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# THIS ISSUE



#### let's go travelling

- Join Have a Go News on a day trip to Antarctica
- Steve Collins in South Africa
- Winter in the West



Josephine Allison interviews **Mondo Community Warriors'** Vince Garreffa



- Active Ageing 12-page liftout
- Where opinions matter Food & Wine
- reviews, recipes and more

#### **COMPETITIONS/GIVEAWAYS**

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# Timeless *II Divo* returns to Perth



Il Divo - Urs Buhler, Carlos Marin, David Miller and Sebastien Izambard

#### by Josephine Allison

SEBASTIEN Izambard, of world famous classical cross over group Il Divo, is on the line from London as he winds down from a sell-out concert the previous evening, describing it as fabulous, beautiful.

The 45-year-old French musician, singer, composer and record producer has been a member of the four-member // Divo group since 2004 alongside Urs Buhler (Switzerland), Carlos Marin (Spain) and David Miller

Il Divo has sold more than million albums worldwide achieved more than 50 No 1 records, received 160 Gold and Platinum sales awards in 33 countries and staged four ground-breaking world tours. They have performed before the likes of former US President Barack Obama and Her Maiestv the Queen and shared microphones with fellow superstars from Barbra Streisand to Celine

The group was created and promoted by music producer Simon Cowell. The quartet's strength is its remarkable ability to blend operatically-trained vocals and classical music with themes from pop, bolero, folk, tango, sacred and Latin music.

Sebastien, the only self-taught singer with II Divo. started his career as a pop musician in France. His childhood was tough and he grew up with his mother in in a block of apartments.

In Paris he has written music for many French artists and in 2001 performed with the famous French singer the late Johnny Hallvdav

The voice on the telephone is calm, relaxed and at ease with himself, and really happy when it comes to discussing his family, Australian born wife Renee and children twins Luca and Rose 10, and Jude 7.

"I am very lucky to be married to Renee who is originally from Ferntree Gully in Victoria. She has lived in Melbourne and Sydney where she worked for Sony

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Music and where I met her," Sebastien says with typical Gallic charm. "After marrying, we lived in France and England. Our children are half French, half Aussie; one of my sons calls himself a 'Fraussie'

"We live in California now and love it there. My wife says by moving from England - where we spent 10 years - to California, we are getting closer to Australia. We love Byron Bay, there's no craziness there."

Sebastien has been to Perth twice before and says he is looking forward to the October concert. "I think we played at an outdoor venue, maybe near water, (research reveals it was Kings Park in 2012). I remember having my first surfing lesson in Perth with no problems because the water is so beautiful."

Il Divo's Timeless Australian tour includes the classics and songs from their new album. Timeless features a classic mix of favourite pop and traditional standards in four languages including Hola, a Spanish version

of Adele's hit song, John Legend's All Of Me, Robbie William's Angels, Natalie Cole's Unforgettable, Louis Armstrong's What A Wonderful World, and many more.

"We have some incredible dancers," Sebastien says. "It is a very rich and non boring show."

The frenetic pace of touring the world might seem daunting but Sebastien gives the impression he still enjoys it. After the UK, *II Divo* headed to Europe for a few weeks, then to Australia for a promotion. After that Sebastien has a private concert in Bali. Next stop is Japan and Australia, the IS and Latin America, commitments which extend until March-April next year.

The Australian arm of the tour will feature much-loved Australian singer Marina Prior who Sebastien says he is looking forward to meeting.

Returning to discussing his family, Sebastien says the children are on school holidays at

continued on page 5

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# From the editor's desk



WE'VE got a bumper edition this month including an Active Ageing liftout focusing on exercising and well-being in later life. Inside it, we feature profiles on everyday people and how they stay active. There is also an up to date list of Living Longer Living Stronger program providers around the state. Another special treat for readers this month is the opportunity to win a double pass to a special movie preview of the new Disney movie Christopher Robin. It will be held at Hoyts Southlands and the lucky winners will be the first to relax and enjoy the film in their new powered recliners. See page 48.

This year's Seniors Week runs from 11 November until the 17 November and clubs and groups still have time to apply for a community grant to run an activity or event during the week. Applications close on 17 August and forms are available from COTA WA - call 9472 0104 or email grants@cotawa.org.au

\*\*\* Our friends at Legacy are looking for energetic and vibrant people to volunteer to shake a can for their street appeal.

Collection days will be held on Wednesday 5 September in the Perth CBD, train stations and the streets of Fremantle and on the weekend of 8/9 September at shopping centres and Bunnings stores. Anyone who may be able to assist can call the office on 9486 4900.

\*\*\*

The award ceremony for the WA Seniors Awards will be held during Seniors Week 2018 and nominations are now open. I urge you to consider putting forth an unsung hero in your life for one of these prestigious awards.

Whether it's someone you know who delivers meals on wheels or volunteers in some way in the community, the awards provide an opportunity to recognise and say thank you to people aged 60 and over who work tirelessly in the community. Nominations close on 11 October and interested people can contact Marlene at COTA WA on 9472 0104 or email awards@cotawa.org.au for a nomination kit.

In our charity begins at home series we feature Mondos Community Warriors (MCW) which was established by Vince Garreffa. He believes that if you're going to give to charity then every cent received should go to the charity and that's exactly what MCW do. Find out more about this man with the

huge heart and his char-

ity which raises thousands of dollars each year on page 5.

\*\*\*

Looking back and reminiscing is one of life's pleasures and our Living Histories project steps back into the 1950s and 60s. Hundreds of people shared their stories of what life was like for them in WA during these decades and we provide an interactive talk for clubs and groups as well as tips on writing your own piece of history. If you would like to book a talk, please call the office on 9227 8283 or email Tahlia@haveagonews. com.au

With so many of us utilising digital technology our website www. haveagonews.com.au, offers a variety of stories including scam alerts in between editions of the paper. We have a lot of fun on the Have a Go News Facebook page and if you're on that platform take a moment to like our page and join our digital community. For anyone who wants to receive the paper hot off the press, you can subscribe to the digital issue and receive it into your inbox; just email reader@ haveagonews.com.au to be on the list.

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

Stay well, warm and happy.

Jennifer Merigan **Editor** 

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

#### **AGL** competition winners



AGL's partnership manager Jackie Shervington and Have a Go News' editor Jennifer Merigan draw the lucky winners from the AGL competition

THANKS to AGL, in last month's issue readers had the opportunity to win an experience to see the West Coast Eagles play a home game against Melbourne in the Field Club at Optus Stadium on 19 August.

Congratulations to Cameron Bell, Mary Eddy and Pieta McKean who were the lucky winners.

# **Funny historical fact**

THE Incas did not have iron but they had so much gold that they used it to make everyday items such as nails, eating utensils, combs and tweezers.

#### Have a Go News Quick Quiz

- 1. Which WA-born star wrote and sang A Little Ray of Sunshine?
- 2. Where is Koombana Bay?
- 3. Mutineers on which ship created atrocities before being hanged on a WA island?
- 4. David Koch hosts which morning TV show? 5. Name one country town that serves as a site for the WA Museum.
- 6. Best Picture Oscar for 2018 went to which movie?
- 7. The Ringneck Parrot is also commonly called? 8. Name the black Cockatoo endemic to the S-W.
- 9. Who is Chief Scout of The Scout Association of Australia?
- 10. Scouting began in WA in 1907, 1927 or 1937? See page 14 for answers.

### **Quote of the month**

"To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent - that is to triumph over old age." **Thomas Bailey Aldrich** 

### **Urban slang**

Gatsbying - Posting on social media for the specific purpose of one person seeing it - usually someone you're dating, want to date, or used to date! It's the modern version of Jay Gatsby from the novel The Great Gatsby holding parties to get Daisy's attention.

# **Great West Aussies** - Did you know?

WA's World War I veteran Peter Casserly achieved with his wife Monica Australia's longest marriage of 80 years and 10 months. Among the last to enlist with the AIF in 1914-18, he was awarded the Centenary Medal. He died in 2005 at 107. Monica died in 2004 at 102.

### Word of the month

#### **Mumpsimus**

Noun

A traditional custom or idea adhered to although shown to be unreasonable.

Mid 16th century: erroneously for Latin sumpsimus in quod in ore sumpsimus 'which we have taken into the mouth' (from the Eucharist), in allusion to the story of an illiterate priest who, when corrected for reading guod in ore mumpsimus, replied 'I will not change my old mumpsimus for your new sumpsimus'.

### Ageing research snippet

Keep your skin healthy and moisturise daily A TWICE daily application of a perfume free, pH neutral moisturising lotion for both men and women can help improve skin condition and reduce skin tears and other complaints as we get older. Research from Curtin University found a study of residents in aged care who received a twice daily application of a perfume free moisturiser reduced skin tears by 50 per cent.

#### **New outlet in Wanneroo**

Have a Go News is now available from **Daily Living Products** Shop 6, 771 Wanneroo Road, Wanneroo Phone 9206 2391







**Spring Orchid Fair** 

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\$50 per fortnight and for the first time self-employed pensioners can access the bonus and earn up to \$300 per fortnight without reducing their pension

Jobs and skills

Access to the Restart wage subsidy for Australians over 50 will be expanded, providing up to \$10,000 to employers to hire and support new workers. A new Skills and Training incentive will be introduced to contribute up to \$2,000 to help



To support Australians who wish to stay at home, the Government is providing an additional 14,000 high-level home care places, this adds to the 6,000 places the Government funded since the last budget.

Get more information at budget.liberal.org.au

Suite C, 117-123 Great Eastern Highway, Rivervale WA 6103 🍙 9477 5411

# Find the word - win a \$200 shopping voucher



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

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

Words promotion.

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

Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad Word.

- 1. City of Swan
- 2. Attune Hearing 3. Hetherington
- Funerals
- 4. Shoji Australia 5. York Agricultural
- Society 6. Dowerin Events
- 7. Metro Mobility
- 8. Alzheimer's WA
- 9. SwanCare 10. Atwell Arts
- 11. The York Festival Entrants can enter via

email win@haveagon ews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number.

Closes 31/08/18. Congratulations to Christopher Taveira of Kelmscott our May win-







**AUSTRALIANS** 

SENATOR LINDA REYNOLDS

senator.reynolds@aph.gov.au 🔼 lindareynolds.com.au 🚹 lindareynolds

ates aircraft."

# Seventy something intrepid solo traveller with an undiminished thirst for travel





Above; Faye Day Below; The Kalash children from Pakistan

by Josephine Allison

IT'S not every day a 70 something Perth woman totes an AK 47 rifle, but that's what intrepid solo traveller Faye Day did on a recent visit to Pakistan. Her personal guide shadowed Faye for four days, even caring for her when she attended a wedding, so it seemed appropriate she should pose for a picture with his rifle.

Faye, 79, the author of nine autobiographical travel books on her journeys to more than 150 countries down the years, has just published her second book and a third is due for release. Her most recent trip over two months took in Iran, Lebanon, Pakistan and Sudan, countries less travelled by the majority of tourists. This suits Faye who stays away from the conventional tourist trail, detests shopping and likes lots of

"It was my second visit to Iran and I stayed with a family related to friends here which was a totally different experience," Faye said. "The hospitality was overwhelming. I was taken around the country and all they would allow me to pay for was the fuel. I took a

child to a shop to buy some treats but the shopkeeper refused payment, saying that I was a guest in the country.

Faye visited the historic city of Bam which is being rebuilt after an earthquake. "When I went before, everything had been destroyed but the citadel is being rebuilt and they are doing a wonderful job."

She became very ill in Lebanon, from something she suspects she ate from a roadside stall but recovered to continue her trip. Pakistan was a highlight and she had not been there before. She travelled to the north-west of the country where there had been no tourists since 9/11.

"I was not expecting the beauty of the country. Every time I went to take a photo crowds gathered and I was offered tea everywhere, even in a chemist shop. I was given a police escort at Chitral and started a four-day trip.'

Faye and her escort headed from the remote mountain villages of Kalash Valleys to see the Kaffir people. The women use black makeup on their faces after blackening a goat's horn in the fire, rubbing it on wetted stone

and applying it around the forehead and eyes, a striking look. They dress in hand embroidered clothing even for tending cattle, cooking over the fires and wash-

During her trip the police rang her guide and told him not to stop at the next town because of insur-

"Everywhere we went the trees were ablaze with autumn colours and the mountains covered in snow, the accommodation quite good and the people most obliging," she says.

Faye was attracted to the stone houses often created with materials from surrounding terrain.

She said Sudan was an eyeopener, travelling north of Khartoum which was perfectly safe.

"Everyone hears about starvation and war there but Sudanese history is akin to Egypt, the first pharaoh was a Sudanese king. There are more pyramids in Sudan than Egypt but they are smaller and in a different style.

"People don't know much about the pyramids. They are well protected and maintained, but they are still being excavated. One locked temple within a mountain had larger than life murals of various gods - quite beautiful.

"Not many tourists visit and the carvings are superior to what I had seen in Egypt."

On her way home Faye spent seven hours in Dubai to see the Miracle Garden, which, she says, was just that and truly magic.

They had created a fairyland of houses and castle composed entirely of flowers, and there were giant parrots and ducks, a peacock, an avenue with multihued umbrellas interspersed with flowers overhead. rows of hearts and butterflies forming arches, a floral clock and even a full-sized Emir-

Faye describes her latest trip as "very interesting and fascinating a new experience." She is off to the United States and Columbia in November and might stop off in Brazil.

"My thirst for travel is undiminished," she said. "I will travel for as long as I can, it's an obsession.

Visit Faye's blog fayelday.blog splot.com. Her books are available direct from her by contacting 9341 5652. Visit her website: www.fayeday.com

# Spring into spring with the Spirit of the Streets Choir concert



Rick Steele and Bernard Carnary

PUT a spring in your step with Spirit of the Streets Choir spring fundraising concert featuring special guest Have a Go News' very bluesman Rick own Steele.

Due to government cutbacks, the Mental Commission can no longer help fund the running costs of the Spirit of the Streets Choir. To survive they are now funding themselves entirely through

performances. their This spring concert will be the choir's major fundraising event for the

Rick Steele will open the concert with some stirring blues followed by choir director Bernard Carney and The Spirit of the Streets Choir, singing a range of uplifting and inspiring

The choir will also feature their very own songwriter, Trish Vanderwal whose songs bring hope and encouragement to anyone who has experienced life's challenges.

Choir members will also be sharing brief stories of their own journeys and how they have overcome their own adversities.

The concert will be held on Saturday 8 September at the Mount Hawthorn Baptist Church, 98 Hobart St, Mount Hawthorn at

3pm. Afternoon tea will be provided after the concert. There is plenty of parking at the rear of the church.

Tickets are \$20 and available from trish. todd@uwa.edu.au by phoning Dot on 0409 100 868.

Donations for the choir can be lodged at spiritofthestreetschoir. org.au/donate/





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**Cancer Council WA** 

Alzheimer's WA

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P: 1300 66 77 88 W: alzheimerswa.org.au

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Index

Early General News and

Food & Wine

**Puzzles** 

Let's Go Travelling

Friend to Friend

Healthy Living

Great Home &

Gardening

Fathers Dav

Scene Socially

42-45 Downsizing

Arts

17-18

21-38

19

20

40

47-50

51

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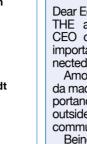


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ier for people to get to things that help them stay socially active, but for those of us who do not drive and who have no family (ie children) to come and take us to dif-

Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

**EMPERORS** 

RIGHT. ANY BAD INVESTMENTS WE CAN WRITE OFF?

THE article by Rhonda Parker CEO of Alzheimer's WA on the importance of being socially connected was very interesting.

Among all the comments Rhonda made was the bit about the importance of nurturing connections outside your own home and in the community.

Being able to drive makes it easferent areas it can be much harder.

Now in my case (I have to use

my situation as an example), the seniors club that I joined after my husband's death more than 13 years ago meets at a community centre only a 10 minute walk from my home. I am still on one committee in a different suburb and I go to that when needed (it does not meet very often). I do go out at night.

However all of my travel (other than my seniors club) has to be by public transport (that is by bus and occasionally by train) and that can be very difficult if you have to get too far flung places. Bus services may not run very often and sometimes I cannot get out if the destination has no bus services in the evening, especially on Sundays and public holidays.

O Mcrae

WHAT ABOUT ALL THE TAX IPAID LAST YEAR?

So my point is this: not only do we need more buses to all suburbs, even to all country areas, we need them to be more frequent and to run all day seven days a week. We also need them to be safe and by that I mean have security staff on the buses (again more jobs created) because a security person actually on the bus can help defuse a situation quicker than a security car that a bus driver may call up.

Mrs Margaret Anne Ryan

Dear Editor,

Re Lee Tate's TV Talk

MY pet grouse is the way when there is any real sports news it intrudes into the non-sport space, leaving sports news for the usual trivia such as which AFL player has a sore toe or who might play next week.

Recently with the Soccer World Cup, Wimbledon and the Tour de France to choose from the ABC led with Nic Naitanui's sore knee.

Regards

**Frank Smith** 

Dear Editor

THANK you so much for my passes to Hotel Transylvania.

I went with my daughter and two grandchildren who were so excited about me just entering the competition, so you can imagine how thrilled they were when I actually won the tickets.

Thank you again for enabling me to give them so much pleasure.

> Julie McKenzie Ellenbrook

AS an extra vitalisation experience within our later years, the youthful energetic modern performer at the Astor Theatre for the performance of Anthony Callea was most appreciated and unique.

I used to visit the theatre weekly more than 65 years ago and it brought back many fond memories, especially the blonde butcher's eldest daughter living in Farnley Street who I always admired from a distance.

Thank you.

**Neil & Chris Williams** Girrawheen

IN your June issue I enjoyed reading the letter on the value of us seniors; in particular the comment that: 'they will soon be taxing us for the air we breathe.

My only misgiving was that it may also have been read at the ATO office or the Finance Minister by some ambitious junior staffer, who has then gone sprinting down the corridor towards his or her manager shouting: "Boss, boss, I've just had the best idea evah!!"

> Ian Campbell Armadale

I'D like to commend you and Lee Tate on the excellent and informative article on WA wildflowers in our state, what to see and where to see the best show. Well researched and well informed. Great article!

**Leah Thomas** 

# A writing challenge for 60 plus

TIMELESS Wisdom International Writing Challenge brings together writers aged 60 and over from around the world, with a focus on non-fiction short stories which share some of the wisdom that can only be acquired through age.

into up to four books according ute to a beautifully produced book to themes and published in the United States, Canada, the United Kingdom, Ireland, Australia and

New Zealand by Exisle Publishing, an established mainstream publishing house with more than 25 years of publishing experience.

This is a fantastic opportunity for both new and practiced writers to share a powerful message with Selected entries will be collated thousands of readers and contribthat friends and family will treasure.

Each story should be nonfiction and related to one of the themes of fear and courage, struggle and success, love and loss, human kindness interpreted in your own way.

Only digital entries will be accepted. There is no entry cost. The word limit is between 1000 and 1500 words and entries close on 28 September.

For further information visit exislepublishing.com/writing-chal



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# Mondo Community Warriors stand proud for Lifeline and other charities



Celebrated Perth butcher and cook Vince Garreffa

#### by Josephine Allison

EVERY night across Perth troubled people contact Lifeline Australia for advice and guidance to help them in tough times. For many years, local charity Mondo Community Warriors has worked hard fundraising for this vital service.

Community Mondo Warriors allocates its funds to charities who work with the disadvantaged, at risk and deserving individuals. This is achieved through a network of 31 charities, agencies and programs that reach a target population including homeless shelters, women's refuges, youth crisis accommodation centres, drug and alcohol crisis centres. struggling families, the aged community and WA Hospitality Youth.

Seventy five per cent of Mondo Community Warrior's funds raised goes to Lifeline which gives access to crisis support, prevention and suicide health support mental services. Somewhere in Australia there is a new call to Lifeline every minute. Lifeline also provides national services and campaigns that promote emotional wellbeing, encourage help seeking and address suicide prevention and awareness.

Community "Mondo Warriors uses food and hospitality to raise money for worthy causes," says celebrated Perth butcher and cook Vince Garreffa who describes himself as the loud face of the foun-

Other members include founder, director and ambassador Michael Tamburri who has a long history of being involved in many prominent Perth charity events including Lifeline Australia and 6PR sleepout and Stephan Jenner, whose extensive organisational and management skills bring expertise to the foundation.

Stephan's other passion is food and in 2011 he was crowned WA Tongmaster in a barbecue cook-off run by Meat and Livestock Australia.

Mondo Community Warriors is a non-denominational, not-for-profit, income-tax exempt charity.

"We don't employ anybody and there are no overheads," says Mr Garreffa. "None of us claim our costs so 100 per cent of the money we raise goes to the cause. We run a function with the sole purpose to raise money for worthy causes."

Mondo Community Warriors was established as a registered charity about eight years ago (Vince and wife Anne have worked for charity for more than 30 years). Well known Perth personality Graham Mabury came on board as patron which has proved extremely successful.

'Graham has a big following in WA and for him we have set the bar high. people trust us and what we do, we have done a good job," Mr Garreffa said. "We are always looking for volunteers and helpers. We have six to 12 events a year which involve lots of planning and hard work by people for free. Hundreds of thousands have been raised but it's still not enough."

In March, Vince and Anne and Mondo Community Warriors raised a total of \$452,000 at this year's The Aspinall Family Brunch for Lifeline WA Branch, (held in Vince's backyard) taking the total since its inception in 1996 to \$3 million. The brunch brought together hundreds of people for the

special occasion. The Smokin' charity barbecue competitions raise more than \$10,000 each event. Smokin' on the Water will be held at Bayswater 3-4 November and Smokin' in the City 27-28 April next year. The Smokin' Barbecue and Chilli Festival was held in Mandurah last February.

Other Mondo fundraising events during the year include the International Butchers' Picnic which brings together young apprentice butchers from around the world to compete in Australia's only cutting and cooking competition.

Mr Garreffa, who struggled with mental health in his younger years and lost a good friend to suicide, says that running the event and raising money for suicide prevention and other smaller charities was very important to him.

"There's nothing better than food, hospitality and generosity," he said. "We raised \$4000 at our first backyard event in 1996, enough to train one telephone crisis support volunteer, so it's just amazing that we have now raised \$452,000 for such an important cause.'

Lifeline WA chief executive officer Lorna MacGregor says the Lifeline WA brunch was an inspiring example of how the community can work together to support an important cause.

"The sense of community, fun and food presented at the annual brunch is comparable to nowhere else in Austra-

Food, competition, camaraderie with the goal of helping others, Mondo Community Warriors is an inspiration. People needing help should contact Lifeline 13 11 14 available

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# Timeless *II Divo* returns to Perth

by Josephine Allison



#### continued from front cover

"But when they are at school they don't usually come out to where I am performing, we like to keep them to a routine as

much as possible. I miss them so much so I try not to tour more than six weeks maximum, then I go home for 10 days or

September they

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will miss some school because they are old enough and I want them to see Japan. Grandma is in Melbourne so they will come to Australia and be based in Melbourne, and we will also check out Byron Bay for a few days.

Off stage Sebastien likes to wind down by walking around the city he is visiting.

"I like getting to know about the world and local history. I also like doing yoga and meditation. It can be very disrupting moving from one place to another so I try to do things that keep

me arounded."

II Divo performs at Perth Arena Tuesday, 16 October on the first leg of its Australian tour.

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We have one double pass to giveaway to II Divo at Perth Arena on Tuesday 16 October for

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# Western Australia's botanical legend sets the benchmark for historical botany



Alex George with Banksia grandis, Kardinya

#### by Lee Tate

ALEX GEORGE made a fateful decision at school that helped him become a West Australian botanical legend.

Having no idea of what to do after leaving school, Alex persisted for five years with Latin studies. Every other Wesley College student had dropped out.

Alex had a teacher to himself for the final two years and he excelled. Latin, being fundamental to botanical names, gave Alex a vital edge.

"It was very helpful to have a one-on-one with the teacher," smiled Alex. Just shy of 80, Alex has set many botanical benchmarks with a host of plants named after him and with 18,000 of

his plant specimens now in the Western Australian Herbarium.

Alex told Have a Go News he's currently writing a book, updating the meaning of WA plant names, following the work of the late Ali Sharr, state librarian from 1953 to 1976, who'd asked Alex to further develop his book.

"I've got a list of half a

dozen books I'd like to do - an historical one as well," he said.

Alex. fascinated by historical links to botany, is a keen student of pioneers, dating back to William Dampier's arrival in 1699.

"People who became flora collectors are a particular interest of mine. Specimens collected by Dampier are still at Oxford University 300 years later," he said.

Born in East Fremantle, Alex graduated with a Bachelor of Arts at UWA and added a major in botany.

In 1959 he joined the WA Herbarium as a technician and later became a taxonomist.

He spent 12 years in Canberra as foundation executive editor of the Flora of Australia project with the Australian Biological Resources Study.

Returning to Perth in 1993, Alex set up as a consultant botanist, editor, indexer and establishing Four Gables Press

With field work taking Alex throughout Australia - where his pilot's licence came in handy a couple of times - Alex's interests included classifying WA orchids.

His impressive record shows him to be an expert in Banksia, Dryandra and Synaphea, Verticordia and Calothamnus and the endemic Australian family Gyrostemona-

Alex has written 200 botanical papers and (as sole or joint author) 14 books. He has edited 14 volumes of the Flora of Australia, 14 volumes of the supplementary series to the Flora, 50 books and indexed another 27.

In the 1970s, as a member of the Conservation Through Reserves Committee, he helped review WA's conservation reserves.

Having a long association with the Royal Botanic Gardens, Kew, Alex is the only botanist to have served two terms as Australian Botanical liaison officer. He was president of The Kew . Guild in 2010–11.

He is a former president of the Royal Society of WA and was awarded the Nancy Burbidge Medal of the Australasian Systematic Botany Society and an honorary Doctorate of Science by Murdoch University.

In 2012, Alex was made a Member of the Order of Australia and three years later was awarded the Wildflower Society Award of WA's Wildflower Society.

He is a life member of the International Association for Plant Taxonomy and an Adjunct Associate Professor at Murdoch University.

The Restionaceae genus Alexgeorgea was named in his honour in 1976.

Alex said new WA plants species are being discovered all the time.

"Since 1996, some 2,000 species have been added to the state flora list," he said.

Alex maintains his own garden on a large Perth suburban block where, in a city blighted by sandv soil, he's blessed with Tuart soil - brown on the top and yellow under-

neath. Alex's garden, a mix of exotics, WA native plants, roses and lawn, featured on TV program

Gardening Australia. West Australia flora is world-famous. But is it truly that magical and exclusive?

"It really is," says Alex. There are more than 72,000 species seven to 8,000 just in the south-west. Botanists find Western Australian plants fascinating under the microscope.

"To identify yourself as coming from our areas makes a good visiting card," laughs the legend.

"Botanists in other countries drool with envy when they meet someone with a knowledge and experience of West Australian plants,"

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Mandurah Fantasy of Flowers returns for its third year

**POPULAR** Mandurah Fantasy of Flowers returns to Mandurah Performing Arts Centre on the weekend of 1 - 2 September for the third year.

Mark your diary now and be among the first to see this year's fabulous flower displays which are open for viewing all weekend.

Included in the show will be numerous exhibitiors making this an amazing kaleidoscope of flowers, foliage, colour, forms, and textures.

There will be displays from two wholesalers Everbloom and Floraco and from leading florists including Interflora which will offer design work to capture the imagination.

Some of the highlights of the event include a spectacular sail past of boats in the floral flotilla competition on Saturday at 10.30am (weather permitting).

State MP David Templeman will open the event at 1pm on Saturday and present prizes to the winners of the eight competitions held at the event.

A gala fundraiser for the Mandurah community will be held on Saturday evening from 6.30pm to 8.30pm. Two renowned floral demonstrators Alan Randell-Smith and Clement Lee will entertain the



crowd with their designs and flower talk. Refreshments will be served dur-

ing this fun filled evening.

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#### Mandurah family history expert will address retirees

KAY Hinnrichsen from the Mandurah Family History Society will be the guest speaker at the August meeting of the Association of Independent Retirees Mandurah regional branch (AIR).

AIR meets on the fourth Monday of every month (except when that clashes with a public holiday). Their next meeting will take place at 9.30am on Monday 27 August at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

Visitors are welcome to join the group and are invited to stay for morning tea.

For enquiries please ring Eva İlett on 9534 5215, or Jim Landells on 9586 9174.

# **Stay Sharp Program**

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

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



**Next Program Commences THURSDAY 4 OCTOBER 2018** 9.30am - 12noon Perth & Tattersall's **Bowling Club** info@staysharpprogram.com 2 Plain St, East Perth



# Where opinions matter - let's salute our librarians and our libraries



by Lee Tate

LONG live libraries! And let's salute librarians.

In a vastly-changing literary world, these quietlyworking beavers are in their bookshelf bunkers tackling a worldwide revolution.

Much as we baby boomers love to get our hands on the printed word, librarians are dealwith an onslaught electronic resources to blend in with library books: E-books, e-audiobooks, e-magazines, streaming movies and electronic databases.

What hope for the libraries survival of when more and more people are reaching for their Kindles to browse, download, buy, and e-books, newspapers, magazines and digital media via wireless networking?

One million dollars will provide state-wide access to electronic resources, Chris Penwald, acting chief executive officer, State Library of Western Australia, told

"Any member of a public library in WA can access these resources for free at their local library or from the comfort of their home," he said.

In 2018-19, the State Government will also provide \$8.5 million funding for the provision of physical library materials to 232 WA public libraries.

Physical materials are books, large print books, audiobook CDs, DVDs and materials in more than 40 languages other than English.

The State Government will provide similar funding each year until 2020-

Asked if there was a strategy for regional libraries to continue, Mr Penwald said the Minister for Culture and the Arts released the WA Public Libraries Strategy last December to establish strategic priorities for public library development over the next four years.

"Recognising the value that public libraries provide to their communities in regional and remote WA, the strategy includes a priority to develop a new model to support the State's 161 regional and remote public library services," he said.

"Findings from an extensive consultation process over the first three months of 2018 will guide the implementation of the strategy to ensure equality of access to library services across the state.'

I asked him about the cut in the number of book deliveries between libraries when readers request unavailable books.

'The contract for the delivery service is managed by the WA Local Government Association. The frequency of the service between public libraries is determined by each participating local government," he said.

The State Library has a vision to be one of the world's great libraries.

"To do this we will build, preserve and showcase physical and digital collections that reflect our rich Western Australian

heritage and the many facets of our history," says the library flyer.

The State Library, in Northbridge, truly has remained innovative and relevant.

When I called-in to examine its programs, the library's programs included From Another View interpreting the 1874 exploratory trek from Geraldton to Adelaide by explorer and surveyor-cum-Premier John Forrest. The library did this with regional displays and talks hosted by communities in the Murchison, Central Desert and Ngaanyatjarra

There was an exhibition on the history of WA's housing industry and free short films for kids in the library theatre.

The library also offered tours for Library and Information Week in May and activities in August for Children's Book Week.

Also for the kids was See My Hat: photos and picture books from the library's collections - dress hats, uniform hats and various millinery styles. Some kids, I noted, enjoy their visit to the library to ride in the glass lift.

The State Library subtly invites sponsorships - donations, cultural gifts, event sponsorships and bequests.

I called-in at libraries in Broome, Busselton, Marble Bar, Cockburn, Perth city, Subiaco, Fremantle (under relocation) and Mandurah (oddly placed and difficult to get to on a divided road when heading out of town).

All librarians were helpful, all had kids' activities underway and all looked in good shape with books and e-based material. Where are the accolades?

From writers' and historians' points-of-view, librarians are saviours in research.

However, veteran author John Dowson echoes WA writers' woes in getting their own books distributed.

"Distribution is tough," Mr Dowson tells me. "The Library Board won't support the book at all because it is 'too small'.

"They don't support books much anyway anymore and neither do schools. They used to have weekly library visits and a lot more handling of real books. No bookshop

in Perth except Boffins will stock local titles - decisions are made in the

Mr Dowson said at the four bookshops at Perth airport "you won't find any Western Australian books there at our own airport a shocking state of affairs.

"If I was allowed to have one of my titles at the airport I would have to pay for it to be freighted to Melbourne, pay a 25 per cent fee, give 50 per cent discount, pay for storage for any unsold stock and pay for return of unsold stock.

"I would lose money giving them my books."

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

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# \_ots of comical misadventures abound in *Red Curl*s



**Reviewed by Pat Paleeya** 

THIS novel tells us of Jim, a quiet shy fellow

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and his endeavours to get to know a certain red-headed girl who has unwittingly become the focus of his affection

He encounters her in many different places but mishaps abound and she becomes like an elusive butterfly. His attempts to woo her conjures an image of a naïve, bumbling buffoon, not unlike the Frank Spencer character that we are all familiar

Jim ricochets from one misadventure to another with a continuity that is not interrupted by a complex plot or characters.

It is a simple story, indeed it is the genre that women's magazines of good quality would also publish. This is a comically romantic tale of a lovable half-wit and his pursuit of the love of his

Red Curls can be purchased from Amazon Australia for \$16.20 or in kindle for \$7.63.

#### **WIN WIN WIN**

We have one copy to give away. To enter please email to win@ haveagonews.com.au, with the book title in

the subject line or write to Red Curls, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of your envelope. Competition ends 31/08/18.

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# Historian with an eye for colourful history on the Swan River









Left to right; Author and prominent historian, John Dowson - postcards depicting the Swan River - crossing over the causeway - IOOF Orphans' Home Cottesloe bathing in the Swan River

by Lee Tate

A TREASURE chest of material on the Swan River and all its colourful history has been brought to the surface by prominent historian John Dowson – in a picturesque way.

Author of a veritable library of local books, John has unraveled the history of the Swan River in pictures – or more precisely, postcards.

It's a brilliant idea with the 112page booklet, Swan River Postcards, featuring handpicked postcards with enlightening captions and historic scribblings.

"I have been collecting postcards for many years but have only recently appreciated their value as little nuggets of social history," John told me from London.

"Millions of postcards were bought and sent but some are now very scarce. Some had inane and simple messages but many give a good flavour of life at the time.

"I scoured the city. Battye Library has a great collection and I used a few of theirs," he said.

But most are from John's own huge collection, from auction bidding and years of trawling Australia, London and Paris, including postcard fairs.

"Many came from serious fellow collector Mike Kouwen and a couple from the National Museum," John

In 1908, young postcard writer Ruby penned to Mrs John Crowhurst in NSW:

"Dear Auntie. Please put some ice around the butter if you can, it has been very soft this last time or two, all out of shape. Letters on Tuesday. From your niece Ruby"

This was written by Ada: "Dear Polly. Well I have a few minutes and do not know what to do with myself so that is why you are getting this P.C. by this mail because I do now know what else to do. Lots of love from Ada."

Crabbing on the Swan, river ferries and black swans are featured among the collection – with some shocking revelations.

In Perth in 1827, Charles Fraser, NSW colonial botanist, sent home a postcard: "The quantity of black swans, ducks, pelicans and aquatic birds seen on the river was truly astonishing.

"Without any exaggeration, I have seen a number of black swans which could not be estimated at less than five hundred rise at once, exhibiting a spectacle which, if the size and colour of the bird be taken into account, and the noise and rushing occasioned by the flapping of their wings, previous to their rising, is quite unique in its kind.

"The crews thought nothing of devouring eight roasted swans in a day."

Swan River Postcards shows South Perth, Esplanade, Mounts Bay Road, Freshwater Bay, Mosman Bay, Fremantle with camels, Claremont jetty, Applecross and Subiaco. Photos include swimming, sailing, fishing and bathing.

There's also the site of the first-known fatal shark attack in the river (Charles Robinson, 14, in 1923) off the Scotch College jetty.

We learn that postcards began in Australia in 1875 after the US in 1861. In 1875, 37 million postcards were sold in Germany and a year later, 79 million sold in England.

French postal workers were told: "Employees are forbidden to read postcards and to send, forward or deliver any postcard bearing written insults or abusive expressions."

(How they know of insults if they

hadn't read the messages is a mystery).

John told me: "The book was done to help protect the river and to encourage better guardianship of it.

"Development along the river used to be fiercely scrutinised. While sensitive development should be encouraged, there have been some recent concerning proposals such as the cable chair lift up Mt Eliza's escarpment, two bridges for cyclists across the river at Point Walter and a wave park in Melville.

"There are also some overly large commercial developments being proposed on the river."

With the book behind him, John is in London researching Captain Charles Fremantle who was a prisoner of war at age 10 but who sailed on in life to make his mark in WA.

Book details: John.dowson@ya hoo.com. Phone 9335 2113.

# There is always something you can do about homelessness





HOMELESSNESS Week 2018 runs from the 6 to 12 of August. Led by Shelter WA with funding from Lotterywest and the Department of Communities, it is part of a national week of events which aims to raise awareness and ultimately end homelessness.

The theme this year is, 'There's always something you can do'. At Shelter WA, they see people every day who are working to end homelessness. The exciting thing is, everyone can do something.

Sadly, many people view homelessness as the result of personal failings, and consider that if the economy is going well, there is no excuse for not getting on. But this belief is belied by the facts, which show that homelessness is caused by a complex interplay between a person's individual circumstances and factors outside their direct control.

In April, Professor Paul Flatau, director of the Centre for Social Impact, at the University of Western Australia delivered the national state of homelessness in Australian cities report titled A Health and Social Cost too High.

Professor Flatau praised the work of homelessness agency staff and volunteers, who have direct connections with people experiencing homelessness, and collected the information used in the report.

"We had more than 8,000 people talk about their experiences," Prof Flatau said. "However, the figures we quote cannot reflect the full extent of homelessness."

A startling revelation of the report was that more than 400 Australian Defence Force veterans were sleeping rough in Australian cities.

"It's a high number. Most interviewed were post-Vietnam War," Prof Flatau said. "We don't know the full extent of homelessness among veterans, because the interviews were conducted primarily in inner city areas – not regional areas and were not conducted each year.

"We suspect many veterans are not living in inner city areas – they may be invisible. To have counted 400 suggests the total, throughout Australia, is higher."

Many of the veterans

interviewed had serious brain or head injuries. Additionally, a substantially higher proportion of veterans than non-veterans reported that they had a permanent physical disability that limited their mobility.

About half of people experiencing homelessness had been either attacked or beaten since becoming homeless.

While there are comprehensive policies that aim to prevent and reduce homelessness, these do not specifically target veterans.

Most recently, several key organisations working within the sector, have identified veterans, particularly those with post traumatic stress disorder, as a group at high risk of experiencing homelessness.

Other than recent studies, The Department of Veterans Affairs (DVA) has no firm idea how many exservice men and women are living rough, revealing in previously released Senate documents that, "DVA does not currently have reliable data about the extent of homelessness among veterans".

The Minister, Darren Chester MP said: "We are

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aware that there are veterans in a homeless situation. It's difficult to actually measure the level because a lot of people with former military careers don't register with the Department of Veterans Affairs straight away, so that's a problem for us".

Even veterans themselves speak out about the seriousness of the issue. A medic about to discharge from the ADF, who asked to remain anonymous, said she was scared about what lay ahead,

"There's a lot of homeless veterans and I've heard a lot of horror stories of people literally discharging, walking out the gate and then staying at their friend's house on the couch and not really having a place to go."

It is difficult to imagine that our brave men and women who have served our country are experiencing homelessness. There are comprehensive policies aimed to prevent and reduce homelessness, however these do not specifically target veterans.

A core part of the solution for veterans is immediate access to an affordable

licence nr. 00001330

home and a strong and coordinated response from services able to support them to sustain living in their home. Unfortunately, there is not enough affordable housing across Australia to meet demand and services are stretched.

It is time for us all to stop and consider the vulnerable situation many Western Australians find themselves in, our veterans, our seniors, people of all ages and from all walks of life. Homelessness is the kind of problem each of us can do something about.

At Shelter WA, we see people every day who are working to end homelessness. The exciting thing is, everyone can do something. In 2018, what will you do?

During Homelessness Week 2018, there will be a special focus on the 'Lived Experience of Homelessness' to bring a greater understanding of homelessness to our commu-To achieve this, people are invited to join the conversations at free events which will feature presentations by people who have experienced homelessness, followed by facilitated group discussions. Events will be held across the state including locations in Leederville; Margaret River, Wanneroo / Joondalup, Northbridge and Perth. More information is available at www. shelterwa.org.au

Veterans experiencing rental / housing or financial problems, can seek assistance through the following organisations.

Veterans360 – Free Call: 1800 838 360 / v360.org. au

Veterans Off The Streets Australia – Free Call: 1800868 726 / www.vos ta.org.au

RŠLWA – 8 9287 3799 / www.rslwa.org.au

Department of Veterans Affairs – 1800 555 254

Anyone experiencing homelessness can contact Entrypoint, a free assessment and referral service.

Call 6496 0001 or 1800 124 684.

Would you like to know

Phone

# How to prepare or update your Will?



Approximately 50% of Australians die without ever getting around to making a Will. We invite you to obtain our free 20-page booklet that may help answer many of your questions and show you how simple it can be.

After you have made provision for your loved ones you may also decide to include a gift (bequest) to the Salvos in your Will, which will enable you to play an active part in the ongoing work of changing people's lives for the better.

For more information please complete this coupon and send to: Wills & Bequests, The Salvation Army, PO Box 8498, Perth Business Centre. WA 6849 or FREECALL 1800 337 082.

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Name \_\_\_\_\_Address \_\_\_\_\_

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# Once upon a time in a land far, far away... presents, agents, pop star, poor



Rick Steele

by Rick Steele

EINSTEIN was a genius who worked out, by himself, the laws of relativity or something very scientific and important that never interested me in

the slightest.

However, I was keen to examine the degrees of 'poorness' or poverty and how it related to my family. I did deduce that even though we had no money, we had a roof over our heads, fresh water, flushing toilets, (we were on septic tank until the nineties, but that is another dirty story) we were still doing relatively OK.

Back in the late seventies, in a land far, far away (New Zealand), I had been a small-time pop star with limousines, television appearances, big concerts, and a modest but fairly

regular bank balance.

We – wife and two children, aged eighteen months and six months arrived back in Perth 1 April

I immediately looked for work and was offered and took a gig at a Chinese restaurant in Murray Street for fifty bucks.

One night only, through another agent, I scored a vacht club somewhere up the coast near Yanchep. I remember I put my heart into it and they were so impressed the president of the club invited me to stay the night. He said that I was the best act they had

"We will definitely have

you again!" Two months went by and no call. By accident, I ran into the president at a

shopping centre. "Wow, you must be so busy," he said. "We have been trying to book you, and the agent tells us, you're booked right up!"

The agent must have been poorer than me, cause he was doing the job himself.

In two months', time, my eldest son will be turning 40, and I am gently turning my thoughts to what should I send to him in America as a present. Must be post friendly!

Back to the eighties, and about his sixth or seventh birthday, my financial situation was fluctuating like our twins on a trampoline, and I remember selling a bed to try and pay some kind

I got a call for a gig at a very cold coal mining town south, so put enough petrol in the Valliant to get there, and went off to sing my heart out and buy a present for the eldest son. No guarantees in this life. Lack of customers, wet cold night, my wife is having a baby, the dog is sick, and I'm broke too.

Whatever. The publican deemed that he couldn't pay me, but would give me enough for petrol money to get home. That's rock'n'roll.

I remember having to stop the car a couple of times on the way home, as the trickle from my eyes made it difficult to drive.

Back about when Bob Hawke was PM. and he said, "By 1994 no child in Australia will be living in poverty." I wrote a song, which my band the Hot Biscuit Band released in 1994 called The fire don't burn like it used to and half the country is crying in the

Land of Plenty.

What went wrong? Is greed the number one of the seven deadly sins?

It's a sad birthday when the cake collapses under the weight of the candles!

Blues lovers should note that the 15th Perth Blues Club Memorial Show will be held at the Charles Hotel on Sunday 26 August at 3pm for a \$20 entry. The show features many of Perth's leading players and celebrates the contribution of deceased members and players in the clubs 27 year history, I would love to see

Cheers dears.

# Is it better to assume the worst or the best?



Jon Lewis

by Jon Lewis overnight announcer on Radio 6PR

A CHARMING listener called into my early morning radio show on 6PR with a worry. He had undergone some tests. These were suggested by his diligent doctor. The tests were done, and he was home. No problem.

That is for now.

Listener Joe, told me it would be a week before they would know anything.

A week is a long time when it is important news. As you might understand Joe was having trouble. He was having trouble with sleeping, eating, thinking... in fact all the 'ings' that there

"What can I do?" he asked.

It is not the first time this question has been asked of me and likely not the last.

I had a suggestion. I shared it with Joe and I will share it with you.

It's simple... There are about two things you can do. One is worry and the other is not worry.

The possible advantage to worrying is it prepares us for the bad news. It steels our nerves for the news we do not want to hear. It takes us to a low that cannot be reduced by an unfavourable outcome. The idea is it prepares us for the bad and that is supposed to be a good idea. It's not.

The other option is to assume it will be good news.

This then frees you to do all the things necessary to live another day in beautiful Perth. It permits you to enjoy your friend's company, eat delicious food and enjoy that perfect cappuccino with just the right amount of froth. It also does something chemi-

Many scientists, philosophers, physiologists and even I believe it fills the body with energy of a healing kind. It fills your tiny little cells with life and fun. It actually gives your body the opportunity to be healthy. Certainly healthier that if you were worrying.

I am not talking about wearing lovely rose coloured glasses and singing the world is wonderful. Rather, it's trying not to sing a sad dirge of despair.

Some people have said to me if you assume the worst and it's not the worst then you are extra happy.

I understand this and also think it is not true. If you spend enough time assuming the worst my worry is, you could actually make it true? Oh, I certainly do not want to give any energy for that plan of action.

If you assume the best it can put you in a better frame of mind to better handle the truth as Jack Nicholson said in a movie

I believe there is little or no point in assuming the worst.

It is proper to note I am not suggesting assume the very, very

What I am suggesting is right now no one actually knows and the news might well be good. Did you know you can enjoy good news a lot better when you are in a happy state of mind! It's just another way

to look at it.

All the best!

### Intrepid female sailor and author to speak at retirees meeting

THE guest speaker at the August meeting of the Perth branch of the Association of Independent Retirees (AIR) will be author/sailor Fran Tay-

Fran's passion for sailing has

resulted in her crewing many interesting sailing ships and writing two fascinating books about her time before the

AIR invites interested people to attend their monthly meetings held on the third Friday of each month.

The meeting commences at 10am on Friday the 17 August. It will be held at the Cambridge Bowling Club in Howtree Place, off Chandler Avenue West, Floreat. Morning tea will be provided, followed by the presentation from the guest speaker.

For further information available from Margaret on 0487 290 097 or Val 9381 3495.



\*Terms and conditions apply. This offer is available to the first 12 reservations.

# **New outlet in Applecross**

Have a Go News is now available from **Applecross Village Newsagency** 1/35 Ardross Street,

**Applecross** 9364 1767 Contact them for all your lotto and newsagency needs!



# Nature surrounds us - make the most of your garden and the great outdoors



Left to right; Margaret River Organic Garden volunteers © Olivier Marill - Karen Majer



by Karen Majer

I LOVE snuggling up in bed on a winter night, listening to the rain watering my broad beans.

If you are a gardener, you'll share the joy of getting your hands dirty. The pleasure of watching tiny shoots appear in newly-seeded beds and observing the cycles of nature as flowers blossom and fruit ripens, is more than

It's well known that

gardening provides physical and mental health benefits. Relaxation, connection to nature, exercise, sunshine and lovely fresh produce if you have an edible garden, all contribute to a healthy lifestyle. Some people also enjoy the social interaction of getting together in a community garden project.

Even if gardening isn't your thing, gardens are places of beauty, respite and connec-tion. Our local organic garden is a community hub that draws people of all ages. As part of researching its 30-year history, volunteers re-corded that precious space has been used by some 50 groups from playgroups to art and yoga classes, birdwatchers and the weav-

Just as each gardener stamps something of his or her own character on the space they nurture, cultures are strongly reflected in their gardens. Wherever I travel, I'm drawn to the botanic garden to absorb the essence of a place and escape the city hum. The glory of the orchid gardens in Singapore and the interweaving of landscape, sculpture and floral art in the Jardindes-Tuileries in Paris are among my favourite holiday memories.

Whatever its scale, a garden connects us to our roots in nature. David Suzuki said, "Nature surrounds us, from parks and backyards to streets and alleyways. Next time you go out for a walk, tread gently and remember that we are both inhabitants and stewards of nature in our neighbourhoods."

The bees, birds and other wildlife that share our urban environments depend on these patches of vegetation and they are increasingly vital for our own wellbeing. We are experiencing increasing heatwaves and hot nights that make it difficult to

Rather than turn up the air conditioner, the answer lies in trees. Monash University climate scientist Stephanie Jacobs, wrote in The Conversation, that the best strategy to help reduce night-time temperatures is to plant trees and vegetation and keep them watered. "Plant more parks, gardens and lots of trees. It's been found that a mix of vegetation is the best because different plants have different benefits," she wrote.

Whether your interest is your home garden, greening the city protecting native habitat, there are lots of ways you can help to enhance green spaces, the heart and lungs of our urban living. And with spring approaching, it's a perfect time to get out and enjoy a walk in the park.

Find out more: www. weatherzone.com.au/ news/why-temperatures-at-night-aregoing-up-around-theworld-and-what-wecan-do-about-it/528178



by Mike Goodall

LAST month errors were identified in a huge data checking exercise involving the records of thousands of public and private sector pension funds. This in turn affected information held by the UK Tax authorities and led to repercussions

on the records used for calculating UK State pen-

Tens of thousands of people are receiving the wrong amount of state pension, some could receive cuts and some hikes in their payments.

If you are reviewed and have received too much state pension you will not be forced to repay the money, but will face reductions to future payments, unless you successfully appeal the deci-

If your occupational

pension is reviewed, the funds may demand repayments depending upon the fund rules and financial state.

State pensioners who were previously underpaid will receive back payments in addition to future increases, but not interest or compensation for the difference in exchange rates.

While this is an HMRC problem it will be the responsibility of the Department of Work and Pensions (DWP) to notify anyone that may have been under or overpaid.

British pension recipients need to check their reviews

This change could also affect people who have received a state pension forecast under the second pension scheme between 1978 and 1997. If you are making additional voluntary contributions to enhance your UK state pension I would recommend that you apply for a new state pension forecast about six months after your last payment to check that your payments have been updated correctly and in line with your expectations. This will ensure that you receive the additional pension for the payments you have made and are not paying for years that do not count towards your UK state pension.

The International Consortium of British Pensioners (ICBP) will probably emply the Tendo Consulting group which are responsible for the successful campaign with Joanna Lumley to obtain UK residence rights for the Gurkhas who fought for the UK.

If Gurkhas living in the UK return to live in Nepal they will also have their UK State pension frozen. Therefore linking the two campaigns together is a logical step as many would prefer to live back in their home country.

The other significant discussion that has taken place was with Gina Millar of the True and Fair Foundation. Gina took the UK Government to court (and won) over the way that the BREXIT laws were to be voted on in the UK parliament. A representative of the ICBP met with her in May this year and I understand that she is currently assessing whether she is prepared to get involved with our campaign.

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



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### CHANCE TO WIN A CRUISE PACKAGE EACH DAY!

Monday to Friday, 13 - 24 August

Visit on the Crown Bus or play on Gaming Machines to earn entries, then be at the Casino stage during the draw time for a chance to win 1 of 10 cruise packages.

Draw at 2pm.

Conditions apply, see crownperth.com.au. Open to Crown Rewards members. You must be present to win. Excludes any Rapid product, Vegas Star, Lucky Sic Bo, Lucky Big Wheel, Fusion terminals and Olympic Machines. Only Crown Rewards Members travelling on the Crown Bus will be eligible for a bonus entry each Promotional Day





# 14 September – All Welcome

People in the Bunbury area are invited to come along to the Seniors Activity and Information Day on 14 September, from 9.30am to 1.30pm at the Southwest Italian Club, 20 White Street, Bunbury. This free event offers many activities to try, entertainment and useful information for seniors living in Bunbury and surrounding areas. If you would like to register for a static display at this event please call Dawn on 9492 9773, registration is open to clubs/groups, not for profit organisations and commercial entities.

#### **Mundaring LiveLighter Seniors Activity Day**

On Wednesday 27 June, the Brown Park Recreation Centre in Swan View was abuzz with people from the Mundaring Shire who attended the LiveLighter Seniors Activity Information Day

The torrential rain didn't dampen the enthusiasm of the 110 people who took part in the activities and visited the static displays. A barbecue lunch, supplied by the Shire of Mundaring, was organised by the Swan Districts Lions Club. People were able to 'have a go' at a range of activities and the people from Perth Observatory Volunteer Group had a telescope on display. Information was available from various groups including Cancer Council, Consumer Protection, and Independent Living Centre. SRCWA acknowledges its volunteers, the team from Wooroloo, and the Shire of Mundaring staff for their support. Sponsors include LiveLighter Healthway, Shire of Mundaring, Dept of Local Government, Sport and Cultural Industry, Dept. of Communities and Have a Go



#### West Coast Eagles Grandparents' Day

The sixth Grandparents Activity/ Information Day, a joint event run by Seniors Recreation Council of WA and the West Coast Eagles (WCE) was held at Domain Stadium on 4 July. About 120 grandparents and their grandchildren were treated to a range of activities and information stalls in the West Coast Eagles team warm up room. WCE team mascot Eddie the Eagle and WA ScamNet mascot Jet participated in activities and posed for photos with people. Thanks to the West Coast Eagles, Seniors Recreation Council of WA, Consumer Protection WA, Kings Tours and Travel, and Enrich Living Services who all provided information. SRCWA acknowledges the support from its dedicated volunteers and staff and West Coast Eagles support staff who made this event possible.

#### **SRCWA Scams Information Session**

On Friday 20 July, 80 people attended an enlightening forum about the prevalence of scams in the modern world. It provided an opportunity for people to be updated on the current scams making the rounds. After the presentation attendees had the opportunity to ask questions, share their experiences and voice their fears. Most surprisingly one in four people get scammed at some time with a reported loss of around \$8 million per year, and that is only the reported losses. We remind people that if something sounds like it is too good to be true then it DEFINITELY IS! Many thanks to Paul and Jessica from WA ScamNet Consumer Protection a division of The Department of Mines, Industry Regulation and Safety. This event would not have been possible without the support of LiveLighter Healthway, Department of Local Government, Sport, and Cultural Industries, the Department of Communities and the support of SRCWA staff and volunteers.

#### Have a Go Day 2018 - A LiveLighter Event Last chance to register for a static display

This years' Have a Go Day 2018 a LiveLighter event will be held on Wednesday 14 November at Burswood Park from 9am to 3pm. Registration is almost at capacity for static displays – do not delay if you want to book a space. This free event is an activity and information expo specifically targeted at the over 50s and last year attracted an attendance of 15,000 participants and 230 exhibitors.

Don't delay - registration forms are now available for clubs/groups, not for profit agencies and commercial entities; forms can be obtained by calling 9492 9773.

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



HAVE-A-GO NEWS No. 317 AUGUST 2018

# TV Talk with Lee Tate - Old Aunty cops criticism



POOR old Aunty ABC TV. Its programs cop buckets of criticism over the decades, blamed for leftwing bias.

The ABC does push the envelope, at times. And thank goodness it

ABC could stand for A Billion-dollar Communicator. That is what the ABC's various arms cost the taxpayer.

But the ABC moves with the times, keeps up with the digital revolution and the technological tsunamis. We seniors mostly don't understand or make much use of the new media forms. But the ABC has to consider

its younger generation tomorrow's viewers.

I like the ABC. We've grown up with its reliable news and current affairs and there's reassuring stability in having noncommercial nightly news. It is news we feel we can trust, especially in times of conflict or government pronouncements.

Australian Story, Four Corners, Q&A, parliament, children's programs. Landline. They may not rate highly compared with commercial networks but current affairs and entertainment wouldn't be the same without them.

ABC's link with British programming via the BBC is a strong point.

It beggars belief that the ABC needs a billion bucks a year. Does the ABC really need to stay that far ahead? The most recent federal budget indicated more than \$80 million would be cut from

the ABC in coming years (the biggest hit since Tony Abbott swung the axe on the ABC in 2014).

The Turnbull government froze the ABC's funding until 2022, a move that upsets the broadcaster but pleases its critics inside and outside Parliament.

Pauline Hanson's One Nation called for cuts to the ABC of up to \$600 million.

Treasurer Scott Morrison told reporters inside the Budget lock-up: "We've all got to live within our means, including the ABC."

But taxpayers would still contribute more than \$1 billion a year to Aunty.

Aunty ABC has kept its independence from government and politics despite the pressures from the Commonwealth that feeds her. The ABC's role in journalistic independence is important.

But left-wing bias? A

big part of the ABC's role is to question the status quo, to prod the status quo and lift the scabs. Aunty does it well, upsetting politics on every

Accuracy is the key. If the ABC can continue to strive to be the champion of justice and the truth and reinforce the need to be accurate, it will always be held high esteem by viewers.

Commercial works can't be deterred from the pursuit of that holygrail for TV - ratings.

Compared with other parts of the world and other States, Western Australia is served pretty well across the board by the media.

That's not to say newspapers always get it right or don't sensationalise

The big change to media is pictures. Good pictures. Pictures of stars, entertainers, politicians

being compromised, bad cops making deals, animals, kids and, perhaps greatest of all, sports.

Pictures aren't always easy to get in current affairs but television does a good job of it. There's no glamour for the cameramen and women who set up, focus, lug their gear and are on the spot for those important, crucial and perhaps historic, moments.

It takes a massive amount of money and effort to be in the right spot at the right time. The ABC is well up there and it also has to back-up the pictures with balanced, responsible reporting.

In all this, I don't see a left-wing bias in ABC programs. The ABC journos and producers are no more left-wing than media operators else-

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

# Grandparents invited to voice their concerns

WANSLEA Family Services was awarded a \$1 million Lotterywest research grant in 2016 designed to deliver more effective support to the rapidly growing number of grandparents who have full-time care of their grandchildren.

Grandparent care is the fastest growing form of out-ofhome care for vulnerable children. A range of social factors contribute to a rising number of children coming into care, including parental substance abuse, mental illness, incarceration, child abuse and ne-

The aim of the research is to inform advocacy, policy and service development for all Western Australian grandparent carers.

The research, led by Wanslea and conducted by Edith Cowan University (ECU) and Curtin University (Curtin), includes surveys of grandparent carers, in-depth interviews and focus groups, policy review and analysis and evaluation of leadership camps for grandchildren.

Researchers at ECU have developed a comprehensive survey to be completed by grandparents who qualify as full-time carers of their grand-

The survey aims to provide an understanding of the impact of the caring role on grandparents and identheir support needs. It will mean services and policies can be developed and shaped to respond to those

"We are hoping to recruit about 1,000 grandparents across Western Australia to participate in completing the survey," says Wanslea's manager of research and evaluation, Dr Katrina Stratton.

"This includes providing alternative methods of data collection in remote areas of WA to encourage Aboriginal and Torres Strait Islander grandparent carers to participate in the project."

People can access the survey at tinyurl.com/grandcarer. Grandparents who prefer to complete a paper survey can contact Liz Wenden, senior research officer, ECU on 6304 2227 or via email: grg@ ecu.edu.au or Denise Gray, project officer, Wanslea on 9245 2441.

# Father and daughter celebrate diabetes victory



Kellion Victory Medal winner Barrie Lancaster with daughter Kim Edwards - Barrie receiving his award

WHEN Barrie Lancaster 79, was awarded a Kellion Victory Medal last month to celebrate living with diabetes for fifty years, his daughter Kim Edwards was particularly proud - and is hoping to receive one herself one day.

Kellion Victory Medals scheme recognises Australians who have lived with diabetes for 50, 60 and 70 years or more. The scheme also includes the Kellion Carer's Award.

Barrie was diagnosed with type 1 diabetes when he was 28 years old. Several years later

his daughter Kim was also diagnosed with type 1 diabetes, at age twelve.

"I was scared, angry and sad because I loved lollies and I knew that diabetes meant I would have to be very disciplined with my diet. Dad was devastated because he believed it was his fault. He wrote me a lovely letter explaining that living with diabetes is not the end of the world," Kim

Barrie started looking after himself more carefully, to set a good example for Kim, and the pair attended appointments with diabetes educators

and endocrinologists together.

"We were always very close, but the experience of diabetes brought us even closer. Only someone with diabetes really understands what it's like to live with the condition," Kim said.

Over the years they have both enjoyed the care and support of Helen Lancaster - Barrie's wife and Kim's mother. Helen was proud to receive a Carer's Award as part of the Kellion Victory Medal presentations.

While Kim has the latest diabetes technology - a continuous glucose tions in September 1972. Diabetes WA presents Kellion Victory Medals to Western Australians who

monitor and insulin pump

with the traditional meth-

ods of finger pricks and

insulin injections to man-

age his diabetes. He is

philosophical about his achievement of fifty years

"I just take it one day

Kim is quite upbeat

at a time, follow the rules

and do my best", he said.

about the impact of dia-

with diabetes.

betes on her life.

Barrie has continued

achieve these inspiring milestones. This year's presentation ceremony was an uplifting event in which recipients shared their stories of challenge and triumph with diabe-

"It makes you healthier

and more health-con-

scious, because you

Kellion AM made an out-

standing contribution to-

wards diabetes in Austra-

lia following the untimely

death of his son, John,

from diabetes complica-

The late Mr Claude

have to be", she said.

Diabetes WA presented nine Kellion Victory Medals during National Diabetes Week in July: 70 years: Joan Ware, 60 years: Ann Morris, 50 years: Barrie Lancaster, Raymond Dennison, Tracy Copes, Felicity Ranger, Elizabeth Hanson, Anne Snow, Jennifer Davison.

diabeteswa®

# We're with you every step of the way

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

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

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

# Call our diabetes helpline on 1300 000 001 880

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

1300 001 880

w diabeteswa.com.au



2018-145

# #317 August edition PUZZLES Solutions

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Wheel Words: Ilex, Lieu, Lilt, Lime, Limp, Lump, Lute, Melt, Mile, Mill, Milt, Mule, Mull, Pelt, Pile, Pile, Plum, Pull, Tell, Tile, Till, Exult, Ileum, Impel, Pixel, Plume, Tulip, Tulle, Limpet, Millet, Mullet, Pullet, Multiple. 9-letter word: MULTIPLEX. Transformers: Twin, open, fads, slip.

Have a Go News Quiz Page 2: 1. Brian Cadd. 2. Bunbury. 3. Batavia. 4. Sunrise 5. Albany, Geraldton or Kalgoorlie-Boulder. 6. The Shape of Water. 7. Twenty-eight. 8. Carnaby's Black Cockatoo. 9. Sir Peter Cosgrove, Governor-General. 10. 1907.

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# **Community NOTEBOOK**

#### **SOUTHCARE INC**

Volunteers needed to provide friendship and companionship to lonely seniors in S.E. Metro area through the Community Visitors Scheme. Learn more by contacting Southcare Volunteer Manager Vicki on

#### MANDURAH 1/32ND SCALE SLOT CAR RACING

(not for profit)

Open to all people 18-80 + who are interested in joining the Mandurah Racing Group.

Beginning racing in August 2018. Friday and Tuesday

Info mandrace@mail.com or

#### Philip Bradshaw 0420 797 843 **WELSH HYMN SINGING**

Sunday 26 August, 2.30pm Trinity Church St Georges Tce. Join in the singing of lovely, traditional hymns. Light refreshments provided afterwards. Organised by the Welsh Free Church Free entry. Contact Pat 9364 9342

#### **DIANELLA'S RANGERS SQUARE DANCE CLUB**

New beginners square dance class Commences 22 August 7.30pm -8.30pm Saint Peters and Emmaus Church Hall 56 Green St. Joondanna. Joy 9302 4779 Ted 9250 2701

DON RUSSELL PERFORMING ARTS CENTRE Morning Melodies, a jazz journey from New Orleans to Chicago with the Gumnut Stompers. Wednesday 15 August 11am-12pm Morning tea 10.15am. Standard \$14.50. Group (10 or more) \$13.50. Carers \$3

#### SOUTH EASTERN ORCHID SOCIETY OF WA

**SHOW** 25-26 August 9am -5pm.

9498 9414 email drpac@gosnells.wa.gov.au

Cannington Exhibition Centre. Enq. Sue Pearson 0407 718 377

#### **WANDERING ANNUAL FAIR**

Saturday 8 September from 9am Cheetaning St. Oval. Wandering An affordable fun day out for the whole family www.wanderingfair.weebly.com

#### **CHITTERING SPRING FESTIVAL**

Bindoon Town Hall 14-16 September 10am - 3pm Quilt display and museum, markets, art exhibitions and more. Info 9576 1100

#### **MACHINE KNITTING GROUP**

New members wanted. Meet every 2nd and 4th Friday of the month From 9am-midday. Open day 12 October. Valley Church of Christ Hall. 10 Brockman Rd Midland. Contact Liz 9572 7074 or Pat 9309 3260

#### **U3A SW METRO REGION**

An invitation to attend the August lecture by Dr June Caunt. A study of British migration to WA in the 1960s. Friday 17 August 2pm. Melville LeisureFit (Apollo Room) Cnr Stock Rd and Canning Hwy Melville. Cost \$4 incl. afternoon tea

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

#### What's on at St Patrick's Anglican Church



Toddler Jam

Grandparents are welcome to attend a musical and movement playgroup with their grandchildren aged 0-4 on Mondays during the school term from 10am to 11.30am.

> St Patrick's Day Combined Service Sunday 12 August, 9am

St Patrick's will host St Hilda's parish to celebrate their Foundation Day.

Any assistance for brunch items is most welcome please call if you can help.

Trivia Night September

Parish lunch Sunday 14 October

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

www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516

# Tranquil water and rapids for the start of the winter paddling



Fast and furious

by Jeremy Haslam

THE month's paddling started off well with no paddling at all. Instead members took themselves off to Bentley to one of the (many) food engagements that festoon our calendar. It was a chance for members, partners, and friends to discuss acts of bravery and generally boast about the fun of kayak-

ing.
The next week saw two Shelley Beach to explore the Canning River in high flow. It was a day that the river gods smiled on us - bright sunshine and perfect calm. Paddling unerringly up to Prison-

ers Point and on through Shelley water under the Pipe Bridge and Shelley Bridge then on to Riverton Bridge. At that point the leisurelies called a morning tea break and rest meandered through the creeks for a while. The group even managed to pass over the footbridge coming down the right channel is there no end to the daring of the Over 55 Canoe Club (O55CC) members?

Not satisfied with wandering around the Canning, the next week saw a dozen intrepid souls take to the water at Bells Rapids on a wet and windy day. Shooting Bolands Elbow and on down to Upper Swan Bridge and

beyond mostly avoided the ti trees that seemed determined to catch the unwary and tip them into the water. One of the members decided to short cut that process and take an early dip at Bells Rapids, but no harm done, just good training paying off. All ending happily at Maali Bridge. Meanwhile the leisurelies were back on the Canning exploring the upper reaches of Bull Creek in the rain. On the 12th a dozen

paddlers arrived at Island Pool at Dwellingup finding the water level above the steps. What fun awaited. Launching in style and hurtling down the river, all looked

fallen marri tree was too high to get over and too low to get under, with vicious brambles on both sides. Nothing for it but to get out and walk; what indignity. Safely negotiated it was down to Island Pool where one member decided, or perhaps didn't exactly decide, that they needed to get properly wet. Undeterred the group pressed on to Baden Powell for well-earned lunch. Meanwhile the leisurelies had returned to the Swan at Maylands Yacht Club with hardly a ripple showing in the water. Taking a pleasant tour of Claisebook Cove (once a smelly drain),

good until Yarrigil where a

past the Perth Stadium to Heirisson Island Lagoon, and beyond. A beautiful day and no one fell in (well you'd have to try pretty hard, though some have managed it in the past).

There is something for everyone when messing about on the river. The O55CC can be reached by calling club vice-president Peter (0459 414 148) or secretary Ken (9447 5624).



# Dying to know day - if death is a part of life why don't we plan more for it?



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

I'VE noticed a lot of awareness days, weeks, even months. lately. National Diabetes Week and NAIDOC Week are just two that come to mind.

There are some weird and wacky 'days' too. Some of these revolve around the celebration of various types of food. Most originate from the United States. Where else would there be a National Junk Food Day? Not all of these days have merit.

One awareness day that does have merit but is not as widely known, yet the message is becoming increasingly important to baby boomers, is Dying to Know Day which is celebrated on Wednesday, 8 Au-

As creatures who love to organise, we spend a lot of time planning certain aspects of our future birthdays, weddings, renovations. Many young couples even have birth plans now, yet we give very little thought to how we want our final goodbve to play out.

We have all heard that the only certain things in life are death and taxes. Yet only 25 per cent of Australians have had an end-of-life discussion with a partner or family member. If death is a part

of life why don't we make more plans for it?

In Western culture it is almost taboo to start a conversation at the dinner table with the words: "I've been thinking about how I want to die". Those conversations are often left to the very frail or the very sick - to those for whom death is imminent. Often at this point it is too late to put any real plans in place. We're simply reacting to the situation and adding to the stress of the moment.

Yet dying is one of life's certainties. So we might as well get proactive about it - the planning that is, not the dying.

Dying to Know Day is a reminder to work out what is important to you, and to let your family know about it. It is also an opportunity to learn about the services that are available in your local community, such as accessing palliative care and the possibility of dying at home.

If you think about it, and I mean really think about it, and you had the choice, where would you prefer to be when you eventually pass away. At home? In a hospital? Somewhere else?

Seven out of ten Australians currently die in hospital, yet the research suggests most of us would prefer to spend our final days in our own home, and in many cases it is possible to arrange this.

Warren Buffett once said. "Risk comes from not knowing what you're doing." I think he was on to something and not just from a finance perspective. Don't let your failure to plan mean you are denied the opportunity to pass away with dignity and respect. You've earned it and you deserve it.

Use this month and the resources available at www.palliativecarewa. asn.au to start your thinking and a conversation with those close to you about what your wishes are for your last days. You've hoped to live life on your own terms. A plan will maximise the chances that the end of your life here on earth will be as close to your own terms as possible.

# **Another amazing Masters Swimming member achieves solo swim to Rottnest**



Alex Litas

by Nadine Georgiades, Project Coordinator Masters Swimming

ALEX Litas 70, is a member of the Barracuda Swim Club. In 2014 he swam in a mixed 200+ team to Rottnest with his friends, Jim Bivoltsis, Kathy Phillips and Sandra

Alex was a steady swimmer and thought he would like to attempt a solo to Rottnest. The Barracudas put Alex in touch with Claremont Masters where he joined in their Friday morning sessions.

Alex registered to swim the 2017 Solo to Rottnest after finally reached his qualifying time. Race day came and the weather looked good, the sea looked calm but soon the south westerly came in and the strong current made it a slow swim for those soloists who succeeded, while a record number of swimmers did not reach the cut off points. Alex was pulled from the water at the 15km mark, disappointed and exhausted.

But he was determined to make another attempt. With the experience of the first attempt behind him, Alex re-joined his swim squad in September 2017. The qualifying 10km swim time was finally achieved at Mullaloo in December when Alex swam under the four-hour limit, coming in at three hours 38 minutes which was 30 minutes faster than the year

Alex launched his second attempt on the 24 February. It was most unfortunate that the sighting of a large white shark was called in by a swimmer and, after some deliberation about the size and threat risk, authorities ordered an evacuation from the 11km to 13km mark. Alex was at about 12.8km.

Alex's next attempt was the Port to Pub in March; the forecast was for rough seas with a strong southwesterly blowing from dawn. Swimmers set off valiantly but it was obvious from the beginning that this was going to be tough. At 10.30am the decision was finally announced to cancel the swim event and all swimmers were evacuated from the water.

Alex's final and successful attempt was in April where he set out from Leighton Beach at 6.20am. He reached Rottnest in the amazing time of seven hours and 30 minutes to a cheering crowd. He received his Rottnest Channel solo medal and race pack and celebrated with fellow Masters swim-

This is an amazing story but it could be your story.

Are you are interested in joining a Masters Club to swim with like minded people who may, or may not, be into swimming fast; but are into aettina fit, and enjoying every minute of it. Most members swim two to three times per week for fitness and health, it's certainly not all about competition.

The beauty is you can make of it what you want. Set yourself a goal and go for it. If you like to compete in swim meets, there are plenty of interclub meets each year plus there are fun pop-up events. Some swimmers sign up to a Masters swim club to get ready for an ocean swim and stay on because it's fun, social and good for their health. Others love to race and step up to the challenge of competing in the World Masters Swimming championships - so you can indulge your passion as you travel the world! But you don't have to be a superstar swimmer - it's about staying in shape, meeting like-minded fitness buddies and enjoying the experience.

To find a club near vou please visit our website www.mswa.asn.

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# AGL is 181 years young and still proudly powering Australia...



1936 - around 60,000 cooking enthusiasts enjoyed gas-cooking classes provided by AGL

NOT many Australian brands hail back to the 1830s but AGL – which began as the Australian

Gas Light Company – is one of them. In 1841, the fledgling company made its mark when it

was entrusted to light the first gas street lamp in Australia. From its beginnings in Sydney, the company today is helping to power the nation.

"In 2017 we celebrated our 180th birthday and that makes us one of Australia's longest-established brands. That's something of which we are extremely proud," says Natalie Edwards, AGL's head in Western Australia.

Over many decades, AGL has helped revolutionise Australia's energy landscape. From making gas available in homes in the 1850s, to teaching about 60,000 cooking enthusiasts how to safely prepare a delicious meal using their gas cooktop in the 1930s, AGL has been at the forefront of change for generations of Australians.

More recently, AGL was involved in one of Australia's biggest events on the world stage – the opening ceremony of the Sydney 2000 Olympic Games, where it de-

signed, constructed and, of course, fuelled the famous cauldron.

"Knowing our business has contributed in special ways at different times throughout Australia's history – including the unforgettable moment when Cathy Freeman lit the cauldron at the 2000 Games – makes AGL a pretty interesting and exciting place to work," says Natalie.

AGL's entry into Western Australia came as the gas market in WA opened up to allow greater competition and allow WA residents and businesses a new choice in the provision of natural gas.

"We're confident our 180-plus years of experience in energy has equipped us to best help the local community with its gas needs."

Along with offering competitive deals on gas, great customer service

with a focus on the needs of seniors, and rewards that customers actually want, AGL operates Australia's largest electricity generation portfolio, is the largest ASX-listed investor in renewable energy and has more than 3.5 million customers across

the country.
"We're also committed to helping, in tangible ways, the communities in which we operate," says Natalie.

"We have always done so, and we always will. As soon as we were permitted to enter the WA market, we threw our support behind two of the most cherished groups in the state – Surf Life Saving WA and the West Coast Eagles.

"Whether it's providing our surf life saving clubs across the state with new equipment, so they can better protect beachgoers, or working with Eagles' star Andrew Gaff and Foodbank WA to tackle hunger, it's already been a fulfilling start to our WA journey."

As a mature energy business, AGL also knows the importance of taking good care of seniors, which is why it partners with several organisations that support seniors including Seniors Card and Have a Go News.

"Managing energy costs can be challenging for seniors, particularly those on fixed incomes, but we're here to help. We've already had more than 100,000 seniors in various parts of the nation take up our Seniors Card energy offers, so we're delighted to be able now to offer the same support to WA seniors," says AGL general manager sales Kellie

"All it takes is a phone call to our friendly, customer service staff."



Bethanie Bake Off Senior Winner 2017, Linda Millington

# Bethanie Bake Off is looking for Perth's best home cooks...

GOT a brilliant recipe that you know will knock people's socks off? Have people been asking you to share one super special recipe your whole life?

special recipe your whole life?
Step aside MasterChef and My
Kitchen Rules... the Big Bethanie
Bake-Off is about to kick off its fourth
year, with entries opening this August.

Perth's oldest and youngest chefs are invited to enter the Big Bethanie Bake-Off, showcasing their culinary skills while at the same time sharing magical memories of intergenerational recipe sharing.

Bethanie, Western Australia's most

recognised not-for-profit aged care and retirement living provider continues to work on closing the intergenerational gap with this popular annual event

Western Australian seniors and school age children have the opportunity to come together and compete in a live bake-off with some fantastic prizes to be won, taking place at *Have a Go Day*, a LiveLighter event.

To take part, entrants must submit their family recipes online in the hope of being selected as a finalist to compete in the live bake-off. Seniors are asked to share their favourite recipe, along with the story behind the recipe. School-aged children are asked to research their grandparents' background and discover their family favourite recipe.

All entrants then need to recreate the dish and submit their application for a chance to be part of the live cook-off event, and in the running for some fantastic prizes.

Each submission is judged on creativity, nutritional value, and complexity of the recipe, along with the story behind their secret family recipe. A carefully selected panel of expert judges will decide the overall winner at the live bake-off.

Four Western Australian seniors will be chosen as finalists to compete against four school students at the grand finale for a live bake-off at *Have a Go Day*, on Wednesday 14 November.

To enter, visit www.bigbethanie bakeoff.com and complete an online entry form. Entries close 5pm, 8 October 2018. For further information on entering please contact Bethanie on 131 151.

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



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

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



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

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













# Preserving pleasures - make the most of the citrus

by Noelene Swain

BREAKFAST is not complete without some hot buttered toast and marmalade.

Beautifully coloured and flavoured, most marmalades are soft, transparent jellies with small pieces of fruit or fruit peel suspended in the jelly. Marmalades may be made from one, two, three or more fruits, one of which is nearly always citrus. Very few people can go past a delicious homemade marmalade - and now is the time to get busy and cook up a batch whilst local citrus orchards are at their prime.

Orange marmalade is most people's favourite and it can be made from the bitter Seville orange or sweet Navel oranges. Bitter sweet Seville marmalade was discovered by accident in the 1700s, when a Spanish ship took refuge in Dundee harbour and its entire load of oranges were purchased by an enterprising local, who, later discovered them to be thick skinned and too bitter, so his wife turned them into a chuncky, bittersweet marmalade, which has become very popular

Seville oranges have a very short season so if you can get your hands onto some of these gems, grab a few and craft a batch of this beautiful tasty, bittersweet, marmalade. Alternatively navel oranges are at the peak of season right now, so use sweet navels for a delicious result. These will of course give

a sweeter flavour to the marmalade, which some find preferable.

The navel orange has a rich-coloured thin skin, full of juice and sweet, which also teams well with lemons, limes or grapefruits.

Try some of these creative combinations: three fruit marmalades - a traditional combination of grapefruit, orange and lemon, cumquat, lime or tangelo, mandarins make a fabulous marmalade, either on their own or in tandem with other citrus fruits such as lemon and Navel orange.

To make marvelous citrus marmalades, it is customary to use the peel of the fruit, which lends texture, colour and deeper flavour. Finely sliced peel adds elegance indeed.

Marmalades require slightly longer cooking and use less sugar than jams.

Cooking the fruit in water before adding the sugar will soften the fruit. Prolonged boiling once the sugar has been added will not soften the peel; it will darken the marmalade and breakdown the pectin which will affect the setting properties. Pectin is contained in the pith and the seeds, which are cooked with the marmalade, usually in muslin to assist removal.

Citrus fruits are ideal for preserving. Fresh, locally grown Navel oranges are a juicy, flavorsome variety along with local lemons and grapefruit. These are all available and at such economical prices.

Fruit butter or curd is another outstanding

buttery spread for your morning toast - lemon curd is sure to be a traditional favourite. Made from fresh eggs, butter, sugar, fresh lemons, grapefruit or oranges, fruit curd has a delicate, buttery citrus flavour.

It is easy to make in the microwave and saves all the continuous stirring.

The enthusiasm for Middle Eastern cuisine and tagines, has seen preserved lemons become a popular item to use in these dishes. Preserved lemons are easy to prepare and even if you don't use them for cooking, they look fabulous with the light shining through the iar of lemons on the kitchen window sill.

Preserving can be so much fun and creative, using various flavourings, spices, liqueurs and fruits.

When properly cooked and stored in clean, sterilised, airtight containers, preserves last for months and months and remain in superb condition. It's best to store them in a cool, dark spot such as the pantry or a cupboard. Just remember to refrigerate the container once opened, except for marmalade.

Grab a basket and purchase preserving fruit now whilst the local citrus orchards are loaded with stunning fruit. The recipes below will give you an opportunity to create delicious preserves to give as gifts from the heart for family or friends and ensure your enjoying citrus fruit all year round.

Recipes supplied by Fresh Finesse - www.

# Microwave marmalades

Preparation: 15 minutes; cooking: 20 minutes; makes 3 - 4 cups



Ingredients for orange marmalade: 4 Navel oranges marmalade sets best if fruit is not too ripe. 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. Then microwave on high for 10 minutes then on medium high for a further 10 minutes (watch carefully to ensure it doesn't boil over). By this time it should have reached gel point. A teaspoon of marmalade on an icy cold saucer should set. Cool a little. Pour into sterilised iars. Cover and label when cool.

Get creative Note: and try any other citrus Replace oranges with three pink grapefruit, six lemons or 1.5 litres of cumquats (quartered). For cumquat marmalade: Remove the seeds from the cumquats and soak them overnight in the 200 ml water to extract the pectin. Add the pectin water into the fruit before cookina.

# Create Vince Garreffa's splendid shepherd's pie





MY love of shepherd's pie is always associated with January because that is when I have the most left over cooked meat from Christmas. But it is also one of my favourite winter dishes so I think it can be made

all year round. Using leftover meat minced up and mixed with fresh ingredients to make a scrumptious tasting pie is also good for the wal-If you don't have any left overs use fresh mince instead.

Ingredients for one big or six individual pies 1.2kg minced leftover meat of your choice (lamb, beef, pork, chicken, turkey or ham)

150g onion fine diced 150g carrot fine diced

150g celery fine diced 150g tomato paste

(preservative free) 50ml worcestershire sauce 400ml lamb/beef or chicken stock 50ml extra virgin olive oil (EVOO) Freshly cracked black pepper to taste West Australian organic lake salt to taste Creamy Potato Mash 1kg Royal Blue potato 50g butter 100ml cream Method

First sauté your onion in the oil till it's a little coloured, then add the carrot and celery and cook with the onion until they are soft. Now add your minced meat and cook for five minutes or until it is cooked if using raw mince (well crushed with no lumps in the mince). Now add the tomato paste and cook for two minutes then add your stock and worcestershire sauce, cooking till your mixture is not too wet. Test for salt and pepper then cool mixture for use later.

Make your potato mash by cutting your peeled potatoes in small diced pieces and boiling in salted water until soft; then drain. Bring your cream and butter to a slow simmer then rice (or sieve into a fine paste) your hot potato into the cream and butter and mix really well. Cool this mix

When ready to make your shepherd's pie or pies fill the bottom of your containers about 65 per cent full then pipe the potato on top and bake your pie or pies for about 40 – 50 minutes at 175°C degrees till golden brown on top. Serve piping hot.

Shepherd's pie can be made and refrigerated, then baked next day with a little liquid butter painted over the mash while baking.

Buon Appetito.

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

# Letters to...Vince Garreffa

IF YOU want a particular recipe of mine, don't hesitate to drop me a line at Have a Go News. Address your enquiry to Vince Garreffa c/- Have a Go News PO Box 1042, West Leederville 6901, or email your guestion to vince@haveagonews.com.au. Please include your phone number so I can call you!

### **Microwaved lemon curd**

Preparation: 5 minutes; cooking: 5 minutes; makes 2 cups



2 eggs 250g or 1 cup sugar grated rind and juice of 2 lemons 1 tablespoon cornflour 60g butter

BEAT eggs in a large microwave-safe bowl or jug. Add sugar. Continue beating until very creamy. Add lemon rind, juice and cornflour. Mix well. Add butter. Microwave on high for three minutes. Stir. Microwave on medium two minutes. Stir until smooth. Cool slightly. Spoon into sterilised jars. Store in the refrigerator.

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Left to right; Fenians Pub's enjoyable ramekin pie with potato mash and peas - whiting and chips

#### by Judith Cohen and Pat Paleeya

HAVING decided choose an eatery within the CBD, Fenians Pub at Novatel Perth Langley fitted the bill nicely.

The bar has a comfortable and casual interior and if you prefer to sit outside there is alfresco seating facing the ter-

They offer a \$15 lunch menu from which we chose battered whiting and chips and Guinness pie with potato mash and

The pie was in a ramekin with meat and vegies cooked with a Guinness gravy topped with a light pastry lid. To the side was a small dish of potato mash and peas. The meat was very tender and tasty as was the side dish. It was a very enjoyable dish and a little too much to finish.

The whiting and chips were presented well on a wooden board. The chips came in a small wire basket set on the side of the two pieces of fish and a small pot of tartare sauce.

Although the fish and the crispy batter pleased the tastebuds the fish disintegrated into the batter. Perhaps the fish would have been better as one thicker piece instead of two thin pieces. The chips were crunchy, crispy and moorish. Both meals made a satisfying lunch.

3½ forks

Fenians Pub, Novatel Perth Langley, 221 Adelaide Terrace, Perth 9221 1200.



#### Knife and fork talk ratings

Five forks - excellent food and service

Four forks - overall good food and service

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

Two forks – food and service needs improvement

One forks – would not recommend



**BAYSWATER TAVERN** \$19.95 seniors buffet Mon-Fri 12-2.30pm Railway Pde. Bayswater 9271 7111

**FENIANS PUB** \$15 lunch special 7 days 12-3pm 221 Adelaide Tce. Perth

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\$15 seniors lunch Everyday 12-3pm Carers dine for free 535 Stirling Hwy. Cottesloe

\$16 lunch special Mon-Fri 11.30am-4pm Beaufort St. Mt Lawley 9370 5511

# Knife and fork talk with the Dining Divas | Brunch with T (and Dan) - lovely Laika in Lathlain







Left to right; Laika Coffee's Mexican quesadilla scram - pressed earth strawberry fields juice - Laika stack



by Tahlia Merigan

DAN and I ventured to Laika Coffee in Lathlain on a rainy Saturday morning and were surprised that, even with the wet weather, this little café was pump-

Once seated we were greeted by our fast and friendly staff with water and glasses brought to our table. Our order was also taken quickly, and I do love table service which gives a big tick to

The café is laid out in an L shape with the counter and kitchen in the middle. It is modern industrial style and with the mixture of share and single tables, it creates a community

Even though it was cold we couldn't go pass a fresh juice and chose the pressed earth strawberry fields juice (\$6.50) made with strawberry, apple and pineapple served in a large jar and good value for the price.

Although they were busy, our food came out quickly and I even noticed the same for the people sitting next to us, which again gave them another tick.

For brunch I ordered the Laika stack (\$19.50) consisting of New York rye bread, avo smash, grilled haloumi, poached egg, broccolini and paprika oil. The dish was presented nicely, the mix of flavours was perfect with the paprika oil cutting through the avocado adding a freshness to the dish along with the acidity of the tomatoes and the decadent haloumi. My only criticism was the broccolini was blanched so lightly that it was hard to cut through, I do prefer my vegetables more cooked.

Dan ordered the Mexiquesadilla scram (\$22) made with a lupin flour tortilla, grilled chorizo, Mexican style black bean salsa, jalapeño scrambled eggs, avocado, sour cream and coriander. It was a generous serving and was presented nicely. The eggs, chorizo, avocado and quesadilla all worked well together creating a fiesta of flavours. I was a little hesitant of the spice when Dan offered me a taste but they had used the spicy flavours beautifully and it wasn't overpowering at all.

Overall, with the amazing friendly service, delicious food and speed of our food being served we give Laika 4 spoons. I'm looking forward to spring and visiting again when the sun is out.

Laika Coffee, 11 Lathlain Place, Lathlain Phone: 0497 009 335 www.laikacoffee.com.

Monday-Friday: 6.30am -3pm, Saturday-Sunday: 6.30am -2.30pm



## WEEK DAY LUNCH SPECIALS



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605 Albany Hwy. Vic Park

#### THE ALBION HOTEL

9384 0021

#### THE INGLEWOOD

HOTEL

## T's spoon ratings

Four spoons Three spoons

Two spoons

# What's Fresh in the market place in August







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9 August: Concert screening and afternoon tea - Second Thursday of each month. August event - Andre Rieu 27 August: Classic Films - Fourth Monday of

each month, 12.30pm, includes afternoon tea. Join us on facebook



**MYSTERY BUS TRIP ONCE A MONTH!** 53 Coode Street, South Perth For bookings or further info phone the Centre 9367 9880 ons apply, advertised prices are for members

Local strawberries - arriving now from market gardens around Wanneroo are sweet, juicy strawberries which will brighten the dullest of days. Ripe strawberries impart cheery colour and delicious flavour when used in winter desserts and combine well with other fruits in season including apples, pears and oranges. Berries which are 3/4 ripe will ripen at room temperature, but store ripe strawberries covered in the refrigerator. Use as soon as possible as they are very perishable.

Leeks - braised leeks with grilled pancetta, oven-baked leeks stuffed with mushrooms and breadcrumbs; there are many lovely things to do with leeks, not least to whip up a silky batch of classic potato and leek soup for those wintry evenings spent curled up on the couch. When preparing, be mindful that the layers have a strong tendency to collect dirt; slice lengthwise, fan the layers out and give them a good rinse before using.

Jarrahdale pumpkins - a good buy right now is the Jarrahdale pumpkin with its blue-green skin and brownish streaks. The rich orange tones of pumpkin add life and colour to salads, risotto and pasta dishes. Not to mention soup. On these cool evenings, what's nicer than a big batch of creamy pumpkin soup? Store whole

pumpkins in a cool, dry place for up to a month.

Beurre Bosc pears – a real winter classic of a pear; rich, fragrant and brilliant for fresh eating and cooking, and delightful to look at with their deeply tanned skin. The colour of good quality pears may not be uniform as some may feature russetting - brown-speckled patches on the skin. This is a characteristic, not a flaw, and at times can reflect a more intense flavour. These rotund fruits are also very high in fibre; particularly when you leave the skin on.

Hickson mandarins - local Hickson mandarins are now in season, giving citrus lovers a fresh new variety to look out for. Most of the medium/large-sized fruit has a slightly flattened shape with a slight neck - check for the blue WA birthmark sticker to make sure you're buying local produce. Like most mandarins, they are easy to peel, contain few seeds and lots of fresh, superbly sweet juice. Make sensational oil for drizzling over meats and veggies by leaving mandarin zest to infuse for two-three days in some extra virgin olive oil. Add salt and pepper and some fresh, floral mandarin juice before serving. Di-



DTE: Down to earth

TLC: Tender loving care

ND: Non drinker NG: Non gambler NOR: North of River

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.

Friend to	Triend	Please nominate a category for your advertiseme Tick one box only.  Travel companion  Pen friend  Seeking a friend  Seeking a partner	ent. Abbreviations us ALA: All letters a GSOH: Good sei SD: Social drinke NS: Non smoker SOR: South of R WLTM: Would lik	nse of humour Ner N Ner N
		Address		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 Woods and the complete to Friend PO Box 1042 Please include two
 	Postco	deam over 45 years of age		C5 envelopes. Thes 23x16cm and are obtained and are obtained accome envelopes will not be

#### Seeking a Friend

A SINCERE slim, happy lady WLTM gent, 75+, similar interests, GSOH, music, dining, good company, conver-sation, share life's highway, honesty and respect reciprocated, long term if compatible

Reply Box 7955

AUSTRALIAN lady in her 70s would like a permanent bridge partner to play bridge twice weekly Riverton Willetton area. Would appreciate my own partner. I am beginner, been playing three months. Looking forward to meeting you.

Reply Box 7956

**GENT** 70 looking for lady. Coffee first then who knows. Genuine offer from creative, sensible, caring and happy positive fellow. Can send photo, just ask.

Reply Box 7957

GENT, late 70s, lacking romantic times at home. Seeking a friend who has the same lack to return mutually and lovingly to what life has been created to offer Mandurah and its surroundings.

Reply Box 7960

GENT, UK/Australian, late 60s, 5'11", presentable, fin sec, VGSOH, hobbies; coastal walks, gym, beach, usual social activities, family, travel, seeking intelligent, attractive, slimmish lady, to 67, NOR, view to friendship maybe relationship, holiday/travel companion. Coffee?

Reply Box 7961

LADY late 70s, NOR, WLTM gent same age, NS, SD. My interests; boat, holidays, caravanning, meet for coffee.

Reply Box 7962

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

Reply Box 7963

WANTED a nice, honest, DTE, NS, bloke, 75-82, who enjoys simple things in life. Warmth, laughter, TLC, take a chance, you just might be the one I have been waiting for. Me? GSOH, caring, loving, fun and much, much more.

Reply Box 7949

WHERE is my knight in shining armour? Me; 70ish and still a charmer, thoughtful and kind. Please take up this quest to find this lady in the south west

Reply Box 7964

YOUNG thinking, and fit Australian looking, lady, 70, NS, SD, GSOH. takes care, music, picnics, country drives, dance - not ballroom, movies, eating out, pref Australian guy, 68-70, NOR, GSOH, honest, well presented, relaxed attitude, genuine.

Reply Box 7959

Seeking a Partner

**ATTRACTIVE** English/ Australian lady, medium build, 70, well presented, educated, feminine, own home, fin secure, GSOH, enjoys music, reading, walking, current affairs. WLTM unattached, gentleman, 65+ for permanent long term relationship, genuine replies only. Thank you. SOR. Reply Box 7958

**AUSTRALIAN** lady, 71, slim, active, DTE, NS, ND,

enjoys weekends away, walking, markets, nature, picnics. WLTM genuine, DTE, active, tall, slim, medium gent, 69-74, well presented, similar interests, Rockingham, Mandurah and surrounding

Reply Box 7954

**COUNTRY** girl 48, WLTM gent, under 55, I'm healthv. clean living, nature loving, non-materialistic, also require help to renovate old house in peaceful country location. So a carpenter or builder would be a bonus! NS, ND.

Reply Box 7946

**GENT** 68, semi retired, slim, active, fit, WLTM lady, 65 to 73 for dancing, social outings, spending some quiet times at home, NS, SD, NG, 5'10". Reply Box 7965

GENT 72, postcode 6071, NS, SD, DTE, GSOH, fit, enjoy music, travel, theatre, shows, outdoors. WLTM compatible lady, slimmish, to build a relationship with similar interests. Let's meet, have coffee or tea. ALA.

Reply Box 7951

**NEWS UPDATED DAILY** www.haveagonews.com.au GENT 75, honest, affectionate, NS, active, fit, seeks lady, NS, social dancing, movies, walking, life in general for friendship relationship. Please for coffee.

Reply Box 7948

**GENT** late 70s, outgoing, thinks young, youthful looking, active, positive, loves travel, music, movies, sports, family, fin sec, own home, no baggage. WLTM mature lady, NS, SD, GSOH, DTE, TLC, postcode nearby NG, 6056.

Reply Box 7966

**GENT** late 60s, SOR, NS, NG, SD, enjoys dancing, walking, travel, holidays, movies, dining in/out. WLTM lady with similar interests for companionship. Possible relationship if suitable

Reply Box 7953

LADY 63, petite, DTE, happy natured, caring, sensible. seeking the company of a gentleman, are you out there? Then let's meet for a coffee. Genuine replies only. ALA. Reply Box 7952

LADY 65 WLTM gent for friendship, companionship. Interests; dining out, music, drives in the country, walks. WLTM gent with same interests as myself who is genuine and caring too, NS, SD.

Reply Box 7967

LADY 70+ WLTM a caring, active gent, GSOH. SD, ND, for a future relationship NOR in Perth

Reply Box 7945

Seeking a **Travel Companion** 

CRUISE companion, senior lady looking for senior lady, share stateroom Sun Princess 8-day Coral Coast, 22 October 2018, SD, NS, enjoys shipboard activities.

Reply Box 7950

**GENT** 74 seeks partner for travelling, camping, dancing, tennis, outdoor. activities, long term relationship, lives Bakers Hill, GSOH, ND, NS, NG, TLC, ALA.

Reply Box 7947

# Did you know that improved hearing can contribute to improved overall well-being?



AS we age, we become aware of a decline in the functioning of various parts of our body. By developing healthy habits, we are able to maintain a healthy body and mind. A healthy diet, regular exercise, and good sleep patterns can contribute to increased health and fitness and improved muscle strength, which can reduce the incidence of falls, and increase coordination and balance.

The ageing process may result in a decrease in our hearing ability, which can impact negatively on our brain functioning. The parts of the brain that are usually in control of translating sounds into meaningful speech may not be receiving the messages clearly and therefore many sounds heard will be misinterpreted. resulting in difficulties communicating in everyday life. Loss in hearing can contribute to a person withdrawing from social interaction.

The benefits of managing a hearing loss with hearing aids can include an increase in an individual's ability to take part in family and other group activities. This can also result in an increase in self-confidence and self-esteem and overall improvement in psychological wellbe-

At Perth Hearing & Tinnitus Clinic they take the time to assess what impact hearing loss is having on your life and choose the most appropriate device that fits your lifestyle and will enable you to maintain an active role in the world around you.

See advertisement on page 2 of the Active Ageing Liftout.

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.

### Have you met your match?

We at Have a Go News are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you?

Our super sleuths have told us of two such people.

If you would like to share your story please email helen@haveagonews.com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901

Your privacy will be respected.

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

Obtaining replies to your Friend to Friend

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. -----

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

PO Box 1042. West Leederville, WA 6901.

c/- Friend to Friend,

(example only) Send your reply on a single sheet of paper.

Place in a small envelope 11B (measures approx. 14 x 9cm).

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not

opened. Replies must be in response to reply boxes no older than three months.



#### **SOLUTIONS MATCHMAKING** "The safest way to meet a genuine and suitable companion" 9371 0380

NORANDA GENT 74 Fit, kind, funloving Brit, 175cm, blue eyes, well grmd, easy to talk to, well travelled, sk sincere, trustworthy lady NOR 65-75.

BEECHBORO GENT 65 Honest, reliable w/ sense of humour. 175cm, trim, well grmd, e/going, Enj outings, concerts, all sports, sk d.t.earth, friendly lady who can laugh at herself 58-65.

MIRRABOOKA GENT 75 Active, loyal, truthful, humorous, intelligent, gd conversationlist, young attitude, "life is for living". 5'10", trim, enj travel, swimming, keep fit, sk lady 65-80.

FREMANTLE GENT 63 educated, professional, 6ft, fit, enj travel, theatre, arts, reading, music, cooking, sk educated Asian lady 45-65 view to perm r'shp.

COMO LADY 59 very attractive, wid, slim, stylish blond, vivacious, interesting, intelligent, well spoken, good humoured. Sk gent similar who is well travelled 60-72.

GOSNELLS LADY 53 kind, affectionate, loyal widow. Has simple tastes & would love to devote herself to a mature, gentle, loving gent 55-68.

WEST PERTH LADY 72 slim, petite blue eyed blonde, educated, active, likes cooking, theatre, golf, arts, bushwalks, country. Sk bright, active, gent, ret. Farmer ok, 68-78.

ROCKINGHAM LADY 71 lovely, slim, petite, retired nurse, country girl, active, enj bowls, reading, the garden, cooking, camping, caravan travel. Sk gent 69-79.





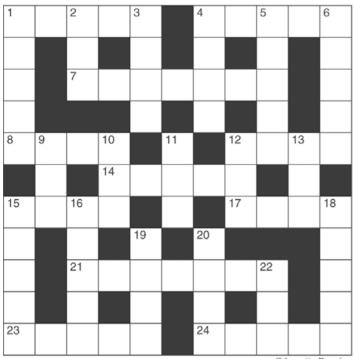
SOLUTIONSMATCHMAKING.COM.AU **Matching mature singles since 1995** 



# Have a Go News PUZZLES PAGE Have a Go



# **CROSSWORD**



© Lovatts Puzzles

#### STRAIGHT CLUES **ACROSS**

- 1. Final score (5)
- 4. Approaches, ... near (5)
- 7. Deliberate (7)
- 8. Christen (4)
- 12. Family crest, coat of ... (4)
- 14. Request from menu (5)
- 15. Remainder (4)
- 17. Muscle firmness (4)
- 21. Clap (7)
- 23. Bed linen item (5) 24. Frock (5)

- 1. Point of discussion (5)
- ... & feather (3)
- 3. Made tracks (4)
- Colours (hair) (4) 5. Stage performer (5)
- 6. Flanks (5)
- 9. Saying, ... before beauty (3)
- 10. Auction item (3)
- 11. Mismatched (3)
- 12. Special skill (3) 13. Gents (3)
- 15. Moves back and forth (5)
- 16. Clean (fish) (5)
- 18. Moves slowly (5)
- 19. Elongated strip of sand (4) 20. Printed greeting (4)
- 22. Unidentified female, Jane ... (3)

# CRYPTIC CLUES ACROSS

- 1. Complete wreck (5)
- 4. Sketches ties (5) 7. Mirror is reef-flecked, they say (7)
- 8. Visit and see everyone (4)
- 12. Limbs or weapons? (4)
- 14. Ask for instruction to be carried out (5)
- 15. Take a break in furniture store (4)
- 17. Tea with one shade (4)
- 21. Cheer up, lord, do you hear? (7)
- 23. These changes were made to paper (5)
- 24. Don clothes to bandage wound (5)

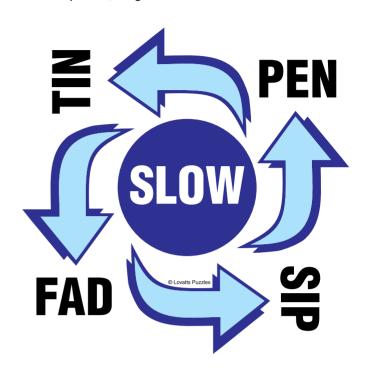
- 1. Photo picked to illustrate theme (5)
- 2. Old salt found on road (3)
- 3. Deserted port (4)
- 4. Somebody esoteric uses henna and indigo
- 5. Player moved to car (5)
- 6. Teams that use lateral thinking? (5) 9. Plumage reveals fruitless period (3)
- 10. Film studio's destiny? (3)
- 11. Evenly loaded? That's peculiar (3) 12. Return some abstract paintings (3)
- 13. Chaps in the basement (3)
- 15. Stuns with boulders (5)
- 16. Climb to musical heights? (5) 18. Finally acknowledges boundaries (5)
- 19. Tips up barbecue rod (4)
- 20. Jack, for example, is a real character (4) 22. She's hopefully not short of a buck (3)

#317 August edition PUZZLES **Solutions appear** on page 14

# 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. 14 Good 19 Very Good 24+ Excellent M

# TRANSFORMERS

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



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

ıaıııç	j. <b>A</b>	<u> </u>	<u> </u>	$\vdash$				
			7				3	
		3	9		6			4
		9		3	2			7
5			6				4	3
9		6		1		5		2
1	3				5			9
3			2	4		6		
2			3		1	4		
	1				9			

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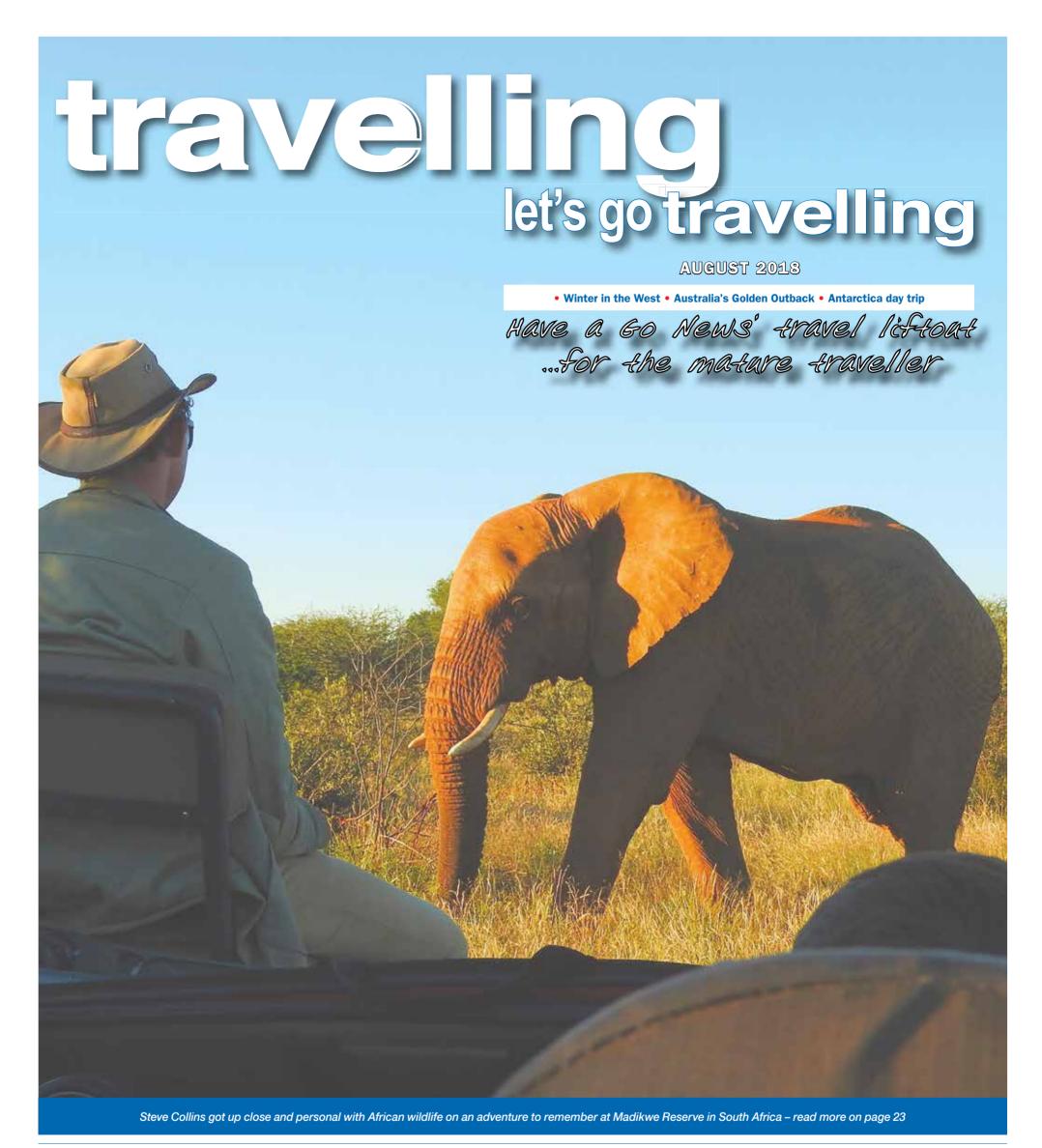
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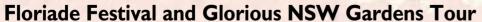


agl.com.au/seniorswa



\*Only available to residential customers in WA where AGL operates.





Revel in the multitude of flowers alongside Lake Burley Griffin in Commonwealth Park. Known as the largest flower festival in the Southern Hemisphere, Floriade will feature more than a million blooms, and will include a fantastic range of events. This magnificent holiday will also explore the Southern Highlands, ascend into the dramatic Blue Mountains, tour colourful gardens and explore the City within a World Heritage National Park, Katoomba.

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# let's go travelling line







photo captured in Montenegro Below; Jennifer Merigan

THE German Tourist Office together with Scoot and Pullman Hotels are offering a lucky person the opportunity to win two return flights and berlin to enter. two nights accommodation in the heart of

You and a guest could be on your way to see this eclectic city, diving into the its rich history, visiting museums or discovering the culinary culture. The competition is open until 20 August Above; Andy Ware's

2018 and the old saying: 'if you're not in it you can't win it" applies, so head to contest.fbapp. io/win-a-trip-for-2-to-

Steve Collins went wild last month when he toured South Africa enjoying getting up close and personal with the wildlife on safari. He said it was one of the best trips he has been on and Steve has travelled far and wide across the world. Share in his adventures on his South African discovery on page 23.

\*\*\* We're assured this year is going to produce the state's best wildflower season in decades and in this section we have various options to get out and see the blooms. Whether you drive yourself or join a tour, this blooming season is not to be missed. \*\*\*

After six years of cruising from Fremantle and carrying more than 115,000 passengers the much-loved ship Astor will sail its final season down under. For the many who love this little ship don't miss taking advantage of her last sailings. There are great deals on offer for the many cruises planned for this final season. Joining the CMV fleet in April 2019 will be the Vasco da Gama which will begin its first Australian season in December 2019.

I think this month's funny photo from Andy Ware is a cracker. He said he found this sign on a street when visiting

**M**Tours

Montenegro in May this year. If you would like to share a funny photograph, please feel free to email me.

The Antarctica day trip on Australia Day 2019 is filling fast and if you would like to join the group, call the office for a brochure on 9227 8283 or email me at jen@haveagonews. com.au

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

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

Happy trails

Jennifer Merigan **Travel Editor** 



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Italy's amazing architecture, traditional food, local wine, historical art and treasures, ancient ruins and spectacular scenic beauty will not disappoint.

Departing Monday 23 September 2019, travellers will find this 21-day holiday something completely different to the usual European getaways. With only five hotel changes, guests will enjoy the benefits of multiple night stays with countless sights and architectural wonders in each location and free days to enjoy personal time to explore the delights of each city. This is simply the best way to see Italy. Freecall 1800 066 272 or email holidays@villa.com. au to book your spot on this dream holiday now.

# Bespoke Tasmanian cruising

THOSE who love the outdoors and adventure should join Villa Carlotta Travel on a unique Tasmanian experience. On arrival at Hobart they will be spoilt with the famous Salamanca Markets, fascinating historical experiences that take visitors behind the scenes, spectacular heritage gardens and wonderful local produce.

Then they go aboard a seven-night expedition cruise to experience Tasmania from the ocean. Experienced expedition leaders and quest lectures will be on hand to provide immersive cruise of

geology and history of the areas and be introduced to the local flora and fauna.

Expect bespoke experiences, outstanding Tasmanian produce, wine and local specialties and an intimate cruising experience that will have you immersed in Tasmania's wild and beautiful areas, as this cruise takes you to areas which cannot be reached by car.

Departing Friday 15 March 2019, get in quick before this amazing cruising holiday sells out. Freecall 1800 066 272 or email holidays@villa.com.au to book a spot on this amazing holiday now.

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



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GOLD from \$4800 pp t/share PLATINUM from \$6520 pp t/share

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12 NIGHTS **DEPARTURE 19 OCTOBER 2018** 

Fly from PER to SYD premium airline • SYD 3 x nts Rendezvous/sim • Captain Batmans Hill depart MEL on the Overland • ADEL 2 x nts Sage Hotel • Barossa food & wine fullday tour • 2 day Best of Kangaroo Island Tour • Adelaide 1 x nt Sage Hotel • Fly from Adelaide to Perth - premium airline

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from \$4295 pp t/share, share with a stranger \$4475 pp t/share

**BOOK NOW 1300 799 342** 

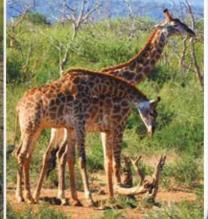
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# et's go travelling travel options for the mature w



# Up close and personal – adventures with African wildlife at Madikwe









Left to right; Steve Collins and Priscilla - a couple of young giraffes - vultures - warthog

#### by Steve Collins

SUNSET crept up on me, its deep red rays flung brazenly across the sky - but I was too mesmerised to take it all in.

Sitting just a few metres away, staring straight at me but completely unbothered by my presence, was a juvenile male lion. Ten metres beyond his brother sprawled languidly. And between them lay the fresh carcass of a zebra they had recently hunted and killed. Now, having eaten their fill, they were both satiated.

That's when I noted two jackals skulking nearby, no doubt concocting some devious way of taking their share of the zebra too. But a jackal is no match for a lion, and this pair had learned to be patient and wait for their chance to move in.

We were in the wild, somewhere within Madikwe Game Reserve in South Africa, on the border with Botswana, all sense of time and location suspended as nature held sway.

Then, in a moment of pure magic, the nearest lion vawned, his gaping mouth offering a glimpse of the canines that had so easily ripped the zebra apart.

It was an experience I never dreamed I could be part of, yet here I was up close and personal with the king of beasts. And this was just our first outing after arriving at the reserve mid-afternoon.

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I'd already seen water buffalo, Nile crocodile, impala, springbok, wildebeests and giraffes since setting off from our lodge. But nothing prepared me for the joy of being amid lions in the wild.

The journey back was interrupted by a stop in the dark - we were to be treated to cocktails under the stars, and what a show it was. Under a perfectly clear sky, I revelled in the amazing light show of planets, stars, galaxies and even meteors burning up as they entered Earth's atmosphere.

It was a magnificent way to end the first of our safaris: sipping G&Ts. talking excitedly about the night's sightings, all beneath the blanket of that overwhelming night

Mind still spinning, it was nonetheless early to bed; we had a 6am call for our second safari, with a promise it was going to be very special.

At 7am, after hot drinks and pastries, we were rugged up and climbina into the converted Land Rover to take part in a rhinoceros conservation project.

Unfortunately, poachers still kill rhinos for their horns, which are said to contain aphrodisiacs. This conservation project, which is voluntarily run by professional wildlife guides based at Madikwe, is needed to identify individual rhinos; to take samples of horn and blood for DNA purposes; and to microchip the beasts so they can be better identified even years later.

It is an expensive exercise because it involves helicopters, vets and various assistants as well as the volunteers. For security reasons I can't give too many details or identify any of the team. The poachers are sophisticated and in the past have been known to hunt down significant human participants with dire consequences.

Today's target was a female about three years old and, despite her youth, she weighed about 1.4 tonnes. The rhino was drugged by a dart fired from the chopper, which weaved precariously in a series of stomach-churning tight turns, following her until she went to sleep.

She was treated as gently and as quickly as possible. My job was to put my hand in her mouth to confirm she was breathing. This was an unreal experience and it's impossible to describe the feelings of getting up so close and personal to a living rhinoceros. Being a herbivore, there were none of those sharp lion-like hooves were quite dainty and noted the scratch marks on her skin from the thorny bushes she pushes past.

We were invited to name her, so we called Priscilla, seemed rather apt as she was a pretty young

Our work done, Priscilla was revived as soon as possible and she very disappeared back into the scrub.

We bid our farewells

to the team and headed back to the lodge. It had been a most exciting and wonderful morning, and the memories of that experience will be etched in my mind forever.

Madikwe Game Reserve covers 75.000 hectares and contains 33 lodges.

I stayed in Jaci's Lodge for three nights and loved every minute of it. Located next to a river and built on stilts to survive any flooding, it felt like living

in a treehouse. My room was spacious and very comfortable, being quite private as the rooms are well away from each other. Monkeys played on my balcony and antelope wandered between the stilts beneath my room.

There is a large, common area consisting of

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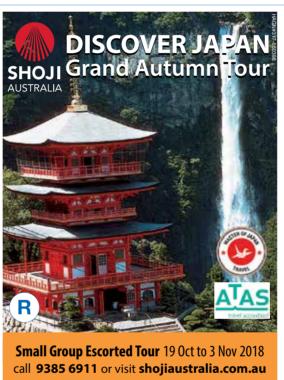
competition page, input the requested details & submit the fully completed form. One entry per email address & one extra entry per like on Floreat World of Travel's Facebook page. Competition commences at 00:01 WST on 16 Jul 18 & closes at 23:59 WST on 31 Aug 18. Prize only redeemable through Floreat World of Travel before 14 Sep 19. Full terms & conditions can be obtained through Floreat World of Travel floreat-travel.com/competition. ATAS No. A10622.

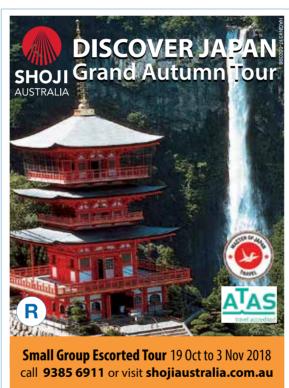
floreat

dining room and lounge area with a bar. An outdoor fire pit leads off the dining room, while there's another comfortable lounge in a separate space closer to the river. All meals are included in the tariff, and the food was excellent

continued on page 24









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# et's go travelling travel options for the mature west australia



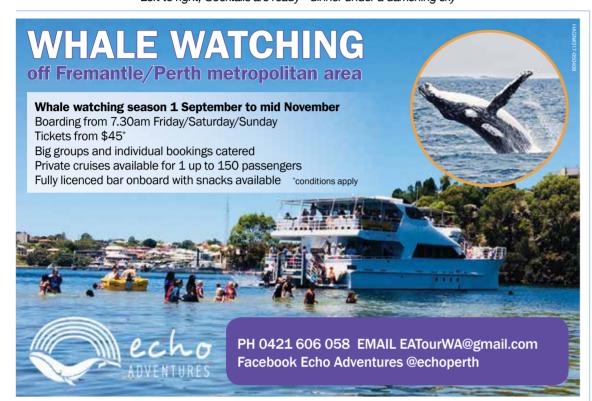


# Up close and personal - adventures with African wildlife at Madikwe





Left to right; Cocktails are ready - dinner under a darkening sky



by Steve Collins continued from page 23

Safaris are conducted in the early morning and late afternoon, when the animals are most active. Armand, the wildlife guide, and his young trainee Zander, who was lookout, were both extremely knowledgeable, and their vivid descriptions of animal behaviour gave me a greater appreciation of the region and the interactions of the animals. The guides from all lodges are in constant radio contact with each other, passing on details of the animals' location - a major reason the animal viewing on all the safaris was so good.

On our last night the staff surprised us by organising a braai (barbecue) out on the veldt. A long dining table and chairs were set up and the food was cooked either in coals or over a fire. Drinks flowed and we had the best time recounting our adventures and picking up tips from the guides.

So many of the experiences were truly aweinspiring, and some of my encounters were thrilling.

A large male baboon successfully stopped us proceeding up his road where his family was gathered. A hyena popped out of the bushes quite close to me and sped away, but not before I got a photo. Various types of antelope were seen everywhere. I witnessed warthogs wallowing in mud. Zebras were abundant. I had very close encounters with elephants, including one bull who got a bit angry, so we wisely got out of his way. I was fortunate to get close to wild dogs, which are very rare, but as they were resting, they weren't too fussed about the tourists gawking at them. Mother rhinos with their calves were especially endearing, particularly after my expe-

My favourites were the giraffes, and I saw lots of them. They are the most elegant of beasts as they lope along with giant strides. I'll never forget one that was cleaning its ear on a twig high up a tree, and it looked to be in seventh heav-

rience with Priscilla.

The visit was over

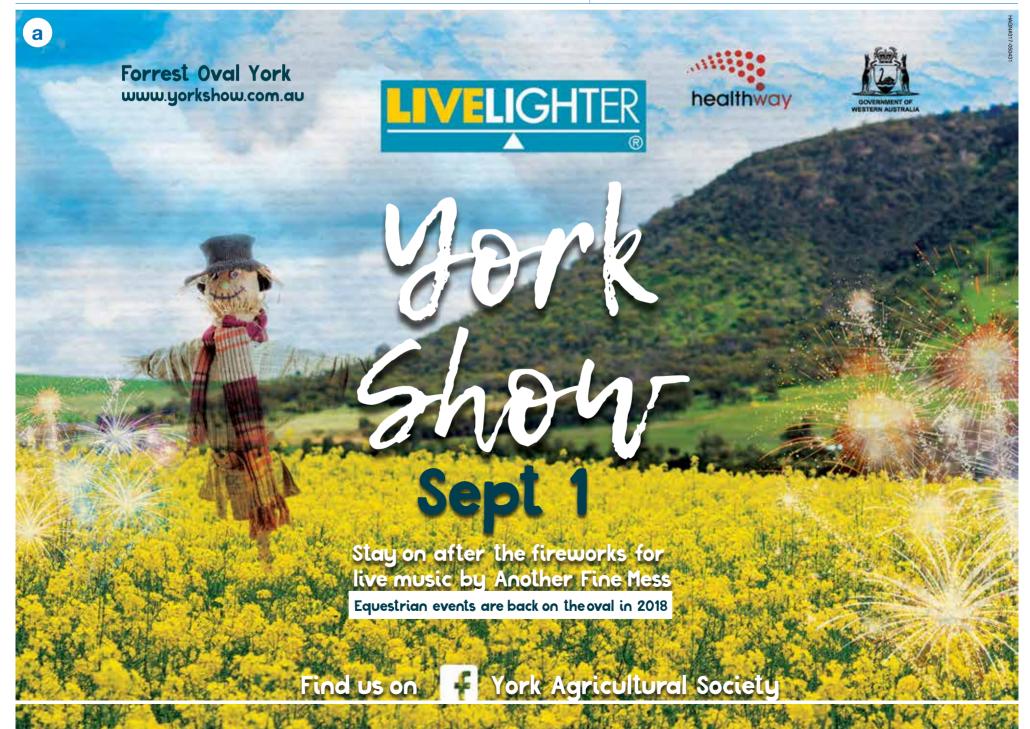
but the adventure continued even on the flight out of Madikwe.

The game reserve is so large it has two airstrips, so we boarded the ten-seater Cessna at the main strip and flew to the other one to pick up two passengers. As we approached the strip to land, a herd of zebra was on the runway and most moved away at the sound of the plane. But one large zebra stallion stood its ground and claimed ownership. The solution - we flew very fast and very low above it: the stallion got the message and quickly headed into the bush.

We picked up our passengers and as we took off I looked down to see a large waterhole below that was filled with elephants and hippopotami. How could travelling ever get better than this?

Steve Collins travelled as a guest of South African Tourism.

For more information see these websites: www.madikwe gamereserve.co.za/; www.jacislodges. co.za/; country.southafrica.net/country/au/



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10 nights' in 5 star hotels, Early check-in on arrival in Delhi, Late check-out in Udaipur on the last day

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- Guided tour of Beaconsfield Mine & Heritage Museum



11 nights' accommodation



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'WE CARE ABOUT THE LITTLE THINGS THAT MAKE A **BIG DIFFERENCE**'

# et's go travelling travel options for the mature west australia

# WA Premier launches Australia's first mine to mint gold tour



(From left) Shire of Boddington CEO Chris Littlemore. Go West Tour Mine to Mint tour leader David Smart, Go West Tours GM David Haoust, Premier the Honourable Mark McGowan MLA, Newmont Boddington Mine GM Jim Cooper and Perth Mint CEO Richard Hayes.

AN innovative tour showcasing the complete gold production process was unveiled by the Premier of Western Australia. Mark McGowan, at The Perth Mint late last

A joint enterprise between Go West Tours, Newmont Australia and The Perth Mint, the Mine to Mint guided day tour provides a fascinating insight into the state's gold mining industry, taking visitors to the nation's largest operating gold mine and Australia's oldest operating mint.

From the massive Newmont Boddington Gold Mine, 130kms south-east of Perth, to the historic Perth Mint in the city's east end, visitors will discover the remarkable journey of gold from its origins to its natural glory.

The excursion is a milestone collaboration which links two of the state's most significant industries - gold and tourism.

Leaving from Perth, visitors will travel by luxury coach to Boddington Gold Mine. Provided with a high visibility vest, hard hat and safety glasses, guests can peer over the rim of the giant South Pit to see haul trucks transporting loads of gold bearing ore. They then travel through the processing plant where the ore is crushed and copper and gold is extracted.

Following lunch in the Boddington town and gold panning by the Hotham River, guests will journey to The Perth Mint, where Western Australia's history comes to life.

At the Mint, they will see the largest gold coin in the world, the second biggest natural nugget still in existence and precious metal coins and medallions being minted. From there, they can enter the Mint's original melting house and watch molten gold being poured to form a solid gold bar and walk inside an 1899 vault to handle more than \$500,000 worth of gold bullion.

Go West Tours general manager David Haoust said the Mine to Mint tour brought WA's rich golden history to life and would give visitors and the people of Western Australia a unique opportunity to see the workings of an operating gold mine and

Newmont Boddington Gold general

manager Jim Cooper said it was not widely known that the Boddington gold mine had eclipsed the Kalgoorlie Super Pit as Australia's largest gold mine, with production reaching 787,000 ounces in 2017.

Perth Mint chief executive officer Richard Hayes said the close proximity of Australia's largest gold mine, less than a two hour drive from central Perth, provided the unique opportunity to combine the attractions of the Boddington mine and the Mint's gold exhibition.

'There are many fascinating things to see during the tour of the mine, but for security reasons, unfortunately gold is not one of them," Mr Hayes said.

"Mine to Mint will be a success as it will give the public the chance to experience the magic, allure and wonder of pure gold."

Priced at \$145 for adults and \$115 for seniors and children (including morning tea and lunch), participants may book a Mine to Mint gold tour at www.gowesttours. com.au or www.perthmint.com/mineto

# It's the day trip of a lifetime to fly across Antarctica on Australia Day



Flights to Antarctica leave every two years

COME along and join the Have a Go News group for the day trip of a lifetime as we fly to Antarctica and back on 26 January 2019.

We have more than 30 people coming with us and we'd love you to join us for this amazing trip.

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

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

taken and these flights only leave Perth every two years.

Every departure is different - no two flights are the same.

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

Passengers will receive a comprehensive information kit, two full service Qantas meals plus in-flight snacks and full bar service - including champagne, wine, beer, spirits, soft drink and use of the state of

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is proud to announce its

20th year as a local travel

the art entertainment system.

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

Coming with the Have a Go News group, means you don't have to worry about taking photographs on board because our tour manager will take shots throughout the trip and provide you with an exclusive pictorial record following the trip. We also have a special Australia Day goody bag and name badge for our group.

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

The following seating is available:

**Economy Class Centre** Cost \$1199 per person\* Economy Class Standard Cost \$1999 per

person\* Economy Class Superior Cost \$2999 per person\*

Premium Economy Class Cost \$3299 per person\*

**Business Class Centre** Cost \$4299 per person\*

Business Class Deluxe - Cost \$7499 per

Ice Class - \$7999 per person SOLD OUT

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

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

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

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

Floreat World of Travel celebrates 20 years



Visit Australia's Largest Operating Gold Mine & Australia's Oldest Operating Mint

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



THE PERTH MINT



of fellow staff members Peta Beckingham, Sarah Hay-Hendry and Phoebe

agent in Floreat. Owner, Dianne Garbin purchased the business and officially launched Floreat World of Travel on 27 June 1998, at the same time joining the Excellence. award-winning travel agency network Travel-

Since then she has continued to operate her business with the help

lers Choice.

The success of the company is well known and was recognised in 2015 when it won the Brian Pateman Award for

Other highlights for the company include three Bronze Choice Awards, placing the company in the top 30 agents across Australia for the Travellers

Choice network.

There's no doubt that over the years the company has built strong relationships with clients, due to the fantastic customer service they provide.

"We have become masters at recovering items that have been left overseas," savs Garbin.

"One that comes to mind is a passenger who stayed in Beijing and left her favourite shirt in the hotel drawer. We managed to contact the hotel and the shirt was returned to its very grateful owner.

"Another passenger realised after checking in at London Heathrow that their re-entry visa to Australia had expired and she would not be able to board her flight in Singapore. We were able to break her journey in Singapore and arrange through the Australian High Commission to have her visa renewed as soon as she arrived in Singa-

Under Garbin's stewardship, the agency has also sponsored a number of community-based sporting clubs and charities including the Floreat Cricket Club, Hollywood Bowling Club, SASR Women's Auxillary, the Floreat Uniting Church, Telethon Speech and Hearing Artitude, The Amanda Young Foundation and Life Line. Looking back over the

20 years, Ms Garbin reflects how fortunate the agency is to have a number of their original clients still booking.

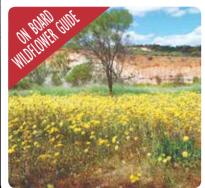
'Without the support of these loyal clients who have in the main become friends we would not be in the position we are in now," says Garbin.

"To them all I wish to say a special thank you."



# Short Spring Time Breaks in Western Australia

# Wildflowers of the Batavia Coast



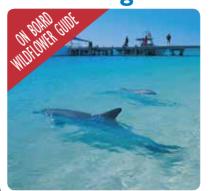
This feature packed five day tour combines the wonders of the Batavia Coast with the magnificent northern winter climate and the annual wildflower season blooms. View the carpets of everlastings in the Coalseam Conservation Park and explore landmarks in Geraldton. Northampton and Mullewa and return home via Coomberdale.

> **Geraldton and Midlands** Wildflowers Extravaganza

5 Days | Friday 14 to Tuesday 18 September 2018

Price \$1475 pptw | Single Option \$280

## **Magnificent Monkey Mia**

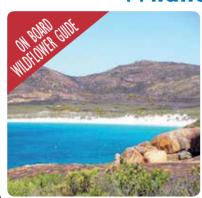


Spend seven glorious days touring Kalbarri and the Murchison River Gorges, getting close to the acclaimed Monkey Mia dolphins and experiencing the Shark Bay World Heritage Area. Delight in the display of everlastings that carpet the rugged Coalseam Reserve, explore Geraldton and visit Mullewa and the Coomberdale Wildflower Farm.

West Coast Wildflower Explorer Featuring Monkey Mia and the Batavia Coast 7 Days | Saturday 22 to Friday 28 September 2018

Price \$2345 pptw | Single Option \$525

#### Wildflower Shows



The stunning West Australian south coast will be a refreshing break for you and your fellow travellers this wildflower season. Together share the sights and scenery on this holiday. Enjoy one night in Hyden, two nights in Esperance and finish off with two nights in Albany. Along the way, experience the magnificent wildflowers which our south coast is famous for.

Wildflowers on the Southern Coast Featuring the Esperance Anglican Wildflower Festival and the Ravensthorpe Wildflower Show

6 Days | Tuesday 18 to Sunday 23 September 2018 Price \$1740 pptw | Single Option \$340

# Visit the Spectacular Stirling Ranges



With your fellow solo travellers, experience a region that is world renowned for the diversity of its wildflowers. Spending two nights in Albany, cruise the Kalgan River, tour the rugged vistas of the Stirling Ranges with an experienced local guide and visit Yongergnow Australian Mallee Fowl Centre. Travelling on, overnight in picturesque Bremer Bay, and spend a night at Hyden, the home to the world famous landform, Wave Rock.

Just for Singles Southern Wheatbelt Wildflower Wonders

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

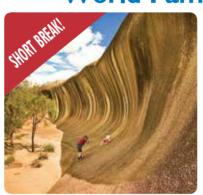
# **Visit the Amazing Pinnacles**



Join us on a magical 4 day wildflower journey to Cervantes, just north of Perth. With an expert wildflower guide on board, you visit the Lesueur and Badgingarra National Parks to find an abundance of wildflowers, some native only to this area. This amazing holiday also includes the world famous Pinnacles of Nambung National Park. See why over 160,000 people from around the world come to see this amazing sight each year!

**Cervantes Wildflowers** 4 Days | Thursday 20 to Sunday 23 September 2018 Price \$1190 pptw | Single Option \$205

### **World Famous Wave Rock**



This wonderful short break will highlight our beautiful centre Wheatbelt area. Staying in Hyden and venturing out from here, we visit the famous Wave Rock and Hippo's Yawn and some amazing touring through to Lake Grace as we go in search of an array of wildflowers, some native only to this area. You will also tour the Tin Horse Highway to view the creations by local farmers.

Hyden and the Wheatbelt Wildflower Trail 4 Days | Tuesday 16 to Friday 19 October 2018 Price \$1230 pptw | Single Option \$210

#### **Busselton's Annual Wildflower Exhibition**

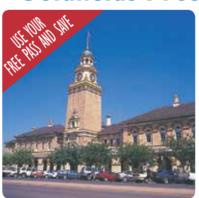


The South West of Western Australia holds a plethora of wonderful treasures. On this five day holiday, experience the varied attractions and landscapes of the Margaret River Wine Region, travel the rural countryside, view the contrasts of forests and vineyards, visit charming townships and enjoy the beautiful range of wildflowers exhibited at the Uniting Church 93rd Annual Wildflower Exhibition.

Margaret River Wine, Wildflowers and Chocolate

5 Days | Monday I to Friday 5 October 2018 Price \$1230 pptw | Single Option \$195

# **Goldfields Prospector Rail Journey**



Take a golden adventure and explore the history and romance of one of the world's greatest gold rushes. Magnificent heritage architecture, museums and historic ghost towns set the scene for a wonderful four night adventure. Finish by following the route of CY O'Connor's pipeline on the Prospector train.

Goldfields and the Prospector Rail Journey Featuring Return Trip on the Prospector

5 Days | Monday 24 to Friday 28 September 2018

Prospector Free Pass \$1230 pptw Prospector Pension/Seniors Card \$1340 pptw Prospector Adult \$1445 pptw | Single Option \$260

# Free Travel Presentations - FreeCall 1800 066 272 to Book Your Seat

23 August 2018 – State Library of Western Australia Morning and Afternoon Sessions Available - Limited to 35 people per session

> Presentations will feature 2018 Christmas Tours, 2019 Murray River Cruises and Packages, 2019 Australian Rail Holidays and Packages FreeCall 1800 066 272 for times and presentation details

**24 August 2018** – Rockingham Event at the Gary Holland Community Centre Doors open 9.45am for a 10.00am start until 1.00pm

Presentations will feature 2018 Christmas Tours, 2019 Victorian Holidays and 2019 Australian Rail Holidays

FreeCall 1800 066 272 for presentation details

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FreeCall 1800 066 272 for full itineraries or to make a booking. Itineraries are subject to change. Terms and conditions apply.

# The BEST WILDFLOWER SEASON in a decade is underway right now on

# AUSTRALIA'S CORAL COAST

Australia's Coral Coast running from Cervantes to Ningaloo and east to Wildflower Country, is blooming with wildflowers right NOW! The Coral Coast is known internationally for our carpets of Everlastings, unique flowers such as the popular Wreath Leschenaultia, various orchids and native bush flowers.

Between June to October our rural sandplains and bushlands burst into colour. Witness one of the world's true natural wonders now, found right on your doorstep just north of Perth.

Visit australiascoralcoast.com/wildflowers for flower sightings, where to stay and itineraries.





Driving into Denham, stop at **Ocean Park** Aquarium on the Shark Bay Road Found on the dune the Aquarium is Shark Bay Daisies, Tamala Rose, Dune Wattle, Kurara and



Billabong

KALBARRI NATIONAI

Nabawa (Chapman Valley)

Mullewa

Coorow

PERTH

COALSEAM CONSERVATION

Mingenew

Three Springs

Eneabba

NATIONAL WATHEROO
PARK NATIONAL PARK

Badgingarra

Dandaragar

Horrocks •

Geraldton

Greenough

Dongara

Port Denison

Leeman

Jurien Bay

Cervantes

**Green Head** 

Roadhous

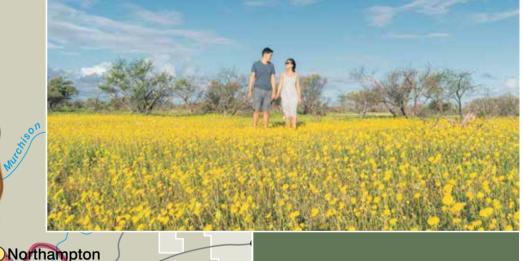
#### **KALBARRI**

Blooming now are bush flowers such as Bank Hakea, Pink Pokers and Flannel Bush and orchids such as Spider and Snail as well as native flowers Grevillea, Wattle, Murchison Rose and Thryptome Inland Gorges at the National Park - bush flowers are at Ross Graham and Hawks Head, along the road and carpark. At Nature's Window, Z-Bend and 🔼 Kalbarri 🔘 the Loop (now paved roads, 4WD not required) Kalbarri Coastal Cliffs - the Mushroom Valley walk trail between Rainbow Valley and Mushroom Rock is showing native flowers with Orchids at Natural PINK LAKE Bridge and Red Bluff sites. Port Gregory town of Tardun, east of Coalseam Conservation Park, is in bloom now with pink Everlastings.

Coorow is showing white Everlastings, various Orchids and giant

Carnamah, Tenendiwa and Yuna are predicted to have good coverage of Everlastings from mid-August. Mullewa, Three Springs and Canna are Orchid hotspots and tipped to bloom in mid-August.

Pindar's Wreath Flowers will be best seen along the Pindar-Burringarra Road at the end of August.



# NAMBUNG & LESUEUR NATIONAL PARKS

Several species of bush flowers including Hakea, Templetonia, Fan Flower, Cats Claw, Winter Bells are currently blooming at **Nambung National Park** (Cervantes) and Lesueur National Park (Green Head). Plenty more to bloom at both National Parks, n addition to Cockleshell Gully Road and Lake Logue Nature Reserve. A 2WD car is suitable, roads are sealed or are compacted gravel. Nearby Stockyard Gully Reserve and Beekeepers Nature Reserve has flowers constantly blooming from July to October - a 4WD is required

AUSTRALIA'S
CORAL COAST
COM

# WESTERN FLORA CARAVAN PARK (EN EABBA)

Western Flora Caravan Park is found on the Brand Highway at **Eneabba**. The park is a hotspot for Orchids which have started to flower with Hooded and Slender Snail Orchids out now, with more to come. Golden Wattles and various Hakea like Honeybush and Red Bird Beak Bacon flowers have just started. The park offers free wildflower walking tours from 1 August.



# Snap a shot of the Golden Outback's wildflowers and you could win \$500



THE wildflowers are blooming after the solid winter rains and are transforming the beautifully rugged Golden Outback landscape into a brightly-coloured wonderland.

Picnic on a blanket of pink, yellow and white everlastings that carpets the ground as far as the eye can see, and marvel at more than 12,000 wildflower species, including the striking wreath leschenaultia and Royal Hakea.

Covering 54 per cent of Western Australia, the Golden Outback stretches from the rugged red earth of Mt Augustus and Kennedy Ranges in the north to the sweeping snow-white beaches of Esperance and the south coast.

At the very heart of the region is the modern mining hub of Kalgoorlie and the Goldfields, offering fascinating insights into the history and heritage of the wild gold rush days.

The Wheatbelt to the west offers picturesque rolling farmland and is dotted with colourful rural townships, granite outcrops, farm stays and Wave Rock.

The natural landscape is a dazzling display of outback plains, huge deserts and salt lakes, rugged rocky outcrops, wild woodland and some of the whitest beaches in the world. Spring time is the perfect time to visit the area and take advantage of the wildflower season.

A journey out to see the beautiful array of colours as well as the delicate and unusual features of many of the species, makes a wonderful day trip or extended holiday.

Australia's Golden Outback is running a competition for people to win \$500. While visiting the area simply upload an image of Golden Outback Wildflowers and be in the chance to win \$500.

It's easy simply click the link below, fill out the form, upload your best wildflower photo and share your entry with friends to gain votes.

People can enter and vote for the best photograph by visiting www. australiasgoldenoutback.com/page/ win-500-your-best-wildflower-photo

# Win a day tour for two thanks to Club 55



IT'S shaping up to be a great wildflower season and Club 55 Travel have a three-day mid-west wildflower tour departing 23 August to see the massive display of blooms. Priced at only \$799, the tour includes most meals and complimentary home pickup and return.

With substantial rainfall, the wildflowers are already starting to bloom, and Club 55 has several tours including a day trips to New Norcia and the Chittering Valley to check out the

wildflower hotspots.

Anyone can join Club 55 for a great day out as there are no membership or joining fees. They offer several convenient departure locations around the Perth metropolitan area.

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

All tours are designed for maximum enjoyment with a leisurely

Owner Chris Hadland and his daughter Tanya have been looking after

www.laverton.wa.gov.au

the over 55s for more than 30 years and look forward to welcoming people aboard.

They are pleased to announce that each month they will be providing a lucky reader with the opportunity to win a day tour for two.

Phone Tanya on 1300 653696 between 9am - 2pm or visit their web page www.club55.com. au where you can register to receive the latest news, special offers and brochures. For more information see the Club 55 advertisement on page 3 of this issue.

**WIN WIN WIN** 

Club 55 Travel offers a lucky reader the opportunity to win two seats aboard their New Norcia Wildflower day tour in October. The country will be ablaze with colour and they look forward to welcoming you aboard. To be in the draw simply email win@haveagonews. com.au with Club 55 in the subject line or write to Club 55 competition C/- Have a Go News PO Box 1042, Leederville West 6901. Competition closes 7/9/18.



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# Spectacular scenery in Japan in autumn

WHAT'S not to love about autumn in Japan... the weather is comfortable for travelling and the skies are clearer, there are fewer foreign tourists, and the autumn colours make for some spectacular scen-

Combined with the array of cultural attractions and experiences, it is an exciting option, but where do vou start with such a wide variety of destinations, accommodation styles, transport options, and culture?

It can seem overwhelming and a bit daunting, even for a seasoned traveller.

Shoji Australia is a Cottesloe based travel agency that works exclusively with Japan.

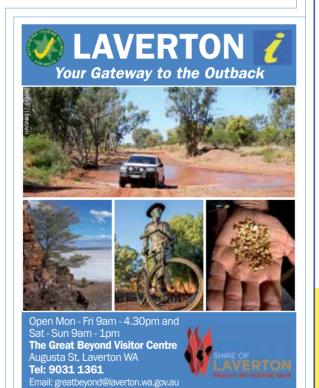
Joining a small group of up to 12 adults on an escorted tour with them can be a pathway to an authentic and amazing experience.

Shoji Australia's October tour will start in the ancient capital of Kyoto with a major historical festival. head off the beaten track to where the everyday surroundings blend history and tradition with modern life, take in world heritage architecture and cultural icons, and culminate in the fascinating urban metropolis of Tokyo.

It will be a cultural adventure through traditional attractions and experiences, markets and other characteristic shopping opportunities, and a variety of local cuisine from street food to traditional banquets, including dinner with a geisha.

Shoji Australia is in the business of making your travel dreams come true. Shoji Australia also offers self-guided itinerary planning for Japan to suit all ages and interests, travel bookings and assistance, as well as more exciting and unique small group escorted tours for adults only.

Check out the latest tour information at www.shojiaustralia. com.au or call 9385 6911 for more information.



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Quality Inn	\$350	\$440	\$540
Ibis	\$365	\$455	\$555
Rydges	\$370	\$460	\$560

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



#### **DAY 1: PERTH TO KALGOORLIE**

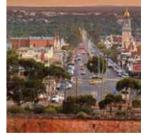
Depart Perth on the Prospector at 7.10am and arrive Kalgoorlie at 2pm. Transfer to your hotel (own expense) and enjoy a free afternoon to explore the City.

#### **DAY 2 & 3: TOURING KALGOORLIE**

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

#### **DAY 4: KALGOORLIE TO PERTH**

Transfer to the rail station (own expense) and depart at 7.05am, arriving in Perth at 1.45pm.



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

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# In search of the famed wreath flowers east of Mullewa

the flowers that, in their

natural state, look as

good as any florist-cre-

These are flowers

that usually can be seen

from the car, appearing

as if they were neatly

laid by florists over the

gravelled surface of the

We see dozens of

flowers with frilled red,

white and pink petals.

One report said there

were around 160 in one

spot. We leave the car

and walk further into the

scrub in search of big-

ger wreath flower num-

bers – and to stretch our

legs after the longish

There's no tourist

booth, no shop nor toi-

let. The openness of

the land and the peace

is soothing to the soul.

ated wreath.

roadside.

drive.



#### by Lee Tate

THE unsealed road near Pindar, east of Mullewa, is so bumpy we are towing our caravan at a snail's pace. Along with other vehicles we could be a funeral procession. Which is appropriate, given we are in search of the wreath flower.

The state of the road

depends on when you go. Lucky motorists arrive after the gravel surface has been freshly

are not endangered but the Wheatbelt and Ger-

Lechenaultia

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guided walks Fitzgerald National Park 12 & 20 Sept,

4WD Wildflower Tag Along Tours 13, 18 & 21 Sept,

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www.wildflowersravensthorpe.org.au

**Gala event with Angus Stewart 23 September** 

10-22 September

araded. One of the world's unique, rare and odd flowers, wreath flowers limited to small areas of aldton sandplains.

rantha, (also spelled It might be a black Leschenaultia) are just 5 thought, but with the cm high but up to 50 cm region's tranquility and across abundance of wreath Countless tourists flowers, this would be pour up and down the an ideal place to be laid road, eyes peeled for to rest.

But with the arrival of a couple of tourist buses, the stillness and birdsong is taken away. No matter. Just drive further up the road for more of nature's wonders.

The flowers are usually individual rings but some are interlocked to form a pretty, coloured chain against the ochre sand.

In previous years, visitors who searched for the flowers reported seeing about 50. İn other years, perhaps 500.

Wreath flowers start coming out in June but the knowing locals and informed visitors leave their visit until September as wreath flowers commonly come much later in the wildflower season.

People from the eastern states and other countries have heard of the wreath flower phenomenon, probably before many of us West Australians, so rich are we in unique and rare

flora. Wreath flowers aren't propagated because apparently they don't look appealing in pots. How long will that last?

There are some other wildflowers about here. One visitor was suggesting to others that they call at Canna to see the wild orchids.

Of course, seasons change and seeing what is flowering is the luck of the draw. So it can be a big help to chat to fellow flora followers.

Given the road corrugations in these parts, a bus tour seems like a good idea. Tour leaders are also better-informed today with training or local knowledge. Unlike most of us, they know where they are going when it comes to specific, flourishing wildflower spots.

# Flowers and snow



Floriade in Canberra

**WHO** would have thought that such a combination would go together? Aussie Redback Tours is pleased to announce that they have planned a tour that will include all of these and more.

Commencing Saturday 6 October and running for six days, the tour includes a visit to Australia's biggest celebration spring - Floriade in Canberra - which showcases garden bed designs, colour, pattern and movement

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Guest House was the first guest house there in 1961.

over 8.000m<sup>2</sup> of inner parkland. It includes more than 100 varieties of tulips, pansies, irises, violas, hyacinths, ranunculus and more. People will be gobsmacked at the size and beauty of this event.

While in the ACT, the tour also includes a visit to Parliament House. the National Gallery of Australia, the National War Memorial and the embassy district - all remarkable and interesting in their own right.

After the ACT, the tour continues to historical Jindabyne, then the Snowy Mountains and the alpine village of Thredbo. The sights from the top of the mountain are breathtaking.

The last two days include a trip to the Murrumbidgee River and the famous Dog on the Tuckerbox. There's a drive through the border cities of Albury in New South Wales and Wodonga in Victoria, a visit to Kelly country to see where Ned Kelly and his mother were tried and imprisoned, and an animated re-enactment of Ned Kelly's capture at the Glenrowan Hotel. The tour finishes with a visit to Benella, famous for the legendary Weary Dunlop.

The six-day tour starts at \$2,600 per person and includes flights Perth to Canberra and Melbourne to Perth; motel accommodation; daily breakfasts, most dinners and some lunches. If you would like to join Aussie Redback Tours on this amazing tour, please phone 1300 662 026 or email aussiered backtours@yahoo. com.au.

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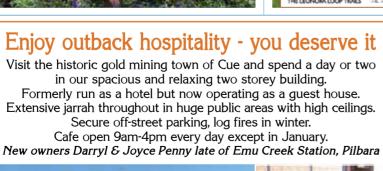




Northcliffe Visitor Centre & Public Library

Muirillup Rd, Northcliffe WA PH 9776 7203

EMAIL ncfvisitorcentre@westnet.com.au











# Celebrating the wildflowers of the Ravensthorpe region







From left to right; Fitzgerald National Park - the beautiful CBH silos - herbarium

**RAVENSTHORPE** Wildflower Show and Spring Festival is now in its 36th year and continues to be a celebration of the natural and rugged beauty of the region.

The floral diversity and abundance in the Shire of Ravensthorpe on the south east coast never ceases to amaze and inspire people who visit. The Ravensthorpe Wildflower Show has become one of the must see events on the wildflower calendar

Many a traveller calls into the show and the streets are lined with grey nomads and overseas visitors.

The regions claims about 25 per cent of WA's wildflower species with many of them found nowhere else in the world and some still to be identified.

Last year's show boasted more than 700 species of wildflowers from the region and it's believed this is the biggest wildflower show in Australia, if not the world.

The plants are all on display and botanically identified by about 160 people from the local community who volunteer their time to bring this show to fruition every year.

During the wildflower show a number of activities take place including 4WD tagalong tours through the Ravensthorpe Ranges, guided walks in the Fitzgerald River National Park with two rangers from the Department of Biodiversity Conservation and Attractions and a Wildflower Show Host, a street parade, guided bush walks with a local zoologist and of course there is an abundance of country-made food, art exhibitions and the beautiful CBH Silos painted with six life stages of Banksia baxteri and its pollinators.

Tagalong tours are a great way for a range of like-minded people to explore some of the out-of-the-way bush tracks around Ravensthorpe and Hopetoun as well as the Fitzgerald River National Park and the Ravensthorpe Range while searching for wildflowers.

They are a terrific way to showcase the ever changing beauty of the region which can boast as the richest Eucalypt area in Australia (and the world) with an abundance of floral species, many of which are endemic to this area. The tours are conducted by the Prog-Ravensthorpe ress Association and

the Ravensthorpe SES. They enable visitors to go off-road in a safe manner that respects the bush and provides the added benefit of a guided tour to the current wildflower hotspots and a picnic lunch in the bush.

Enjoy a walk along a section of the Hakea Trail with park rangers of the Fitzgerald River National Park. The park has recently been reinstated and globally recognised by UNESCO as an important member of its Biosphere Reserve Programme. A visit to Ravensthorpe and Hopetoun and the recently re-opened Fitzgerald River National Park in spring will be a rich and rewarding experience.

The show winds up with a long table lunch/ dinner and tapas afternoon with guest speakers including Angus Stewart from Gardening Australia.

Devonshire teas and lunches are made and sold daily by community groups including

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home-made soups and scones in the ambience of the restored former Browns Hotel (now known as the Ravensthorpe Community Centre).

The annual quilt and craft exhibition showcases quilts, wall hangings, table settings, pin cushions, bags and other small craft items and includes items for sale and the annual exhibit of local artwork showcases the diverse talent of the people living in the region.

The annual wildflower photography competition is something that the Hopetoun Community Resource Centre is very excited to host and showcase in the beautiful Hopetoun visitors centre. All entries will be on display in the centre during the show. Judging will be conducted by famous Esperance photographer and actor, Dan Paris.

Wildflowers

Gather Here event provides guided viewing of the diverse local flora found in the Hopetoun-Jerdacuttup region. With a special focus and feature on orchids, the event is an opportunity for enthusiasts, experts and novices alike to join in and explore some of the beautiful local bush.

While relaxing in the Springdale Courtyard Café and enjoying the tasty Devonshire tea included in the event, guests will also be able to enjoy a video that enables them to identify the flowers they have seen whilst enjoying the company of the hostess, Mary Richard-

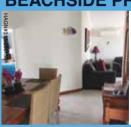
For detailed information about any of the events contact Jen on 0428 580 737 or Sue on 0407 981 301, www.wildflow visit ersravensthorpe.org. au or Facebook : Ravensthorpe Wildflower Show.



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# Tales of a Tireless Traveller on location in warmer northern climes



by "Numbat" (Paying trib-

Despatch to Jennifer Merigan, Travel Editor, Have a Go News Hi Jen

Residents reckon they don't usually put up house numbers because

Holiday Units & Chalets

Broome doesn't only race horses. They've

raced crabs here for 24 years with the creatures plucked off the shore weekly. Proceeds go to charity. Crabs are setfree.

to tie-up their tomato

country racecourses tra-

ditionally water their dusty

racetracks, Broome uses

while

bushes.

Incidentally,

Chinatown, the town's hub, isn't a Chinatown at all. Chinese had businesses there, so did the Japanese who helped lay the foundation of the pearling industry. It was called Japtown - until Japan entered WW2.

Japtown was central to a ground-and-backbreaking industry but featured opium also dens, brothels and mahjong palaces.

In town, pedestrians give-way to cars.

Broome was Australia's first genuine multicultural town but seating at Broome's Sun Pictures was segregated and Broome has separate Chinese and Japanese cemeteries.

Sun Pictures is in the Guinness Book of Records as the world's longest-operating picture garden.

Broome's Japanese sister city is Taiji where, in 1878, fishermen tried to kill a massive whale. The cetacean dragged the men out to sea, drowning 100. If not for the incident, the Japanese might not have come to Broome.

Master pearlers called themselves captain and wore white suits which they changed twice-daily due to the red dust. They

had them laundered in Singapore.

Airport is Broome smack in the middle of town. Street lights had to be shortened because they were in line with the aircraft flight path.

In tides that rise 10 metres, the water reaches up to the edge of the airport. Last year, 20 cars parked on beaches were claimed by king tides.

Broome is truly batty. More than 50.000 bats live in the town's mangroves, emerging in massive numbers at sunset and swooping over tourists waiting to watch the Staircase to the Moon.

Riddell Beach named after Captain Riddell who, along with his son and his first mate, was killed by his Malay crew in 1899. The crew were turned-in by Chinese cook John Chi and

hanged in Fremantle.

Broome's golf course is proudly proclaimed to have the only grassed putting greens between Darwin and Perth.

Gubinge trees growing in Broome produce fruit said to be the world's highest natural source of Vitamin C.

Percy, Patrick Broome's pioneering lighthouse keeper, build an inter-tidal natural rock pool, called Anastasia's Pool, next to the lighthouse to provide pain relief for his arthritic wife.

Broome proudly proclaims it is 14,000 kms from Timbuktu.

In 1904, the Dampier Despatch reported how Broome was getting civilised and listed the Broome Lawn Tennis Club. "Fancy a lawn in Broome", it exclaimed.

Aboriginal students

take probably the world's longest trips to school each term. Picked-up from their outposts by light planes, they fly to Broome and switch to commercial jets to attend Perth boarding schools.

Popular beach spot, North of the Rocks, is the base for both camel rides and nude bathing.

Road-shaken motorists are said to have been given the Kimberley massage.

Broome pearl shell was top in the world for buttons - until plastic took over from pearl shell.

Everyone loves Broome - except the man it was named after, Frederick Broome, WA Governor in 1883. He didn't like the look of the place and asked for his name to be removed.

Permission denied!

there are no mail deliverute to our State emblem) ies - mail being collected at the post office. They say they know who lives in each house by the car

parked out the front.

Casual dress is stan-

dard in Broome, even for

the races. Except for the

Broome Cup. While high-

heels are welcome, ladies

coming up from Perth are

advised to leave their

pantyhose back home

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COMMERCIAL fishermen predict 35,000 or more humpback whales will be on show out of Fremantle as they head south from their north west breeding grounds.

It's a whale watchers delight, and Echo Adventures offers quality whale watching cruises for this year's season.

A cruise provides the opportunity to see these magnificent creatures in the wild and Echo Adventure's vessel includes an underwater viewing room and drone spotting capabili-

The cruises last up to three hours with the multi level vessel enabling better sightings for all passengers.

In the last two seasons whales have been spotted breaching, tail slapping and can often be seen looking back at the boat providing a two way interaction which is loved by both whales and people.

The season starts from Saturday 1 September and runs until mid November.

The vessel has a fully licensed bar with snacks available on board. It caters for both groups and individuals and can be booked for private cruises too.

Boarding commences early at 7.30am. Ticket prices range from \$45 to \$115.

Don't miss this year's whale watching season from Fremantle, contact Echo Adventure's Bill Edgar on 0421 606 058, email EATourWA@ gmail.com or find Echo Adventure on Facebook.







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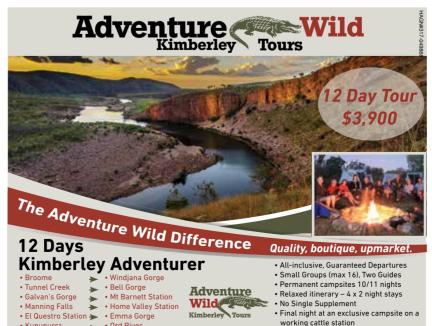
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# Whales, wildflowers, walks and weather - it's a great time to visit Kalbarri



Humpback whale with baby, Kalbarri

NOW is a great time to defrost a little and enjoy an array of things to do in Kalbarri. Here's 10 things to do for free during a visit to Kalbarri:

1 - Whales are swimming in close to Kalbarri and the humpbacks can be seen most days easily from vantage points along the coast just a few hundred metres from the township. Jakes Point is an excellent spot to sit on a bench looking. Sightings are almost guaranteed of whales, dolphins and some talented local board riders. A coffee

van is also often on-site where you can enjoy a coffee and light snack.

2 - Wildflowers are having one of their best seasons this year due to good rains up north. More than 100 species can be seen in and around Kalbarri. A walk through the golf course will easily show you some of the best wildflowers and if you want to see more, tours are available to book at the local Visitor Centre.

3 - Walks. There are lots of enjoyable walks from the town towards the river mouth. Enjoy

the first vantage point looking up the river towards Murchison House Station, across the township or a magical view to the north up the cliffs towards Monkey Mia and Steep Point. Walking tracks are well marked and made for easy walks and offer the best views. If you are staying at Palm Resort and walking is not on your agenda they will happily drop you off at Jakes and Rainbow

free resort mini bus. 4 - Pelican feeding

Jungle and pick you up

an hour or so later in the

occurs daily 8.45 am on the foreshore, hosted every day by local volunteers who will give visitors an informative insight into these magnificent creatures.

5 - Zuytdorp Memorial. This is a new memorial located just above Chinaman's Rock and an easy 500 metre walk from the township. It commemorates the 300th anniversary of the shipwreck Zuytdorp, 60 km north of Kalbarri in 1712.

6 - Fisherman's Jetty. Stroll down town towards Fisherman's Jetty and check out the local catch of the day. Often you can purchase a fish or rock lobster straight from the fisherman for dinner. Kalbarri Palm Resort has a seniors package which includes a 10 per cent discount at the best restaurant in town.

7 - Sunsets. About 5 pm wander down to the foreshore to watch the sun set over the ocean. It's a stunning way to end a day in Kalbarri.

8 - Shops with a dif-

ference. There are some great craft and souvenir shops in town which have a variety of products from local arts and crafts enthusiasts. At regular intervals there are also market days on the lawn area of the fore-

9 - Weather. The extra sunshine and warmth over winter and spring is free. Temperatures average 22°C over winter with clear skies and light winds. Overnight it rarely drops below 10°C.

10 - Get sporty. At Palm Resort guests can use any of the resort's many leisure and sports facilities: Tennis and lawn bowls are available, there are two pools, a barbecue area and outdoor dining choices spread around the re-

Kalbarri Palm Resort offer a great value package for three which includes a free upgrade for two starting at just \$279. They will also throw in one free restaurant breakfast (for two), wine, chocolates and a restaurant dinner discount. They promise you one thing... Kalbarri – you'll

love it. See advertisement this feature for details.



WILDFLOWER SEASON SPECIAL: Powered sites weekly rate of \$15 per night (normally \$25) 7 nights for \$105.

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# Carnarvon is blooming



THIS year's wildflower season is the largest blooming display Carnarvon has seen in decades.

The region has sightings of pink, white and yellow everlasting close to the Carnarvon town centre. For those up for an adventure, a short day-trip to the Blowholes or Rocky Pool will de-

But wildflowers isn't the only thing you will experience when you visit the Coral Coast town of



fascinating heritage, space history and delicious local produce, and the highlight in August is the Gascoyne Food Festival taking place in the region. Visit www.carnarvon.org. au for more information on Carnarvon and sur-



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# Meandering around the Margaret River region in winter













Gralyn's vines planted in 1975 - scallops at Rustico - Brookland Valley Winery - Rustico's pork belly - Hay Shed Hill's vineyards - friendly staff at Fermoy

#### by Jennifer Merigan

EVERY winter I take five days off and head down to south for some rest and rejuvenation. As I countdown to the departure I hope for lots of rain and storms for the trip.

You may think me strange that I love the wet, stormy weather but there's nothing I find more relaxing than sit-

Esperance Getaway

ting by a fire with a storm swirling outside and this year I wasn't disappoint-

My partner and I returned to our shack where we have stayed for the last few years, which is a lovely cottage at Forest Rise Eco Retreat in Yelverton, perfectly placed between Busselton and Margaret

The one-bedroom cottages are mud brick, fully self-contained with a log fire, television, entertainment system and a superb bathroom with spa bath under a glass roof.

On arrival a peaceful bird song is playing, the heater is on and the fridge is stocked with cheese, chocolates, wine, beer and bread.

It's completely sur-rounded by forest and it feels like we could be the only ones in the world apart from a visiting kangaroo or two.

Forest Rise think of all the little things and outdoors there's a gas barbecue with table setting, stock pile of wood, two bicycles and secluded outdoor shower, which I

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even braved one day. Inside there's a fully functioning kitchen with

tea, coffee machine,

sugar, salt and pepper, dvds, games and music and all linen is supplied. On the way we stock up at Bunbury Farmers Market and really just bunker down for most of the stay reading, relaxing

and cooking, although we schedule one day to get out and about. The day we chose to head out was a rainy, cold day, just as we like it, and we drove down

to Prevelly Park to check out the wild seas before deciding on a few wineries to visit.

Our first stop was at the family owned bouwinery Gralyn tiaue Estate located at 4145 Caves Road in Willyabrup. Gralyn planted their first vines in 1975 and specialise in some superb fortified wines. We're not big on whites

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so we tasted our way through their red selection and chose the slightly sweetish Racy Red 2017 and Late Harvest Cabernet which we thought would complement desserts beautifullv. Their selection of fortified wines are delicious and we couldn't leave without a bottle or two of their White Chocolate 2017. Chocolate Ruby 2017 and one of their Classic Muscat.

They make the perfect accompaniment for a cheese plate and even better when served and eaten around a log fire.

Our next stop was Valley Brooklyn Caves Road where we tried a couple of their Classic reds including the old backstop Verse 1 Cabernet Merlot.

They offer a couple of cellar door only wines, made in small batches which included a rosé, Pinot Grigio and Rojo Grande but we personally preferred the Cabernet Merlot. The grounds at the winery are lovely and well worth a wander around. On site is Flutes restaurant which offers a three-course meal deal for \$60 from Thursday to Monday.

As we drove along Metricup Road, I was intrigued by a sign outside the pretty pink chateau style building of Fermov Estate which stated they had been awarded the world's greatest cabernet in 2015 so we stopped to investigate.

I was pretty impressed to see that Fermoy's Reserve Cabernet Sauvignon 2013 took out the world's best cabernet trophy in 2015 at the Concours International Des Cabernets, Paris, France.

Fermoy can also boast supplying royalty when

Australian chef Luke Mangan chose their 2001 Cabernet Sauvignon from a blind tasting to serve with lamb at the wedding of Prince Frederick of Denmark to Australia's Mary Donaldson.

The staff at Fermoy are warm and welcoming and not only do you get to taste some world class wines, there's a good selection of artwork in the tasting room including a couple of Bromley's pieces.

Also located on the property is the Pukara Estate olive oil companv and though not WA made, the Australian supplier offer some quality oils and vinegars to sample and buy. We couldn't leave without a bottle of the smoked olive oil and a jar of their wasabi mayonnaise.

We had left our cottage about 10am and by the time we meandered around it was almost 2pm and we were ready for lunch.

We seem to be creatures of habit on this trip as we were hankering to return to Rustico at Hay Shed Hill winery.

They offer tapas style tasting plates, paellas, pizzas and a six-course degustation menu and we just find the service and quality of the food excellent.

Obviously so did half the other tourists in the and we thought area safely get a table we'd when we turned up around 2.30pm.

A word of advice is to book if you plan to eat at Rustico, fortunately their kitchen is open until 5pm and we did eventually get a table after about a half an hour wait.

The wait gave us the opportunity to sample Hay Shed Hill's range of wines. They produce a particularly good sparkling wine and they also had some lovely clear skin cases of their pitchfork range for \$10 a bottle in a case buy.

They also stock a lot of other products and have some lovely items for sale, perfect for gifts.

By the time our table was ready at Rustico we were famished so we couldn't resist their sixcourse degustation lunch which included Hervey Bay Scallops, Tempura Spanish Mackerel, Beef Carpaccio, Pork Belly, 57°C beef and finished with a dessert tasting

plate. continued on page 35



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# Trevally are one heck of a fish



Popper fishing for big trevally can get pretty exciting at times

#### by Mike Roennfeldt

THEY have been called by a lot of different pet names over the years: trevors, bumpers, blurters, turrum, lowlies or GTs. In really big sizes they have even been Volkswagens. Whatever you call them, the mighty giant trevally is one heck of a fish.

In north western WA. these pugnacious battlers of tropical inshore waters probably grow to around 50kg, but some of the photos I've seen of fish caught around various Pacific islands would have been closer to 70

kg.
GTs are at the top end of the trevally family and the same hard-pulling, never-sav-die attitude that we southerners love in our little silver trevally (skippy), is magnified in their big cousins.

They can be caught in

any number of ways, but by far the most exciting is with surface popper lures. The sight of a group of big trevally smashing a popper on the surface is one of the great moments in fishing and the slabsided, heavy shouldered predators can get pretty single minded when they see the popper as an easy meal skipping town.

Once hooked, a giant trevally can be unstoppable in the early stages of the fight, but with patience and smooth rod work even big ones can be beaten.

Having said that, an entire fishing culture has grown around the aggressive, hard-pulling nature of GTs, where subtlety and carefully playing a fish out is definitely not part of the game. It has spawned the development of purpose-built tackle designed to put the angler on a level playing field in a knock-emdown, flat out tug-of-war with one of the great fish. The rods are brutally tough but with enough

tip action to cast big cup-faced poppers that sound more like a detonation than a splash when ripped into the surface of the water. Repeated blooping of the popper creates a sound and explosion of foam that big GTs seem unable to resist. The fight after hookup is all strength and endurance.

While not considered great eating in big sizes, juvenile giant trevally to around 5kg are very acceptable table fare and the trick is to cut them into fairly fine fillets.

Even a 2kg fish is fun to catch; wading northern sand flats with a light spin rod and small metal lures can provide some really entertaining fishing for little GTs and other members of the trevally

They are one of the world's great sport fish.

# Meandering around the **Margaret River region in winter**



continued from page 34

The degustation can be paired with wines, but after an afternoon of tastings we decided to enjoy a glass of sparkling with the meal.

We felt like the judges from Masterchef, oohing and ahhing over each course and picking out the unusual flavour combinations.

The degustation costs \$65 each without wines and is worth every cent, plus after the late lunch dinner is not required.

Personally I think Rustico offers some of the best food in the region and I am happy to return to eat there every year. For those who don't want to travel so far, another Rustico is located in Rockingham.

Looking out to vineyards, the rain came in and it reminded us that we live in a very special part of the world and the winter season should be embraced. FAST FACTS:

Accommodation - Forest Rise Eco Resort www.forestrise.com.au

Lunch - Rustico at Hay Shed Hill Winery, Open 11am to 5pm daily. Book on 9755 6455.

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#### Menopause and the common symptoms resulting



MENOPAUSE is defined as when a woman does not have a menstrual period for 12 months. Then the ovaries cease to function and hence their reproductive period has begun to come to an end.

This change in a woman's life does not happen overnight but gradually. During this whole transition period she may experience a number of different symptoms such as irregular periods, night sweats, low libido and vaginal dryness, mood changes and hot flushes.

The symptoms are caused by a hormonal imbalance. This usually occurs between the age of 40 and 50. Treatment options available

are directed towards easing these uncomfortable symptoms and allowing her to get on with her daily routine. No two women are the same, and each will experience different symptoms during the stages of menopause.

The treatment of menopause should be handled by doctors that understand your symptoms. At the Australian Menopause Centre the doctors have more than 50 years combined medical experience treating over 75,000 women offering a more natural approach.

They provide a service that allows you to have a consultation over the phone whether you are in north Queensland or Western Australia and at a day and time that suits your busy lifestyle. All telephone consultations are in the privacy of your own home and any information, natural medication and everything you need will be sent directly, making it convenient and easy for you.

You are not alone. Every woman will go through menopause and 80 per cent will suffer adverse symptoms. No two experiences (or two women) are the same, so call the Australian Menipause Centre 1300 883 405 and mention "Have a Go" to get an individually tailored treatment program to get you feeling fabulous again.

# Incontinence: you don't have to put up with it



Continence Foundation of Australia NATIONAL CONTINENCE HELPLINE

3. Exercise regularly to

help prevent constipation

and maintain a healthy

4. Keep your pelvic floor

toned to maintain good

bladder and bowel con-

5. Practice good toilet

habits to prevent blad-

der and bowel control

problems. Go to the toilet

when your bladder feels

full; don't get into the habit

to your doctor or contact

the National Continence

The first step is to talk

of going just in case.

1800 33 00 66

body weight.

INCONTINENCE, although rarely talked about, is one of the most prevalent health issues facing Australians, with one in four adults affected by bladder and bowel control problems.

It is a widespread condition that ranges in severity from just a small leak to complete loss of bladder or bowel control.

The good news is that the majority of people affected by incontinence can be better treated, managed or cured. Of course, this can only happen when you seek help – which a staggering 70 per cent of people don't.

Incontinence should never be dismissed as trivial. It is not normal at any age or life stage and should be treated by a health professional. It will not get better on its own and could even worsen.

Adopting healthy bladder and bowel habits can help prevent incontinence.

1. Eat plenty of fibre to prevent constipation and to maintain a healthy body weight.

Drink well to prevent bladder irritability and constipation. Helpline on 1800 33 00

The Helpline is staffed by a team of continence nurse advisors who offer free information, confidential advice and can provide you with a wide range of resources and referrals to your local specialists and services. You can also check out the Continence Foundation website at www.conti nence.org.au.

This article is supplied by the Continence Foundation of Australia, the national peak body working to improve the quality of life of all Australians affected by incontinence.

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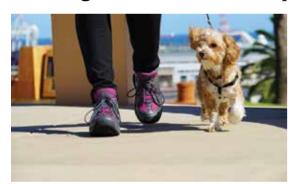


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### The right shoes can keep you active and pain-free



EXERCISE has been proven to help everything from our balance, to how well we sleep, to how mobile we are as we age. We need to get out there and get active. And then we need to stay active.

But importantly we need to move without injuring ourselves. This gets harder as we age: arthritis, heels spurs and even losing the fat pads on the bottom of our feet can make walking painful.

Our feet take the brunt of the impact when we work

out, so proper foot care is one of the biggest things you

can do to keep yourself active.

Get a good pair of shoes that give your feet what they need. Shoes that cushion impact, and provide support will help everything from your toes upwards when you leap into action.

The inventor of Z-CoiL shoes, Al Gallegos, himself suffered from many of the activity-related injuries that come with being an keen runner. In building shoes that helped his own pain and got him back into action, he built shoes that do the same for others. Z-CoiL shoes have helped

more than a million people get active and stay active.

After suffering with foot pain, owner of Springy Feet,
Nikki Miller says: "Z-CoiL shoes reduce the impact absorbed from heel-strike by up to 50 per cent. No other
shoe can come close to that. I am so grateful to Z-CoiLs
for giving me back my life. They are such a joy to wear.
I now look forward to big day trips and massive outings
because I don't get tired in my Z-CoiLs."

Z-CoiL shoes are now available in Australia from Springy Feet in East Fremantle. Call now for an appointment 0404 877 006. Read the testimonials of people on www.springyfeet.com.au



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# healthy living ADVERTISING FEATURE



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# Facial recognition technology keeping pain in check at SwanCare



SWANCARE is trialling facial-recognition technology to assist seniors with dementia who are experiencing pain but are unable to express their discomfort



verbally.

SwanCare's trial of the PainChek™ application is one of the first clinical application of the technology in Western Australia. It will

run across 15 residents in the dementia support wing at SwanCare's Kingia Care facility, with a view to extend use in the home and palliative care.

PainChek™ is the firstof-its-kind automated facial recognition app - originally developed by Curtin researchers - that detects facial micro-expressions indicative of pain.

Previous research of the technology has shown that PainChek™ offers a valid and reliable method to assess pain in people with moderate to severe dementia.

It is anticipated that the technology will reduce behavioural disturbances caused by pain, that are often inappropriately treated with sedatives and antipsychotic medications.

Facial expressions associated with pain are the same across gender and ethnicity - from the more recognisable frowning and grimacing to micro-expressions such as tightening of the evelids and wrinkling of the nose.

The PainChek App operates on a mobile phone, using the camera to take a short video of the face to assess pain indicators with facial recognition and artificial intelligence soft-

These results provide a standardised calculation of the patient's pain score, reducing human bias while enabling pain, medication and treatment data to be measured more accurately

"We have a strong history of engaging technology to assist our residents with dementia," SwanCare CEO Graham Francis said.

"We have a responsive touch screen in our aged care facility; we have several virtual reality headsets in regular use and now we have this exciting technol-

ogy."
"We know that around 50 per cent of people with dementia experience pain on a regular basis," Francis said. "With cognitively-impaired residents and particularly those who are non-verbal, determining pain levels is challenging and can lead to difficulties in pain management.

'It is our hope that PainChek™ will efficiently identify pain in non-verbal residents, allowing us to appropriately manage pain for their comfort," he

Professor Jeff Hughes of Curtin University identified the need for improving pain assessment methods for people living with dementia and started the

journey. Mr Mustafa Atee, a pharmacist and research fellow from Curtin University, was inspired by his ailing grandmother and took on the project which

has become an innovative award-winning PhD project, a commercial product and now an ASX-listed company.

"In her last days of life my grandmother had a lot of difficulty communicating including telling us whether she was in pain or not because of her de-

mentia," Mr Atee said.
"This experience had a great impact on myself both personally and professionally and helped shape the idea behind PainChek™.

"I wanted to help create something to give people like my grandmother a voice and to ultimately bring them comfort and contentment.



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# People with diabetes are twice as likely to have a hearing loss



IF you have been diagnosed with diabetes you should see an audiologist to get a baseline hearing assessment, even if you have not noticed any hearing difficulties. It is then advisable to get your hearing levels checked each year.

High blood glucose levels may damage the blood vessels in the delicate inner ear over time. This can lead to hearing and balance difficulties. Diabetic patients are also more susceptible to chronic ear

Untreated hearing loss is often associated with other health conditions, which can negatively impact on your ability to deal with diabetes. Early detection and management of hearing loss is the key to achieving the best possible outcomes.

Attune Hearing offer comprehensive audiology assessments, with no out of pocket expenses to diabetics over 50 years, with a GP referral. The tests will include assessment of the outer, middle and inner ear and a report sent to your GP. This is because we value accurate diagnosis of hearing loss and recognise that the shape and type of hearing loss provides an insight into other medical conditions.

Attune are the largest independently owned Audiology Clinics in Australia, working with ear, nose and throat specialists, providing hearing, balance and tinnitus assessments. They are not affiliated with any hearing aid manufacturer, so can provide independent advice on a range of hearing devices.

Contact a clinic near you for more information. Alkimos: 9233 2400 Suite 2, 3 Bulwark Avenue. Ellenbrook: 9233 2400 Ellenbrook Chiropractic and Wellness

Jandakot: 6174 5300 Unit 3, 234 Berrigan Drive. Joondalup: 9233 2400 Unit 3, 19 Boas Avenue. Mt Lawley: 6278 5500 Suite 2, 689 Beaufort

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# Ageing Disgracefully returns to the City of Swan in September



back again. Disgracefully

2018... If you have never been before, do put this in your diary now. And if this is your second, third or fourth time you will know that you won't be disappointed.

The idea for an Ageing Disgracefully seminar started a few years ago. It is a recognition that ageing can be fun. Often it is in our later years we can let go of convention and do the things we en-

joy. Sometimes we can even make our grandchildren smile and shake their heads. But as with most of life's stages, ageing comes with its unique challenges.

So the idea for providing information on ageing well and joyfully was born. It is a mixture of stalls and presentations wrapped up in music, comedy, and coupled with a lovely morning tea. It is a day to learn and enjoy.

This year's presenters are Daniel Lane from the Perth Brain Clinic

who will speak on The Youthful Brain and Mysteries of Pain. Daniel has a wealth knowledge and experience in areas such as chronic pain, depression, anxiety, strokes, dementia and keeping your brain healthy. Although this is the Ageing Disgracefully seminar his information is invaluable to people of all ages.

Brenton Fosdike, musician and performer will speak on The Medicine of Music. Brenton has had many years of experience in the music industry and was involved in the band The Mixtures whose single The Pushbike Song was an Australian hit.

The seminar is on Wednesday 19 September at the Altone Park Leisure Centre, now known as Swan Active Beechboro. It is still located in the same place at 332 Benara Road, Beechboro. There is plenty of free parking.

The seminar starts at 8.30am and finishes at 1.30pm. Morning tea is provided. Lunch can be purchased from Spud Van or the kiosk. This is a free community event supported by the City of Swan.

Registrations essential and can be done online through the City of Swan website www.swan.wa.gov. au or by phoning Swan Active Beechboro on 9207 8555.

#### Local hearing clinic offers a range of aural rehabilitation

SUMMERLIN Audiology about the reasons for hearing and/ or balance problems and employ a full range of assessments to determine the root cause.

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They are not tied to any particular brand and they receive no commission on fitting hearing aids.

They also offer visiting clinics at Edgewater and Manjimup.

Summerlin Audiology is a private clinic but is approved to see eligible pensioners under the government scheme and has approval under the Enhanced Primary Care Program: both need a doctor's referral.

The university trained audiologists maintain a continuing education program to offer the most upto-date digital solution for people's hearing problem.

Remember, early intervention will improve social interactions, which is now thought to delay the onset

Summerlin is located at suite 7. 19-21 Outram Street in West Perth also visiting Edgewater and Manjimup. For more information, visit the website www.isaudiologist.

### Braemar invests in new memory support service



A NEW dementia care service has been launched by Braemar Presbyterian Care at its Braemar Village res-

idential facility in Willagee.

The facility joining Braemar House and Braemar Cooinda in providing a dedicated secure area for residents. The new specialist care service includes 26 rooms, with an array of features such as internal gardens, a dining area and communal lounges.

Chief executive officer of Braemar Presbyterian Care, Wayne Belcher, says these dementia-specific services will meet the rising care needs of the region, and reflect Braemar's commitment to the local com-

"Braemar is committed to the seniors of the City of Melville. The establishment of this new service will also enable residents living with demantia to enjoy the high quality care and friendship that Braemar Village is known for," he says.

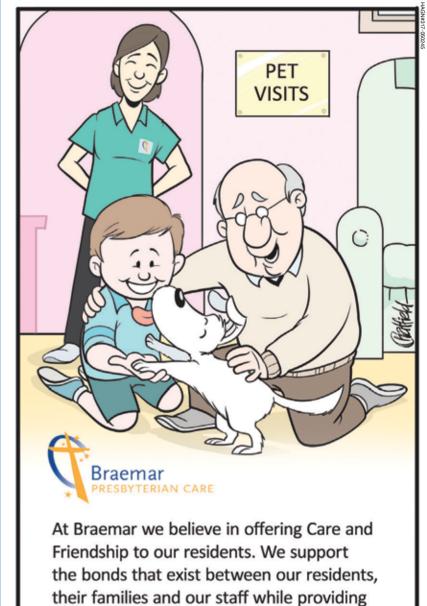
Braemar has engaged leading Perth dementia consultant Michelle Harris-Allsop of Care Partnerships Australia to ensure the memory support environment at Braemar Village is of the highest standard, taking resident's needs and wants into account.

Ms Harris-Allsop says that every dementia experience is different, and common misconceptions of the condition can lead to negative stigma and a misunderstanding of the needs and wants of those with memory support needs.

"The guiding principle of the work at Braemar Village is to help the facility establish an environment that is enabling and supportive of the residents to maximise their quality of life," comments Ms. Har-

"We have built up a substantial amount of knowledge about the significance of the environmental design and the psychosocial, spiritual and emotional aspects that are best suited to people who live with a cognitive disability such as dementia, which is being taken into account at Braemar," she said.





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# GREAT HOME and GARDENING

# Seeds of success – grow your own vegetables at home, it's easy and fun to do



Left to right; Araluen Botanic Park - Mr Fothergill's and Yates propagtors - try growing your own tomatoes, capsicums or chillies

#### by Colin Barlow

OUR wet winter is nearly over and many gardeners are already looking forward to the warmer and sunnier days ahead. The welcome rains have been a blessing for our gardens, but have brought the dreaded weeds out in abundance and have provided a good excuse for those of us who do not wish to go outside during the colder winter months. If you are still looking at keeping warm inside this August, here is a suggestion that will reap you benefits later in the year.

If you love your tomatoes, capsicums and chillies why not try growing your own from seed, it's easy and lots of fun to do. And now is the time to get your seeds off to the perfect early start for a bumper crop in sum-You can purchase seed from your local garden centre, nursery, hardware store or online.

I like to start my seeds in a mini greenhouse or propagator on a windowsill inside. Otherwise choose a protected or sheltered spot outside, preferably under the eaves to limit the effects of the rain. Mr Fothergill's, Yates and Saxon make reliable and easy to use propagators/mini green houses which are available at most local gardening stores. Each unit has easily adjustable air vents to help

control the warmth, humidity and protection from cold winds or drying out. These propagators come with reusable plastic cell trays or you can purchase them separately depending on what type of seeds you are

#### How to successfully sow seeds

Fill the seed tray with moist seed raising/cutting mix. Scotts Osmo-cote Professional Seed Raising and Cutting Mix or Richgro Seed and Cutting mix are ideal or you can mix 50:50 sphagnum peat and perlite or coarse propagating sand.

Level off the mix with a smooth piece or block of wood; use a sawing action starting from the middle of the tray working to the outside.

Gently firm or tamp down with the wood to create a firm level surface.

Place the tray in a large waterproof container and pour in water around the outside of the tray until the level is around 1cm below the soil level. Wait until the surface of the mix darkens when the water reaches the top by capillary action.

Remove the tray from the water and allow to drain.

Sow the seeds according to the directions on the packet. Tomatoes, capsicum and chillies are usually sown 5mm deep

Cover the seed with fine or sieved

seed raising mix or vermiculite.

Lightly water with a spray bottle or watering can with a fine rose.

Place the tray in the propagator and open slightly the top vents. If present keep any side vents closed.

Place the propagator in a partially shaded spot out of direct sunlight.

Water gently to keep moist until germination, which will usually be between 7-21 days depending upon the species of seed chosen.

Open the side vents and fully open the top vents as the plants mature and near the transplanting or pricking out stage.

Plants can be pricked out/transplanted into individual cells when they have two true leaves. Alternatively if you are using individual plant cells/punnets you may leave them to mature and thin out the weaker seedlings leaving the most vigorous seedling to develop.

Continue to carefully water and liquid fertilise at reduced rates to encourage healthy growth.

Plant out your tomatoes, capsicum and chillies into the garden when they are strong and sturdy, and have been hardened off to the cooler conditions. Plant at the same height as the top of the soil level.

Special tip for tomatoes: When planting your tomatoes out into the

garden, remove any lower leaves and plant them at least 2-5 cm deep covering the bottom of the stem. This helps develop strong healthy roots along the stem making them more resistant to pests, diseases, wind rock and drought.

When you are enjoying those fresh summer salads, homemade pizza or bruschetta remember, it all starts with a little forward planning in the depths of winter, so you had better get start-



**Festivals of flowers** 

The theme for the Nannup Flower and Garden Festival this year is 'Getting creative in the garden'. Costa Georgiadis from the ABC's Gardening Australia will be the resident gardening personality to show you how to consume less, recycle more, re-purpose, sustain, be green and

compost, so that we can look after the environment and wonderful world that we live in. Other presenters this year include cooks Guy Jeffreys, Mark Pipkin, Josh Whiteland and Alysha Sladden along with gardeners Steve Woods and Sabrina Hahn, journalist Deryn Thorpe and local Nannup expert Dr Bob Longmore. For details of the gardening talks, open gardens, market stalls and entertainment on from Thursday 16th to Sunday 19th August at the Nannup Garden Village, Warren Road, Nannup go to www.nannupgardens.org.

During the months of August and September, make sure that you mark down a special visit to see over 145,000 tulips as well as other spring flowering bulbs and annuals in a spectacular display at Araluen Botanic Park. Situated in picturesque parkland at 362 Croyden Road in Roleystone, the Yates Springtime flower festival runs from the 18 August until the 24 September. Take time for a stroll through the parklands to see magnificent flowering magnolias, impressive specimen trees and the international recognised collection of camellias. For additional information on events and guided walks go to www.araluenbotanicpark.com.au or call 9234 2200.

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The Australian Museum of Motion Picture and Television, Western Region Inc



#### CLASSICS OF THE SILVER SCREEN

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Love is a Many Splendored Thing starring William Holden & Jennifer Jones

**Monday 27 August** 

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 2018 film screenings, for FREE ADMISSION for your friend.

#### Photos aren't the only way to create a lasting memory

CREATING positive memories and a lasting legacy is something most of us strive to achieve. Photos are a wonderful way to capture a special memory and a moment in time but there are other ways to do this.

By including a gift in your will to a charitable cause close to your heart you can create a lasting legacy to help provide care today and hope for the future.

To help, Cancer Council WA and Alzheimer's WA are partnering with Kott Gunning Lawyers and Nash Clavey, Mandurah in the coming weeks to offer professionally prepared standard wills \* for just \$99. This no obligation will writing service encourages you to think of your family and friends first and then consider including a gift in your will to a cause close to your heart. Located at Mandurah Forum Shopping Centre from 10 to 15 September, appointments are available in person on the day.

Why is having a will important?

By having a valid will you can provide security for your loved ones, ensure that death and take comfort knowing that your assets will be distributed to the people and causes you care about.

Without a will, the distribution of your

estate will be made according to the Administration Act 1903 (WA). This could mean that those who you want to benefit from your estate may not receive what vou would expect.

How do gifts in wills help us to support West Australians?

Like many charities, Cancer Council WA and Alzheimer's WA rely on gifts from wills to run their information and support services and to assist and care for the WA Community in their time of need as well as funding research and other vital programs.

All gifts, no matter the size, come together to make a real difference - not only to the lives of those we're able to support, but also to the family who can take comfort in the fact their loved ones wishes have been honoured.

How do I find out more?

To find out more about including a gift in your will to Cancer Council WA please visit www.cancerwa.asn.au or call 9212 4333 and for Alzheimer's WA please visit www.alzheimerswa.org.au or call

\*A standard Will does not include complex matters such as control of trusts, ownership of companies and business interest or blended families.



# Good value quality wines from the Margaret River region



by Frank Smith

MARGARET RIVER is known world-wide for its iconic wines. Less well known are the second tier wines that are good

quality and affordable and often not promoted strongly by the wineries, although they are the backbone of most vineyards.

For this month I've

managed to prise out some affordable quality wines with help from the Margaret River Wine industry Association.

Here is a selection:

**Juniper** Crossing

Sauvignon Merlot 2016 This wine is vibrant ruby red in colour, with aromas of mulberry, blackcurrant, raspberry, cherry and a hint of plum appearing first on the nose followed by suggestions of vanilla, spice and chocolate from the French oak. The palate shows an array of red and black berry flavours; powdery tannins,

Juniper Crossing Semillon Sauvignon Blanc 2016 Pale green in colour, this expressive wine shows aromas of pear, gooseberry, passionfruit, citrus blossom and fresh apple with background notes of smoked cashews and fresh green

with biscuity oak, and

cassis flavours on the

finish. RRP \$22.

peas and herbs. The palate is smooth and full of juicy fruit with subtle hints of herbs, spices and mouth watering acidity. RRP \$22.

Umamu estate Sau-

vignon Blanc Semillon **2010.** The wine is a clear vibrant pale straw with green hues. It displays aromas of citrus, slight nuttiness and herbaceousness. The palate is balanced with fine acidity, with good concentration and a lengthy finish. The fruit (68 per cent sauvignon blanc, 32 per cent semillon) was vinified separately, with an aromatic yeast for the sauvignon blanc, and a textural yeast for the semillon. The components were blended after fermentation had complet-

Happs Estate I se-Margaret River Semillon 2015 This is a very food friendly wine as it has the boldness of flavour to stand up to complex dishes. The herbaceous of semillon is underpinned by fresh citrus, nutty characters and a crisp, long finish. RRP \$17.

Happs Estate I series Margaret River Pinot Noir 2017. The wine is a deep red with aromas of ripe strawberry and cranberry carrying on to the palate and there combined with fresh cherry, red currant and a hint of red confection. Light to medium bodied with good fruit intensity and subtle oak. RRP \$17.

**Brownhill Estate** 

Chaffers Shiraz 2014. The wine is dark but bright red with aromas of red berry fruits including plum intermingled with spice and pepper, cedary oak and chocolate. Delicious black cherry flavours dominate the palate which is softly structured with fine tannins, RRP \$25.

Brownhill **Estate** Lakeview Sauvignon Blanc Semillon 2017. This new release is pale green apple in colour with typical Margaret River aromas of gooseberry, lime and passionfruit and a vibrant palate with lemon creaminess thanks to the Semillon component. RRP \$24.

I'm planning to review more Margaret wines next month.

# **Celebrate the sacrifice of merchant** seamen this September

THE sacrifice made by about 50,000 British and allied merchant seamen during World War II, (a higher ratio, per capita, than that of any of the armed forces) was virtually unacknowledged for nearly 50 years, despite King George VI recognising British merchant seamen as the Fourth Service after the navy, army and airforce.

Through the efforts of many people and organisations 3 September, 2000 was been gazetted International Merchant Navy Day by Australia and many other countries around the world, Russia being amongst the first.

The Allied Merchant Seamen's Association of WA was one of the organisations which lobbied for recognition of the WWII seamen's sacrifice and the rights of survivors.

It is a little-known fact that the ma-

jor target for German U-boats during WWII was unarmed merchant ships. Their armed escorts of Royal Naval ships were generally ignored. Immediately a merchant vessel was sunk, the merchant seamen's pay stopped until they joined their next ship (about three months later); in addition, at the end of WWII they were not entitled to the pensions awarded to people who served in the armed services.

Between 1984-1995 Allied Merchant Seamen's Association members raised funds to build the Merchant Seamen's Memorial. This sits next to the War Memorial on Monument Hill, Fremantle. Members continue to maintain the memorial and hold a memorial service every year at 11am on 3 September to which members, families, friends and interested people are invited to attend.

### New crime fiction makes the perfect gift for Father's Day



WESTERN Australian crime writer David Whish-Wilson has travelled a new road with his latest book, The Coves. In many ways a far cry from his WA-set crime novels, his latest book is a vibrant historical thriller set in San Francisco in 1849.

The city is gripped by gold fever and desperate men are seeking their fortune, among them former convicts.

Australians fighting to take control. The pro-12-year-old tagonist. Samuel Bellamy, has stolen away on a ship from Perth, desperate to find his mother. But when he reaches this violent, lawless town, he must grow up quickly if he's to survive in a man's world.

'The most interesting thing that I found in my research was the answer to the question that sparked my interest in the whole project - why hadn't I heard about this before?' says Whish-Wilson. answer was that the Australian criminals of San Francisco were so reviled that they were largely expunged from history. The writer also says

he found the research aspect of writing a historical novel unexpectedly enjoyable: 'Ît's a bit like detective work. One piece of information leads to another. I interviewed local historians and storytellers, all of whom were eager to help, aware that the Australian contribution

to early San Francisco's history is sadly under-researched and unacknowllargely edged.'

The abundance of historical fact in the tale has enabled Whish-Wilson to create a gripping thriller that explores some of the darkest aspects of humanity. Rave reviews are still pouring in from the eastern states and the book promises to be one of the best of 2018. Available from Fremantle Press, see advertisement on page 46.

# Two films on the silver screen in September



#### McQueen

age beauty, maverick originality and vivacity of his design, McQueen is an intimate revelation of Alexander (Lee) Mc-



Queen's own personal both tortured and inspired. It is a film which celebrates a radical and mesmerising genius of profound influence

and shows his rags-toriches story as a modern-day fairytale laced with gothic.

In cinemas 6 September and thanks to Madman Entertainment we have five in-season double passes for some lucky readers to win.

#### **You Were Never** Really Here

A traumatised veteran, unafraid of violence. tracks down missing girls for a living. When a job spins out of control, is nightmares overtake him as a conspiracy is uncovered leading to what may be his death trip or his awakening.

Joaquin Starring

Phoenix and from acclaimed director Lynne Ramsay (We Need to Talk About Kevin), You Were Never Really Here opens on 6 September and thanks to Umbrella Entertainment we have five in-season double passes to give-away.

WIN WIN WIN

To be in the draw to win a double in season pass to the above films simply email win@haveagonews. com.au with Screen in the subject line or write to Silver Screen c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/8/18.



#### Liv Apartments Open Day

Saturday 18th August | 1.30-4pm 51 Queen Victoria st, Fremantle

Come down to Liv apartments and enjoy free coffee, drink vouchers, healthy juices, cool vibes and other giveaways.

View the apartments and meet some of the suppliers responsible for Liv Apartments being a One Planet Living

Alex Blain 0438 007 155

# Roy Orbison tribute show plays Perth



DUE to popular demand and following a sold out tour of Ireland in early

2018, Dean Bourne returns to Perth with his much loved Roy Orbison Orchestrated II show featuring the Australian Symphony Orchestra, conducted by George

These shows are a unique opportunity to experience what it might have been like to see Roy Orbison performing on stage with a full orchestra. It is a special privilege to hear such great songs such as Crying, Only The

Lonely, In Dreams and so many more of his big

Bourne em-Dean Roy Orbison bodies and has been doing so for 21 years. He is recognised internationally as one of the best Roy Orbison tribute artists in the world.

"I am thrilled to once again bring this special orchestrated shows to fans across Australia. What an incredible opportunity as an artist to

sing these timeless songs with a full orchestra. I am sure Roy would have relished this opportunity," said Dean Bourne.

Dean will transport Perth audiences to the great rock'n'roll era, performing hit after massive hit - gold record after gold record - for one night only at the Perth Concert Hall on Saturday 8 September.

Bookings on 9231 9999 or visit www.perth concerthall.com.au















# Downsizing FEATURE



# Shhh... there's a faux plant to jazz up a space for those without a green thumb



by Zofia St James

THERE'S one last month of winter and I can hear a big collective hooray from here. And although I know it's been very wet, I do hope it hasn't kept you house bound.

Many of you celebrated a Christmas in July with friends and family, as I did, and love doing so every year. There is

still time to get people together for a dinner to celebrate winter with something warm and comforting like slow cooked succulent lamb shanks and mash with a red wine jus. I'm already planning ahead for future social occasions to celebrate spring.

Spring is my favourite season of the year and I love the energy and motivation it brings. For me it's a bit like New Year's Eve when you get all resolution fuelled and inspired.

Over the last couple of months, I have discussed tips for downsizing and considering the calls I have received it certainly was timely.

I have also talked about new fashion colour palettes to spice up your abode for winter but with spring now in our sights it's nice to start thinking about light, blue skies, and being able to shed a layer or two of clothing with the temperature going up a notch.

Hands up those who may have noticed a very strong presence in catalogues and homeware stores of a vast and beautiful array of faux (don't say fake) plants?

Yes, you guessed it... the 70s has returned, and we have been seeing lots of 70s inspired textiles in cushions and earthenware style coloured crockery.



I did the pottery thing... yes mugs and even had them on a mug tree...

Fashion does go in cycles and returns with new twists and I can see certain pieces working

beautifully for some, just not me.

But as far as greening up your indoors, a faux plant is worth considering, especially perhaps for those challenged by lack of light

or green fingers.

These days faux plants are very real looking. A fiddle fig is in vogue right now and a real one is about as expensive and high maintenance as I am... a good sized faux fiddle in the corner of your living room, entrance or staircase landing will add freshness

There are also beautiful faux philodendrons, monsteras and rubber trees that add a cool statement when used in the same way.

and beauty.

Another idea is storied indoor pots on stands, once again a definitive hark back to the 70s but a look I do love. They are very stylish in a black, white granite or cement look.

If you have adequate

lighting, consider placing three beautiful peace lilies, as I have done, in my living room area. Bathroom and kitch-

ens will look amazing

with the addition of any-

keep it alive, there is always a fake... sorry faux of those as well.

thing trailing suspended

from a ceiling corner or

My all-time favourites are orchids. They add

grace and elegance ab-

solutely any room. Final-

ly a succulent is almost

foolproof and if you are

in doubt of your ability to

on a shelf.

Enjoy August and cultivating a faux green thumb.

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 zofiastjames@ hotmail.com

# Enjoy life with the security of RAAFA Retirement Living.



With RAAFA Retirement Living you not only become part of a warm and friendly community enjoying a wide range of resort-style facilities and endless social and recreational activities. You enjoy personal security, and the peace of mind that someone else is taking care of the maintenance and gardens. You have the financial security of a self-funded, not-for-profit organisation offering low fees and total transparency.

Choose from a range of apartments or units in Bull Creek, Merriwa, Mandurah and Albany, and enjoy peace of mind with one of WA's longest standing, largest, most respected providers of Retirement Living.

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Call now to inspect Retirement Living in a RAAFA estate near you on (08) 9288 8400

RAAFA Central Support Office: 18 Bowman St, South Perth WA 6151 E: enquiries@raafawa.org.au W: www.raafawa.org.au

# Make the move sooner to Amity Village in Albany



Lorraine and Bill Tichelaar

LIFE is just fantastic at Amity Village Albany and it can only get better, says Lorraine Tichelaar who made the move along with her husband Bill at the end of November.

"It's really like a beautiful suburb, it's so friendly, you feel safe and it's also extremely quiet. It's the best thing that my husband ever suggested we do," said Lorraine, who has just turned 70.

The mother of two and grandmother of four explains that she and her husband initially downsized from their acreage property to a smaller home in McKail, but they found the area quite lonely, as they never saw their neighbours and no one was around because they were mostly out at work.

"I started to get a bit anxious and Bill said let's go down and look at Amity Village, as we had a couple of friends there," Lorraine explains. "After we looked around, we just felt it was right for us, so we made the move and have never been happier.

"We're both very settled here, there is no pressure to do anything that you don't want to do, you can go to the club house and participate if you're keen, but you certainly don't have to."

Even though they haven't been residents at Amity for that long, Lorraine says that she already has a girlfriend who is keen to move to the village, and another friend is also considering it.

"A few people commented that we might be too young to move in, but we really wanted to make the move while we were younger and it wasn't too onerous," Lorraine explains.

"My advice to anyone thinking about it is not to put it off, come while you're younger and enjoy everything on offer, because there's so much to love about Amity."

# Downsizing ADVERTISING FEATURE

### The Reserve offers a \$10,000 buyer incentive and an opportunity to customise apartments



AN incentive package valued at \$10,000 and the ability to customise apartments is on offer to the first 12 buyers at The Reserve, a vertical development now being built at Alchera Living's retirement village in Willagee.

Older-style units

were demolished at the Weeronga retirement village to make way for The Reserve, a \$19.5 million, four-storey complex, with construction on schedule to finish in April 2019.

Selling agents, Colliers International's Henry Vu and David Gibbons, said the incentives and the ability to customise apartments, would further broaden the appeal of The Reserve to over-55s wanting to personalise their new homes.

Mr Gibbons said there was a window of opportunity during construction for the incentive package and the opportunity to customise apartments.

"The \$10,000 incentive package can be used for a range of upgrades while buyers can customise their new homes by choosing finishes and colour schemes," Mr Gibbons said

"The requirements of older residents have been carefully incorporated into the design with wide doorways, swipe card to access apartments and the convenience of two lifts."

The 12 three-bedroom apartments and 24 two-bedroom apartments were designed by national firm Peter Hunt Architect and have a range of floor plans and large balconies.

"The 36 apartments will be next to Winnacott Reserve and with sizes from 95 to 120 sqm, they will be significantly bigger than most non-retirement living apartments." said Mr Vu.

"The Reserve is being

built inside an existing village and buyers will be joining an established community, especially designed for retirees.

"Entrants will immediately benefit from the current activities and lifestyle that an existing village brings and we are expecting strong interest from downsizers."

Alchera Living, a notfor-profit organisation, appointed construction company Pindan to build the new complex, which will also have a basement carpark.

The Reserve is the first stage in the redevelopment of Weeronga, the largest of Alchera Living's four retirement villages in the City of Melville. The village redevelopment will also include a new gym and an indoor heated swimming pool.

Weeronga is part of a walkable community in the centre of Willagee, which includes an IGA supermarket, a hairdresser, two medical centres, cafes, a post office and public open spaces. The City of Melville has plans to upgrade the civic centre and the library, which are also within walking distance from the village.

Contact David Gibbons for more information on David.Gibbons@colliers.com or call 0434 650 866.

### Aged Care reimagined



MOUNT Claremont's 115-year-old Montgomery House is a magnificent group of heritage buildings. They were acquired by Aegis Aged Care in 2012 with the vision to renovate the buildings into a unique and exclusive aged care residence.

The transformation is now complete.

The centre also offers to the public the Montgomery Hall Function Venue, which is a heritage-listed ballroom with soaring ceilings and crystal chandeliers. It's a heritage venue for weddings, corporate events and private functions, with seating for up to 150 people in the main hall and two corporate function rooms which can hold 45 each.

The outstanding renovation of the aged care facility offers an exceptional level of luxury including 80 deluxe suites with beautifully appointed ensuite bathrooms.

All bedrooms are in keeping with the building's heritage and unlike any other residential care facility, many rooms boast high ceilings, polished floorboards, exposed beams and original fireplaces

Aegis Montgomery has magnificent views of the Perth City skyline, Mount Claremont and the beautiful courtyards and surrounding gardens.

The facility also offers an onsite museum honouring the rich history of this iconic building.

The onsite café offers visitors an opportunity to enjoy a casual meal or coffee and pastries. Residents can enjoy in-house movies and Foxtel in a well-appointed cinema room.

The Aegis chef prepares delicious meals from a varied menu with options for a fully cooked or continental breakfast, and five choices available for lunch and dinner. Residents are provided with options to enjoy a glass of wine, beer or soft drink with their meals to create a signature Excellence in Dining experience.

This superb accommodation is matched equally with a high standard of care where the environment encourages engagement, so residents are able to control and choose how they would like to spend their day.

Montgomery House has vacancies available for residents and respite patients. The facility offers specialist services including 24/7 registered nurses, hydrotherapy room, hairdressing, beauty salon and café and private dining.

For further information about Montgomery House, please contact the Aged Care Residence on 9314 0614 or register interest online at montgomery@aegiscare.com.au.

For further information about Montgomery Hall function venue call 9314 0600.

### Free legal seminar addressing wills, aged care and funding options

SPYKER Legal are holding a free legal seminar for the community.

Presentations will be made by client services manager Len Schoof from Platinum Health Care group covering information about the aged care system in Australia, funding options and government subsidies available for home care.

Director of Spyker Legal, Warnar Spyker will cover issues of the importance of having an up to date will along with the purpose and application of other legal documents including power of attorney and guardianship.

Following the presentations, attendees will have the opportunity to ask questions.

The seminar will be held on Thursday, 16 August from 10.30am – 12.30pm at the Riverton Leisureplex – Bill Cole Function Centre (Area 3).

Bookings are essential for this free seminar, please rsvp to Spyker Legal on 6311 8168 or email admin@spykerlegal.

### An upgrade to a bidet in bathrooms is quick with easy installation

BARBARA Nash simply dreaded going to the toilet, the combination of arthritis and a bad back made what is a simple thing for most people almost impossible for her.

Her doctor had said a bidet would solve her problem but the cost for installation and space required for the traditional stand alone unit to be installed in her home was just too expensive.

Barbara says her luck changed when visiting her friend Norma. While she was there she had to go to the toilet – a thing she dreaded most while she was out.

Barbara hesitantly went in to the toilet and used the Coway bidet, she pressed the large button on the remote control and she was clean.

She cried tears of joy and relief now that her bathroom problems were solved. She rang The Bidet Shop® straight away and ordered one. Since then Barbara has introduced four of her other friends to this life changing machine.

"I just didn't know how many other people out there were having trouble going to the toilet. My advice to everyone is get a Coway Bidet put on your toilet, I did, and it changed my life."

For more information or to purchase call The Bidet Shop® on 08 6315 4252

Have a Go News' readers may qualify to have their bidet fully funded and can call The Bidet Shop® to ask how



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N

# Downsizing FEATURE



# Apartment living is growing in popularity with retirees in WA



COMFORTABLE, safe, low maintenance and a great option for the lock-up-and-leave lifestyle, apartment living is growing in popularity with retirees at Acacia Living Groups (formerly RSL Care WA) Menora Gardens Village.

Kaye Ireland, Menora Gardens Village manager, said she has noticed the rise of apartment living for retirees, especially in recent years with apartments being a more affordable option than maintaining a detached house.

"At Menora Gardens the apartment lifestyle provides a very safe environment for residents, especially since access requires swipe card or intercom, this gives reassurance and peace of mind," she said. "Menora Gardens also offers residents a great variety of entertainment, relaxation and beauty amenities, sporting facilities, shaded walkways, beautiful gardens all on site, and a wonderful variety of restaurants nearby."

Mrs Ireland said the vibrant

camaraderie woven through the fabric of the village was second to none and continues to grow.

"People are amenable," she said. "They all have one thing in common - they're looking for retirement with all the benefits that they would have had if still living in the community. This lifestyle as one that residents have consciously chosen, and so they seem to look after each other's interests. Living in a close-knit community allows them to create

close connections and friend-

"For a potential buyer the facilities are a major part of the attraction. The feeling is more resort than retirement community and residents lead busy social lives, taking advantage of the numerous scheduled activities.'

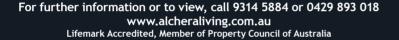
Management looks after maintenance of buildings and communal areas, building insurance and the day-to-day running. This leaves residents to relax and enjoy life.











# Mobility scooter insurance falls through the gaps

MOBILITY scooters are vital for many older people enabling them to be independent and active participants in our community but can currently fall through the gaps in the insurance system, the Australian Lawyers Alliance (ALA) says.

Andrew Stone, NSW president of the ALA, today told the Rural Affairs Regional and Transport and Reference Committee that gaps in insurance coverage means that injuries caused by mobility scooters can leave the injured person unable to recover damages and the rider of the scooter financially vulnerable to significant compensation

"There are insurance gaps between public liability and motor vehicle insurance and potential gaps between Compulsory Third Party (CTP) insurance and public liability insurance," said Mr Stone. "Consistent national standards would help solve this problem.

"At present, some motorised scooters are covered in relation to some accidents. However, that coverage is an inconsistent patchwork. There is also insufficient public information available about insurance arrangements for mobility scooters.

"Mobility scooters are heavy and powerful. They can, and do, cause significant injury.
"ALA lawyers have

come across mobility scooter injuries, covering everything from pinning a fellow supermarket patron against a checkout counter causing significant leg injuries, through to knocking out the ladder from under a worker who was fixing an electrical device on a public street.'

Third party insurance schemes are state and territory-based with each jurisdiction having different rules on using mobility scooters and their insurance cover for acci-

"Some mobility scooter riders may be covered by the public liability extension on a domestic home and contents policy. However, the existence of this coverage is effectively random as far as the victim is concerned and has its limits.

"The reality is that there is a gap in coverage between CTP schemes and public liability policies.

'These arrangements are unsatisfactory for both accident victims and mobility scooter owners. We urge the Commonwealth to take a leadership role in creating national standards and ensuring mobility scooter users are better informed about the rules and their own liability, Mr Stone said.

Have a Go News says: Scooter owners should check their public liability cover on their house insurance policy.



# Villas and apartments NOW SELLING

Be part of a friendly, welcoming community at an Acacia Living retirement village in the soughtafter suburb of Menora, just minutes from public and the Perth CBD.

Call Kaye Ireland, Village Manager, on 9370 0296 to book an inspection today.





Menora Gardens Village

Choose from a variety of two and three bedroom, two bathroom apartments at Menora Gardens Village.

You'll enjoy exclusive access to a range of modern facilities within the village, including a restaurant and bar, newly renovated indoor heated pool, spa and deck area, gymnasium, library, lounge, activity areas and beautifully landscaped gardens. Prices start from \$645,000.



**Pearson Village** 

At Pearson Village, you can select from two fully refurbished single-level two bedroom, one bathroom villas, featuring an open-plan kitchen, living and dining area, courtyard and a carport.

Plus, you'll have full access to all the facilities across the road at Menora Gardens Village.

Now from \$250,000 or nearest offer.



Photos for illustrative purposes only and apartments available may differ.



We lare Retirement Villages. They absolutely have their place and we recommend them as a wonderful option for many older people and some retiress. But we are not one of them!

OUR FACILITIES ARE DIFFERENT - every one of our villages are full of great facilities so you can do more of what you love.

OUR FINANCIAL BENEFITS ARE DIFFERENT - we are an affordable home ownership solution and our exit fees range from 0 to 15%.

**OUR SERVICES ARE DIFFERENT** - we don't offer medical facilities/services, meals or laundry services.

OUR HOMES ARE DIFFERENT - all of our 1,2 or 3 bedroom homes are architecturally design with no commons walls.

OUR PEOPLE ARE DIFFERENT - the average age of entry to our villages is mid 60's.

Come and take a walk through our scenic and private villages, you'll see how different we really are.

Call 1300 45 55 65 today for village opening hours and locations.



# Celebrating Father's Day Sunday 2 September

### Honda's products for Father's Day

HONDA produces innovative and reliable products for almost every application - from lawnmowers to corporate jets. Every product is designed to make life more enjoyable for people and impose less impact on the planet.

Honda pride themselves on producing the best quality engines. All Honda engines use ad-

vanced 4-stroke technology which makes them quieter, cleaner, have better fuel economy and start first time every time.

With more than 60 years in the power industry, equipment Honda knows a thing or two about preparing for the season ahead. With a range of premium 4-stroke products,

San Francisco, 1849: a

place gripped by gold

fever, swarming with

desperate men come

to seek their fortune.

convicts, Australians

Among them are former

quick to seize control in

a town without masters,

a town for the taking.

Into this world steps an

Australian boy, Samuel Bellamy, in search of his

'a true gem' *Better Reading* 

'fascinating, fun and fast' Good Reading

'fresh, honest and generous' Joan London

🕝 🗗 💟 @FremantlePress 📠 fremantlepress.com.au

there's never been a better time to get a Honda and get outside into the sunshine.

The world's best-selling 4-stroke brushcutter; the UMS425 bent shaft is attracting quite considerable attention at just \$319. It features an easy 'tap and go' nylon head and free safety goggles.

With Honda's legendary easy start, the HRR216PKU mower is \$699. This mower is ideal for the medium sized lawn and residential users. It has added safety with Honda's engine brake technology and a 66-litre grass bag.

The world's best-selling leisure generator, the Honda EU22i generator is the choice for caravanning, camping, for tradies and for use as backup power at home or in the office. RRP \$2099.

All Honda products come standard with an industry leading fouryear domestic warranty, and more than 400 authorised dealers across the country.

For more information, please visit honda.com. au/powerequipment

# Bond, bands, and banners for Father's Day

sical songs of Gilbert and

Sullivan, the Irish lilt of folk

song, the popular British

sing-a-long pub songs, to

the drama and excitement

of 007 and Rule Brittania.

an afternoon of nostalgic

melodies - shaken but

not stirred," said musical

director and producer lan

celebrate Father's Day,"

"What a great way to

London-based Adele

and Dame Edna will met-

aphorically fly in with the

impersonating voice and

personality of larger than

life local talent, Dean Mis-

dale, who recently starred

as Killer Queen in the

Perth production of We

He will be joined by

comic sopranos Divalicious - the real deal being

British-born as they take

Will Rock You!

Westrip OAM.

he added.

"This concert will be



Left to right; Best of British's Dean Misdale as iconic enteratainer Dame Edna and songtress Adele

WHAT do Adele. DivaLicious, and Dame Edna Everage all have in common? Apart from being female and diva-esque, they have all performed in London, have lived or are living in London, are all fans of Bond - James Bond - and are performing together in the Best of British Concert at Mandurah

Performing Arts Centre on Sunday 2 September at 3pm.

ICW Productions (Les Miserables, Phantom of the Opera, CATS, The Sound of Music) will present a tribute to the very best of British music - from the evocative sounds of the Perth Highland Pipe Band, the whim-

outstanding voices and DivaLicious antics along with Perth Lyric Chorale, the ICW arts orchestra led by Ashley Arbuckle and the Perth Highland Pipe Band. Free flags and pro-

to the stage with their

grams are included and the audience is encouraged to bring their patriotic voices and dress up in their best British costumes as they are transported into a musical memory lane of Great Britain (with a touch of the Aussie thrown in for good measure).

"All we need is Megan Markle and Prince Harry to fly in from a belated honeymoon and join in the festivities," Mr Westrip

Book now for Sunday 2 September at 3pm at the Mandurah Performing Arts Centre on 9550 3900 or visit www.manpac. com.au

#### **WIN WIN WIN**

To be in the draw to win a double pass to the Best of British in Mandurah on Sunday 2 September, simply email win@haveagonews. com.au with British in the subject line of write to Best of British C/-Have a Go News PO Box 1042, West Leederville 6901. Closes 26/8/18.

# Make dad smile this Father's day

with the complete Honda garden pack.































**CALL 1300 1 HONDA OR** VISIT POWEREQUIPMENT.HONDA.COM.AU



# arts felle in the second of th

#### Australian comedy drama



FROM Academy Award® nominated director Bruce Beresford comes the comedy drama Ladies in Black, based on Madeleine St John's best-selling novel, The Women in Black.

Set in the summer of 1959, when the impact of European migration and the rise of women's liberation is about to change

Australia forever, Lisa, aged sixteen, takes a holiday job at the prestigious Sydney department store, Goode's. There she meets the ladies in black, when she is assigned to assist sales ladies Patty and Fay.

Beguiled and influenced by Magda, the vivacious manager of the high-fashion boutique Model Gowns, Lisa is awakened to a world of possibilities. As she grows from a bookish schoolgirl into a glamorous and positive young woman, the impact they have on each other will change all their lives.

The film stars an outstanding ensemble cast including Julia Ormond (Mad Men, The Curious Case of Benjamin Button, The Legends of the Fall, King Arthur), Angourie Rice (Spiderman: Homecoming, The Beguiled, Jasper Jones, The Nice Guys), Rachael Taylor (Jessica Jones, Gold, Red Dog), Ryan Corr (Mary Magdalene, Ali's Wedding, Hacksaw Ridge) and Alison McGirr. The cast is rounded out with some of Australia's best-known actors including Susie Porter, Shane Jacobson, Noni Hazlehurst and Nicholas Hammond.

#### **WIN WIN WIN**

We have 20 double inseason passes to giveaway to readers. To be in the draw simply email win@ haveagonews.com.au with Ladies in the subject line or write to Ladies in Black c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/8/18.

# True love never dies in WA Ballet's dramatic Dracula



Matthew Lehmann & Polly Hiltonas Count Dracula and Lucy Westenra © Fabrizio Lipari

EXPERIENCE Bram Stoker's gothic tale of forbidden passion as West Australian Ballet presents the world premiere of the lustful *Dracula* alongside West Australian Symphony Orchestra at His Majesty's Theatre this September.

Follow *Dracula*, whose lonely soul is determined to reunite with his lost love, Mina – and in doing so begins a reign of terror and seduction, draining the life from those around her to get what he so desires. Will temptation end in tragedy or will his love for her cause him to make the greatest sacrifice of all?

When WA Ballet's artistic director, Aurélien Scannella, was tasked with expanding West Australian Ballet's repertoire, *Dracula* was at the top of the wish list with only getting the right talent standing in his way for this highly anticipated world premiere.

One of the highlights of the production

will also be the dramatic score which features many of the pieces used in the 1992 film Bram Stoker's *Dracula* and will be performed live by the West Australian Symphony Orchestra under the instruction of acclaimed Canadian conductor, Judith Yan.

The score has been composed by Wojciech Kilar (who also composed the score for the film), and was only adapted slightly to fit with the choreography. The arrangement of Kilar's work has been meticulously created by WAB music coordinator Michael Brett based on the storyline created by Dramaturge Pawel Chynowski.

Continuing its mission to enrich people's lives through dance, WAB will present Dracula to the general public alongside special dedicated performances for people with limited access to the arts.

Dracula plays at His Majesty's Theatre from 6 – 22 September. Bookings via www. waballet.com.au

#### Welcome to the *Underground*, the dark heart of Paris – a night to remember...



AFTER touring Australia over the past three years to sold out houses and to popular and critical acclaim, *The Paris Underground Cabaret* is coming to Perth for the first time.

A subversion of the classic French cabaret and variety show, this production brings together a diverse range of performers; magicians, dancers, singers, circus and burlesque artists. The show includes the magic of Madotti and Vegas, Australia's unique magicians, the beauty and grace of aerialist, dancer and circus artist Hannah Trott; the rare skill of tap-dance king Monsieur Eden Read; the dangerously charming and risqué repartee of chanteuse Aurora Kurth and international burlesque artiste, dancer and showgirl, Mimi Le Noir and the gravity defying talent of cirque specialist Tim Rut-

Co-creator and director Richard Vegas said audiences will witness the delights of a magic spectacular and French burlesque, cabaret and variety show when they performed at the State Theatre Centre of WA for

one night only on 22 August.

"The singers, dancers, aerial artists and illusionists will seduce and intoxicate the audience with a show that sits as a cross between Moulin Rouge, with a touch of Crazy Horse, high-art circus theatre, comedy and a magic cabaret," he said.

Bookings can be made by phoning 6212 9292 or visit www.ptt.wa.gov.au WIN WIN WIN

To be in the draw to win a double pass to The Paris Underground Cabaret at the State Theatre Centre on Wednesday 22 August at 7.30pm. Simply email win@haveagonews. com.au with Paris in the subject line or call the office during business hours on 9227 8283. Competition closes 18/8/18.

## A light-hearted comedy



THE Flip Side is a feel good, fun and light hearted Aussie romantic comedy about what happens when the one that got

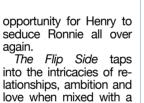
away comes back. Set against the beautiful backdrop of South Australia.

Written and directed by first-time filmmaker Marion Pilowsky and starring British actor Eddie Izzard plus a suite of fabulous up and coming Australian talent – Emily Taheny, Luke McKenzie, Vanessa Guide, Hugh Sheridan, Susie Youssef.

Mired in debt, Ronnie is a struggling Adelaide restaurateur looking after her elderly mother and living with good-hearted boyfriend Jeff.

Five years ago, while catering on a film set in Australia, she had an intense affair with British movie star, Henry. Despite wild declarations of love, as the movie wrapped so did the relationship, crushing Ronnie's heart.

When Henry's French girlfriend Sophie calls to say they will be in Adelaide on a promotional tour Jeff excitedly agrees to meet up and unwittingly creates the perfect



bloody good Shiraz. In cinemas 30 August. **WIN WIN WIN** 

To be in the draw to win a double pass to The Flip Side, simply email win@haveagone ws.com.au with Flip Side in the subject line or write to The Flip Side c/- Have a Go News PO Box 1042, West Leederville 6901.

Don't forget to include your name, postal address and phone number on the back of the envelope. Competition closes 27/8/18.



Visit www.trybooking.com/TATI

Door sales and ticket collection will be available

from 45 minutes before the concert.







## Don't miss Have a Go News' preview of Disney's Christopher Robin at Hoyts Southlands



Christopher Robin (Ewan McGregor) and Winne the Pooh

HAVE a Go News, Disney films and Hoyts Southlands are proud to present a special review for readers on Monday 10 September in the brand new powered recliner seats at Hoyts Southlands featuring *Christopher Robin*.

In the heartwarming live action adventure Disney's *Christopher Robin*, the young boy who embarked on countless adventures in the Hundred Acre Wood with his band of spirited and lovable stuffed animals, has

grown up and lost his

Now it is up to his childhood friends to venture into our world and help Christopher Robin remember the loving and playful boy who is still inside.

Grown up Christopher Robin is stuck in a job where he is overworked, underpaid and facing an uncertain future. He has a family of his own, but his work has become his life, leaving little time for his wife and daughter.

He has all but forgotten his idyllic childhood spent with a simple-minded, honey-loving stuffed bear and his friends. But when he is reunited with Winnie the Pooh, now tattered and soiled from years of hugs and play, their friendship is rekindled, reminding Christopher of the endless days of child-

like wonder and make believe that defined his youth, when doing nothing was considered the very best something.

Following an unfortunate mishap with Christopher Robin's briefcase, Pooh and the rest of the gang including Piglet, Eeyore and Tigger, step out of the forest and venture into London to return the crucial possessions... because best friends will always be there for you.

Disney's Christopher Robin is directed by Marc Forster from a screenplay by Alex Ross Perry based on characters created by A A Milne and E H Shepard.

The film stars Golden Globe winner Ewan Mc-Gregor as Christopher Robin; Golden Globe nominee Hayley Atwell as his wife Evelyn; Bronte Carmichael as his daughter Madeline; and Mark Gatiss as Giles Winslow, Robin's boss.

The film also features the voices of: Jim Cummings as Winnie the Pooh and Tigger; Brad Garrett as Eeyore; Toby Jones as Owl; Nick Mohammed as Piglet; Peter Capaldi as Rabbit; and Sophie Okonedo as Kanga.

Disney has a history with the A A Milne characters dating back to 1966 when the studio released the animated short *Winnie the Pooh* and the *Honey Tree*, featuring the character Christopher Robin.

Disney's *Christopher Robin* will be released nationwide 13 September.

#### WIN WIN WIN

Forty lucky readers have the opportunity to win a double pass to see Disney's Christopher Robin on Monday 10 September at 6.30pm and thanks to Hoyts Southlands our lucky winners will the first to relax and unwind in the new powered recliners seats. To be in the draw to win a pass simply email win@haveagone ws.com.au with Disney in the subject line or write to Christopher Robin C/- Have a Go News PO Box 1042 West Leederville 6901. Closes







### The next chapter is always the best

FOUR lifelong friends have their lives turned upside down with hilarious resullts when their book club tackles the infamous *Fifty Shades of Grey*.

Diane (Diane Keaton) is recently widowed after 40 years of marriage. Vivian (Jane Fonda) enjoys her men with no strings attached. Sharon (Candice Bergen) is still working through a decades-old divorce. Carol's (Mary Steenburgen) marriage is in a slump after 35 years.

From discovering new romance

to rekindling old flames, they inspire each other to make their next chapter the best chapter.

In cinemas 23 August.

#### WIN WIN WIN

To be in the draw to win a double pass to see Book Club simply email win@haveagonews.com.au with Book in the subject line or call the office on 9227 8283 during office hours (Monday to Friday 9am to 5pm). Competition closes 20/8/18.





# Festival calls for volunteers

late last year travelled to Japan to

discover more about the concept

In seven short months she secured

funding from Festivals Australia, the

Shire of York and the state govern-

ment for Japanese Wara artist Akira

Moriya to come to York to supervise

months of planning and it will be the

first time Wara Art has come to a

There's a strong connection to

The sculptures will depict endan-

gered Australian fauna and are being

designed by the founder of Wara Art,

Professor Shingo Miyajima of the De-

partment of Science and Design at

the Musashino University. They will

be up to four metres high and will be constructed in three locations around

Akira Moriya arrives in York in late

August and will begin the construc-

the York town centre.

Japan in the wheatbelt with almost

half of the crops exported to make

Western country," said Jenny.

"This is so exciting, it's taken

the creation of the giant sculptures.

and negotiate an art exchange.



One of the straw sculptures, photo courtesy of Wara Art Japan

#### by Jennifer Merigan

FORGET scarecrows or painted silos, this year's month-long York Festival celebrates a first for Australia with the construction of a giant Wara Art wheat sculpture – well three in fact.

The festival begins on 8 September and organisers encourage visitors to engage and participate in this unique country event.

Wara Art is a Japanese innovation that came about when farmers found they had an excess of rice straw following the annual harvest. The leftover straw was used to make traditional items such as tatami mats but in modern times was replaced by man-made materials.

York Festival director Jenny Garroun wanted an artistic and innovative way to celebrate the town's mainstay of wheat farming and in 2016 launched the Hay Bale Challenge where artists create sculptures from a bale of hay.

Jenny saw a connection with the hay bale project and Wara Art and

tion process, with the first sculpture expected to be completed in time for the festival opening.

"We think this will grow and develop across Australia as it provides an important connection to country and farming through art," said Jenny

Wara Art is an interactive affair and York Festival is calling for volunteers to come and help build the structures.

"We very much want the public to get involved, whether you stay for a half day, a few days or weeks, we welcome everyone to join in this unique event," said Jenny.

Other events take place throughout the festival including the WA artisan Makers Market on 8 and 9 September. Interested stall holders still have time to apply.

On 15 September the running of the lambs will be held where children and adults dress up as lambs and compete in a ninja warrior style obstacle course.

Well known weaver Fiona Gavino will hold a workshop and there will be kite making classes and a silent disco.

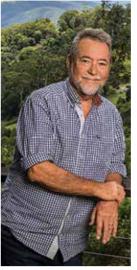
The Croquet and Cosplay event takes place on 28 and 29 September which encourages people to dress up as their favourite character while playing croquet.

York is just over an hour and half's drive from Perth and offers a range of accommodation, caravan bays and a big country welcome.

Jenny said it's not too late to get involved with the festival and welcomes contact from anyone who may have a project that would suit, for enquiries email hello@yorkfestival.

For a full listing of events throughout the festival visit www.yorkfestival.

# **Australia's icon John Williamson**



John Williamson

AUSTRALIAN icon John Williamson is back on the road with *The Butcherbird Tour* sharing with his audiences his biggest hits and his latest musical contributions.

His new tour comes off the back of his new album by the same name, which has just been released. The new album and tour continues to see John celebrate and pen the stories that he continues to be passionate about into song – the country, the people and the fight for what is right.

"I'm still having fun touring, I guess I will keep going till 2020 (my 50th year in the industry). My new album, *Butcherbird*  has come up amazingly considering I didn't promise or plan another album of all new songs at all. Everyone is very excited and so am I.

"It's all about entertainment, just like my shows and I can't wait to get on the road with this new show," said John Williamson.

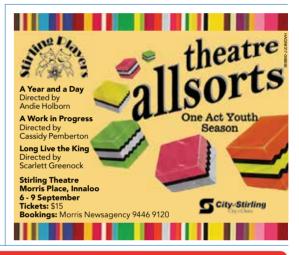
He has created some of Australia's most recognised unofficial anthems, is firmly cemented in the nation's musical culture. John's impressive career spans more than 45 years and his tributes to legends and unsung heroes and tender ballads have captured the spirit of the nation in song unlike any other. His honest and passionate songs are synonymous with the

country that inspires him and connects him with his countrymen regardless of age, sex or creed.

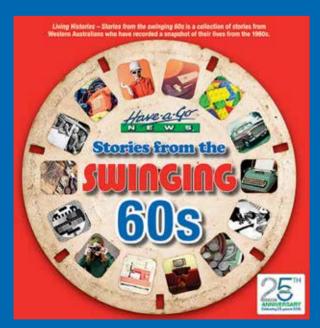
You can call him what you want, Mallee Boy, True Blue or just plain Fair Dinkum; but there is no denying that John Williamson is truly an Australian icon.

John is touring WA performing his biggest hits to sold out shows. See him at the Albany Entertainment Centre on 2 October, Bunbury Entertainment Centre on 4 October, Mandurah Performing Arts Centre on 5 October and in Perth at the Astor Theatre on 6 October.

See the Have a Go News Facebook to win tickets to any of John's WA shows.



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



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

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



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





Footloose and fancy free in swinging London



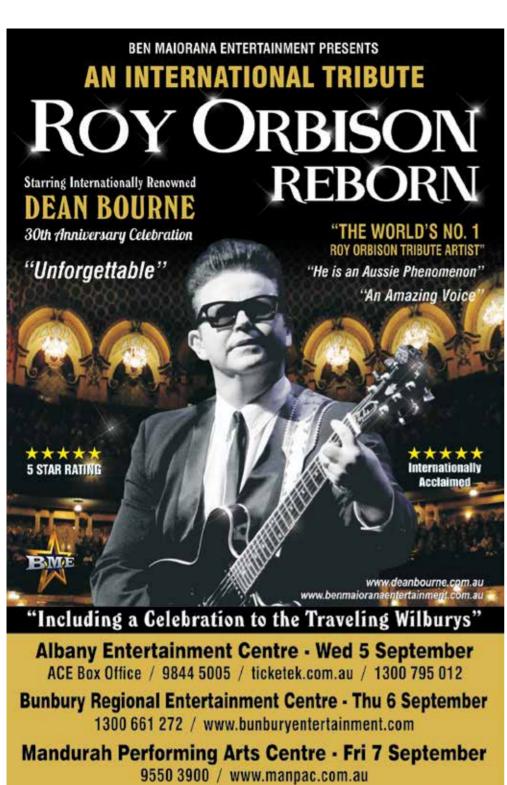
WHITE STATES		15.1	THE REAL PROPERTY.
From left to right; Shirley Wals		sh tour a bed-sit in Earls Court - : a front at Llanducho 1961	Shirley, Joyce and Rae hiking
N 1951 after two years of plering and saving. I set off for flegiand on a vorticing holder. Accompanied by my younger sister and a close freed was set said on the Schelmen Costs, of the close freed was Schelmen Costs, of the close freed was set said on the Schelmen Costs, of the saving of the sa	we didn't spord a lot of time. Here anyway, prekring to take part in everything that was offered on board. Apart from the dining area, there were a number of bass and places of entertain- sess, there were a number of bass and places of entertain- times. The second of the bass and places of entertain- ties relaxing by the pool. We had deck; games in which to participate and in the evering them were dura- ticed and the second of and, for we dury our least of the sub- tion to the world of the with gust- tion. There were a number of young purple on board who, young purple on board who,	like us, were hoping to find work and enjoy the experience of travelling at the same time.  Of course, the accommodator and exhetivament could not compare with that adapts, but that was the in the future.  We had a long journey shead of us calling at ports in Australia and New Zishland was enjoyed the different cultures when vasting these places, however brind.  Another long sheeth with-mother long sheeth with-	out tendfall would take through the Paramra Cand then on to the West date and then on to the West date of the Paramra Candidate. We want to the West date of the treatment that passage of ter, we were stid that in restion had been monin regarding a threat by FI Castro to blow up the Castro to blow up the Castro to blow up the Castro to blow up the Castro to blow up the Castro to the castro to the castro to the castro to the castro to the castro to the castro to the castro to the castro to the castro th

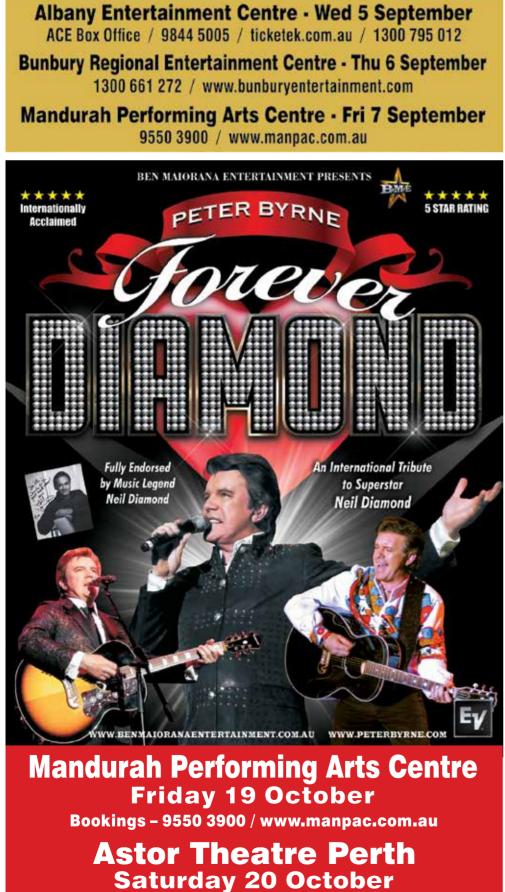


sale from side-effects.  Later, when I were back and one the Later, when I were back and early fine I Later, when I were back and early the I was prepared again. When number three was born I had an II n-north-old and fine declared was from I had an II n-north-old and fine declared the I may be a later of the search I bridge and I had a later of the search I had a later of the I may be a later of the I may be a later of the I may be a later of the I had a later of the I had a later of the I had a later of the I had a later of the I had a later of the I was unused to he had a later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he had give he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was unused to he later of the I was un	to most people thus.  Rippenware parties usere in vo arrocky young families. All least ones we want to be provided to the prov
little ones. President Kennedy was assas-	interaction.
I was unused to having the television on	for a cup of tea with the neighbours.
rented a basic home of two bedrooms	bother with locking doors and I rem
week, considered quite expensive. After	at the shops and not bothering to lock
	car. We even went away on holidays :
and later, my husband and his family of	left the house unlocked, it was a very nocent and carefree ers.
	Neighbours knew one another an
bestos roof for roughly 3000 pounds. In	friendly little community existed with help was extended when needed. Peo
the dangers of asbestos and 50 years later, no sickness has emerged for which	looked out for their neighbours with being too intrusive.
	Links when I went back and see he becomes proving profession in the controlled front I wanted to the I wanted to the I wanted to the I wanted to the I wanted to the I wanted to the I wanted to the I wanted to I

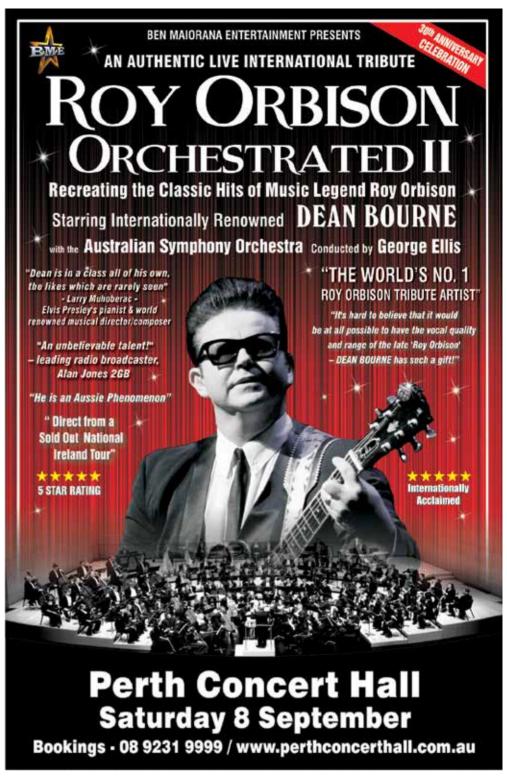


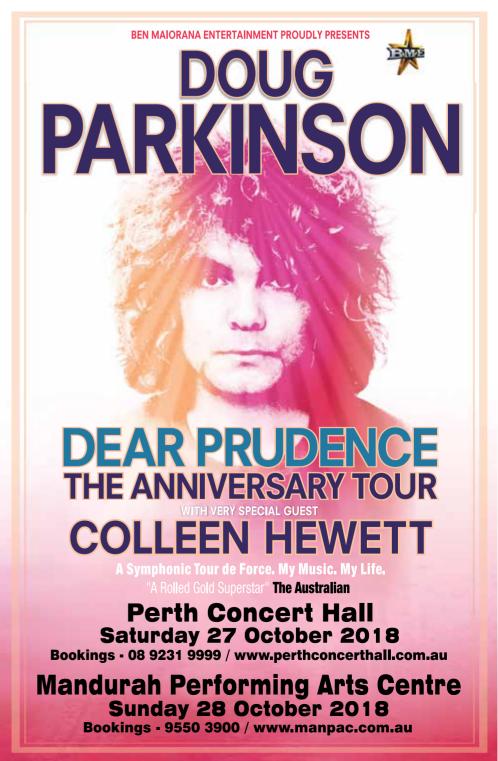






Bookings - astortheatreperth.com TICKETEK





# SCENE SOCIALL

























SCENE (1): MIREILLE Tewfik held her fourth annual morning tea to raise funds for the Leukaemia Foundation on 25 July at the South Perth Civic Centre. Mireille was diagnosed in 2014 with lymphoma and says much of her speedy recovery was due to the support she received from them. The foundation receives no government funding and this is one of the many events held to fundraise for the cause. More than \$12,000 was raised on the day. Thanks to the many sponsors and emcee Vince Garreffa who made the day a fun, stylish and elegant affair. There were raffles, silent auctions, entertainment and a delicious morning tea served on Wedgewood china. If you would like to contact Mireille who organises various fundraisers throughout the year call her on 0403 232 129.

SCENE (1): Top row from left; Vince Garreffa and Have a Go News' Tahlia Merigan - Kerryn Poole and Wendy May - Ian Wildy and Jill Thomas - Margot Kory with Eleanor Meyer - Jan Martin with Michelle Goncalves - Teresa Foxton and Rose Burton.

Second row from left; Lois Bowden and Marg Shaw Jenny Morrone, Marlene Drummond Smith and Carolyn Fischer - Leukaemia Foundation's Renee Jagger with Vince and Mireille - The organising committee - Margot Kory, Colleen Reynolds, Mireille Tewfik, Marlena Dummond Smith, Jenny Morrone, Stephanie Tew and Gillian Huo.

Third row from left; Judy Johnson, Robyn Orrell and Val Carber.

Below; The morning tea was served on stylish Wedgewood china.







PH: 9354 4124

SCENE (3): IN our June issue we featured local author Natasha Lester whose latest book The Paris Seamstress is making its mark in the top selling fiction lists. Editor Jen Merigan attended a Literary Afternoon tea at the Treasury Lounge and Bar where Natasha presented an interesting and lively talk about the book and her life as a full-time author. Writing WA in partnership with the State Buildings hold a series of afternoon teas featuring local authors and the next features well known author Liz Byrski on 22 September. For bookings visit https://events.ticketbooth.com.au/event/literary-after noon-tea-with-lizbyrski

SCENE (3): Editor Jen Merigan with Perth author Natasha Lester.





Sat 9-1



SCENE (2): JUNIPER has opened its latest residential aged care service Juniper Hayloft in the Gosnells/Armadale area and will provide contemporary accommodation in which residents can live comfortably with appropriate care to their last days. Its amenities include accommodation, a fresh cook kitchen and open plan dining areas, lounge rooms, children's playground, activities and alfresco areas, a medical consulting room and nurses' treatment room. Suitable farm animals will be added at an appropriate time. Designed to reflect the area's semi-rural character and the site's former use for horse agistment, Juniper Hayloft was designed by T & Z Architects and built by Crothers Construction. The \$25 million project was funded by Juniper. SCENE (2): Minister for Aged Care and Indigenous Health the Hon Ken Wyatt AM MP with Juniper CEO Vaughan Harding and Uniting Church WA Moderator Rev Steve Francis.



SCENE (4): SENIORS Recreation Council of WA held their annual Grandparents' Activity and Information day with the West Coast Eagles at Domain Stadium in July. More than 120 grandparents and grandchildren attended the event and were treated to a range of activities and information stalls in the West Coast Eagles team warm up room. West Coast's team mascot Eddie the Eagle posed for photos with the fans with copies provided to everyone in a memorial folder. West Coast Eagles first captain Ross Glendinning attended the event and signed many autographs and the crowd also had the opportunity to hold the premiership cup of 2006.

SCENE (4): Above; Kings Tours and Travel Pat Morris and Dorothy Buktenica holding the 2006 premiership cup.

Below; From left to right; Ross Glendinning addressing the crowd in the WCE warm up room - Ross was overwhelmed with autograph requests.







SCENE (5): WESTERN Australian Carpet Bowls (WACBA) held their annual Have a Go News' pairs competition at Altone Park Recreation Centre on 17 July. More than 30 teams competed in the competition. Balga took out the title with second place awarded to Nollamara and third to Carramar. Anyone interested in playing competitive carpet bowls should contact Jean Tierney on 0413 974 293.

SCENE (5): From left; Balga (L - R) Johanna De Almeida and Derek Hillier - Nollamara (L - R) Miche-

lina Fieks and Ron Scown - Carramar (L-R) Chris Jeffs and Duck Peterson.



SCENE (6): CATHOLIC Homes commemorated the beginning of their redevelopment at their St Vincent's facility in Guildford with a ground breaking ceremony in late June. The new start-of-the-art facility will include 81 beds, comprising of 75 single rooms and six suites with easy access to the large communal living spaces and serving kitchen. Upgrades include landscaping of the grounds and specially commissioned public art displays. A new large underground carpark will also aid access to the site. SCENE (6): Catholic Homes CEO John Fitzgerald and Catholic Homes board member Marina Re turning the





From the first blueprint through to the last coat of paint, every detail of our new Port Coogee facility is shaped by one thing – you.

Offering breathtaking ocean views and bright open living spaces, this state-of-the-art aged care residence takes full advantage of its idyllic coastal location.

Delivering the perfect combination of modern convenience, luxurious comfort and dedicated specialist care, it has been created to seamlessly adapt to the changing needs of residents and their families.

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