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# Have a Go NEWS

LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

PRINT POST 100022543 VOLUME 29 NO. 01 ISSUE NO. 329 AUGUST 2019

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## Bryan Brown is still having a go



Bryan Brown knows a good read

by Josephine Allison

A CHRISTMAS in Wales about five years ago inspired celebrated Australian actor Bryan Brown to produce a film about later-in-life issues.

Things aren't always a bed of roses even when the kids have left home and couples are financially secure. *Palm Beach* is an uplifting comedy-drama about a group of friends uniting for a birthday party, but deep secrets lie beneath.

"I was in a movie *Palm Beach* in 1980 about sex, drugs and rock n roll with

the great Australian surfer Nat Young but that was a very different film to what we have made 40 years later," Brown says in an interview with *Have a Go News* during a hectic Perth visit to promote the new film.

"I was motivated to make the movie (directed by wife Rachel Ward) by the Christmas in Wales with my wife, myself and three other couples. It was a lovely Christmas with lots of laughs but I came away from it very aware that the men, in particular, were dealing with things including a

mate who was very depressed and had sold his business.

"I had that year gone through anxiety I didn't know I had. I went to see a psychologist after an illness to find what was wrong and was just coming through that and feeling on top of it. Other mates were dealing with retirement and other such things and I came away thinking, look this is the time everyone thinks that age group is alright and there is nothing to worry about.

"And I go... sorry you're wrong, because if

that is happening with us who are pretty capable blokes, it is happening to people of my age group everywhere. Because that is my age group, that is my world. I know when I go to the movies and there is a rom-com with 25-year-olds in it, I'm glad they make it, but I don't need that.

"I've always wanted to say that we get through things with family and friends and there is still life to be lived and don't give up on it. I came back from that Christmas and said, let's do a movie on that."

*Palm Beach* has a great cast of familiar faces including Brown as Frank celebrating a birthday, real-life friend Sam Neill, Richard E Grant, Greta Scacchi, Jacqueline McKenzie and Heather Mitchell. Frank, Leo (Neill) and Billy (E. Grant) were once in a band together called the *Pacific Sideburns*. Charles Vickers, Matilda Brown, Claire van der Boom and Aaron Jeffrey play the younger generation.

The film is set against the breathtaking backdrop of Palm Beach, near Sydney where the old friends still like to surf and jog (perhaps more slowly) and party. But then other issues intervene and all is not what it seems. The soundtrack contains a new James Reyne title, *Fearless*, especially written for the film.

Brown is a veteran of around 80 film and television projects. Born in Sydney and now aged 72, he started his working life as an actuarial student with AMP and acted in amateur theatre. He went to Britain in 1964 and had minor roles at the Old Vic before returning to Australia.

In 1980 Brown became known to international audiences for his performance in *Breaker Morant*. He supported Tom Cruise in *Cocktail* (1988) and Sigourney Weaver in *Gorillas in the Mist* (1989). He has filmed and worked in more than 20 countries but chooses to remain in Australia. In 2005 he was made a Member of the Order of Australia.

On friendships, Brown says he and Sam Neill have been friends for a long time.

"I probably have taken it for granted a bit until I got a bit older and someone says, what does friendship mean? It is the people you have revealed yourself to over time as to who you are and you can always trust, even if you have the odd argument. They have decided it is you they want to be around."

continued on page 8



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#### let's go travelling

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- Winter in the West
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- The Great Southern's Albany



Have a Go News Jo Allison speaks with author Antonio (Tony) Buti



- Active Ageing Liftout - 4 page feature
- Where opinions matter
- Food & Wine - reviews, recipes and more

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# From the editor's desk



Jennifer Merigan

WE always support charities as much as we can, and I wanted to let readers know that when you post a letter to us the stamps on the envelopes are being donated to Rotary and other charities. In this electronic age stamps are becoming rarer and these used stamps help raise important funds for various causes.

Early last month lawyer Raymond Tan contacted me about his concerns that there was not enough being done about elder abuse in the community. He said he had come across many older people who have been abused financially and he felt strongly that more needed to be done, prompting him to provide a question and answer section in the paper for readers to seek his advice.

See the story on page 7 for more details.

One of the favourite things I do each month is attend the *Holly Wood Tuesday Morning Show* at the Perth Town Hall to share information about the paper. I was chuffed to see that the compère, entertainer Bernard Carney has received an Order of Australia medal in the recent Queen's Birthday Honours List. Bernard is also the director of the *Spirit of the Streets* choir and does much for the community. The SOS choir is holding a fundraising concert on Saturday 31 August at 3 pm at the Mount Hawthorn Baptist Church. Join Bernard, the SOS choir and Rick Steele for a fabulous afternoon of entertainment. There will be some surprise artists, raffles and afternoon tea all for \$20 per person. Book via [www.trybooking.com](http://www.trybooking.com).

Legacy Week will be held from 1 – 7 September this year. Buying a badge helps support our Australian Defence Force families. Badges are available throughout the week and volunteers

will be selling them in the CBD on 4 September.

The Association of Independent Retirees is running a forum at Citiplace Centre on Tuesday 10 September between 10.30am and 2.30pm to update independent retirees on matters including finances, investments, health and aged care. Well known financial planner Nick Bruining will be among the guest speakers. Morning tea and lunch is provided. Bookings through [www.eventbrite.com.au](http://www.eventbrite.com.au) or contact Margaret Walsh on 0487 290 097.

As we approach WA Seniors Week there is still time for clubs and groups to apply for a community grant up to \$1000 to hold an event during the week. Contact COTA at [grants@cotawa.org.au](mailto:grants@cotawa.org.au) to receive an application.

The WA Seniors Awards ceremony will also be held during Seniors Week and nominations for the awards open on 19 August. This is a great opportunity to acknowledge a person, age friendly business or local

council that inspires you. Call COTA on 9472 0104 or email [dana@cotawa.org.au](mailto:dana@cotawa.org.au) for details.

We have so much fun on the *Have a Go News* Facebook page which grows on a daily basis now with more than 9500 followers. If you are on that platform come and join us as we always offer extra competitions, things of interest and there's no fake news or political opinions. And if you are online don't forget to check out our website regularly at [www.haveagonews.com.au](http://www.haveagonews.com.au) as we have lots of interesting stories posted which can't always make it into the paper.

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

I hope you enjoy this month's issue.

Jennifer Merigan,  
Editor  
[jen@haveagonews.com.au](mailto:jen@haveagonews.com.au)  
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## Ageing research snippet

**Computers, quizzes and crafts keep the brain happy and healthy**  
RESEARCHERS have found that playing games, using a computer and participating in social activities may reduce the risk of mild cognitive impairment. Mild cognitive impairment (MCI) is the stage between age related cognitive decline and dementia. Lifestyle choices including physical exercise and intellectual stimulation have positive effects on older brains and help reduce issues with memory, thinking or judgement. The Mayo clinic recruited 2000 people in their late 70s without MCI and asked them how often they engaged in different types of mentally stimulating activities from the age of 50 onwards. They found that computer use in middle and later life lowered the risk of MDI by 37 per cent, social activities including doing crosswords and playing cards reduced risk by 20 per cent and craft activities in later life lowered the risk by 42 per cent.

## Have a Go News Quick Quiz

1. Moonlight across WA mudflats is called?
  2. What's ABC TV's gardening show called?
  3. What's the host's first name on the ABC gardening show?
  4. What's Seven's gardening show called?
  5. Meghan is Duchess of?
  6. Gage Roads supplies beer to which WA sports venue?
  7. Which WA animal was portrayed by Cadbury's at Easter?
  8. Name the new footbridge near Perth's casino.
  9. What's WA's peak union body?
  10. WA's land development agency is called?
- See page 55 for answers.

## Word of the month

**Pique** (noun)  
To arouse someone's interest, curiosity or resentment.

## Urban slang

**Normcore**  
NORMCORE is a word which describes people who embrace plainness especially in fashion, of not being alternative, and of not seeking difference to affirm their individuality.

## Funny historical fact

IN 1996 McDonald's opened the first 'ski-through' restaurant in Salen, Sweden.

## Great West Aussies - Did you know?

JACKIE Dillon, a 54-year-old grandmother, was world wave ski champion and came second in the open event against the men in a 2011 invitational in New Zealand.

## Quote of the month

YOU never know when a moment and a few sincere words can have an impact on a life.  
**Zig Ziglar**

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# Yvonne is flying high - Western Australia's champion of birds of prey



Yvonne Sitko with Auzzie

by Lee Tate

YVONNE Sitko is the maestro behind the popular wedge-tailed eagle that swoops over footy grounds before every West Coast Eagles home game in Perth.

Yvonne, approaching 50, is a specialist who has been rehabilitating and releasing WA birds of prey for nearly 20 years. She is registered with state wildlife authorities to keep, treat and teach about raptors (birds of prey).

"It's not a job, it's a lifestyle," says Yvonne, back on her West Swan property after an educational road tour of the north-west with some of her raptors. Yvonne is a champion of all raptors - eagles,

falcons, hawks, kites and owls. She began her business on a wing and a prayer after volunteering and training with a registered wildlife carer.

Her busy schedule involves visiting schools, scout groups, fetes, events and facilities for the aged and people with special needs taking along some of her resident birds.

"Birds of prey are very calming. People watching them lose track of time. Birds are engaging and have personalities - spiritual, as well. When we visit care centres, people get excited and some with disabilities who rarely talk make noises or start to talk. They're excited. It's not uncommon for people to cry. Their carers are amazed," she said.

Yvonne usually arrives with a wedged-tail eagle, falcon, kite and owl - selected birds that mix easily with people. There's a perch so people who can't carry a bird on their arms can get close.

Her seven-hectare West Swan property houses some 30 hand-fed raptors outside in 22 cages, some up to 20m long to allow them to fly. In hot weather, some birds might be moved into airconditioning. In extreme cold, recovering birds may be moved to warm spots.

Yvonne has the help of volunteers, including her lively mum, Marg, 80 this year and sisters Michelle and Corina.

Yvonne's eagles footy ground presentations involve intense training for the bird's few minutes swooping over fans and the ovals. Afterwards she can be seen, with Auzzie the eagle, giving talks in corporate suites and boxes on raptors, the environment and conservation.

Yvonne charges \$300 for each visit, raising enough funds to house, feed, treat and rehabilitate her birds.

When she received injured birds they are inspected, assessed and

handed to vets before rehabilitation by Yvonne and volunteers under the vets' instructions.

Once fully fit the birds are always released, preferably back in their own areas. They might be released in two to three days or, after serious injuries, up to 18 months.

Yvonne buys rabbits and quail, pre-packed from the freezer to feed them.

"Raptors are used to scavenging and don't need to eat live food," said Yvonne.

The ex-North Morley and Perth College student says her country links are limited to childhood holidays on a family farm outside Narrogin. She has since travelled widely to a number of countries, including six-monthly stints in the UK and worked with more than 150 species of birds of prey.

Yvonne established raptor flying displays in Whiteman Park to give the public close encounters

with the fascinating WA birds, recently.

Raptors were once widely-used for target practice or shot by angry farmers fearing they might attack lambs. They are now protected, although WA farmers can still seek a damage license to shoot wedge-tailed eagles.

"My business goal is education through entertainment. This approach means I get to educate many people about the importance of conservation and, of course, introduce them to the wonderful birds themselves," says Yvonne.

Yvonne envisages her raptor work continuing forever, expanding her education talks and putting on more raptor flying displays for the public.

"It's about giving birds a voice," she says Yvonne after releasing another recovered owl into the wild.

Contact Yvonne on 0438 388 383 or via her website [www.wabirdsofprey.com](http://www.wabirdsofprey.com).

## Fantasy of Flowers show returns to Mandurah



See the beautiful displays

FANTASY of Flowers, now in its fourth year, is an event dedicated to promoting friendship through the beauty of flowers and the sharing of knowledge by those

who have chosen the floristry industry as their profession and others who have a passion for floral art.

Swing into an early spring and plan to make a visit to this premiere floral event which returns to the Mandurah Performing Arts Centre on 17 and 18 August.

On Saturday the Boardwalk will be blooming from 9am to 9pm and on Sunday from 9am to 4pm.

The show features displays from leading floral artists and florists in WA and includes competitions and exhibitions. It provides an outstanding array of varying, original and interpretive flower arranging including WA wildflowers and exotic blooms.

Fantasy of Flowers wants to share this popular artistic challenge with the wider public. They are proud to showcase the floral art talent in Western Australia with state champions ranging from school age children through to older adults.

From July thousands of people visit WA to see the wildflowers blooming in their natural home. See them, smell them and

feel WA's unique local environment. Then enjoy the amazing visual feast of flower power in Mandurah.

Flowers can open up a new beautiful world with many becoming flower enthusiasts. It is a hobby where age, race, colour and gender don't matter.

This is a community event organised by the people, for the people.

Mandurah Fantasy of Flowers commenced the event in 2016. The creative skills, quality product, originality and innovation have improved with each year.

This living art has inspired interested people to attend local flower clubs. The organisers of this show are proud of the standard and enthusiasm and would love to see more people become wild about flowers.

Mandurah Fantasy of Flowers will be held at the Mandurah Performing Arts Centre on Saturday 17 and Sunday 18 August. The show is organised by a committee of enthusiasts and is not for profit. Entry is gold coin \$2 and each year they make a donation to Telethon.

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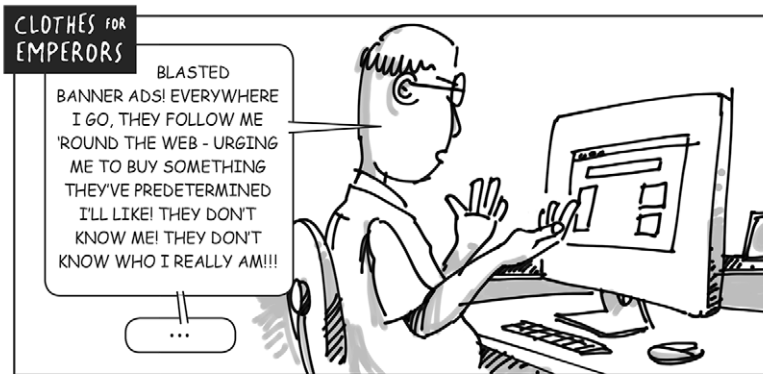
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## Letters to the editor

*Submissions may be edited for clarity and space.*

Dear Editor,  
I AM interested to know if other readers have problems with public hospital wait lists.

On April 2016 I was wait listed at the gastro clinic at Fiona Stanley Hospital. After three years of phone calls and other referrals I was told I was almost there with four to

five months more to wait. A local MP said I had been listed as semi-urgent.

My doctor tried a different approach and phoned instead of faxing, not saying I was wait listed and got an appointment with only a six week wait.

I got my 10-minute consultation and was

told to come back in six months, making my wait another six months on top of the three years.

So, I am hoping September 2019 will be lucky for me. It has not been pleasant enduring three and half years of pain and discomfort.

I believe this is an age issue as I am over the age

of 80. I have informed the Premier of this and hopefully something will be done.

In the mean time I would be grateful to hear from anyone else who has had a similar experience.

**Marjorie Russell**  
East Cannington

Dear Editor,  
LAST month Hank Jorgen said that if you cannot claim online (at least he has admitted that not everybody can do stuff online) you can go to a service centre (Centrelink office) and the staff will assist you with the online process.

Two things I recommend is always take every likely document with you as you can be certain they will want something you do not have and be prepared for absolutely no privacy in any area of

the office.

I have been dealing with Centrelink off and on since 1977 and lack of privacy is still an issue. Moreover, you often don't get the same answer twice to any questions you ask. Most importantly always get a copy of the first page of any document you leave with them with a date stamp and initials of the staff member who has taken them, as proof of when you left the documents with them in the office.

I know from my own experience this is essential as one time my late husband and I had a dispute with Centrelink over whether we had done things correctly or not. We went through all of the appeal system right up to the State Administrative Tribunal and we were able to prove that we were correct because of date stamped and initialled copies of documents.

**Margaret Ryan**  
Ballajura

Dear Editor,  
Re: Lee Tate's Opinion Column July 2019 about tattoos  
TATTOOS are an open display of rebellion and actively demonstrate a lack of faith in the saviour of the world, that is Jesus Christ, for those who have never heard the gospel of God's grace to mankind.

God has cursed all of his creations with death and soon enough we shall get to meet him as saviour or judge.  
And yes, we all have a free choice.

**James Whithnell**  
Bindoon

Dear Editor,  
COULD John Barich (*Have a Go News* July) tell me where do I go to receive the quote 'best comfort, care and pain control'.

The best offer I have received was from a pain specialist who advised me to have an operation whereby a type of box, similar to a pacemaker, but for pain, would be attached to my spine to help alleviate the chronic pain I am suffering.

Unfortunately, his visit cost \$360, the apparatus cost fifty thousand dollars, plus hospital costs for

the operation.

This was completely out of my league. He put a referral through for me to Sir Charles Gairdner Hospital to go on the waiting list there, however I have had no acknowledgement from them that they have even received it.

Opioids are not an option for me due to side effects.

So where are people like myself supposed to go? As for pastoral, social and spiritual support I saw no evidence to this when my dearly beloved had a torturous and painful

death last year.

He constantly requested euthanasia but was denied, instead being advised by a doctor at the hospital to stop taking all his medication whereby he would then have a massive stroke and it would all be over.

He did stop taking all his medication however the stroke never happened and he suffered until the end.

**Jill Tester**  
Via email

Dear Editor,  
A FRIEND was reading Rick Steele's very amusing anecdotes of family journeys from past or present (*Have a Go News* July) but she did not seem to fully comprehend the term 'still a member of the mile-high club' in Rick's story.

My hesitant explanation attempt obviously did not satisfy her curiosity as she barely drew a breath before snorting derisively.

fore snorting derisively.

"Well maybe he should learn to go to the toilet at the airport before boarding the plane in the future, shouldn't he?"

I bravely managed to avoid spitting my latte all over the table following this outburst.

**Ian Campbell**  
Armadale

Dear Editor,  
Re Lee Tate's opinion piece about tattoos in July 2019 issue  
I AM an oldie and I personally love to see men with heavily tattooed upper torso and legs. As already mentioned, Maoris and Islander people's tattoos usually tell a story. I love watching the film *Moana*.  
I see lots of women with body tattoos that I also find attractive. It's wonderful how a tattoo can cover a part of the body

that has been scarred for some reason.  
I had my first tattoo at age 50 and now have five but they are not on show.  
I am already thinking of having another tattoo on my wrist when I have the money. Luckily, my tattoos have not wrinkled with age and if they do, I will be too old to care.

**Maggie Smith**  
Via email

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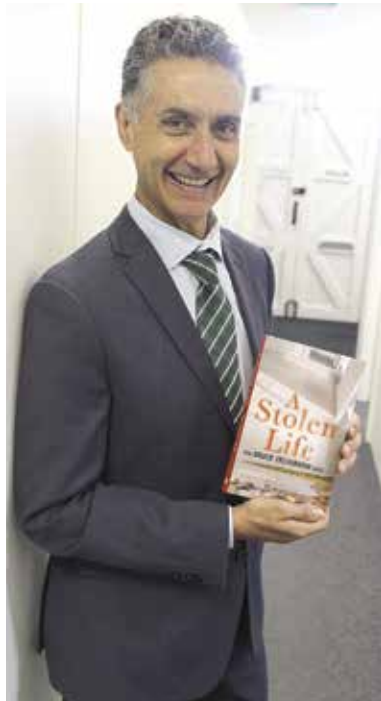


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# Landmark Stolen Generations case brought to life by Perth author



Author Antonio (Tony) Buti with his book *A Stolen Life The Bruce Trevorrow Case*

by Josephine Allison

ANTONIO (Tony) Buti was a young lawyer working on stolen generations issues with the Aboriginal Legal Service in Perth and in academia when he first became aware of Bruce Trevorrow and his successful Stolen Generation case.

"When this case came up, I thought, 'oh gee, I need to take a look at this,'" Buti told *Have a Go News*. "I wrote an academic article first but always had the view or desire to bring the case to a wider audience and that led me to undertaking this project."

"When I started, I was still in academia but I entered politics in WA in 2010 so that reduced the amount of time I had to write."

Buti's hard work and dedication have paid off with his recently released book *A Stolen Life The Bruce Trevorrow Case* (Fremantle Press), which takes readers on Trevorrow's sad journey and his quest to have his fractured life officially recognised.

Trevorrow, who died in 2008, was the only member of the Stolen Generations to sue an Australian government for compensation and win. His case against the State of South Australia was a landmark moment in Australian history.

On Christmas Day 1957, Joe Trevorrow walked through blistering heat to seek help for his sick son. Relatives took Bruce to hospital but within days Bruce was living with another family and Joe would never see his son again.

Bruce Trevorrow's life descended into drifting, violence, alcoholism, petty crime and a sense of confu-

sion about his true identity. His life as a child and adult was never really happy.

Buti's work for the project involved reading more than 3000 pages of transcript, documents submitted to the courts and interviewing people.

"It was a challenge," he said. "At times I did wonder if I was going to achieve what I was hoping to do, but I'm glad I stuck it out because it was important this story should be brought to a wider audience."

A clever highlight of the book is the author putting himself into the perspective of Bruce, his family and his legal team which included Julian Burnside QC. He also interviewed and writes about the judge who made the landmark decision, former Justice Tom Gray.

"I always had this view about literature in Australia, especially non-fiction. Americans do it so well (putting themselves into the minds of the main characters) but I don't think we have done it so well. I was trying to make the story more lively so that people would be more interested in a non-fiction legal case."

Buti says it is difficult to say if the Bruce Trevorrow case has set a precedent because the decision was decided on the facts put before the judge and the evidence was very supportive of Bruce.

"What it did show was that it is possible to win a case in this area and it did push the South Australian Government to set up a non-legal reparation model – a redress model – but it took a few years to do it."

"The State Government did appeal the decision but the decision was upheld, a couple of points were overturned but substantially the decision held."

*A Stolen Life* was officially launched in WA by Minister for Finance, Energy and Aboriginal Affairs, Ben Wyatt on 20 June, coincidentally the 11th anniversary of Bruce Trevorrow's passing. It was launched in South Australia on 12 August.

"So far the reception to the book has been very positive," Buti said. "People who have read it have found it engrossing, informative and uplifting at the same time. People can make their own judgments about the Stolen Generations but this is a case people should read; it is something all Australians should know about."

"People don't know much about these cases which is a sad thing. Until I worked at the ALS I had no idea about this part of our history. There is no doubt the national inquiry *Bringing Them Home* (Australian Human Rights Commission) handed down in 1997 enabled people to learn a little more and also the Rudd Apology in 2008, but the majority of people have little knowledge of this part of our history."

Antonio Buti is the Labor Member for Armadale, Honorary Fellow at the law school at UWA and Adjunct Professor at the law school of Murdoch University. He has written extensively on a wide range of issues including a book on the great Perth Mint swindle, called *Brothers: Justice, Corruption and the Mickelbergs*.

In 2007 his biography of Sir Ronald Wilson, *A Matter of Conscience*, won the Western Australian Premier's Book Award for non-fiction and the Premier's Prize.

*A Stolen Life* (Fremantle Press) retails for \$32.99.

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THE State Library of WA, located at the Perth Cultural Centre in Francis Street, has many services people can access for free. In fact, as long as they have a library card, people should be able to use many of the e-resources.

The key to enjoying the State Library is that membership is free as are all the SLWA services.

For instance, if someone wants a library card, just drop in with an ID and get one. If someone has a smart phone, then they can download free Apps which will allow them to download and read free eBooks on a smart phone, download and listen to free audio books, download and read more than 5000 newspapers and magazines.

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To get details on how to do this, talk to the friendly staff at the State Library of WA or the local library or perhaps go to the website at [www.sla.wa.gov.au/explore-discover/eresources](http://www.sla.wa.gov.au/explore-discover/eresources)

The State Library often has talks, all of which are free. People can find out about them either through the website or they can subscribe to the e-newsletter (through the State Library website - go to homepage and scroll to the bottom of the page) - or come in and pick up a printed 'what's on' brochure.

Other popular resources are family history resources, which involve volunteers who come in and help people find out more about their family history.

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## How to travel light

THE speaker at the next meeting of the WA Self Funded Retirees Association will be Ann Williams.

Ann has a long association with senior's groups, and in recent years has been involved in entertaining and advising people about various aspects of travel and get-aways.

Her talk will concentrate on travelling light and will include visual presentations and ideas for people on how to travel with a few garments that pack into a small bag.

It will also include a talk on how she operates a community service which gives advice on 'out and about' opportunities for those who might otherwise be living on their own or who have few contacts.

Each month on the second Friday the WA Self Funded Retirees Association holds a meeting which features guest speakers on topics of interest to retirees.

The next meeting will be held at Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat, on

Friday the 13 September at 10am.

Visitors to the meetings are always most welcome. For more information please contact Ron de Gruchy on 94471313 or Margaret Harris on 9381 5303.

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# Ballet 4 You takes a big step with women learning dance via You Tube



Chris Huzzard with Lisa Purchas and Hugh Buttsworth

by Josephine Allison

TWO years after she launched Ballet 4 You, Perth woman Lisa Purchas has engaged film maker Hugh Buttsworth to film each of the unique exercise sequences and these have been uploaded to You Tube.

Ballet 4 You was launched

on You Tube in June and the first introductory clip and warmup exercise sequence is now available free online, Lisa said. This can be viewed via the homepage by clicking on the YouTube icon (the little arrow) on the Ballet 4 You webpage [www.ballet4you.com](http://www.ballet4you.com) and the link will take people

directly to the ten video playlist. Alternatively, people can go to the YouTube channel Ballet 4 You—Ballet 4 Alzheimer's.

Ballet 4 You was originally designed as a ballet inspired exercise program for women with mild cognitive impairment and early stage Alzheimer's.

"These exercises focus on balance, strength, posture and the use of the body and brain in simple cross-lateral sequences," Lisa said. "The beautiful arm movements release tension from the hands and arms, open the chest and make someone feel graceful and complete again."

"Ballet is a very dignified, graceful form of exercise. It is great for muscular strength and there are research findings that make the connection between muscular strength and cognitive health."

Around 46 million people worldwide are living with Alzheimer's and other forms of

dementia. It is one of the leading causes of death among an ageing population, especially women including Lisa's mother, Joanna, in 2016.

"Most people don't realise that a person with Alzheimer's disease derives the same benefits from a regular exercise program as anyone else, namely improved cardiovascular fitness, endurance and strength. This also leads to better circulation and fewer falls."

In the last few years, Ballet 4 You has continued to teach growing numbers of classes privately, Lisa said. But there were various factors which impeded people from taking part such as cost, transport, distance, weather and the time of day.

To help these people, Lisa is working with Hugh Buttsworth from Steller Visions to film sequences to music by Nigel Gaynor, currently music director of the Queensland Ballet.

"As each clip is fully sponsored, it is released on the Ballet 4 You You Tube channel," she said.

Sponsorship can be made in a private or corporate capacity and can be done via the website [www.ballet4you.com](http://www.ballet4you.com) or by contacting Lisa by email at [ballet4you@westnet.com.au](mailto:ballet4you@westnet.com.au)

"The feedback we have received so far has been positive and people who don't have mild cognitive impairment or early stage Alzheimer's are also doing the program as an Alzheimer's prevention strategy," Lisa said.

"Many of our Ballet 4 Seniors students do the clip regularly by running the You Tube channel through their television or iPad."

"The program is completely portable and can be done at home anytime, anywhere without fancy equipment as the back of a sturdy chair is used instead of a ballet barre. People

do not need special shoes or exercise gear as grippy socks and comfortable clothes are perfect.

"Carers are more than happy to set up the smart phone, iPad, laptop, TV or computer and take part in the exercises with their loved ones."

"There is no other program quite like our Ballet 4 You program anywhere. It is completely free of charge to people and Google translates it into 300 plus languages so our reach is universal. We are hoping to engage people in our program on a daily basis and work together towards maintaining a healthy body and brain."

"It is an expensive undertaking to bring our five star presentation to fruition and we are hoping people will contribute to our cause so that more clips can be released. People can sponsor us by going to our webpage [www.ballet4you.com](http://www.ballet4you.com)," she said.

## Keep informed about tax time scams and the deeming rate changes



by Hank Jongen

General manager  
— Department of Human  
Services

WITH tax time in full swing, it's a timely reminder to be vigilant of scams. Scammers are very opportunistic, particularly when people are expecting a tax refund. They may pretend to be from myGov or other government organisations like the Australian Tax Office, and will contact you to say you're entitled to a tax refund or that you need to pay a debt. What they are trying

to do is trick you into giving them money or personal details.

If you receive a call from us and you suspect it might be a scam, the safest option is to hang up and phone us back to check if the call was genuine. You can call us on your regular payment line or one of the numbers listed on our website. We do call people but we will never threaten you with arrest or tell you to buy gift cards or iTunes cards. If you get a phone call like this, it's a scam and you should hang up at once.

We also send emails and texts from time to time, but we'll never include any links to websites in them. Scammers often include links that

direct you to fake websites. If you receive one of these messages, don't open it or click on any of the links, or respond to the sender. Delete the message and let us know about it.

If you have accidentally provided your personal information to a scammer, you should contact our Scams and Identity Theft Helpdesk on 1800 941 126. They are open Monday to Friday. Stay up to date on how to identify, report and protect yourself against scams by checking out our website at [www.humanservices.gov.au/scams](http://www.humanservices.gov.au/scams).

There have been some changes to the deeming rates in the past month.

Deeming assumes that your financial investments earn a set rate of income, no matter what they really earn. We use an income and assets test to work out how much we can pay you, and any deemed income is included in your income test.

The new deeming rates were recently set by the Minister for Social Services, and your deemed income will depend on whether you're single, or a member of a couple. We apply a lower deemed rate to a certain, initial amount of your total financial investments, which is now one per cent (down from one and three quarters). The higher deemed rate is three per cent (down from 3.25 per cent).

We'll backdate the deeming rates to 1 July 2019 and apply the new rates from this date. If you have deemed income, we'll automatically apply the new deeming rates and you may see a change in your regular payment rate once this has been done. There's nothing you need to do in the meantime. For more information, visit our website at [www.humanservices.gov.au/deeming](http://www.humanservices.gov.au/deeming)

ED: If you have a question about Centrelink you would like answered don't hesitate to write to us and we will pass it on – email [info@haveagone.com.au](mailto:info@haveagone.com.au) with Hank in the subject line.

## Two remarkable women who both enjoy croquet



Joy Jeffes and Nicola Ronan

ALTHOUGH there is an over 80 year age difference, 96-year-old Joy Jeffes and 15-year-old Nicola Ronan can often be found playing croquet together or helping promote the Mandurah Croquet Club.

They recently worked together at a sports promotion day held at the Mandurah Forum to promote the sport.

They enjoy each other's company, whether playing a game or just having a chat, and both women are high achievers in their own right.

Joy is a shining example of ageing gracefully by staying active physically and mentally. She is a fierce competitor on the croquet court. She is a board member of the Peel Health Campus and until recently was also a board member of the Rockingham Health Campus. She is a member of Voices in Harmony Choir, celebrated her 94th birthday with a parachute jump, went hot air ballooning on her 95th birthday and plans to go bungee jumping in New Zealand. Joy has also been awarded the OAM and is a JP.

Nicola is a keen golf croquet player and enthusiastic member of the croquet club, who at 15 already has a black belt in karate, has represented

Australia at the World Karate Championships held in Mumbai, India and won both silver and bronze medals. She plays soccer, enjoys netball and swimming, holds a part time job and combines this with her studies.

They are both remarkable people and members of the Mandurah Croquet Club. Anyone who would like to join the club will be made most welcome. Croquet is a non contact, low impact sport for everyone. For more information phone 9535 5563 or 9581 5242.

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# Legal expert to answer questions on rising rate of elder abuse



Director of Perth based Tan and Tan Lawyers Pty Ltd  
Raymond Tan

by Josephine Allison

ELDER abuse is sadly on the rise in the community and *Have a Go News* is helping tackle the problem with a monthly column by a legal expert who will outline the various issues and how they should be dealt with.

Raymond Tan, director of Perth based Tan and Tan Lawyers Pty Ltd, will provide expert advice on elder abuse with readers invited to send in their questions.

Mr Tan, who hails from Singapore, was called to the English Bar at Inner Temple, UK in September 1988 and to the Western Australia Bar in March 1990.

His pet charity is helping the homeless. He has been sleeping out every year for ten years to raise funds for the homeless

through the annual CEO Sleepout event.

Mr Tan said he had taken an interest in elder abuse because he was getting more and more of such cases.

"They are heading or are already at the State Administrative Tribunal (SAT) that hears such cases," he said. "My firm has five cases pending with the SAT."

"Elder abuse is becoming a growing problem as we face an ageing population."

The Select Committee into Elder Abuse appointed by the WA State Government last year found around 75,000 older people at risk of elder abuse.

"I have personally seen a significant increase in the number of cases where I have to advise my older clients and represent them

in court."

Mr Tan said the abuse can be financial, psychological/emotional, physical, neglect and sexual and social.

"This year alone I have had seven cases dealing with elder abuse. However, the Committee confirms that data on elder abuse is not being collected by agencies or departments that deal with such cases."

The Office of the Public Advocate investigated nearly 1500 cases in 2016-17. Of these allegations of abuse were a factor in 211 investigations with financial abuse the most common. Of these 102 people involved were over 65 years of age.

Allegations of abuse were raised in 124 out of 487 guardianship applications in the State Administrative Tribunal.

Mr Tan said the best way to alleviate elder abuse was to see a reliable lawyer for legal advice and make sure that elders had an enduring power of attorney (EPA) and an enduring power of guardianship (EPG) signed as soon as possible.

Even having an EPA and EPG signed will not always solve the problem as choosing the wrong person as attorney and guardian could cause a bigger problem. People should think carefully as to who they wish to appoint.

"The committee found that many abuse cases are perpetrated by close relatives," Mr Tan said. "Carer stress or carer fatigue is a major risk factor. There are also concerns about perpetrators of elder abuse who are not related but

who befriend an older person and then seek to gain financially from that relationship."

Readers can contact Mr Tan through *Have a Go News* via email [info@haveagonews.com.au](mailto:info@haveagonews.com.au) with Legal Advice in the subject line or direct at [ray@tanandtanlawyers.com](mailto:ray@tanandtanlawyers.com) where he offers free legal advice for general queries.

Raymond Tan is the principal of Tan and Tan Lawyers. Visit [www.tanandtanlawyers.com](http://www.tanandtanlawyers.com) for more information.

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## Free show for seniors every Tuesday at the Perth Town Hall

COME along and join the throng at the *Holly Wood Tuesday Morning Show*, which is held every Tuesday at the Perth Town Hall from 11 am to 12 noon.

The show offers free information and entertainment each week. Entry is from 10.30am with tea and coffee available for a gold coin donation. After the show head down to Citiplace Community Centre situated on the upper level of the City Railway Station Complex, which offers seniors a range of low cost refreshments and services in a warm, friendly environment.

Here's the show program for the August and September.

**20 August** – Compere: Bernard Carney. *Perfect Storm* Wayne and John are a fun vocal and guitar duo who will entertain with favourite songs from the 50s onwards.

**27 August** – Compere: Bernard Carney. August is National Family History month and Mike Murray

from Time Trackers joins the show to people how to grow their family tree. Mike is heavily involved in the WA Genealogy Society and will talk about some of the events and in particular some of the interesting issues that DNA testing is presenting.

**Eddie Storm (OAM)** A lifetime of entertaining the community shines through when Eddie, one of WA's favourite entertainers, returns to the stage with his wonderful variety show and effortless vocal style, paying tribute to the great entertainers from the past, with one or two yarns thrown in for good measure.

**3 September** – Compere: Bernard Carney. Jazz, blues, swing soul and pop singer Jake Dennis, is excited to perform classic songs of love, joy, and longing, from entertainers like Judy Garland and Ray Charles.

**10 September** – Compere: Bernard Carney. Jennifer Merigan from

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

Ever popular with her own stylish vocal magic and great repertoire Hilary Everard is back for another great show singing some favourite songs.

**17 September** – Compere: Bernard Carney. All the fun, fashion and fantasy of *My Fair Lady* is brought alive by Linda Conley and her fabulous theatre troupe.

**24 September** – Compere: Bernard Carney. Cultural heritage engagement officer for the City of Perth, Jenna Lynch will talk about the stories and memorabilia which are coming to light in the lead up to the 150th anniversary of the opening of the Perth Town Hall.

Rob Mazoue and Terry Brown will delight the audience with a selection of famous tenor songs from popular musicals and the world of opera.

## OOPS

APOLOGIES to readers – we placed the incorrect answers to Wheel Words in last month's issue. Below is the correct answers for July #328.

**Wheel Words:**  
Coin, Coir, Corn, Crag, Icon, Orca, Acing, Acorn, Cairn, Canon, Cargo, Cigar, Coign, Conga, Corgi, Icing, Ionic, Racon, Ricin, Agonic, Arcing, Caning, Caring, Coring, Ironie, Niacin, Racing, Anionic, Coining, Craning, Crannog, Organic.  
9-letter word: INORGANIC

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# Where Opinions Matter - being active in our community can hold the key to reducing red tape



by Lee Tate

I HATE Munster. Not the beautiful coastal suburb I live in. The awful name. Remember TV's dysfunctional Munster family? Munster sounds like mon-ster.

Munster has no place in WA, being named after a British sailor who's never

been here.

Lots of people here and elsewhere dislike the name, so let's change it. Munster is an extension of coastal Coogee, a perfectly good name with Aboriginal language connections.

Let's be swallowed-up by Coogee or even become South Coogee.

The name-change has the support of local MP Fran Logan and Cockburn Council. So let's go for it. But it ain't that easy. And it raises issues over how much say we really have in our affairs and how much say we want, while our strings are still pulled from the east.

To change a suburb's name, obviously there needs to be a groundswell of community support with an agreed new name.

Six years ago, Cockburn Council passed a resolution to approach the government for the new name of South Coogee.

But the request was refused because – can you believe this? – it replicated the name of a suburb in NSW, raising the potential for confusion. Yes, people might confuse Perth's Coogee region with Sydney's Coogee district. They are only 3,280 kms apart.

But that's the ruling, set

in concrete. West Australians can't just go out and change a suburb's name. It might upset someone somewhere else.

Meanwhile, WA has also been waiting on a Prime Ministerial nod for crucial Perth arterial road works to get going to unblock our busy traffic routes – along with a long list of other vital state projects.

But just to complete the picture on Munster, which was named in 1954, the South Coogee Community Association has been campaigning for new name Lake Coogee. Sounds good, given the suburb's bird-attracting

lakes.

The council supports the community campaign and the Geographic Names Committee has also endorsed Lake Coogee, conditional on further resident consultation.

So, when it comes to it, how can ratepayers have for a bigger and proper say in their own affairs?

We vote in our three levels of government. We can stand for government or council or at least turn-up at bureaucratic meetings and speak-up. We can more show interest in our communities and belong better. Encourage our kids and grandkids to find community groups

they'd enjoy belonging to.

Being active in our own little worlds holds a key.

To overcome the bureaucratic red tape that strangles all levels of government, to confront the east-west political tug-of-war and re-juggle finances – federal, state and local – is a massive mission. That's for sure.

Few of us understand the workings of our rulers, have little desire or no interest in these matters, don't have the necessary skills and struggle to find the time (until we are seniors and probably not up to speed and out of touch).

As confronting as it is,

the system needs addressing and we should start somewhere. Perhaps as a first step we could crank-up our education system, embracing subjects in the areas that are so important to our lives and our state's future direction.

We need good-quality leadership and we need to pay them well.

Give us your opinion. Email [info@haveagonews.com.au](mailto:info@haveagonews.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.

# Calling all Korean War veterans - The Republic of Korea wants to honour them

ONLY five years after the end of WWII, Australia became involved in the Korean War from 1950 – 1953. It is often known as the forgotten war.

Personnel from the Royal Australian Navy (RAN), Royal Australian Air Force (RAAF) and the Australian Regular Army (ARA) served for three years in the defence of South Korea.

The armistice that ended the

War is celebrated on 27 July each year. This year it was held at the Flame of Remembrance, State War Memorial in Kings Park.

More than twelve months ago, the Royal Australian Regiment Association of Western Australia was asked to locate sixty-nine of their Korean Veteran members who fought in the conflict.

The Minister for Patriots and Veterans Affairs from The Republic of

Korea would like to present 'Ambassador for Peace' medals to the veteran or their families.

Some veterans may have passed away but if so families are asked to receive the medal on their behalf.

The certificate attached to the medal reads:

"It is with great honour and pleasure to express the everlasting gratitude of the Republic of Korea and our people for the service you

and your countrymen have performed in the restoring and preserving our freedom and democracy.

We cherish in our hearts the memory of your boundless sacrifices in helping us re-establish our free nation.

In grateful recognition of your dedicated contributions, it is our privilege to proclaim you an "Ambassador for Peace" with every

good wish of people of Republic of Korea. Let each of us reaffirm our mutual respect and friendship that they may endure for generations to come."

If any reader is a Korean war veteran who served in the Royal Australian Regiment or knows of one, please contact president of the Royal Australian Regiment Association Peter Heeney on 0417 559 973.

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# Walking group celebrate winter and want you to come and join them



MORE than one hundred members of the Over 55

Walking Club of WA enjoyed a midyear luncheon at the Esplanade Hotel in Fremantle, last month.

It was a perfect venue for a big group and the chef surpassed himself in providing a delicious, comprehensive buffet.

A number of older members were present, including Lou who is in his mid 90s and recently retired from the club.

Raffles were popular on the day with the hotel kindly donated two prizes, including a dinner for two and a breakfast for two. Other raffle prizes included

wine and chocolates.

People who want to get out and about and exercise and socialise more are invited to come along and join the club (it only costs \$10 a year).

Members enjoy walks in beautiful parks, along the river or beach paths as well as various social functions.

They have a potato bake in September which is subsidised by the club, a hamburger lunch for a gold coin donation in October and a fabulous end of year lunch which is also subsidised by the club.

The next walks are:

**20 August** Woodbridge (First Avenue)  
**27 August** Kings Park (May Drive parkland)  
**3 September** Walyunga National Park (Great Northern Highway Bullsbrook)  
**10 September** Yokine Reserve (Wordsworth Avenue)  
**17 September** Darlington (Cnr Darlington and Owen Road)  
**24 September** Manning Park (Azelia Road, Hamilton Hill)  
**1 October** Mundaring (Jacoby Street)

Walkers gather at 10am. Bring a thermos flask, a



Over 55 Walking Club of WA members at their midyear lunching at the Esplanade Hotel, Fremantle

sandwich and a folding chair and get to know other members.

For further information

visit the website at [www.over55walkingassociation.gov.au](http://www.over55walkingassociation.gov.au) or phone Shirley on 0400 577 738.

**CAVERSHAM WILDLIFE PARK**  
**THE FARM SHOW**  
 10am  
 12noon  
 1pm & 3pm

**MEET THE WOMBAT & FRIENDS SHOW**  
 9.30am 11am 2pm 3.45pm

**KOALAS**  
 Open 9am-9.30am,  
 11.30am-12, 2.30pm-3pm,  
 4pm-4.30pm

**KANGAROOS**  
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**Bryan Brown is still having a go**  
 continued from front cover  
 Brown is also an ambassador for the Australian Alzheimer's Research Foundation which came about when he was in the Busselton-Margaret River area for Cinefest Oz and Professor Ralph Martins was a guest speaker on the subject.  
 "I spoke with him and he asked me if I wanted to do a test. Oh god, I wanted to pass that test and I was told I was fine for my age and had my brain photographed. Just after that I was asked to be an ambassador."  
 When he is not barnstorming around the country promoting his latest movie, Sydney based Brown likes nothing better than exercising with pilates. "I do it four times a week," he said.  
**Palm Beach** is open in cinemas nationally.

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

**9am Monday to Friday Morning Prayer**  
**10.15am each Sunday Regular services of Holy Communion**  
**Kids Program**  
 Kids Program; Each week the children have great fun listening to a story from the Bible, talking about it, singing, playing and doing craft.  
 Kids Program runs during school terms  
**10.15am, Saturday 11 August**  
 Australian Baroque and the Georgian Singers will perform Haydn's *Little Organ Mass* as part of the service as we celebrate the anniversary of the consecration of St Patrick's. All are welcome to this free event, and lunch will be provided following the service.  
**[www.stpatricksmtlawley.com](http://www.stpatricksmtlawley.com)**  
**Father Stephen Conway 0478 514 516**

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# Flying high - it's not so green to fly across the globe these days



*Karen Majer*  
by Karen Majer

NOT so long ago, flying was considered something special. When I was four years old, my family sailed from Australia to England on a P&O liner. Four years later we returned the same way – weeks at sea with lots of amazing sights. My first plane flight, from Brisbane to Perth at the age of twelve, was a big oc-

casion for which Mum had her hair ‘done’. These days we flit around the globe for work and holidays as if it is the most natural thing in the world. Since the first passenger flight just over one hundred years ago, air travel has exploded. More than four billion passengers (not individual people – some took multiple flights) flew in 2017, setting a new record. The International Air Transport Association predicts this number will nearly double to 7.2 billion by 2035 alongside the rise of the urban middle class in countries including Brazil, India, Russia and China. This rapid rise in air travel comes at a cost – a surge in greenhouse

gases linked to climate change. Jet fuel and aviation gas burn to create carbon dioxide. On top of that, aviation emissions include water vapour, which creates clouds, as well as black carbon, nitrous oxide and sulphur oxide. These contribute even more to trapping heat. The processes are complex. Vapour trails and tropospheric ozone produced by planes at altitude cause potent but shorter-lived warming. The next decade may be make-or-break for reducing carbon emissions to avoid climate tipping points, so vapour trails may be significant. Acknowledging the urgent need to make drastic cuts in carbon emissions for a safe future, people

are increasingly questioning the ethics of unnecessary flying. A movement called flight shame originated in Sweden and is spreading rapidly. Flight shame is the shame or embarrassment of boarding a plane knowing you are making the biggest contribution a single person could make towards climate change. Thousands of people across Europe have pledged not to fly unnecessarily or to go a year without flying. There is even a movement of flight shaming on social media. West Australians, living in a remote part of the world, face particular challenges in reducing air travel. We depend on flying whether for work or family reunions, with

almost half of us born overseas. Growing international student numbers and a valuable tourism industry rely on air travel. Ecotourism Australia says that: whilst it may be the newest phase of a global trend toward more ethical consumerism, the flight shaming movement poses a challenge to Australia’s ecotourism industry. Airlines are working towards improving their performance by increasing efficiency, developing biofuels and even electric planes, but there is a long way to go. To put it in perspective, a Melbourne to London return trip creates a warming effect equivalent to 16.8 tonnes of carbon dioxide per person. A typical passenger vehicle

emits about 4.6 tonnes per year. So clearly we need to think carefully. There are several ways to reduce our flying carbon footprint. Work meetings are increasingly using Skype or other web-based technologies to bring participants together in the comfort of their own offices. Conference presenters can appear on the big screen. When we really need to fly, there is the option of ‘offsetting’. Some airlines allow you to pay extra to support a project that will reduce greenhouse emissions equivalent to your flight, for example by tree planting. Uptake of offset programs is low – only about two to four per cent of travellers. One of the reasons is that people

don’t understand where the money goes or what it will achieve. Ecotourism Australia envisages a future where offsetting your flights, as a traveller, is an opt-out, not an opt-in decision, and where a diverse range of localised offsetting options exist which have true and lasting positive impacts on the natural assets on which our sector depends.’ Next time you fly, you might consider donating to a local revegetation or restoration program that will improve the environment as well as contribute to storing carbon harmlessly. I’m returning to the attitude that air travel is special, to be undertaken very thoughtfully.

## Paddlers get out on the water and enjoy the challenge of rapids during winter



Winter paddling

by Iris Mickiewicz  
FOR many months our keen white-water paddlers have been watching the skies for ominous black clouds to bring the

joy of rain. It’s not just the smell of the rain and the glossy green leaves that we see washed clean following the rain, mainly it’s the promise of some exciting and exhilarating, but

scary for some, paddling white water over rapids. June and July brought wonderful rains. Eventually there was enough for the water to start flowing down stream to swell the rivers. This enabled us to get out to enjoy the challenge of moving water. Several weeks ago, we took a group of 12 keen paddlers up to Bells for a training/practice session before the rivers flow became too strong for paddlers new to white water. We had a number of paddlers with a variety of skill levels from very experienced to newer, but strong, paddlers who asked to come along to

learn new skills and to test the strength of the faster flowing water. A number of us found it a bit tough, we had to focus on where we wanted to go, concentrate and paddle hard through those tricky sections around bends and near the tea trees. We always have to be aware of a stick or any other obstacle poking up through the water; it may well be attached to a large tree stump underwater. Any of these obstacles can flip us out of our kayak, it only takes a second or two. One newbie enjoyed not just one but two dips in the river. In addition, one

of our experienced paddlers involuntarily exited from her kayak to take a very close look at the rivers’ bottom. A short stick was the culprit, catching her unawares. A trip to Dwellingup on a Monday was enjoyed by a group of 12 keen and robust members. They met, as is our usual practice, in the pub carpark before 8.30am. It was a very chilly wait at a fresh 10°C, until all arrived and loaded kayaks onto cars to travel along the bush tracks to Island Pool. The day was perfect as the sun rose with barely a cloud in the sky. The paddlers entered the Murray river thorough-

ly enjoying the challenge as they zoomed along with the running water. Most of our adventurous paddlers managed to stay dry, but not two of our new members who were experiencing fast moving water for the first time. As is our usual practice when any of our members go for an unexpected dip in the river our more experienced paddlers rally around to take control of the situation. We work together to assist the saturated paddler safely out of the water, back into their kayak and on their continuing enjoyable paddle. Over the last two weeks the rain has stopped, in-

stead we have enjoyed beautiful sunny days. However, more rain is on its way and that will guarantee even more fun on the fast-moving water for many members of the Over 55 Canoe Club. If you are interested in Over 55 Canoe Club all enquiries to president Iris Mickiewicz on 0438 926 578 or secretary Dale Winn on 0420 733 024.



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# Busselton Masters Swimming Club's goes from strength to strength



Busselton Masters Swimming club has more than 80 members

by Nadine Georgiades,  
Project coordinator –  
Masters Swimming WA

BUSSELTON Masters Swimming club was launched in March 2015 with 20 inaugural

members providing 'fitness, friendship and fun' through swimming to adults aged 18+ living in the south west regional community of WA. The club was formed by the amalgamation of

Masters Swimming WA with Busselton Swimming Club, an existing junior club, in what is known as the one-club model. This partnership provided both Busselton Swimming club and Mas-

ters with the opportunity to increase membership and provide a life-long swimming pathway. The one-club model has had great success in both regional and metropolitan centres as it enables Swimming Clubs and Masters Clubs to be incorporated together, affiliating with both Swimming WA and Masters Swimming WA. The club is run by one committee, with representatives for each part of the club, reducing the need for extra volunteers. This organisation provides an easy pathway for adult swimmers to remain with their local club and become role models for up and coming juniors. It works well for both regional and metropolitan clubs.

Since 2015, Busselton Masters Swimming Club has gone from strength to strength with significant year on year membership growth, resulting in the club reaching 80 members at the end of 2018. This all bodes well for the Geographe Leisure Centre, which reaps the benefit of these regular swimmers coming to the pool week in, week out through rain, hail or shine. An important contributor to the growth of the Busselton Masters Swimming Club is their annual restart program, which they hold each winter over an eight-week period. This is designed for people to refresh their swimming skills, ease into a fitness regime and gain confidence. A qualified coach

runs the program to help budding swimmers improve their technique, skill and efficiency in the water. The club promotes the program through the Geographe Leisure Centre as well as through social media, advertising and editorials in the local newspapers. The cost for participation is \$145 for membership (pool entry is extra). The first two sessions of the program are free. Last year's Restart Program saw nearly 30 interested swimmers resulting in 15 new members for the club. The Restart program returned in June and July this year. Busselton Masters also host other regular coaching clinics for their members outside of their traditional training

sessions. These have included endurance clinics and stroke technique, all providing added value to their members and encouraging regular pool entry. Busselton Masters Swimming Club's amazing efforts in providing new and interesting ways to encourage people into swimming saw them nominated for the Community Club of the Year Award at the RAC Sports Awards in 2019 and becoming a finalist for this award. Working with a Masters Club to develop programs to encourage swimming participation is a win-win for both club and the aquatic centre. For more information on your closest club visit our website [www.mswa.asn.au](http://www.mswa.asn.au).

## A look through pink coloured glasses at the last 28 years for the LGBTI community

by Colin Longworth,  
psychologist and long-term volunteer with Living Proud

HEARING that *Have a Go News* has been published for 28 years inspired me to think about how the lives and rights of LGBTI people have moved forward over this period of time. I remembered this quote from Martin Luther King Jr, that: "Human progress is neither automatic nor inevitable. Every step towards the goal of justice requires sacri-

fice, suffering and struggle: The tireless exertions and passionate concern of dedicated individuals." Nowadays, it is an everyday event to see an LGBTI person or couple on TV as either a presenter on a program, reading the news, a character in a drama, or a participant in a reality show. I remember when I was growing up, the gay character Don Finlayson on the TV soap *Number 96* was quite controversial. Particularly because the character (played by a heterosexual man) was

not the flamboyant stereotype we were used to seeing. Fortunately we've moved on from Mr Humphreys in *Are You Being Served?* and young people coming out nowadays have more realistic and everyday examples of gay and lesbian people in the media, public life and the world around them. To my eyes, and as far as LGBTI rights are concerned, it seems to me it is a case of a few steps forward and a few steps backward.

The steps forward include the recent changes to the Marriage Act, which allows all couples to marry. But now some of the steps backward in this at times acrimonious battle, is the push to extend the Special Religious Rights that churches already have, allowing them to sack gay or lesbian teachers or expel students. But what other things have happened in the last 28 years since *Have a Go News* started in 1991? Primetimers started in 2003 to provide mature gay and bisexual men with opportunities to come together in a supportive atmosphere to enjoy social, educational and recreational activities. Nowadays there are regular meetings for mature aged gay and bisexual men to socialise, including get-togethers where the guys will enjoy a meal together along

with various other activities. Visit [www.primetimerswa.com.au](http://www.primetimerswa.com.au) for more info. We don't have any of these people here: *Retirement accommodation and aged care issues for non-heterosexual populations* was a report prepared in 2010 by GLBTI Rights in Ageing Inc. (GRAI). The title coming from one of the responses to the research project. The report found that some older people going into a care facility had to go back into the closet or hide their true selves or pretend to be heterosexual. One issue for those people could include non-recognition of a significant and longstanding relationship. Information about more appropriate accommodation and treating LGBTI people in care facilities can be found via the GRAI website [www.grai.org.au](http://www.grai.org.au).

Although telephone counselling and information services for LGBTI people have been operating around the country for decades, Q-Life Australia's national service only started in 2013. It assists people from all age groups with a listening ear, information and referrals to relevant services, organisations and professional services. The earlier life of the WA branch of Q-Life now run by Living Proud ([www.livingproud.org.au](http://www.livingproud.org.au)) can be traced back to 1974 and is one of the oldest services of its kind in the world. In 2009 Centrelink recognised same-sex relationships and for some this change was a backward step. Many same-sex couples (having paid tax and arranged their finances as two single people) were expected to report they were in a couple relationship. As a result they could potentially

have a reduced Centrelink payment, or lose it altogether, depending on circumstances. While some saw this recognition as a positive step, it was nonetheless before same-sex couples were able to obtain the other benefits of being legally married. There was also the potential to be outed as a gay/lesbian couple, regardless of how uncomfortable they were with this possibility. This change came in a fairly short timeframe, particularly when compared with the gradual equalisation of ages for eligibility for an Aged Pension. Many saw this as a money-saving exercise under the guise of equality. Overall I feel there have been a combination of positives and negatives for LGBTI readers of *Have a Go News* but we should celebrate the positives.

### NORSEMAN is CELEBRATING 125 years in 2019!

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Phone 0408 105 022 or email [norsemanfestival@hotmail.com](mailto:norsemanfestival@hotmail.com) for info

**SATURDAY 31 August**  
**A full day of fun!**  
9am Horizon Gold Run  
9.30am State Rock Drill Championships  
Markets/Street parade  
Clydesdale carriages/  
Reptile haven & Petting zoo  
Wood Choppers Exhibition  
Children's entertainment  
Food vans, buskers and much more

**SUNDAY 1 September**  
**Historical Museum open**  
8.30am Breakfast  
**Norsey Nugget Golf Competition**  
18-hole competition - major prizes,  
shot gun start 10.30am

## Did you promise to do more walking for fun or fitness

DO you want an activity that is fun and interesting enough for you to want to keep coming back? Maybe you'd also like a great variety of lively music to enjoy as well? Modern square dancing is all about walking and moving to the instructions of a caller. They start with simple easy to follow moves and gradually introduce more and more moves and

before you know it, you're hooked. Men love these fun instructions and treat them like 'military' commands easily followed and return with enthusiasm for more lessons. All these instructions are in English so once you have mastered them you are able to square dance anywhere in the world. There is a whole new world out there to discover. Modern square dance is said to be fun and friend-

ship set to music and is a wonderful way of improving your health and well being while enjoying the many lifelong friendships made along the way. Singles and partners are always welcome and people can round up more friends to try it. To find out where beginners classes are starting, phone Janice on 0410818732. Or check out a local club at [www.squaredance.org.au](http://www.squaredance.org.au).

## More Home Care services for less money? Too easy.

Home Care is designed to help you stay in your home as you get older. Funded by the Federal Government, Home Care packages are made up of individually selected services that make life a little easier. Some of those services include cleaning, gardening, meal preparation, home maintenance, shopping, medication administration and more.

Visit [acacialiving.com.au/homecare](http://acacialiving.com.au/homecare) to find your local provider and they'll help you choose the services you need and have your package ready to start within 48 hours of signing your Home Care agreement.

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## BIGGER, BRIGHTER AND MORE FUN THIS AUGUST



### FREE MID-WEEK EVENTS

Get involved with free activities this month. Don't miss free dancing lessons and Zumba Gold at Eve Nightclub or test your knowledge at Quiz Hour at Groove Bar and Lounge in the Casino.

See [crownperth.com.au](http://crownperth.com.au) for full schedule.

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



### TASTY MEALS UNDER \$20

Enjoy a tasty sweet and sour pork with pineapple and capsicum, served with jasmine rice at 88 Noodle Bar from just \$17.80.

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## LIVE A LITTLE BRIGHTER



# Reflecting of being a schoolie - a noble profession of mine from a former life



Above; One of Rick's pupils Queenie second row, second in from right Left; Rick Steele



by Rick Steele

YESTERDAY morning I awoke from a heavy slumber with a serious hint of post-holiday blues. Yes I do feel guilty, because I know I am so lucky to even have had such a special time.

It reminded me of the sadness, or blues, the day after my seventh or eighth birthday party when all the kids had gone home.

I was a schoolie in my first life. Last week as I rubbed my eyes, sipped my Earl Grey, and squinted at the morning news, I read: "Teachers should wear body cams like police so that parents can see how their children behave."

Yoah! Well there's a thought. I could have done with one them back in the sixties. Those days it took two weeks to find out your photos were appalling.

I was assaulted three times that I remember clearly and threatened several times, not by the kids, but mummies and

daddies. These days it can come from either or both.

Queenie, one of my little seven-year-olds, was not turning up to school and would miss days at a time. Through some amateur detective work with her schoolmates I discovered her mum had a new boyfriend and was using Queenie as a babysitter for her two-year-old sister. Duty bound, I passed on the information to the headmaster which then led to a visit from welfare.

Queenie's mum was a good eighteen stone, and her left hook packed a wallop and as I hit the classroom floor with stars and little birds cheeping, half the classroom cheered.

She grabbed Queenie

by the hand and dragged her out of the classroom, as I staggered to my feet.

"Take out yer writing books, children!"

I too was guilty of assault. I did administer the strap on occasions. Some bully boy punched one of my little princesses in the nose and made it bleed. I decided this was punishable with two blows with the strap. Before punishment was inflicted, the offender, informed me that if I hurt him, his dad would come and beat me up.

I knew his dad was a front row rugby league player with a penchant for violence.

I decided to call his bluff and told him that if he went home and told his dad he had punched a young girl in the nose,

he would probably suffer more pain from dad.

My bluff worked, but I have to admit, I was kinda lenient.

This was my second year of teaching, and with all the celebrations last week of man walking on the moon, I realised that as Armstrong was making one giant leap for mankind, I was trying to babysit 36 kids and English was the second language for a quarter of them.

One kid's dad lent us a black and white, ten-inch screen television which I placed on a chair on a desk in front of the blackboard, as I tried to explain what was going on.

Good luck with that one son. Each classroom had a closed fire, (July in NZ is cold) so as I stoked the

fire and tried to inspire, and ignite some young minds, I swear I saw a cow jump.

The Aussie press has never had an unblemished reputation but sometimes...

Apparently last summer at Bondi, a blond bronzed Aussie kid was swimming off shore when someone spotted the distinctive fin of a large shark swimming towards the boy.

An Englishman quickly threw off his socks, sandals and white singlet, swam out, and punched and throttled the shark. Saved the kid and swam back to shore.

Next morning the Sydney Morning Herald reported.

"Pommie bastard kills Aussie Kid's Pet!" Cheers dears.

## Mix it up and start creating - you never know how it can change your life

by Jon Lewis

MANY believe, and I agree with them, that one of the greatest pleasures is creating something. It really doesn't matter what you create, so long as you like it.

It could be something

as simple as a meal you have never before made and always very much enjoyed.

Perhaps it could be changing around the furniture in the lounge room in such a strange way that it provides you with merry delight.

It could even be

choosing to create a functional item rather than purchasing one... and this is what I did.

All the time we are told we need to bring our bags to the shops. To such a point that if I am actually offered a bag, I sheepishly ask: "Is it free?"

With the shame of refusing to offer up 15 cents for a plastic bag and lumbering out of the shop with my arms full of slightly too many purchases... I decided to do something about it in my own fashion.

How hard can it be to

make a carry bag that is a comfortable size, durable and most importantly to me, delightful?

The first two points were easy enough to achieve. An old pillowcase, some careful folding and a pair of scissors to cut out a handy handle. Then I had fun learning how to use the sewing machine.

The third point came to me in a moment of childlike inspiration. I worked out how to make the bag fold up upon itself into a parcel. It is small enough to fit in a pocket while being

secured with a little bit of velcro.

Proudly I may say this bag is not so big that when fully laden it's too heavy to carry, as I find many of the store-bought bags are oversized.

It is also very strong and unlikely to ever be damaged. What's more, if there is spillage it's a simple matter of throwing it in the washing machine as it has done so many times in its previous incarnation.

It's certainly a talking point at the checkout

and something that never fails to delight me each time I use it or remember to take it with me.

Even my darling wife Gloria has been kind enough to say she likes it.

When you create something, it doesn't need to be amazing or the best. It simply needs to be functional and delight you. If you choose, the next one can be better.

They do say living is growing and growing is creating... I would not want to see this



Jon Lewis

in reverse.

A rookie mistake when making a pillowcase carry bag is not first removing the pillow.

Good luck creating. All the best.

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East

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## PARKLAND VILLAS MANDURAH 2 Hungerford Avenue, Halls Head

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Contact Glenys on 9535 2414 to view properties



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## WOODSTOCK WEST 146 Strickland Street, Bunbury

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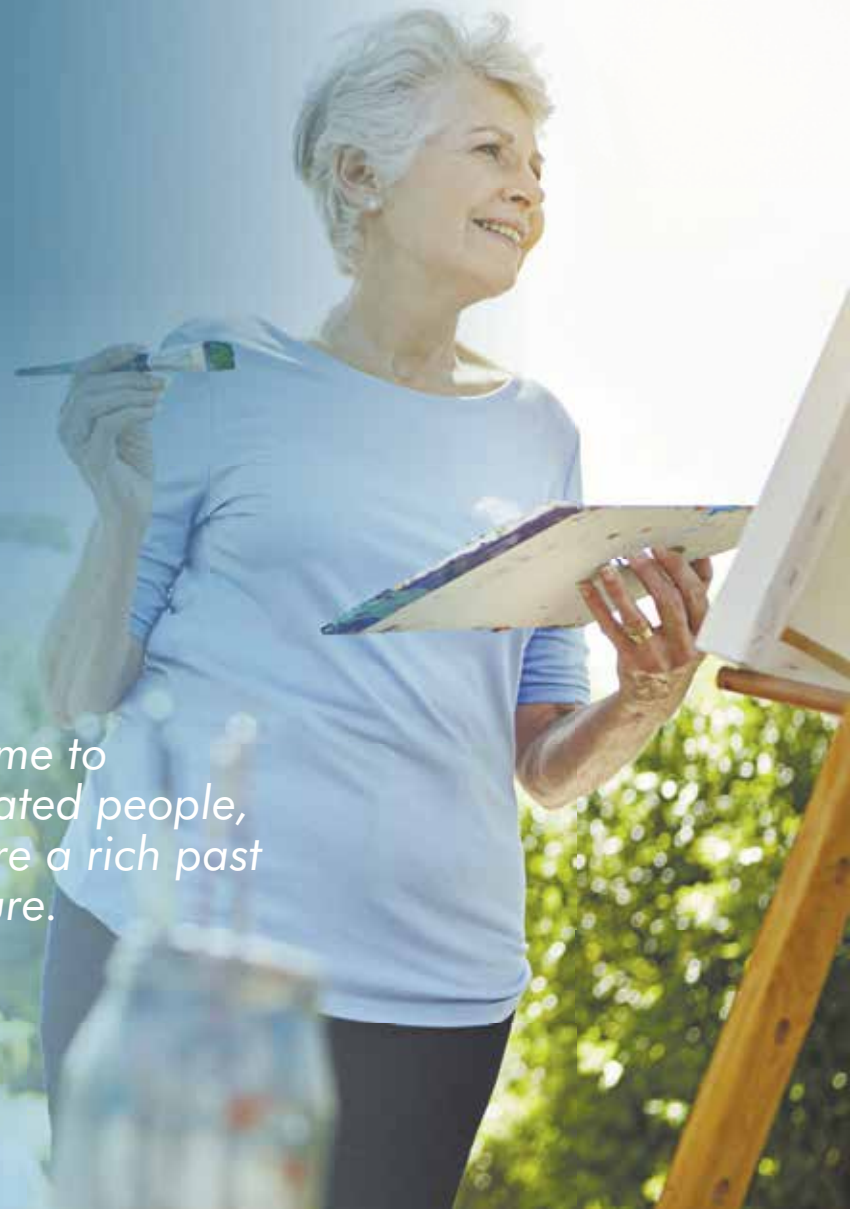
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**2 bedroom from \$345,000**

**EVENT: Chittering Valley Bus Tour  
16th September** (Limited seats RSVP essential)



## **GERALDTON 45 WINNETTA RIDGE**

Situated high on the hill only minutes from the Indian Ocean, Arcadia Waters Geraldton offers luxury facilities combined with a warm community feel, where a home in Geraldton will enhance your chosen lifestyle.

**2 bedrooms units from \$287,000**

**EVENT: Open Day 5th October**



## **MANDURAH 23 LADYBRAND DRIVE**

Arcadia Waters Mandurah offers a peaceful setting with the convenience of being just 800m from the new railway station, 1.5km from the Mandurah Forum Shopping Centre and 500m from the Peel Health Campus.

**2 bedroom units from \$250,000**

**EVENT: Open Day 31st August**



## **MADDINGTON 99 BURSLEM DRIVE**

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

**2 bedroom units from \$329,000**

**EVENT: Twilight Tour 26th September**



## **SWANBOURNE 141 CLAREMONT CRESCENT**

Arcadia Waters Swanbourne is in a great location, only walking distance to shops, medical services, cafés, restaurants and sporting clubs and a short drive to Cottesloe Beach.

**2 bedroom apartments from \$620,000**

**EVENT: Wine and Cheese Masterclass  
27th September** (Limited seats RSVP essential)

**Call 1300 88 98 35 or visit [arcadiawaters.com.au](http://arcadiawaters.com.au)**



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- ✓ Luxury Coach travel with a professional driver and a local guide
- ✓ Breakfast daily, 1 high tea and 3 dinners
- ✓ Inclusive tours and sightseeing



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**TOUR INCLUSIONS**

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



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5 DAYS, 23 TO 27 DECEMBER 2019

**TOUR INCLUSIONS**

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- ✓ 4 nights' accommodation at Quality Inn Margaret River
- ✓ Luxury Coach with a Professional Driver
- ✓ Breakfast Daily, 5 lunches and 4 dinners
- ✓ Inclusive tours and sightseeing



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# TV Talk with Lee Tate - 63 Up - the world's longest running documentary



Lee Tate  
EXTRAORDINARY is the only way to describe ground-breaking British television series 63 Up, the world's longest-running documentary.

What are the chances of filming, in nine instalments over 55 years, the lives of a wide-ranging group of people, starting from age seven? Few television producers, surely, would put their shekels into that half-century of risk.  
63 Up began well before so-called reality television. The documentary turned the cameras on 14 British seven-year-olds, explored their dreams and realities and followed-up every seven years. Truly riveting – people's lives unfolding in our

lounge rooms.  
The program was driven by researcher-director Michael Apted. The resulting series is an astonishing work of factual filmmaking – a longitudinal study unparalleled on the small screen, according to one reviewer.  
The concept was inspired by the Jesuit motto: "give me a child until he is seven and I will give you the man" and it probed into British class divisions.  
The children were selected to represent the

range of socio-economic backgrounds in Britain with the explicit assumption that each child's social class predetermines their future.  
63 Up topped a list of the 50 Greatest Documentaries with one episode listed in the 10 greatest films of all time.  
In the program, the little kids grow into teens and then adults. We watch their life developments from age seven and then at ages 14, 21, 28, 35, 42, 49, 56 and 63. The latest chapter was in three-

parts on SBS and SBS On Demand.  
No long-term contracts were signed with the participants to lock them in for practically all their lives (the show was not originally intended to become a repeating series).  
So the program succeeded with the subjects being volunteers with just appearance fees for each film, plus sharing in any prize the series might win.  
As we saw in the latest series, not all participants were happy with the camera's constant

intervention and public reporting of their lives and thoughts, comparing childhood predictions with their life's outcome and probing into their relationships, failures and successes.  
The director said it was also a poor decision to include only four female participants.  
One participant, from Liverpool, dreamt of being an astronaut, became homeless in his twenties, got into local government in his forties and entered the church in his fifties.

"I think it was Albert Camus who said that life is what happens while you're waiting for something else," he said.  
Tony dreamt of being a jockey, dabbled with acting and made a living as a taxi driver. He didn't find fame in the way he dreamt but as a middle-age London taxi driver he did pick up Buzz Aldrin as a passenger.  
A fan approached the taxi, but it wasn't to get the astronaut's autograph. It was to see Tony, reality television star.

## Have a go at ten pin bowling in Cannington

THE over 55s League of Ten Pin Bowlers gathers at Zone Bowling in Cannington from 12noon to 2pm every Tuesday morning.  
There are more than eight teams and they would love to welcome more. No experience is necessary, and the first game is free.  
If you would like to have a go, call Grace on 6293 1823.

## New TV earphones outperform world's best hearing aids



HEARING specialists, TV Voice Pro Air, have released new TV voice clarifying earphones, which have outperformed the world's best hearing aids in delivering clearer TV speech

and dialogue.  
Hearing specialist Don Hudson says the new TV Voice Pro Air earphones were developed based upon more than 1000 hearing test results of those with hearing loss

and difficulty listening to TV.  
"Hearing TV dialogue clearly is a significant problem for those with hearing loss. The clarity of the TV audio itself is highly variable, as

many channels differ dramatically in intelligibility, and the volume is often changing between programs and advertisements. Hearing aids find it hard to correct this problem, which is due to how the audio was mixed for each TV program."  
The new wireless TV Voice Pro Air earphones overcomes this problem by altering the original TV audio. The TV audio is recalibrated to a speech enhanced frequency response, with particular adjustments to high frequency consonants, such as s, f, th, p, to clarify dialogue.

Audiologist Suzanne Porter says hearing aid clientele are always searching for better clarity, with up to 60 per cent of those with hearing aids reporting ongoing difficulties hearing speech and dialogue.  
"Although the overall benefits of hearing aids are very good, often clientele still report difficulties in certain situations, such as difficulty hearing the TV dialogue, or trouble hearing on their mobile phone. For TV, hearing aid wearers said they were often missing the punch-line on their favourite TV programs, and not hearing TV dia-

logue clearly spoils their overall enjoyment."  
The new TV Voice Pro Air system utilises the best audio clarity setting based on feedback from customers. The product was also tested with hearing aid clientele at a busy audiology practice, with overwhelming feedback of improved clarity for TV listening over their current hearing aids.  
The TV Voice Pro Air system has a specialised volume range up to 110 dB; adequate volume for those with any level of hearing loss, from mild to severe. It works with any TV, new or old, and the earphones operate

wirelessly up to 10 metres from the television. The audio and volume of the TV for others in the room is not affected.  
The TV Voice Pro Air system connects in under two minutes to any TV in Australia. The earphones are rechargeable and no batteries are required.  
TV Voice Pro Air cost \$349 and comes with a 30-day money back guarantee. To order call 1300 300 446 or order online at [www.TVVoicePro.com.au](http://www.TVVoicePro.com.au)  
TV Voice Pro is currently offering free express courier delivery for a limited time.



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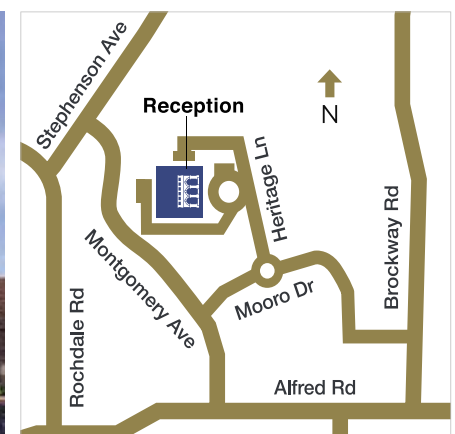
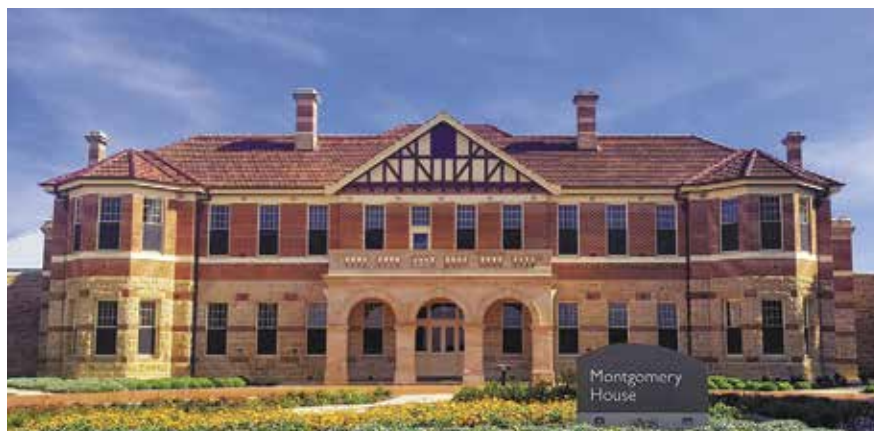
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Montgomery House, 1 Heritage Lane, Mount Claremont. [aegiscare.com.au](http://aegiscare.com.au)

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COMMUNITY NOTEBOOK

**THE WELSH FREE CHURCH**  
together with the Perth Male Voice Choir  
Invite you to a Hymn Singing Festival at 2.30pm  
Sunday 25 August at Trinity Church St Georges Tce.  
A freewill offering will be taken in aid of the  
Uniting Church Homeless Projects.

**U3A MELVILLE AND DISTRICTS REGION**  
On Friday 16 August at 2pm Dr Volker Framenau,  
arachnologist will be talking about *Spiders of South  
West WA*.  
Cost \$4 includes afternoon tea. Visitors welcome  
Melville LeisureFit, corner Stock Road and Canning  
Highway Melville.

**EASTERN DISTRICTS MACHINE KNITTING  
GROUP**  
Are looking for new members. Join them for cuppa.  
They meet every second and fourth Friday of the  
month 9am until midday at Valley Church of Christ  
Hall, 10 Brockman Road Midland.  
Liz 9572 7074 Pat 9309 3260

**WANJOO LOUNGE**  
is a “drop in” space for the over 55s in the  
Fremantle Library.  
Monday to Friday from 9am 3pm. All welcome to  
come in for a cuppa, have a chat, read the paper  
and make some new friends.  
Fremantle.wa.gov.au/whats-on to book and for more  
details.

**DIANELLA RANGERS SQUARE DANCE CLUB**  
Every Wednesday 8.30am-10pm  
St Peters and Emmaus Church Hall  
56 Green Street Joodanna.  
Joy 9302 4779 Ted 9250 2701

**PERTH MAKERS MARKET TWILIGHT  
AT YAGAN SQUARE**  
23 August 4-6pm. Browse the stalls, enjoy the food  
from Yagan Square businesses.  
Come and join the fun of shopping handmade.

**KITTY IN PINK PURRLESQUE HIGH TEA**  
Sunday 25 August from 2pm-5pm Cost \$50 pp.  
(proceeds to Cat Haven)  
Cat Haven are holding a high tea event featuring a  
spectacular burlesque show.  
Pre loved clothes for sale. Raffles, jewellery, silent  
auction and door prizes  
Empire Function Centre,  
217-225 Fitzgerald Street, North Perth  
Tickets are limited purchase via link below or find  
more details on facebook page Cat Haven WA or  
www.trybooking.com/BCZYX  
Please advise of any dietary requirements at time of  
booking.

**BALLAJURA COMMUNITY FAIR**  
(Joint project for the Lions and Rotary clubs in Bal-  
lajura)  
Sunday 25 August 10am-3.30pm.  
Admission gold coin donation.  
A multitude of nonstop entertainment including mul-  
ticultural and martial art displays, bands and choirs,  
craft and food stalls, and more for a fun filled family  
day.  
Ballajura Community College Oval corner Illawarra  
Crescent and Cassowary Drive.  
Contact Robert 0417 988 125

**BOYANUP ANTIQUES COLLECTABLES  
AND CRAFT FAIR**  
Venue the Hugh Kilpatrick Hall, South West Hwy.  
Friday 6 September 12noon-5.30am,  
Saturday 7 September 9am -5.30pm and  
Sunday 8 September 9am-3pm.  
War memorabilia, antique jewellery, tins, tools, silver,  
ceramics etc, and local craft.  
Refreshments served by Boyanup Lions and who  
will have their Christmas cakes for sale.

**BUNBURY GEOGRAPHE SENIOR CITIZENS AND  
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Their op shop is open Mondays-Fridays 10am-2pm  
Browse for a bargain upstairs next to our cafe. Have  
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Intending members can try any group of their choice  
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For information phone 9721 2522.

**MULLEWA'S WILDFLOWER FESTIVAL**  
Thursday 29 August 9am. Town Hall Mullewa  
Adult \$6 Concession \$4 Child \$1  
Huge variety of flowering specimens plus local arts  
and crafts on display and for sale. Includes wildflower  
inspired workshops including polymer clay and lino  
printmaking.  
Morning and afternoon tea provided by local com-  
munity groups.  
Enq. Colby Elliot 9961 1500

**KOORDA AGRICULTURAL SHOW**  
Saturday 7 September from 10am-11.30pm  
Cost Adult \$15. Aged Pens \$5. 16 years old and  
under free.  
All day entertainment including, arts and crafts,  
equestrian events, childrens entertainment, live mu-  
sic, fireworks and much more.

**A TASTE OF CHITTERING**  
Sunday 25 August. Nesci Estate Wine Farm  
The Shire of Chittering's annual festival celebrates  
the food and wine behind the farm gate. The event  
will include food samples, market stalls, wine, beer,  
farm and native animals, and other festivities.  
Gold coin donation on entry.

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

Libraries are not only about books - an exciting new world awaits



Mayor Mark Irwin and library member Mandy Murphy

by Josephine Allison

LIBRARIES these days are a far cry from those of yesteryear, once quiet and rather rigid places, they have embraced the digital age and become inspiring places for people from every walk of life. Libraries not only hold books but have a wide range of services for people who might feel socially isolated.

Western Australia has over 230 libraries which loan about 16 million books a year. Impressive statistics which show books are not dead but libraries have taken a different approach to engage the community in other fields.

Several Perth libraries, including Riverton and, last year, Spearwood,

have recently under-  
gone major revamps and  
now present as pleasant  
places with lots of open  
spaces where people  
can take out a book or  
use the computer. Librar-  
ies also provide classes,  
training and activities  
for people of all ages  
from learning to play the  
ukulele to knitting and  
French conversation.

A survey of some of  
Perth and country area  
libraries show there is  
plenty to do. Harvey Li-  
brary's principal librarian  
Ruth Campbell-Hicks  
says two sessions of  
scrabble are held at the  
library every Friday with  
large print boards and  
a cup of tea provided.  
There are book chats in  
which people discuss  
various books they have  
read.

“Libraries are great  
for people to socially  
engage,” Ruth said.  
“They might be recently  
widowed, lonely, new  
to town or disabled.  
Australind Library, for  
instance, has a bridge  
club.”

At City of Stirling li-  
braries, people can now  
read the latest bestseller,  
magazine, newspaper,  
e-book and more while  
burning off some calo-  
ries. In April, all six of the  
City libraries in Dianella,  
Inglewood, Karrinyup,  
Mirrabooka, Osborne  
Park and Scarborough  
introduced new exercise  
bikes that have a table in  
front so people can read  
while they ride. It's a novel  
and interesting way to  
read while keeping fit.

Mayor Mark Irwin vis-  
ited Karrinyup Library

to trial one of the new  
bikes while he thumbed  
through a cycling maga-  
zine.

“It's a creative way to  
bring more people into  
our libraries, and I'm all  
for that as libraries are  
such a great local re-  
source,” he said.

“Libraries have always  
been a great place to ex-  
ercise the mind, but now  
you can get some phys-  
ical exercise too.”

The Grove Library in  
Peppermint Grove is one  
of many, including Har-  
vey, which offer books  
for the household.

People need only to  
contact their library and  
state what genre they are  
interested in (romance,  
crime, biography) and  
staff will deliver books to  
the home.

The Grove also helps  
seniors access the inter-  
net and use computers  
in their daily lives, offer-  
ing one-on-one help and  
small group workshops  
for beginners and those  
needing more advanced  
help.

In a fast paced world,  
meditation is also in  
demand. Coolbellup  
Library, through the  
Cockburn Seniors Cen-  
tre, has mediation ses-  
sions for a small fee us-  
ing a technique such as  
mindfulness, or focusing  
the mind on a particular  
object, thought or activ-  
ity to train attention and  
awareness.

Feel like joining a  
choir? Success Library  
has a community choir  
which people can join for

a small fee with no sing-  
ing experience neces-  
sary.

Various libraries, from  
Cockburn to Riverton  
and Willetton, hold knit-  
ting classes in which like-  
minded women (or men)  
can meet and knit to their  
heart's content and make  
friends. Riverton also in-  
vites people to take part  
in ukulele lessons.

Joondalup Library, as  
well as Duncraig, Whit-  
ford and Woodvale librar-  
ies, have a wide range  
of sessions from Key-  
strokes, a personalised  
volunteer-facilitated ses-  
sion that offers a free in-  
troductory computer and  
technology skills. Regu-  
lar one-on-one classes  
are held at all four of the  
City's library branches  
and cover topics includ-  
ing internet navigation,  
internet banking, man-  
aging a MyGov account,  
App store connection  
and eBook use.

The libraries also offer  
Books on Wheels, a free  
home book delivery ser-  
vice for people with lim-  
ited mobility. Game-On  
to play Scrabble, Upwords  
and canasta for a small  
fee, mah-jong, cam-  
era club, writers' group,  
knitting, chess, cryptic  
crosswords, genie ex-  
change (family history), a  
family history workshop  
and discovery sessions.

There is so much to  
see and become in-  
volved in at WA's librar-  
ies. Contact them or visit  
their websites for more  
information. A wonderful  
world awaits you.

Director of Telethon Kids Institute to discuss Focus on Family

PROFESSOR Jona-  
than Carapetis, direc-  
tor of Telethon Kids  
Institute will speak at  
the West Coast Com-  
munity Centre in Sep-  
tember, about growing  
up in Australia today  
and why some chil-

dren thrive where oth-  
ers struggle and the  
important part we all  
have to play to support  
our next generation.

West Coast Com-  
munity Centre is a vol-  
unteer, unfunded com-  
munity group based

in the Grove Library  
Precinct on the corner  
of Stirling Highway and  
Leake Street in Pep-  
permint Grove. Its 500  
members are mostly  
over 55 years old.

The centre regularly  
holds talks on a variety

of subjects.

Professor Carapetis  
is a charismatic man  
with many facets to  
his character but he  
is most well known as  
director of the Telethon  
Kids Institute in Perth.

He is also a con-

sultant paediatrician  
at Princess Margaret  
Hospital and is a Pro-  
fessor at UWA.

His research inter-  
ests include rheumatic  
fever and rheumatic  
heart disease, other  
group A streptococcal  
diseases, vaccine-pre-  
ventable disease, In-  
digenous child health,  
child development and  
education.

A chameleon side  
to his character is his  
unusual hobby – per-  
forming as an actor. He  
recently had a major  
role playing a doctor in  
the play *Our Town* at  
Perth's State Theatre.

The Focus on Fam-  
ily talk will be held  
from 10 to 11am on  
Tuesday 3 Septem-  
ber in the community  
room at the Grove Li-  
brary and costs \$12 for  
members and \$17 for  
non-members. Park-  
ing is available, free for  
three hours, under the  
shopping centre oppo-  
site the library in Leake  
Street.

Please contact  
Barbara Booth on  
0417 475 282 for more  
information.

REGIS AGED CARE

THE BEST  
IN CARE AND  
COMFORT

With over 20 years' experience in aged care, here at Regis we have come to truly understand the unique challenges that dementia can present for patients and their families.

To help meet those challenges, our Regis North Fremantle, Port Coogee, Nedlands, Woodlands and Greenmount facilities all house dedicated 'memory support unit' dementia wings.

Here, everything has been developed to provide comprehensive, specialised care, from facility design and staff training through to nutrition, therapy and leisure activities. We ensure our residents have every opportunity to enjoy a safe, sustainable and comfortable life.

If a loved one is contending with dementia and is ready for residential care, call us today. We offer the tailored care they need and the comfort they deserve.



## Seniors Recreation Council Jottings



### LiveLighter Seniors Activity/Information Day Peel

More than 95 seniors attended the LiveLighter Activity Information Day at the Furnissdale Masonic Lodge Mandurah in June. The purpose of LiveLighter Activity Days is to encourage people to remain active and connected in their community as they get older. The event was a resounding success and well attended. Our executive officer Dawn Yates welcomed everyone to the event, thanked the sponsors and opened the proceedings. The event kicked off with a warmup activity facilitated by Jan McGlinn and peer leader Phyllis O'Shay from the very successful Strong on Your Feet program run by the branch throughout the Peel region.

Static displays and information came from Advocare, Alibabes Scrappin Hearts, Apia, Arcadia Waters Retirement Communities, Australian Hearing, BreastScreen WA, Home Instead Senior Care Australia, Masonic Care WA, Peel Harmony Chorus, Peel Community Legal Services, Silver Chain Group, SRCWA, and Unicare Health. People also visited the onsite Australian Hearing van for a free assessment and advice about hearing aids. Activities included carpet bowls, Strong on Your Feet, Exergaming, skittles, bean bag toss, pole walking, giant darts, totem tennis, Bob and Bocce. Alibabes Scrappin Hearts was on hand to help participants to make greeting cards and their handy work resulted in many smiles of satisfaction; thank you Alison. It was wonderful to see so many people 'having a go' at the many activities on offer. SRCWA Peel branch volunteers and the Mandurah Lions Club provided a lovely lunch and the Peel Harmony Chorus had people dancing after the activities and during the lunch break with a medley of favourite songs. Thanks to SRCWA volunteers and staff, Peel branch president Jan McGlinn and her dedicated volunteers for a well organised event. We sincerely thank the organisations who attended for the static displays, the team from Wooroloo Prison Farm who helped set out and pack down the day, and to our sponsors LiveLighter Healthway, Department of Local Government, Sport and Cultural Industries and Department of Communities that help to make these events a great success.

### Volunteers required for Aged Care Games in Joondalup

Seniors Recreation Council of WA is conducting a LiveLighter Aged Care Games event at Bouncer Sports Centre on 9 September in Joondalup. We require some volunteers to assist with tea/coffee serving, scoring and assisting seniors to their places to compete in the games. It's a great opportunity to have a fun day out and assist some of our older and more vulnerable members of the community who are in care. If you are interested in volunteering; please call Dawn on 9492 9773.

### LiveLighter Seniors Activity Information Day Mundaring

In early July SRCWA conducted a Seniors LiveLighter Activity/Information Day at the Brown Park Recreation Centre where about 120 enthusiastic and active seniors came along and enjoyed a morning of activities and information sharing. The event was opened by Cr Green from Shire of Mundaring who was very impressed with the event and the number of activities and displays on offer. The 20 static displays supplying information included Advocare, Apia, Audio Clinic, Bladder and Bowel Health Australia, BreastScreen WA, Cancer Council WA, C Si Bon, Cura In-home Care, Dept of Veterans Affairs, Juniper, Lions Club Mundaring, Mission Australia, Mundaring Bowls Group, Retirees WA, RISE, Seniors Housing Advisory Centre, Dept of Mines, Industry Regulation and Safety, Shire of Mundaring, SRCWA / LiveLighter Healthway, TransWA, and WA Seniors Card. Activities included air soccer, pool, table tennis, Exergaming, carpet bowls, seated hockey, skittles, bean bag toss, pole walking and giant darts. It was wonderful to see so many people 'having a go' at the variety of activities. The Swan and Districts Lions Club provided a delicious barbecue lunch including vegetarian options and the Midland Men's Shed Band *The Shadows* entertained people throughout the day with a range of familiar tunes which got the crowd dancing. Thank you to SRCWA volunteers and staff, Shire of Mundaring staff and a team from Wooroloo for helping to make this event a success. Sponsors of this event included LiveLighter Healthway, Shire of Mundaring, Dept of Local Government, Sport and Cultural Industry, Dept. of Communities and Have a Go News.

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

Have a Go Day 2019 a LiveLighter event will be held on Wednesday 13 November at Burswood Park from 9am to 3pm. Come and be a part of this activity and information event for over 50s which last year attracted an attendance of 15,000 participants and 230 exhibitors.

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

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



SRC President, Hugh Rogers



# Help is at hand for those with a diagnosis of dementia



Rhonda Parker

by Rhonda Parker,  
CEO Alzheimer's WA

IN life the first step is often the hardest. Whether it's starting a new relationship or ending one, going for your first job interview or re-entering the workforce after a long absence, taking those first few physical or metaphorical steps can be daunting.

No matter how old we get, in life there are always more 'firsts' to experience. Some are positive, and some not so.

When it comes to a diagnosis of dementia, there

can be many 'firsts' that a person has to face and often these can look and feel like insurmountable hurdles.

These could be... acknowledging to yourself that perhaps there might be something more going on than just occasional forgetfulness. Discussing your concerns with your partner or a loved one. Speaking with your GP. Receiving an actual diagnosis. Deciding who to share that diagnosis with. Accepting that some early intervention or support services may be helpful. Finding the appropriate support services.... the list goes on.

A diagnosis of dementia can come as a shock even if it has been long suspected.

Many people tell me once they receive a diagnosis they just don't know what to do next. They are unsure what that next step should be.

No matter where you are on the journey, there are organisations that can help. People often say to me: "I wish I had known about your organisation sooner," or "I wish I had asked for support earlier."

It is because of this that I share with you today a little about one of the services that Alzheimer's WA offers.

The Dementia Advisory Service at Alzheimer's WA is one of the ways we can help a person with a diagnosis of dementia and their carer or loved one, work out what their next steps might be.

It is a non-threatening way to start to find out a bit more, to help ease any anxiety or stress a person may be feeling about their diagnosis, or about some of the changes they may be experiencing. It is also a free service, and although some eligibility criteria apply, setting up an appointment is as simple as giving

us a call.

One of our trained and experienced staff can come to your home for an hour or two, anywhere in the metropolitan area, and give you information on supports and services that may be available to you now and into the future. They are also there to answer any questions you may have.

Our staff get asked all sorts of questions, from "what does my diagnosis mean?", to "what is this particular type of dementia?", to "if there's no cure, then what else can I do?"

Many people want to know what support is available, not only for the person with the diagnosis, but also for their partner and loved ones.

We often receive feedback from people to say how grateful they are for our help. One recent comment stands out in my mind, and I will share it with

you today. It was, "How fortunate we have been to have such a lovely person come to our home to help us navigate what was a totally devastating diagnosis. You have lightened the load considerably. Thank you."

It is words like this that remind me why it is we continue to do the important work we do.

Although the Dementia Advisory Service is for people diagnosed over the age of 65, we have a similar service available for younger people who are diagnosed with dementia.

For people living outside of the metropolitan area, where a personal visit is not practical, we can talk through your options on the phone. If you or someone you know is living with dementia, give us a call and we can help you take the first step towards living well with dementia.

Call 1300 66 77 88 for further information.

## Trying to make sense of Home Care subsidies can be overwhelming

### To help we've created this simple guide

#### Step 1. Visit your GP to ask for an ACAT referral

Or call us and we can request the referral for you.

(ACAT - Aged Care Assessment Team)

#### Step 2. Have your ACAT assessment at home

You will be contacted by the ACAT to arrange to visit you and work out the amount of help you may need.

#### Step 3. Complete an Income Assessment with DHS

Call us on 1300 26 26 26 and we will mail the form to you.

#### Step 4. Wait for three letters

1. ACAT letter approving your care level.
2. DHS letter with your income assessment.
3. Home Care Package Assignment letter - *this may take 6 to 12 months.*

#### Step 5. Got all the letters? Get moving!

You have 56 days to organise your services.

#### Step 6. Compare service providers

With your letters in hand - call your preferred providers to compare services and costs, and hopefully we're one of them.

#### Step 7. Select a service provider and sign up

Your services can start immediately.

If you find yourself stuck, call the team at Amana Living. Leonie and Andrea have helped hundreds of people get their entitlements.

**It's an obligation-free service.**

Call us anytime during office hours.

*Amana Living is the aged care agency for the Anglican diocese of Perth, and has been providing quality care in WA for over 50 years.*

**1300 26 26 26**

[amanaliving.com.au](http://amanaliving.com.au)

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LIVING**

part of the Anglican community





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

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

Abbreviations used in *Friend to Friend*

- |                            |                         |
|----------------------------|-------------------------|
| ALA: All letters answered  | DTE: Down to earth      |
| GSOH: Good sense of humour | ND: Non drinker         |
| SD: Social drinker         | NG: Non gambler         |
| NS: Non smoker             | NOR: North of River     |
| SOR: South of River        | TLC: Tender loving care |
| WLTM: Would like to meet   |                         |


Name ..... Address .....  
..... Postcode .....  
Phone ..... I am over 45 years of age ..... (Signature) .....

**Each person may submit  
one entry every month.**

**STOP: Please read new instructions carefully**  
Write your advertisement in the grid below. Please  
print clearly in ink using only one square per word.  
Send the completed coupon to:  
**Friend to Friend**  
**PO Box 1042**  
**West Leederville WA 6901.**

**Obtaining replies to your Friend to Friend**  
**Reply Box entry:**  
Please include two stamped (\$2) self addressed  
C5 envelopes. These envelopes measure approx.  
23x16cm and are obtainable from Australia Post.  
Entries not accompanied by the correct sized  
envelopes will not be considered for publication.

Seeking a Friend

**ACTIVE** competent older male, NOR, wants to explore possible sympathetic relationship with mature lady, 50s, 60s. I am a considerate widower with means, own home, clever, articulate, slim, energetic, don't be shy.

Reply Box 8306

**A MATURE** happy, slim, caring, honest lady WLTM gent 75+, like interests; cooking, dancing, family, music etc. Fin sec, GSOH, company, conversation, long term if compatible. NOR.

Reply Box 8297

**GENUINE** and sincere, kind-hearted lady seeks gentleman for socialising and outings plus travel if compatible. Prefers easy-going, DTE gent under 75 and reliable. ALA.

Reply Box 8321

**GENT** 61, WLTM a nice lady. I am presentable, intelligent and well off. Please write with your phone number.

Reply Box 8301

**GENT** 76, NOR, WLTM a lady who wants a caring gentleman to show her that life can be great if you have someone to share it with. Let's meet and share a coffee and have a chat.

Reply Box 8311

**GENT** 82 years young, NS, NG, SD, GSOH, caring, well presented, enjoys gardening, reading, swing/country music, handicrafts. WLTM affectionate lady for companionship, outings, special times together, prefer Mandurah, Peel area.

Reply Box 8319

**GENT** interesting, engaged, lacking romantic times at home. Seeking a lady, 70+ who has the same lack to build a loving friendship. Honestly and secretly. Rockingham, Mandurah and their surroundings.

Reply Box 8317

NEWS UPDATED DAILY  
www.haveagonews.com.au

**GUY** 66 WLTM lady 60s. I'm 5'6", medium build. Ancestry European Asian. NS, SD, into music, movies, cooking etc. Good man suit lady looking for good companion and who knows. Hurry ladies search no more.

Reply Box 8309

**HAPPY** active, attractive Aussie, lady who wants to make the most of life. Varied interests seeks gent 75 plus, NS, reasonably fit, kind, caring, view relationship, Mandurah or close areas.

Reply Box 8315

**LADY** 60s postcode 6163, WLTM DTE 65-70, gent. Likes dining out, movies, walks, country drives, NS, SD for friendship.

Reply Box 8323

**LADY** 70 WLTM gentleman, a companion to share life and holidays together. Australia beckons, car, caravan, plane, bus, love reading, good movies, theatre, 33 years left before our use by date. It's never too late.

Reply Box 8326

**LADY** 71, postcode 6107, active, DTE, GSOH, SD, NS, WLTM, genuine gent similar age as a dance partner ALA.

Reply Box 8299

**LADY** 78 WLTM gent to 85, be happy, GSOH, I am NS, ND, NG, DTE, many interests plus dancing. I love hugs, country lady, 6220, not into flying or cruising, loves small animals, don't have now.

Reply Box 8314

**LADY** NOR, Australian, lovely appearance, personality, WLTM genuine, unattached, Australian guy 67-72, NS, SD, DTE, postcode 6022, pleasant appearance, GSOH important. Outings, movies, dinner, theatre etc. Please send phone number.

Reply Box 8304

**LADY** widow 70s, NS, SD, 160cms, slim, active, WLTM honest, sincere gent, enjoys country music, gardening, caravanning, movies or similar interests, sharing long term friendship. Hope to meet you for coffee and chat soon, 'become friends'.

Reply Box 8305

**LADY** young, 80s WLTM gentleman GSOH who is active for social outings living in the Mandurah area. If this is you then let's meet for coffee.

Reply Box 8318

**MATURE** gent, active in all ways. GSOH, NS, SD, own home, caring, considerate, WLTM lady similar who still enjoys plenty of TLC. Age, nationality, status open, ALA. Let's meet for coffee.

Reply Box 8322

**NOR** lady 76 WLTM DTE gentleman for a possible relationship. I love football, dining out occasionally, quiet nights at home GSOH NS. Please leave phone number if you can answer me. Let's meet and talk more.

Reply Box 8298

**TO THAT** special lady who would be interested in meeting a happy male 72 with GSOH, NS, SD, to form companionship for outings, meals, travel Australia or overseas, if compatible, meet over coffee. Drop a line.

Reply Box 8324

**WIDOW** Asian, decent 70, medium build, educated, own home, fin sec, NS, ND, NG, honest, sincere, caring, enjoys travel, cooking and homelife. WLTM gentleman with kind heart, caring or similar interests for friendship and companionship if compatible.

Reply Box 8316

Seeking a Partner

**ACTIVE** genuine, slim gent, 70, GSOH, DTE, NS, SD, NG. WLTM lady, slim to medium, interested in travel, music, country outings, outdoor activities, dining in/out. Time to have fun and share lots of laughs. Let's get together for a coffee and chinwag.

Reply Box 8327

**AUSSIE** retiree, postcode 6163, 71. Interests; fishing, movies, dining out, horse racing, NS, SD, GSOH, ALA.

Reply Box 8303

**ENGLISH** lady, postcode 6107, attractive, feminine, educated, pleasant personality, med build, VG-SOH, SS, ND, own home, fin secure, WLTM well groomed single gentleman (not separated), 67-72 for long term permanent relationship. I enjoy music, reading, walking, country drives, current affairs, thanks ALA.

Reply Box 8312

**GENT** European, 70+ seeks slim lady, NS, SD for companionship and relationship. My postcode 6056 ALA. Let's meet for chat, coffee first.

Reply Box 8310

**FILIPINO** lady, 71, slim, attractive, young looking, long hair, NS, NOR, WLTM caring gent for outings, travel, dancing, cinema, dining, quiet evenings, for permanent long term relationship, coffee, chat to start.

Reply Box 8325

**GENT** UK Australian 70, well presented, educated, fin sec, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks compatible, intelligent, attractive, slim-mish, easy going lady to mid 60s, social activities, travel companion, whatever, northern suburbs. Coffee?

Reply Box 8320

**GENTLEMAN** NS, SD, fit, healthy, fin sec, seeking lady, prefer country raised, 65-75, live in full board, own quarters, help out in house, let's meet and talk over lunch see where it takes us. ALA.

Reply Box 8313

**LADY** mid 70s NOR, active, WLTM gent GSOH, SD, NS, to share home life. Quiet times together outings.

Reply Box 8308

**LADY** tall, slim, WLTM 65-75 happy natured guy open to explore future possibilities with fin sec lady who enjoys usual social activities, reading, fitness, travel, sadly missing a special friend, partner, travel companion. Look forward to your reply.

Reply Box 8307

**SMART** UK lady WLTM gent, caring, NS, NG, NOR, SD, 79-80, home meals, eat out, cinema, travel, TV, evenings, walks. Please answer.

Reply Box 8300

**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.**

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

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

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



Scarborough Rotary  
supporting projects for  
clean water in Tanzania



New Generation committee member Alex Hickman, Water for Africa's Phil Hepworth, Scarborough Rotary president Jim Joseph and New Generation committee member Chris Schoolin

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

In June, Scarborough Rotary's new generation committee presented co-founder of Water for Africa, Phil Hepworth with a cheque for \$10,000 to fund the installation of critical infrastructure to enable water to be supplied to the Health Centre in the town of Ifwagi in Tanzania.

Currently, the health centre has to rely on water brought in by bicycle and this funding will assist thousands of people receiving treatment.

Scarborough Rotary decided to raise funds following a presentation by Phil to the club in late 2018 where he described the work of Water for Africa. This provides access to clean water to people in remote areas of Tanzania and Uganda.

To find out more about the community, youth, vocational and international projects supported by Scarborough Rotary visit [www.scarboroughrotary.org.au](http://www.scarboroughrotary.org.au).

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# travelling

## let's go travelling

AUGUST 2019

• Winter in the West • WA Wildflowers • Rediscover Albany

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

This month Troy Dodds take us on a honky tonk journey to the country heart of USA, Nashville. Read more about this interesting city on page 23. Photo Jake Matthews

## Are you dreaming of your next holiday?

### Villa Spring Travel Expo

You're invited to a **FREE** fun-filled day of information and inspiration for your next adventure!

- New tours - 2020
- Presentations and travel workshops
- Door prizes
- Refreshments

**Date:** Thursday, 31 October 2019

**Venue:** Perth Convention Exhibition Centre  
Rooms 9, 10, 11 and 12

**Address:** 21 Mounts Bay Road, Perth

**Time:** 9am - 2pm

RSVP is essential, so please contact us to confirm your attendance.

**Freecall:** 1800 066 272

**Email:** [events@villa.com.au](mailto:events@villa.com.au)

**villa**  
holiday your way



# let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian



Left; Philip Hoy's photograph captured from his recent trip to Singapore  
Right; Jennifer Merigan

celebrate the season. We also take a trip to Nashville, the country heart of the USA which is featured on our front cover. On his recent trip to Europe Frank Smith discovers the Danube Delta, a unique wetland area. Lee Tate gives us an update on Mount Magnet as he journeyed

north in his caravan to spend a few months soaking up the warmth in Broome. We also include an update from TransWA about changes to registering for the annual free travel pass.

I always appreciate hearing from readers and Philip Hoy from Booragoon contacted me to let me know he is an avid reader of the paper and has just returned from an enjoyable trip to Singapore. He wanted to share an amusing photo (see left) of a sign outside the toilets he noticed when he was in Bras Basah in the Bugis precinct.

Cruise and Maritime Voyages have introduced some themed cruises this summer to celebrate the arrival of the Vasco da

Gama which replaces the Astor. The ship arrives in Sydney on 1 December and will cruise down to Adelaide then into Fremantle in early January. Cruises on offer include a seven-night Boutique Gin and Culinary cruise departing Fremantle on 6 January, a five-night Military History Cruise which sails from Sydney to Adelaide on 1 December and a one night in Fremantle port Fringe World event on 1 February. The mid-sized ship has room for up to 1220 guests and offers 40 cabins for solo travellers with a range of accommodation options. She has two pools, a state-of-the-art wellness centre, a two-tiered theatre, five bars and lounges, and six dining venues. Contact your local travel agent to

join one of the cruises on offer this summer or visit [www.cmvaustralia.com](http://www.cmvaustralia.com) to find out more.

With airline travel expected to rise to more than a one and half billion passengers a year by 2030 a pilot project of paperless travel is being trialled between Canada and the Netherlands. Border authorities, airports, airlines and technology companies have collaborated together to create the Known Traveler Digital Identity (KTDI) platform which will see information, specifically biometrics, which are normally stored on a passport chip used on a traveller's mobile phone. With current systems, airports cannot keep up with the traffic and the idea is to make air travel

more seamless and secure. A full-scale trial of the project is expected next year.

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

Happy trails

**Jennifer Merigan**  
Travel Editor



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

## Delight the senses with a fully guided immersion tour of Sicily and southern Italy

VINCE and Anne Garreffa return to tour Sicily and southern Italy in 2020 with another ex-

clusive Mondo food and wine tour.

This bespoke 22-day holiday from 24 May to

14 June offers an insight into Vince's southern Italian heritage, giving guests the opportunity

to discover the food and culture of the region.

The tour is well paced; starting in Sicily with four nights in Palermo, three nights in Ragusa, four nights in Taormina and three nights in Tropea. It then heads north to spend four nights in Positano and the final three nights in Rome.

Extended time in each destination allows for a full immersion into the food and culture of each area.

Vince said he wants his guests to become a part of his family as they explore the sights of his mother country.

"Come with me and experience tastes which will awaken your senses to the incredible flavours of Sicily and Calabria.

"Around tables surrounded by food and

wine we will share stories and create new ones on our adventure," he said.

"My wife and I spend a lot of time planning the tour handpicking restaurants and hotels for our guests to enjoy along with visits to the region's most beautiful places.

"We also know our guests like to have some free time to make their own discoveries, so we have planned an itinerary at a relaxed and enjoyable pace," he said.

The tour includes home pick up and return, deluxe coach touring with a professional driver and is fully escorted by Vince and Anne Garreffa.

There are 21 nights of accommodation which include daily breakfast, twelve lunches and three highlight dinners



at specially chosen restaurants, including wine, water, tea and coffee.

Some of the highlights include a No Mafia tour in Palermo, wine tastings, visits to historic sites in Sicily, ferry rides, a cable car ride to the summit of Mount Etna, a private boat tour of Capri, mozzarella making and tour of the Tivoli gardens.

All entrance fees and sightseeing, a flight from Rome to Palermo and tipping for local guides and drivers is included.

Guests will enjoy a pri-

vate pre-tour dinner at Vince and Anne's house.

This is an opportunity for foodies to discover southern Italy and Sicily like never before.

"L'ospite e sacro," said Vince – the guest is sacred – and that's how Vince and Anne want their guests to feel when they join them to discover the delights of this spectacular part of Italy.

For a full itinerary or further information contact Kings Tours and Travel on free call 1800 677 760 or visit [www.kingstours.com.au](http://www.kingstours.com.au)

No up-front med. certificates required

Unlimited overseas medical expenses

All medical conditions considered

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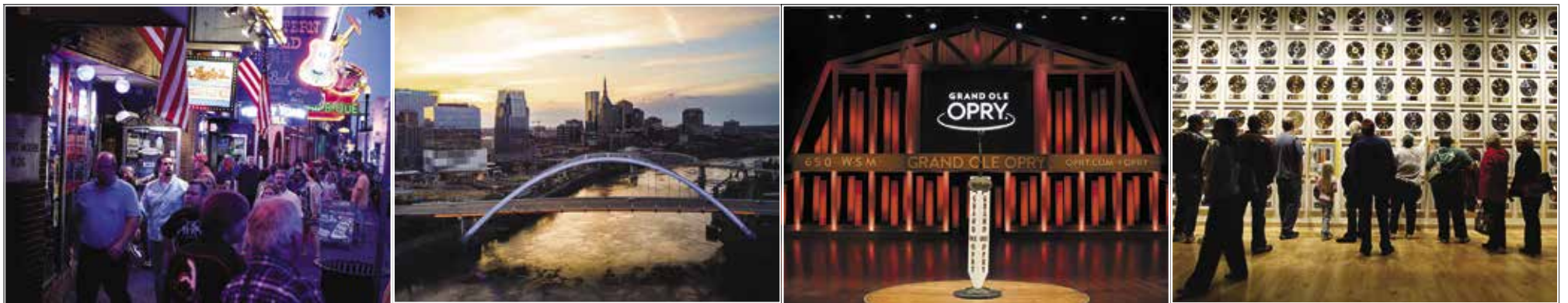


# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

## Nashville - discover the chord of the country heart in the USA



Left to right; Honky Tonk - Nashville skyline - Grand Ole Opry - The Country Music Hall of Fame and Museum

by Troy Dodds

LET's get one thing out of the way first when it comes to Nashville: You don't have to be a country music fan. It helps, of course, but there's plenty to do other than the music that this vibrant and exciting city is known for.

That said, country is often misunderstood and misrepresented, so there's every chance that a dash of contemporary country during a Nashville visit will have you converted by the time you leave.

Nashville is unlikely to be your primary destination on a USA visit but given it's just a two-hour flight from New York; it's well worth adding to your itinerary.

Sure, it's a bustling and vibrant city - a real

party town - but it's also a great representation of a quieter America, particularly if you stay in the suburbs slightly out of the city (which is not such a bad idea - Uber and Lyft are sensational in America and it's a great way to get around cost effectively).

So, let's get a few 'must do' things. Given this is music city; you cannot take a trip here without checking out a few of the things that helped Nashville earn its famous moniker.

### Opryland

A trip to the Grand Ole Opry is a must - book tickets in advance and take note the famous venue is slightly out of the main city (it's located at Opryland - which is an incredible resort and mall that is definitely

worth seeing in its own right). During the winter months and Christmas holiday period, the Opry - a country music radio program that is performed live in front of an audience - moves to the Ryman, its original home.

A visit to the Bluebird Cafe should also be on your list - it's where some of the biggest names in music, including Taylor Swift, were first noticed. Again, it's a little out of the main city. You can book tickets in advance, but mostly you'll be able to get in by lining up for an hour or so before showtime.

The real party in Nashville is on Broadway - it reminds you of Las Vegas on a smaller and much less over-the-top scale. There's almost as many bars as people,

from the larger venues that carry the names of some of country's biggest stars including Florida Georgia Line, Jason Aldean and Luke Bryan, through to small honky tonk bars that are full of live music everywhere you turn. Often, the same venue will have three live bands running at once across different levels, providing something for everyone.

### The Country Music Hall of Fame and Museum

On a quieter day - or perhaps when you're nursing a hangover, which is pretty much guaranteed at least once in Nashville - head to the Country Music Hall of Fame and Museum, which provides an amazing historical look at the music that made Nashville famous. There's no

need for the guided or audio tours, everything is very well presented and a self-guided visit is recommended.

### Food...

Well, there's plenty of it - just remember you'll probably have to loosen your belt. Give the Pancake Pantry a try but be prepared to line up for at least half an hour. Martin's BBQ Joint was a personal highlight - it may present like an ordinary dive bar but the food is nothing short of incredible.

One thing you'll discover about Nashville is how nice the people are - particularly if you've visited Los Angeles and New York along the way and experienced the often brash American attitude. Nashville has a much nicer, slower feel about it - while still being a big city.

Nashville is a must-visit if you're in America, even for a few days. If you like country music, you'll be in heaven. If

you don't, there's a good chance you'll be converted by the time you leave - cowboy hat and all.

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## Celebrating spring... it's show time in York

THE York calendar event that should not be missed is the 173rd annual York Show.

There will be animals galore with sheep and alpaca shearing demonstrations, petting zoo, pony rides, camel rides and sheep dogs. Don't forget the poultry section too with exhibits of some of the finest poultry in the region.

The horses will be in action on the oval from

9am, featuring hacking and show jumping.

There is log chopping, tractors and machinery, vintage cars, an array of food stalls and a reptile educator. There's much shopping to be done and bargains to be found with an impressive list of stalls.

And no show is complete without the famous side show alley. Show bags, fairy floss,

rides, games, chances to win... it will all be there at the York Show.

The Exhibition Hall boasts not only local talents but entrants from all around the region with amazing displays of cooking, preserves, artwork, crafts, photography, plants and crops.

Interested in entering?

Show schedules are available in local shops

for a gold coin donation or can be downloaded and printed from the website. All general entries close on Saturday 31 August and an entry can be left at the York IGA in the red tool box or pop down to see show organisers at the street stall on Saturday 24 and 31 August. Exhibits will be received at the indoor netball courts on Thursday 5 September between 2.30pm - 6pm for judging Friday 6 September.

This year there is an impressive list of entertainment on stage including fashion shows, choirs, singing - Chris Gibbs Band and Gracie B, dancing and more. Once again York's Got Talent grand final will be held on stage.

Enjoy a moment relaxing at the Silo Baa watching the live entertainment on the stage until it's time for the fireworks which will be simulcast live over York 101.3 FM and broadcast from the grounds.

For more information visit [www.yorkagriculturalandsociety.org.au](http://www.yorkagriculturalandsociety.org.au)

See you at the York Show on 7 September, gates open at 9am.

## Travel company for solo women...

AUSTRALIAN women often wonder what it would be like to travel to the other side of the world, but put off exploring their dream destination because they feel it's not safe to travel alone.

Adventurous Women offer female travellers the chance to explore the wonders of the world together, in a safe and secure environment.

Owner of Adventurous Women, Sue Hile, started her tour company back in 2008 after taking a leap of faith and exploring south east Asia alone for three months.

"During my own travels, I realised there were a lot of ladies who had the desire to travel and would love to do what I had done, but they were just not comfortable travelling alone, so I decided to do something about it. That's when Adventurous Women was born," she said.

"You may come along solo, but you'll never feel alone, most women who join us don't have a travel companion. Not

only will you come away with memories to last a lifetime, but you'll also gain new friendships and improved confidence," said Sue.

Perth based Adventurous Women is a fully licensed and accredited Australian tour operator, providing travel exclusively for women. The company also hosts a variety of local activities for women to meet one another, get together and enjoy activities including bush walking, kayaking, social events, wildflower tours and more.

Women who join Adventurous Women tours and activities are from all different backgrounds, marital status, lifestyles and can vary in age from around 45 through to 75. The common denominator is a love of adventure, a desire to get something more out of life; they want experiences to remember.

For more information please call: Sue Hile on 1300 388 419, email [info@adventurouswomen.com.au](mailto:info@adventurouswomen.com.au) or visit [www.adventurouswomen.com.au](http://www.adventurouswomen.com.au)

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To RSVP Contact  
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**4 DAYS** > 4-7 Oct 2019

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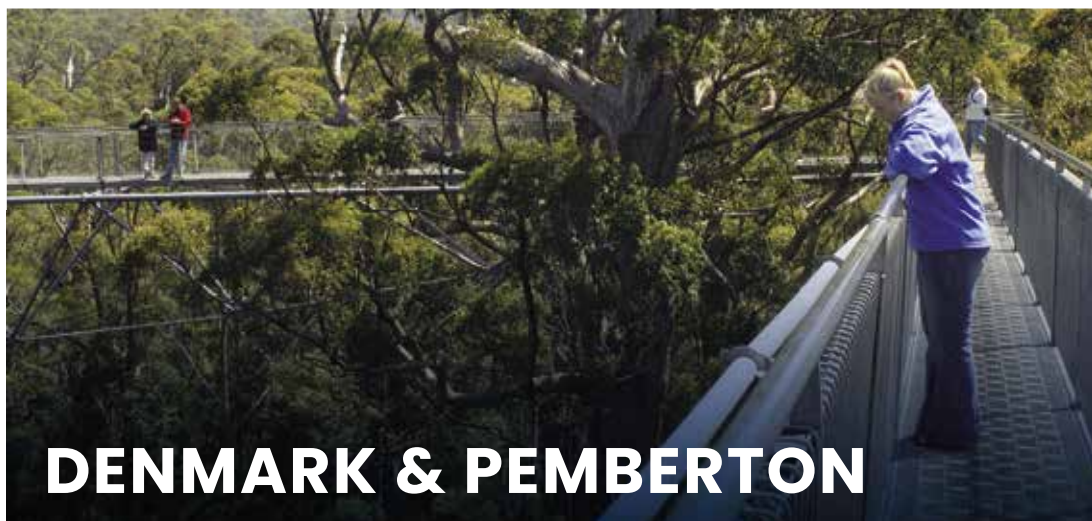
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ADVERTISING FEATURE

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The Danube Delta - a truly unique wetland wilderness in Europe...



Left to right; A-Rosa - Sulina lighthouse - delta lillies - Sulina street front

by Frank Smith

A MAJOR reason to visit Romania is the Danube Delta. Earlier this year I was able to visit the delta in comfort as part of a 12-day river cruise on the A-Rosa starting in Bucharest and ending in Vienna, Austria.

My time in the delta included a sight-seeing trip on a shallow draft boat through some of the marshes, a cruise from Tulcea to Sulina on the edge of the Black Sea and a short exploration of that ancient town.

Sulina was selected in the mid-19th century to serve as the headquarters of the European Commission of the Danube – an early multinational effort to develop the river as navigable waterway.

The old lighthouse was the actual

headquarters of the commission. The founding plaque of the commission can still be seen on the side of the building. It also demonstrates where the dry land ended in the nineteenth century, but silt deposition has left it several kilometres inland now.

Sulina was formerly an important port but is now in decline. It is only accessible by river which limits its trading possibilities. There are secluded beaches at both Sulina and Sfântu Gheorghe.

The Danube is the second longest river in Europe. Rising in the Black Forest in Germany and passing Austria, Hungary, Serbia, Bulgaria and Romania before reaching its outlet on the Black Sea after 2800km.

The delta where the Danube enters the Black Sea is the second largest in

Europe and the best preserved, with more than 50 per cent in pristine condition, most of which lies in Romania.

The main town is Tulcea, which is also a busy river port. There the Danube splits into three separate channels: the Chilia, Sulina and Sfântu Gheorghe arms, creating a constantly evolving 4200km<sup>2</sup> wetland of marshes, lagoons, floating reed islets and sandbars. Reed marshes cover 1563 km<sup>2</sup>, making it one of the largest single expanses of reed beds in the world.

This large unspoilt wetland is a haven for wildlife lovers, birdwatchers and fisher people.

The freshwater ecosystems give the reserve a rich biodiversity: 312 bird species have been identified including the glossy ibis, the purple heron, the white-tailed eagle and the largest

population of great white pelicans in Europe.

There are also 160 known species of fish including the starlet, a small sturgeon, the thornback ray and the spined loach.

Other animals living in the Danube Delta include the meadow viper, the European mink, the harbour porpoise and the bottlenose dolphin.

The delta also functions as Europe's most important water purification system. The reeds soak up nutrients preventing eutrophication due to alga growth.

The delta has wet soils temporarily covered with water, with plants adapted to living in wet conditions as well as dune areas with plants adapted to them. There are also grassland ecosystems located on higher parts of the

delta that support grazing animals.

The Delta is included on UNESCO's World Heritage list and is under the protection of the Danube Delta Biosphere Reserve Authority, headquartered in Tulcea.

Some areas are strictly protected. They cover about 500 km<sup>2</sup> and off limits to all except scientists. These areas include the 500-year-old Letea Forest and Europe's largest pelican colony. Visitors are limited in other areas to prevent damage to the delicate ecosystems.

Fishing is the major local occupation and the fish and seafood, particularly the fish soup, are said to be the best in Romania.

There are few true wildernesses left in Europe other than mountainous areas, so the Danube Delta is truly unique.

Och Aye the Noo - don't miss the Royal Edinburgh Military Tattoo in Sydney in October

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The tour runs from Friday, 18 October to Monday, 21 October, for only \$1899 per person, and is a fully escorted tour from Perth Airport, with return flights with Qantas and includes all transfers.

Three fabulous nights at the Holiday Inn Darling Harbour with daily breakfast are included in the package.

On the night of the Tattoo, the tour is fully escorted with return transfers to ANZ Stadium and includes a stunning ferry transfer from Darling Harbour, with complimentary beverages and canapes and the group's very own piper from the acclaimed Sydney Bagpipers.

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## Unique and beautiful wildflowers abound in the Gascoyne region



GASCOYNE region is one of the world's renowned areas for its wildflowers. They are seasonal and dependant on rainfall, but fortunately with the recent rainfall in the region, this season will see blankets of wildflowers from now until mid to

late September.

Carnarvon is an ideal base for a wildflower adventure, perfectly situated as the gateway to the Gascoyne hinterland and southern Ningaloo Reef.

In Carnarvon, visitors can take part in the river mouth and Tramway Flo-

ra Walk trail. This 2.5km walk connects the town with the heritage precinct; and provides a true insight into the diversity of the native plants that inhabit this unique area.

The trail is home to the native parakeelya which has recently been bloom-

ing due to recent rain.

Wildflowers unique to the area include Maireana polypterygia (Gascoyne bluebush) from the chenopod family, Acacia ampliceps (salt wattle) from the wattle family and Ptilotus macrocephalus (pussytail mulla mulla) from the amaranth family.

A significant species to the Carnarvon region is the Carnarvon bird flower and the perennial tar vine.

The inland experience from Carnarvon includes the magnificent Kennedy Range National Park and the giant Mount Augustus National Park.

Mount Augustus is twice the size of Uluru (Ayers Rock) and stands as the largest rock in the world.

The best way to experience the area is following the Gascoyne Murchison

Outback Pathways and the Kingsford Smith Mail Run.

The trail starts in Carnarvon where you can learn about its rich history and heritage, take a visit to the Carnarvon Heritage Precinct at the base of the One Mile Jetty and the Carnarvon Space and Technology Museum.

The trail then follows onto Gascoyne Junction, Kennedy Range and Mount Augustus.

Wildflowers recently sighted along the trail include mulla mulla which is the region's most sighted wildflower and butterfly goodenia which is found in Gascoyne Junction as well as the Pilbara region.

Wildflowers which can only be found in the Mt Augustus area includes Sturt's hibiscus which

has recently been sighted.

Significant to Kennedy Range National Park and Wooramel is the Gascoyne mulla mulla. Other flowers to be found in the area include perennial tar vine, club-leave starflower, wrinkle-seeded purslane and grey scurf-pea.

The coastal experience from Carnarvon includes the stretch from the Blowholes, Point Quobba along the Quobba coast to Gnaraloo Bay. Wildflowers that can be found in the area include

sweet Nancy, stiff leaf sedge, scent grass, felted fan flower and narrow-winged goodenia.

The southern end of the Ningaloo Reef is home to some of Western Australia's extraordinary wilderness experiences such as surfing, snorkelling, fishing, 4WD, humpback whale migration and of course wildflowers. A visit to Carnarvon offers people the chance to experience the gateway to where the desert meets the sea.

## Enjoy wildflowers in Ravensthorpe - WA's largest wildflower festival

RAVENSTHORPE Wildflower Show and Spring Festival is considered to be the largest in the southern hemisphere. It is gearing up for the this year's show which will be held from 9 to 21 September.

Jam packed with activities including 4WD Tag Along Tours, art exhibitions, walks in the park, Devonshire teas, Hot Spot Bus tours, Country Carnival and a celebratory long table lunch, there is much to see and do.

For the interest and enjoyment

of our visitors an energetic band of volunteers scours the bush armed with picking licenses and secateurs to seek elusive specimens for display to visitors.

The regions' floral diversity is showcased with up to 700 flowering specimens all botanically identified and placed in order of family, genus and species.

The show is held in the beautifully restored Ravensthorpe Town Hall, which now has the addition of the Ravensthorpe regional herbarium, a state of the art scien-

tific facility that is open for guided tours during the wildflower show.

As people enter the Ravensthorpe Hall the scent of the bush assaults and the shelves of flowers will amaze.

The specimens, gathered each year, only represent a third of the species in the Shire, they don't all flower in the middle two weeks of September.

The program of events keeps on growing and diversifying just like the flowers that adapt to the environment in which they live,

offering an opportunity for visitors to become immersed in the abundant wildflowers, and the vibrant community of Ravensthorpe, Hopetoun and Jerdacuttup.

The town of Ravensthorpe is situated 295km east of Albany and 185km west of Esperance, in the south coastal region of WA called the Fitzgerald Coast.

Registration of events is required and one stop online booking for events is available. [www.wildflowersRavensthorpe.org.au](http://www.wildflowersRavensthorpe.org.au).

BODDINGTON ARTS COUNCIL

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## FIELD OF QUILTS

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29 SEPTEMBER 2019  
10AM - 3PM  
ENTRY \$6

**SAVE THE ENVIRONMENT**  
Bring your own mug and save 50c on your tea/coffee

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View the sculptures around the town

Popular Viewer's Choice  
Sponsored by  
Boddington Lions Club

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**Julie Gibson**  
from Undercover Quilting

Come along and enjoy a wonderful day browsing amongst the rows of quilts.

Pick a quilt of your choice to enter it into the "Popular Viewer's Choice"

Browse amongst a variety of stalls then sit and relax with a great homemade Devonshire Tea or later indulge in a spot of lunch

BODDINGTON ARTS COUNCIL  
JOHNSTON STREET, BODDINGTON  
PHONE: 9453 1323 or Judy Franks 9489 582 321  
EMAIL: [boddingtonarts@westnet.com.au](mailto:boddingtonarts@westnet.com.au)

# WILDFLOWERS are now bloomin' in CARNARVON



Explore Carnarvon and surrounds this Spring to discover extraordinary sights blooming with Wildflowers. Itinerary and Travel advice visit:  
**WWW.CARNARVON.ORG.AU**

IT'S TIME TO  
*Discover Carnarvon*



# WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



## South west exhibition includes hundreds of rare and exquisite wildflowers



*Banksia coccinea*

is renowned for having one of the richest and most diverse flora in the world. It attracts visitors from around the state, Australia and overseas.

Exhibition chairman Barry Oates said it was an opportunity to see spectacular wildflowers you couldn't see anywhere else in the world.

"It is a truly unique experience and a great way for people to connect with part of Busselton's community and history," he said.

Geographe Community Landcare Nursery's coordinator, Rod Cary, will also be onsite to assist wildflower enthusiasts to learn more about the local species.

Mr Oates said that the relationship with Rod and the nursery is highly valued for advice on exhibition day as well as ensuring accurate naming of the wildflowers.

Orchid specialist, Bill Dear will also be available to answer queries at the exhibition.

The City of Busselton has been a long-time supporter of the exhibition. Mayor Grant Henley said the exhibition highlights a wonderful array of native flora, rich and diverse in the south west.

"Much of the flora on display would not be experienced by any one person at any one site, so it's a rare and fantastic opportunity to do so," he said.

The exhibition is loved by locals as well as visitors.

Busselton resident, Deirdre Chell said that one doesn't have to be a gardening or wildflower expert to be amazed at the beauty and variety of specimens on display.

"I come back year after year and always find something new to view or photograph," she said.

Wildflowers on display are picked by people with licences from the Department of Biodiversity, Conservation and Attractions, in the week of the exhibition.

All pickers are conscious of the need to preserve native flora and pick responsibly. Rare and endangered species are not picked.

The Busselton Wildflower Exhibition gives those unable to go bush an opportunity to see a great variety of specimens.

Chief executive officer of Australia's South

West, Catrin Allsop said almost 80 per cent of Australia's south west's plant species cannot be found anywhere else in the world.

"From August through to November, more than 8000 species of wildflowers and 300 species of delicate orchids are in bloom, making it a popular and beautiful time to visit the region."

The Wildflower Exhibition is organised by the Uniting Church of Busselton.

The exhibition also includes a photography display by the Busselton Camera Club, plant sales and advice from Geographe Community Landcare Nursery and a waterwise garden display.

There is also a variety of stalls displaying local produce and crafts and light refreshments available to purchase throughout the event.

Attendees should bring their cameras along to capture the rare beauty of the flowers on show.

Mark your diary to attend on Thursday and Friday 26 and 27 September from 9am to 4pm at the Uniting Church Hall and Grounds, 47 Kent Street, Busselton.

### Jacaranda Guest House

A short walk to town centre, beach and the Busselton Jetty



**AUTUMN SPECIAL 20% OFF Mid Week Stays**  
Conditions apply. Not including Public Holidays

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Email: jacarandaguesthouse1@westnet.com.au

## Head to Murchison and beyond during wildflower season

WITH the good rains we've had this winter, it's going to be a great wildflower season.

In the coming months

Aussie Redback Tours will be taking advantage of the spectacular blooms during a number of their tours, starting

with the five-day Cue-Walga Rock-Kalbarri tour, departing Perth on 25 August. The tour will take people through the Murchison area, visiting the historic town of Cue (once the centre of the Murchison Goldfields); Walga Rock (claimed to be the second largest monolith in Australia, which contains a cave with an extensive gallery of indigenous art); and the very popular seaside tourist town of Kalbarri.

Aussie Redback Tours take pride in going the extra mile for their passengers. There will be



ample side trips and stops along the way on this tour for wildflower spotting.

In September, Aussie Redback Tours will be off again on their annual four-day Northern Wildflowers tour, departing Perth on 22 September. This tour takes in the beauty of the northern wildflower areas of WA, spotting the elusive wreath flower, carpets of everlasting, blue leschenaultia and more. One of the stops is at Coalseam Conservation Park which is known for its carpets of everlastings.

And following that tour is the 10-day Mt Augustus/Karijini tour, departing Perth on 1 October. This tour travels through classic outback

territory to Mt Augustus, the world's largest single rock (bigger than Uluru), and Karijini National Park with its spectacular gorges, creeks and chasms. The return trip follows the coast through the beautiful towns of Coral Bay, Carnarvon and Kalbarri. There should still be wildflowers out because of the late rains we've had in this area, so people will no doubt be spoiled with spectacular colours wherever they look, and Aussie Redback Tours will be sure to make extra stops for taking photos. Note: This tour is almost full.

To book, contact Aussie Redback Tours now on 1300 662 026 or email aussieredbacktours@yahoo.com.au.

### RAVENSTHORPE WILDFLOWER SHOW & SPRING FESTIVAL 9-21 September

600+ wildflowers on display 9am-4pm, daily Devonshire Tea and country soups. Official opening.  
4WD Tag Along Tours 12, 17 & 19 Sep.  
Street parade & Country Carnival 14 Sep.  
Guided bus tour 2hrs Mon/Wed/Fri.  
Guided walks/heritage/marine/geology  
Ranger guided walks Fitzgerald River  
National Park 10, 19 & 21 Sep. Herbarium visit on request.  
Art & craft exhibitions. Self drive wildflower drives.  
Finale Long Table Lunch 22 Sep.  
Phone 0407 981 301 or 0428 580 737  
www.wildflowersravensthorpe.org.au

### Esperance Wildflower Festival

24th - 28th September 2019

Over 500 local specimens, giant plant and insect sculptures, Nyungar cultural education sessions, costumes, dance, art competitions, Esperance Brass Band and much more!

For more information visit  
<https://www.esperancewildflowerfestival.com/>

Proudly presented by Esperance Wildflower Society, Esperance Anglican Parish and Esperance Community Arts

### BUNBURY GEOGRAPHE

visitbunburygeographe.com.au

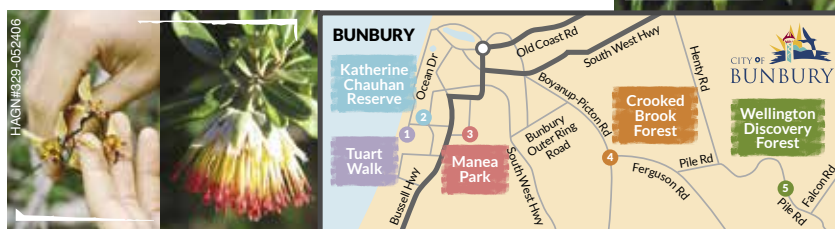
### In Bloom

#BunburyGeographeInBloom

Your wildflower adventure awaits in the Bunbury Geographe region.

1. Tuart Walk
2. Katherine Chauhan Reserve
3. Manea Park
4. Crooked Brook Forest
5. Wellington Discovery Forest

VISIT THE BUNBURY VISITOR CENTRE FOR FURTHER INFORMATION INCLUDING MAPS AND SPECIES IN BLOOM.  
Bunbury Visitor Centre  
Freecall 1800BUNBURY  
Old Railway Station,  
Haley Street, Bunbury  
Please do not pick wildflowers. This is illegal and fines will be imposed.



### Double Beach CARAVAN PARK

We are a very neat and tidy caravan park located 10kms south from the city centre of Geraldton

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Mingenew Midwest Expo, 13-15 August, Adults \$780, Senior \$760, single supplement \$100 includes accommodation, entries and lunches

Wildflowers, Rocks & Gorges, 28 Aug to 6 Sep, 10 days, 9 nights, Geraldton/Kalbarri/Carnarvon Adults \$3020, Senior \$2990, single supp \$1045 includes accommodation, entries and lunches

Araluen, 15 September, Adult \$85, Senior \$80, Tulips out spring. Bring or buy your own lunch

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Hepburn St (northern end) Mt Magnet Tel: 9963 4198 Email: [caravanpark@mtmagnet.wa.gov.au](mailto:caravanpark@mtmagnet.wa.gov.au)

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VISITOR CENTRE SPECIAL OFFER: 10% DISCOUNT on merchandise\*\*  
\*\*To redeem, present this advert to Visitor Centre staff. Offer excludes artwork.

Mount Magnet Visitor Centre, with entry into Mining and Pastoral Museum is the best place to visit for regional and state wide information. With a modern gift shop displaying the rare Orbicular Granite, "Treasures of the Earth" rock collection and Wirnda Barna art. Free WiFi available.

Great Nthrn Hwy (southern end) Mt Magnet Tel: 9963 4172 Email: [visitor@mtmagnet.wa.gov.au](mailto:visitor@mtmagnet.wa.gov.au)



[www.mtmagnet.wa.gov.au](http://www.mtmagnet.wa.gov.au)



# WA's GREAT Outdoors

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## Pensioners free travel scheme is going digital, but still available

by Frank Smith

MANY seniors take a trip on Transwa from Perth to regional centres or visit Perth from country towns every year. The pensioner free travel scheme makes it possible for seniors to enjoy a holiday or visit family and friends which they would not otherwise be able to afford.

People in receipt of

aged pensions are entitled to one return or two single trips on Transwa rail or bus routes each year, or two free return trips if they have a Department of Veteran Affairs (DVA) gold card.

There are other concessions for people living north of the 26th parallel which may include trips by air or private bus company.

Each year Centrelink and DVA send free travel vouchers attached to each new concession card, but this is will change at the end of December 2019.

From January next year you will need to register with Transwa before booking your first trip. To do this you will need to complete a registration form and send it to

Transwa with photocopies of both sides of your concession card. This can be done by post (free) or email using a scan of the card.

You will need to give Transwa permission to access your Centrelink records to make sure that you are eligible for the concession.

Then when you want to use your concession you

can book on line or by telephone at a Transwa booking centre 1300 662 205 or any Transwa ticketing agent. From later this year it will also be possible to book on line at secure.transwa.wa.gov.au/bookingexpress.aspx

If you want to make more than one trip Transwa offers pensioners 50 per cent discount on second and subsequent trips.

Application to register forms will be sent out with your concession card when it is renewed and Transwa will send out the registration forms to known users. They can also be downloaded from the websites of Transwa and other agencies including Concessions WA, Department of Veterans' Affairs and Department of Human Services.

Even if you are not planning to take a trip any time soon it will pay to register with Transwa as soon as possible to give them chance to check your eligibility and in case of any teething problems with the new process. Once registered, booking a trip should be quick and simple. Once you are in the system you will not have to register for future trips.

## South west on show



OUR state still harbours secrets and little treasures that can be uncovered, simply by turning into an anonymous country road or track.

South-west resident Chris Tate, who's taken some amazing award-winning photographs, was captivated by this staggeringly-colourful tree near Nannup pictured above.

"It's in the front yard of a little red cottage surrounded by a white fence. A lovely scene, back-lit by the afternoon sun and equal to anything we saw in Canada or the US," Chris said.

"I've had a couple of re-

quests by artists to paint it and to print it on canvas. Perhaps the image could be printed on cushions?

"Nature never ceases to amaze, and we have the best of it in WA," he said.



## Club 55 Travel helps social clubs recruit new members



CLUB 55 Travel offers a selection of more than 80 day tours and extended tours spe-

cifically designed for Probus Clubs, lifestyle villages and social clubs.

They can assist clubs that may struggle to get numbers for a great day out in recruiting new members at no charge.

They have the right tour for small or large groups from as little as \$35 per person.

Those who are not a member of a club can join the Club 55 Travel Club. It is absolutely free and is a great way to get out and about and meet and make new friends.

Upcoming day tours in August include the tulips of Araluen with lunch at Avocados café for \$99. In September they offer their fun mystery tour for \$50 and check out the wildflowers of Chittering in October for \$50. Enjoy Melbourne Cup at the Yanchep Inn for \$95 and in December don't miss the Christmas lights tour for \$65.

Regular tours depart from various locations around Perth. Check

out the three-day Margaret River tour which departs in November, which is only \$599. Visit the web page at [www.club55.com.au](http://www.club55.com.au) for brochures and bookings or to sign up for regular newsletters and follow them on Facebook.

Phone Monday to Friday between 9am and 2pm on 1300 653 696. There are no strangers at Club 55, just friends you are yet to meet.

**Dalwallinu AG Show 24 August 2019**  
Celebrating Dalwallinu & Districts Agricultural Society Inc's 100th YEAR

The Dalwallinu and Districts Agricultural Show is the highlight and main annual event for Dalwallinu. Prior to 1919 an annual get-together known as the Farmers & Settlers Picnic was held, and as the community grew this then became the Dalwallinu and Districts Agricultural Society. It is from these humble beginnings that the Dalwallinu Agricultural Show holds the 96th annual show to celebrate their 100th year inception.

The event includes competitions, activities and attractions for all ages. The show is an opportunity to see everyone put their best on display; wool, grain, fodder, home produce, arts & crafts, photography and school work. A great day of fun and plenty of entertainment with sheep dog trials, shearing demonstrations, inflatables, incredible creatures and sideshow alley. In the evening there will be a fireworks display and music featuring live band, *Afterglow*.

**Admission: Adults \$15, Children \$5 Pensioners \$5**  
**Venue: Dalwallinu Recreation Centre, grounds off Myer Street Show times: 8AM-10PM**  
**Camping available. For further information email: [dalwallinushow@hotmail.com](mailto:dalwallinushow@hotmail.com)**

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8639 Chester Pass Road  
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Clean, comfortable accommodation and camping offered in a natural bush setting.

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9827 9229 [info@stirlingrange.com.au](mailto:info@stirlingrange.com.au)  
[www.stirlingrange.com.au](http://www.stirlingrange.com.au)

## Dalwallinu District Tourism Incorporated invite you to the 25th Annual Wattle Week Festival - 7th to 13th September 2019

Visit the Dalwallinu shire for a fabulous week of assorted activities. Enjoy wonderful country hospitality and join in one of the many events ranging from a unique bush breakfast, kids fun in the park, garden tours, half/full day tours, sundowners, live entertainment and more. Take the opportunity to socialise and exchange information with both fellow travellers and local volunteers at one of our very popular hosted evenings.

Event bookings & enquiries: [Angella.Davey@dalwallinu.wa.gov.au](mailto:Angella.Davey@dalwallinu.wa.gov.au) or 9661 1805, Karen McNeill 9661 1162, Kirsty Carter 9661 1551 or Lee Anne Carter 9666 3017.

See full details of the program at <http://www.dalwallinu.wa.gov.au/events/>

**Celebrating 50 YEARS of Country Music at HARVEY DICKSON'S**  
BOYUP BROOK | 11AM-12AM SAT 28 SEPT. 2019  
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Open: 9am-5pm, Sat & Sun 10-2pm  
**The Station, Wongan Rd, Wongan Hills**  
Wongan Hills just two hours from Perth, call into the Visitor Centre for up to date information on the best places to find our many wildflowers, enjoy our many beautiful walk trails and reserves. 'A Wildflower Adventure' well worth a visit.  
**Reynoldson Reserve Festival 1st, 2nd, 3rd November 2019**

**WONGAN HILLS VISITOR CENTRE**  
PH: 9671 1973 Email: [wongantourism@westnet.com.au](mailto:wongantourism@westnet.com.au)

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Total cost just

**\$279**

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Balcony cabin on the cruise from \$615  
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12 DAYS, 19 FEBRUARY TO 1 MARCH 2020

Tasmania, the "Island of Inspiration" is an island of dramatic coastlines, quaint villages, convict-built heritage and magnificent food and wine.

Our tour include special inclusions like an awe-inspiring cruise on the Gordon River, viewing beautiful Macquarie Harbour and a ranger guided walk in Freycinet National Park. You'll explore Woolmers Estate and National Rose Garden, indulge in gourmet Tasmanian produce and tour the infamous Port Arthur Site. No journey to the 'Apple Isle' would be complete without viewing Cradle Mountain. This remarkable rocky outcrop rises 1545 metres above Dove Lake, and is Tasmania's most iconic scenic attraction. Enjoy shopping in Salamanca Markets which attracts bargain hunters on Saturdays, and the Constitution Dock area is lined with restaurants and bars celebrating the island's quality produce.

Our luxury coach will take you to all of these must-see sights, including meeting a Tasmanian Devil. Extensive commentary and local knowledge will help you to truly live the destination, not just travel through it.

**\$5650\***

PER PERSON TWIN SHARE  
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## HIGHLIGHTS

- ★ Gordon River Cruise through pristine wilderness
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- ★ Guided tour in the Tamar Valley including Beaconsfield Mine Museum
- ★ Guided tour of Woolmers Estate and the National Rose Garden
- ★ Explore the must see Cataract Gorge in Launceston
- ★ Sample cheese at Ashgrove Cheese Factory
- ★ Visit Bonorong Wildlife Park and meet a Tasmanian Devil
- ★ Visit 'The Wall in the Wilderness' – art work in progress
- ★ Guided tour of House of Anvers Chocolate Factory
- ★ Guided tour to Dove Lake and Waldheim Chalet
- ★ Explore Lake St Clair National Park, Australia's deepest natural lake
- ★ Tour of Platypus World
- ★ Explore Salamanca Markets on Saturday's 'Market Day'
- ★ Explore the historic village of Richmond
- ★ Visit Sheffield and view its unique murals
- ★ Experience 'The Ship that Never Was' theatre production
- ★ Enjoy a visit to Puddleduck Vineyard Experience

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P: (08) 9246 1222 E: travel@northernbeachestc.com.au

### MANDURAH

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# high tea

We invite you to join us for High Tea to hear about the advertised tours plus the latest travel destinations and offers from Evergreen Cruises and Tours.

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**PERTH MONDAY 26 AUGUST, 10:30AM, Mantra on Murray**

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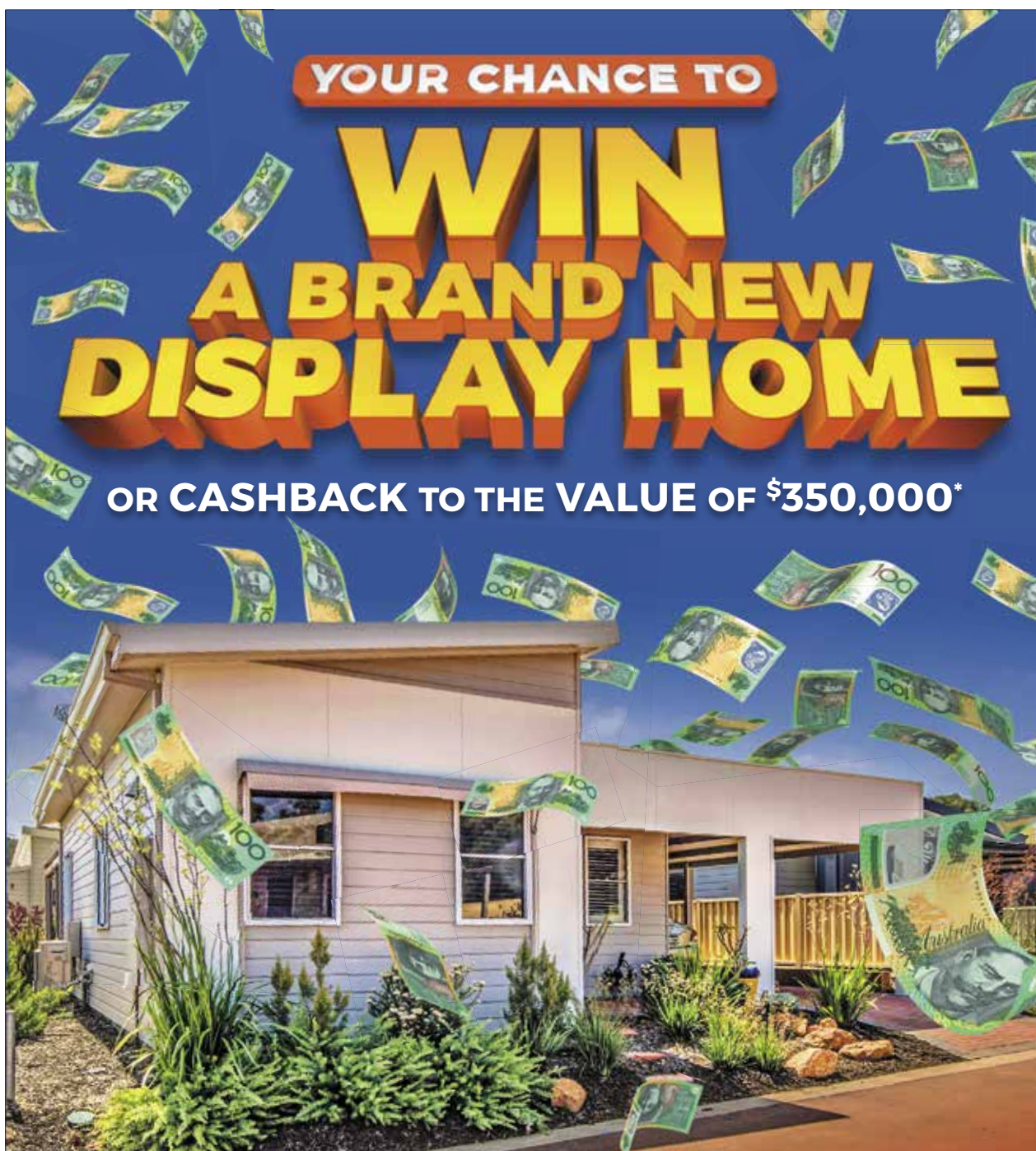
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\*See nlv.com.au/WIN for full terms and conditions. Entries only applicable to Helena Valley Lifestyle Village, entries and WIN promotion not available at any other National Lifestyle Village. By submitting an entry into this competition entrants consent to receive promotional and other marketing messages from the Promoter (including messages sent electronically for an unlimited period of time). Entrants will be able to opt-out at any time by following the instructions included in each message sent by the Promoter. See www.nlv.com.au/WIN for full terms. Open to WA residents over the age of 45. All entrants may enter as many times as they like provided that each entry is unique. • Competition opens 30/04/19 at 12:01 AM and closes 01/12/19 at 11:59 PM. A Contestant will be drawn on 02/12/19 for a chance to win on 08/12/19 at 01:00PM at the Promoter's Premises. The Contestant must be in attendance at the draw to win and will then select one (1) envelope from a pool of five hundred (500) on 08/12/2019 at 1:00 PM. There will be one envelope with the \$350,000 Display Smart Home at Helena Valley Lifestyle Village Or Cashback prize noted in it. The other envelopes will have a consolation prize value of \$2,000. The contents of the envelope picked by the Contestant will determine the prize the Contestant wins. The prize is also determined on the winner's entry method. • The total prize pool valued at up to \$350,000 (incl. GST). Winner's name published online at www.nlv.com.au/WIN from 09/12/19 for 28 days. The Promoter is Helena Valley Residential Resort Pty Ltd (ABN 88 135 522 486) of 2340 Helena Valley Rd, Helena Valley, WA 6056.



## It's time to make plans to get active



Jennifer Merigan

THIS final month of winter is the time to start planning your spring pursuits to get out and about and have a go!

Exercising and keeping socially active is the magic potion for ageing well and extended your longevity.

There are many exercise and recreation programs specifically targeted to people 50+ and we have a great

selection of ideas inside this Active Ageing feature.

Research has shown that even if you have a chronic disease, a specially tailored exercise program can help you feel better.

Whatever your fancy there are myriad opportunities to join in on some physical activity which helps expand your social life.

The YMCA have launched a new Seniors Sport program at the Morley Sport and Recreation Centre on Tuesday mornings from 9.30am to 10.30am. The program includes walking basketball, walking netball and badminton. For anyone who loved

those sports when they were younger this program has been created as a low impact alternative and costs \$5 per session with tea and coffee afterwards. Call 9375 3592 or just turn up on the day.

Prime Movers offer exercise to music for the over 50s with classes across the metropolitan area – call 0444 560 037 or visit [www.primemovers-exercise.com.au](http://www.primemovers-exercise.com.au)

Mall walking is a popular activity held in shopping centres where people can walk together prior to the centre opening. Karrinyup, Garden City, Cockburn Gateway, Belmont Forum, The Square at Mir-

rabooka, Midland Gate and Ocean Keys all offer the service for seniors. Find out more by calling COTA on 9472 0104 or direct at the shopping centres.

For those who would like to join a tailored gym program for the over 50s inside is a list of the Living Longer Living Stronger participants around the state.

Don't forget our website has a host of information of clubs and groups specifically targeting older adults – visit [www.haveagonews.com.au/clubs/](http://www.haveagonews.com.au/clubs/) to see the full listings.

Enjoy having a go!

Jennifer Merigan  
Editor

## Make a splash and have a go...



for all ages with a health and participation focus and opportunities for people to have a go.

Sometimes three generations of a family come together and swim on the day, as WOWSwims is open to all ages.

Masters Swimming's motto is swimming for Fitness, Friendship and Fun and it is also very beneficial for people's health.

Masters Swimming WA are partnering with Injury Matters who deliver the Department of Health funded Stay On Your Feet program, which provides information and resources for older adults, their friends, family and health professionals to prevent slips, trips and falls.

Swimming has been identified as an activity which helps people's balance, endurance, power, flexibility and coordination. Perth City Masters Club member Fred Van Andel who is 78 years old and an amputee says anybody can start swimming at any time.

"I'll still be swimming in 10 years time – you watch me. I'm fairly positive my general health would not be as it is today if I hadn't joined Masters Swimming – your physical abilities improve and just about anybody can do swimming."

Swimming is a great aerobic activity which helps to improve blood pressure, muscle tone and posture. It's low impact so it is great for rehabilitation from injury or surgery and it promotes health and well being both physically and mentally.

So why not find a local club and join in the Fun, Fitness and Friendships that Masters Swimming WA offer? Visit [www.mswa.asn.au](http://www.mswa.asn.au)

SWIMMING for adults is what Masters Swimming WA is all about. People over 18 with all levels of swimming abilities are welcome.

Clubs provide regular coached training sessions, individual guidance and stroke correction with expert support and advice. They also offer a vast array of social activities which are

just as important as the swimming. It's a great way to socialise and build life long friendships through regular catchups after training or even to planning holidays around state, national and international events. It offers people the opportunity to do a little exercise whilst having fun.

There are now more than 30 Masters Swimming clubs spread around the metropolitan area, plus country clubs as far north as Wickham and as far south as Albany. Each club is unique and run independently, setting their own training times and membership fees.

Masters Swimming offers pool and ocean swimming. Different clubs have different expertise when it comes to the type of swimming people prefer. They have recently established a new Open Water Series, WOWSwims, which is a community focused open water swim series

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## Stay active if you have diabetes

PHYSICAL activity is good for everyone, but is particularly beneficial to people living with, or at risk of, diabetes. Regular exercise helps to reduce the risk of developing type 2 diabetes, and it lowers insulin resistance in people with type 2 diabetes. It has even been shown to improve mental health. Of course it also helps you to look good!

Experts recommend at least 30 minutes of moderate aerobic activity every day, plus two or three resistance training sessions (weights and strength training) each week. Depending on your initial fitness level, you may need to work your way up to this goal.

Credentialed diabetes educator and exercise physiologist Marian Brennan said that for people who don't think of themselves as the physical activity type, the idea of starting an exercise program can be intimidating.

"A good place to start is to just do a little bit more than you currently do. For example, you could start by walking around the block after breakfast."

If you are on insulin or certain glucose lowering medications, you may need to take special precautions in order to prevent your blood glucose level from dropping too low (hypoglycaemia or a "hypo"). If your doctor has asked you to monitor your blood glucose levels, you should check your levels before and after exercise, and during exercise if it's for longer than 30 minutes. Your blood glucose levels may be lower for up to 48 hours after exercise.

If you have a question or would simply like more information about diabetes, call Diabetes WA on 1300 001 880 to speak to a diabetes educator.



## Age no barrier - golf offers an all round exercise that promotes active ageing



Melville Glades golfers Lois Lively, founding members Jack and Roma Martin and Nene Katnic

MELVILLE Glades Golf Club this year celebrated its 50th year anniversary. Of the 522 foundation members, only a 12 or so remain, but most of these

still playing golf. The message from the club patron, City of Melville Mayor Russell Aubrey in the Club's 50th Anniversary souvenir booklet

says it all: "Melville Glades is known to be a friendly and welcoming golf club, catering for members of all ages from 10 to 90+ years, playing more rounds than any other private course in Western Australia."

And you don't have to go far to capture the history of the club. Just ask foundation members Roma and Jack Martin both of whom are now in their 90s. What's more, they still enjoy their golf to the fullest.

The Martins have been playing at Melville Glades since the inaugural year having earlier played at the Lakes, now known as Glen Iris. Jack was an ex-WAFL player and former junior member of the state hockey team but with wife Roma, found golf a more comfortable pastime.

In between golf interests they find travel and playing cards a most rewarding experience and have built friendships over 50 years with many other MGGC members, albeit as Jack says: "A lot of the

card players are no longer with us... there's only three of us left."

Others like Nena Katnic 84, have been members since 1974, joining at that time with her good friend Lois Lively, who turned 90 this year.

Both Nena and Lois met at Santa Maria Girls' School at Attadale, working in the tuck shop as both had girls attending the school.

Playing tennis together at St. Pignatelli courts, they soon decided that they should take up golf. They started with no lessons or coaching but eventually groomed their skills under professional Hillary Lawler at The Lakes. Both became members of The Lakes in 1968.

"In 1974 we both decided to make Melville Glades our home club", says Nena, and we've been inseparable ever since."

Lois and Nena have stayed friends on and off the course for more than 52 years.

"We have played together in the annual four-

somes Championships (alternate hits format) since 1974, only missing out as a team twice due to injuries", Nena says.

"We've won five championships, 1977, 1978, 1988 over 36 holes and twice in our earlier years since being played over 18 holes."

The amazing attribute for these octogenarians and nonagenarians is their health and fitness.

"I like to play 18 hole competitions three days per week on Tuesdays, Thursdays and Sundays," says the aptly named Lois (Lively).

Only recently has she acquired a motorised cart.

"Before that, I had no trouble walking, walking and playing golf is good for my health", she added.

A dinky-die Docker's supporter, Nena plays just Tuesdays and Thursdays, keeping the weekends free for cheering on her beloved Freo.

How do they do it? Well, Lois still does one day at the gym each week as well as her three days of golf.

"I enjoy playing golf as

much as I do because it's such a friendly club", says Lois.

"I've been a widow for 13 years so the companionship is good and it's thoroughly enjoyable to challenge your ability on the golf course."

In golf, as you get older, one of the benchmark achievements is to score your own age or better. With Melville Glades a par 75 course, Lois says: "I had a 95 recently, so that's pretty close."

All of the senior golfers have seen many changes at Melville Glades over the years from both a course and clubhouse perspective, but more to the point, in gender acceptance.

Lois and Nena both recollect: "The associates (the name for female members back then) were crammed into a small and hot room at the end of the clubhouse, known as the 'Ladies Room', whilst the Men's Lounge was large and spacious and definitely gentlemen only. How times have changed!

Lois also adds, to rub

a little salt into the male wound: "I was the first lady to win the Diggers' Cup on ANZAC day after the club allowed women to play in the event."

At 90 years and getting closer to her special letter from the Queen, Lois is not changing anything in the immediate future.

"I travel back to Albany where I lived for eight years annually to play in the Wittenoom Cup Golf Carnival and we girls just love it", she says.

Not to be outdone by her younger baby-boomer friends, she recently trekked up to Exmouth for a bucket-list adventure.

"Earlier this year I learned to snorkel one day and then swam with the whale sharks the next on the Ningaloo Reef", she said. "At my age I think that's pretty good."

No matter what age you are, golf is a game that can be enjoyed at any time of your life, whether a youngster or even at 80 or 90. These senior citizens show just what a beneficial pastime golf can be at any age.

## Exercise for a longer life - it will help you feel better and stronger...



Keeping fit is the key to active ageing

by Frank Smith

COTA (WA)'s Living Longer, Living Stronger (LLLS) exercise program for seniors is set to expand even further from its present base of 60 providers and 3500 participants.

LLLS coordinator Rick Lee said COTA is applying for federal funds that will allow it to expand the program to more outer metropolitan and regional areas in 2020.

"Hopefully, the grant funding will allow us to offer more marketing and promotions for our existing providers as well.

The case for more LLLS funding received a boost last month with the publication of a 20-year study of 15,000 men and women between the ages of 40 and 79 by scientists at the University of Cambridge, UK.

This was one of the few studies that have looked at how changes in physical activity over time are associated with subsequent risk of death.

During the study period, there were 3,148

deaths, including 950 deaths from cardiovascular disease and 1,091 deaths from cancer.

After controlling for existing physical activity and other risk factors such as diet, body-weight, medical history, blood pressure and cholesterol levels, higher levels of physical activity and increases over time were associated with a lower risk of death.

For each 1kJ/kg/day per year increase in energy expenditure due to extra physical activity the researchers found a 24 per cent lower risk of death from any cause, a 29 per cent lower risk of cardiovascular death, and an 11 per cent lower risk of cancer death.

This increase in activity is equivalent to being inactive at the start of the study and gradually, over five years, meeting UK minimum physical activity guidelines.

Results were similar in those with and without a history of cardiovascular disease and cancer. Moreover, participants who became more active over time had a

lower risk of death from all causes, regardless of past activity levels.

But the benefits were greatest for those with existing high levels of physical activity who became even more active over time, with a 42 per

cent lower risk of mortality.

The scientists counted both activity at work and leisure-time activity, such as cycling, sports and recreational activities.

"These results are encouraging, not least for middle aged and older adults with existing cardiovascular disease and cancer, who can still gain substantial longevity benefits by becoming more active, lending further support to the broad public health benefits of physical activity," the study authors wrote.

In Australia Dr Frances Batchelor, director of the National Aging Research Institute (NARI) commented that the study showed becoming active in middle and old age, even if you were not before, can help you live longer.

"In Australia, only 25

per cent of older people meet the recommended physical activity guidelines," she said.

Australian Government Department of Health and Ageing activity guidelines for older people are to be active every day in as many ways as you can, take at least 30 minutes of moderate intensity physical activity on most days, and enjoy some regular, vigorous activity for extra health and fitness.

Dr Batchelor said with higher sedentary behaviour and physical inactivity reported among older people, creating opportunities for older people to engage in any physical activity is important.

"NARI has researched the impact that physical activity has on the mental health of carers and older people from cul-

turally and linguistically diverse backgrounds, as well as whether home-based exercise delivered in real-time via the NBN can help older people become more active.

"The findings have shown that yes, activity helps brain and mental health, as well as general fitness," she said.

The Australian Institute of Health and Welfare reported last month that of the 50 per cent of the deaths of people under

75 each year in Australia were potential avoidable.

The research study was published in the *British Medical Journal* in June 2019.

Living Longer Living Stronger and similar exercise programs for seniors are going a good way towards meeting this challenge.

Find out more about COTA WA's Living Longer Living Stronger program by calling 9472 0104.

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# Find a Living Longer Living Stronger provider near you...

**Tier 1 Providers include accredited exercise physiologists or physiotherapists who work directly with people who have a chronic illness or rehabilitation requirements.**

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- Attadale - Attadale Physiotherapy Centre 9317 4777
- Balcatta - Bounce Physiotherapy 9344 7476
- Bayswater - Life Ready Physio 6313 4040
- Bedford - Exercise for Life 9371 8563
- Bicton - Life Ready Physio 6313 4010
- Bentley - Curtin University Physiotherapy Clinic 9266 1717
- Bullcreek - Revolv Heath (at Definition Health Club) 9313 5125
- Bunbury - Maximum Results Exercise Physiology 9792 4179
- Butler - Life Ready Physio 9544 3822
- Bedford - Exercise for Life 9371 8563
- Cannington - CMC Physiotherapy 9258 1000
- Canning Vale - REPS Movement 6258 5822
- Claremont - Essence Lifestyle Changes 9386 8588
- Coogee - Coogee Beach Fitness Club 9418 4227
- East Fremantle - REPS Movement 9319 8355
- East Fremantle - Southern Plus Health and Wellness Centre 6424 7443
- Floreat - Life Ready Physio 6280 1090
- Inglewood - Life Ready Physio 9276 6155
- Joondalup - ECU Vario Wellness Clinic 6304 3444
- Marangaroo - Life Ready Physio 6444 6363

- Margaret River - Margaret River Recreation Centre 9780 5625
- Merriwa - Seaside Exercise Physiology 0497 065 883
- Midland - Life Ready Physio 9250 7772
- Myaree - Alti2ude High Performance Gym 0418 913 683
- Northam - In balance Physiotherapy and Fitness 9622 5335
- Rockingham - Life Ready Physio 9500 7643
- Wangara - The Health and Fitness Centre 9409 3033
- Warwick - Life Ready Physio 6168 8564

**Tier 2 and Working Seniors Tier Providers are accredited fitness professionals who have also completed the compulsory Living Longer Living Stronger™ Instructor Training Course. Working Seniors' Tier is now available at most Tier 2 Providers – providing an expert level assessment and safe gym program for those unable to attend regular session times.**

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- Augusta - Augusta Recreation Centre 9780 5625
- Beechboro - Swan Active Beechboro 9207 8555
- Bedford - Exercise for Life 9371 8563
- Boddington - Active Plus 0429 806 086
- Bridgetown - Bridgetown-Greenbushes Recreation Centre 9761 2966
- Cannington - Cannington Leisureplex 6350 7300
- City Beach - Bold Park Aquatic Centre (Tier 2 only) 9385 8767
- Collie - Roche Park Recreation Centre 9734 4388
- Denmark - Denmark Recreation Centre 9848 2044
- East Perth - Stadium Fitness 0434 233 382
- East Victoria Park - Leisurelife Centre 9373 5450

- Ellenbrook - Jetts Ellenbrook 9296 7042
- Falcon - Anytime Fitness Mandurah South 9534 4495
- Forrestfield - Hartfield Park Recreation Centre 9359 1700
- Harvey - Harvey Recreation and Cultural Centre 9729 3311
- Kalgoorlie - Eastern Goldfields YMCA 9021 1035
- Kelmscott - Genesis Health Club 9390 4900
- Kwinana - Kwinana Recquatic 9236 4700
- Mandurah - Mandurah Aquatic and Recreation Centre 9550 3600
- Melville - Leisure Fit Melville 9364 0800
- Merredin - Merredin Squash and Fitness 9041 2381
- Merriwa - Seaside Exercise Physiology 0497 065 883
- Midvale - Swan Park Leisure Centre 9250 2120
- Morley - YMCA Morley Sport and Recreation Centre 9375 3529
- Mt Barker - Mt Barker Recreation Centre 9851 2122
- Mundaring - Club Sierra 9295 1426
- Narrogin - YMCA Narrogin Regional Leisure Centre 9881 2651
- North Lake - Lakeside Recreation Centre 9310 7700
- Northam - In-Balance Fitness 9622 5335
- Pinjarra - Shire of Murray Recreation Centre 9531 2000
- Riverton - Riverton Leisureplex 9231 0930
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## Get a taste of the Great Southern region's capital city... Albany



Goode Beach, Albany

EUROPEANS first settled in Western Australia on the shores of King George Sound in Albany several years before the Swan River colony was founded in Perth. The town of Albany was gazetted on Boxing Day in 1826 and has

grown into a thriving port city, home to many colonial era buildings which today house many of its attractions.

The town served as a gateway to the goldfields and for many years was the colony's only deep-water port and the landing place for shipping services between Britain and Australia. The waterways of the area have played a significant part in the town's trade.

Albany offers so much for a visitor – from discovering its heritage past, to an eclectic range of arts and crafts and some of WA's finest produce, restaurants and wineries.

The Alison Hartman Gardens located on the main street, York Street, have undergone a huge redesign, giving the public better access and seating. They are located next door to the recently upgraded library and visi-

tor centre.

York Street is also home to three new arts and crafts outlets including the Blush Art Gallery which has exhibitions every few weeks. The Artists Collective offers people the full gamut of crafts from timber to children's wear and knitwear and the Wood Works Gallery sells a range of furniture, jewellery, kitchen and household items.

This winter also sees works carried out to the historic 19th century Strawberry Farm with the gardens and creek being restored to its original design.

A Hilton Hotel is under construction on the waterfront next to the Albany Entertainment Centre on the Princess Royal Harbour.

Also located on the harbour is a new restaurant which showcases the local produce of the

area called Due South. This is getting rave reviews from diners for its location and menu.

This part of the waterfront is also home to the replica of the brig Amity which sailed from Sydney bringing the first European settlers to WA to set up a military outpost in 1826.

Enjoy a self-guided heritage trail that takes in sites such as the convict prison and discover some of the grand colonial homes and cottages.

A trip to Albany is not complete without visiting the National Anzac Centre, looking out over King George Sound. It was from here during World War I, that the first convoy of ANZACs set forth to Europe. The centre houses interactive displays, historical artefacts, and tells personal stories of ANZACs.

Whales are also a big

part of Albany's past and present, with magnificent humpbacks and southern right whales visiting these waters during their winter migration. Once rare due to the town's whaling industry, which ceased in 1978, whale numbers have thankfully increased.

At Discovery Bay there is a museum housed in the old whaling station. Join a winter whale watch tour for a close encounter, or head to the local lookouts for sightings of these magnificent creatures.

Jarrah Mia, which is situated in Middleton Loop, offers Aboriginal arts and crafts, bush tucker and guided tours which outline sacred places and the history of the Menang Noongar who were the first people in the area.

Torndirrup National Park is known for spec-

tacular coastal walks and breathtaking views of the pounding Southern Ocean. It is another favourite site for spotting whales.

Next year the Taste Great Southern food and wine festival celebrates its 16th year. It will be held from 26 March to 5 April - the two weekends leading in to Easter. The event is designed to support the promotion of food, wine and tourism in the Great Southern region.

Albany is a thriving city which offers year-round attractions, an extensive range of dining experiences and a great range of accommodation choices.

If you want to see the sights, contact local tour organiser Barry Purcell on 0427 475 522. He can assist *Have a Go News* readers with all their tour requirements.

## Enjoy comfortable and affordable accommodation in Albany's oceanside suburb

ALBANY Holiday Units and Park Avenue Holiday Units are situated in Golf Links Road and offer comfortable and affordable accommodation in the heart of Albany's oceanside suburb of Middleton Beach.

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a guest laundry and barbecue facilities onsite. The units cater for tourists, holiday makers and business people alike.

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kilometre away.

They are just a short stroll to magnificent coastal boardwalks and cycleways that link Middleton Beach to Emu Point, and Middleton Beach to the City Centre. They offer breathtaking views to Breaksea and Michaelmas Islands and provide the ideal location for whale watching in the winter season.

They are a great base from which people can explore further afield to see what the amazing South Coast has on offer. Their winter getaway prices start from just \$99 per couple per night.

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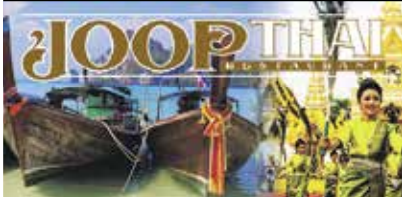
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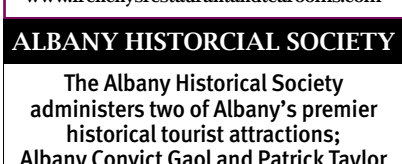
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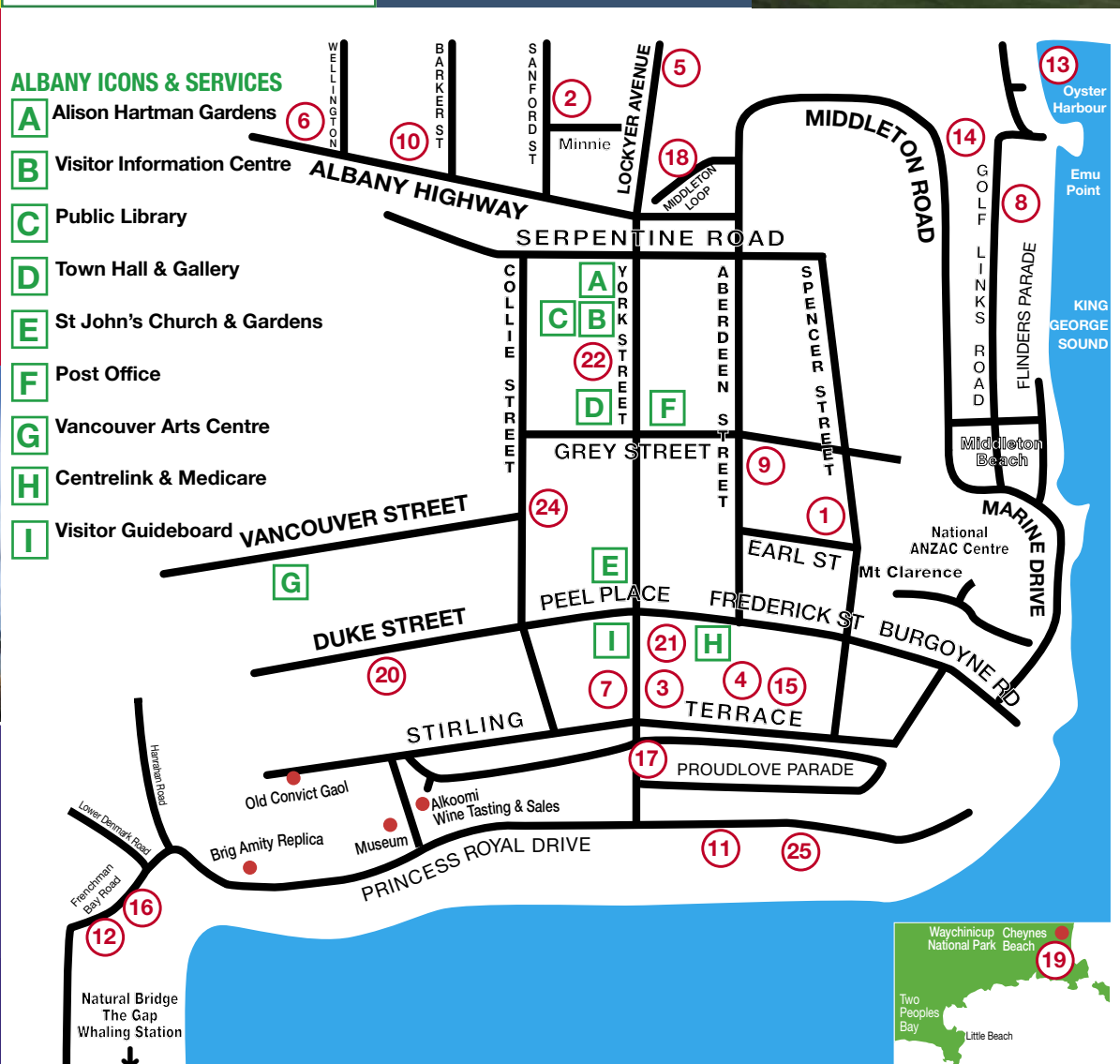


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# WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



## Mount Magnet really stacks up - rich in resources and a gem for tourists...



L-R; Artwork in the outback add flavour to the town - The main street is wide enough for a camel train to turn around

by Lee Tate

MT MAGNET is a veritable goldmine for anyone fossicking for facts or a fortune.

Gold is still being discovered, mostly in small amounts, but the full allure of this ancient land

and historical town goes beyond the yellow metal.

For a holiday of a difference, authenticity and true outback flavor, Mt Magnet, 560 kms north of Perth, really stacks up.

This regional geo hub and the Murchison are special - enough to attract international tourists.

If only they knew about it.

Stand in the town's wide main street and soak it up; the clear air, well-maintained majestic buildings and Indigenous influence.

Standing proud is the original Bank of Western Australia, opened in 1896 with a manager's residence made of mud brick. The bank closed in 1927.

The Grand Hotel dates to 1897 but burnt to the ground in 1898, inspiring residents to buy a fire engine for the town. It was rebuilt and added to in the 1930s.

The police station precinct is impressive, built around government offices and a lock-up in 1897, replacing a canvas shelter that would at times be blown away.

Truly impressive and

a must-see for passing tourists is the Mt Magnet Mining and Pastoral Museum in the main drag. Said to be among Australia's best regional museums, it has enough fascinating materials, minerals and collections to interest plenty of visitors.

Mt Magnet Historical Society volunteers keep the place in top shape with explanations, pointing to all the minerals on display from amethyst to zircon. There is even orbicular granite which is found nowhere else in the world.

Multi-billion-year-old zircon from here was declared the world's oldest piece of rock. It changed scientists' views about the earth's age, the birth of the moon and the origins of life. One lump of rock discovered by Ron Ashin at Jack Hills is 4.4 billion years old.

In this region, rocks rock. An Astro Rock Festival is held every year.

Museum cabinets display discoveries found hidden beneath district dust - 1800s coins, pioneers' buckles and bullets. Photographs show shearer Jackie Howe breaking a world record here, hand-shearing 321 sheep in a seven hour-40 minute day, a feat that will never be repeated.

In this ancient land, we are told: "the material culture of an earlier Aboriginal people sits atop and decorates ancient rocks in the Mount Magnet landscape."

The local indigenous language is Badimaya. It is the traditional language which speaks of an earlier time, is the name of the people from the area to the south, descendants of whom live in Mount Magnet today.

In 1854, explorer Robert Austin predicted that the area would become "one of the finest gold-

fields in the world." It took until 1891 to come true with the discovery of a reef of gold. Diggings continue at the longest continuous goldmining centre in WA.

The Murchison region embraces Mt Augustus, the world's largest rock, an extensive rock art gallery, Dalgarranga meteorite crater, Paynesville ghost town, station stays, outback routes, Indigenous trails and nearby gold centres at Cue, Meekatharra, Yalgoo and Sandstone.

Murchison hub Mount Magnet is ancient, hot, historic and daunting. A tidy town with a main street designed to be wide enough to accommodate turning camel trains.

Mount Magnet, rich in resources, is a gem for tourists. Mount Magnet and the Murchison are ore-inspiring, and awe-inspiring.

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## Join community trout stocking at Drakesbrook Weir, Waroona

EXCITEMENT is building for Recfishwest's third annual community trout stocking event to be held at Drakesbrook Weir, Waroona between 10 am-1 pm on Saturday 31 August.

This family friendly, licence-free, event plays a part in a carefully managed stocking program that has created a sustainable recreational fishery in the region.

Try your hand at freshwater fishing, learn from experts

and help hand-release thousands of trout into the Weir. There will be free rod hire, kids' casting challenge, free fly fishing lessons, rigging and casting demonstrations and more.

Waroona's Christian 'Dready' Turner started fishing at the Drakesbrook Weir as a small child.

When asked what was so special about fishing in his local area he said the weir is still one of his favourite spots today, along with the reservoir at Waroona Dam.

"The fishing is great with rainbow and brown trout on spin and fly and redbfin fishing thrown into the mix for a variety of challenges. The weir has a natural bush setting and up at the dam, the

forest, pristine pools and streams really add to the experience," he said.

Waroona is just over an hour south of Perth and the perfect location for a day of family fun and fishing. For those wishing to stay for the weekend there are a number of caravan, camping and accommodation options.

The Waroona Markets will be held on Father's Day, Sunday 1 September and Drakesbrook Winery will be open for tastings and sales all weekend. Pub fare, gourmet bakery delights and good country cooking will be on offer in town.

While there, take the time to check out Waroona's art trail including the visitor centre gallery, heritage bush poles, the



Christian 'Dready' Turner stunning Brenton See mural and various open galleries.

To help plan a weekend, download the Waroona Experience brochure from [www.waroona.wa.gov.au](http://www.waroona.wa.gov.au) and head to the Visit Waroona Facebook page for details on how to win one of three prize packs valued at \$50 each.

For more details on Troutfest and to register your interest head to [www.recfishwest.org.au](http://www.recfishwest.org.au)

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# WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



## Bouncing along the rough roads of the north west



by Numbat, our travelling scribe

WE'VE bounced our bums along WA's notoriously rough-and-tumble outback roads. They're among the worst in the nation but we talk about them, photograph them and add them to our greatest motoring memories.

We even brag about them. But do we want to keep them as they are in their dusty, flood-prone, bone-shaking condition?

Like most novices, our first taste of Cape Leveque road leading north of Broome was a shock, an endless series of dusty dives into potholes that could swallow a semi-trailer.

The temptation for the green motorist and the uninitiated, faced with these vast distances and wide open stretches, is to kick down hard on the accelerator. But it's a big price to pay in car repairs and rattled nerves.

When cars weren't so reliable and more prone to punctures and overheating, rural roads were littered with broken-down vehicles. We soon learnt to nurse the car along the best bits of these roads, tracks and trails.

Today, vehicles are better-equipped, although cara-

vans and trailers cop a hammering on the worst of the roads.

However there are choices – like joining a party in a tour company vehicle. We joined a tour party in a commercial vehicle with a dozen other passengers eager to conquer Cape Leveque road. But it had seen better days. This loping, ageing beast had an annoying rattling door and gaps that let in the pindan dust.

At least the driver selected the best parts of the road and a speed that kept us moving speedily enough – faster than if we'd taken our own, smaller car. After a long day on the road, we took a light plane back to Broome.

Mind you, this rough red road isn't a patch on the so-called trail we encountered near Hancock Gorge in Karijini National Park.

That was enough to shake the marrow out of our ageing bones. That's not to take away from Karijini's magnificent trails, some of the most spectacular in Australia.

But top of our roughest roads list has to be the Gibb River road – 700 challenging kilometers through the central Kimberley Plateau from King Sound at Derby to the Cambridge Gulf at Wyndham. It is notorious, rough as guts and depending on when it was last graded, prone to flooding, isolating entire north-west communities.

Yet such challenges are the highlight of many travelers who come from all over Australia and overseas.

For all their warts – dust, hidden potholes and teeth-chipping corrugations – our roughest roads are a part of the outback fabric and the great Aussie motoring adventure.

So, at what point then, do we bring out the tar and end it all? How much do we really want tourist dollars? How many remote communities want to end the isolation brought on by flooding and road cut off in the wet?

Sealed, accessible roads make good sense in the modern world. But as much as roads divide our landscapes, they also divide the people.

## WA Visitor Centre to help people find wildflowers...



THERE are many different wildflower sources to assist you during this exciting time of year.

The WA Visitor Centre wildflower tracker provides people with one easy to use site for all wildflower information and sightings, showing the wildflowers that are blooming around the state.

Visit the website at [www.wavisitorcentre.com.au](http://www.wavisitorcentre.com.au)

to stay up to date with the recent findings.

The WAVE staff will be in the field each week to update sightings around the Perth metropolitan region.

They invite people to share their wildflower sightings with them. All people need to do is email photos of the blooms and the location to [info@wavisitorcentre.com.au](mailto:info@wavisitorcentre.com.au) or [admin@the-tourismgroup.com.au](mailto:admin@the-tourismgroup.com.au)

Alternatively send these to them via Facebook @westernaustralianvc (www.facebook.com/westernaustralianvc/)

Visit instore to collect a free hard copy of the WA Wildflower Guide including self-guided trails around the state.

They also have plenty

of wildflower merchandise to purchase including easy to use colour coded identification guides to assist in identifying finds.

Visiting the wildflowers this season is easy.

WA Visitor's Centre can take the hassle out of organising the journey, with free instore booking service to assist people with organising tours, accommodation or hire cars.

Alternatively, for those who are looking for escorted tours to these wildflower locations, they have various day and multi-day tour options to accommodate.

Contact WA Visitor Centre on 1800 812 808, email at [info@wavisitorcentre.com.au](mailto:info@wavisitorcentre.com.au) or visit the friendly team instore at 55 William Street, Perth.

## A great way to utilise frequent flyer points without the hassle

PEOPLE may have more than enough points to take a couple of flights but trying to find what is available, is often time consuming. However, Travel Associates' new program Points+ has just made booking international business class flights using frequent flyer points a breeze.

Their system will take the hassle out of trawling through numerous airlines website with their points specialists doing the hard work. Instead of paying normal business class prices, their experienced team employ the smartest way to fly using the best combinations of points, and will find and book points reward seats for their customers.

So how does it work? The Travel Associates Currambine team will take people's frequent flyer details and use their years of experience to search through the best flights and routes to maximise points using eligible airlines.

After they have found the perfect flight and the customer is happy to proceed they book it for them using the points and paying any airlines fees, taxes and surcharges using a company credit card. Then they invoice the customer a flat fee which covers everything.

So for those who have been saving their points up, this is the perfect way use those hard earned frequent flyer points. To find out more contact Travel Associates Currambine on 9304 2933 or by emailing [currambine@travelassociates.com](mailto:currambine@travelassociates.com)

### Esperance Getaway



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

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



For more information contact the  
**Leeman Administration Shire Office**  
20 Morcombe Road, Leeman  
Phone 9953 1388 or  
visit [www.coorow.wa.gov.au](http://www.coorow.wa.gov.au)

### IT'S THE SIMPLE THINGS...



### SHIRE OF WAROONA

Pristine beaches and unspoiled lakes on the coast, fertile farmlands and peaceful jarrah forests on the scarp. The town of Waroona, just an hour from Perth, is RV Friendly and offers country hospitality and nature at its best.

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37 South West Hwy, Waroona, WA 6215  
**Phone: 08 9733 1506**

[www.waroona.wa.gov.au](http://www.waroona.wa.gov.au)

### EVENTS 2019

**AUG SAT 31<sup>ST</sup> TROUTFEST**  
Family fun & fishing

**SEPT SUN 22<sup>ND</sup> VINTAGE MACHINERY RALLY**  
All sorts & more

**OCT ALL MONTH SEA TO ART EXHIBITION**  
Local talent on display

**OCT SAT 12<sup>TH</sup> WAROONA SHOW**  
All the fun of a country fair

**NOV SAT 2<sup>ND</sup> GRAPEST 5KM RUN**  
and a 1km wine waddle!

**MARCH 2020 GYPSY JAZZ FESTIVAL**  
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Flowers, festivals and star gazing are just some of the fun to be found in the Golden Outback

GOLDEN Outback region covers more than half of Western Australia – a whopping 54 per cent of the state. It stretches from the rugged red earth of Mount Augustus and the Kennedy Ranges in the north to the sweeping white beaches of Esperance and the south coast and all in between.

The Wheatbelt area offers picturesque rolling farmland dotted with colourful rural townships, granite outcrops, farm stays and of course Wave Rock.

The Grand Old Dumbleyung Inn is the perfect place to stay in an historic hotel. The pub offers meals and accommodation and features a dedication and display about Donald Campbell and his world record breaking feat on Lake Dumbleyung in 1964.

Another outback classic located in Cunderdin is the Ettamogah Pub which

offers meals and accommodation. A must do when staying in the town is a visit to the local museum where people can get all shook up at the earthquake simulator house.

The town of Merredin will herald the onset of spring with a market day on 25 August. In October it celebrates its Italian heritage with Festa Italiano on the weekend of 18 – 20 October.

The Dowerin GWN7 Machinery Field Day is the largest agricultural show in WA and will be held on 28 August. Don't miss this amazing celebration of all things country with many of our tour operators who advertise in this paper offering day tours to the show.

If you love wattles, then Dalwallinu is the place to be, as they usher in spring with Wattle Week from 7 – 13 September. The town will hold its annual arts festival at the recreation centre following the festival on 13 and 14 September.

At the very heart of the Golden Outback lies the modern mining hub of Kalgoorlie and the Goldfields, offering

fascinating insights into the history and heritage of the wild gold rush days.

Kalgoorlie makes the perfect base to explore the Goldfields. The visitor centre offers a range of tours, information on attractions and holiday packages. Visitors have a range of quality accommodation to choose from including the Quality Inn Railway Motel located across the road from the train station or Hospitality Kalgoorlie in Hannan Street which offer special deals for *Have a Go News* readers.

There's so much to do during a stay in Kalgoorlie, whether it's a visit to the Hannan's Tourist Mine, the Goldfields War Museum or a round of golf at the unique Kalgoorlie Golf Course.

Heading east is the gateway to the outback town of Laverton. The Great Beyond Visitor Centre can assist travellers with all the information they need to discover this unique area.

The north of the Golden Outback region comes alive in spring when it transforms into a rainbow of wildflowers.

Australia's biggest barbecue will be celebrated in the Gascoyne at the Mount Augustus Tourist Park on Saturday 7 September with chef Stuart Laws preparing a dinner of local beef and produce. Tickets from the Tourist Park cost \$95 and include cocktails and canapes and dinner, all the while enjoying the sunset by the mount.

A visit to the Murchison area is not complete without dropping in to the historic town of Cue to enjoy the outback hospitality from the Queen of the Murchison Guest House and Café.

See the night sky as



Dowerin GWN7 Machinery Field Day is the largest agricultural show in WA

never before at the Mount Magnet Astro Rocks Fest which will be held on the weekend of 20 – 22 September. The event features plenty of fun activities to promote geology and astronomy and celebrates the art and cultural heritage of the area.

Many towns in the region celebrate spring and this year Wongan Hills, Esperance and Ravensthorpe will hold wildflower festivals.

There's so much to discover in the Golden Outback and spring is the perfect time to get out and have a go at exploring more in this part of our great state.

### Enjoy outback hospitality - you deserve it

Visit the historic gold mining town of Cue and spend a day or two in our spacious and relaxing two storey Guest House.

Built in the good old days when ceilings were high and jarrah was used extensively. Secure off-street parking, log fire in the dining room, guest tv lounge, free continental breakfast. Book direct on-line.

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### Goldfields Getaway

Looking for something completely different? Kalgoorlie-Boulder and the Goldfields will not disappoint! Package includes two nights choice of accommodation in Kalgoorlie, including continental or buffet breakfast, one night accommodation in Leonora including continental breakfast, three day car rental (mid-size car, unlimited mileage) and Golden Quest self drive guide book.

**DAY 1. PERTH TO KALGOORLIE**  
Depart Perth on the Prospector at 7.10am and arrive in Kalgoorlie at 2pm. Rental car available from the train station, transfer to your hotel and free afternoon to explore the city.

**DAY 2. EXPLORE KALGOORLIE-BOULDER**  
Explore this wonderful city and uncover a wealth of treasures. To make the most of your visit, speak with the Kalgoorlie-Boulder Visitor Centre for travel tips and tour bookings.

**DAY 3. KALGOORLIE TO LEONORA (235KM)**  
Travel north along the Golden Quest Discovery Trail for your one night stay in Leonora.

**DAY 4. LEONORA TO KALGOORLIE TO PERTH**  
Depart Leonora no later than 11am, return the rental car ready for a 3pm departure (Friday only) to Perth on the Prospector.

**Book with Kalgoorlie-Boulder Visitor Centre**  
9021 1966 [visitors@kalgoorlie.com](mailto:visitors@kalgoorlie.com)  
[kalgoorlietourism.com](http://kalgoorlietourism.com)

Terms & conditions apply. Prices per person queen share, extra costs for twin & single accommodation. Departs Tuesdays. Valid for travel until 31/12/19. Not available for travel between 4/8/19-7/8/19 & 2/10/19-5/10/19.

Spring into action and find the latest Wildflower blooms across WA with the Western Australian Visitor Centre Wildflower Tracker!

Visit <https://www.wavisitorcentre.com.au/wildflowers> to see up to date locations on where the wildflowers have bloomed.

Visit us in store to collect your **free WA Wildflower guide** and book a tour or contact us for more details.

1800 812 808  
[info@wavisitorcentre.com.au](mailto:info@wavisitorcentre.com.au)  
55 William Street, Perth 6000

## Norseman celebrates with the Gold Fever Festival

NORSEMAN becomes 125 years old on 13 August but celebrations will be held on the weekend of 30, 31 August and 1 September when the gold mining town hosts its annual Gold Fever Festival.

The celebrations kick off on Friday 30 August with the Gold Diggers Dance which will start with tapas and grazing plates from 6pm then enjoy live music from 8 pm to 11.30pm. Tickets are only \$25 per person and available at the local IGA.

On Saturday morning the main street will come alive with a variety of events including the Horizon Power Gold Run, market stalls, the State Rock Drill championships, Clydesdale rides, street parade, food vans and entertainment for the whole family.

A breakfast will be held at the historical museum on Sunday morning at 8.30am and the celebrations finish with an 18-hole Norsey Nugget Golf competition.

It's fun weekend of celebrating this very special town on the outskirts of the Goldfields.

Former residents are invited to join in the celebrations at Norseman and rekindle old friendships and fond memories of the friendliness of its people.

For more information on the programme please contact Olenna Connell on 0412 061 336 or email [norsemanfestival@hotmail.com](mailto:norsemanfestival@hotmail.com)





## A comfortable train trip aboard the Prospector is a great way to discover Kalgoorlie ...



Left to right; The Prospector - inside the carriage - Burt Street shops - Hannan Street, Kalgoorlie

by Steve Collins

SPEEDING along the track somewhere north of Coolgardie I was mesmerised by the blatant harshness of the landscape; gnarly, stunted trees fighting their existence by trying to find nourishment in the ancient, red earth. I was returning from Kalgoorlie-Boulder, enjoying the comfort of the Prospector, pondering just how tough those original inhabitants and the first pioneers must have been to conquer such a scrawny, unwelcome land.

For a city that started out as a scattering of basic tents near a few tough diggings, Kalgoorlie-Boulder has morphed into a magnificent, yet unique, city. Engineering, in the form of the water pipeline from Mundaring, allowed the city to first survive, then ultimately thrive.

Hannan Street, Kalgoorlie is a grand boulevard that is lined with magnificent colonial buildings. It's well known to those who

have visited Kalgoorlie, with angle parking still very easy to find.

My understanding is that the name Kalgoorlie is an aboriginal word meaning "land of the silky pears", but I have no recollection of seeing any of them. What I did see was a city in which there is great civic pride and a town that oozes good fortune.

My biggest surprise was Burt Street, Boulder, which must definitely be one of Western Australia's prettiest streets. Burt Street oozes charm.

Three flower-lined blocks of heritage buildings; it is a street far narrower than Kal's well-known Hannan Street. Renovations have been carried out with care. Wealth from gold built Burt Street, civic pride has seen it be magnificently maintained.

Visiting Kalgoorlie-Boulder was a pure pleasure due to its vibrancy. I regretted not staying longer and I was not ready to leave, but my main purpose was to ride the Prospector.

Travelling on the

Prospector was pure bliss for me. I'm a train geek, and this is a great trip.

The carriages are very clean, and supremely comfortable. Seats are roomy, and each passenger has a screen on which to watch movies or shows. Not for me, as I am a window watcher who loves to see where we are going and to admire the country as we move through it. How-

ever, I did love accessing Drivercam to get a driver's eye-view of the journey.

The journey is quiet but undertaken mostly on a single track. This means occasionally waiting for a goods train to pass, but when the train gets a good run it can reach speeds of over 160kph (that screen tells you the current speed), and it is quite a thrill to watch the countryside

whizz by.

The Prospector has a refreshment kiosk, large picture windows and clean, roomy toilets. I loved watching the countryside constantly change. The foliage was green and lush, and I relished the

opportunity to witness the landscape at its very best.

If you have a Health Care Card you are entitled to one free trip per year within Western Australia. I highly recommend trying the Prospector. For those

holding a Senior's Card you are entitled to a 50 per cent discount. If you have a Concession Smartrider card you can now book online at the concession rate and display your card prior to boarding the train.

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Ph: 9635 1777 www.cunderdinpab.com



HAGN329-0517281

### Uncover the heritage of Kalgoorlie-Boulder

#### TOWN HALL TOURS

Immerse yourself in Goldfields history at the Kalgoorlie and Boulder Town Halls.

#### GOLDFIELDS WAR MUSEUM

Discover the significant contribution made by Goldfields residents in times of war and peace in this purpose built exhibition.

To find out more contact City of Kalgoorlie-Boulder Heritage Services:  
(08) 9021 9806 | mailbag@ckb.wa.gov.au  
www.ckb.wa.gov.au/heritage  
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# A sambo teaches the fishing master a lesson or two



One Sambo that didn't get away but was released anyway

by Mike Roennfeldt

YOU'VE got to love those ever so appropriately named Samson fish. When a Sambo decides

it's time to teach you a lesson there's usually not a whole lot you can do about it. If you polled a cross section of the recreational fishing community in the southern half of the state as to which species of fish has been responsible for doing them over the most, the good old Sambo would be so far in front it wouldn't even be a race.

One of my most memorable encounters with Sambos, yet another humbling experience, took place about ten years ago.

We headed out from Mindarie in my friend Trav's Baron Sportsman and made a bee line for Staggie's Reef. The idea was to prospect for a Spanish mackerel or two and the drop-offs behind Staggie's are as good as most spots in the metro area for that sort of thing.

We put a couple of Laser Pros out the back, Trav going for a 190 deep-runner, while I covered the deeper option with a 160 extra deep that can run up to 7m down.

Barely a minute had passed before the 160 was hit and in came a little rat yellowtail king that didn't quite make the 600mm legal mini-

mum. Shame, I like eating small kings and they are highly regarded for sashimi among the fussy Japanese gourmet set. Still, a pretty encouraging start.

Over the next 45 minutes the only action was an occasional wind in to remove weed from the line, but then the 160 did it again. This time the 10kg mono was fairly pouring off the old Penn 850. I prefer using mono over braid when trolling for Spaniards. The extra shock absorption usually means fewer fish lost during violent head shaking.

It didn't seem fast enough for a Spaniard, but it sure was purposeful. It was well over 100 m out and showing no signs of slowing before I felt that dreaded nothingness of limp line.

The wind in didn't take too long and the last 20m looked more like fairy floss than fishing line. I hadn't even felt it being ripped through the reefs.

Round One to the Sambos.

We didn't find any Spaniards over the next hour or so and Trav was keen to have a dive for crays.

"I'll anchor up and you can toss lures around while I'm down there", he said.

I didn't think there was much chance since we hadn't raised one in almost two hours trolling, so when he slipped over the side and out of sight, I found an old packet of Berkley Gulp worms in the tackle bag and rigged up a simple arrangement with the sinker running right down to the hook. I threaded on the first worm and lowered away.

Every drop was a wrasse, rock cod, leatherjacket or some other reef dwelling ooglee, anything but a King George. The eighth wrasse was coming up and it made it to within a metre or so of the surface before it was wolfed down in plain sight by another Sambo that came out of nowhere.

This time the fight only lasted about 15 seconds. Light braid doesn't need much encouragement to part when it comes in contact with anything hard and sharp and the wind back in only took a few seconds.

Done over by Sambos twice in a morning... and I wasn't even fishing for the damn things.

## Head to Home Valley Station this season and discover the rugged Kimberley

ALONG the iconic Gibb River Road, at the foot of the majestic Cockburn Range lies Home Valley station, a heritage cattle station that is the perfect base for exploring the rugged Kimberley landscape.

Home Valley Station offers a range of accommodation and activities for every traveller. Explore the Kimberley wilderness from comfortable guest-house rooms, elegant grass castles overlooking Bindoola Creek, Eco Tents or camping facilities.

During the day discover one of the seven picturesque self-guided walking trails, witness an incredible sundown over the Cockburn Range, take a scenic flight or tackle the ultimate fishing adventure along the Pentecost River from the shore, by boat or

by helicopter. Home Valley Station has nearly 250,000 hectares of outback oasis, so settle in and discover Australia's last frontier. This season, the station is launching an exciting new menu at the popular Dusty Bar and Grill – The

Dusty to locals. Showcasing Australian produce and bush tucker ingredients, the menu will feature kangaroo, crocodile, native grains and spices, sizzling steaks and the Dusty's famous spare ribs. Better yet, if you've bagged your-

self that elusive barra on one of the Station's fishing expeditions, than the chef will gladly cook up your catch to accompany some incredible sides. Throughout the season don't want to miss The Dusty's wood-fired pizza nights, open-air movie

nights or live entertainment. Book a Kimberley Escape Package from \$265\* per person twin share. Call 1300 134 044 or visit [www.hvstation.com.au](http://www.hvstation.com.au). \*Terms and Conditions apply.

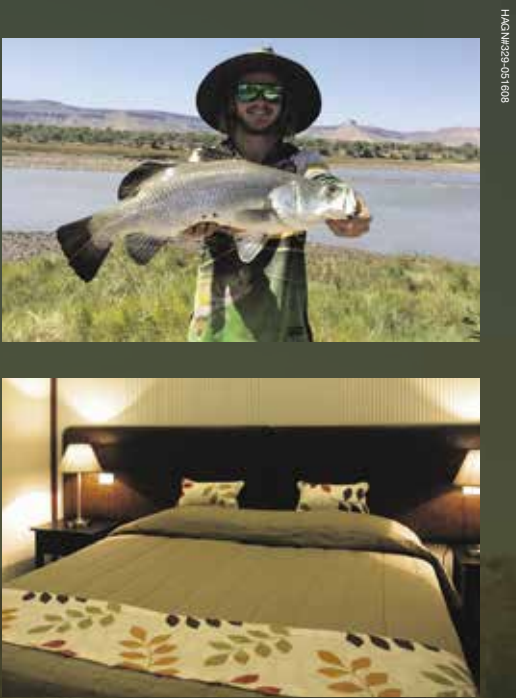
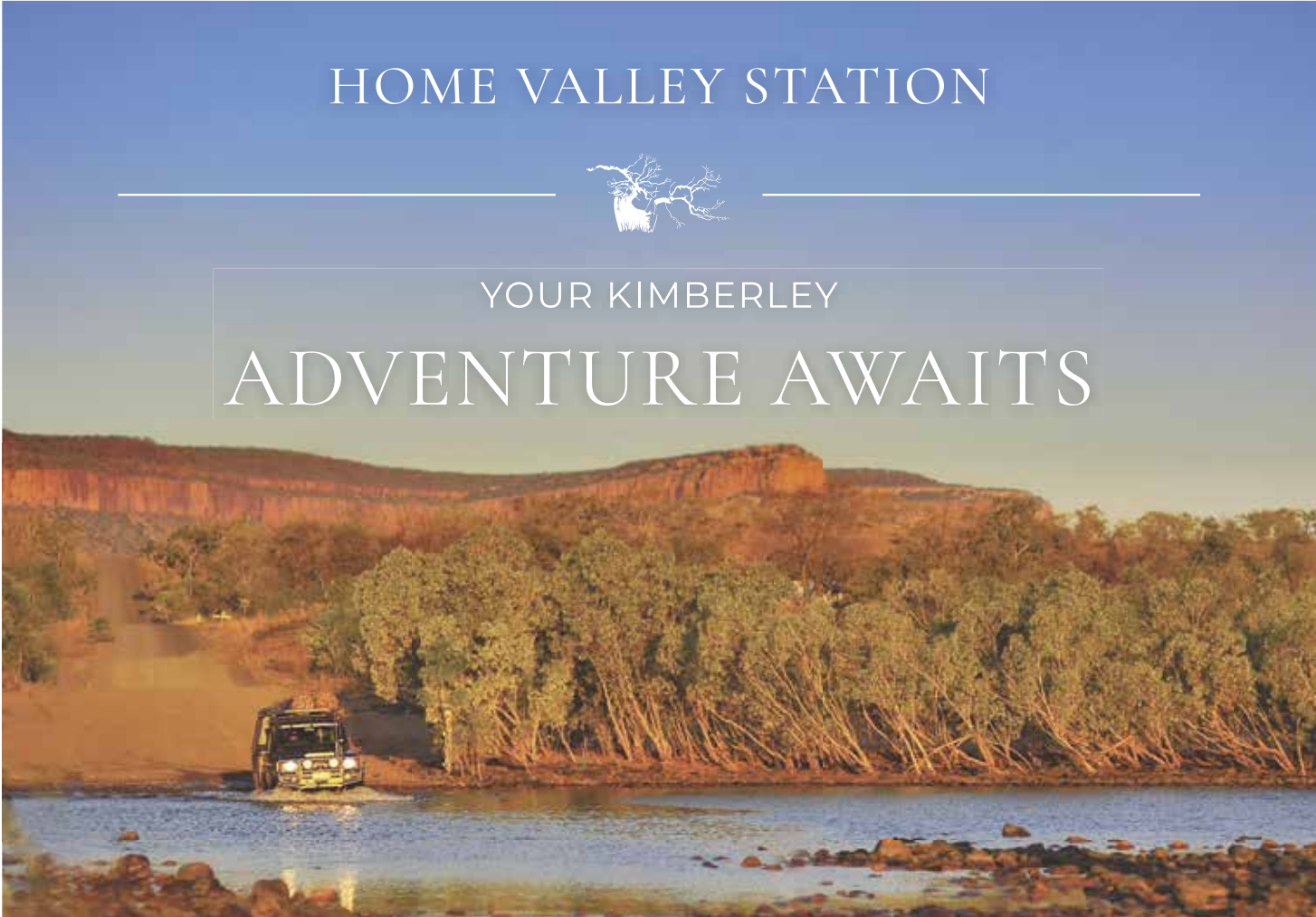
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Bombora offer inclusive tour packages especially designed for older adults. They provide the perfect way to explore the natural wonders of northern New South Wales and the exciting holiday attractions of the Gold Coast. All itineraries include a pick-up service to and

from the airport, accommodation at the resort, daily breakfast and dinner and day tours. They offer two eight day/seven night tours; one centred around the Gold Coast and the other around the Tweed Coast. Specifically designed for older travellers, the

packages offer real value with quality inclusions, free time to enjoy the resort and optional extra tours. Prices are very reasonable starting at \$849 per person twin share or \$949 for singles. For more information visit [www.bomboraresort.com.au](http://www.bomboraresort.com.au) or call 1800 074 363.



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Engulfed by a landscape of breathtaking contrast, Home Valley Station is located on the iconic Gibb River Road, at the foot of the majestic Cockburn Range. A truly unique and intimate Kimberley wilderness experience with a warm and decidedly Australian style of hospitality.

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12 JUL 2020

### HIGHLIGHTS

Half day Island tour • Traditional Island Feast • Breakfast Bushwalk • Island Culture Tour • Traditional Christmas Dinner & other festivities • Night as a convict • Sound & Light Show • Convict Settlement Tour

From **\$3,395pp** twin share

## CROATIA BY PRIVATE YACHT



13nt ✈️ 🚗 🏠 HOLIDAY

DEPARTS PERTH  
14 JUL 2020

FEATURING Queen Eleganza

### HIGHLIGHTS

Ljubljana (2nts) • Lake Bled (2nts) • Plitvice Lakes (1nt) • Opatija (overnight) • Krk • Rab (overnight) • Pag • Zadar (overnight) • Kornati Islands • Radošić • Šibenik (overnight) • Krka National park • Hvar (overnight) • Vis (overnight) • Biševo • Korčula (overnight) • Mljet • Dubrovnik (overnight)

From **\$12,495pp** twin share

## SCOTLAND, NORWAY & THE EDINBURGH TATTOO



17nt ✈️ 🚗 🏠 HOLIDAY

DEPARTS PERTH  
8 AUG 2020

FEATURING CMV Magellan

### HIGHLIGHTS

Isle of Skye • Edinburgh • Glasgow • Glen Coe • Loch Lomond • Scottish Lowlands • Tickets to the Edinburgh Military Tattoo • Liverpool • Dublin • Lerwick • Haugesund • Olden • Cruising Sognefjord • Flåm • Cruising Hardangerfjord • Eidfjord • Liverpool

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## AUTUMN IN JAPAN



18nt ✈️ 🏠 🚗 HOLIDAY

DEPARTS PERTH  
8 OCT 2020

FEATURING Noordam

### HIGHLIGHTS

Tokyo (3nts) • Kobe (overnight) • Naha • Ishigaki Island • Hualien • Keelung (Taipei) • Jeju (Cheju) City • Fukuoka (Hakata) • Nagasaki • Tokyo (Yokohama)

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Women's  
Health  
Week

## Women's health - powerful stuff to think about leading up to Women's Health Week



Unlock your power to good health

JEAN Hailes for Women's Health is inviting women around Australia to unlock their powers for good health during Women's Health Week. The national health

awareness campaign is a timely reminder to all women to look after themselves, inside and out.

Established in 2013 and held annually in the

first week of September (2-6 September 2019), Women's Health Week celebrates improving the health of all women in Australia.

"Women are leading busier lives than ever before," says Brenda Jones, Women's Health Week campaign manager. "Sometimes they need to be reminded to put themselves on their own to-do lists. Women's Health Week is the perfect opportunity for women to set aside some time for their own health and wellbeing. Together, we want women to think about, and do something positive for, their health."

The annual national Women's Health Survey found that only 50 per cent of Australian women describe their overall health as very good or excellent. It also identified lack of time as a major barrier for them to maintain a healthy lifestyle.

Women are also prone to feeling guilty, particularly those in the sandwich generation caring for both elderly parents and children. Guilt can take a toll on a woman's health and wellbeing, whether it be for taking time out for herself, or for not being available 100 per cent of the time for others.

"Health is a lifelong journey. It's unique, and each of us has different needs and paths. However, we can all make positive changes, no matter how small, that will benefit us in the future," says Ms Jones.

This year's we are busting some myths around women's health. Here are just some of the topics we will address:

Do you hover over the toilet seat? Your bladder empties itself much better when you're sitting, and your muscles are relaxed.

Did you know that going just in case – even though you went a few minutes ago but figure

you should empty your bladder before you leave the house – may train your bladder to hold smaller amounts of urine, and can weaken its withholding power in the long run?

Did you know that Vitamin D plays a crucial role in your bone health? Research suggests almost 40 per cent of women in Australia may be deficient. To produce enough Vitamin D safely you need five to 15 minutes of sun exposure four to six times a week

outside peak UV times of 10am to 2pm. This can be simply exposing the bare skin of your hands, arms and face. Vitamin D is also available through your diet.

Join other women across the country who are unlocking their powers for good health and sign up to Women's Health Week. For more information visit [www.Womenshealthweek.com.au](http://www.Womenshealthweek.com.au)

Most importantly, remember to be good to yourself, inside and out.

## Physiotherapy can help women's health at any stage

PHYSIOTHERAPY can help women's health at any time of their lives. Back in Motion's women's health physios are specially trained at post-graduate level so that patients receive the best possible assessment and treatment whatever their concern.

The following conditions are treated by a women's health physio.

Pre and post-natal care: treating symptoms associated with being pregnant such as back and pelvic pain as well as exercise therapy for safe activity during pregnancy. After the baby is born, Back in Motion recommend a six weeks check with the

physiotherapist to assess abdominal muscles, pelvic floor muscles and breathing. This is also the time to start back exercising.

Urinary and faecal incontinence: leakage from the bladder or bowel can often be treated very successfully with the support of specialist physiotherapy. This may include bladder and bowel training, pelvic floor strengthening, constipation management as well as fluid and dietary advice.

Pelvic organ prolapse: anyone diagnosed with any type of prolapse should seek the support of a specially trained physiotherapist. Treatment is

aimed at managing symptoms in the optimal way as well as getting people back to moving and exercising without the fear of making the prolapse any worse. For those having surgery it is still advisable to have physiotherapy pre and post operation to ensure optimal recovery.

Pelvic pain: this can be pain anywhere in the pelvis, lower back or hips. Often there is a strong correlation between muscle coordination and strength and the pelvic floor muscles or the abdominal wall, which can be helped with the correct treatment and exercises. Pelvic pain can also refer to painful intercourse or simply vaginal

pain, this too is ideally assessed and treated by a women's health physiotherapist.

Not all conditions are treated with pelvic floor rehabilitation and exercises. Everyone is individually assessed and a treatment plan formulated for them.

Back in Motion's women's health physiotherapists are passionate about both the health of women and men and believes that anyone can overcome their pelvic health issues with the correct guidance and treatment. They want to empower people so that their incontinence, prolapse or pelvic pain isn't something they

have to suffer.

For more information contact Back in Motion Como on 9313 3414 or email [como@backinmotion.com.au](mailto:como@backinmotion.com.au)



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## Celebrating Women's Health Week with a special giveaway



MOST of the *Have a Go News* office staff are women and we are proud to deliver this paper to readers each month.

We also encourage all women, as we do, to have regular health checks each year. If in doubt about something then see your doctor.

To celebrate Women's Health Week, we have a fabulous gift box full of Nutrimetics cosmetics for a lucky reader to win.

Included in the hamper are hand and foot creams, exfoliating cream, brushes, powder, a loofah, travel set, and some make up which is valued at more than \$100.

WIN WIN WIN

To be in the draw to win this hamper simply email [win@haveago.news.com.au](mailto:win@haveago.news.com.au) with *Women's Health* in the subject line or write to *Women's Health Week competition c/- Have a*

Go News PO Box 1042,  
West Leederville 6901.  
Closes 7/9/19.

## What every woman should know



Don't suffer in silence  
See your Women's Health Physio  
at Back In Motion Como

You are not alone. 1 in 3 women experience pelvic floor problems at some time. Let our team make an appointment to see a Women's Health Physio.  
Pensioner discounts apply, claimable with extras on private health funds

Contact us to find out more



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Don't let a wee problem  
become an embarrassment!

Are you experiencing any of the following?

- Leak when you cough, sneeze, laugh, jump?
- Need to go to the toilet too often?
- Have an urgent desire to urinate and sometimes can't hold on?
- Feel like you can't empty your bladder properly?
- Things just don't feel right (feeling a heaviness or a lump in the vagina)?
- Lower back or pelvic pain? Constipation? Pain with intercourse?

See your local Continence & Women's Health Physiotherapist

Conservative treatment provided by a Physiotherapist specialising in continence and women's health can provide many women with long term relief and resolution of symptoms.

Attadale Physiotherapist, Bronwyn Trichet has a special interest and considerable experience in the treatment of continence (men, women and children) and women's health issues.

To make a booking with Bronwyn or for more information contact:

Attadale Physiotherapy Centre

520 Canning Highway, Attadale

9317 4777

[attadalephysiotherapy@iinet.net.au](mailto:attadalephysiotherapy@iinet.net.au) <https://www.health520.com.au>

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AGED  
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## Recent research shows dementia rates are declining in Australia



South Australian Health and Medical Research Institute (SAHMI)'s Dr Stephanie Harrison

by Frank Smith

DOOMSAYERS have predicted a veritable tsunami of dementia over the next few decades, but recent research at the South Australian Health

and Medical Research Institute (SAHMI) show that the rate of dementia is actually declining in Australia.

Dr Stephanie Harrison and colleagues studied the number of people accessing long-term care and home care from 2008 to 2014. At present about 85,000 Australian are in long term residential care and this number is increasing at up to 20 per cent annually.

The SAHMI team found that the percentage of people entering residential care with a diagnosis of dementia fell from 50 per cent to 47 per cent and the percentage of people with dementia accessing home care fell from 26 per cent to 21 per cent.

Both estimates were similar for both men and women.

This decline in prevalence of dementia could be due to either a decline in the incidence of dementia or an increase in people dying with dementia before they access aged care services. However, mortality rates in residential care are stable which indicates that the changes are due to a decline in proportion of people getting dementia.

Dr Harrison says the positive findings could be the result of national public health measures to improve overall health of the population.

"Research consistently shows that there are lifestyle measures which can be taken to reduce the risk

of dementia," she said.

Modifiable risk factors such as hypertension, high cholesterol, depression, obesity, physical inactivity, smoking, low education levels, excessive alcohol consumption and diabetes are thought to account for nearly half the dementia cases in Australia.

Some of these risk factors have increased. In particular obesity in Australian adults increased from 19 to 28 percent in the last 10 years, but other risk factors such as educational attainment and smoking have improved.

Dr Harrison said the decline in dementia in residential care occurred at the same time as a decline in heart disease and stroke.

"By improving our physical health, we might also be improving our cognitive health."

"Initiatives to improve factors such as smoking rates might be helping but we also have to consider that some risk factors for dementia, such as mid-life obesity rates, are increasing in Australia."

"It's likely there are a combination of factors impacting dementia prevalence so there is probably still room for improvement."

"These findings are consistent with other studies reporting a decline in the prevalence of dementia in countries such as the US and the UK," Dr Harrison said.

There are more than

436,000 Australians living with dementia. This number is predicted to rise to more than one million people by 2058.

"The overall number of older Australians with dementia and people accessing aged care will increase because of the ageing population," Dr Harrison said. This is because the prevalence of dementia depends on both the number of people with dementia and how long people with dementia live.

The study helps confirm that improvements to lifestyle can reduce your risk of dementia as you age.

The study was published in the *Journal of Gerontology Medical Sciences* last month.

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### VOLUNTEERS REQUIRED

Institute for Respiratory Health

New Bronchiectasis Clinical Trial

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

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

(08) 6457 3198

www.resphealth.org.au

admin@resphealth.uwa.edu.au



HAGN329-052432

## Stem cell nutrition is helping many people in Western Australia



Sandra Barnsley

THERE has been a lot of recent publicity about the stem cells, and now there is a great natural product that people can take to assist their own adult stem cell migration.

This product, is not only safe, it is affordable, easy to take and effective; it is now here in Australia.

Stem cells are the only cells in our bodies capable of repairing and renewing tissues in our

bodies. Cells are constantly breaking down and being replaced where possible, but the older we get, fewer and fewer stem cells can be released from bone marrow.

The National Institute of Health has identified 74 treatable diseases where stem cells can have a role in therapy. It makes sense therefore, to increase the number of stem cells we

have available.

The more stem cells you have in your blood stream the healthier you are; your body always make stem cells, but their ability to migrate from the bone marrow decreases as we age. The rate of natural decline of stem cells in our blood stream is 45 per cent by the age of 35, 50 per cent by the age of 50 and 90 per cent by the age of 65.

Every time you consume two capsules of stem cell nutrition, within an hour up to 34 per cent more stem cells will be released into the bloodstream. There are potentially an extra four to nine million stem cells in circulation.

If you would like to find out more about how stem cell nutrition can transform your life phone Sandra Barnsley 0412 479 156.

## Potential new treatment is being trialled for Bronchiectasis

BRONCHIECTASIS has no known cure. However a potential new treatment is being trialed by the Institute for Respiratory Health with the aim of improving the health of those suffering from the condition.

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

The Institute for Respiratory Health strives to advance its research of Bronchiectasis through clinical trials, where a potential new treatment is tested in individuals who

currently have the condition, in the hope of learning more about how to better treat the disease.

The team in the Clinical Trials Unit are currently calling for volunteers to participate in research trials aimed to achieve improvements in Bronchiectasis treatment.

Head of Clinical Trials Unit, Felicity Kelsall urges anyone who has had a diagnosis of Bronchiectasis to contact us to confirm their eligibility to participate in this trial.

"We need to learn more about Bronchiectasis and a clinical trial can help us to find better treatments for this condition" she said.

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

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

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## Seniors Recreation Council of WA Inc. Have a Go Day

A LiveLighter Event

Wednesday 13th November 2019

Burswood Park 9.00am to 3.00pm, Great Eastern Highway

Free Activities and Information day for over 50's

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For more information contact

Seniors Recreation Council of WA Inc.

08 9492 9773

www.srcwa.asn.au

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# healthy living

ADVERTISING FEATURE



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## Get fit and join the Living Longer Living Stronger program at Bold Park



Living Longer Living Stronger participants at Bold Park Aquatic

NOW is the perfect time to come and join Living Longer Living Stronger at Bold Park Aquatic Centre. People can participate in a free trial class and free initial assessment, worth \$70, throughout August.

Living Longer Living Stronger is a progressive strength and exercise program aimed at reducing the incidence of falls and improving the health, well-being and independence of people over the age of 50 in Western Australia.

The centre provides a range of cardio-vascular and strength equipment which is used in the classes. These include exercise bikes, rowing ergometers, free weights, resistance bands

and much more.

The program also creates conditions for participants to engage with each other socially. It aims to foster a positive training environment and to minimise the social isolation frequently experienced by seniors with poor health.

Sessions are held in an atmosphere that is fun, enjoyable and welcoming. The instructors are fully qualified and carry a Living Longer Living Stronger accreditation from the Council on the Ageing.

An instructor supervises every session and encourages and supports participants while giving feedback on correct technique and safety.

The 60 minute classes are run at Bold Park Aquatic Centre in City Beach at the following times:

- Mondays 12.30pm and 1.45pm
- Wednesdays 12.30pm and 1.45pm
- Fridays 12.30pm

On the last Friday of every month participants meet at 1.30pm for coffee with their instructor. Sessions are available at a heavily discounted rate to ensure affordability. HBF members can claim up to \$200 per year rebate.

A doctor's clearance must be provided prior to taking part in the trial class. Please contact Bold Park Aquatic on 9385 8767 for more information, or to request the doctor's clearance form.

## A wee leak is not normal - a physio can help with women's health issues

AS women age many health issues may become apparent. Menopause causes a change in hormone levels and this can exacerbate bladder and bowel problems as well as changes in bone health.

Common problems associated with ageing, which women may not discuss with their GP or may consider to be normal, include an increase in urinary leakage. This may occur on the way to the toilet, overnight or with laughing/coughing/sneezing.

Another problem is vaginal prolapse. This is where pelvic organs (bladder, uterus, bowel) can fall into the vaginal canal and cause a feeling of a lump coming down and heaviness.

Women may also experience an increase in frequency and urgency and feel like they need to go to the toilet far too often and must always know where a toilet is when they go out. Leakage from the bowel and poor control of wind is another common complaint.

All these problems are not normal and conservative treatment provided by a physiotherapist specialising in continence and women's health can provide many women with long term relief and resolution of symptoms.

Attadale Physiotherapy Centre's Bronwyn Trichet has a special interest in continence (women, men and children) and women's health issues.

Bronwyn said: "it is comforting for women to know that they do

not have to suffer in silence and that there are many treatment options available which do not involve surgery."

The Attadale Physiotherapy Centre also has several treatment and exercise programs that can assist with bone health.

For bookings to see Bronwyn or more information call 9317 4777 or go to their website [www.health520.com.au](http://www.health520.com.au). A doctor's referral is not required. To find a physio near you go to [choose.physio/findaphysio](http://choose.physio/findaphysio)

## Blueforce launches new range of innovative home and mobile personal alarms



BLUEFORCE, the life safety company, has unveiled their latest range of in-home and mobile personal alarm solutions, ideal for people seeking greater confidence, independence and peace of mind for their loved ones.

The Blueassist life safe-

ty range provides flexible packages and smart extras for around home or on the go. They suit all lifestyles, including people living with frailty, disability or disease; living alone or in post-operative care.

Offering emergency help at the touch of a button, Blueassist meets Australian standards and operates on the mobile network, ensuring a reliable service with no fixed phoneline or NBN connection required.

Their team of experienced and friendly operators are on hand 24 hours a day, seven days a week with two-way voice connection at Blueforce's local monitoring centre in West Perth. They are

ready to dispatch emergency services, carers and family as needed.

The newest release from Blueforce is Blueassist GO, the very latest in roaming mobile emergency technology.

Blueassist GO's lightweight waterproof pendant is designed for venturing beyond home with confidence, ideal for morning walks, nipping down to the shops, looking after a large property, and other isolated activities.

Utilising Australia's cellular network and advanced GPS location services, Blueassist GO delivers nationwide emergency help, boosted by a resting battery life of up to

six weeks and convenient wireless charging technology.

WA owned and operated, Blueforce has been delivering innovative life safety and security solutions to customers across Australia for more than 17 years. Customers can expect a friendly, reliable and locally operated service.

For anyone looking for an emergency help solution they can trust, contact Blueforce on 1300 731 716 or visit [www.blueforce.com.au](http://www.blueforce.com.au) to order online today.

**WIN WIN WIN - online competition only**  
Blueforce are offering a lucky reader the opportunity to win a Blue-

assist GO 12 month rental package worth \$650. To be in the draw simply visit the blue force website and say why a pendant would change their life. Terms and conditions apply - see website [www.blueforce.com.au/haveago](http://www.blueforce.com.au/haveago)

## A bidet can help people who have mobility issues

BARBARA Nash simply dreaded going to the toilet, the combination of arthritis and a bad back made what is a simple thing for most people almost impossible for her.

Her doctor had said a bidet would solve her problem, but the cost for installation and space required for the traditional stand alone bidet was just too expensive.

Barbara says her luck changed when visiting her friend who has a Coway bidet.

"It has a heated seat and soft closing lid but the best thing is, once I have finished going to the loo I simply press the wash button on the remote control and the bidet cleans me with a stream of warm water, the in-built fan then dries me off with warm air. I haven't used toilet paper since."

"It's the best thing since sliced bread," she said.

She rang The Bidet Shop straight away and ordered one. Since then Barbara has introduced four of her other friends to this life changing machine.

"I just didn't know how many other people out there were having trouble

going to the toilet. My advice to everyone is get a Coway Bidet put on your toilet. I did and it changed

my life."

Have a Go News readers may qualify to have their Bidet fully funded.

Please call to ask how.

For more information or to purchase call The Bidet Shop on 08 6315 4252.

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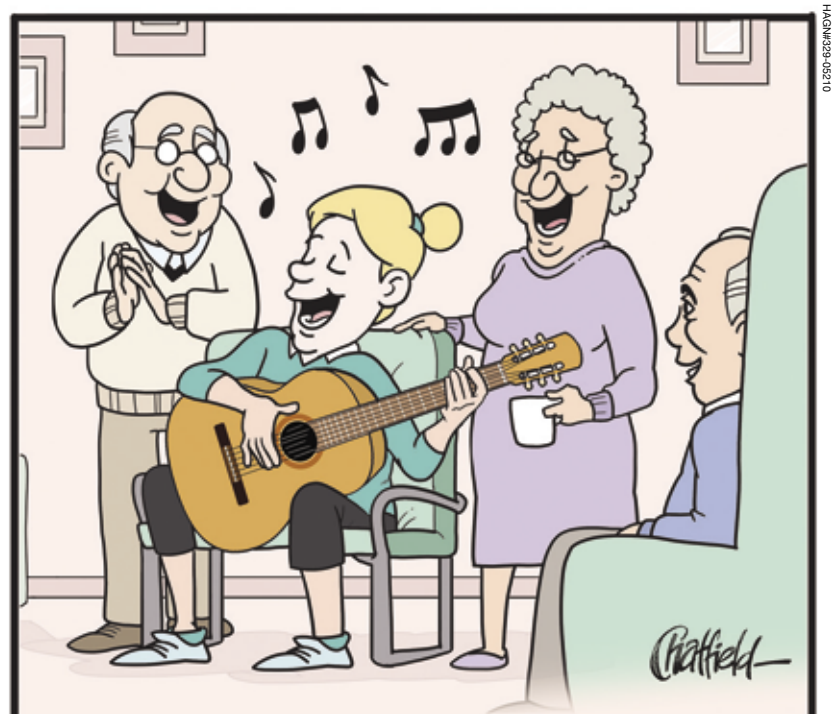
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# Downsizing

ADVERTISING FEATURE



## There's no place like home...creating more than just an abode



Above; Sonja's new makeover living/dining area  
Left; Zofia St James



by Zofia St James

THEY say there is no place like home, but I say home is more than just a place.

Home is a feeling and that feeling needs to be one that invokes joy, cosiness and tranquillity.

A port from the storm, where the day and all its worries can stay outside. Ok, I'm sure you get it.

This month before we embrace spring, I would like you to ask yourself where does your home rate on the 'ahh so good to be home' barometer?

I am going to apply these words to my home as well, as I want to make some changes to make me love my space more again.

A home requires constant attention, not unlike a pet or a garden and like both it rewards you in spades.

Take the opportunity to make a list of spring clean tasks and start now.

This year saw me assisting a lovely client, Sonja, with a makeover of her living/dining and bedroom areas.

It all began with the need to select two sofas. We did that with total success finding ones of the colour and size to really suit a small area. Once we had achieved that the fun part really started.

This was like painting a picture. With each object we chose to dress the room the picture began to take shape, resulting in a room that perfectly reflects Sonja's innate femininity and style.

I visited her a couple of weeks ago to see the results. As we sat sipping tea I just felt so happy in this beautiful space that she calls home.

The items with which we dressed the room were a throw, cushions, plant stand with palm, rug and a new coffee table and table lamp.

Most of the items we

chose were purchased from Adairs and Do-mayne, Citywest.

We also selected new dining chairs to update an heirloom table and a beautiful velvet deep button upholstered bed-head and new white linens.

Working together was a breeze as she felt that I got her vision. I have to add her ability to not over think but trust attitude made the process very smooth.

It was a pleasure Sonja... thank you.

The last month of winter tends to be the coldest and hardest to get through and I cannot wait for spring.

Make the most of the month with tasks that can get your home prepared for a new season ahead.

One of my tasks is to

get my balcony, barbecue and glass sliding doors clean and ready for alfresco entertaining.

I need to repot and add some new plants to green it up a little more and source a new balcony rug.

I love that a balcony provides an opportunity to create a whole other room. It really is a luxury. Make the most of yours by making it an oasis where you can sit or dine.

If your balcony is not big enough for more than two people, it is still enough to work wonders with. Think of those bijou balconies in Paris or Italy where every space is utilised and always charming.

And one last thing, do invite some friends and make sure you celebrate the last of winter with a

roast dinner.

Make the most of every moment always to make sure we are living our best lives and creating beauty, happiness and memories at every opportunity.

There will be a collective cheers with a lovely glass of red to what was winter 2019.

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A HUGE 85 per cent of Australian retirement village residents report that they are in the same physical shape or better than before they moved to a village, according to the Independent National Resident Survey, 2018.

The surveys shows that the facilities and activities, as well as the social nature of a village, give residents a new lease on life, with little or none of the loss of physical health that often comes with the retirement years.

With a heated indoor pool and a fully fitted gymnasium, The Reserve's over-55s apartments provide a range of opportunities to enjoy a healthy, active lifestyle throughout the year. Situated in Alchera Living's established Weeronga village, you're within easy walking distance of local shops, medical facilities, parks and community facilities.

A socially active retirement con-

tributes to a happier and healthier life. Selecting a retirement village with a vibrant community gives a good opportunity to create and maintain strong social connections.

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The Reserve apartments are ready to move into now. Arrange a visit today to experience Alchera Living's commitment to a healthy and sociable retirement lifestyle.

Alchera Living CEO, Alan Marshall, said, "We've had positive feedback from the public and locals alike, and we feel The Reserve apartments set a new standard for retirement living providing quality at an affordable price."

Visit [www.thereserve.net.au](http://www.thereserve.net.au) to see the two or three bedroom apartment plans and view a photo gallery of the completed apartments. Call Jodie today on 9314 5884 to find out about Alchera's \$20,000 early bird offer.

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### 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. Now from \$250,000 or nearest offer.

Call Kaye Ireland, Village Manager, on 9370 0296 to book an inspection today.

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# Downsizing

ADVERTISING FEATURE



## Law review focuses on promotion and cost of retirement villages

REVIEW of laws regulating the retirement village sector in WA moves to a new chapter with Consumer Protection embarking on an extensive consultation process with the industry and community before recommending any further changes.

The first paper of the second-stage review of the Retirement Villages Act (RV Act), which is now open for consultation, will focus on improving the definition of a retirement village, how it is advertised and promoted and how the pricing model works.

The aim of reform in this area is to increase transparency and enable consumers to better understand their rights and obligations before signing up for a retirement

village unit.

Commissioner for Consumer Protection David Hillyard said this paper focuses on improving the understanding of the nature of the retirement village product and its price.

"It's important that people considering living in a retirement village have a clear understanding of the total cost both now and in the future, as well as knowing exactly what they are getting in return, before making such a major commitment," Mr Hillyard said.

"Many changes to the RV Act were put in place prior to 2016 as a result of stage one of the review. Despite these reforms, some issues have persisted. This includes consumers continuing to enter into contracts

without fully understanding their legal rights and obligations.

"There are also proposals to regulate the content of advertising materials to make it clearer for consumers at an early stage what retirement village living entails and to ensure that the advertising and marketing doesn't mislead consumers."

"We have staged the consultation process so that stakeholders and others in the community will have the time to devote to considering the proposals being put forward on each topic and provide their input," he said.

"We're keen to get feedback from seniors either looking to move into a retirement village or currently a resident, and their families

as well.

"We need the views and opinions of everyone involved with or affected by the retirement village industry so we can develop laws to better meet the needs of the community, residents and operators."

Those interested can view or download the Consultation Regulatory Impact Statement (CRIS) from the Consumer Protection website. Submissions can be emailed to [consultations@dmirs.wa.gov.au](mailto:consultations@dmirs.wa.gov.au) or sent by post to:

Retirement villages' consultation  
Consumer Protection  
Locked Bag 100, East Perth WA 6892  
Submissions close on 27 September 2019.

## New updates on British Pensions received in Australia



Mike Goodall

by Mike Goodall

BY now you will all know that Boris Johnson is the new UK Prime Minister. It will be an interesting few months leading up to 31 October, when the UK is due to leave the Europe-

an Union.

Now it is even more important that we talk to our Australian Federal MPs to ask the Government to adopt a campaign to have the UK State Pension paid with full uprating to all UK expat pensioners worldwide.

Adult Dependency Increase (ADI) is a payment to a claimant who has a financially dependent partner. It closed to new applicants in 2010 but continued to be paid to existing claimants who qualified. However, all payments will stop from 6 April 2020.

Former recipients may be eligible to apply for Pension Credit or Universal Credit. However, because we live in Australia, we are not eligible for either of these two benefits.

ADI was introduced when many households had a male main income earner and a dependent wife. It helped bridge the gap between the man reaching State Pension Age and the wife reaching State Pension Age. This is no longer the way the average household is set up and men and women are now being treated equally within the

benefit system.

The Department for Work and Pensions (DWP) is writing to people who are affected. The majority live in the UK, although some live in Australia. Of course, if your partner has now reached UK State Pension Age, they can claim their UK State Pension, if they meet the minimum criteria of 10 contribution years.

As a result former ADI recipients will receive less money. How much will be set out in the letter from the DWP. It could be about 37.5 per cent of the basic State

pension being received.

The decision cannot be appealed.

All UK Expats born before 6 March 1954 have reached the UK State Pension Age. Those

born between 6 March 1954 and 5 April 1954 will be eligible to claim their UK State Pensions from 6 September 2019.

Anyone who would like to discuss the above in

greater detail or any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail [mikegoodall@btconnect.com](mailto:mikegoodall@btconnect.com)

## Braemar wins industry award for excellence



Braemar Presbyterian Care chief financial officer Kristy Ryan, and brand and marketing manager, Chris Frame

BRAEMAR Presbyterian Care has been recognised for its commitment to the aged and community care sector by being awarded a high commendation in the Innovation in Service and Design category at this year's Aged and Community Services Australia (ACSA) Aged Care Awards.

The prestigious accolade was granted for the not-for-profit organisation's virtual tours initiative, which enables visitors to take a virtual walk through each of Braemar's three homes to assess

the available accommodation and amenities.

Braemar Presbyterian Care chief executive, Wayne Belcher (OAM), says the annual ACSA awards provided an important opportunity to recognise excellence in the not-for-profit aged and community care sector.

"Braemar strives for excellence in every area in which we operate and our whole team is delighted to have been awarded this high commendation," Mr Belcher said.

"West Australians are increasingly utilising digital channels to research aged care options, and our team has worked hard to provide the virtual tours at Braemar's Cooinda facility in Melville, Braemar Village in Willagee and Braemar House in East Fremantle. They can all now be visited on line, with internet users able to gain a complete 360 degree view of each home.

"We felt it was important to offer the community an innovated way explore our aged care homes and provide a sense of what the buildings, rooms and facilities look like.

"When residential aged care is needed it is often a stressful time for both residents and families. These virtual tours offer people the ability to view our facilities from their computer or other device and take a virtual walk-through of the buildings at any time."

Winners of the award were announced during the 2019 WA Aged Care Awards presentation on Friday 12 July at Fraser's Restaurant in West Perth.



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# Downsizing

ADVERTISING FEATURE

## Ivan is a man of many talents - with more than one string in his bow



Ivan Halbert

by Brad Elborough

VIOLIN making takes some special skills; but being able to play one doesn't seem to be among them. Ivan Halbert, 84, has been making the elegant

stringed instrument for more than 30 years. He admits to being more talented with a tennis racket, or a shotgun, which he uses for clay pigeon shooting, than he is with a bow. But the violins that he has moulded from scratch have passed the scrutiny of the toughest of judges. Ivan took his first violin back to the luthier (someone who builds and repairs string instruments) who initially set him on his way. "I came across a luthier in Toowoomba and stayed with him for a couple of months. He advised me on good books to get, which put all of the processes in order," he said. "I went from there. I was farming at the time, so it took me nearly three years to make the first one. "When I eventually finished it, I took it back to him. He played it and said:

"I don't like your varnish and the neck is too thick, but it's not a bad instrument for a first timer". "He was a gruff old guy, so that was praise from him." That was back in the late 80s. Ivan was accompanying his wife Dawn, who died about 13 years ago, on travels to Queensland while she studied visual improvement. Of the pair, Dawn was the one with musical talent. She was a pianist and also conducted choirs. When she was younger, she conducted the local choirs in Wagin and played the organ for a church in Cunderdin where the couple lived. Ivan is probably a tad harsh on his own abilities. "Me? The only music instruments I can play is a CD or a tape," he admits. "I've been singing for most of my life, so I say that

my instrument is my voice. "I belong to the Hills choir and recently joined a barbershop quartet." Ivan doesn't believe that his inability to play a violin has been a hindrance though. He's been good with his hands since he was a youngster. He grew up on a farm and was always making and repairing things. He learned metal work and how to use a lathe at school and taught himself to weld so he could maintain sheep hurdles. When he gained an interest in electronics, he bought a kit from a Dick Smith store and learned how to make an amplifier. "As a kid I used to whittle sticks and whatnot, so it's been a progression of all that," he said. "When you carve out the backs and the tops of a violin, you have to listen to what is called a tap tone. You hold them at a certain

point, tap them and listen to the tap. "I also have an electronic music note thing which gives me the actual tone. "It just became a process." While that first violin took three years to make, in actual effort, it was about 200 hours. Since then, he has identified some efficiencies in that process and has it down to about 130 hours each. The hardest part is still carving the neck, because the thinnest part that he is working with gets down to around 25 mm. Violins only weigh about 450 g each. A resident of Baptistcare Yallambee Retirement Village he has set up a workplace at a mate's property in Parkerville where he can store his wood and tools needed for his craft. The only part Ivan doesn't complete himself is the French polishing; he out-

sources that part. Ivan has made seven violins. The first one is being kept aside for his daughter Sharlene, who does play, but is currently living in Barcelona. And he's sold a couple. But he holds dearest the one he made from a tree that was on a block he bought in Mt Helena. "I am pretty pleased with that one," he said. "When I retired we bought five acres in Mt Helena and it had a big London plain tree. "I got it cut down because it was next to the house, the roots were growing under the building and its leaves were falling on the roofs. "I got it slatted into big long slabs of wood. "My grandson had a school project to make an ancient weapon and he wanted to make a cross bow. I didn't realise how good a wood it was, but it

had a beautiful flame on it. "So I made a violin from it." Something else Ivan is proud of is his achievements in the clay pigeon shooting field. In his prime he was a AA shooter - the highest grade you can achieve in the respected Australian Mackintosh team, that competes internationally. He recently got back from the national titles shoot in Roma, Queensland, where he came second in the open B grade division. Among others bodies, he's an active member of the WA Clay Target Association, of which he was recently made a life member for his achievements in the sport since 1953. Ivan has found a way to bring a couple of his worlds together, by making and doing alterations to gun stocks, that are made of wood.

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HANU1428-025040

## Firm friendships were celebrated on International Day



L-R; Pieterella Boys and Valma Nunn

INTERNATIONAL Day of Friendship on Tuesday 30 July had special meaning for two residents living at Mercy Place Edgewater. That's because, despite knowing each other over 60 years ago, when they were in their early 20s, Pieterella Boys and Valma Nunn have only become friends in their 90s, after finding themselves residents at the not-for-profit home, proving that age is no barrier to developing firm friendships. "Pieterella worked for the department store Aherns, and I worked for what was really the rival retailer Boans, and we would

often see each other to say hello in Perth as we walked to and fro from work," explains Valma. "I remember that she was always beautifully dressed, with perfectly painted nails, in fact she was very fashion conscious and she really hasn't changed that much, she still looks very well-dressed even today. "Even though we used to see each other quite regularly to nod and say hello, it's amazing to think that it's only now that we are in our 80s and 90s that we have become friends after moving in to Mercy Place Edgewater."

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# Let's GO MOTORING

ADVERTISING FEATURE

## Let's go Motoring - heritage car brands - still as desirable as ever



Above: The latest BMW 330i drips in class, heritage and style Left: Tony McManus



by Tony McManus, 6PR's Saturday Night Show announcer

FINE red wine is something to behold. Terroir, the natural environment

in which a particular wine is produced, includes factors such as soil, topography and climate. Each play a fundamental role in producing whatever a particular wine maker may have in mind. All of this in turn, contributes to brand and heritage. And over time makes the wine more and more desirable and often extremely collectible.

The same goes for great motor car marques. Heritage brands, such as Mercedes Benz, Jaguar,

Range Rover, Porsche, Audi and Bentley come to mind.

Each created their own legacy over many decades. Some through racing, others by way of design, and prestige. All desirable for many different reasons. All contribute to a heightened sense of heritage. This converts over time to desirability.

All of this became apparent while spending a memorable week with the latest BMW 330i. When the test car was

delivered, I sighed involuntarily. Somehow, albeit unwittingly, I knew that everything was going to be all right. I could get behind the wheel of this BMW and all cares would slowly, gently dissipate. Even my internal question as to why they chose this particular colour for testing seemed mute. If not absurdly petulant.

Here I was, about to spend a week testing an \$80,000 plus, brand new BMW 330i, bothered that the colour was not

one I'd have chosen. But upon entering the driver's seat I was over it in moments. Understandably, BMW have more than 15 million owners of these things worldwide.

Before the world went ape about SUV's, BMW was masterful at making high performance sport sedans. In that sense nothing has changed. The preoccupation with SUV's forsaking a great sports sedan experience is puzzling. The sports sedan drive experience

alone is infinitely more compelling.

This new BMW 330i feels longer, wider, larger than the previous model; because it is. And it remains one of the most desirable, joyous, drive experiences you might imagine. The signature grill has grown somewhat; I love it. My friend Pete hates it. However this 330i drips in class, heritage and style.

The connectivity in BMW is class leading. So much so that I won-

der whether the need to pay high rent for an office is necessary, when you could use this exquisite car as your conference room in an instant and save thousands in rent.

While Hyundai, Toyota, Kia and Mazda produce wonderful cars, none quite are yet as desirable as so called heritage brands. This may change in the future; but for now, it is the status quo.

Even Benz will be looking over their collective wine glasses.

## Travel the world on your scooter...

FOLD, pack, travel. This is the freedom that's offered by a new generation of mobility scooters. Clever engineering has transformed the lumbering, awkward beasts of yesterday into the nifty, lightweight, yet still sturdy travel scooters of today.

The Luggie Scooter, the first of this new type of portable scooter to gain popularity, is arguably still the best of the pack. Sitting on one, you can feel that it's well built and stable, and riding around is intuitive and smooth. With puncture-proof tyres, and, as of 2019, upgraded suspension, the Luggie is both resilient and comfortable. Additionally, the motor powers the rear axle, not the front, unlike some of its competitors, which means it can better handle bumps and slopes.

All Luggies can be folded into a compact shape, roughly cubic, easily small enough to fit in the boot of a car. This takes under a minute and with practice, under

20 seconds. The Luggie also has the option to be folded in to a flat, board-like shape, which can then be levered in to the boot, effectively halving the weight for those who otherwise might find it a bit tough.

So what about the travel part? Scooters like the Luggie have been designed specifically with travel in mind. And indeed people have taken their Luggies all over the world - by land, by sea, and by air. When travelling by plane, there are some easy regulatory hoops to jump through, a few forms to sign, but by now airlines are used to accommodating mobility scooters. It's possible to ride your scooter right to the point of boarding, and it will be waiting for you at your destination, ready to take you where you want to go.

Luggie owners have truly pushed the limit, from South Africa to Iceland and from Vietnam to Monument Valley. More information: [www.scootersaus.com.au](http://www.scootersaus.com.au)

## Building a village to age well and enjoy life



Connect Victoria Park Village Hub © Kat Wray

by Luke Garswood,  
CEO Connect Victoria Park Village Hub

IT takes a village to raise a child. At Connect Victoria Park Village Hub we say it takes building a village to age well.

In our increasingly urban and individualistic world, the village of years past where everyone contributes to general community wellbeing is missing.

Today, to be able to connect with others, build trust, and give and receive from the social network we need to be actively engaged in building relationships.

Fortunately, this makes a lot of sense for older people, whose best chance to age well is to be physically and mentally active and use their skills, knowledge and time to connect with others in meaningful ways.

That's exactly why our Village Hub at Connect Victoria Park exists.

The Village Hub brings people together to exercise, learn new things, socialise, have fun and share experiences but, more importantly, to contribute in their unique way to build a community that benefits all.

By being part of that community, our members have an outlet for their interests, opportunities to meet others, form friendships, help out, as well as receive assistance, and feel part of something bigger.

They are helping to restore a village environment around themselves, demonstrating that, with a little help from their friends, it's possible to age well, independently and interdependently, in the community they love.

The Village Hub is open to everyone over 55, and although we focus on the Victoria Park area, some of our members come from as far as Balcatta and Bullcreek.

Inspired by the American village movement, the Village Hub was born in January 2018 and has since been developing and maturing. It is the first of its kind in Western Australia and only the second in Australia. We now have about 290 members, three membership tiers, an extensive program of activities, and the beginnings of a neighbour-to-neighbour volunteer program.

The initial attraction for most members is the wide range of activities on offer at the Village Hub: Tai Chi, modified yoga and pilates, ballroom and line dancing, resistance exercise, watercolour and creative writing, choir singing, ukulele playing and learning bridge.

But soon they discover there is more they can tap into. There are people in the kitchen helping to cook lunch every Tuesday for the community, there is a group that goes for a social bike ride every Monday morning, and another that goes walking on Wednesdays, a team of people dedicated to discussing sustainability solutions for local problems, a group that learns together to master cameras and mobile phones to take great photographs, and there are the legends who organise well-attended members sundowners for everyone's enjoyment.

In August, there will be a workshop about caring for your financial assets, organised by a Village Hub member, as well as a tantalising Greek luncheon, planned, organised and executed by Village Hub members themselves.

In big ways or small, members bring to the village what they are interested in and learn about what others can contribute.

To harness the goodwill that older people have for each other and the community at large, the Village Hub's next step is to develop and consolidate its neighbour-to-neighbour program, where members or volunteers raise their hands to help out other members who need assistance to keep living independently: be a ride to the shops, changing a light bulb, cleaning up leaves from the garden, or just spending an hour over a cuppa for a yarn.

That's what people do for each other in a village.

For more information on the Village Hub and neighbour-to-neighbour volunteering program, visit [www.connectvictoriapark.org](http://www.connectvictoriapark.org) or call 9361 2904.



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**Monday, 16 September 2019**

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**City of Joondalup and surrounds**  
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# food & WINE

...eat, drink and be merry...  
ADVERTISING FEATURE



## WA Food Ambassador Don Hancey's sizzling WA seafood hotpot...



Left to right; A sizzling hotpot full of WA seafood - Don Hancey

"WE have some of the best seafood in the world and I love promoting it as the food ambassador for WA," said Don Hancey.

"Add a bit of spice to your life with this fiery, chunky, sizzling hotpot full of WA seafood - an impressive comforting crowd-pleaser and it's easy to cook. Remember to not over cook the seafood - it's always best to slightly undercook."

### Ingredients:

- 12 WA Shark Bay prawn cutlets, deveined
- 100g Carnarvon broken scallop meat
- 2kg de-bearded WA mussels
- 200g firm flesh fish like gold band snapper, harpuka or barramundi cuts into chunks
- 6 ripe tomatoes diced
- 1 red onion sliced
- 2 medium heat chillies sliced, seeds and all
- 3 cloves garlic chopped
- 1 lemon cut into quarters
- good splash (glass) of Great Southern Riesling
- parsley and coriander for garnish

### Method:

In a large heavy based saucepan add onion, garlic, chillies and olive oil.

Cook on low to medium heat for a couple of minutes to bring out the flavours.

Add in tomatoes and the Riesling, cook for another couple of minutes.

Add in mussels, prawns and fish, put lid on pan and cook for two minutes.

Add in scallops and lemon, toss all ingredients in a pan, replace lid and cook until mussels have opened... about another two minutes.

### Service:

Toss through some fresh picked

coriander or parsley leaves, serve on a large white platter or deep bowl.

### Tips:

- Be careful not to overcook the seafood, ALWAYS best to slightly undercook.
- No need for salt in this recipe as the mussels have natural sea water.
- Use fresh herbs from your garden like parsley and coriander.
- Serve with a tossed spring salad and crusty white bread.
- Buy/use "broken" scallop and prawn flesh which will help your budget.

### Wine:

Accompany the hotpot with a fabulous WA Great Southern zesty citrus Riesling.

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

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## Knife and fork talk with the Dining Divas



Delectable snapper, chips and salad from Toodyay's Victoria Hotel

by Pat Paleeya and Judith Cohen

IF you feel like a day far from the madding crowd then take a trip

to Toodyay.

Transwa has a service to Toodyay but the thought of an early start on a cold morning was a deterrent, so we drove.

When we arrived in town we discovered that the historical Victoria Hotel had recently been renovated and was offering a lunch for \$15, so of course, having our readers in mind, we had to give it a try.

There were five dishes to choose from and we picked vegetable lasagne and battered snapper both of which came with chips and salad.

The vege lasagne had copious amounts of mixed vegetables with a baked cheese topping. The vegies were soft but not overcooked and altogether tasted divine.

The battered snapper was a delight to the taste buds. Light and crispy, the batter almost melted in the mouth - it was delectable.

There were two thick pieces of fish that filled half the plate; they were moist and tasted as if they may have been caught that morning. The sighs of satisfaction ema-

nating from our table prompted one patron to say with a wink: "I'll have what their having".

Both salads were a mixture of snow peas, finely sliced carrot, capsicum, red onion and cucumber with mixed leaves and cherry tomatoes, finished with a piquant dressing. The chips were perfect and looked hand cut.

Altogether the whole meal was more than satisfactory, coupled with a spotless, spacious dining area that overlooked the river. It was our first visit but will not be our last.

We felt that the value of the meal was well worth it, indeed we would have paid more. Bang for your buck? You betcha!

The history of the hotel, which was built in 1888, is documented on Wikipedia and well worth reading. They will also be offering accommodation soon.

### Four forks

**Victoria Hotel, 116 Stirling Terrace, Toodyay. Phone: 9574 2165**  
**www.victoriahoteltoodyay.com.au**

## Knife and fork talk ratings

**Five forks** - excellent food and service

**Four forks** - overall good food and service

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

**Two forks** - food and service needs improvement

**One fork** - would not recommend



## Vince's lamb osso bucco with orange



Top; Lamb osso bucco with orange  
Left; Vince Garreffa

by Vince Garreffa

BUY hindquarter lamb shanks cut into three pieces each. They are more attractive than forequarter lamb shanks which are very tasty but don't present as well. Osso Bucco means bone with a hole and

happens when the marrow in the bone falls out when cooked long and slow till tender.

### Ingredients for 4

- 4 hindquarter lamb shanks cut into 3 pieces each
- 1 large onion, finely chopped
- 1 can 400g chopped tomatoes
- 100ml white wine
- 100ml orange juice
- 250ml beef or lamb stock
- 2 strips orange zest, finely chopped
- 2 bay leaves
- 100g butter
- Extra Virgin Olive Oil
- Organic lake salt
- Cracked black pepper

### Method

Salt and pepper the lamb and fry in a big frypan with 100ml olive oil at

a brisk heat till browned all over, then remove lamb pieces from pan and rest. In the same frypan add 100g butter and the onion, cooking it until it is soft. Now add tomatoes, white wine, orange juice, stock, lamb pieces, bay leaves and orange zest. Stir and simmer for one and half to two hours adding a touch of seasoning to your taste. When the lamb is really tender the sauce should be thick and sticky. If it is still very liquid set lamb aside and cook the sauce on high heat stirring often till it becomes thick and sticky. Before serving remove bay leaves from the sauce, then serve lamb osso bucco on top of mashed potatoes or with salad, pouring the sauce over the lamb. You can garnish with Italian parsley and more diced orange zest.

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](http://www.mondo.net.au)

## WEEK DAY LUNCH SPECIALS

**VICTORIA HOTEL**  
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116 Stirling Tce  
Toodyay 9574 2165

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Railway Pde  
Bayswater 9271 7111

**CAFE BELL**  
\$9.90 Seniors menu  
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44 Coolamon Blv  
Ellenbrook  
0456 967 811

**THE SOVEREIGN ARMS**  
\$15 Senior menu  
Lunch from 11am 7 days  
Lakeside Shopping Centre  
420 Joondalup Dve  
9300 1146

**JAMES ST BAR AND KITCHEN**  
\$16 Express lunch menu  
11am-5pm 7 days  
100 James St Northbridge  
6148 2000

**MT HENRY TAVERN**  
\$14 Senior menu  
Mon-Fri 12pm-2.30pm  
27 Manning Rd Como  
9450 7709

**THE BERRIGAN BAR AND BISTRO**  
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Southlake 9417 4811

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64 Hale Rd Forrestfield  
9453 2500

## Letters to...Vince Garreffa

IF YOU want a particular recipe of Vince's, don't hesitate to drop a line to *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to [vince@haveagonews.com.au](mailto:vince@haveagonews.com.au). Please include your phone number.

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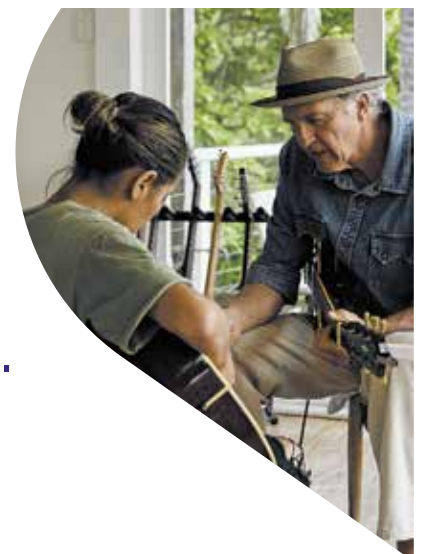
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# food & WINE

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

ADVERTISING FEATURE



## The pear season is in full swing - it's time to rediscover this fabulous fruit

by Noelene Swain

PEAR season is now in full swing. Whether you like the Josephine or Packham, there is sure to be a variety to please everyone in the family. When selecting pears the challenge is judging just how ripe they are.

Pears are picked when fully developed but still firm and continue to ripen off the tree. They become soft and fragile when ripe, so retailers prefer consumers to buy them while they're still hard and then ripen them at home for a few days at room temperature.

For those who love a crisp pear, the Packham is the pick of the bunch. It is green-skinned and remains so, even when ripe. It has a white, juicy flesh, which is ideal for both eating fresh and cooking.

The Buerre Bosc has a brown-coloured skin which

ripens to a deep cinnamon colour. The flesh is sweet, buttery and delectable. It is worth savouring on its own and is just as delicious in elegant pear dessert recipes. And who thought all pears were green?

It is hard to improve on the flavour of a soft, juicy pear,

but when teamed with blue cheese or prosciutto, you'll have something truly divine. You can also bake, pan-fry or poach pears, use them in tarts or salads – both sweet and savoury. Now how versatile is that?

Western Australian pears are exceptional in quality

right now so be sure to indulge in the fruits of the season whether fresh or cooked. Here are some lovely winter recipes to start your own creativity to rediscover the joy of pears.

Brought to you by Fresh Finesse Fresh Food Promotions – [www.freshf.com.au](http://www.freshf.com.au)

### Vanilla panna cotta with poached pear



Preparation:  
15 mins  
(plus chilling);  
cooking: 20 mins;  
serves: 6

900ml cream  
1/3 cup caster sugar  
2 teaspoon vanilla extract  
2 teaspoon powdered gelatine, dissolved in 2 tablespoons cold water  
1 cup sugar  
3 cups water  
1 lemon, juiced

4 Josephine pears, peeled, quartered and cored  
PLACE the cream and sugar in a saucepan and gently heat while stirring, until the sugar dissolves and liquid begins to bubble. Remove from the heat and stir in the vanilla extract. Dissolve gelatine in cold water for two minutes. Add to the warm cream and stir until it is completely dissolved.

Pour into six 150ml ramekins or moulds. Place in the fridge for four to five hours or until set. For the pears, heat the sugar, water and lemon juice in a saucepan. Slide in the pear quarters and gently poach over a medium heat until just tender. Place pears and cooking syrup in a bowl and refrigerate until cool. Turn out the panna cottas and serve with pears.

### Recipe for one: pear, fennel and smoked trout salad



Preparation:  
15 mins; serves: 1

1/2 tablespoon white wine vinegar  
1 tablespoon olive oil  
1/4 teaspoon dijon mustard  
Salt and cracked black pepper  
100g smoked trout fillet, skin removed and flesh  
1 Red Sensation pears, thinly sliced  
1/4 baby fennel bulb, trimmed and thinly sliced  
1/4 bunch watercress, trimmed and sprigs separated

1/2 tablespoon chopped chives, 3cm lengths  
fresh crusty bread, to serve  
WHISK together the vinegar, oil, mustard, salt and pepper until fully combined. Place the trout, pears, fennel, watercress and chives in a serving bowl. Pour over the dressing and toss lightly. Serve salad with thick crusty bread.

Note: This salad is best made close to serving. If this is inconvenient, drizzle a little lemon juice over the sliced pears and fennel to prevent any browning.

### Pear and pumpkin risotto

Preparation: 15 mins;  
cooking: 30 mins; serves: 4

600g pumpkin, peeled and cut into 1cm cubes  
1 teaspoon olive oil  
50g butter  
1 onion, finely chopped  
2 cups Arborio rice  
5 cups hot chicken or vegetable stock  
1/4 cup grated parmesan  
2 Buerre Bosc pears, chopped  
Chopped chives, to garnish  
HEAT the oven to 200°C. Toss the pumpkin in the olive oil and place on a baking tray lined with non-stick baking paper. Cook in the oven for 20 to 25 minutes or until tender. In a heavy based saucepan melt the butter over a gentle heat. Add the onion and cook for five minutes or until soft and golden. Add the rice, stirring constantly for one minute.

Add half cup of the hot stock to the rice mixture, stirring constantly. Repeat the process until all the stock has been absorbed and the rice is creamy and tender. Gently fold in the parmesan, cooked pumpkin and chopped pears. Scatter with chives and serve immediately. Ideal accompanied with a green salad.

### What's fresh in the markets this month

**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 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.

**Strawberries** - arriving now from mar-

ket gardens around Wanneroo are sweet, juicy strawberries to brighten the duldest 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.

**Mandarins** - local mandarins are now in season, giving citrus lovers a fresh new variety to look out for. The Afourer is a relatively new variety with a deep orange red colour. 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 to three days in some extra virgin olive oil. Add salt and pepper and some fresh, floral mandarin juice before serving. Divine.

**Apples** - crunching on a fresh new season apple every day is a joy when there is such a choice. WA's best known apple, Pink Lady, along with the spicy sweet red Fujis and Granny Smiths are great eating through winter. Also look out for Sundowner - it's a very underrated WA-bred cross of Lady Williams and Golden Delicious - the same parents as Pink Lady. Super red and super tasty.

## Get crafty in Margaret River



PLANNING a visit to taste the Margaret River Region's best craft beers has just been made easier thanks to a handy trail guide mapping 10 local breweries.

The Margaret River Region Craft Beer Trail includes a detailed map showing breweries from Busselton to Eagle Bay, and south to Margaret River. In the guide is infor-

mation on opening days and hours, dining, contact information and more.

Included in the Trail are Bootleg Brewery, Caves Road Collective (home of Black Brewing Co), Cheeky Monkey Brewing Co, Colonial Brewing Co, Cowaramup Brewing Co, Eagle Bay Brewing Co, Margaret River Brewery, Rocky Ridge Brewing, The Beerfarm, and Wild Hop Brewing Co.

Guide coordinator Emma Locke from Black Brewing Co said the trail included established favourites, as well as two exciting new breweries opened in the last six months.

"We've proven ourselves to be a crafty lot down south," she said.

"There are a number of award-winning craft beers produced in the Margaret River region and we have the highest concentration of microbreweries in Western Australia.

"Just 20 years ago there was one lone brewery in the region. They're still going strong but are now in great company," she said.

Pick up a copy of the Margaret River Region Craft Beer Trail at any of the participating breweries, or from a Visitor Centre in Busselton, Dunsborough or Margaret River. People can also download a copy from the Trails WA website ([www.trailswa.com.au](http://www.trailswa.com.au) - search for Food & Wine experiences) and app.

It's just one in a series of 30 food and wine trails creating a simple experience for visitors.

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**Beverages\*** - Tea/coffee/homemade micro brewery beer/wine/cool drinks

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food & WINE

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

ADVERTISING FEATURE

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

Brunch with T - it's time to measure up on Beaufort Street



Left to right; Measure Small Bar and Dessert Restaurant's decor is contemporary chic - lemon meringue pancakes - roasted pumpkin bruschetta - outstanding coffee



by Tahlia Merigan

THERE'S been lots in the news about the woes of traders on Mount Lawley's Beaufort Street strip, with many shops and restaurants closing down. However, there is still a good range of quality outlets open and this prompted me to return to the area for this month's brunch review.

Located just near the corner of Beaufort and Walcott Streets, Measure Small Bar and Dessert Restaurant is the brain child of former Mas-

terChef contestant Karmen Lu and her partner, who opened the unique dessert style bar in late 2016.

Karmen has said that the *MasterChef* journey gave her the skill, creativity and discipline to start this unique dining offering.

Not only do they offer brunch six days per week, they also serve high tea in the afternoons, have a cocktail bar with bar snacks menu and their pièce de résistance; the dessert menu.

We visited on a Friday morning, parking was easy and we were welcomed with prompt and efficient service.

The décor is contemporary chic, the front part of the restaurant has bar stools and high tables and a window ledge bar which opens onto the street. The restaurant

section is delineated with a wooden and rope canopy with groovy lighting and particularly comfy chairs. The furnishings and fittings throughout reeks of style and quality.

We started with coffee, two flat whites; one normal size cup (\$4) and one mug (\$5), the coffee was outstanding but as I have found on this brunch journey, no place seems to serve them hot enough for my liking.

Instead of a juice we were tempted with a sneaky Mimosa – Prosecco and orange juice (\$5) – and my guest had the Strawberry passionfruit Bellini – Prosecco with strawberry and passionfruit puree (\$8) – both delicious.

The brunch menu has a good range of sweet and savoury dishes including all the favourites including French toast,

bacon and eggs and rösti.

I couldn't go past ordering the lemon meringue pancakes which were two perfectly large round fluffy pancakes sandwiched together with a piquant lemon curd, topped with Italian meringue and served with a side of lemon curd, macadamia crumble, vanilla bean gelato and decorated with a splash of freeze-dried raspberries (\$18).

Now this is where the *MasterChef* pizzazz really kicks in. I don't think I've

ever had such a beautifully presented brunch dish and the flavours all worked perfectly to offset the sweetness, leaving a fresh tang on the palate. In one word – superb!

My guest chose the roasted pumpkin bruschetta which was served with hummus, butternut pumpkin, feta, dukkha, slow poached eggs and sourdough toast (\$16). Another cracking dish which was a total flavour bomb with perfectly oozing eggs, delicious hummus and a hint of rosemary throughout,

which connected all the elements together.

I've heard wonderful things from friends about the afternoon high tea service and the dessert menu, so it is one of those places which is worth a visit no matter what time of day.

It was very quiet on our visit and we felt sad that there weren't more people enjoying this little gem for brunch.

Measure's quality food, stunning presentation, interesting menu and pricing was so good that we felt they deserved a four

and half spoon rating.

**4.5 spoons**

**Measure Small Bar & Dessert Restaurant,**  
**642 Beaufort Street,**  
**Mount Lawley**  
**0457 552 245**  
**www.measurebar.com.au**

**Open from 8am to late Tuesday – Sunday (brunch finishes at 12noon)**



T's spoon ratings

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

Geographe - the forgotten gem of Western Australia's wine regions...



by Frank Smith

GEOGRAPHE wine region is less than two hour's drive from Perth. There is much to see and do in and around Harvey, Bunbury, Donnybrook and Busselton and 30 wineries well worth a visit.

The countryside is diverse stretching from

Jarrah forest to coastal heath with extensive beaches and sheltered bays and valleys where cooling sea breezes create the ideal microclimate for premium wine grapes to mature.

The region produces exceptional Shiraz, Chardonnay, Sauvignon Blanc and Semillon as well as lesser known Italian and Spanish varieties such as Tempranillo and Nebbiolo.

This year's alternative varieties wine show takes place on 18 and 19 September. For details visit [www.geographewine.com.au](http://www.geographewine.com.au)

**St Aidan Wines Sparkling Chardonnay 2016.** Made from 100 per cent Chardonnay this wine is made in the methode traditionnelle, taking two years from vine to bottle. It has aromas of flowers, Granny Smith apple, pear and lemon with a touch of fresh toast. The palate displays citrus and roasted nuts with luscious long-lasting bubbles. RRP \$28.

**St Aidan Wines Tempranillo 2017** is a Spanish variety which does well in the region. It displays aromas of black cherry with hints of Cola, fresh raspberries and tobacco leaf. The palate is medium bodied with fine chalky tannins and a finish of mocha and cinnamon spice. With good length and depth. RRP \$25.

St Aidan Wines are situated in the Ferguson Valley, a pleasant 20 minute trip from Bunbury and a great place for lunch.

**Harvey River Estate Sauvignon Blanc 2018.** This newly released wine is pale green with aromas of citrus and pineapple. The palate is fresh and dry with flavours of crisp green apple and citrus, with tropical fruits coming through on the finish. RRP \$18.

Harvey River Estate is owned by Kevin Sorgiovanni. Kevin's father Giuseppe (Joe), emigrated from Italy and began farming on the

banks of the Harvey River in 1928 developing a juice and milk business later branching into grapes and wine.

**Vineyard 28 Arneis** is made from an Italian grape from Piedmont called the 'rascal' because it is said to be difficult to grow. The wine is pale yellow straw colour, with an aromatic bouquet of mixed flowers and an intense and rich palate with nutty overtones. A full-bodied white wine with a long crisp finish. RRP \$28.

**Vineyard 28 Nebbiolo 2017** A light red wine with aromas of spice and raspberries. The palate is savoury, plummy with bold tannins and a dry acid finish RRP \$28.

Nebbiolo takes its name from the 'Nebbia' or fogs that fill the steep-sided valleys of the Piedmont in northwest Italy. It has an early budburst but ripens only slowly so it is generally the last variety to be harvested each year. Nebbiolo often benefits from several years ageing.

Vineyard 28 is a small boutique vineyard and winery just off the Forrest highway owned by Mark and Pippa Cumbers and Jasper a friendly Kelpie who loves to greet visitors. It is a great place to break your journey to Bunbury or further south. Bring a picnic and take a look at quilts made by local quilters. The Cumbers have specialised in Italian grape varieties and wine styles.

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#329 August edition  
PUZZLES Solutions

Wheel Words:

Ache, Chat, Coat, Each, Hate, Heat, Oath, Taco, Tact, Teat, That, Toea, Cheat, Cotta, Hatch, Heath, Tacet, Teach, Theca, Theta, Thatch, Hatchet, Ootheca.  
9-letter word: TOOTHACHE

Have a Go News Quiz Page 2:

1. Staircase to the moon. 2. Gardening Australia. 3. Costa.  
4. Better Homes & Gardens. 5. Sussex. 6. Optus Stadium. 7. Bilby. 8. Matagarup. 9. UnionsWA. 10. Landcorp



# Many older people are putting their health at risk by missing out on vaccinations



About 90 per cent of deaths related to influenza occur in people aged 65 years and older

by Frank Smith

A REPORT, co-authored by West Australian Dr Jane Barratt, for the In-

ternational Federation on Aging found that vaccination rates in Germany, Spain and the Netherlands were 35 per

cent, 51 per cent and 67 per cent respectively for those aged 65 years and older.

The vaccination rates for Australians is probably similar but we can't be sure because the Australian Immunisation Register (AIR) only started to record all vaccinations for people of all ages in 2017.

Dr Barratt said vaccination is a critical yet under-valued element of healthy ageing, because older people are more likely to experience complications that can result in illness and premature death.

She said older people are often hesitant to be vaccinated due to misconceptions regarding the threat of influenza and other diseases, the belief that vaccines are

only for children, as well as considering themselves healthy.

These misconceptions and cost result in low uptake rates and consequently a greater cost to health and social care systems.

Older people are disproportionately at risk for diseases due to the normal decline in immune system. About 90 per cent of deaths related to influenza occur in people aged 65 years and older, because many suffer from chronic diseases such as cardiovascular disease, respiratory disease and diabetes, putting them at a higher risk of frailty, loss of independence, impairments in daily living and premature death.

Dr Connie Jackaman, Research Fellow within

the School of Pharmacy and Biomedical Sciences at Curtin University said the aged population has lower immunity and the worst response to viruses.

"The body has been using antibodies for fighting virus throughout life. It is like an army fighting a long war. Over time it runs out of soldiers," she said.

"Therefore older people are more prone to 'flu and other diseases and do not have as good a response to vaccines. The earlier vaccination takes place the better to allow time to build up resistance.

"While most emphasis has been placed on 'flu the same applies to other diseases such as measles, chicken pox and whooping cough."

We think of these as diseases of childhood. Parents used to arrange measles parties for local kids so they all got the disease and got over it at the same time.

"Don't forget to keep up to date with boosters. These challenge the immune system leading to increased immunity, which is important as we get older.

"Keeping vaccinations up-to-date is not only important for individuals, it is important for the whole community," she said.

Some people will not be vaccinated because they are too young or have a compromised immune system. If most people in the community are vaccinated the chance of a disease spreading is greatly de-

creased as they will be mainly in contact with immune people not infected people.

This is known as herd immunity.

The Australian Government National Immunisation Program provides free vaccinations for people who are most likely to experience complications from vaccine preventable diseases, including people over 65 years, pregnant woman, Aboriginal and Torres Strait Islander people, children, adolescents and children with certain medical conditions that impair their immune responses.

For people over 65 years of age this includes pneumococcal, shingles and the seasonal influenza vaccine.

## Find the secret word in the adverts and win a \$200 voucher



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

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

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

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

1. Hetherington Funerals
2. Club 55
3. Armadale Reptile Centre

4. Gold Fever Festival
5. Bombora Resort
6. Adventurous Women
7. Dalwallinu Tourism
8. Seaside Physiology
9. The Salvation Army
10. Road Safety Commission
11. Indoor Beach Volley Bowl

Entrants can enter via email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/8/19.

Congratulations to Diana Thomas our May 2019 winner and also Anita Ewert, the June 2019 winner.

See centre pages for 4-page Active Ageing Liftout



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# Celebrating Father's Day 1 SEPTEMBER

## Volunteers required for Aviation Heritage Museum



L-R; Derek Catling and Colin Woods

RAAFA's Aviation Heritage Museum is home to one of Australia's largest collection of civil and military aviation artifacts, the museum has more than 200 volunteers who give up their time to keep it running smoothly. Colin Woods is one of the many dozens of volunteers who donates his time every week in the accessioning department, which keeps track of the items donated to the museum.

A previous teacher and lecturer of laboratory sciences at TAFE, Colin has always been an aviation enthusiast, as well as having a keen interest in photography. "When I retired, the previous manager happened to see me handling a camera and I think he thought to himself 'he could be useful for our database', laughs Colin. "That was that and I've now been volunteering over three years. "I'd say to anyone who is interested to come down to the museum and take a look at the opportunities on offer, there's absolutely nothing to lose in doing that."

And the reality is that the museum's ever-expanding collection means more volunteers are always in demand. Derek Catling is another volunteer who has been dedicated to the museum for 13 years, in a variety of roles. "I volunteer in the library and we handle any donations that come in, like books, or any requests from the public. We've also got people's stories, as in dozens of ex-service men and women who have written up their story but never published it send us their manuscripts, and we catalogue and keep them. "I'd recommend the museum to anyone who is looking for a new hobby, it's a great outlet to meet lots of people, including visitors from overseas, I'd say to anyone that they come along and see what's on offer."

According to museum manager Trevor Fettis, who has recently started in the role, the enormous variety of artifacts housed at the museum means volunteers with different skills are always needed, from retired tradespeople to those interested in becoming tour guides, and general aviation enthusiasts. To get involved please contact 9311 4470 or [museum@raafwa.org.au](mailto:museum@raafwa.org.au)



### Father's Day Specials

- Entree**  
Arancini \$12  
Chilli banana prawn on rice \$19.50  
Rocket and parmesan ravioli \$17.50
- Mains**  
Prime beef pepper crusted fillet \$35  
Red spot emperor fillet \$35  
Chicken, camembert and pistachio parcel \$30
- Dessert Tasting Plate**  
Warm apple and rhubarb strudel; Mini sticky date pudding with toffee sauce; Trio of homemade ice-creams served in a brandy snap basket; Cappuccino mousse; Cream chantilly \$40

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## Morish Nuts has the secret recipe when it comes to snack foods and nuts



THE Royal Agricultural Society of WA (RAS) crowned Morish Premium Savoury Nibbles

the champion snack food at this years' Pantry Awards. Morish Premium Savoury Nibbles were formulated for Virgin Australia's inflight retail menu between 2006 and 2017. They captured national and international judges' taste, often done blind, with products only being identified by a number. It is not the first time the Morish Premium Savoury Nibbles has been identified as a prime product. It took home the RAS bronze medal in 2018. The Western Australian family owned company was also recognised and awarded on the night with gold awards for their caramel coated almonds, truffle macadamias, a silver award for the macadamia crunch and bronze for their salted caramel peanuts. Morish Nuts signature caramel coating range has boasted awards since its debut back in 1994.

For more information and to view the full product catalogue, visit: [www.morish.com.au](http://www.morish.com.au)  
**WIN WIN WIN**  
To celebrate Father's Day this year we have a fabulous Morish Nuts Hamper for a lucky dad to win this month. To be in the draw simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Morish in the subject line or write to Morish Nuts c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/9/19.

## FATHER'S DAY BOOKS



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# GREAT HOME and GARDENING



## Much of the natural success at Trentham Gardens can be adapted to Western Australia



From left to right; More than 70,000 plants and over 200 different species can be found within Trentham Gardens in Staffordshire, England - Upper Flower Garden - River of Grasses - Floral Labyrinth

by Colin Barlow

It has been around two years since I last visited the United Kingdom in summer and early this July I returned to lead a group of Australian travellers on an overseas horticultural trip for Ross Garden Tours – The Great British Garden Tour of Scotland and Northern England.

With similar temperatures to our Perth winter of between 17 and 23°C the mild climate and regular rainfall of the British countryside in high summer makes gardening much easier. Luckily for us we only got caught in a bad rain shower once during the trip.

The tour took in Chester, York, Windermere and Edinburgh over two wonderful weeks with a wide and varied selection of exhilarating gardens.

One of the major worldwide design trends has been naturalistic meadow style plantings and lush herbaceous borders.

This tour was a great opportunity to see first hand a restoration of a formal Italianate and Capability Brown landscaped garden at Trentham Gardens in Staffordshire, England. The garden had been in decline since the late 19th Century

when the family who owned it, the Dukes of Sutherland, were driven out by smoke and pollution from the potteries at nearby Stoke-on-Trent.

Subsequently the house was demolished, and the garden used as an amusement park and motor rally course causing much damage to the site. Fortunately in 1995 a property company, St Modwen came on board and bought the estate and began redeveloping the site. They engaged land consultants who specialise in the conservation and restoration of historic landscapes and built a shopping village and hotel to bring life and patronage back to the area.

The appointment of Michael Walker as gardens manager in 2004 led to the further development of the estate and the appointment of garden designers to invigorate the landscape of the site.

Contemporary designers Tom Stuart-Smith, Piet Oudolf and Nigel Dunnett were engaged from 2004 to 2015 and their extensive work can now be enjoyed and compared. Tom Stuart-Smith replanted the Italian Garden using the original structure and layout, but with a range of contemporary low maintenance perennials.

Columns of clipped yew and laurel provide geometric formality, which is contrasted with the naturalistic planting of more than 70,000 plants comprising over 200 different species. Each bed has a different planting mix including grasses such as Stipa, Pennisetum, Calamagrostis and Miscanthus, plus perennials including Euphorbia, Knautia, Eryngium, Thalictrum, Sedum, Verbena, Coreopsis, Iris, Phlox, and Achillea.

The low maintenance perennials are not staked and only require dividing after a number of years. Long borders of perennial plantings, designed by Piet Oudolf, border the Italian Garden on two of its sides. Piet also designed two other areas at Trentham, Rivers of Grass and the Floral Labyrinth, using naturalistic planting schemes and minimal plants in areas with poor drainage.

Since 2015, Nigel Dunnett, famous for his work at the London Olympics, has developed a number of annual and perennial meadows. Vistas were created from tree clearing around the lake. Nigel formulated specific meadow seed mixes to perform over an extended flowering season. These mixes were incorporated into composted green waste

and laid over geotextile fabric, which was placed over the existing clay soil.

Trentham Gardens is a melting pot of the new naturalistic planting styles and methods and is a truly inspiring garden to visit throughout the year. Many of these perennials will thrive in Western Australia conditions with summer watering, so why not give naturalistic planting a try?

If you would like to check out my pictures from the trip go to my Instagram page Colin Barlow or the Gardens from Eden Facebook page [www.facebook.com/GardensfromEden1969/](http://www.facebook.com/GardensfromEden1969/) or go to [www.gardensfromeden.com](http://www.gardensfromeden.com) and follow the link.

If you would like to join me on a tour to England next year with Ross Garden Tours, contact Royce Green from Ross Garden Tours on 1300 233 200 for more information or go to [www.rosstours.com.au](http://www.rosstours.com.au)

### Flower festivities

Costa Georgiadis from the ABC's *Gardening Australia* will again be the main resident gardening personality at the Nannup Flower and Garden Festival this year. There will be open gardens, market stalls, gardening talks and entertainment from Thursday 15 to Sunday 18 August at the Nannup Garden Village, Warren

Road, Nannup.

This year's theme is 'Plant it Forward' and aims to showcase how to plant our gardens for future generations. Other presenters this year include cooks Guy Jeffreys and Millie Ross, along with gardeners Steve Woods, Faye Arcaro, journalist Deryn Thorpe and local Nannup expert Dr Bob Longmore. For details of the festival go to [www.nannupgardens.org.au](http://www.nannupgardens.org.au).

★★★★

Don't miss the spectacular Yates Springtime flower festival at Araluen Botanic Park, set in the tranquil parkland at 362 Croyden Road in Roleystone. This floral extravaganza runs throughout August until the end of September. This year there will be more than 150,000 tulips on display and 34,000 other spring flowering bulbs including daffodils, hyacinths, ranunculus, anemones and grape hyacinths, along with other colourful spring flowering annuals. While you are there, take your time to explore the park and the internationally recognised collection of camellias, beautiful flowering magnolias and specimen trees. For details on the events and activities at Araluen go to [www.araluenbotanicpark.com.au/](http://www.araluenbotanicpark.com.au/) or call 9234 2200.

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# Celebrating the bard - the Globe pops up at Crown Perth



## One of the world's best flamenco players set to visit Perth



## A historical drama set in Tasmania



# ART for ALL



## New film questions our complicated colonial past



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**Friday 11 October, 8pm**





# arts



## Yamato - Japanese high energy rhythmic drums bring *Passion* to WA



Yamato © Hiroshi Seo

SINCE their hugely successful tour to Australia in 2017, the sensational *Yamato Drummers of Japan* have been incredibly busy touring the world.

Australian audiences now have the chance again to hear the heart-thumping rhythm, thunderous sounds and explosive beats when they return to Western Australia from 10 September.

Made up of 14 musicians, male and female, who hail from Japan's Nara Prefecture, this year marks *Yamato's* 25th anniversary, celebrating more than 3,700 performances in 54 countries, reaching over seven million fans young and old, presenting a thrilling, high-energy and explosive interpretation of the centuries old Taiko tradition.

*Yamato's* current show is aptly named *Passion* as the drummers launch into an explosion of energetic, highly rhythmic drumming, challenging and pushing themselves to their absolute limits. Using drums that weigh up to half a tonne, the drummers' remarkable physical strength and trademark infectious energy leaves audiences exhilarated by this visually spectacular, high energy and explosive show.

Captivated by the distinctive boom of the enormous taiko drum, performers move their whole bodies to strike the drum with a powerful surge of energy that uplifts audiences in sync with the rhythm and intensity providing a dazzling perspective of the range of sound and mood drums are capable of.

*Yamato* will tour Esperance on 10 September, Albany on 12 September, two shows in Perth on 14 September and Mandurah on 15 September.

[www.yamatodrummers.com](http://www.yamatodrummers.com)

## Musicians bring the classics to life in family friendly afternoon concert

PHILHARMONIC South West return to Bunbury Regional Entertainment Centre (BREC) this September with their family-friendly concert *Planes, Trains and Automobiles*.

The Family Proms Concert is a fantastic way to introduce children to classical music and bring the whole family together for a fun afternoon.

"We are on a mission to bring the best of classical music to the widest possible audience," said conductor at South West Philharmonic David Pye. "The South West Phil-

harmonic is full of outstanding musicians and we are delighted to partner with BREC again this year to offer families a full orchestral experience in a fun and relaxed family-friendly atmosphere."

The South West Philharmonic Orchestra's *Planes, Trains and Automobiles* is set to be a fast-paced musical journey through the ages, using a variety of transport options from a bumpy ride by horse and buggy, to a billowing steam train or even blast into space on a rocket ship.

This is fun-filled afternoon of magical music from classical masterpieces to some well-known favourites including the Star Trek theme tune, *The Beatles* hit *Yellow Submarine* and the magical theme tune from the film *ET*.

Executive director at BREC Fiona de Garis said: "We are passionate about making cultural experiences more accessible for all members of the community and with the generous support of our sponsors including City of Bunbury, South 32, Lotterywest and the

Bunbury Mail, we are able to subsidise our ticket prices."

Concession tickets are available and children under 16 are free, but please pre-book their seats. Pensioners are encouraged to make use of their WA Free Trip vouchers and travel to Bunbury for free. Contact TransWA on 1300 662 205 for bookings and enquiries.

The Family Proms returns to BREC Saturday 14 September at 3pm. Tickets are available online at [www.bunburyentertainment.com](http://www.bunburyentertainment.com) or by calling the box office on 1300 661 272.

## Revisit the year 1969

QUENTIN Tarantino's *Once Upon a Time... in Hollywood* visits 1969 Los Angeles, where everything is changing, as TV star Rick Dalton (Leonardo DiCaprio) and his longtime stunt double Cliff Booth (Brad Pitt) make their way around an industry they hardly recognise anymore.

The ninth film from the writer-director features a large ensemble cast and multiple storylines in a tribute to the final moments of Hollywood's golden age. Stars Leonardo DiCaprio, Brad Pitt, Margo Robbie, Kurt Russell and Christoph Waltz.

In cinemas 15 August.

### WIN WIN WIN

**To be in the draw to win an in-season double pass to see *Once Upon a Time... in Hollywood* simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Hollywood* in the subject line or call the office during business hours on 9227 8283. Closes 20/8/19.**



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## An Evening with Gun-Brit Barkmin

Indulge in a sublime operatic journey from *Fidelio's* Prison to *Salome's* Palace.

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Asher Fisch conductor  
Gun-Brit Barkmin soprano  
West Australian Symphony Orchestra

Friday 23 August 7.30pm &  
Sunday 25 August 5pm  
Perth Concert Hall

Tickets from \$49\*

Sung in German with English surtitles.

## Asher Fisch Plays Schumann

A profoundly personal  
piano concerto.

SCHUMANN Piano Concerto  
STRAUSS, R. *Death and  
Transfiguration*

Nikolaj Szeps-Znaider conductor  
(2019 WASO Featured Artist)  
Asher Fisch piano

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Asher Fisch appears courtesy of Wesfarmers Arts. \*A one-off handling fee of \$6.60 per transaction applies to all web, phone and mail bookings. A fee of \$3.85 applies to over the counter bookings. An additional fee of \$4.40 per transaction applies for delivery via Registered Post.





WASO's *Tristan und Isolde* win prestigious awards



*Tristan und Isolde's* Stuart Skelton (left) and Gun-Brit Barkmin, and Asher Fisch

WEST Australian Symphony Orchestra is delighted to be recognised with maestro Asher Fisch by Australia's peak industry body, Live Performance Australia, in a ceremony held in Melbourne.

WASO takes home two prestigious Helpmann Awards for Best Individual Classical Music Performance (Asher Fisch) and Best Symphony Orchestra Concert (WASO).

The annual Helpmann Awards recognise distinguished artistic achievement and excellence in the many disciplines of Australia's vibrant live performance sectors and these two awards represent outstanding recognition among the best of the best in live classical music for 2018. In many ways, *Tristan und Isolde* was the peak of Asher Fisch's first five years as principal conductor and artistic adviser of WASO. The Australian recognised this achievement noting: "terrific playing

from an orchestra at the top of its game."

Over this time, his artistic vision and astute programming have developed and confirmed the capability of the orchestra to take on this pinnacle of the orchestral/opera repertoire for WASO's 90th Anniversary year.

*Tristan und Isolde* featured a remarkable cast of singers including Stuart Skelton, one of the world's greatest Wagner singers. Isolde was sung by German soprano Gun-Brit Barkmin, acclaimed over her glittering career for her interpretation of leading roles in works by Janáček, Britten, Berg, Wagner and Richard Strauss. Her Isolde was hailed as thrilling, an extraordinarily complete portrayal that was a revelation.

Don't miss WASO's 2019 gala concert

German soprano Gun-Brit Barkmin will return to perform with WASO 23 and 25 August for the 2019 Gala Concert, *An Evening with Gun-Brit Barkmin*.

Savour the voice of a legend



*Amazing Grace* is the never-before-seen music documentary capturing Queen of Soul Aretha Franklin, as she records the most successful gospel album of all time, *Amazing Grace* with James Cleveland and the Southern California Community Choir.

Recorded at The New Bethel Baptist Church

in Watts, Los Angeles in January 1972. *Amazing Grace* is crafted from never-before-seen footage that captures an elegiac moment in American musical history whilst saluting the get-up-on-your-feet gospel heritage that transformed American music in the 1960s.

In cinemas 29 August.

**WIN WIN WIN**

We have some double in-season passes to give away to *Amazing Grace*. To be in the draw simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Grace* in the subject line or write to *Amazing Grace* c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 25/8/19.



## Just Judy!

Professional Performer Petrina Bishop  
Musical Arranger & Accompanist David Wickham

**MORNING MUSIC 12 August, 11am - 12noon**  
Tickets: \$15 (inc morning tea) Doors open 10.40am  
Bookings: [www.trybooking.com/BDIYI](http://www.trybooking.com/BDIYI)  
Tickets @ door: Cash only - must RSVP prior  
Venue: Melville Main Hall, 10 Almondbury Rd, Booragoon

**SUNDAY SERENADES 18 August, 3pm - 5pm**  
Tickets: \$20 (inc 20min interval with afternoon tea)  
Doors open 2.40pm Bookings: [www.trybooking.com/BDPIF](http://www.trybooking.com/BDPIF)  
Tickets @ door: Cash only - must RSVP prior  
Venue: Melville Main Hall, 10 Almondbury Rd, Booragoon

**MORNING MUSIC 24 September, 11am - 12noon**  
Tickets: \$15 (inc 20min interval with afternoon tea)  
Doors open 10.40am Bookings: [www.trybooking.com/BDPIS](http://www.trybooking.com/BDPIS)  
Tickets @ door: Cash only - must RSVP prior  
Venue: Cottesloe Civic Centre, 109 Broome St, Cottesloe

**SUNDAY SERENADES 29 September, 3pm - 5pm**  
Tickets: \$20 (includes 20min interval with afternoon tea)  
Doors open 2.40pm Bookings: [www.trybooking.com/BDPJB](http://www.trybooking.com/BDPJB)  
Tickets @ door: Cash only - must RSVP prior  
Venue: Melville Main Hall, 10 Almondbury Rd, Booragoon

**Ph: 0409 12 72 82**  
**facebook: AKANNAEntertainment**

**AKANNA ENTERTAINMENT**

Petrina Bishop presents the songs of Judy Garland...

WITH more than 30 years of experience in the entertainment industry Petrina Bishop has a wealth of experience singing the songs from favourite performers.

She now presents a regular concerts from some of her favourite performers working with musical arranger and accompanist David Wickham. This season she focuses on performing her show *Just Judy*.

On Monday 12 August from 11am to 12noon enjoy a musical morning as Petrina takes a trip down memory lane presenting songs from Judy Garland at Melville Main Hall. The show is only \$15 with morning tea and Petrina will perform favourites *The Trolley Song*, *The Man That Got Away* and *Over the Rainbow*.

Book at [www.trybooking.com/BDIYI](http://www.trybooking.com/BDIYI)

Petrina returns with a Sunday Serenade on 18 August from 3pm to 5pm

again celebrating the music of Judy Garland.

The show will be at the Melville Main Hall and includes afternoon tea and tickets are \$20. Book at [www.trybooking.com/BDPIF](http://www.trybooking.com/BDPIF)

Petrina returns in September with further *Just Judy* performances and will play at the Cottesloe Civic Centre in the morning of 24 September from 11am to 12noon – ticket price \$15 bookings [www.trybooking.com/BDPIS](http://www.trybooking.com/BDPIS)

While away a pleasant Sunday afternoon with Petrina on 29 September from 3pm to 5pm in Cottesloe with tickets \$20 [www.trybooking.com/BDPJB](http://www.trybooking.com/BDPJB).

Door sales are available at all shows (cash only) and ticket prices include morning or afternoon tea. For more information contact Petrina on 0409 12 72 82.



WEST AUSTRALIAN  
BALLET

# GISELLE

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# SCENE SOCIALLY



SCENE (1): Top row, from left to right; *Phil Furkin, Mireille Tewfik and Vince Garreffa* - *Ida Gallarello, Merrilyn Ekamper and Val Carver* - *Mary Ayres and Pauine Green* - *Lorna Carrier and Veronica Reutens* - *Jacqueline Samaras and Therese Trouchet*. Second row, from L-R; *Maxine Yelverton, Bette Rees-Oaks, Sylvia Clarke and Elizabeth Hyde* - the ballet stars of the future from the Charlesworth Ballet Institute - the beautifully laid tables.

SCENE (1): MIREILLE Tewfik decided to pay it forward after being diagnosed with blood cancer five years ago by raising much needed funds for the Leukaemia Foundation. At her fifth event she proudly announced that she raised more than \$80,000 for the foundation and is happily in remission. Each year she has organised a stunning morning tea at the South Perth Civic Centre and we at *Have a Go News* support the event each year in memory of our founder and editor Judith Treby who also suffered from blood cancer. The event is beautifully organised with stunning table settings for the high tea, delicious food and offers many raffles and prizes all ably hosted by Vince Garreffa. This year entertainment included a performance from the dancers at the Charlesworth Ballet Institute and a variety of pleasant tunes from *Chain Reaction's* Phil Firkin. It was another successful morning raising more than \$7,500 for the foundation.



SCENE (2): *Have a Go News'* editor caught up with Channel Nine's *The Block* host Scott Cam when he visited Perth last month to promote the 15th season of the show which is the most popular reality series on television in Australia. Scott said this year's series will test the mettle of contestants and viewers will be amazed at the work the contestants do at this year's houses. *The Block* airs on Channel 9 Perth on Sunday nights at 7pm then Monday to Wednesday nights at 7.30pm.

SCENE (2): Scott Cam and Jennifer Merigan

## Where can I play indoor beach volleyball?

Indoor Beach Volleyball (IBV) is a game played by two teams on a sand covered volleyball court surrounded by netting, where the ball is played rebound off the nets, with no outs, so the ball is live at all times.

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SCENE (3): ST PATRICK'S Church in Mount Lawley sparked as they celebrated with their annual Christmas in July medieval style long table dinner on Friday 19 July. More than 100 people filled the church dressed up to enjoy the fundraiser dinner with the four-course meal kindly donated by Vince Garreffa from Mondos Butchers. Silent auctions and raffles helped raise important funds for the church. Father Steve Conway and his wife Becky are innovators in the community and work hard to provide a warm and welcoming place for people.

SCENE (3): Top; Father Steve Conway. Above; Vince Garreffa and Becky Conway Left; The church looked magnificent laid out for the dinner



SCENE (4): THE Western Australian Carpet Bowls Association held the *Have a Go News* State Pairs on 16 July at Swan Active recreation centre. There were 32 teams competing for the top place with first place going to Armadale 16. Second place went to Addie Mills 32 and third place went to Falcon 14. *Have a Go News* is proud to sponsor various recreation events for seniors throughout the year.

SCENE (4): Clockwise from top left; *Colin and Gladys Shepley* - *Sheila Russell and Sonya Vunek* - *Richard Hopkins and Alan Sullivan*



SCENE (5): THE final Perth Old Boys School Reunion was held in July at its original home in James Street, Northbridge which is now the Perth Institute for Contemporary Arts. At the final commemoration a plaque was unveiled. A great crowd of 192 'old boys' came together to reminisce about school days and guests included well known Perth historian Richard Offen. It was a fitting final reunion for the school which closed in 1959. Well done to the committee and members of the Seniors Recreation Council who assisted with the function. Photographs by Martin Yates.



SCENE (5): Top row, from left to right; *Brian Cooper and Norm Kidd* - *Michael Papadoulis and Alex Papadopoloff* - *Denby Gardner and Ian Laurance* - *Dean Shaw and Peter Winstanley* - *Tony Beloss and Nick Nicholas*. Second row, from L-R; *Richard Offen and Ray Jones* - *Ian Adams and Ron Wilson* - *Ian Goodard and Gary Rosich*



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