Nadia is a 35-year media veteran with 30 years in television, a tour de force in newsrooms, specialising in state politics in Perth and reporting from London.

She worked behind the scenes at the ABC producing Geoff Hutchison's *Mornings* program with board positions at Lifeline WA and Awesome Arts.

"Russell is the master communicator. He's good cop to my bad

cop," Nadia said.
"We complement each other," said Russell.

Brunch with T - discovering a little gem in delightful Dianella





Clockwise from left; Pimlott and Strand Continental Deli and Cafe's cloudy apple and blood orange cold press juices, chai latte with almond milk, flat white and Pimlott bird's nest - eggs Benedict - Tahlia Merigan Inset; mini donut

by Tahlia Merigan

I HAVE really enjoyed finding small suburban cafes across Perth for this column and supporting local businesses. This month I found a little gem in Dianella.

Pimlott and Strand Continental Deli and Café is located on The Strand in a little shopping strip just off Alexander Drive.

I knew it was going

to be a winner when we walked in and spotted chef Sophie Budd having brunch.

No better praise for a café when an establishment is frequented by a chef. Sophie said the continental rolls they make are delicious.

I really liked the layout of the shop. One half is dedicated to the delicatessen which offers a large selection of beautiful meats, cheeses, antipasto items and several shelves of dried goods. I also noticed ready made pasta meals in the fridges which looked delicious.

I spotted a pizza oven in the corner and was told by the staff that they are gearing up to supply pizzas and from this month will be opening on Friday, Saturday and Sunday nights as a restaurant.

The other half of the shop is set up with tables



for dining and it has the feel of a modern Mediterranean café.

Our mission on a cold winter's day was brunch and after having a good squiz around the shop we settled at our table.

The menu offers all day dining for both their bréakfast/brunch and lunch items. It was a comprehensive menu and caters for all tastes with a selection of salads, burgers, pastas,

and soups.

We stuck with our brunch theme and headed to the counter to order. I chose the cloudy apple cold press juice (\$6.50) and a chai latte with almond milk (\$5).

My guest went for the blood orange cold press juice (\$6.50) and a flat white (\$4.50).

The hot drinks were the perfect temperature, my chai latte was delicious and the coffee was smooth and hot. The juices came in a large pretty glass and were not too sweet. We thought they offered generous serving size too.

I went with the Pimlott bird's nest which sounded quite unusual and was an egg netting lining the bowl with freshly

cooked spinach, half an avocado topped with triple brie cheese balls with a balsamic glaze (\$16). It was an interesting dish, quite creative and I really enjoyed the brie balls.

My guest chose the eggs Benedict with bacon (\$23). She said the poached eggs were cooked perfectly as was the crispy bacon, of which there was plenty. We couldn't quite work out whether the hollandaise sauce was home made but it was tasty and plentiful.

After brunch my guest had to try one of the mini donuts which were \$2. They also had a large cabinet full of cakes and slices. Apparently the cannoli there is so good it sells out early most days.

I asked one of the waiters who runs the business and they told me that it's family owned with mum, dad and their son working there. It was a wet and rainy day for our visit but Pimlott and Strand was busy, we loved the atmosphere and there were lots more dishes we will return to try.

31/2 spoons Pimlott & Strand 31 Pimlott Street Dianella, 9375 3715. www.pimlottand strand.com.au Open 7 days per week





F's spoon ratings

A delicious serving of warming minestrone veal soup





SOUTH PERTH

SENIOR CITIZENS CENTRE

Meals on Wheels *

Top; Minestrone veal SOUD Left; Vince Garreffa

SIGN UP

NOW FOR

YOUR 2020

by Vince Garreffa

FORGET about seeing doctors and taking drugs, this month get into the kitchen and cook this dish. It will lift your spirits, cure your pain, gather your loved ones close and make you more desirable. Even if it's effect is only temporary, it's worth it.

Ingredients for four; stage one

- 500g diced veal 1 cup of carrot diced
- 1 cup of celery diced small
- 1 cup of finely diced onion
- 4 litres of water
- West Australian organic lake salt
- Freshly cracked black pepper Stage two ingredients:
- 500g small diced zucchini (seeds removed) 1 chopped tomato
- skinned and deseeded 100g pieces of spaghetti broken in 2cm pieces

Stage three ingredients:

- Parmesan cheese Italian flat leaf parsley
- Extra virgin olive oil
- West Australian organic lake salt
- Freshly cracked black pepper

Stage One: simmer the veal, carrot, celery, onion, salt and pepper (to taste) for one hour in four litres of water. I don't skim the froth on top, to me it's flavour dust when mixed and floating in the stock. Chefs skim to give a clear, clean broth but my eyes don't mind because my tastebuds enjoy the experience. Plus, I'm lazy.

Stage Two: After one hour of simmering add the zucchini and tomato and cook for five minutes at a faster simmer. Now add your spaghetti and cook for the required amount of time for your brand of pasta (most take five to ten minutes), and it's nearly ready.

Stage Three: Put a

generous amount of your minestrone into good sized serving bowls. Add flat leaf parsley and parmesan cheese to garnish, and lastly, one big tablespoon of raw Western Australian extra virgin olive oil drizzled on top. If you are over generous with good quality parmesan then as you consume the soup the cheese will stick to your spoon, and your tongue and teeth can enjoy the game of scraping it off. It's a very personal

yum moment. **Buon Appetito!**

Letters to... Vince Garreffa

IF YOU want a particular recipe of mine, don't hesitate to drop me a line at Have a Go News.

Address vour 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.

The WA AGL team ditch computers for aprons at Foodbank WA



Jordan Hunter, Jackie Shervington, Ben Meakins, John Barilla, Alex Duncan and Greg Peach with some of the food cooked on the volunteer day.

FOODBANK WA works to fight hunger in WA and provides food for many needy Western Australians each month.

Have a Go News' leading partner AGL supports Foodbank supports through the AGL Metres for Meals campaign, run in conjunction with the West Coast Eagles. Andrew Gaff is the face of this campaign; AGL donates 300 meals for every kilometre the midfilder runs at Eagles home games in Perth.

So far this year Andrew has run a total of 89km at the halfway mark of the season, resulting in a huge 26,700 meals being donated

throughout the WA community.

To contribute more to Foodbank WA, the AGL WA team wanted to participate in a volunteer day cooking and preparing meals.

Swapping computers and offices for aprons and hairnets, they set about preparing and cooking as many food packages as possible.

team cooked The more than 1000 portions of food including Bolognese, Thai green curry, turkey meatballs, roast pork and gravy, chicken schnitzel and beef stew.

AGL WA state manager Jackie Shervington said that she loved the camaraderie and purpose that spending a day in the Foodbank WA kitchen gave her and the staff.

"I love the sense of purpose that the volunteer day offers at Foodbank as we all rally together to make the most of the opportunity.

To donate to Foodbank visit www.food bank.org.au where people can donate food, money or sign up to volunteer.



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Manu Feildel's expert tips on cooking the perfect eggs...



Manu Feildel cooking with eggs

WHETHER they're poached, boiled, fried, baked or scrambled, eggs can be one of the most delicious meals. Eggs are jam packed full of nutrients, versatile and full of

There are some common mistakes people make when cooking eggs, but they are easy to fix. Australian Eggs ambassador and celebrity chef. Manu Feildel shares

his expert tips on cooking the perfect eggs at home boiled, poached or baked.

Common mistakes when cooking poached eggs 1. Using old eggs - When poaching eggs freshest is always best. Older eggs have whites that are quite runny, which means they won't hold together as well in the water. Test an egg for freshness by gently placing into a bowl of water. If it lies on its side it is quite fresh; if it stands on end it is less fresh; and if it floats, it is stale or most likely bad.

2. Cracking the egg straight into the water - always crack your egg into a small bowl before tipping it gently into the water, as this will help it keep its shape.

3. Poaching them in salt water - add a little vinegar to your poaching water, this will help the white to firm up and hold together in a nice round shape. Never add salt to your poaching water; the salt breaks down the pro-

4. Having the water too cold or too hot - If the water is too hot and bubbly it will cause even the freshest egg to tear apart. The trick is to have the water at a gentle simmer around 90°C, to gently cook through with light bubbles that massage the white to surround the yolk.

Common mistakes when cooking boiled eggs

1. Dropping the eggs into the water - the delicate shell needs to be treated with soft hands. The best way is to lower your eggs in one at a time, using a pasta or slotted spoon.

2. Cooking the eggs with an off-centre yolk - if your eggs aren't super fresh and you want to have your yolks in the center when cooked, gently swirl them in the pot of water for a minute or two. 3. Over-crowding the pot -It is best to add just enough eggs for one layer.

4. Adding the eggs to rapidly boiling water - if the water is too bubbly the eggs will bounce around causing the shell to crack and white to escape. Gently add your eggs to warm water, place over a medium heat to bring to a simmer and then reduce heat to maintain a gentle simmer until they are cooked.

5. Leaving your eggs in hot water after they have come off the heat - to prevent that dark grey ring on the yolk of your boiled eggs, remove the eggs from the boiling water once cooked, plunge immediately into very cold water and lightly crack each shell a little on one side.

6. Peeling your eggs too soon - to ensure your shell comes off cleanly, cool your eggs in cold water, this will cause the whites to slightly contract and pull away from the white skin between the egg white and the shell.

More eggscellent tips from Manu Feildel

1. Always cook on low to medium heat - one of the keys to getting the perfect eggs every time is cooking them at the right temperature. Eggs are delicate and require a gentle heat regardless of how you're cooking

2. Use eggs at room tem-

perature when baking room temperature eggs will always give better results with baked goods. A quick hack is to pop the eggs into a bowl of warm water (not hot) and allow them to stand for a few minutes.

3. Old eggs vs. fresh eggs for meringues - older egg whites at room temperature are easier to whip and give a little more volume, but they also have larger bubbles and the foam needs to be used straight way. This makes them great when making macaroons and meringues. Fresh cold egg whites need a little more whipping but have smaller bubbles with a more uniform texture, which is great for pavlova.

For more inspiration for cooking with eggs, please visit the Australian Eggs website at www.austra lianeggs.org.au/facts-and -tips/how-to-videos/

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- agl

Knife and fork talk with the Dining Divas



Cone Bay barramundi fillet served with cherry tomatoes, feta, couscous salad and lemon herb vinaigrette

by Judith Cohen

THIS month was meant to be a solo dining experience as my Dining Diva partner was away on a holiday.

As a friend lives near Mandurah (and had a looming birthday) I thought it would be a great idea for the two of us to meet at the Redmanna Waterfront Restaurant, so I wouldn't be dining alone and talking to myself (which can be a problem at times).

The restaurant is accessed via a doorway and up a small flight of stairs, this opens into a large open space with a vista of the Mandurah Waterfront along one side. Although the day was cloudy and damp the view was delightful and enjoyed by both of us.

The Redmanna offers a \$20 lunch menu which is available from Monday to Friday and they offer a good variety of dishes (10 in this price range). My choice was the Cone Bay barramundi fillet served with cherry tomatoes, feta, couscous salad and lemon herb vinai-

I have to say the meal was delicious, and the staff were exceptionally atten-

I think this venue is worth a second visit for me and I'll look forward to being there on a sunny day.

3½ Forks **Redmanna Waterfront Restaurant** 5/9 Mandurah Terrace, Mandurah Phone: 9581 1248 www.redmanna.com.au

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Knife and fork talk ratings

Five forks - excellent food and service

Four forks - overall good food and service

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

Two forks – food and service needs improvement

One fork – would not recommend

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Splash into winter with fresh and delicious local citrus



Orange and almond cake

by Noelene Swain

WINTER is the perfect time for citrus fruits. In Western Australia the local season kicks off in May and is now in full swing with premium quality imperial mandarins and navel oranges filling fresh produce aisles.

Citrus fruits are little golden storehouses of vitamin C. In fact one mandarin or orange will supply your daily requirement of this important antioxidant. Citrus fruits also contain vitamin B, potassium and calcium and are a good source of fibre. As a bonus, these magical fruits are sweet and juicy, making them very appetising and refreshing. Look for WA citrus when next in your favourite supermarket or greengrocer. Most will carry an identifying sticker and retail signage will ensure you know you are buying local.

When choosing citrus, choose those that are heavy for their size, as this indicates they are full of juice. Remember that citrus is perfectly ripe when picked from the tree, so storing them for any length of time will not make them sweeter. Once the citrus leave your shopping basket, store them in a cool dry place or in the refrigerator.

To obtain the maximum goodness from your citrus fruits, eat them fresh but don't forget that citrus performs exceptionally well in sweet and savoury cooking. Oranges, mandarins and grapefruit work well in salsas and salads and all of these, along with lemon, make great accompaniments to fish, pork, poultry, ham and veal.

Without a doubt, the sweetness of oranges and mandarins make them ideal for including in recipes such as custard, muffins and cakes or for simply enjoying fresh out of the hand. A wee sliver of classic orange and almond cake is enough to get you wanting more.

Stock up on a selection of your favourite citrus fruits while they are in season and enjoy them in the recipes provided below.

Brought to you by Fresh Finesse Fresh Food Promotions - www. freshf.com.au

Carrot, orange and sesame salad



This sweet salad is a refreshing addition to a winter menu. 30g (¼ cup) sesame 1 orange, rind finely

grated, juiced 2 oranges, peel removed, cut into segments 1 tablespoons honey 3 medium carrots. peeled, coarsely grated Salt and ground black

pepper, to taste

PLACE the sesame seeds in a medium nonstick frying pan over medium-high heat. Cook, stirring often, for four to five minutes or until golden. Remove from the heat and transfer the seeds to a large serving

Add the orange rind, 250ml (one cup) of orange juice and the honey to the frying pan. Cook over medium heat, stirring occasionally, for three to four minutes or until the honey melts and the mixture is warm.

Add the carrot, orange segments and warm orange dressing to the sesame seeds and toss gently to combine. Season with salt and pepper to taste.

Citrus marmalade

Preparation: 15 mins; cooking: 20 mins; makes: 3-4 cups



Marmalade sets best if fruit is not too

4 navel oranges (or see below for other options)

1 lemon 200ml water 3 cups sugar THINLY slice fruit. Place in two litre microwave safe jug or bowl. Add water. Microwave on high for 10 minutes to soften the fruit. Add sugar. Stir to dissolve. Microwave on high for 10 minutes then medium high for a further 10 minutes. Watch carefully to ensure it doesn't boil over.

Test to check marmalade has reached gel point. A teaspoon of marmalade on an icy cold saucer should set. If not set, cook a minute or so more and retest until a firm gel is achieved. Cool slightly. Pour into sterilised jars. Cover and label when cool.

Variations: Get creative and try any other citrus fruit. Replace oranges with three pink grapefruit or six lemons, 1.5 litres of cumquats (quartered) or one kilo of mandarins. For cumquat marmalade: remove the seeds from the cumquats and soak them overnight in the 200ml water to extract the pectin. Add the pectin water into the fruit before cooking.

ner for fish.







Preparation: 1 hour; cooking: 1 hour; serves: 10 A classic moist cake 2 large navel oranges

1½ cups (250g) caster sugar 2½ cups (250g) ground almonds 1 teaspoon baking powder Pure icing sugar or orange icing to decorate Preheat oven to 170°C. Grease and line the base of a 20cm cake tin.

Orange and almond cake

PLACE two whole oranges in a saucepan and cover with water. Bring to the boil and simmer, covered, for one hour, ensuring that the oranges remain covered with water. Drain and cool. Chop the oranges into quarters, discard any seeds. Place orange chunks into a blender and puree until smooth. Beat eggs with sugar until thick, then add the orange puree, ground almonds and baking powder and mix well. Pour into prepared pan and bake for one hour. Leave the cake in the pan for 20 minutes to set firmly then turn out, remove the baking paper and turn over to finish cooling right way up. This cake definitely mellows with a little time and can be prepared up to 48 hours in advance. To serve, sift icing sugar on top or decorate with orange icing as

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What's fresh in the market place this month Celeriac: The ugly duck-ling of the winter veggie and peel before use. **Imperial** mandarins: Pumpkin: Varieties to tribe, celeriac more than look for at the moment makes up for its lack of are the butternut, characgood-looks with sen-sational flavour. It proterised by a bulb shaped base with a slightly narduces a smooth, mild rower neck, and the very and creamy mash and is popular Jap with its blueheaven in a hearty gratin green skin and yellow to orange flesh. Uncut or roasted with other root

vegetables. Raw celeriac pumpkins will keep well can also be grated and at room temperature for combined with a musweeks or even months. tard-spiked mayonnaise When purchasing cut segments, check that the to produce remoulade. that French bistro staple. edges look fresh and the Look for tennis ball sized seeds are not slimy. Cook within a few days of purroots (the larger ones are

chase.

This is one of the most widely available varieties of mandarins. Locally grown Imperials are at their flavoursome best from 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 part-

Lemons: While local trees are dripping with lemons, kick start vour day with a healthy glass of freshly squeezed lemon juicé. 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 dishes. The addition of grated lemon rind and juice takes the flavour of favourite winter fruit puddings, pies and tarts to new heights.

Yanchep Inn - history and hospitality in the park

JUST 45 minutes north of Perth and nestled within the beautiful Yanchep National Park, the Yanchep Inn is the ideal place for a meal, leisurely drink, overnight stay, hold a function or just sitting back and enjoying a coffee whilst watching the wildlife go by.

slightly less flavoursome)

The Inn offers a range of accommodation to suit all needs including heritage listed backpacker rooms, simple motel rooms or modern rooms with a view of Loch McNess complete with bath-spa.

There is a variety of accommodation packages including weekend and midweek options which can include

Enjoy the picturesque surround-

ings whilst indulging in the delicious cuisine of the heritage listed Tudor style Yanchep Inn.

The Tudor Manor Restaurant offers breakfast, lunch and dinner and special event day menus.

The à la carte menu is diverse enough to satisfy everyone's appetite with a great selection of seafood, steak and pasta dishes, while the bar snacks menu offers burgers, nachos, toasted sandwiches and many more mouthwatering dishes.

Relax in the bar or soak up the atmosphere of the great outdoors in the beer garden. This is an ideal place to watch kangaroos, swamp hens and the vast array of bird life that live around Loch McNess

A full range of local and imported beers together with a large selection of wines and spirits are available.

Whether it's a small intimate wedding, a more lavish occasion or a complete corporate event, the magnificence of the enchanted Yanchep National Park provides an atmosphere of serenity and their all-inclusive packages will make hosting an event easy.

They are continually updating their daily specials and hold regular events and shows for people to enjoy.

The Yanchep Inn is located in the Yanchep National Park, call 9561 1001 or see advertisement on page 54 for coming events.

Let's GO MOTORING

ADVERTISING FEATURE

Preparing for the dream car - when expectations are met and when they're not





Clockwise from left; Volvo XC40 - Jaguar I-Pace and Tony McManus



by Tony McManus, 6PR's Saturday Night Show announcer

THIS week I fully expected to be driving a Rolls Royce Ghost. After visiting the dealership in Osborne Park, choosing the colour (black) and planning to skillfully drive through a dozen or so McDonald's drivethru with a few of my coffee mates, with each ordering a mere cheese

burger only.

The planning was outrageously funny and provided much merriment over weeks of dreaming. But the great god of lotto had a different plan. The money, all \$80 million, went to somewhere in Queensland, a long way from Greenwood. So last month, it's fair to say, expectations were not met.

However days later, I assume the gods conspired to arrange a Volvo XC40 and the astonishing Jaguar I-Pace to be delivered for testing. The Volvo is everything I'd remembered and more, a smaller SUV with lashings of technology. The drive, the engaging de-

sign, the pure funkiness and affordability, make it the most desirable vehicle from Volvo. In so many ways a true reflection of all things exciting about 2019 motor cars.

However, it was the pure electric drive experience of Jaguar I-Pace that came close to erasing the disappointment unproductive the Royce/McDon-Rolls alds dream. It looks and smells like a Jag should. The cabin, fit and finish are derivative of the latest Range Rover in many ways, all for way less coin; not a bad thing.

Much has been written about electric cars, yet confusion and doubt rule. Family and friends ask the same questions. How far it can travel on one charge. How much to own? I answer, more than

you'd believe (400 Km) and less than you'd expect (from \$120k-140k).

A lifelong BMW M3 loving owner and family friend, upon driving the I-Pace declared: "This is better to drive than my car!"

Maybe it was the artificial V8 sound that won her during that drive, but the serious game-changing torque is compelling in the extreme. The 0-100 in 4.8 seconds is well on brand. The drive experience is like nothing I've known. The acceleration is stunning; simultaneously furious and gentle. It takes time to dismantle much of what you think about driving to fully embrace this new electric/ battery feeling.

People stop and check the electric Jag outside coffee shops, much in the same way people may have done on the eve of shifting from their horse and carriage to the newfangled uncertainty of a horseless carriage.

But driving such a high end EV takes time to adapt. It is different. The quiet may at first feel befuddling. But days later, something for which I craved. Turning into corners is breathtaking; the exhilaration palpable. The overall Jaguar I-Pace experience is initially foreign, but ultimately an insight into what driving will be like for most of us, sooner than we think.

A few days spending time with the Jag I-Pace, more than compensates for not driving the Rolls Royce Ghost through every McDonalds in Perth...

Well almost.



Enjoy the songs of Judy Garland with local artist Petrina Bishop

WITH more than 30 years spent in the entertainment industry Petrina Bishop has a wealth of experience singing songs from her favourite performers.

Enrolled in the Johnny Young Talent School and mentored by Jackie Love and classically trained, Petrina has worked with WA Opera, WA Choral Society and the WA Musical Theatre Company.

She now presents a repertoire of songs, working with musical arranger and accompanist David Wickham to present a selection of concerts.

On Monday 12 August from 11am to 12 noon enjoy a musical morning as Petrina takes a trip down memory lane presenting songs from Judy Garland at Melville Main Hall. The show is only \$15 with morning tea

and Petrina will perform favourites The Trolley Song, The Man That Got Away and Over the Rainbow.

Book at www.trybooking.com/

Petrina returns with a Sunday Serenade on 18 August from 3pm to 5pm again celebrating the music of Judy Garland.

The show will also be at the Melville Main Hall and includes afternoon tea and tickets are \$20. Book at www.trybooking.com/BDPIF.

Shows in September see Petrina return to the Cottesloe Civic Centre on 24 September in the morning and on Sunday afternoon on 29 September.

Door sales are available at all shows (cash only). For more information contact Petrina on 0409 12 72 82.





healthy living



health options for the mature west australian



Short term respite service offers care for the carers



Aged care comes under the microscope

by Frank Smith

ROYAL Commission into Aged Care Quality and Safety is travelling round Australia holdpublic hearings and wants to hear from people who have experienced the aged care system either directly or through a friend or relative

Live and recorded webcasts of the proceedings can be seen at webstreaming.lawinorder.com.au/acrc, even if you can't get to a hearing.
The Commission has

a website (agedcare. royalcommission.gov. au/) which provides information about their work and how you can engage with it, including when and where hearings will be held.

The task of the Commission is to look at how older people are cared for and work out what needs to change to make aged care services better.

Their report will say what should be done to make aged care services better for people who need them now and in the future.

An ABC report said the first person to enter the witness box at the first public hearing was Barb Spriggs who detailed the horrors her husband - who suffered from Parkinson's disease and dementia endured at the Oakden Nursing Home in Adelaide.

"Once shifted back to Oakden, there was a big deterioration in his health — he had been

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overmedicated, had severe bruising, was dehydrated and suffering from pneumonia," she told the commission-

"To this day, I don't know what happened to Bob.

She and her son Clive lifted the lid on a system in crisis, which prompted the closure of Oakden and several investigations into the

In other evidence. commission was the told that 3,773 reportable assaults occurred in nursing homes in 2017-8, not including those where residents attacked each other.

The commission also heard the many older Australians are fearful about going into residential aged care.

UnitingCare Australia national director Claerwen Little told the commission that some people: "would rather poke their eye with a pencil than have to enter a home."

Commission The wants people to tell them what they think about aged care services, including what works well and why things go wrong.

particular they want to find out how can we make sure that aged care homes and services provide good and safe care and what can be done so there are enough good quality aged care homes and services in the community for all the people who need them?

They also need to know if there enough good quality services in remote, rural and regional Australia and what are the best ways to help and care for people living with dementia.

There are also a number of younger people with disabilities who are living in aged care homes. The commissioners also want to find out the best way to house and care for them.

commissioners are Richard Tracey QC and Lynelle Briggs AO. They were appointed in October 2018 and are required to provide an interim report by 31 October 2019, and a final

BRAEMAR Presbyterian Care's short-stay respite care services are designed to help carers, who need to take some time away from their support of relatives or loved

These services offer people providing every-day care an opportunity to rejuvenate, while offering peace of mind that quality care support is available to their loved

Braemar's short-stay service allows a person providing care to attend unplanned or last minute events, supports them if they are unwell or even allows for a last minute short holiday.

Braemar's CEO Wayne Belcher said that respite services offer support to everyday people doing very important work in the community.

"Much of the care that is provided to the elderly in WA is provided by family members. When an ageing loved one is living at home, full time carers can be a daughter, son, wife or husband," Mr. Belcher said.

"Our respite service is designed to help carers take a little bit of time to recharge, rejuvenate and relax, safe in the knowledge that the person they are caring for is being well looked after in a caring, friendly environment."

With short-stay respite services currently available at Braemar Cooinda - a 108 bed hotel like facility in the City of Melville - Braemar's approach is tailored to those seeking unplanned (or last minute) respite needs. It sees the individual care requirements of the respite resident taken into account, offering the elderly person an opportunity to participate in the lifestyle and enrichment activities at Braemar.

Independent dementia consultant Michelle Harris-Allsop of Care Partnerships Australia has reviewed Braemar Cooinda's offering. She said that caring for an elderly relative, particularly if they have a diagnosis of dementia, requires a per-son-centred approach, something that Braemar is skilled at providing.

"In my experience, working with people living with a diagnosis of dementia, the negative impact is often on their social needs, physical health, emotional needs, wellbeing, and relationships."

The strain for family carers cannot be underestimated. Carers are exceptionally valuable, and a solution such as Braemar's short-stay service can offer some valuable time for that carer," she

To learn more about short-stay respite care or the costs involved Braemar provides a dedicated admissions specialist.

Call 6279 3636 for information.

Stem cell nutrition and heart health

force that the heart uses

DID you know that your heart beats about 100,000 times a day? That's about 35 million times each year.

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to pump blood throughout the body, all the time - even at rest. As a result. from this action the five and half litres of blood contained in your body's blood vessels circulate through your whole body

three times a minute.

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A number of studies clearly demonstrate that the heart muscle is in constant process of regeneration and that circulating stem cells play an important role in the process of cardiac tissue renewal.

Stem cell nutrition significantly increases the number of circulating stem cells - within just one hour of consumption - tilting the balance towards tissue renewal.

How healthy is your

The National Institute of Health has identified 74 diseases that are treatable using stem cell in therapy. So, it makes sense for us all - whatever your age to increase the number of stem cells available in our bloodstream.

Stem cell nutrition is now available in Australia. It is safe, easy to take, affordable, backed by science, patented and guaranteed. Every time you consume two capsules between four and nine million fresh stem cells are released into your blood stream. They will go to where you body needs new cells to replace old damaged and faulty or just worn out ones.

If you would like to find out more about how stem cell nutrition can transform your life phone Sandra Barnsley 0412 479 156.

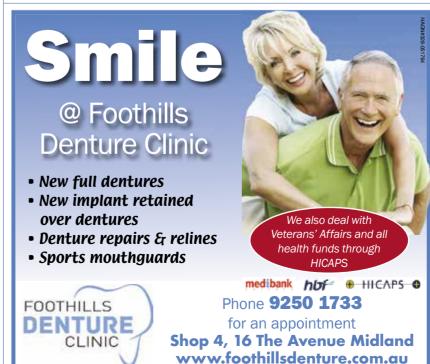


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Dental Prothestists Malcolm J McArthur & Raynee McArthur

healthy living MADVERTISING FEATURE



health options for the mature west australian





Can stem cells help recovery from stroke?



Adelaide University School of Psychology PhD student. David Unsworth

by Frank Smith

STEM cells have been touted as a cure-all for many otherwise intractable illnesses, but these treatments are often not available in Australia

Stem cells can divide and become differentiated for new roles in the body. When an organism grows, stem cells specialise, taking on the functions of all other tissues

including skin, muscle, blood, bone, liver and nerves.

Stroke is the third most common cause of disability in Australia and longterm treatment options are limited. One in three patients suffer ongoing physical disabilities and/ or emotional and cognitive problems.

Injections of stem cells to the brain have been touted as a possible treatment to replace nerve calls damaged during a stroke.

David Unsworth, a PhD student from Adelaide University's School of Psychology, is keen to study the outcomes of stem cell treatments applied after a stroke.

"Whether stem-cell injections are a safe and effective treatment for stroke remains uncertain, he says.

Nevertheless, Australian stroke survivors are among the many patients worldwide who travel to countries, including China, India and Mexico, seeking stem cell treatments in the hope of a cure.

"Not only does this place them at risk of further medical complications, the financial and emotional costs that are incurred are significant. patients Furthermore. who receive these treatments overseas are then ineligible to take part in research trials back home."

Mr Unsworth and colleagues at the University of Adelaide examined reports 11 treatments of which six had improved outcomes. However, five treatments resulted in adverse effects such as seizures and recurrent strokes.

In a second study three treatments resulted in serious adverse events while four resulted in outcomes better than standard care.

All the overseas studies were small with no placebo treatment. Moreover, they did not assess patient psychological or cognitive problems prior to inclusion in the trial to establish stable neurological baselines, nor did they track what happened to the stem cells once they were given to patients.

It was also not clear whether treatment efficacy differed according to patient age, stroke type, treatment phase or dos-

Mr Unsworth says Ionger term studies of larger numbers of patients with double blind placebo controlled treatments are needed to draw definite conclusions.

There are two large scale trials currently running in the US.

immense 'There is interest in the potential of stem cells to treat recovery from stroke, but there are many hoops for researchers to jump through before stem cell treatments are acceptable to regulators.

He wants to know what stroke survivors really know about stem-cell therapies.

What drives them put themselves at risk by travelling overseas for untested and potentially unsafe stem-cell treatments?

And what do they think of the treatments and services available to them here in Australia?

understandina "Bv what stroke survivors know about stem-cell therapies, and the reasons why they may seek treatment from unregulated, overseas clinics, we hope to better inform patients and their families about the potential risks involved," Mr Unsworth

"In addition, by asking stroke survivors about their experiences in Australian hospitals and rehabilitation centres, we may improve the overall level of stroke care in Australia.

"I'm also hoping to dissuade stroke patients from undertaking medical tourism based on unsubstantiated treatments promoted on overseas clinics' websites," he said.

Stroke survivors from across Australia asked to take part in an online survey - www. surveymonkey.com/r/ PW767RJ - to help provide answers.

Lifting the lid seminar



A FREE seminar will be held for people in the Wanneroo area who are interested in learning about bladder and bowel health issues and how to prevent and manage them.

Few people are aware that one in three Australians of all ages experience incontinence at some stage in their life. More than 70 per cent of bladder and bowel health issues can be prevented or improved by making simple changes to daily routines.

Bladder and Bowel Health Australia's qualified continence nurse advisor will provide attendees with knowledge, skills and information on strategies they can use to prevent and manage bladder and bowel health issues.

Thanks to the support from the City of Wanneroo, this event will be held on Wednesday the 14 August from 10am - 12 noon at the Wanneroo Recreation Centre. Morning tea is provided.

For those who would like to know what they can do to prevent these issues, come and join in on a fun and informative session.

Bookings are essential for this free event so please register to attend through Bladder and Bowel Health Australia by calling 9386 9777 or via email to events@bladderbowelhealth.org.au.

WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 50 for details.

Lifting the Lid

On bladder and bowel health

Bladder and Bowel Health AUSTRALIA Inc

Join us for a fun and informative session to learn about healthy bladder and bowel habits and how to prevent future issues.

WHEN: Wednesday, 14 August **TIME:** 10am - 12pm

registration from 9.45am **WHERE:** Wanneroo Recreation Centre 275 Scenic Road, Wanneroo

COST: FREE

Bookings are essential

Book through Bladder and Bowel Health Australia P: 9386 9777

E: events@bladderbowelhealth.org.au

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Stairway to Heaven: Led Zeppelin Masters to rock Crown Perth



FOLLOWING packed houses across the recent UK and European tour, the world's biggest Led Zeppelin show comes to Perth on Saturday 3 August.

For three decades the Zep Boys have flawlessly dedicated their careers to the Led Zeppelin catalogue and their intoxicating performances have thrilled legions of fans mesmerised by the hard rock, blues and psychedelic legacy of one of the

legacy of one of the most influential groups of all time.

Fronted by Zep Boys powerhouse vocalist Vince Contarino and bolstered by the breathtaking might of the Perth Symphony Orchestra, *Stairway To Heaven* features 20 *Led Zeppelin* classics performed by 35 musicians and singers showcasing one of the great rock catalogues of all times.

Stairway to Heaven: Led Zeppelin Masters offers an unforgettable unique live music experience time performed with depth, scale grandeur and orchestral magnificence.

From the raw, metallic blues of Whole Lotta Love to the epic Stairway to Heaven and the sheer exhilaration of Kashmir, Stairway To Heaven celebrates the timeless musical legacy of Jimmy Page, Robert Plant, John Bonham and John Paul Jones, with a no-holds-barred concert performing the masterpieces of Led Zeppelin.

Tickets available from www.ticketmaster.com.au or call 136 100.

WIN WIN WIN

To be in the draw to win one of three double passes to see Led Zeppelin Masters on Saturday 3 August simply email win@haveagonews. com.au with Zeppelin in the subject line or write to Led Zeppelin c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 28/7/19.

New outlet in Bassendean

Have a Go News is now available from

Bassendean Books, 40 Old Perth Road,

Great selection of secondhand soft and

hard cover books. Come in and browse

Politically incorrect funny man Kevin Bloody Wilson's new WA tour

THERE are few comedians on the touring circuit today who tackle subjects with such aplomb as funny man Kevin Bloody Wilson.

He is politically incorrect, direct, he doesn't mince his words and he doesn't rely on subtlety to get his point across – he is a breath of fresh air compared to his contemporaries who often walk about on eggshells.

His directness totally embodies the spirit of Australian humour. In recent times, he has become a social commentator of sorts about political correctness in the current day, so it is apt then that his 2019 Australian tour is a nod to that, the tongue-in-cheek titled FUPC Tour.

Kev is revered around the globe for his Aussie larrikin take on life. He's performed everywhere throughout his career, from outback pubs to the hallowed halls of the London Palladium, packing out houses wherever he goes.

An evening in the company of Kevin Bloody Wilson is jam-packed with entertainment. It is not just a concert performance, it is a full-on event and an opportunity for most to tick off something from their bucket-list – see a national institution in concert, done.

Kevin Bloody Wilson has earned his place in the entertainment industry without a lot of mainstream media support. His record sales are now nudging the four million mark. All of his CDs and DVDs have achieved gold status globally, with many reaching platinum status. In fact, one album, Kev's Back, hit

quadruple platinum.

His recordings can be found all over the world, from outback Australia to Canada. His music has also been preserved for generations to come in the National Film and Sound Archive in Canberra. His fan base stretches from Broken Hill to Buckingham Palace and he has sold-out shows around the world, constantly earning new fans.

Tickets are on sale now for venues around WA including Bunbury Regional Entertainment Centre on Friday 12 July, Albany Entertainment Centre on Saturday 13 July, Goldfields Arts Centre on Friday 19 July, Queens Park Theatre in Geraldton on 20 July and Crown Perth on Friday 26 July. For bookings visit www.kevinbloodywilson.com

Revolutionary rock musical that breaks all the rules returns to Perth



Paulini and Hugh Sheridan

A BRAND new Australian production of the muchloved and revolutionary rock musical, *Hair* will come alive in Perth next month starring Hugh Sheridan and Paulini.

Hair celebrates sixties counterculture in all its barefoot, long-haired,

radical glory with an infectious, energetic rock beat. The show features a Grammy Award-winning score including the hit songs Aquarius, Good Morning Starshine, Hair, I Got Life and Let The Sun Shine In.

Fifty years ago, the original Australian production of *Hair* was produced by the late Harry M. Miller and directed by Jim Sharman. It ran for two years at the Metro Theatre in Kings Cross to sell-out crowds, controversy and rave reviews, kick-starting the careers of many of Australia's best loved performers including Reg Livermore, John Waters and

Marcia Hines.

Hair is set in the sixties, a turbulent, anarchic and exciting time in which people were losing faith in the establishment, austerity measures and the Vietnam War. Hippie counter culture, experimentation and free-love eschewed conformity and the world collectively let their hair down.

Today, amidst global turmoil, issues like human rights, the environment, freedom of religion, race and gender equality continue to dominate dinner party and water cooler discussions across the country – and now, on social media. Hair's themes

of identity, community, global responsibility and peace continue to resonate, getting to the heart of what it means to be a young person in a changing world.

Hair plays at His Majesty's Theatre from 22 August to 1 September.

gust to 1 September
WIN WIN WIN

We have three double passes to giveaway to some lucky readers to see Hair on 22 August at 7.30pm. To be in the draw simply email win@haveagone ws.com.au with Hair in the subject line or write to Hair c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/7/19.

Enjoy the hits of *Peter and Gordon*, the *Everly Brothers* and more!

THE ASTOR Theatre will come alive with songs and stories featuring Peter Asher and Albert Lee performing the hits of Peter and Gordon, Buddy

Bassendean.

Call 9279 3959.

around you'll enjoy it.

Holly, the Everly Brothers amongst others.

The songs which influenced them and the songs they influenced include – A World Without Love, I Go To Pieces, Bye Bye Love, Crying In The Rain, Lady Godiva and more.

Peter Asher and Albert Lee's history is one of song, and these duo storyteller shows will reflect that history and feature those songs.

As one half of British pop duo Peter and Gordon, Peter Asher had numerous hits in Australia and around the world in the '60s. He was subsequently A & R Director for the Beatles' Apple Records, and became a legend as a Grammy-winning producer and manager of James Taylor, Linda

Ronstadt and others.

Albert Lee has been called the ultimate virtuoso by Eric Clapton, and is a Grammy-winning, five times Guitar Player Magazine 'Country Guitar Player of the Year'. Albert had a 25-year run as music director for the Everly Brothers, has been a key band member for Joe Cocker, The Crickets, Emmylou Harris and Eric Clapton, and has worked with Paul McCartney and Ringo Starr and others.

Don't miss this show at the Astor Theatre on Sunday 25 August. Bookings through Ticketek.

A great film about love in adversity



BASED on an incredible true story, the new film *The Keeper* follows Bert Trautmann, a German prisoner of war whose exceptional skills on the soccer field get him noticed by the manager of a local football team.

Impressed by Bert's prowess as a goal-keeper, the team manager gets him out of the camp to play for his team. Meanwhile, love slowly blossoms between the manager's daughter and Bert, despite local hostility.

In addition to the disapproval of his relationship, Bert's subsequent signing by Manchester City brings passionate protests from the people of Manchester, a city that had been severely bombed in the War.

However, against all odds, he won over even his harshest critics during the FA Cup Final for Manchester City in 1956.

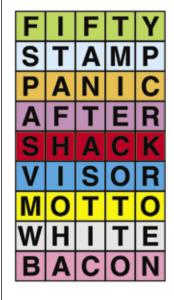
After an on-field accident, Bert broke his neck... and continued playing to secure victory.

ecure victory. Screening at Luna Leederville and Windsor Cinema from 25 July.

WIN WIN WIN

We have five inseason passes and the book the movie is based on to give away to some lucky readers. To be in the draw simply email win@ haveagonews.com.au with Keeper in the subject line or call the office during business hours on 9227 8283. Closes 21/7/19.

#328 July edition PUZZLES Solutions



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



Have a Go News Quiz Page 2: 1. 1905. 2. Pear. 3. Year-round swimming.

4. Alzheimer's Australia. 5. Melbourne. 6. Rick Steele. 7. Swimmer. 8. Wilson. 9. The Front Bar. 10. 41.

Wheel Words:

Coin, Coir, Corn, Crag, Icon, Orca, Acing, Acorn, Cairn, Canon, Cargo, Cigar, Coign, Conga, Corgi, Icing, Ionic, Racon, Ricin, Agonic, Arcing, Caning, Caring, Coring, Ironic, Niacin, Racing, Anionic, Coining, Craning, Crannog, Organic.

9-letter word: INORGANIC

Some friendships transcend lifetimes



IN the new film A Dog's Journey, the sequel to the heartwarming global hit A

Dog's Purpose, beloved dog Bailey finds his new destiny and forms an unbreakable bond that will lead him, and the people he loves, to places they never imagined.

Bailey (voiced again by Josh Gad) is living the good life on the Michigan farm of his boy, Ethan (Dennis Quaid) and Ethan's wife Hannah (Marg Helgenberger). He even has a new playmate: Ethan and Hannah's baby granddaughter, CJ. The problem is that CJ's mum. Gloria (Betty Gilpin), decides to take CJ away. As Bailey's soul prepares to leave this life for a new one, he makes a promise to Ethan to find CJ and protect her at any cost.

In cinemas 15 August. **WIN WIN WIN**

To be in the draw to win a double pass to A Dog's Journey simply email win@haveagone ws.com.au with Dog in the subject line or write to A Dog's Journey c/-Have a Go News PO Box 1042, West Leederville 6901. Closes

Bell Shakespeare returns to the State Theatre this August



Much Ado About Nothing rehearsal, left to right; Duncan Ragg, David Whitney, Marissa Bennett and Paul Reichstein © Prudence Upton

THE Perth Theatre Trust presents Bell Shakespeare's Much Ado About Nothing in the State Theatre Centre from 7 to 10 August.

Claudio and Hero are deeply in love. Beatrice and Benedick would rather swap sassy insults than sweet nothings.

Much Ado About Nothing is a saucy and razor-sharp battle of wits between the bickering Beatrice and Benedick, who wield words as weapons, their banter betraying their love for each other.

Claudio however is quickly consumed by envy and his idyllic world threatens to come tumbling down as he humiliates Hero. Beatrice and Benedick must join forces to defend true love - even if they can't recognise it in themselves.

Directed by Bell Shakespeare's associate director, James Evans (Julius Caesar) and starring Zindzi Okenyo (Antony and Cleopatra, MTC's An Ideal Husband) as Beatrice, this Much Ado About Nothing will be a powerful exploration of the struggle for identity and self-knowledge in a male-dominated world. The pursuit of love is framed in a social context that enhances the darker themes in this timeless comic

Much Ado About Nothing is one of Shakespeare's contemporary comedies where romance is thwarted by dastardly plots, misinformation, false accusations, broken promises, and bumbling cops. Or is it?

WIN WIN WIN

To be in the draw to win one of three double passes to the performance on Thursday 8 August at 7.30pm at the State Theatre of WA simply email win@haveagonews.com.au with Bell in the subject line or write to Bell Shakespeare C/-Have a Go News PO box 1042, West Leederville 6901. Closes 31/7/19.

DAVID ROY WILLIAMS PRESENTS FROM ENGLAND VIA CALIFORNIA

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PETER & GORDON

THE EVERLY AND OTHER

BROTHERS CLASSIC HITS

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'CRYING IN THE RAIN' • 'LADY GODIVA' • 'HANDY MAN

SONGS & STORIES FROM TWO GRAMMY-WINNING GIANTS OF POPULAR MUSIC!

OF PETER & GORDON!

EVERLY BROS. GUITARIST!

AUSTRALIAN TOUR 2019

SUN 25 AUGUST ASTOR THEATRE

ALBERT LEE

Disney's *The Lion King* arrives in cinemas this month



THE all-star line-up for director Jon Favreau's new take on Disney's 1994 classic animated film The Lion King includes stars from the film, TV, theatre and music arenas.

Featuring pioneering filmmaking techniques, the film welcomes back to the big screen iconic characters that audiences have long treasured - but in a whole new way, from Disney Live Action.

Experience The Lion King in cinemas from 17 July. Tickets on sale now.

WIN WIN WIN

To celebrate the new film, we have five Disney's The Lion King movie prize packs which includes a Disney's The Lion King faux leather pen in a box, notebook, eco drink cup and solar camping

light. To be in the draw to win one simply email win@haveagonews.com. au with Lion in the subject line or call the office on 9227 8283 during office hours. Closes 25/7/19.

A Wicked story is coming to the Regal Theatre in August

MERCEDES College is renowned for presenting outstanding musicals, having won the Catholic Performing Arts Festival's award for the **Best Secondary School** musical for the last two years.

Their next musical will be the very popular Wicked which tells the incredible untold story of an unlikely friendship between two girls who first meet as sorcery students at Shiz University - the blonde and very popular Glinda and a misunderstood green girl named Elphaba.

Following an encounter with the Wonderful Wizard of Oz, their friendship reaches a and their crossroad lives take very different paths. Glinda's unflinch-

ing desire for popularity sees her seduced by power, while Elphaba's determination to remain true to herself and to those around her, will have unexpected and shocking consequences for her future.

Their extraordinary adventures in Oz will ultimately see them fulfil their destinies as Glinda the Good and the Wicked Witch of the West.

The team effort to produce Wicked has come from the whole school community - parents, grandparents, alumni alumni and for the first time this vear textiles students have made some of the costumes as part of their course work.

Featuring a strong cast of more than 80 people this musical comedy has a backstage support team of 25 students in stage crew and band roles.

Directed by Kathleen Cocks, with music di-rection by Harry Oliff, choreography by Emily Hunt, costume design by Jo Driscoll, this is a musical that will the capture the imagination of the audience.

Wicked will be performing at the Regal Theatre in Subiaco from 2 to 4 August. Tickets on sale through Ticketek 132 849 www.ticketek. com.au

Some friendships last a life time - some secrets don't



PALM Beach is a new drama-comedy about a group of lifelong friends reuniting to cele-

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SATURDAY 13TH JULY

Y ENTERTAINMENT

kevinbloodywilson.com

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brate a special birthday, with Palm Beach providing a stunning backdrop for the unfolding drama.

The good times roll with loads of laughter, lavish meals, flowing wine and fantastic music, but slowly tensions mount and deep secrets emerge

Starring Bryan Brown, Sam Neill, Greta Sca-Jacqueline McKcchi. enzie, Richard E Grant, Claire van der Boom. Aaron Jeffery, Heather Mitchell, Matilda Brown, Frances Berry and Charlie Vickers. Directed by

Rachel Ward.

In cinemas 8 August. **WIN WIN WIN** To be in the draw

to win a double pass to Palm Beach simply email win@haveagone ws.com.au with Palm in the subject line or write to Palm Beach c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/8/19.



Contact JAYA PENELOPE on 0411 983 549 http://wapoets.com Email: wapoets@gmail.com



SATURDAY 20TH JULY QUEENS PARK THEATRE

FRIDAY 26TH JULY

SATURDAY 27TH JUL

CROWN PERTH SOLD OUT





and **LUNA LEEDERVILLE** Go to www.lunapalace.com.au for details



Winner of St George's Art 2018, 'I'm All Ears' by Alexandra O'Brien

St George's Art - more talent than ever on show this year

WA's premier annual exhibition of works by senior high school students is bigger than ever this year. St George's Art is a springboard for young artists, bringing a fascinating insight into the lives and minds of a new generation. In 2019 it welcomes around 175 young artists from 60 schools.

St George's Cathedral in Cathedral Square, Perth will be transformed into a unique art gallery for the nine-day winter exhibition. This includes moving out the famous chairs to make way for the artworks to be displayed along the aisles. The students gain valuable experience from participating in this professionally curated exhibition. Many of them will go on to display their work in the prestigious Pulse Perspectives (formerly Year 12 Perspectives) at the Art Gallery of WA.

St George's Art is open to all WA high schools at no charge. So many schools are keen to participate that the maximum number of artworks per school is limited to three, ensuring the highest quality works from the state's top young talent.

Every year, judges are astounded by the extraordinary talent on display at St George's Art, and thousands of visitors flock to Perth's gothic revival cathedral to choose their favourite piece for the People's Choice Award. This year, more works than ever will be on display, so allow plenty of time to browse and visit the State Buildings opposite for refreshments.

Entry is by gold coin donation; purchase a souvenir catalogue for \$15 to add your vote for the People's Choice prize, sponsored by the State Buildings and awarded at the close of the exhibition.

Janet Holmes à Court is generously providing the \$500 prize for the overall winner, four category winners are awarded \$200 each, and a list of highly commended artists receive gifts from Jacksons Drawing Sup-

St George's Art is made possible by donations to the St George's Cathedral Foundation for the Arts, with support from the Anglican Community Fund, City of Perth, Anglican Schools Commission, Church + Osborne and Voyager Estate.

St George's Art 2019 runs from Saturday 20 to Sunday 28 July, 10am-4pm daily, 12noon-4pm Sundays. For more information, visit art.perthcathedral.org.

Enjoy the new film Late Night starring Emma Thompson

LEGENDARY talk-show host Katherine Newberry (Oscar winner Emma Thompson) is a pioneer in her field. The only woman ever to have a long-running program on late night, she keeps her writers' room on a short leash and all male.

But when her ratings plummet and she is ac-

AKATTA

cused of being a woman who hates women, Katherine puts gender equality on her to-do list and impulsively hires Molly Patel (Mindy Kaling), a chemical plant efficiency expert from suburban Pennsylvania, as the first and only female on her writing staff.

With rumours swirling

Professional Performer Petrina Bishop

Musical Arranger & Accompanist David Wickham present...

MORNING MUSIC Monday, 12 August, 11am - 12noon

Tickets: \$15 For bookings visit www.trybooking.com/BDIYI

Tickets @ door: Cash only - must RSVP prior

Doors open: 10.40am Ticket price includes morning tea

Venue: Melville Main Hall, 10 Almondbury Road, Booragoon

SUNDAY SERENADES Sunday, 18 August, 3pm - 5pm

Tickets: \$20 For bookings visit www.trybooking.com/BDPIF

Tickets @ door: Cash only - must RSVP prior

Doors open: 2.40pm Ticket price includes 20 minute interval with afternoon tea

Venue: Melville Main Hall, 10 Almondbury Road, Booragoon

The Tivoli Club of WA presents...

Just Judy!

Judy Garland truly has stood the test of time. She lives on in all of us.

A rollercoaster of emotion, Frank Sinatra once quoted "Every time Judy

performs, a little piece of her dies, she gives that much of herself." Even

though her life sometimes tragic, Judy left it all in the wings. Petrina Bishop

looks forward to sharing with you the songs of yesteryear, such as The

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Trolley Song, The Man That Got Away, & of course, Over The Rainbow.

that Katherine is being replaced by a younger, hipper male host, she demands that the writers make her

funny and relevant again. A lifelong fan, Molly is determined to prove she's not just a diversity hire, but the one person who can turn her idol's career around. Going against everything Katherine has staked her reputation on, she urges her to make the show more contemporary, authentic and personal, a move that could make Molly's career or send her back to the chemical plant for good.

In cinemas 8 August.



WIN WIN WIN To be in the draw to win one of 10 double passes simply email win@havea

gonews.com.au with Late in the subject line or write to Late Night c/-Have a Go News PO Box 1042, West Leederville 6901. Closes 31/7/19.

Geckos take over the State Theatre Centre



My Robot

BARKING Gecko Theatre are taking over the State Theatre Centre of WA this July school holidays with their inventive play, My Robot. There will also be free activities where children can build and battle their very own robot, become a superhero and take an exclusive behind-the-scenes tour of the Perth's premier performance venue.

My Robot will take children and families on a rambunctious adventure filled with robot antics, laughter and daring rescues - all told with the care and artistry synonvmous with Barking Gecko's award-winning

And at the theatre, audiences can join in the free activities that complement the show.

The courtyard will come alive with workshops to build and battle your very own robot. Designed by creative coder and robot designer Steve Berrick, the workshops will flex engineering and design skills, while children learn how to program their own robot and battle it out with other young participants.

Working out of the Middar Room are Every Day Super Heroes In Residence, a hands-on, immersive drama workshops for children and adults. Participants will transform themselves into powerful super-citizens, working together to listen, act and solve problems for their own community.

Lastly, audiences can take an exclusive behindthe-scenes tours of the venue to see how everything comes together to create magic on stage. Designed to provide an inspiring theatre venue for Perth audiences, the State Theatre Centre hosts 500 events each year from children's theatre, to festivals, comedy shows and contemporary dance.

Barking Gecko's takeover runs from 6 – 14 July at the State Theatre Centre of WA, 9am to 3pm every day.

All information about My Robot tickets and how to register for the free activities can be found online at barkinggecko.com.au/play/ my-robot/.





July 1-7 Pop-up Exhibition July 8-14 David Tsang Exhibition A personal collection from the **Children of the Stolen Generation**

Workshops with Verena Marmion including Lunch in the Gallery July 17, 12-2pm

July 22 - August 4

Catching the Light - our artists celebrate the recent upgrade to our gallery



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For further info visit www.harbourtheatre.org.au

SCENE SOCIALLY













SCENE (1): THE Reserve at Alchera Living in Willagee held their grand opening ceremony on Friday 14 June. The brand new retirement living development includes 36 beautifully appointed apartments and a refurbished social centre including heated indoor pool and gymnasium. Alchera means dreamtime and the not for profit group has been providing retirement living options for people in the City of Melville for 40 years. A large group of residents and guests enjoyed the opening of the new facilities and celebration.

SCENE (1): Far left; Minister for Housing and member for Willagee Hon Peter Tinley AM MLA cuts the ribbon to the newly refurbished social centre with Alchera's oldest resident Alice Smith. Top row, from left to right; Residents Judith Honey and Lesley Brent-White - Fiona West, Andrew Smith, Karen Wheatland and Patricia Phelan. Second row, from left to right; Irene & Derek Stone - Artists for the The Reserve in front of one of their pieces Peter Gee and Dawn and Phil Gamblen.



SCENE (2): SCARBOROUGH Rotary held their annual change over dinner at the WA Golf Club in June and *Have a Go News* attended as Marlene Robins received her Paul Harris Fellow. Also in attendance was Leader of the Opposition MP for Scarborough Liza Harvey. During the event Rotary handed over \$10,000 to the Telethon Institute to help with the intervention program for autistic children. Funds raised come from the Karrinyup Swap Mart run by Scarborough Rotary which is held every Sunday morning at the Karrinyup Shopping Centre.

SCENE (2): Left to right; Edna and Fred Marsh with Marlene Robins and Liza Harvey MLA.





SCENE (3): HAVE a Go News is always proud to sponsor many events and groups throughout the year and at this year's sell out Seniors Recrea-Council's Wintion ter Wonderland Ball we donated four spot prizes and two bottles of Moet Chandon champagne for raffle prizes. The lucky winners were thrilled with their prizes. The ball was a great success with a full dance floor all afternoon.

SCENE (3): Clockwise from left; Alice Chia of Cloverdale with Seniors Recreation Council vice president Phil Paddon and Helen Anderson of Dianella.





The Oven Door Bakery Drovers 1397 Wanneroo Road, Wanneroo Ph 9404 7000





SCENE (5): LAST month the Men in Black ball was held at the Hyatt Hotel to raise funds and awareness of men's mental health. This charity event is celebrating its 12th anniversary and guests were treated to dinner, dancing, speakers and live auctions. Marilyn and Florence Krueger attended the event and met Radio 6PR announcer and *Have a Go News'* columnist Jon Lewis with his wife Gloria. Florence Krueger celebrates her 80th birthday this month so this was a fabulous night to start her birthday celebrations all while raising important funds to improve mental health services for men.

SCENE (5): Top; Jon and Gloria Lewis - Above; Florence and Marilyn Krueger



SCENE (4): THE wonderful Jonathon Welch charmed the audience at the Mandurah Morning Melodies in June with his tribute to Harry Secombe with musical director Adam Prezlocki. Morning Melodies is run every month and hosted by Sacha Mahboub.

SCENE (4): Sacha Mahboub, the performers and the waving audience.







SCENE (6): THE Western Australian Carpet Bowls Association held their State Triples competition at Swan Active in June with more than 30 teams participating from all over the metropolitan area and more than 200 people competing. Competition was fierce and it came down to the wire for the winning teams with first place going to Nollamara 25s, second place to Falcon 11 and third place to Bayswater 10. Have a Go News is proud to sponsor WACBA and their competitions which we have done for more than 20 years. If you would like to find out more about carpet bowls contact Barbara Price on 9344 3215.

SCENE (6): Top row, from left to right; 1st place - Ellen Schumacher, Ron Green and Anna Delborrello. Second row, from left to right; 2nd place - Lyn Coleman and Colin and Gladys Shepley and 3rd place - Pat Corcorin, Mark Studders and Shirley Jefferies.

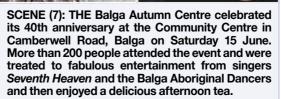












SCENE (7): Top row, from left to right; Secretary Barbara Price with Treasurer Jean Tierney - Committee members Alice, Betty and Nancy - President Kaye Coast and Carole Barton - Barbara Cannell and Terri O'Farrell - Anna Allia and Janet Meakins. Second row, from left to right; Anna Allia and Janet Meakins - Maria Santoro and Pat Hall - Carmel Hughes and Virgie Hemerak - The longest serving member June Deamer with Sandra Maxwell.

