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VOLUME 27 NO.02 ISSUE NO.306 SEPTEMBER 2017



Paul is heading West for the Spring Retirement Festival

Big names in entertainment will draw even bigger crowds at Lendlease Retirement Villages across WA this spring, as some of the country's most celebrated performers gear up for live acts, classes, workshops and more.

[See back page for event details](#)

springretirementfestival.com.au



Paul West, host of River Cottage Australia

What's On

Come and enjoy these
FREE events at nine
Lendlease villages
throughout WA

Paul West River Cottage Australia

13 September | 1pm-3pm
Lakeside Village
14 Lewington Gardens
Bibra Lake

Art Workshop with Mick Devine Caricatures & Steve Browne

15 September | 2pm-4pm
Homestay Village
267 Wharf Street
Queens Park

The Merindas Music from "The Sapphires"

16 September | 2pm-4pm
Harbourside Village
7 Honiara Way
Mindarie

The Andrews Gals

16 September | 10am-12pm
Parkland Villas Booragoon
510 Marmion Street
Booragoon

Nigel The Entertainer Comedy & Magic Show

16 September | 10am-12pm
Woodstock West
146 Strickland Street
Bunbury

Muchas Mariarchi Band Twilight Tours & Tapas

22 September | 4pm-6pm
Parkland Villas Woodlands
52 - 54 Liege Street
Woodlands

Costa Georgiadis Gardening Australia

26 September | 10am-12pm
Parkland Villas Ellenbrook
25 The Parkway
Ellenbrook

Melinda Schneider Doris Day Tribute Show

29 September | 10am-12pm
Parkland Villas Mandurah
2 Hungerford Avenue
Halls Head

RSVP for free tickets at
springretirementfestival.com.au
1800 550 550



Welcome to the Spring Retirement Festival

At Lendlease Retirement Living, we know that living well, loving life, having a laugh and embracing every moment is key to happiness and spring is the perfect time to revel in the joys.

The Spring Retirement Festival, is a celebration of fun, friendship and community. It's about more happiness, less stress. It's about getting older, remaining vital and appreciating all of the treasures this new phase has in store.

Some of Australia's most celebrated performers are getting ready to excite, engage and inspire you at numerous locations across the country. Lendlease Retirement villages in WA will play host to the festivities, giving you the opportunity to kick back and relax, have a laugh, make new friends, learn new skills and indulge in a program of unbridled entertainment curated especially for you.

Headline Acts Head West for Spring Retirement Festival

Melinda Schneider, Doris Day Tribute show

Parkland Villas Mandurah
2 Hungerford Avenue, Halls Head
Friday 29 September | 10am - 12pm

After forging a dazzling country music career that has won her 6 Golden Guitars, and stunning audiences on Dancing with the Stars, Australian favourite, Melinda Schneider steps back in time to pay homage to one of her musical heroes, Doris Day.



Paul West, River Cottage Australia

Lakeside Village
14 Lewington Gardens, Bibra Lake
Wednesday 13 September | 1pm - 3pm

Paul West is a passionate advocate of real food, community, regional living and sustainable agriculture. Paul was the host of four series of River Cottage Australia which followed his journey to grow an abundance of farm-fresh food and then cook and share it with his local community. Enjoy a cooking demonstration, chat with Paul and visit the village Community vegetable garden.



Costa Georgiadis, Gardening Australia

Parkland Villas
25 The Parkway, Ellenbrook
Tuesday 26 September | 10am-12pm

A qualified landscape architect, many know Costa as the infectiously enthusiastic, bearded face of the ABC's Gardening Australia. Events hosted by Costa promise to be immersive, highly entertaining, and hands-on. He'll have attendees thinking differently about the way they interact with the environment, and their gardens.



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VOLUME 27 NO. 02 ISSUE NO. 306 SEPTEMBER 2017

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- Grand Activities
- Food & Wine
- reviews, recipes and more
- Downsizing

COMPETITIONS/GIVEAWAYS

Gourmet Escape
IGA Perth Royal Show
Faber Vineyard's 20th birthday
Metropolitan Symphony Orchestra
\$200 Shopping voucher
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A man of the people



Enjoying a great read - Radio 6PR's Steve Mills

by Jennifer Merigan

STEVE Mills says he is inspired by people every day and loves sharing their stories.

The man behind the microphone on Radio 6PR's breakfast show each weekday morning from 5am to 8.30am loves his job and being proactive in the community.

I sat down with Steve to find out a little more about this man of the people.

"My father used to say to me that 'bad things happen when good people say nought' and that inspired me to stand up

for things I believe in and not to be a spectator but to get involved," said Steve.

Steve says his job is to make sure people are aware of things that are happening in the community and to make sure that we are representing the main stream and that they're not left behind.

"The refreshing nature of a lot of our callers to 6PR is that they're people who have seen a lot of life and are quite happy to call it as they see it, without any frills or any form," he said.

"My challenge as an

announcer is that times do change and to educate the listeners that sometimes you've got to try and take on a new point of view," he said.

Steve says that he comes from a generation that learned to respect those who came before us.

"The heritage that we have here in Perth is really good and I think not enough respect is given to the people who laid the foundations for the things we enjoy today."

He says talkback radio provides a great opportunity for debate.

"When people don't say what they really want to say or when we don't debate issues, whether we are talking about religion, cultural differences or politics, if we're not encouraged to talk about these issues then people can become ingrained with false beliefs. Debating issues allows us to educate people."

"You may not agree with me on every issue but we need to agree that I'm entitled to my opinion and you're entitled to yours," said Steve.

One of things that Steve loves about work-

ing on radio is that it is constant in people's lives, radio is there 24 hours a day, seven days a week and provides company and support for people.

"When we (co-host - Basil Zempilas) hit the airwaves at 5am - I kind of see ourselves as the demarcation line to the wee small hours of the night which can be a real battle for people and we signify the new day which brings hope," said Steve.

I asked Steve what he thought was a priority for our ageing population in WA.

"I think the group of people that you and I deal with underestimate their political voice and as a block going forward they have to recognise they are a force."

"I do worry about the level of care available for older people and who is looking after them and I worry about people getting ripped off."

"We need to make sure the older demographic are represented and in touch with real issues. Anyone who ignores them will ignore them at their peril," he said.

Steve said that life in general is all about taking advantage of opportunities that come along and overcoming obstacles and challenges that are put in front of you.

He's a passionate man who is excited by life and thinks that passion is contagious.

And one of his great passions is sport.

"I love sport, any kind of sport, I love the contest - to me that's what it's all about."

"In recent times I've achieved a lifetime goal of becoming a bookie, I'll never be any good at it but I love it."

"The first time I walked onto a racetrack I just loved the whole thing, the beautiful majestic nature of the horses, everything, to me it's like a grand final day."

continued on page 4

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From the editor's desk

forget to like the *Have a Go News* page on Facebook.

★★★★

Over the last month I've had the opportunity to speak with many people at various events for our *Living Histories* program. I love meeting people and hearing about their stories. There's a lot of interest from people who want to write their own family history to leave a legacy for their families.

At a particular talk I did at the South Perth Learning Centre I was touched to hear from several of the ladies present that they were keen to write about themselves as the women they had become rather than a chronological history of their family.

★★★★

I love hearing from readers. During the month a lady called the office said we should rename our paper *The Happy News* because

reading *Have a Go News* each month gave her a boost as it is full of good news.

★★★★

I went to the Seniors Forum in Melville last month hosted by local member Lisa O'Malley, with Seniors and Ageing Minister Mick Murray in attendance talking about issues affecting the older demographic. It was interesting to hear people's concerns and one of them seemed to be about accessing information. Our paper provides a multitude of information for people and if you have something which you would like to see included please feel free to contact me.

★★★★

Plans are well underway for Seniors Week 2017 which will run from the 29 October to 5 November. In our next issue we include the official events guide. If your

group, club or organisation is doing something special for Seniors Week feel free to list it in the guide. Visit our website to fill out the form and send it via email or call and we will send you one.

★★★★

If you would like us to speak to your group about our *Living Histories* program please contact me on the email below or call the office on 9227 8283.

You can purchase a copy of the second book *Stories from the Swinging 60s* which is a recollection of life in WA during the 1960s. The book is \$25 and is an ideal gift.

★★★★

I wish you a happy and a healthy month.

Jennifer Merigan
Editor
jen@haveagonews.com.au

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WE'RE making some changes to the digital editions of our paper and now offer readers the opportunity to view it as a page turning program which makes it easier to read on phones and tablets. We still offer the pdf digital version for download. It's never been easier to read *Have a Go News*. Readers can also register to receive the digital version sent directly to the inbox on publication day. See page 58 for details or visit our website. In the coming weeks we will launch our new look website which will offer people lots of news and information in between editions of the paper. Don't

Find the secret letters in the adverts to make a word and go in the draw to win a \$200 shopping voucher

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

There are 14 advertisements in this issue which contain a blue circled letter for the Ad Words promotion.

Find the 14 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. The Diamond Club
2. Telecommunications Ombudsman
3. Hetherington Funerals
4. Australian Holiday Centre/City Centre Travel
5. Spirit Australia Cruises

6. Banksia Tourist Park
7. Waroona Visitor Centre
8. Munglinup Caravan Park
9. Shire of Katanning Bloom Festival
10. Kalgoorlie Tours & Charters
11. Handle Property Group - The Green
12. Packed to Perfection
13. University of Melbourne
14. Computer and TV Assistance

Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- *Have a Go News* PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/09/17.

Congratulations to Judy Kirkham our June winner, and July's winner was Simon Ellery.

Ageing research snippet

Have a cup of good health

RESEARCHERS from ECU's School of Medical and Health Sciences in Joon-dalup examined more than 100 studies about tea consumption.

They found that tea of all varieties (black, white and green) can reduce risk factors associated with Alzheimer's disease and diabetes.

Researchers said that there was strong evidence that tea consumption can lower beta amyloids in the brain.

A study also found that drinking tea could result in significant reduction in the symptoms of diabetes including a 15 fold increase in insulin activity.

Time to put the kettle on...

Great West Aussies - Did you know?

Maps by Chinese Admiral Cheng Ho, made in 1420, appear to show part of Western Australia - a huge challenge to our history. The Chinese did traverse the Indian Ocean (they invented the stern rudder and the compass).

Funny historical fact

THE term bug as applied to computers can be traced to naval officer Grace Hopper when in 1943 she encountered a glitch in her machine which turned out to be a real bug, a moth had made its way inside her computer. Since then bug has meant any kind of fault in a computer.

Urban slang

Done

Tired of someone's attitude? Can't face going to work in the morning? You're done with it. You can even capitalise it for extra effect. I'm done with this explanation. DONE.

Word of the month

logomachy

noun

An argument about words: [count noun] 'the final word must be left to the thousand late-night logomachies'

Origin

Mid 16th century: from Greek logomakhia, from logos word + -makhia fighting.

Have a Go News Quiz

1. Where in WA is Turquoise Bay?
2. Who was first Australian to win the Booker Prize?
3. What is Olivia Newton-John's lingerie line called?
4. The Idiot Fruit and Darling Peas are poisonous, true or false?
5. What outback town's population swells from 120 to crowds of over 5000 for a racing carnival?
6. What creature does Jana Pittman have tattooed on her body?
7. What is Kylie Minogue's lingerie line called?
8. In rhyming slang, if someone is going for a "bo-peep", what they be doing?
9. Which band received an Australian of the Year Award?
10. Australia has the world's largest sand island. What's its name?

Answers on page 10.

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Fifty years a journalist - a reporter's notebook

50 fascinating West Australians

lives of explorers, prospectors and pastoralists from thirst and starvation.

Robin Dicks
Dynamic pilot Dicks distributed by Royal Flying Doctor 37,000 polio vaccines to outback Aborigines.

Wallace Kyle
The boy from the Goldfields became aide-de-camp to George VI, WA Governor and war hero.

James Battye
WA's first public librarian held the post for 60 years until his death in 1954. The leading historian, librarian and public figure was also UWA chancellor.

Joseph Bradshaw
Lost on an expedition in the North-West in 1891, Bradshaw came upon the world's oldest rock art paintings, five times older than the Egyptian pyramids.

Bon Scott
Fremantle's former postie topped the list of the 100 greatest frontmen of all time as AC/DC's singer.

John Cornell
The ex-Perth journalist was the brains behind World Series Cricket (with Dennis Lillee) plus a main player in Paul Hogan's TV series and Australia's highest-grossing movie, *Crocodile Dundee*.

Alfred Canning
Canning laid out the 1,100-mile route for Australia's world-famous rabbit-proof fence. On camel-back, he mapped the Canning stock route, establishing 51 water wells for livestock.

William Watson
The food man behind Watsonia smallgoods beat future Prime Minister John Curtin in 1925 to the federal seat of Fremantle.

Lang Hancock And Gina Rinehart
The unique father-daughter duo created great family wealth and enormous revenue for Australia. For his exploration and services, iron-discoverer Lang had an asteroid named after him.

Tom Peet
Peet set up Peet & Co Ltd, WA's longest established property company and one of the oldest in Australia, the nation's largest residential land syndicator.

Charles Gairdner
Winston Churchill's personal representative served in France and Flanders, was a hockey champion, played polo for Ireland, won a Dutch amateur golf contest and was mixed doubles tennis champion in Egypt. WA Governor from 1951 to 1963.

Yagan
Leader, defender and inspiration of the Nyoon-gah (Nyungar) people.

Jimmy Chi
Composer, musician and playwright wrote award-winning play and movie *Bran Nue Dae* and the record-breaking musical *Corrugation Road*.

John Forrest
WA's first Premier, surveyor and explorer, steered the State and assisted Australia's foundations.

Tommy Windich
Aboriginal tracker and police constable, dedicated worker with John and Alexander Forrest on ground-breaking expeditions.

James Stirling
First Lieut-Governor, the State's biggest fan, strongly arguing in Britain about the merits and need of support for WA.

Winthrop Hackett
Lawyer, partner and editor of *The West Australian* newspaper, UWA's WA first chancellor and a generous public benefactor.

C Y O'Connor
Builder of the world's longest pipeline, Australia's most expensive project, plus Mundaring Weir, Fremantle Harbour and WA railways. Endured enormous ridicule and political infighting that led to his dramatic suicide.

John Septimus Roe
WA's first surveyor-general, father of 13, surveyed the coast, laid out Perth and Fremantle and led 16 overland expeditions.

Archibald Burt
First chief justice with empathy to Aborigines caught between tribal and British laws.

William Bold
Perth's 'father of town planning' for 43 years, overseeing new suburbs and council mergers.

Sam Isaacs & Grace Bussell (Drake-Brockman)
Bussell, 16, with Aboriginal stockman Sam Isaacs (tribal name Yebble) repeatedly rode into the surf on horseback to rescue women and children, passengers on the ill-fated S.S. *Georgette*.

Ralph Sarich
The modern era's genius automotive inventor whose two-stroke orbital technology, now refined, is in widespread worldwide use in engines for boats, motor cycles and scooters. He continues inventing.

Chris Heyring
Developed a world-first vehicle suspension system that put comfort and stability into off-road driving for large, heavy vehicles. The US military paid \$52m for the technology also used in 4WDs.

John Kinsella
Named Australia's greatest living poet.

Mick Randolph Stow
Little-known in his own country but acknowledged in international literary circles as one of Australia's finest-ever writers.

Tim Winton
Among Australia's greatest writers but stays grounded. Environmental activist.

Elizabeth Jolley
The goose farmer pioneered teaching creative writing with Tim Winton among her former students.

Joseph Furphy (Tom Collins)
Considered father of the Australian novel, author of Australian classic *Such Is Life*.

continued on page 4

Left to right; Lee Tate and Barry Marshall

by Lee Tate

AFTER 50 years working as a journalist around Australia and overseas, Lee Tate opens his extensive files in the final of his three-part series commissioned by Have a Go News. He spells out the issues, names names and, here, lists his 50 top West Aussies.

Barry Marshall
Probably the greatest living Australian. Who else relieved and continues to relieve pain and suffering (ulcer-related) and saves (from stomach cancer) millions of lives around the world and seeks remedies for other serious ailments? Our Nobel Laureate.

Paul Rigby
Rigby, a World War 2 pilot, set the world benchmark for newspaper cartooning and won every major international cartooning award.

Fiona Wood
The mother of six, WA's only female plastic surgeon, led world-break-

throughs in burns treatment.

Fiona Stanley
With major contributions to childhood illness, recognised internationally and deservedly has a hospital named after her.

Michael, Mary and Elizabeth Durack
In 1882, Michael led 7,250 breeding cattle and 200 horses on a 4,828 km trek from Queensland to open up the Kimberley. Mary wrote *Kings in Grass Castles*. Elizabeth is one of Australia's most celebrated artists.

Walter Lindrum
Named Walter Albert so he'd have WA as his initials, the billiards player beat all-comers to become world professional champion. English officials changed the rules attempting to tame him but he retired with 57 world titles.

Faiz And Tagh Mahomet
The Afghan camel-driving brothers adopted WA and from 1892 worked the desert to create Australia's first outback freight service. They saved the

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Come Ye, Come Ye to the York Medieval Fayre...



COME along to the York Medieval Fayre and enjoy a wonderful atmo-

sphere on the grass of Avon Park by the river.

There will be lots of delicious food, diverse stalls, old world crafts, blacksmithing, armoury and entertainment by various dance troupes, minstrels and medieval combat groups. People can even trace their heraldic origins.

This year there will be a banquet at Settlers House York where the king and queen will be chosen to be crowned and presented at Avon Park in the Rotunda at 2pm. For banquet bookings call 9641 1884.

Bring out your inner knight and maiden and join the fun in the his-

toric town of York, only one hour from Midland.

The fayre is organised by the ladies of the York Friendship Club. They are a small group who think big. This will be their fourth year of running this fabulous event, proving age needn't hold you back when it comes to having fun.

The Fayre takes place on Sunday 24 September. Kids are free and adults just \$5 (all proceeds go to Perth's homeless over various organisations). Healthway's Act-Belong-Commit and the Shire of York are the main supporters.

www.yorkmedievalfayre.org.au



continued from front cover **A man of the people** by Jennifer Merigan

He also loves footy and cricket and coached well-known cricketers Brad Hogg and Justin Langer.

As for his favourite footy team Steve still barracks for his childhood team St Kilda, but says he always watches the Eagles and the Dockers when they play.

He says that it's going to be St Kilda's year soon.

Steve Mills is a happy chap who strives to be a better person everyday. He loves mixing with people from all walks of life, talking to them and finding out their stories.

He is a man of the people and his advice: "Live today like it's your last."

(Ed's note - It's only been 50 years since St Kilda won a grand final)

continued from page 3

Fifty years a journalist - a reporter's notebook 50 fascinating West Australians

by Lee Tate

May Gibbs

Author, illustrator and cartoonist best-known for *Gumnut Babies* got her inspiration in Harvey. A postage stamp was issued in her honour in 1985.

Albert Facey

Former farm hand and teenage professional boxer, twice-wounded at Gallipoli, wrote the Australian classic, *A Fortunate Life*.

Kim Scott

First indigenous writer to win the Miles Franklin Award for his novel *Benang* while *That Deadman Dance* was judged best book in S-E Asia and the Pacific.

Tom Hungerford

WW2 commando, political press officer, Patrick White Award winner for Writers without Recognition.

Shaun Tan

Academy Award winner in 2011 for animated *The Lost Thing*. Best-selling-author and illustrator.

James Drummond

Discoverer of WA's rare noisy scrub bird with John Gilbert. WA's first government botanist identified 2,000 new plant species.

Eric Smart

Created a world record for the biggest grain and wheat crops from one property, at Mingenew, created

WA's biggest sheep property.

Daisy Bates

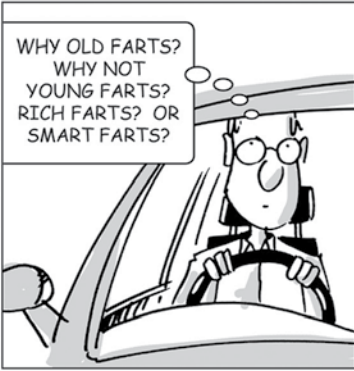
Aboriginals accepted Daisy Bates ("Kabbarli" or grandmother) as their first real white friend. Bates catalogued their nomadic lives and dialects, reporting to England on the cruelty to Aborigines by white settlers.

Horrie Miller

Aviation pioneer won world's longest point-to-point air race (Sydney-Perth). Created MacRobertson Miller Airlines, the government air-mail service and N-W air routes. Pioneered charter flights, stunt-flying and aerial photography.

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Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor
I wrote this little poem recently and I wondered if you would print it. I always enjoy your lovely paper – just for us!

Best wishes
Cherry Messitt

Deep blue pools of Leschenaultia
Shimmer in the grass
Bobbies, sunning on warm stones
Breath-hold as I pass
Cheerful cushions of small daisies
Spring beneath my feet
And there's an optimistic mood
In everyone I meet
The air is full of honey sweetness
Winter's had its fling
And problems seem of less importance
Now at last it's spring!

Spring WA
Buds a budding – clouds a scudding
Across the clear blue sky
Yellow, red and tan gazanias
Watch as I pass by

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A message for readers from Minister for Seniors and Ageing Mick Murray



Seniors and Ageing Minister Mick Murray has begun a schedule of community meetings with seniors

After five months in cabinet, Seniors and Ageing Minister Mick Murray spoke to Have a Go News about issues affecting senior West Australians. He would like to share the following comments with readers.

I WANT WA's seniors to see me as their advocate. As the local member for Collie, I have always prided myself on sticking up for my community. I want seniors to see me the same way the electors

back in my home patch see me – as someone who will fight for them. That's one of the reasons I have begun undertaking a schedule of community meetings with seniors from across the State – including regional WA – to hear about the matters that are important to them. It is vitally important that I get to hear firsthand about seniors' concerns and I'm looking forward to getting out and about to meet them. The first round of these community forums took

place at the end of August in Melville and Currambine – north and south of the river – to give seniors the opportunity to raise important issues with me. I believe older Western Australians deserve every opportunity to feel connected and included in WA's communities – and the forums will give all an opportunity to speak their minds on how we as a government can do better. Quality of life is an extremely important consideration for me. The days where life is seen to be coming to an end at 60 or 70 are long gone. Today's seniors want the option to travel, to take part in new activities, to volunteer, to work – everything that people of younger age groups enjoy. As I often say, there should be more for older people than walking to the letterbox and tending the veggie garden each day. Seniors need to be treated with respect, know that they are valued and if they need help they

can ask for it. We need to treat all seniors as if they were our own grandparents. Western societies do at times lack respect for their elders. I think we could learn from other cultures that do a lot better at giving older people the dignity they deserve. We need to do better at communicating to younger people that seniors have life experience to share. They represent our history and we owe our current lifestyle to them. Seniors bring enormous talent, value and knowledge to our communities – as workers, volunteers, carers and mentors to name just a few. We couldn't get along without them, and they deserve a fair go. However, WA's employers should also be aware that older people bring with them a tremendously valuable knowledge base, which can make them terrific employees. The State Government has been recognised for

its work in combatting ageism, and enabling older adults to feel valued and respected. It has recently been awarded affiliate membership of the World Health Organisation's Global Network of Age-friendly Cities and Communities. This is a significant recognition of our State as an age-friendly leader, supporting and enabling older people to age actively, and continue to participate fully in society. The McGowan government will build on this status, encouraging businesses and services in particular to become more age-friendly. Age-friendly businesses are welcoming to older people. This could include larger change rooms, chairs to enable seniors to sit down, and larger print on price tags and products. We all know that the little things add up. And by making small changes, seniors will know they are welcome and valued. This approach has

achieved significant success, for example, in the City of Melville, and I hope this approach will be adopted across the State. I also encourage all WA businesses to partner with the WA Seniors Card. The card remains the most generous of its kind in Australia, with more than 760 businesses and growing offering members a WA Seniors Card discount. We are continually working to expand the number of discounts available to seniors. WA Seniors Card members also have access to a range of State Government concessions and rebates, and free or concession travel on Transperth services. No further changes to the card are planned at this time. This year, the State Government will progress our election commitment to tackle elder abuse and increase awareness of this important issue. We will also start work on our new seniors strategic framework.

Ageing with choice is a key concern for me, and one the new framework will address. I believe it is important that seniors can do the things they value and that are important to them to maintain their health and wellbeing as they age – whether that be volunteering, accessing appropriate housing, transport and health care. If you would like to contact the Minister directly call the minister's office on 6552 6400 or email minister.murray@dpc.wa.gov.au

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The association's past president has a few words of advice for this year's president and two committee members.

THERE is no shortage of interesting walks within the boundaries of the Perth metropolitan area's 29 municipalities. They include lakes, rivers, beaches and forest walks. Members of the Over 55 Walking Association (OFF-WA) visit at least 19 of them on their weekly Tuesday morning walks. OFFWA presents a variety of walks, with the assistance of local councils, who provide parking and toilets for the weekly walks. Members recently enjoyed a mid year luncheon at the Tawarri Reception Centre in Dalkeith with more than 80 members in attendance. Another subsidised lunch will be held for club members in November. The annual fee is only \$10 and last year's membership was close to 300 people. Walks commence at 10.30am but members usually arrive earlier with a gold coin for the raffle, their lunch and a chair. The dates for the walks in September/October are: 12 September - Kings Park

19 September - Darlington
26 September - Rob Campbell Park Bicton
3 October - Mundaring
10 October - Sandy Beach Reserve, Bassendean.
The club's website provides lots of information about the organisation, including the complete program of walks for the year. Simply log on to www.over55walkingassociation.myclub.org.au phone 0490 472 145, or email over55walkingassoc@gmail.com

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Researchers at the University of Western Australia are seeking volunteers to participate in a study investigating the systems involved in pre-conditioning of blood vessels to better cope with low levels of oxygen.

We are inviting healthy males aged 18-30 years or 60-75 years to participate in 2 sessions of blood vessel function and nerve activity testing.

If you are a **healthy non-smoker not currently taking any medication** and interested in participating in this study, please contact **Anu Joyson for more information on:**

Telephone: 9224 0390 (office hours) or via **Email: anu.joyson@uwa.edu.au**

Participants will be reimbursed for travel costs and time commitment.

This study has been approved by the Royal Perth Hospital Human Research Ethics Committee (Ref: REG 15-021)

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SRCWA President's Jottings



Inaugural Care and Ageing Expo 2017

The inaugural Care and Ageing Expo was held on the last weekend in July at the Perth Convention and Exhibition Centre.

SRCWA's project officer, Kate Chetwin, was invited to do a presentation on Sunday afternoon as a speaker in the Expo's program. Kate's presentation was about the SRCWA's ethos "Healthy Ageing Through Activity" which included information about how to stay active while ageing. There were about 40 seniors and industry professionals in the audience. Participants were given an *Add Life to Your Years* directory and flyers with information on the wide range of programs that SRCWA organises.

Metro Livelighter Aged Care Games

The annual Metropolitan Livelighter Aged Care games were held at the Belmont Oasis on 3 August. There were 20 teams with 300 competitors from many of Perth's aged care facilities who took part in the games. Minister for Seniors and Ageing, Volunteering and Sport and Recreation Hon Mick Murray MLA opened the event and enjoyed visiting members from all the teams, having a chat and wishing them well. Local member for Belmont, Cassie Rowe MLA and member for the East Metropolitan Region Samantha Rowe MLC also visited. Other guests to the event included director general of Dept of Local Government, Sport and Cultural Industries, Duncan Ord, and CEO, Sport and Recreation Graham Brimage. Teams competed in a range of games which were organised and facilitated by staff and volunteers. It was great to see people well into their 90s willing to have a go at all the games including seated hockey, pass ball, bean bag toss and skittles.

All participating teams dressed up and Minister Murray had the very difficult decision to choose the best-presented team which was "Ritcher Cowboys" from Ritcher Lodge. They went to a lot of trouble theming the whole team as cowboys and cowgirls. They also dressed up their team area and themed the lunch on the day.

Frederick Guest took out first place with 327 points and was presented with a perpetual trophy and gold medals. Second place was Balmoral Royals with 309 points and they received silver medals, closely followed in third place by Harman Park Community Centre with 300 points. The oldest competitor at the games was 104-year-old Nell Bentley from Rosewood Care Group.

Our thanks go to the many volunteers who helped set up and officiate at what was the biggest event in five years, a special thank you to participating centres' staff who train and support participants prior to the games.

Thanks to sponsors LiveLighter Healthway, Dept of Communities and Dept of Local Government, Sport and Cultural Industries for sponsoring the LiveLighter Aged Care Games events. Images from these games are available on line through our web site, www.srcwa.asn.au

Have a Go Day, a Livelighter Event, Burswood Park, Wednesday 1 November

This year Have a Go Day celebrates its 25th anniversary in Burswood Park. This year we would like to invite everyone to come along and help with the celebrations. Have a Go Day, a LiveLighter Event is a free event for seniors and is the premier event in Seniors Week. For more information please contact Kate Chetwin on 9492 9771 or email kate.chetwin@srcwa.asn.au.

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

Hugh Rogers,
Seniors Recreation Council State President



by Rhonda Parker

WHILE I believe there is a better awareness of dementia than what there was ten years ago, I'm not so sure we have done as well in increasing the understanding of what dementia is, and isn't.

We can be aware of a problem but not understand much about it. Without understanding, it is very hard to respond effectively to an issue or a challenge. So it is with dementia.

We often (sadly) hear from people with dementia that people respond to them differently after their diagnosis. A diagnosis of dementia can be confronting, and one thing that people with dementia want is to be able to continue to engage with family and friends as much as possible for as long as possible. We know

from recent research that people with dementia are some of the loneliest people in our community.

However, we also often hear from family and friends that they don't know how best to connect with people with dementia. How do you support the conversation, navigate around the symptoms of the dementia and ensure your time with your family or friend is helpful or enriching to them? How do you avoid adding to the confusion or sense of frustration that the person with dementia may be struggling with?

We asked people with dementia these questions. Here are the five tips they asked that you remember when you spend time with them.

"Please talk to me, not my carer, family member or friend. Don't prejudge my level of understanding."

All of us value being a participant and being able to express ourselves and make a contribution. Early in childhood we be-

gin to assert our need to be heard personally rather than have someone speak for us. This is core to our sense of self. This need does not change with dementia. Be patient with the impacts of the cognitive impairment when you are spending time with the person with dementia. Talk with them, not about them via another person, no matter how well intentioned they may be.

"Providing information in smaller chunks will help me."

The short term memory can only hold a limited number of items for a limited time in the most highly functioning individuals before it needs to be stored in the long term memory – or forgotten forever. The impairment of short term memory caused by dementia impacts on this capacity to hold information. Support your conversation with a person with dementia by breaking down information into smaller pieces to allow them to remember it

long enough to be able to respond to you.

"Make eye contact and speak clearly, use short sentences, with one idea at a time. Avoid jargon, as I might not understand."

We know most communication does not rely on words at all. Body language communicates more than the words being spoken. Eye contact is also a key tool in communication for all people. For those with impairment in their ability to process words, eye contact and comforting touch becomes even more important in conveying emotion and mood.

"Sometimes it takes a little longer for me to process information and find the right answer. Don't rush me, allow me time to speak."

A person with dementia may not remember what you have said, but they will always remember how you made them feel. You have the capacity to leave the gift of a sense of belonging or warmth or connection when you spend

time with a them. Don't be impatient. Allow your patience to support the time being spent together.

"Less noise and fewer distractions, such as bright lights, will help me to focus."

Noisy, busy, bright places increase the amount of stimuli to be processed, competing for attention as we seek to listen and respond to what others are saying. And that is so for those of us who are able-bodied. Imagine how that busy stimulus increases the level of difficulty for a person with dementia. Reducing the competing stimuli will be very supportive of your interaction and of the person with dementia's ability to enjoy the satisfaction that comes from spending time with someone who cares.

Like the rest of us, people with dementia need the social and emotional benefit of spending time with others. Remember these tips and you and they will both be rewarded.

Technology - solar panels, electric cars, drones and robots - people are creating the future

by Karen Majer



Above; Electric vehicles are already mainstream in some places - Tesla's Model 3
Left; Karen Majer

WATCHING the news, I often feel that I've swapped channels to a science fiction program. Robots taking over the workplace, drones delivering goods and driverless cars on our roads are fast becoming reality.

Electric vehicles (EVs) are already mainstream in some places, with Norway leading the way. June was a record month for that country with electric cars representing 42 per cent of new vehicle registrations. China, the United States and Europe account for more than 90 per cent of all EVs sold around the world.

Australia has been relatively slow to get on the EV bandwagon. One barrier is the limited range of pure (not hybrid) electric cars, but the Tesla Model 3, unveiled in July, could be a game-changer with a range of 500 kilometres.

Britain recently followed France by announcing plans to ban sale of all diesel and petrol cars and vans from 2040. With EV ranges increasing, prices set to come down and solar-power battery

storage technology advancing, it's only a matter of time before we adopt less polluting means of transport powered by renewable energy.

WA households and businesses are fitting solar panels at a record rate, with installations up 33 per cent in 2016 driven by rising power prices and the falling cost of the technology.

Battery storage provides options for saving money and gaining power security, whether connected to the grid or not. Large-scale solar, wind and other renewable energy installations are an increasingly viable option, especially for rural communities.

Our world is changing so rapidly on so many fronts, including technology and artificial intelligence, that it's hard to envisage mainstream lifestyles even ten years from now. However we can't rely on technology and clever computers to solve climate change and other problems facing our world. People, including our own communities, are the key to deciding how society uses the new tools at our fingertips to create the future.

Calling former students from Bunbury High School

BUNBURY High School Reunion is on the 8 October at the Royal Australian Air Force Association in Bullcreek. The event starts at 11.30am for a 12noon sit down lunch which includes two courses and free tea and coffee for \$40. If you would like to attend please call Ivan Okey on 9248 6535, 0447 267 938 or email yekornavi@yahoo.com.au

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Calling mothers, daughters, sisters, wives...come along to lunch



Above; Pagoda Ballroom 1950s, left; Kath Bass (vocals), Harold Taylor (drums), Harold Bluck (piano), Jack Pateman (saxophone), Elmore Nylander (trumpet) Left; Rick Steele

by Rick Steele

ALL women are cordially invited to lunch at the Grosvenor Hotel, Hay Street in East Perth, opposite the Perth Mint, Wednesday 4 October at twelve midday.

There will be entertainment and much merriment and frivolity, fine food and a taste of wine for the 'game'.

Our hosts Richard and Tom run a mighty fine establishment and part proceeds of the lunch will be donated to Perth Legacy which look after the widows and families of our servicemen and women.

My business and manager type bloke, retired major, Vietnam veteran and now state representative for Legacy West Australia, Peter Heeney and I have been known to organise a function or two. Last year seemed to be a tragic year and we both lost

several really good mates.

One afternoon, while partaking in a thirst quenching, cool, palate cleansing, boutique, craft and hop friendly pale ale, I remarked to my beer drinking buddy that we should make contact with these recent widows and their close associates and try and organise some form of fun.

Just a few weeks ago, at the Perth Blues Club, (every Tuesday night from 7:30 till 11pm at the Charles Hotel) my long-time friend and super musician, vocals and piano, Sue Bluck was performing with one of her groups: *The Grain*.

I asked Sue if she would like me to get her a glass of wine. She replied that she was fine and she was going to have one with her mum.

Well I'm no Einstein and I had met Mrs Bluck a few years ago

at a Melbourne Cup day at the Charles and without revealing her age, I have it from a reliable source she was a sprightly octogenarian then. That recent blues night, I decided I wanted to take Mrs Bluck out to lunch.

Little did I know until very recently that I was dealing with a songstress who was an intricate part of the Perth music scene sixty years ago. Kath Bluck, (née Bass) was a popular performer who sang with the ABC West Australian Orchestra. She was a feature vocalist on a radio show of the time called *Linger Awhile*. At this time, just after the war, the most popular venues in Perth where boy met girl were the Embassy Ballroom, the Pagoda and the Capitol.

The musical director for the celebrated ABC Orchestra was a gentleman named Harry Bluck. The music worked its spell,

wedding bells rang, and the band played on. Kath joined a trio with a blind vocalist Phyllis Frost and Olwyn Thomas called The Tritoff Trio who were heard weekly on 6WF.

Harry continued as the musical director of the ABC Orchestra for twenty years and Kath and his legacy will continue at our luncheon with daughter Sue performing for us.

Also performing, will another Perth prodigy Todd Johnston, Sir Lurchalot's (Stewart Van Raalte) daughter, Elle Deslandes and Rick (Have a go yer mug) Steele. Bookings will be essential and can be made at the Grosvenor Hotel, phone 9325 3799.

I know you find this hard to believe, but there were ten years in my life when I never touched a drop of the evil drink.

And then I turned eleven! Doh! Cheers dears.

Tired of being tired... take to harness good health



by Jon Lewis

FOR as long as I can remember, my life has been about sleep! Getting enough rest to be ready for the rest...

Often, I would deny myself an evening out only to catch up on a little extra sleep, so as to be wide awake for my early morning radio show on 6PR.

The interesting thing was no matter how much extra sleep I gained it never really seemed enough and my regular sleep did not

seem to benefit.

Then one day, like most people around me, I caught a virus that made me sick! So sick that struggling on/soldering on was no longer working. I needed to see the doctor and reluctantly take some time off work. My recovery was rather fast and I really do recommend seeing a doctor rather than being 'tough' or 'brave'.

Here's the thing... while I was sick in bed and miserable I realised something. My big overriding concern of not being correctly rested for work was actually not true. In fact, it was quite false. Imagine that?

What was my biggest concern was and is... good health.

Being sick made me understand that all the time that my health was fine, I was not content.

Happy enough and yet not content? How could this be? It seemed I had taken my wellbeing for granted and assumed it to be my reliable base. I feel health cannot be taken for granted and a reliable base cannot be assumed.

While I lay there in bed drinking hot drinks made by my darling wife Gloria, I pined to be well again. Oh, what I would do when I was well. Oh, the things I would fix. Oh, the tasks I would complete. Oh, oh ohhhh... if only I could speed my recovery I moaned...

On receiving another

hot drink with a beautiful smile, I made a decision then and there - being well was something I would work at - and - tired was no longer going to be my excuse. You see, this had indeed been my excuse for so long it had become completely normal to me. It stopped me from putting my shoes away... I'm tired... it stopped me from meeting people... I'm tired... it stopped me washing the dishes... I'm tired... it stopped from doing a lot and I was tired of it.

So now I ask myself: "are you tired?" If my answer is yes, I tell my-

self off and get the job done.

I would rather be tired than sick any day. Any time I feel tired it reminds me I am grateful for not being sick.

I now always wash the dishes, even a solitary little spoon.

It reminds me of how grateful I am.

By the way, there are times where being tired has safety issues... and I do ask myself am I safe to do this? I will not drive a car when tired or discuss issues with my darling wife.

In these cases, it's better to go to bed. All the best.

Financial planning for retirees at the Independent Retirees Association in Mandurah

ASSOCIATION of Independent Retirees (AIR), next guest speaker will be from one of their sponsors: Merideon Financial Services. They will speak about general finance, with reference to nest eggs, longevity and the best ways for retirees to make their money last.

Regular monthly meetings take place on the fourth Monday of every month (except when that clashes with a public holiday).

AIR's next meeting will take place on Monday 18 September at 9.30am at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

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

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

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Important information and updates about British pension claims



by Mike Goodall

LAST month I wrote about the Democratic Unionist Party and the opportunity to use their votes to overcome Conservative Party policy. The first two pensions pledges on their manifesto were to retain the triple lock payments on pension increases and to campaign to force the government to review the current pension arrangements for women born in the 1950s. Their first objective was achieved within the first few weeks of this current government and the second is now within their sights because 37 Tory MP's have stated that they support the WASPI campaign for a review.

These MP's with the help of the other parties could defeat the government when the Labour Party holds an opposition day debate and forces the issue to a vote, possibly as early as this month. This is the same scenario that we are now hoping for on frozen pensions. The Australia government has agreed to hold conversations with the DUP MP's to discuss the subject of expat pension increases. The UK's *Financial Times* reported that the Australia Department of Foreign Affairs and Trade would push London to increase the pensions of 250,000 retired Britons living in Australia in line with inflation. Her Majesty's Revenue and Customs (HMRC) have confirmed that applications to pay additional voluntary contributions (AVC) are now taking 14 weeks to be processed through the department. Therefore, time from posting to receiving a

response is taking five months. Then it will be a further three or four months before the information is added to your National Insurance record. However, as I have previously reported mistakes are being made by the HMRC in allocating years paid for AVC's and I now have three cases where people are wishing to claim their UK State Pension and we have established that their records are incorrect. HMRC has confirmed it takes 18 weeks to have a record corrected. If you wish to make a voluntary contribution to increase your UK State Pension you are better off applying immediately. Even those in their late 40s to early 50s should be applying, because you are always financially better off with both the maximum UK State Pension you can achieve and your Australian pension. As we say in Yorkshire, it's a 'no brainer' so, don't delay, apply today. Anyone who would like to discuss the above in greater detail or require help on any other aspects regarding their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via email:- mikegoodall@btconnect.com

Open Water Season just around the corner



Above; Enjoy Open Water Swimming with Masters
Left; Samantha Noall



by Samantha Noall

IT is hard to believe that the winter months have passed and we are looking at getting ready for the 2017/18 Open Water Swimming series. At Master's Swimming WA (MSWA) we have just released our calendar

for the season. It features two new swims as well as six awesome events that have been running for many years now. We have introduced a new MSWA Open 10km swim that will be used by swimmers wanting to gain a qualifying time for the Rottne Channel Swim and Port to Pub events. This is a very exciting new addition to our calendar which will take place on 17 December at Coogee Beach, Cockburn. Our event will be quite unique in that

swimmers can have their paddler's follow them around the full course. We are also conducting our LiveLighter State Open Water event at the fabulous Rockingham Beach for the first time. This event will take place on Saturday 3 March and is open to anyone that would like to participate. Distances on offer range from one to four kilometres so why not come and have swim in a lovely part of the world where the water is flat and the conditions perfect for

open water swimming. Our 2017/18 LiveLighter Open Water Series kicks off at the sensational Lake Leschenaultia which is full to the brim with all the recent rain so a good crowd is expected. Bring the grandchildren along and try the 400m course as a family or if you are after a longer distance you can do the 1600m. Bring your picnic basket and blanket and make a day of it. The second MSWA event will be the Fremantle Ports Swim Thru on Saturday 9 December at South Beach in Fremantle. You can bring the family to this event as well with the LiveLighter Novice Event on offer over 500m, a great way to dip your toes into the open water swimming arena. To check out the full 2017/18 LiveLighter Open Water Calendar check out our website www.mswa.asn.au or go to our Facebook page MastersSwimmingWesternAustralia.



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Chop, chop and head off to the Lions Country Fair and Jarrahdale Log Chop

JARRAHDAL Log Chop 1500 and Lions Country Fair is WA's biggest wood chop and country fair. The Log Chop is organised by the Jarrahdale and Central Districts Axemen's Association, and the Serpentine Jarrahdale Lions Club runs the fair.

There will be more than 60 stalls, including small goods sales, agriculture displays, sales of local produce, demonstrations by local groups, rides for children, licensed bar and musical entertainment. The competition has been attended by both national and international axemen and is

supported through the Serpentine Jarrahdale Shire and local Lions Club. There are numerous attractions, rides and stalls to make it affordable family entertainment. Entrance is free. The event is to be held on Sunday 1 October at Jarrahdale Oval, Nettleton Road. Jarrahdale. It begins at 10am.

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PINDAN

Forgery in early stamp collecting was not frowned upon or a crime



by Mickel Smits

IN the early era of stamp collecting, including forgeries in one's collection was not only common, it wasn't harshly frowned upon, so long as they were recognised to be so and traded accordingly.

Back then the stamp market was essentially amateurish; most collectors were more interested in acquiring and filling gaps than complying with esoteric principles and so it eventuated that there was good business to be had in producing forgeries of hard-to-find stamps to cater to these collectors.

These forgeries or reproductions were classified as facsimiles and sold openly for just pennies.

In 1890, Henri Goegg

registered his forgery business with the Swiss authorities and initially reproduced defunct Swiss stamps. He called his facsimiles, re-impressions, because he was operating out of Geneva which was predominately French-speaking. Four years later, he re-registered the business under the name, Louis-Henri Mercier.

His facsimiles were of high quality and well received at a fraction of the price of the genuine originals. He even exhibited his facsimiles in international stamp competitions achieving more than two dozen awards, including some of the highest order. However, for one reason or another, his enterprise became commercially unviable culminating in bankruptcy. Such was not the case for fellow Swiss-born, François Fournier, who purchased Mercier's stock from the Office of Bankruptcy in 1904 and went forth to become one of the most successful and famous forgers of

the day.

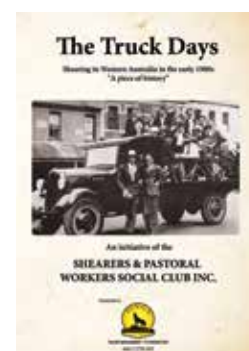
Fournier considered himself an artist and friend of the ordinary collector by providing his facsimiles for a pocket money budget. He developed an international network of distributors for his reproductions, however, because he chose not to brand or mark them as such, it comes as no surprise that some were being on-sold as the genuine article. This eventually incurred the wrath of the serious collecting fraternity and his facsimiles were then boycotted by an increasing number of dealers and his advertising was banned by mainstream philatelic journals.

Being sensitive to criticism yet determined to prevail, Fournier began publishing his own journal titled, *Le Fac-Simile* in 1910, in which he advertised his vast range of stock, defended his product and aired his personal contempt of the philatelic establishment. According to him, his journal achieved a circulation of 25,000 and as

many customers, however, the advent of the First World War created problems for his international mailorder-orientated business – mailing restrictions and disruptions of service along with loss or confiscation of mail outs and receipt of funds paid their toll. When he died in 1917, one of his employees, Charles Hirschburger, took on the business but eventually failed, which I'm assuming was likely due to the ever-diminishing acceptance of facsimiles by collectors.

Upon his death in 1927, Hirschburger's entire stock including printing equipment and supplies were purchased by the Union Philatelique de Geneve whose purpose was to eliminate the further distribution of Fournier's reproductions. It's worth realising that none of these forgers were ever considered by the authorities to be conducting a criminal activity.

Email: smits@westnet.com.au



A SIGNIFICANT piece of Western Australian history has been immortalised with the production of the short film *The Truck Days*.

From the 1900s to through to the 1960s, teams of men headed north for eight to ten month shearing contracts, slowly working their way south. This

Discover the history of WA's shearers with *The Truck Days*

beautifully presented film captures the essence of the shearers' life with historic footage and photographs.

Shearing was not for the faint hearted but for many young lads it offered them adventure and a great way to earn a buck.

The film captures the tough life of shearers in the pastoral lands of the north west and encapsulates the period when WA's economy prospered off the sheep's back.

Featuring interviews with the last of these men the production delves into the history of a shearer's life. *The Truck Days* captures an important piece of our history.

An abridged version of the film is played at the Transport Museum at Whiteman Park alongside one of the shearer's trucks.

The DVD is available for purchase for \$20. Call Doug Kennedy in Perth on 0429 024 104 or P Letch 08 9582 1943 in Mandurah area.

It took nine years to issue the coins of the newly federated Australia



by Mickel Smits

LAST month I expressed my bewilderment as to why it took nine years following federation in 1901 for the Australian Federal Government to issue our first coinage. This month I'm musing over how it came to be that incorrect versions of the Australian coat of arms were depicted on our coins from 1913 to 1963.

Our first official coat of arms was granted by King Edward VII in May 1908. It depicted a shield between a kangaroo and emu standing upon a mound of grass with the

wording 'Advance Australia' below and across the base.

Within the shield was the Saint George Cross surrounded by a border containing six chevrons representing the six states. Above the shield was a seven-pointed star symbolising the six states with a seventh point for the territories.

When the first edition of our coins was released in 1910, the silver three-pence, sixpence, shilling and florin all displayed this coat of arms design.

Public opinion however was that the arms could be improved by portraying a more Australian imagery, namely removing the St George Cross, segmenting the shield into six sections and inserting the badges of each state.

This was agreed to by parliament and approved by King George V in September 1912.

Other adjustments to the newly-approved design included the removal of the grass bed and the replacement of 'Advance Australia' with just 'Australia'. Now one might have then expected the mint to be instructed to engrave new dies of the revised coat of arms design for striking future editions of our silver coins, but no, this did not happen.

In 1938, in celebration and recognition of the 150th anniversary of (white) settlement, all of our coins received new designs, except for the sixpence.

The halfpenny and penny now featured a bounding kangaroo, the three-pence showed three sheafs of wheat and the shilling a ram's head.

As for the florin, it now portrayed the proper coat of arms. However there were two errors in its design; within the shield,

the badge for South Australia showed a rising sun with three small stalks of wheat above, instead of what should have been a piping shrike, or magpie; also, the crest above the shield should have been the seven pointed star however, the King's Tudor Crown was substituted. As mentioned, the sixpence's design remained the same as originally issued in 1910, that is, the arms with the St George Cross within the shield.

It wasn't until decimalisation in 1966 that we finally got it right. The new 50c coin was the only coin to feature our coat of arms and whilst Stuart Devlin's design was somewhat stylised, all of its elements were correct, much to the relief of South Australians in particular.

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Are you getting value from your health insurance?

by Frank Smith

HEALTH insurance is expensive. Top hospital cover for a couple, with extras, comes to nearly \$4,000 per year.

Nevertheless more than 50 per cent of seniors have private health insurance, even though we have Medicare; a universal free health care system.

We need to ask ourselves why?

Susan McGrath, National Policy manager, says most COTA members have some level of health insurance but question its value, given the high cost of premiums compared to the benefits received, especially in view of the

out-of-pocket expenses they incur.

Moreover many members had very good experiences using the public hospital system, leading them to further question the value of private health insurance.

Most seniors who did not have health insurance said it was because they could not afford it.

National Senior's research has found that older people maintain private health insurance for peace of mind; choice of doctor; treatment as a private patient, skipping the public hospital waiting list and items not covered by Medicare such as ambulance, dental care, optical

items, physiotherapy, non-PBS pharmaceuticals, podiatry and other ancillary services.

Public hospitals provide almost all emergency medicine and are generally better equipped for complex procedures, however long waiting lists apply for some less urgent interventions such as joint replacements that are most relevant to older people.

Some extras insurance items are just junk insurance. For example WA pensioners are not charged by St John's ambulance for non-urgent ambulance, but HBF continues to press pensioners to insure for that risk. Moreover most seniors have access to subsidised podiatry through HACC services, so do not need cover.

Dr Stephanie Thomas, health economist at Curtin Business School, says this might be an attempt to attract consumers who are particularly risk-averse.

"The insurer can cover claims either by raising the premium or by lowering the expected cost of claims paid out. Raising premiums is difficult in a competitive market because consumers see these. So the insurer would probably rather reduce the expected cost of covering the claims, and consumers don't see that."

"One way for insurers to do this is to try to attract individuals who are less likely to file claims in the first place."

"For consumers, the essential trade off is between value received from

holding insurance (both benefits paid out and peace of mind) and the costs of holding that insurance."

"Insurers are dealing with a pool of individuals who could possibly file a claim requiring reimbursement. The insurer is calculating premiums, at least in part, based on their assessment of the expected cost of covering all those claims."

"There are both monetary and personal preferences in play in determining the right level of coverage. Fortunately, the public health system limits the extent of catastrophic losses due to medical treatment."

"Insurers have incentives to try to attract lower-risk individuals to their plans and might use a range of techniques to try to do this," she said.

Rachel David, of Private Healthcare Australia, which representing health funds, says that over 80 per cent of the Australians with private health insurance value the product and want to keep it.

She says private health insurance pays for nearly two thirds of essential non-emergency surgery in Australia, 90 per cent of day admissions for mental health care, 70 per cent of joint replacements and 60 per cent of chemotherapy.

Under ancillary (extras) cover, health funds pay out more than \$2.5 billion for dental care, more than the Federal Government and 90 per cent of dental health services provided to low and middle income

earners, are subsidised by health funds, she says.

Consumer advocate Choice questions the value of extras cover. Their analysis finds that consumers who drop extras cover can save up to 45 per cent of ancillary health costs. Only around \$370 on average was paid out in extras benefits per person in 2013/14.

People aged 55-74 make the most use of their extras cover benefits, compared to other age groups, and receive an average benefit per person of about \$500.

Choice says unless you're confident of receiving more in benefits than you're paying in premiums, you should consider dropping your extras insurance.

Richard Glenn, Private Health Insurance Ombudsman's advice is to confirm your benefits – contact your fund, doctor and hospital before hospitalisation to check your cover and what expenses you may need to pay yourself. For general treatment benefits, ask your fund and provider for a quote before treatment commences.

If problems arise that consumers can't resolve directly with their health fund or provider, the ombudsman will handle complaints about private health funds, brokers, hospitals, doctors, dentists and other practitioners, as long as it relates to private health insurance.

Complaints can be submitted at ombudsman.gov.au or on 1300 362 072.

#306 September edition PUZZLES Solutions

Wheel Words: Ache, Chat, Each, Etch, Hand, Hate, Head, Heat, Heed, Than, Thee, Then, Ached, Chant, Cheat, Death, Hated, Hence, Henna, Teach, Thane, Enchanted, Detach, Etched, Ethane, Heated, Thence, Chanted, Cheated, Enchant, Enhance, Hennaed, Enhanced.

9-letter word: ENCHANTED
Alphabet Soup: Weever, Tuna, John Dory, Stargazer, Bream, Garfish, Ling, Cod, Guppy, Hake.

Have a Go News Quiz Page 2: 1. Ningaloo Reef (NW Cape). 2. Thomas Keneally. 3. Koala Blue. 4. True. 5. Birdsville Qld. 6. Bee. 7. Love Kylie. 8. Having a sleep. 9. The Seekers. 10. Fraser Island.

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7	3	2	6	9	4	5	1	8
5	8	9	3	2	1	4	6	7

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A snapshot of WA history

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

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Perth Heritage Days - celebrate the remarkable city that we live in



Supreme Court

PERTH Heritage Days weekend is an annual celebration of the remarkable people; events, cultures, buildings and customs, which were all part of creating the wonderful city we live in.

In its ninth year, the heritage weekend will take a look at Perth from a new perspective as we reflect on the journeys of those who have gone before us. The history of our city will come alive through exhibitions; walks, talks and performances in some of

Perth's most iconic locations.

Some of the highlights of the 2017 event include open days at both Government House and the Supreme Court, the first ever look inside the Old Perth Electricity Company HQ, new plans for the Cathedral House Gardens and an extraordinary exhibition, *Kerosene Tins and Love Hearts*.

The Supreme Court will be open for self-guided tours of this historic seat of justice in central Perth.

The foundation stone for the Supreme Court building, situated in Stirling Gardens, was laid in 1902. The official opening was just one year later 8 June 1903. This magnificent building has now been home to the State's highest court for more than 100 years. It has been the site of some of the most significant trials in the State's history, affecting all Western Australians, including the last death sentence imposed in 1963.

You can view the heritage-listed courtrooms and the Chief Justice's chambers, then finish your tour in the cells below the building. You will walk down the same stairs to the cells directly beneath the courtroom from the dock in Court No 2 where sentenced prisoners have gone since 1903.

Historic legal documents, drawings, court robes and wigs will be

on show, along with a display outlining an intriguing murder trial from almost 100 years ago. On 27 August 1925, Perth's social set were enjoying the highlight of the social season, the St John of God Ball, at the Government House ballroom next door to the Supreme Court when a shot rang out across the room. Cyril Ridley was lying in a pool of blood after his 20-year-old former fiancé, Audrey Campbell Jacob, had shot him at point blank range with a revolver. At that time the death penalty still existed in WA (it was abolished in 1984), so what happened to Ms. Jacob? Was she guilty, or not guilty? Find out what the jury decided in this sensational, wilful murder trial.

The first courthouse built in Perth (1836) still exists next door to the current Supreme Court building. Now the Old Court House Law Mu-

seum, it will also be open to the public.

For the first six years of the Colony, court business was conducted in the Anglican Church of St James, a small building with rush walls and a thatched roof. In 1836 Governor Stirling called for tenders for the construction of a new court and accepted the lowest bid of £698. The building was designed by the colony's civil engineer, Henry Reveley. When it opened in 1837 it also served as a church for all denominations and a schoolroom. It is now central Perth's oldest standing building.

The Law Museum is unique to Australia and one of a very small number of law museums worldwide. In the museum's recently refurbished exhibition gallery, you can view interpretive displays; Small Court House Big Stories; and People and The

Law. Both displays are accompanied by an audio overview which will take you on a journey through the workings of Western Australia's legal history.

Open for the first time this year is the Perth Electricity Company headquarters. In 1912 the Perth City Council acquired Perth Gas Co including the electricity generating system. To accommodate the administrative requirements for the new organisation new three-storey building with a basement at 132 Murray Street, built by Todd Brothers for £15,587.

The building was taken over by the State Electricity Commission in 1948 and continued as their administrative centre. Recently, the building has undergone a major restoration, retaining many of the architectural features. Now you can see inside this Murray

Street building which has been closed to the public for years.

There is so much to see and do during Perth Heritage Days 2017, so join us in the city to uncover the historical layers and dimensions of our city from a new perspective, Saturday 14 and Sunday 15 October.

The program will be available from 30 September. All events are free but some require advance booking. For more information about Perth Heritage Days, visit www.heritageperth.com and follow us on Facebook www.facebook.com/HeritagePerth or twitter.com/heritageperth



Last year's judges selection winner was Anne Jones from Scarborough who took up photography when she retired six years ago.

Get up close and personal with the inspiring Bell Tower and enter their seventh annual photographic competition

BELL Tower's seventh annual photographic competition will once again give Western Australian amateur photographers the chance to express their view of the Tower and the chance to win some fantastic prizes.

In 2017, the focus is on the current trend of macro photography and the theme is 'Up Close and Personal'.

Photographers can submit a macro photograph which portrays their minute perspective of the Bell Tower.

Maybe not easily seen, or even recognised, there are numerous minuscule historical details about bells and the history of bells hid-

den within the walls of the Tower. This year the judges want competitors to look for the macro secrets, which are not so obvious.

We want to see what you see, so grab your camera and be part of the Bell Tower photographic experience.

There's even a free entry voucher to the Tower so you can take your photograph.

There are three categories; People's Choice (18+), Judges Selection (18+), and a Youth category (11 - 17 years).

Thanks to Camera Electronic and Canon, both People's Choice and Judges Selection winners will receive a Canon EOS

700D DSLR 18-55mm IS STM Lens Kit (RRP \$949) PLUS a \$200 voucher for Shoot Photography Workshops, and the Youth category winner will receive a Canon PowerShot G9XII Digital Camera (RRP \$729).

Everyone who votes online for their favourite image in the People's Choice category will go in to the draw to win a sensational Adams Pinnacle Tours two-day Margaret River Getaway including accommodation at Abbey Beach Resort, prize value \$1,500.

The competition closes 5pm Friday 29 September 2017. Winners will be announced in October and their winning photograph

proudly displayed in The Bell Tower.

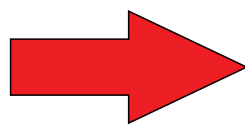
Judges for this prestigious competition includes: Director Camera Electronic, Howard Frank - Lead Travel Photographer for Seven West Travel Club and *The West Australian* Newspaper, Mogens Johansen - *The West's* Assistant Editor Features, Jenni Storey - News Director 882 6PR, Lisa Barnes and Manager the Bell Tower, Gerry Lyng.

Competition details at www.thebelltower.com.au

The Bell Tower is located in Barrack Square overlooking the picturesque Swan River and opens from 10am daily.

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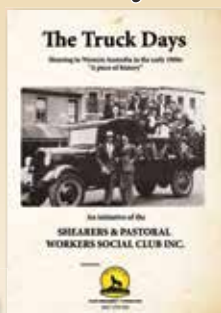
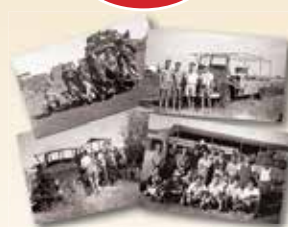
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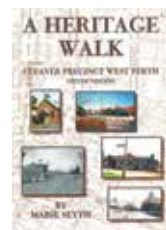
DVD \$20



The 30 minute film features historic photographs and footage outlining the history of WA's growth from the sheep's back.

Available for purchase
Call Doug Kennedy 0429 024 106 (Perth area)
P Letch 9582 1943 (Mandurah area)
Have a Go News 9227 8283

A Heritage Walk - Cleaver Precinct West Perth



EMBARCKING on walks around the city provides an opportunity to discover the history of individual areas and gives a sense of place.

Marie Slyth has published a book highlighting the heritage area of Cleaver Precinct in West Perth.

The book *A Heritage Walk* looks back on the history of streets including Newcastle, Carr, Cleaver,

Charles, Strathcoma and Florence Streets.

It contains stories of life contributed by a number of locals who lived in the area, together with pictures of historic heritage buildings, businesses, houses and sites within Cleaver Precinct and on the boundary.

It's provides an opportunity for people who are interested in the history of this part of West Perth with an interesting background on the everyday lives of people in the area.

The book is an excellent resource for people who love historic walks and is available for \$25 from Marie Slyth on 9227 1940 or email patricem38@iinet.net.au

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or visit our website



Ralph is a friendly, 12 year old dog which would love to settle down in a warm new home.

CHARITY organisation Best Friends Animal Rescue Inc., based in the Perth Hills near Midland, is preparing to build a senior and special needs dog retirement home.

Senior and special needs dog home to be built in the Perth Hills needs your support

Founder of Best Friends Animal Rescue, Jeane Howes says the senior sanctuary will provide a much needed, custom-built home for older and special needs dogs. Jeane and her volunteers will offer the dogs retirement in a safe and loving environment for care and rehabilitation for as long as is needed. It will eventually be able to house 30 dogs with facilities dedicated to their care.

Best Friends Animal Rescue wants to build the retirement home because it can be difficult to find loving and experienced foster and forever homes for special needs dogs. This model of canine retirement home is common in America, and while it has been used in other states of Australia, there are too few organisations dedicated to the welfare of special needs and aged dogs.

"A lot of older dogs have special needs that people find hard to provide for in their busy lifestyles, said Ms Howes.

"We hate to think of how many senior and special needs dogs end up spending their final moments alone and scared in the

pound. We know how to look after and rehabilitate these dogs and we know how to treat them and take care of them to make sure their last years are filled with love and happiness."

Best Friends Animal Rescue has received council approval to build the retirement home, and volunteers have been clearing and preparing the land for the project. They have raised enough money to begin building, but they need further donations to complete the home.

The team of volunteers urgently need of a concreter and a plumber who are willing to assist with the building work.

Best Friends Animal Rescue was founded in 2006 after Ms Howes relocated from England where she and her mum would feed stray dogs. She now owns a five acre block in the Perth Hills, where she rehabilitates the dogs she rescues.

Their first rescue dog, over 10 years ago, was an old weimaraner cross with severe special needs. He was patiently nursed

back to a level of health where he was happy again and lived another four years with a good health management plan.

From that time on, Jeane and her team have rehabilitated and cared for many senior and special needs dogs with great success.

Best Friends Animal Rescue has re-homed more than 700 dogs in need, many of which have been older dogs with special needs. The planned retirement home will provide an environment of safety and comfort to dogs that may have never experienced the level of care that Jeane and her volunteers can provide.

These dogs will be able to live out their golden years with love.

A GoFundMe page has been set up so individuals can easily donate and monitor the progress of this senior refuge. It can be accessed at www.gofundme.com/BFARescue

For further information about Best Friends Animal Rescue, or to volunteer to help services, visit their website at: www.bfarescue.com.au/ or the Facebook page.

How to save money on your electricity bill without changing suppliers

by Frank Smith

AUSTRALIAN electricity prices are amongst the highest in the world and unlike in other states, Perth consumers cannot change suppliers. Therefore there is no competition between electricity retailers to reduce costs.

But here are things that the consumer can do to reduce their bills.

Curtin University sustainability expert, Dr Dev Tayal says the first step is awareness of your usage.

"Work out your consumption pattern. Find out what is using most

electricity and contributing to the bills and work back from there.

"For most people the main items are hot water heating, the temperature you choose to maintain your rooms and whether you have solar photovoltaic panels," he said.

Using the sun or a heat-pump to heat your water is a first step to reducing power bills.

The next appliance to look at is your fridge. Many seniors have a fridge too large for their needs as they bought it while children were still at home.

Check the *Choice* website to find the optimum size of fridge for your family and the most efficient to run.

Choice says just keeping the door shut as much as possible will save up to 40 per cent of electricity consumption. Each time you open the door cold air flows out and needs to be recooled when the door is closed. Plan what items you need and take them all out in one go.

The next thing to consider is heating and cooling costs. If you install air conditioning choose re-

verse cycle for both your heating and cooling. But there is much you can do to reduce the need to run your unit.

Insulation in the roof space to reduce heat loss in winter and gain in summer is a no brainer and affordable especially if you do it yourself.

Other changes you can make at very small cost is putting shades over north-facing windows to keep out sun in summer and allow it in in winter. A pergola with deciduous climbers such as vines or wisteria will work as well.

Modern light emitting

diodes (LED) are very energy efficient and the globes last a very long time. Replace existing lights with LED as you need to replace them.

The next step is to install a photovoltaic system to generate electricity from solar panels (PV) on your roof.

The average price of electricity generated by a PV system is much lower than the average price of electricity purchased, so installing PVs makes sense.

The next thing to consider is load shifting said Dr Tayal.

Households are paid a feed-in tariff for the power they export to the grid. Depending on when you installed solar this can be greater or less than Syn-ergy charges for electricity they supply to you.

If your feed-in tariff is high it pays to maximise export by using appliances at night as far as possible when your solar panels are not generating electricity.

On the other hand if your feed in tariff is low you need to use your solar generated electricity yourself.

He said you use your

water heater to store energy during the daytime.

"You can either do your own audit or install a high tech monitoring device to load shift automatically.

"As electricity prices rise and as some of the more generous rebates and feed-in tariffs wind back, we're only going to see an increased uptake of smart intelligent devices," he said.

Not only does saving electricity save you money, it reduces carbon dioxide emissions and helps fight global warming. Its a win-win situation all round.

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TV Talk with Lee Tate - it's time television networks tickled our funny bones



TV NETWORKS don't tickle our funny bones. Not like the way they used to. Why?

We all need belly laughs and our recent columns have shown how people turn to good old favourites be-

cause they find the current crop of comedians lacking.

Worldwide, there's no shortage of quick-delivery wags, blokes and women. What's lacking is good material. Don't the networks see that?

They're happy to spend big bucks on reality TV, cooking shows and talent quests but the penny hasn't dropped for comedy. History shows good comedy spells good ratings.

The greatest comedians had teams of comedy writers - Bob Hope

maybe had as many as 20. These script-writing teams produced great gagsters, too, like Woody Allen.

Money is lavished on TV effects, staging and promotion. How many networks or entrepreneurs pay for good gag writers?

Of course, you need good comedians. But you need good material to fully hit the mark.

Rarely does a comedian also have the talent to produce sizzling scripts on cue, time after time. But there are some, like Ronnie Barker, one half of the *Two Ronnies*. Barker even went to the extent of writing under another name and submitting it to the producers of his own shows to be satisfied it was really good enough.

Even the *Two Ronnies* and associated shows including *The Frost Report* employed teams of good gag writers.

So, to the networks, take notice. There's a gaping gap in TV comedy and you need to spend the money on the funny folk behind the scenes - the gag writers.

You've got to relish the good shows. Take the *Two Ronnies* who got their big break on *The Frost Report*.

Can you remember the great skit with three men standing side-by-

side? John Cleese wearing a bowler to show he's upper class, Ronnie Barker in a trilby to show he's middle class and Ronnie Corbett in low-class cloth cap.

Cleese: I look down on him because I am upper class.

Barker: I look up to him (JC) because he is upper class. But I look down on him (RC) because he is lower class. I am middle class.

Corbett: I know my place. I look up to them both but I don't look up to him as much as I look up to him cos he's got innate breeding.

Cleese: I have got innate breeding but I have not got any money so sometimes I look up to him (RB).

Barker: I still look up to him (JC) because although I have money, I am vulgar. But I'm not as vulgar as him (RC) so I still look down on him.

Corbett: I know my place. I look up to them both. But while I am poor I am industrious, honest and trustworthy. Had I the inclination, I could look down on them but I don't.

Barker: We all know our place. But what do we get out of it?

Cleese: I get feeling of superiority over them (RB & RC).

Barker: I get a feeling of inferiority from him (JC) but a feeling of su-

periority over him (RC).

Corbett: I get a pain in the back of my neck.

Then there was the skit where Ronnie Barker wrote about two blokes in a pub:

Barker: How are you then?

Corbett: Mustn't grumble. I've just been up the...

Barker: Club?

Corbett: No, up the ...

Barker: Dogs?

Corbett: No...

Barker: Fish shop?

Corbett: No...

Barker: Doctors?

Corbett: Doctors, yes. Up the doctors. I've just been up the doctors. I've been having a bit of trouble with my...

Barker: Back?

Corbett: No, with my...

Barker: Chest?

Corbett: No, with my...

Barker: Side?

Corbett: No...

Barker: Backside?

Corbett: No, my wife.

The *Two Ronnies*, unlike today's bunch, had theatre backgrounds and went through the entertainment hoops for years before their breakthrough.

Their talent was undeniable. But they had terrific scripts.

What do you watch/don't watch on TV? Email leetate@live.com.au or drop a note to TV Talk, Have a Go News, PO Box 1042, West Leederville 6901 and let readers know.

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

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

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



\$25*

Copies are available for purchase direct from *Have a Go News* office at 137 Edward Street, Perth or have it mailed out for an extra \$12 postage and handling*. To order phone the office 9227 8283.



Do you have a problem with your phone or internet service?

The Telecommunications Industry Ombudsman can help.

The Telecommunications Industry Ombudsman provides a free and independent dispute resolution service for residential consumers and small businesses who have an unresolved complaint about their phone or internet service.

Call us: 1800 062 058*

Go online: www.tio.com.au



Interpreting service:
131 450



For more information, visit
www.relayservice.gov.au

Slow NBN Speed? Free help is available

THE Telecommunications Industry Ombudsman is a free and independent dispute resolution service for residential consumers and small businesses who have an unresolved complaint about their phone or internet service.

Our services include dealing with individual and recurring complaints, promoting fair and effective resolution of complaints and providing information and analysis to community, government and the telecommunications industry.

Slow data speed over the national broadband network is a common complaint from residential consumers and small business.

Kevin*, a small business owner in Geraldton, signed up for a national broadband network internet plan based on advertised speeds.

Kevin was also sold a modem with the new internet plan on the basis that technical support for the modem would be included.

After switching to the new national broadband network internet service Kevin noticed the data speeds at his business were significantly slower than advertised.

He ran several speed tests then sent the results to his business's internet service provider.

Not only did the internet speed did not improve but technical support for the modem was not included from his service provider.

Kevin contacted the Telecommunications Industry Ombudsman.

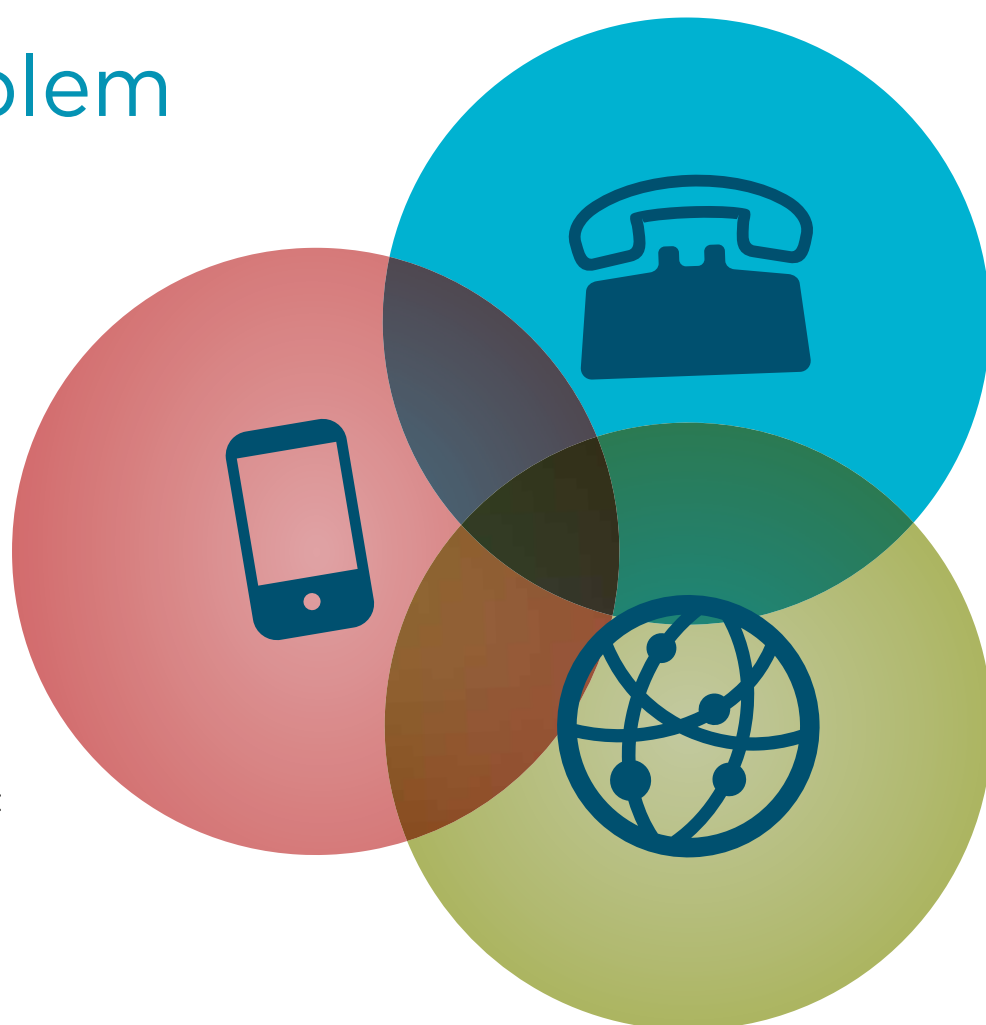
Through the Telecommunications Industry Ombudsman's conciliation process the internet service provider agreed to refund the cost of the modem, provide Kevin's business with one month of free internet service and discount the service fees incurred to date by 50 per cent.

After investigation by the service provider Kevin's internet speed also started performing as advertised.

If you are a residential consumer or small business owner like Kevin you should firstly aim to resolve your complaint with your phone or internet provider.

If the complaint remains unresolved visit the Telecommunications Industry Ombudsman at www.tio.com.au or call 1800 062 058.

*name changed to protect privacy.



*Calls to our 1800 number from landlines are free. Calls from mobile phones may attract a fee, which will vary depending on your service provider. If you are calling from a mobile phone, let us know and we can call you back.

Community NOTEBOOK

RECORD AND CD FAIR

Leisurelife Centre, Cnr Kent and Gloucester Sts East Victoria Park. Admission \$3 under 16 free. 9am-3pm Part proceeds to Radio Lollipop info Frank 9458 5864 email royals@iinet.net.au

FRIENDS (new group)

Come and share different crafts, board games, jigsaws and other activities including morning tea. Meets at Lake Gwelup Christian Church on the first, third and fifth Tuesday of the month 9.30am-11.30am. Wendy 0438 921 729 or Church office 9244 1555

PARKWOOD TENNIS CLUB

Seeking new members of all ages and levels to play on Sunday afternoons, Wednesday evenings some Saturday pennants. Further information Barbara 0403 832 869, Jo 0419 924 318 or email info@parkwoodtennisclub.org.au

CITY OF SWAN Ageing Disgracefully 2017

Altone Park Leisure Centre, Benara Rd, Beechboro Wednesday 20 September 8.30am -1.30pm Guest speakers, free event. Call Altone Park Leisure Centre on 9207 8555 to register your attendance.

ORTHOMOLECULAR SUPPORT WA

Meeting Saturday 7 October 2pm start. Speaker Vicki Bowden; BRAIN IN BALANCE Members \$5 Non \$7 includes afternoon tea All welcome. email fmryan@bigpond.com.au

TRINITY SCHOOL FOR SENIORS

Volunteer tutors needed for Mondays Life Writing Class am. Watercolour Class am and pm. Level 1 Trinity Arcade 72 St Georges Tce. 9483 1333 email Reception@tsfs.org.au

NATIONAL SENIORS ASSOCIATION

South Perth Branch. George Burnett Leisure Centre, Manning Rd, Karawara. A talk by Caitlin Parker on arthritis, medication and pain management, 27 September, 10am-12noon. Morning tea at 10.30am. Entry \$5 includes door prize. Joyce 9358 3770

BUNBURY LAUGHTER CLUB

Meets each Saturday during school term at 10am in the activity room at the Bunbury Public Library Gold coin donation. Info Rosemarie 0409 553 786 or go to facebook Bunbury Laughter Club

ESPERANCE ANGLICAN WILDFLOWER FESTIVAL

Esperance Anglican Parish Centre Cnr. Windich & Andrew St. Tues 12 - Sat 16 September 9am-4.30pm. Gold coin donation. Market stalls, music groups, exhibitions and refreshments.

COLLIE MOTORCYCLE FESTIVAL 2017

23 -24 September. Gold coin donations, raffles and donated motorcycle gear for sale will raise much needed funds for the Royal Flying Doctor Service.

MEET N MUSE GLBTI Rights in Ageing Inc.

Social & Discussion Group For Lesbians 55+ Discussion topics chosen by the group. Talk or sit back and listen. PERTH: Citipace Community Centre 2.30 - 3.30pm, 2nd and 4th Wednesdays MANDURAH: Senior Cits. Community Centre. 7-8pm, 1st and 3rd Wednesdays Further info. Pam Mulholland pam_mulholland@aapt.net.au

SUDBURY COMMUNITY HOUSE

A great place to be - join a group, help in the Community Garden, have a stall at the Market Day or volunteer your skills. Hope to see you soon 30 Chesterfield Rd, Mirrabooka. Ph 9344 8011

NLV HILLVIEW LIFESTYLE VILLAGE

Free information session on Cyber Crime by presenter David Cook, Head of Computer Science at Curtin University. Learn how to recognise telephone and computer scams etc. Thursday 21 Sept. 1.30 - 3.30pm Hillview Clubhouse. 597 Kalamunda Rd High Wycombe RSVP by 15 September to Sarah on 6467 3100 or email sarahg@nlv.com.au

LESBIANS WHO LUNCH

A Lunch Club for Older Lesbians Meet 3rd Thursday of the month all metro area. RSVP for lunch. Occasional events include film and guest speakers. Contact GRAI. chair@grai.org.au | www.grai.org | 0435 517 753

INAUGURAL GUILDFORD SONGFEST

The historic centre of Guildford will reverberate with the sound of soaring voices at the town's singing festival 16 and 17 September. Concerts and workshops held in the town's historic public buildings and churches. Free event. Info. Yvonne Henderson 0409 880 544 or Kim Mart 9379 0509.

BALLAJURA SENIORS ASSOCIATION

Meets at the South Ballajura Community Centre. Tues, Thurs and Fri. 9.30am-4pm New members welcome. Info 9249 7800 or Margaret 9249 2396

ACT-BELONG-COMMIT QUINNINUP ANNUAL MARKET DAY

Many stalls, food hall, activities, wine tasting, demonstrations and live music. Sunday 1 October. 10am - 3pm. Old school grounds. 1218 Wheatley Coast Rd. Quinninup. Info. Lynnette Nabholz 9773 1593 email fdla@skymesh.com.au

Am I OK - can I live the life I want in retirement?



WHEN people imagine retirement, they think of the things they would like to do with family – like holidays and being able to give children a head start.

This means not only looking at what people need to live on until the end of their days, but rather the experiences they would like to have

with family and the life they want to be living.

This changes the conversation considerably when talking about retirement. All too often we think of it as way down the track and something to think about as we head towards 65.

And getting people to paint the life they want,

the experiences they want to have, and then costing that, is surely right at the heart of the more boring term retirement planning.

The current system has not taken into account the increase in lifespan, and whilst there have been noises from both sides of politics, no government has been brave enough

to come out and say what we all know is coming – we will be living longer on average, and NEED to be able to answer the question “Am I OK – can I live the life I want?”

Josh Pirie and Anne Cavenagh from Coral Horizon Finance have put together a seminar on retirement planning, where they will have honest conversations with audience participants and talk about what you want your money to do for you and help define what matters most.

During the presentation, they will take an easy to understand, no nonsense approach to subjects such as combining Income streams to meet retirement goals, tax free retirement income streams and how to qualify, maintain and

maximise Centrelink entitlements.

Coral Horizon Finance is a family owned, multi-disciplined financial services company, situated in Cockburn Central.

Over the last decade or so, they have helped improve the lives of clients, providing clarity and confidence. Their goal is to give genuine control to their clients of their financial life. Their approach is collaborative, engaging and provides a clear framework for deciding what's right for you. They offer financial planning, tax and mortgage broking services.

The seminar is on Saturday 7 October at 1pm at the Cockburn Health and Community Centre. Call Coral Horizon on 9417 8211 to reserve a seat.

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Funerals

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

Roll up roll up - it's time for the Perth Royal Show

THE IGA Perth Royal Show is WA's most important and the longest standing community event and runs from 23 September to 30 September.

The Royal Agricultural Society of WA (RAS-WA) first coordinated the Royal Show as the Annual Fair and Cattle Show at Guildford in 1834 before moving to Claremont Showground in 1904.

The Perth Royal Show has been staged continuously since 1834 except the years during World War I and II when the Showground was used as an accommodation and training base for military personnel.

The IGA Perth Royal Show has 400 entertainers, 300 performances and nearly 100 hours of entertainment every day and all major attractions are free.

RASWA is passionate about educating people of all ages about agriculture and their interactive learning exhibits tell the story of agriculture to hundreds of thousands of urban West Australians.

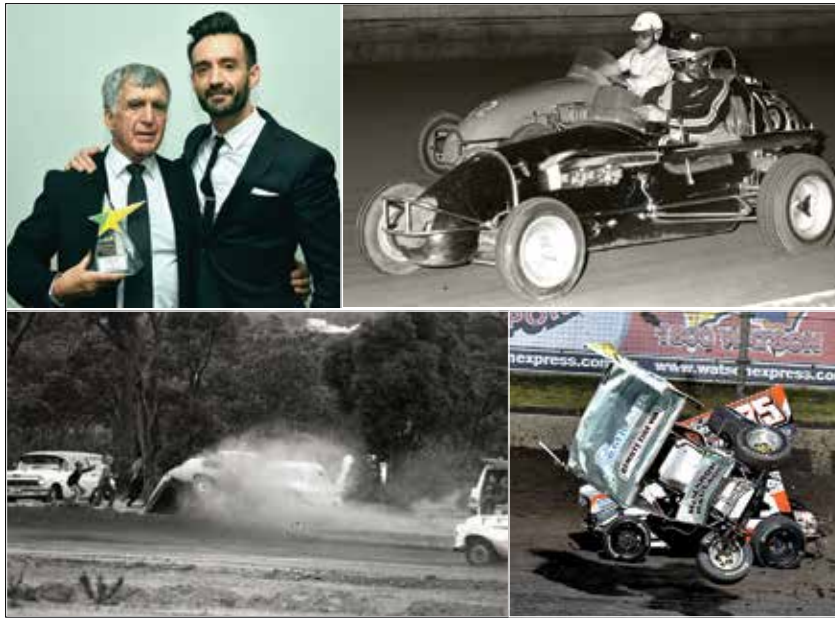
Don't miss the opportunity to meet the country in the city at this year's show.



WIN WIN WIN

To be in the draw to win one of fifteen double passes to the Perth Royal Show simply email win@havegonews.com.au with Show in the subject line or call the office during business hours on 9227 8283. Competition closes 20/9/17.

A man who has a love for fast cars and photography



Clockwise from top left; Peter winning his award for Photographer of the Year with his son Travis Roebuck - Early photograph of Peter's - A crash at the speedway - Wattle Grove around 1967, no safety fence would be an issue these days

by Brad Elborough

THERE is nothing written in the rule books that says you can't be the best at something just because it is a hobby.

Take Peter Roebuck for instance. The "70-odd" year old has been a passionate hobbyist photographer for most of his life; since he was eight.

In June of this year, he beat all-comers to claim the Speedway Photographer of The Year Award at the Speedway Australia annual awards presentation.

It's estimated that there are still more than 1200 photographers snapping pics of fast-paced cars at speedway tracks around Australia. Some of them

work full-time for big newspaper houses and magazines.

Peter is a volunteer. He does it because he loves it and the tracks he visits benefit from that love. He makes no money from his efforts, although he still makes his images available for publication. If you stumble across a speedway story from a WA meet in a paper or magazine, the chances are that the accompanying image has come from Peter's camera.

As previously mentioned, it's not a new hobby for either. He's had a love for fast cars and photography for a long time.

"I bought my first camera when I was eight - a Kodak Starflash," he said.

"I had a newspaper round just to buy a camera. I started snapping at everything.

"Those days, you had to take the undeveloped film to a chemist and wait at least a week to get your photos back in the post."

A decade later, Peter was given the chance to gain some experience at a photographic studio where his mother worked. He learned how to take portrait shots.

When he got the chance to visit the Forrestfield Speedway through an invitation from the guys next door, he jumped at it. He loved the hot rods back then already, so it was a no brainer.

When he got to the track, he noticed that there

was no one taking shots of the cars. He saw an opportunity and he took it.

And he hasn't stopped.

Peter's wife Christie is considered a speedway widow. All sports have them - footy widows, golf widows... the ladies married to men who they never see because they are out pursuing their other loves - usually a sport.

Peter admits that while the thrill of being close to the cars as they travel around the tracks at speed fuels his love, it did nearly make Christie a real widow one day.

"I got close enough to shake hands with the drivers as they go past," he said. "I did get cleaned up at Forrestfield a few years ago though.

"A car went through the fence and the gatekeeper standing right next to me was killed in the incident.

"I was standing next to him and behind him slightly. All it cost me was a week in hospital - a broken foot, smashed-in nose, concaved cheekbone, broken jaw and some smashed teeth.

"That day was the only time my wife had been to a city track in years. And she was there at the hospital when I woke up.

"When I came too - laying there and she was looking down, I said 'I hope my camera is ok'."

That accident hasn't put him off though.

Peter and Christie travel around WA visiting regional speedway tracks when they can; it's their way of being able to see the state.

The couple just returned from a trip to Shark Bay that coincided with 30th Far Western Speedway Championships.

And be assured that his trusty Nikon camera and lenses (Peter's brand of choice) were packed among his other essentials.

These days, there is no trip to the chemist required for negative processing though. Peter has very much adopted the digital age, although he admits to being self-taught.

"Back in those days you had to know what you were doing," he said of the past eras.

"There were no automatic cameras; there was no auto-focus. You had to pick a spot and have good reflexes more than anything else.

"Even the digital cameras that first came out where not as good as the ones you can get on your phones today. Those first ones that came out had an ISO rating of around 400 and an aperture of about 4.5."

Whether you know what that means, it's not important.

These days nearly everyone has access to a camera and knows how difficult it is to get the perfect shot - even in perfect light when the subject is standing still. These are things that Peter doesn't have the benefit of when taking pics at the speedway.

But that hasn't stopped him becoming the best in Australia.

Rejuvenating the older brain with cannabis

by Frank Smith

CANNABIS use damages the memories of young people but appears to have the opposite effect in older people.

As people age, progressive brain inflammation leads to cognitive decline. Scientists think the speed at which this happens depends on a balance between pro-ageing factors and the activity of the anti-ageing system.

A research group at the Institute of Molecular Psychiatry, University of Bonn, Germany, has found that naturally occurring cannabis compounds in the brain protect neurons and influence the progression of age-related learning and memory problems.

Professor Andras Bilkei-Gorzo showed that mice lacking the cannabinoid receptor lose the ability to learn quickly as they get older. This is accompanied by a loss of nerve cells in the hippocampus, a brain region that plays a central role in learning and memory.

Aged mice, like many older humans, have difficulties in learning or adapting to new conditions.

German scientists have been able to identify the brain cells that were responsible for the animals' poor performance. Memory loss is accompanied by increased activity of microglia - immune cells that cause inflammation in the hippocampus.

A recent trial showed that infusing low doses of tetra-hydrocannabinol (THC), the active ingredient in cannabis, reverses the age-related decline in cognitive performance of mature mice aged 12 months and elderly 18 month-old mice. These are equivalent to around 50 and 75 human years old respectively.

The scientists gave the mice doses of 3mg TCH per kg of body weight. That is equivalent to around 250mg for an adult human.

In addition to task performance, THC improved spatial memory to the level observed in young untreated mice and restored mature and old animals' ability to recognise their partners.

THC restored the function of the hippocampus of elderly mice to resembled that of young mice and the improvement lasted for several weeks after treatment ceased.

In contrast THC worsened memory in young mice, similar to the known effects of cannabis use by young humans.

Professor Bilkei-Gorzo said cannabis preparations and THC are already used for medicinal purposes. They have an excellent safety record and do not produce adverse side-effects when administered at a low dose to older individuals.

Low-dose treatment with THC or cannabis extracts could be a potential strategy to slow down or even to reverse cognitive decline in elderly humans.

"If we can rejuvenate the brain so that everybody gets five to 10 more years without needing extra care then that is more than we could have imagined," he told the *Guardian*.

Medical cannabis is now available in WA by prescription for a limited range of conditions including reducing spasticity in multiple sclerosis, as an appetite stimulant for patients with cancer and human immunodeficiency virus (HIV) and to relieve nausea and vomiting caused by cancer chemotherapy.

Medicinal cannabis is not covered by the Pharmaceutical Benefits Scheme and patients will have to pay for the full cost on a private script.

Dr Eva Drews of the University of Bonn, says human trials of THC on cognitive decline are due to start next year, in Germany.

The paper appeared in *Nature Medicine* in April.

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GRAND ACTIVITIES

ADVERTISING FEATURE

A school holiday guide for parents and grandparents



Dinosaurs, ancient Rome, pirates and much more with WA Museum

WESTERN Australian Museum has an exciting spring school holiday program with action-packed activities for all ages: from pizza making classes to seafaring pirates... there's something for everyone.

In Fremantle, explore the fascinating world of ancient Rome at the WA Maritime Museum or join seafaring travellers and pirates at the WA Shipwrecks Museum.

In Perth, find out how bones are formed at the Discovery Zone at the State Library of WA and visit us at the Awesome Festival at the Perth Cultural Centre.

Get ready to roar at the Dinosaur Discovery exhibition at the Perth Convention and Exhibition Centre. Step inside a meteorite crater and roam

with 23 life-sized dinosaurs. There's a dedicated kids' play zone, a digital dinosaur track experience and much more. Book your tickets online to avoid disappointment.

Meanwhile in Albany you can sail into South Pacific island life and the world of Polynesian culture and craft at the Museum of the Great Southern.

If you love hunting for bugs, you can experience the incredible world of insects at the Museum of Geraldton.

Do you have a budding astronomer in the family? Spot mystery objects on Earth, as well as celestial bodies in the sky at the Museum of the Goldfields.

For all the details visit www.museum.wa.gov.au or call 1300 134 081.

Don't miss the school holiday fun at your Museum!

Look out Perth! Horrible Harriet is coming to you!



DON'T worry, she's wicked, wild and wonderful and coming to the State Theatre Centre of WA where *Horrible Harriet* will conclude a national touring following a Sydney Opera House premiere.

The team behind the hit stage productions *The 13, 26, and 52-Storey Treehouses*, *The Gruffalo*, *Room on the Broom* and *Mr Stink*, bring the works of Australian Children's Laureate, Leigh Hobbs to life on stage.

Horrible Harriet lives in the roof of her school and keeps teachers chained in the cellar to do her homework. Harriet and the other children don't see eye to eye – but all Harriet really wants is a friend.

When Athol Egg-

head lands in his hot air balloon, Harriet finally meets someone who understands her. Then Mr Chicken arrives to disrupt the whole show! Fortunately, Horrible Harriet knows how to handle him... or does she?

Bring the family, grandkids, nieces and nephews and join Harriet's search for identity and friendship, with songs, laughs, mischiefous fun – and not least Mr Chicken himself! For kids four+ and their adults.

Season Details:

14 – 19 October 2017, State Theatre Centre of WA, 174-176 William Street, Perth.

Online Bookings – Ticketek. Prices \$26.50 (Groups and schools discounts available).

Come along to the 67th country fair in Bindoon



DO you have fond memories of the country fair or have a winning pumpkin in the garden? Then don't miss the 67th Annual Bindoon and Districts Agricultural Society's Show on Saturday 14 October.

Admission is only \$5 per adult and a gold coin for children. There will be lots of free things to see and do for all ages. So come browse the market stalls and art, craft, floriculture, cooking and photography exhibits or watch the blacksmith at work.

Your produce, cooking, art or handiwork and other entries could be exhibited and in the running for a prize. Everyone is welcome to submit and it costs only \$1 per entry or for juniors, 50c per entry and \$5 for the talent show.

Grandchildren will love the free rides and activities, local choir and dance group along with the Eco-Fairies, Pirateman Michael, brass band *Junkadelic* and more.

Enjoy your evening meal from options like stuffed baked potatoes, North Indian, vegetarian Thai, boerewors, crepes and funnel cakes while listening to folk singer and guitarist Ezereve.

This disabled friendly event is held on the Bindoon oval and adjoining hall. It goes from 10am to 9pm with fireworks at 8pm. Phone 0457 103 033 or visit www.bindoonshow.com.

New exhibition on Pompeii comes to the WA Maritime Museum this month

ESCAPE from Pompeii: the untold Roman rescue is new international exhibition arriving at the WA Maritime Museum in Fremantle from 22 September.

Visitors will have the opportunity to experience the exhibition in a new and exciting way with Pompeii-themed nights out.

Pompeii After Dark is a series of seasonal events at the WA Maritime Museum for grown-ups. Enjoy the Museum's amazing location, exhibition, entertainment and delicious food and drinks. There will be a new and exciting

theme each month.

Be amongst the first visitors to see the Museum's exhibition spaces transformed into an after-dark playground on Friday 29 September from 6pm.

The lights are low, the bar is open, the music is playing...and a delicious antipasto platter is waiting for you on your arrival.

Tickets are amazing value at just \$25 (includes museum and exhibition entry, antipasto platter, and entertainment). A cash bar will be available on the night. For more information visit www.mu

seum.wa.gov.au or call 1300 134 081.

WIN WIN WIN

To be in the draw to win one of five double passes to the event on 29 September simply send an email to win@haveagonews.com.au with Museum in the subject line or send an envelope to WA Museum Competition – C/- Have a Go News – PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 21/9/17.

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THE *Emoji Movie* unlocks the never-before-seen secret world inside your smartphone.

The Emoji Movie - colourful family animated adventure film for the grandkids

Hidden within the messaging app is Textopolis, a bustling city where all your favorite emojis live and work.

In this world, each emoji has only one facial expression – except for Gene (T.J. Miller), an exuberant emoji who is bursting with multiple expressions. When a

malfunction threatens their phone's very existence, Gene teams up with his handy best friend Hi-5 (James Corden) and the notorious code breaker emoji Jailbreak (Anna Faris) to try to stop the impending destruction. Together, the three friends embark on an epic 'app-venture' through the phone, to save their world before it's deleted forever.

In cinemas 14 September.

WIN WIN WIN

To be in the draw to win one of ten family passes to The *Emoji Movie* simply send an email to win@haveagonews.com.au with *Emoji* in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 18/9/17.

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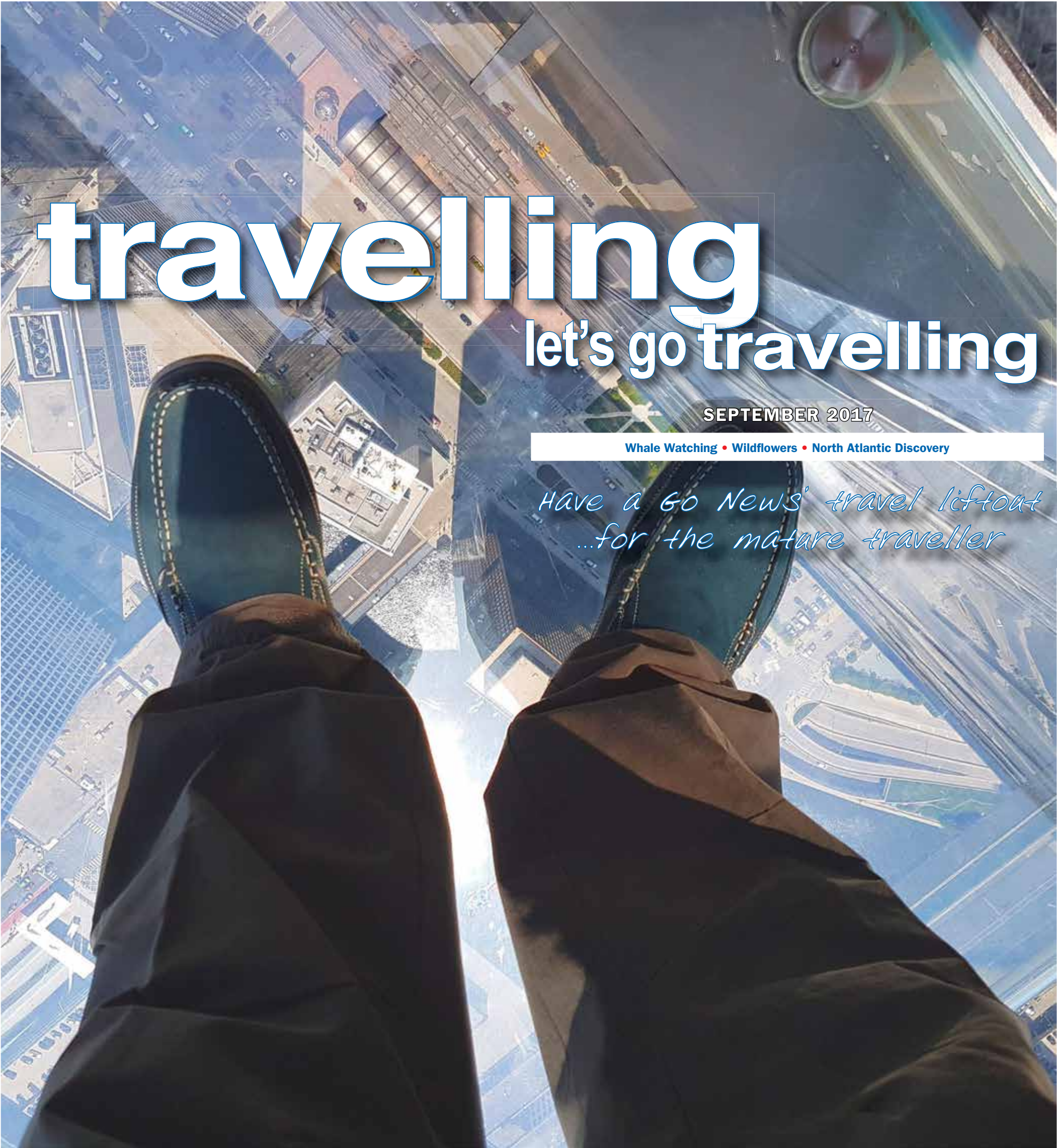
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*Have a Go News' travel liftout
...for the mature traveller*

Steve Collins traversed the American continent recently and on his first visit to Chicago fell in love with the windy city. He's pictured here at The Ledge seemingly standing in midair. Read about this gem in the USA crown on page 23.

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ADVERTISING FEATURE



travel options for the mature west australian



THE wildflower season will be in full swing this month and our bumper feature included in this section offers plenty of choice for travellers to see the best of the blooms. The York Festival kicks off on 16 September and is the perfect place to enjoy spring celebrations and discover

some wildflowers close to Perth.

★★★★
The QE2 has a place in many people's hearts and this month Cunard are celebrating its 50th anniversary with a special cruise departing Southampton for a 17-night voyage. Local maritime historian, author and regular contributor to this paper Chris Frame, will be one of the guest speakers aboard. It's interesting to note the ship that was launched by Queen Elizabeth in 1967 was retired earlier than her namesake. Long live the Queen.

★★★★
The Tourism Council of WA is pushing for a reduction in regional airfares to create additional jobs in regional WA. It's interesting to note that a friend was looking into a visit to Broome recently and found that a return airfare from Perth was about \$1300. It hardly makes sense when airfares to Bali vary from \$150 to \$500 return and airfares to Europe starts around \$1300 return. QANTAS has just announced a 30 per cent reduction in airfares for residents between various towns in the north west and Perth which commences from November. This is good for residents but doesn't address the issues for tourism operators who feel they being priced out of the tourism market. Let's hope airlines make further necessary price adjustments to encourage tourism in our state.

★★★★
As the year is marching on, it's time to think about Christmas and how to spend it. Many people who don't have family with them find a trip away during the festive season offers fun and

festivities. Many of our tour operators who advertise in this paper have a variety of tours on offer to celebrate Christmas and New Year, whether it's within WA or further afield. These tours generally fill quickly so now is the perfect time to secure your spot.

★★★★
Frank Smith has provided another amusing picture (pictured left) which he took while wandering around Reykjavik on a cold windy summer's day. Apparently Icelanders are very patient people waiting for summer since 1926.

★★★★
If you have a travel issue, enquiry or would like to share some information, don't hesitate to contact me on the email below. If you're a Face booker than like *Have a Go News* at www.facebook.com/Haveagone ws.

Happy trails

Jennifer Merigan
Travel Editor

A dedicated traveller with a love of the Murray Princess paddle steamer



Left to right; Joan Burgess - Joan will enjoy her 26th cruise of the Murray River on board the iconic paddle steamer

WE all have different reasons for travelling. For some of us it's to complete a bucket list, for others it's to discover new cultures, food and people.

For Joan Burgess it was having something to look forward to after her husband passed away in 1997.

Joan's husband Bob was a bank manager with the National Bank and they spent many years working all over WA.

They both also found a love for golf and Joan was the golf handicap manager for the Rockingham Golf Club. Providing a natural at the role

she received a call offering her the position of WA State handicap manager for WA Golf. This was a job she embraced for 10 years until she retired, travelling all over the state in her role; from Esperance to Derby.

After Bob's death her sister introduced her to Kings Tours and Travel and booked her onto their *Murray Princess* cruise.

In 20 years Joan has travelled 35 times with Kings, visiting much of Australia and destinations including Russia, South America, China, New Zealand and Norfolk Island.

She says her favourite

overseas trip was the European river cruise from Budapest to Amsterdam.

Joan has also made many trips around Australia but her favourite trip is the *Murray Princess* cruise. So much so that she has been on this 25 times and often twice a year.

"Nothing else compares to this iconic Australian trip," said Joan.

"I love the fact that you berth at a different place each night and the cruise provides the opportunity to make friends.

"I love travelling and learning about different places and their history and learning about other cultures.

"My next trip with Kings in October is going back on board the *Murray River* paddle steamer.

"With substantial rains in the area there are more locks open which should make the trip really interesting," said Joan.

For Joan to travel 25 times on the *Murray Princess* would have to be one of the best recommendations made about the trip.

A new Kings agency has opened this month in the Smart Street Mall in Mandurah. For more information about Kings Tours and Travel contact the office on 9380 6656 or visit www.kingstours.com.au for more information.

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

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ADVERTISING FEATURE

travel options for the mature west australian

Discovering the blues on high in the delightful city of Chicago



Left to right; Abe Lincoln and friend - Chicago River

by Steve Collins

CHICAGO was nothing like I anticipated. I blame TV and movies for my misconception.

I was brought up watching *The Untouchables* and gangster movies and listening to Chicago blues, so I thought that Chicago would be a tough, gritty and somewhat grimy city where life was harsh and people didn't live but merely existed.

How wrong I was, and what a delightfully joyous city I found Chicago to be.

Situated on the shores of Lake Michigan, Chicago has a very pleasant aspect. It even has beaches, and the lake looked surprisingly inviting, but I never summoned the courage to take the plunge.

Americans refer to Chicago as the 'Windy City', but that appellation refers more to the verbosity of the city's politicians than to the gusts blowing in from Lake Michigan. Despite Chicago having warm days during my visit that wind was rather bracing. Come to think of it, bitterly cold is a much more accurate description. You do need to carry another layer with you just in case that wind decides to blow.

Michigan Avenue is the main north-south avenue in Chicago. The section within the city limits is referred to as the Magnificent Mile. It is a wonderful, wide, tree-lined boulevard

that is a delight to walk, as it is flat, with so much to see and enjoy.

Chicago is the birthplace of the skyscraper, and whilst its skyline is very impressive, the variety of architectural styles on display makes the city a place of great beauty.

One of my favourite buildings is not a towering skyscraper. The historic Water Tower was built in 1867 and was one of the few buildings to survive the Great Fire of 1871. The Water Tower looks similar to a medieval castle and now houses a gallery dedicated to the works of local photographers and artists.

The Tribune Tower, headquarters of Chicago's daily newspaper is a neo-gothic building that was built in 1922. The tower would not be out of place in Batman's Gotham City. Rising to a height of 141 metres, Tribune Tower features carved images of Robin Hood and a howling dog. Apart from the gargoyles, there is a carved Aesop's Screen at the front entrance. One interesting feature is that the tower incorporates bricks and stones from other famous constructions such as the Great Pyramid, Westminster Palace, the Taj Mahal, the Great Wall of China and Angkor Wat.

I didn't ask whether the stones were pilfered or generously donated, but I suspect the former.

Next to the Tribune Tower

is that busy waterway, the Chicago River. This sinewy series of waterways is actually a series of rivers and canals which flows out of Lake Michigan to eventually join up with the Mississippi River.

River vessels need to be squat as all of the bridges are quite low. Despite this, the river is indeed very busy.

With a soothing blue hue, there are pleasant walks along the river embankments, or you can take one of the many cruise boats which ply the river to enjoy some wonderful views of the city.

Simply finding a spot to stand and people watch will give you plenty to gawk at. The Chicagoans seem far more relaxed than New Yorkers, who walk with acute determination. If you are a photography enthusiast your shutter finger will be well and truly overworked as that great mass of humanity passes by.

Two particular buildings really stand out and, if you have a head for heights, both are worth visiting.

One is the John Hancock Centre at 875 N Michigan Avenue. This is one of Chicago's tallest skyscrapers, and its 360 degrees observation deck gives the best views over Chicago. I went to the top right on dusk, and the views were extraordinary. Fortunately, it was a clear day and you can see four states from the summit.

The city centre doesn't actually look all that large from that towering eyrie, but its suburbs stretch for many kilometres south, west and north. You can also enjoy the best views of Lake Michigan from here.

The other observation deck to visit is that in the Willis Tower. This used to be the world's tallest building, when known as the Sears Tower, before the Burj Khalifa opened in Dubai.

Whilst, in my opinion, the view from the Willis Tower is not as spectacular as that enjoyed from the John Hancock Centre, there is one attraction there that is utterly breathtaking for those who have a head for heights.

It is called The Ledge, and it's a series of glass boxes which extend beyond the edge of the building for a little longer than a metre. The experience feels like you are standing in mid-air, because when you look straight down you can see the street a mere 1,353 feet directly below you. Many people can't manage to walk out onto The Ledge, but I found it to be a great buzz and would willingly do it again.

The greatest surprise about Chicago was the amount of greenery there. Sure, you have a few concrete canyons, but many of the streets are lined with flower boxes which add both vibrancy and space

to the city.

Navy Pier is a popular place for people to gather. The pier juts about a kilometre into Lake Michigan and is a brilliant cultural and entertainment area that attracts thousands of visitors at any one time.

I went there to visit *The Rolling Stones* touring exhibit called *Exhibitionism*, which magnificently presents the history of The Stones through the 55 years of the band's existence. I am a massive Stones fan, and this was the chief reason for me visiting Chicago.

Over two dozen restaurants inhabit the Pier as well as bars, shops, theatres, museums and many amusement attractions. Docked at the pier are many cruise boats, and the place is abuzz with life.

There is an amazing variety of food on offer there, including hand-crafted popcorn in unusual flavours like cheese corn and macadamia caramel.

Even Jimmy Buffet

has a Margaritaville Bar and Grill there for people seeking something more substantial than popcorn. If you've ever visited the United States you'll know that meals are certainly substantial there.

There are many attractions in Chicago, but a definite must is Millennium Park, which is free to visit and has so many great attractions it will keep you amused for hours.

Apart from the lovely gardens, one attraction is the Crown Fountain. This is comprised of a very shallow rectangular pond, about one centimetre deep that is buttressed at both ends by large monoliths that are dotted with dozens of small water nozzles. The pond-facing sides are actually giant screens onto which images are projected. The monoliths are the fountains, and the close-up video faces actually spit at you from the mouths. Visitors are encouraged to remove shoes and have fun

walking, playing or dancing in the shallow pond. It is perhaps the best interactive fountain that I have seen.

Another fantastic public artwork is called Cloud Gate, but locals refer to it as The Bean, because it does actually resemble a giant baked bean.

It is made of highly polished stainless steel and is so huge that you can easily walk beneath it. The Bean is amazingly reflective, and that is its true charm. Being entirely curved, the reflections resemble those contorted images you'll see in a hall of mirrors at an amusement park, and you have great fun walking around and under The Bean enjoying the amazing reflections you see.

Whilst wandering around Chicago I looked up at a skyscraper to see an enormous mural of Chicago Bluesman Howling Wolf observing the city.

They celebrate their heritage in Chicago. It is a marvellous place to visit.

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ADVERTISING FEATURE

travel options for the mature west australian

Sampling a rather cool arctic summer in the north Atlantic



Left to right; Turf-roofed church Faroes - Troll in Reykjavik street - Reykjavik - Godafoss waterfall

by Frank Smith

THE north Atlantic islands are not on most people's travel bucket list, but we took the opportunity of a cruise from Hull to the Faroes Islands, Iceland and Shetland as a break from visiting relations and grand houses during a visit to the UK.

Our first stop was

Torshavn, capital of the Faroe Islands, a group of small weather beaten islands separated by deep fjords halfway between Norway and Iceland. The 38,000 islanders make a living from fish, sheep, eider ducks and puffins.

In spite of its northern latitude the Faroes enjoy a relatively mild climate due to the warm current

of the Gulf Stream. In mid summer it was a balmy 12°C.

Torshavn was named after the Norse top god Thor. It is the smallest capital in the world with a parliament (Ting) established in 850. Most of the islands are interconnected with undersea tunnels to encourage Faroese to continue to populate all the islands.

The older houses have roofs of turf which provide good insulation at the cost of high maintenance, but newer houses are roofed with iron. We visited a lovely church built entirely of drift wood as there are no endemic trees on the islands and

later the village of Kvivik, the oldest settlement in the Faroes with the remains of a 10th century Viking farmstead.

Our first sight of Iceland was the easternmost port of Eskifjordur, stunningly situated in a deep fiord sculpted by glaciers, with rugged green, treeless mountains rising from the water. Delicate alpine plants could be found despite the invasion of introduced Alaskan lupins which cover patches of deeper soil with endless drifts of purple. A drive across the mountains provided stunning views with sparsely dotted farmhouses and lots of Icelandic horses – and sheep.

We visited a war museum located in a WWII Nisan hut. A British force

arrived in 1941 to thwart an anticipated invasion by the Hitler.

Our next stop was Husavik in the north-east with snow capped mountains. It was the longest day of the year with neither sunset nor sunrise. The temperature was about 8°C with a cold wind blowing all day. Whale watching (and hunting) are a major local activity. Icelanders are equally pro-and anti-whaling with hunting limited to sustainable yields of Minke whales.

The region hosts thousands of seabirds including puffins in a landscape formed largely by volcanic activity. There were large areas of recent black lava flows with pioneer plants and low shrubs beginning to establish themselves.

We visited Jokulsarfljufur National Park set in an ancient crater and with a horseshoe shaped canyon which figures in Nordic legends of Odin and his eight legged horse gave us a detailed insight into early Icelandic architecture and culture.

The exhibits featured innovative touch screen displays – using huge swipe screen-like horizontal displays with bilingual descriptions. Also included was a 3-D view of the way the house was constructed. Reykjavik's main church, Hallgrimskirkja provides panoramic, if windswept, views over the city.

The nearby LOKI restaurant featured traditional Icelandic food such as salt herring, sheep's head and ram's testicles served with rye bread. We gave that a miss.

The main street featured trolls. Many Icelanders believe in elves and trolls. Trolls are turned into rocks if they are exposed to sunlight. Reykjavik proved hard work walking with fierce, cold winds, erratic transport and expensive taxis, on the other hand it is an extremely safe city with English widely spoken and a northern European culture.

were made of turf and have not survived.

Most interesting is the Settlement Museum, built over a recently rediscovered Viking homestead. The archaeologist-guide gave us a detailed insight into early Icelandic architecture and culture. The exhibits featured innovative touch screen displays – using huge swipe screen-like horizontal displays with bilingual descriptions. Also included was a 3-D view of the way the house was constructed.

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ADVERTISING FEATURE



travel options for the mature west australian

Following my bliss and heading into a new destiny



Jannette at the Balmaitri School and Children's Home

by Jannette Barrett

MOST of us at some stage in our life are faced with the dilemma of unveiling our destiny.

For years, I was plagued with the need to go to India and work with children.

I had no idea what that meant and felt that I would never have the courage to follow my dream.

Then one day, all the doors were opened. I had worked as a senior administrator at the University of Western Australia for 30 years and found my job had been made redundant at age 54.

I had a friend who offered to take care of things at home so it was now or never.

Soon I found myself on a plane heading for New

Delhi. Even though I had prearranged to volunteer at a school in Northern India, to say I was in a panic would be an understatement.

My destination was Balmaitri School and Children's Home in a remote region of the Himalayan foothills.

I lived in rather tough conditions at the school, in temperatures around zero at night cuddled up to a hot water bottle (if the power was on to heat the water).

The school was founded by Rishi Kumar, a man who has dedicated his life to educating the local children and improving life for the villagers. He started his school in a shack by the side of the road many years before my visit.

Over time, donations came in to allow for expansion and there are now 160 children walking to school from surround-

ing villages with around 30 regular boarders who live too far away to make the daily walk.

My contribution was teaching singing, basic maths and conversational English. Just playing with and loving the children was one of my greatest joys. I started a child sponsorship program which is celebrating its 10th anniversary next year.

Since 2008, I have made several trips back to India to visit Balmaitri, and on two occasions, have taken members of my meditation group (Self-Realisation Fellowship, founded by Paramahansa Yogananda from India) with me.

It has been a wonderful experience to visit the school with friends and most have either sponsored a child or made a financial contribution. Once the poor children

were sponsored, Rishi chose to install a western bathroom, much to our joy.

I now live in Mandurah and am president of the Mandurah City Choral Society.

I believe that it doesn't matter where you are in the world, singing brings us together. I am very much looking forward to the September performance of Faure's beautiful requiem. The joys of singing are well known and research confirms the physical and emotional benefits gained by joining a choir.

It took tremendous courage to follow my bliss and the joy of fulfilment is indescribable.

You are welcome to visit Balmaitri school at www.balmaitri.org and the Mandurah City Choral Society at www.mandurahchoral.org for more information.

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The tour then heads to the Adriatic side of Italy to the city of Pesaro, where beautiful medieval and Renaissance hill towns like Urbino, Loreto, Urbania, San Leo,

Gradara and the tiny Republic of San Marino reveal their historic architecture, crafts, and local culinary specialties. This is an area known for its excellent hospitality and genuine local products about which Mario, Viny and Gianni have many secrets to share.

Next, the group experiences the unique city of Venice, staying in a beautiful Venetian villa, surrounded by sculptured gardens on one of the canals. An excursion to the island of Murano, famed for Venetian glassware is one of the highlights during the stay.

The tour ends with a four-day visit to the Renaissance splendour of Florence, with side tours to San Gimignano and Siena and a day tour to the Chianti area for vineyard visits and gourmet eating.

The Grand Tour is often combined with the five day tour of Cinque Terre which captivates the traveller with its extraordinary beauty and rugged coastline.

Early bird discounts apply to all itineraries offered by Vita Italian Tours in 2018. If you book before 30 November 2017 you will only pay the 2014 price of the tour. This amounts to a substantial discount. Contact them now to secure your place and take advantage of this great offer.

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"Our tours combine a good mix of group activities such as cooking classes and guided tours, whilst allowing ladies free

time to do some exploring of their own," says Judy.

Girls On Tour welcomes both seasoned or first-time travellers.

Jan from WA said: "As one of the women who recently returned from the Girls On Tour Kimberley tour I would like to report that we all had a wonderful experience with Judy and the tour guides from Adventure Wild."

"Everything was well organised for us by Judy from the word go. Even our flights were organised for us."

"The Kimberley was the top of my bucket list and it was an amazing experience which I will cherish forever with so many wonderful memories."

"Thanks Judy and I hope to travel with Girls On Tour again sometime," Jan B.

Please come along to their information day at Rendezvous Hotel Perth Scarborough at 10.30am on Saturday 28 October.

For more information contact Judy on 0409 057 417 or visit www.girlsontour.com.au.

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A whale tale - checking out the humpbacks



People watching humpback whale
© Absolute Ocean Charters

by Lee Tate

WE'RE all in the same boat. A tourist party of 30 men, women and children with the same child-like eagerness heading out into Broome's turquoise waters to watch whales.

It's many years since I've been whale-watching so what's changed?

I ask our skipper Michael Woodley: "What really are the chances of crossing paths with these cruising creatures?"

"We can virtually guarantee it," says Michael, a one-time pearl diver.

"There are about 30,000 humpbacks off this coast. It would be rare not to see them." There's a refund if you don't.

A third of the world's 90,000 humpbacks are drifting, diving, birthing and mating off our north-west coast. And we soon see tell tale signs.

There's a water spout, then a distant splash, but it's out near the horizon.

There's a rush for better viewing spots aboard the *Contessa* C.

At the wheel of the aluminium charter boat, Michael a former farmer

who opted for whales over the Wheatbelt, is clearly unperturbed.

"We try to arrange it so the whales comes to us," he tells me. A crewman stands alert atop the cabin, eyes peeled.

Since 2009, when Michael and wife Kelly launched Absolute Ocean Charters, Broome's longest operating reef fishing and whale-watching charter company (one of three Broome operators), Michael has managed what nature throws at them.

There's a yell from our whale-watching lookout: "10 o'clock, 800 metres". Michael slows the *Contessa*.

The engine is cut. Silence. Marine biologist crew member Alicia is on the microphone.

"Whales eat krill, crustaceans and small fish but they won't eat for five months. The mothers come here in April-May to calve before heading to Antarctica," she says.

As if on cue, two whales of different sizes quietly surface just a few hundred metres away.

"Looks like two males," says Alicia.

Our quarry is close. There's much ooh-ahing among us as the crusty-skinned cetaceans lightly exercise their blowholes.

Cameras are clicking.

Then, magic! One gentle creature from the deep steers closer and slowly rolls over on his side, one eye watching us. Every detail of his bumpy head and crusty upper body is clear.

"It's amazing to think humans slaughtered these wonderful animals," says a fellow traveller.

Whales should be worshipped in Western Australia.

Whaling saved the Swan River Colony from starvation. It was WA's first successful commercial enterprise, an export bonanza until whale bone buttons were replaced by plastic, whale oil was no longer needed for lamps and perfume was created from other substances.

Now, humpbacks – their numbers increasing 10 per cent a year – are again proving to be saviours as tourist magnets.

Whale-watching has moved with the times. Boats are modern with catering, tourists are briefed by experts and there's greater appreciation of these majestic marine animals.

Tourists don't even have to get their feet wet as modern-day boat tenders emerge from the water fitted with wheels,

crossing the tidal flats to waiting tourists before ferrying them to bigger boats.

Aboard *Contessa*, a speaker allows us to listen to whale song through a hydrophone lowered into water only 20 metres deep.

A massive male turns upside down and glides under the *Contessa*, still in sight.

Two whales are spotted off to starboard. The skipper changes direction then cuts the engine.

We wait. And wait. We've seen plenty of action during the past two hours – including a surfacing manta ray. More whale sightings would be a bonus.

Ahead of the boat, a whale's massive body weighing possibly 40 tonnes launches from the water and crashes backwards, creating a huge, white water wave.

Then another gigantic splash from the same whale. Then another. We count five fantastic energetic, surface-slapping whale breaches.

For the three-hour trip, my wife and I coughed-up nearly \$100 each, with a seniors' discount. It seemed reasonable at the time. Now we consider it a real bargain.

Unforgettable.

Don't miss the Busselton Wildflower Exhibition



MORE than 350 specimens of wildflowers will be on display at the Wildflower Exhibition in Busselton.

Featured displays include sales and advice from-Geographe Community Landcare Nursery, Native Gardening for Wildlife, the Busselton Camera Club and Native Animal Care.

Also available at the exhibition will be crafts, cakes, jams and produce as well as light refreshments.

The exhibition will be held on Thursday 28 and Friday 29 September from 9am to 5pm at the Uniting Church Hall at 47 Kent Street in Busselton.

Cost adults \$10, pensioners \$6 and children free. Call Linda Stephenson for more information on 9752 3304.

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Margaret River Gourmet Escape celebrates 50 years of wine



Audi Gourmet Beach Barbecue Margaret River Gourmet Escape

MARGARET River Gourmet Escape presented by Audi will return this November with an extra day added to the program to celebrate the famed wine region's 50th anniversary.

The event will also showcase an appetising line-up of new events and talent, including home-grown culinary royalty, Curtis Stone, Luke Nguyen Shane Delia and Dan Hong.

Taking place from 16-19 November, the four-day food, produce and wine extravaganza will put the unparalleled bounties of

Margaret River front and centre, with a record number of events taking place among the extraordinary beauty of the south west.

Paying homage to the region's 50th anniversary of commercial wine production, world renowned wine critic Jancis Robinson, OBE, MW (UK) will be in attendance at many events across the weekend.

The festival will exhibit a selection of key wine events including the Cape Mentelle International Cabernet Tasting and Long Lunch; the Cullen

Wines 32nd International Chardonnay Tasting; and fringe events including the '50 Years in the Making' Tasting at Vasse Felix and the Leeuwin Art Series Dinner.

Curtis Stone will join more than 50 of the world's leading food and wine personalities, including chefs from the world's best restaurants.

Together they will collaborate with the country's best as they showcase the region's exceptional food and wine.

This year will also see the addition of new and exciting events including Curtis Stone officially opening the festival at the additional Audi Gourmet Beach Barbecue session on Thursday evening; The Great Soiree at Fraser Gallop Estate; The High Life with Paul Iskov (a helicopter lunch); and the launch of the official closing party at White Elephant Café.

Visitors can expect some extraordinary dining collaborations; Fermoy Estate will host a dinner featuring Clayton Wells with Mejakawi (Bali); and Alex Atala (Brazil) joins forces with Porteno (Sydney) at Larry Cherubino.

The festival also welcomes new venues and wineries for the first time including the newly opened Amelia Park Winery Restaurant; and Arimia Estate – who will take part in the festival to

showcase their wines.

The heartbeat of the festival, the Gourmet Village, will have a fresh feel this year with the main stage hosted by multitalented comedian, actor/presenter and musician Matt Okine, plus music programming throughout the day including a secret closing act on Sunday evening.

New attractions include The Lurpak Cookery School and a 'Giniversity' along with returning favourites such as Wusthof Knife Skilery, Around the Barrel, Icon Tastings and Battle of the Breweries.

Also making its debut this year is The World's Best Chef's Table an exclusive and very intimate, once in a lifetime restaurant experience nestled in the heart of the Gourmet Village. Guests can pull up a stool and savour a glass of the region's best wine alongside some of the world's most coveted chefs from the top 50 list as they create a dish showcasing incredible WA produce.

Once the masterpiece is complete, the lucky group will enjoy the meal alongside their culinary idols.

Tickets are strictly limited and expected to sell out quickly. Don't miss a chance to escape to Margaret River from 16-19 November.

Tickets available through Ticketek from www.ticketek.com.au/gourmetescape

WIN WIN WIN

To be in the draw to win one of ten double passes to the Gourmet Village at Gourmet Escape simply email win@havegonews.com.au with Gourmet in the subject line or write to Gourmet Escape – C/- Have a Go News – PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 15/10/17.

WILDFLOWER EXHIBITION

Thurs 28 & Fri 29 Sept, 9am-5pm
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Find wildflowers, pioneer heritage and wide open spaces in the Shire of Wickepin

SHIRE of Wickepin is well-equipped for travellers passing through with caravan parks, RV stopovers and accommodation available in the tiny tidy towns of Wickepin, Yealering and Harrismith.

These towns provide the perfect spot for wildflower

viewing, walk-trails, lakes, birdlife and wide open spaces including barbecues and dump-point facilities.

Wickepin is home to Albert Facey's Homestead. His bestselling autobiography *A Fortunate Life* is loved worldwide. Despite

enduring hardships, which we can barely imagine today and personal trials from a very early age, Facey always saw his life as a fortunate one.

Pop into his home and see for yourself the way our early settlers lived. While there hop across the railway line and discover an easy access walk-trail along Yarling Brook to discover the heritage buildings and a surprise sculpture (or 20) along the way. Spot the empty nest anyone? Skulking gnomes are hiding in the town.

A place of water and trees, Yealering is the only country town in Western Australia with a lake within the town boundary. The beautiful lake is the headwater of the Avon River and is home to black swans and a variety of

birdlife and wildflowers during the season. The lake is full to bursting after winter rains and it makes a great camping and picnic spot.

Harrismith is internationally recognised for the wide variety of wildflowers that grow in the area including: orchids, Verticordias, Grevilleas and Banksias. A well-defined walk-trail with informative signage surrounds the town and showcases the magnificent display of wildflowers. Birdsong will keep you company the whole way round. Keep a look out for the fauna, too.

For more information on accommodations contact the Wickepin Caravan Park on 9888 1089, Yealering Caravan Park on 0428 787426 or Harrismith Caravan Park on 9883 1010.

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Faber Vineyard in the Swan Valley celebrates 20 years



JOHN Griffiths and Jane Micallef have had a 20-year love affair with the Swan Valley. In 1997 they borrowed everything to establish their Faber Vineyard in the Valley.

It's been damned hard work for the husband and wife team, but through their journey they have grown to love the culture of the wine growing region and have contributed to the evolution that has seen it become a highly regarded wine region.

John was a highly respected winemaker at Houghton Wines when he and Jane took a huge gamble on the Swan Valley at a time when the region's wines were not so well regarded.

The winemaking was a bit old fashioned in the Valley at the time, with hot sheds and old equipment, but the 1990s saw modernisation and there was an explosion of new wineries.

To celebrate Faber Vineyard's 20th birthday, a celebration will be held from 11am to 5pm on Sunday, 24 September and Monday, 25 September over the Queen's Birthday long weekend.

A large range of wines will be available for free tasting all day and wines will be available for sale by the glass. Food will be available from 11am to 4pm.

As well as live music there will be vineyard walkabouts and master classes throughout the day (voucher required).

Vineyard walkabouts from 11.30am and again from 3pm; a Swan Valley master class from 12.30pm to 1.45pm, an Aged Shiraz master class, from 2pm to 2.45pm; and a unique Muscat barrel tasting from 12.30pm to 1.30pm.

Food stalls on both days will feature home made soups; barbecue prawns, Greek lamb and spicy chicken skewers; locally made kransky's, Italian and British pork gourmet sausages; and couscous and roast pumpkin and green leaf salads.

The \$65 per head entry fee includes two bottles of current release Faber wine, plus six vouchers for tastings of reserve wines, meals or master classes and special tutored tastings.

Extra vouchers can be purchased on site.

Prizes, giveaways and special wine offers will be available on each day with all wines available for purchase.

Buy tickets to the event at www.ticketabo.com.au/faberbirthday

WIN WIN WIN

To be in the draw to win one of three double passes to either Sunday 24 September or Monday 25 September celebrations at Faber simply send an email to win@haveagonews.com.au with Faber in the subject or call the office during business hours on 9227 8283. Competition closes 20/9/17.

Outdoors October - outdoor recreation in the Peel Region



OUTDOORS October is an annual state-wide initiative of Outdoors WA to engage people in the benefits of outdoor recreation. An active community with people using their local parks, reserves and outdoor spaces makes for a healthier, safer and better connected community.

Outdoors October is being celebrated in the Peel region. Residents and visitors are invited to take part in a calendar of outdoor recreational activities over the month of October.

Most activities are free and provide opportunities to try different types of outdoor recreation or be part of a themed outdoor event. There is something to suit all abilities, ages and fitness levels.

The Peel Region provides a diversity of public outdoor spaces both on land and water with wonderful natural, cultural and historical features. This is reflected in the program of events on offer. People will be able to enjoy walking and paddling activities including wildflower walks, themed events, games and fitness activities, festivals and fundraising events.

Local clubs, groups and agencies are hosting activities across the region in Mandurah, Pinjarra, Dwellingup, Jarrahdale, Waroona and Boddington.

More details on the Outdoor October activities in the Peel region can be found by visiting www.outdoorsoctober.com.au/events/

Whales and wildflowers make spring time an experience in Carnarvon and Coral Bay



Humpback Whale interaction with Ningaloo Reef Dive and Coral Bay Eco Tours.

Visitors can discover wildflowers on tour with Carnarvon Bus Charters and Tours. The tour visits the Kennedy Range in the Gascoyne hinterland.

Add to the experience by taking a helicopter scenic flight over the Kennedy Range National Park with Coral Coast Helicopters.

Get in touch with the girls at the Visitor Centre for a downloadable guide of the Whales and Wildflowers this season - 9941 1146.

CARNARVON and Coral Bay aren't short of extraordinary experiences.

En-route to the Ningaloo Reef on your caravanning adventure, you will find the subtropical oasis of Carnarvon and further north, the popular holiday destination of Coral Bay.

When visiting Carnarvon, people can experience the Space and Technology Museum, visit the Heritage Park at the base of the One Mile Jetty and taste some gourmet food.

Spring is the best time of the year to get in touch with mother nature, there are several tours departing from Carnarvon and Coral Bay to experience the whales and wildflowers.

From Carnarvon, jump on board with Coral Coast Helicopters for WA's first Heli-Whale Watching experience off the Carnarvon coastline.

In Coral Bay, people can experience WA's first ever in-water

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DAY 1 & 2 ✈ IFM / B / D **PERTH TO AUCKLAND**

Relax and enjoy your home pick-up and return by a private vehicle. Transfer to the airport to meet your fellow travellers and board your overnight flight to Auckland. Upon arrival, you'll be transferred to the hotel where early check-in and breakfast has been included. The day is at your leisure until the evening where you will meet up and enjoy dinner with your Tour Manager. **Hotel:** Grand Millennium Hotel Auckland for 1 night

DAY 3 B / D

AUCKLAND TO BAY OF ISLANDS
Depart Auckland and travel to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Enjoy a visit and informative talk at the Kauri Museum in Matakoho, then travel via Whangarei to Paihia, situated in the heart of the beautiful Bay of Islands. Enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British. **Hotel:** Scenic Hotel Bay of Islands for 2 nights

DAY 4 B **BAY OF ISLANDS**

Today is a free day. Choose from the many optional activities available, including the Cape Reinga coach trip via Ninety Mile Beach or a spectacular scenic flight. This evening is also free and you may like to enjoy a relaxing dinner cruise (optional*).

DAY 5 B / D

BAY OF ISLANDS TO AUCKLAND
This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins before returning to Paihia. Travel south via Whangarei to Auckland's north shore, where you will see stunning views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf. **Hotel:** Spencer on Byron for 1 night

DAY 6 B / L

AUCKLAND TO ROTORUA
This morning enjoy a city sights tour of Auckland before travelling to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored

vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook and travel through magnificent countryside of rolling hills and green pastures famous for dairying. Continue to Rotorua to visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout. **Hotel:** Sudima Hotel Lake Rotorua for 2 nights

DAY 7 B / D **ROTORUA**

Today begins with a Gondola ride and breakfast at Skyline Rotorua. Next stop is at the Agrodome for an action packed hour of farming entertainment and education. Enjoy some free time before travelling to Te Puia to see the boiling mud pools and Geysers that Rotorua is famous for. This evening experience an entertaining Maori Hangi and Concert.

DAY 8 B / D

ROTORUA TO WELLINGTON
Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and then continue south to the capital city of Wellington. **Hotel:** James Cook Hotel Grand Chancellor for 2 nights

DAY 9 B **WELLINGTON**

A highlight this morning will be time to explore Te Papa, New Zealand's National Museum. Enjoy free time at leisure this afternoon and evening.

DAY 10 B / D

WELLINGTON TO BLENHEIM
This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Travel to Blenheim, the heart of wine-growing Marlborough. This afternoon a fascinating guided tour of the Omaka Aviation Heritage Centre

will transport you from WWI to WWII featuring an extensive collection of aircraft belonging to Sir Peter Jackson. **Hotel:** Scenic Hotel Marlborough or Chateau Marlborough for 1 night

DAY 11 B / D

BLENHEIM TO CHRISTCHURCH
Today's travel takes you through the alpine village of St Arnaud, the enchanting beech Maruia Forest and the Lewis Pass. Continue south to the Garden City of Christchurch for an informative city tour. **Hotel:** Quality Hotel Elms for 1 night

DAY 12 B / D

CHRISTCHURCH – ARTHURS PASS – FRANZ JOSEF
This morning board the TranzAlpine, one of the great train journeys of the world. Travel over massive viaducts, river valleys and spectacular gorges as you ascend to Arthur's Pass located in the centre of the Southern Alps. Board your coach and travel to Franz Josef. **Hotel:** Scenic Hotel Franz Josef Glacier for 1 night

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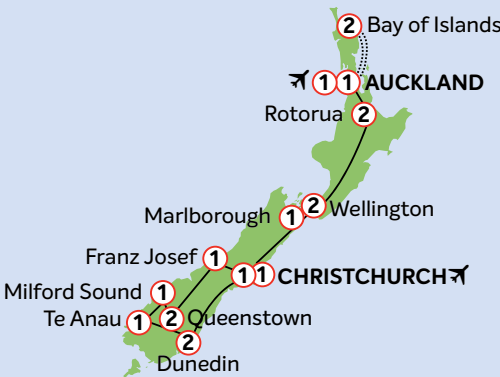
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* Prices valid ex Perth and includes prepaid taxes of \$170, correct at time of print. Prices and taxes are subject to change. Private car transfers by Hughes arranged by Kings Tours & Travel and are provided within the Perth Metropolitan area including Mandurah. Early hotel check-in and breakfast included in itinerary, subject to change due to flight schedules. Travel Insurance recommended. Jacket is one per person. Deposit amount is \$450 per person with final balance due 75 days prior to departure.



Experience the romance of rail travel, the majesty of cruising and the luxury of coach on this enthralling holiday. Visit all the 'best of' attractions of the North and South Islands and be escorted by a professional Tour Guide.

Highlights include 3 spectacular rail journeys and 5 scenic cruises, with an overnight cruise on the beautiful Milford Sound.

This tour includes 2 night stays in the Bay of Islands, Rotorua, Wellington, Queenstown and Dunedin.

DAY 13 B
FRANZ JOSEF TO QUEENSTOWN

See the snow-capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving into picturesque Queenstown.

Hotel: Mercure Queenstown Resort - Lakeview Rooms for 2 nights

DAY 14 B / D
QUEENSTOWN - FREE DAY

Today is a free day for you to explore Queenstown. Your Tour Guide and Coach Captain are available to assist with the many options available. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. Sit back, relax and enjoy a gourmet barbecue dinner which the chef will prepare in front of you at the Colonel's Homestead. After dinner enjoy a short farm tour then reboard the TSS Earnslaw for a sing along by the piano on your return cruise.

DAY 15 B / D
QUEENSTOWN - MILFORD SOUND
OVERNIGHT CRUISE

This morning travel to Arrowtown and visit the Lakes District Museum. Continue via Te Anau to

Milford Sound and board the Milford Mariner for your amazing overnight cruise. As evening falls enjoy a delicious carvery buffet prepared freshly by the on-board chef. Cruise: Milford Mariner for 1 night

DAY 16 B / D
MILFORD SOUND TO TE ANAU

Start the day with a hearty breakfast before heading back out to the Tasman Sea (weather permitting) to explore more of the fjord. This afternoon enjoy a cruise across Lake Te Anau to visit the Glow Worm Caves.

Hotel: Distinction Luxmore for 1 night

DAY 17 B / D
TE ANAU TO DUNEDIN

Travel via Gore and Balclutha to Dunedin. After time for lunch board the Silver Fern railcar for a journey along spectacular clifftops overlooking the Pacific Ocean and Blueskin Bay. On return to Dunedin's historic Edwardian Railway Station, board the coach for an informative city tour. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.

Hotel: Scenic Hotel Dunedin City for 2 nights

DAY 18 B / D
DUNEDIN

Travel along the Otago Peninsula to Larnach Castle for a guided tour. Next visit Glenfalloch Restaurant for a delightful morning tea. Return to the city for some free time. You might choose to board The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail (optional*).

DAY 19 B / D
DUNEDIN TO CHRISTCHURCH

This morning visit Olveston House, a prestigious historic home before travelling to Oamaru, famous for its limestone. This evening enjoy a farewell dinner with your new found friends. Hotel: Sudima Hotel Christchurch Airport for 1 night

DAY 20 B / IFM ✈
CHRISTCHURCH TO PERTH

Time to say goodbye. You will be transferred to the airport for your flight home after a memorable New Zealand holiday. On arrival in Perth your driver will be waiting to take you home.

Mandurah Branch

Mandurah Central Shopping Centre
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Lots to lure fishers at the Australian Tackle Show



The Rinse Kit in action

by Mike Roennfeldt

I SPENT a few days early last month at the annual Australian Tackle Show, which was held at Broadbeach on the Gold Coast. While it was nice to escape some of Perth's worst weather for the year, it was even better to get a taste of what we can expect to see on Perth tackle shop shelves over coming months.

There was the expected line-up of new rods and reels and the one that caught my eye was a very promising looking reel in the Primal series from Fin-Nor. It was an overhead and while surprisingly light for a Fin-Nor, felt solid as a rock. It featured a 7.2 to 1 ratio and would be extremely versatile for a number of medium weight boat fishing options and possibly high speed spinning from the rocks. They should be available late November at a suggested retail around \$269.

Everyone seemed to have new lures and local manufacturer Halco unveiled a couple of what looked like winners in the new Max 110 and a revamped Trembler 70 called the Trembler XS. The Max 110 is a great size and weight for trolling, casting and even jigging, it weighs around 30g and will stay in the water at an astonishing 20 knots. The Trembler XS is based on a proven performer and features lower start up speed than its predecessor and top notch Mustad forged, chemically sharpened hooks.

The lure that stole the show though was the astonishingly realistic Smash Squid from Chasebaits. It featured wings that undulated as the lure moved through the

water, 3D eyes and custom scent. At the right speed it looked like a real squid moving along and it should prove irresistible to fish such as samsons, snapper and dhuiies. At \$18.95 for a pack of three it seemed well priced.

On the gadget side of things, and I'm always a sucker for gadgets, there was the very clever Rinse Kit, which would be brilliant for hosing down sandy feet, fishing gear, surfboards, kids or even dogs before putting them back in the car after a session on the beach. Simply filled from a garden hose with a snap-on fitting, it had no moving parts and got enough pressure for a good spray of up to four minutes from the filling process. It came with a connector for filling with hot water, which could be handy for those strange people like me who enjoy an early morning cold dip in the ocean but need some instant warming up afterwards. At this stage it's only available online from www.vsport.com.au and sells for \$149.

The smorgasbord of tempting goodies at the show was overwhelming as usual and it's probably just as well for my wallet that most of them aren't available for another month or two.

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The wildflowers are looking magnificent and several tours will be visiting some of the local top spots.

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Club 55 is now taking bookings for the impressive Mandurah Christmas Lights Cruise. Book early to avoid disappointment as these tours sell out quickly.

Club 55 can assist large groups such as Probus clubs, bowling clubs and retirement villages with a choice from more than 100 specially designed outings.

All tours are done at an enjoyable leisurely pace.

There are no strangers at Club 55, just friends you are yet to meet.

Phone 1300 653 696 or visit the web page www.club55.com.au where you can view and pay for your tours online.

The Catch explores the history of fishing in Australia



EVERY Australian coastal town has a bait shop and a boat ramp and, in garages around the country, fishing rods await their next outing. Many of us have a special fishing spot and, from generation to generation, families pass on tips and exchange fishy tales of amazing catches and near misses. But the rich history of Australian fishing hasn't been told — until now.

In the new book *The Catch: The Story of Fishing in Australia* (NLA Publishing, 1 October, \$39.99), author and avid fisher Anna Clark celebrates the enduring pleasure of fishing.

Ms Clark provides a unique insight into its history, from the first known accounts of indigenous fishing and early European encounters with Australia's waters, to the latest fishing trends; from the introduction of trout and fly-fishing to the challenges of balancing needs of commercial and recreational fishers. As the only illustrated general history of Australian fishing, *The Catch* provides a captivating insight into the history of one of Australia's favourite pastimes.

WIN WIN WIN

To be in the draw to win a copy of *The Catch* simply send an email to win@haveagonews.com.au or send an envelope to *The Catch* - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 30/9/17.

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Enjoy spring in Waroona where the wildflowers promise a spectacular show



to drop into Drakesbrook Antiques and Collectables, another favourite with visitors.

If its events you're after then Sunday 24 September will see Waroona again host the south west's biggest vintage machinery rally. See stationary engines, vintage cars, tractors, motorbikes, trucks, tools, toys and more. There'll also be special interest, craft and food stalls plus free entertainment for the kids.

Two weeks later, on Saturday 7 October is the Waroona Agricultural Show. Share in the fun and excitement of sideshow alley, with displays, exhibits, stalls, animals, log chopping, entertainment and so much more. A band in the evening is followed by fireworks at 8pm with sideshow alley open until 9pm.

For those who love monthly markets you can't go past the Really Really Free Markets where everything is... really, really free. Third Saturday 1-3pm. The Lions Club Markets are held first Sunday 8am-12pm.

Pop these events on your calendar and make a date with family and friends to get away from it all for a relaxed country experience.

Find out about Waroona's November events, Sea to Art exhibition and Yarn Bomb Waroona, in next month's issue.

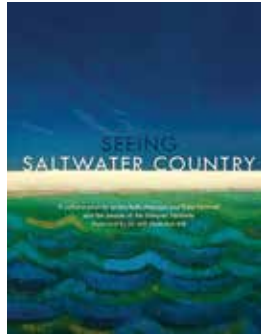
Info: Waroona Visitor Centre 9733 1506 or visitorcentre@waroona.wa.gov.au

TRAVEL less and holiday more when you head to Waroona on the scenic South West Highway just over an hour south of Perth.

The wildflowers throughout the Shire are already promising a spectacular show – nature's rejuvenation after the devastating bush fires of 2015 and 2016.

First stop at Waroona Visitor Centre for local information and maps. The Centre is home to a gallery with a beautiful display of local art and craft and you can meet Mooriel, Waroona's resident fashion cow. While in town make sure

Seeing Saltwater Country - meet the people in the remote communities of the Dampier Peninsula



SEEING Saltwater Country is a superbly presented book which is the result of a unique collaboration by artists Sally Mayman and Dale Kentwell with the people of the Dampier Peninsula.

The authors have pledged to donate their royalties from sales of the book to the Dampier Peninsula communities to support further arts initiatives.

Sally Mayman has been a photographer since the 1980s, working professionally in London and Australia. She has specialised in photographing people and landscapes. Dale Kentwell has been a practising artist since the 1980s and works across different media. She has studied bush regeneration and bush land management and continues to work in this field. The book depicts remote community life and what that means to the people living in the area and celebrates the beauty of a place unlike any other.

The Dampier Penin-

sula is often in the news: most recently for the discovery of the world's biggest dinosaur footprint in a region now recognised as one of the richest and most diverse for dinosaur tracks. Previously the Dampier Peninsula was associated with the local communities' successful fight to save the area from becoming the site of a natural gas plant.

This book will appeal to people interested in art and photography and to those wanting to learn more about Aboriginal cultures and communities. It will also appeal to tourists visiting Australia's popular Kimberley region. It is a stunning collaboration which celebrates the heritage of the area.

The book is published by Fremantle Press and sells for \$45.

WIN WIN WIN

To be in the draw to win a copy of *Seeing Saltwater Country* simply email win@seeing-saltwater.com.au

haveagoneews.com.au with Saltwater in the subject line or send an envelope to Saltwater Competition - C/- Have a Go News - PO Box

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In full bloom... discover the Bloom Festival in the Great Southern

HIDDEN Treasures of the Great Southern 2017 Bloom Festival, presented by Act-Belong-Commit, could be just the excuse you need to take advantage of the warmer weather to explore the many blooming events this festival has to offer.

Running from 15 September to 15 October, some 80 events will be held at various times throughout the Hidden Treasure shires of Broomehill-Tambellup, Cranbrook, Gnowangerup, Jerramungup, Katanning, Kent, Kojonup, Plantagenet and Woodanilling.

This is wildflower season and Bloom Festival celebrates scenic drives through the spectacular and unique landscapes where wildflower walks, open gardens, long lunches and plenty more events are arranged for people to enjoy.

The Bloom program describes the events and locations in greater detail. You can take guided walks with flora and fauna experts, hunt for orchids, sample regional food, enjoy exhibitions, take a train ride or strike out on your own through a variety of unique environments – there is something for everyone.

Join them on 16 September in Katanning when the festival is officially opened at Flowers Feathers Family Fun Fair.

There will be loads of entertainment and fun activities, delicious food and drink, guest speakers, displays, local markets and a chook auction.

Take advantage of all that spring and the Bloom Festival 2017 has to offer and enjoy the special

nature of the Hidden Treasures on our doorstep.

You'll be glad you came.

For a copy of the Bloom Festival program contact bloom@hiddentreasures.com.au, or visit the website www.hiddentreasures.com.au/bloom or pick up a hard copy from your nearest visitor centre, CRC or shire office.

The 2017 Bloom Festival is proudly supported

by the State Government through the Great Southern Development Commission and Tourism WA's Regional Events Scheme, Lotterywest, Healthway and the Road Safety Commission, with sponsorship from CBH, Southern Ports, Regional Development Australia Great Southern and the media sponsors Great Southern Weekender, GWN7 and Triple M.

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BUNBURY Geographe IN BLOOM

Your wildflower adventure awaits in the Bunbury Geographe region. With several floral hot spots in the area, you could witness the natural beauty of this seasonal event.

From the wide variety of native orchids to the familiar kangaroo paws and wattles you can enjoy the colourful spectacle which is **Bunbury Geographe In Bloom**.

VISIT THE **BUNBURY VISITOR CENTRE** FOR FURTHER INFORMATION INCLUDING MAPS AND SPECIES IN BLOOM

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Sunday: 10am – 2pm
Public Holidays: 10am – 2pm



#BunburyGeographeInBloom



Winging it - Maude is full throttle taking over the skies of the north west



Maude at Cable Beach, keeping her feet on the ground

by Lee Tate

MIXING her life's great passion of flying with

mountainous business challenges, Maude Telfer goes at it the only way she knows - full-throttle.

The 60-year-old's drive and determination has put her at the pinnacle of scenic aviation in the north-west.

Maude is the matriarch of her Broome-based flying realm, King Leopold Air, with a fleet of 12 planes and 16 pilots whom she hand-picks and professionally polishes for the unique tasks required in remote-area flying.

Winging over some of the world's most spectacular sea and landscapes, pilots touch-down at remote, dusty red-earth air strips to pluck Aboriginal children and ferry them into Broome to catch jets to Perth in time for each school term. And then deliver them safely home for school holidays.

The pilots will also steer sightseers over the ocean, spotting whales, dolphins, dugongs and sharks and dive down deep into gorgeous red-dirt gorges, plus provide passengers with brilliant views of internationally-famous ocean horizontal

falls, created by some of the world's biggest king tides.

All of these pilots come under the experienced wing of Maude with her 40-year love of light-plane flying.

But as managing director of King Leopold Air (named after the district's King Leopold Ranges), Maude's duties these days are mostly managing: employing, fine-tuning and rostering young graduate pilots, overseeing the plane fleet and dealing with suppliers, corporate clients, tourists, authorities and bureaucracy.

At her side is hubby Phil, a pilot and aircraft engineer, formerly employed by Skywest until, in 1999, the couple took over tiny King Leopold Air with its two planes.

It was done on a wing and a prayer, an opportunity they seized when the fledgling flying firm came up for sale. Just as the world was entering economic turbulence.

And the Sydney Olym-

pics sucked tourists, business and good working people away from Broome. But Maude and Phil were committed. Maude worked as a cleaner all over town - at the school, the bank and the police station - to help fund their growing fleet of planes.

"We began business on April Fool's Day," laughs Maude who, working seven-days-a-week, has taken rare time away from her Broome airport office to talk to *Have a Go News*.

Sipping tea at Cable Beach, Maude tells me she was practically coerced into flying by an aviation-loving ice cream vendor who convinced her to take flying lessons.

"I love the freedom of flying, looking down on what nature has created by the water and on land. It's such a big country," she said.

Northam-born, Maude moved around Australia with her family and later with Phil. They have been participants in air shows across the country and attended big air shows in the US.

Building their business, Maude kept up her flying as much as she could and, the only local woman airline owner/operator, has been in the thick of it, riding the ups-and-downs of the fickle tourism market and confronting business competition.

"When we were first in Broome in 1991, there were 7,000 residents. This grew to 33,000 people and 55,000 in the tourist peak," Maude said. The business soared.

Maude's commitment

has been to mould young city pilots for flying in the unpredictable, challenging and exotic north-west.

Maude says many holidaying passengers will be first-time flyers. Pilots collecting them in this casual, holiday atmosphere are in a position to break the ice, calm nerves, explain what's ahead in the flight and invite questions.

In the air, the pilots keep in-touch through headphones and ask passengers to let them know if there's something of special interest worthy of a second look, perhaps a pod of whales, a mob of roos or a fascinating landmark.

Maude says pilots in Broome need to know about wildlife hazards and extreme weather, taking part in strapping down planes on the tarmac for high winds and cyclones.

Aircraft including big commercial jets, Maude's fleet of Cessnas and helicopters are common sights and sounds over Broome.

"The airport is so close to town, people can walk in for food and drink. It's also probably the world's safest airport. Planes take-off and land over water," she said.

Broome has deep aviation links. Two legends, pioneering aviator Horrie Miller and Robyn 'Sugar Bird Lady' Miller, are buried there.

Maude, who prefers air travel to being on the road, has another passion: ship cruising. It is a love of Maude's who's been on 19 sea

voyages. But it's not for Phil.

With Phil, Maude hopes to do a series of farm-stays across Australia. By light plane, of course. And she yearns to get to Antarctica.

But Maude loves her own backyard. She knows King Sound, Dampier Peninsula, Buccaneer Archipelago, Cape Leveque, Cable Beach, Cygnet Bay, Bungle Bungle and Geikie Gorge like the back of her hand.

Maude's full-bottle local knowledge is passed to her pilots who pass it to their passengers who spread around the world the glories of the north-west.

Maude, a founder of Broome Flying Club and Aussie flag-bearer at an international tourism convention in Monaco, takes all the challenges through her eventful life in her stride.

A pocket-rocket of confidence, Maude always has her eyes on new horizons. She confides that she and Phil might test the waters on the other side of Australia, in retirement. They have bought a Queensland coastal property.

"If we moved, we'd take a plane and we'd always be coming back to WA," Maude says.

And with their daughter, Dimiti, 31, as marketing manager in their King Leopold Air office, perhaps there's another Broome aviation matriarch waiting in the wings?

"Not likely," says Maude.

"Dimiti gets air sick".

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There are very few places in the world where you can step aboard an authentic, replica sailing ship, transition back 400 years in time, and then set sail before a freshening sea-breeze for a delightful twilight sail along a calm water-way such as the Swan River.

For a moment put yourself in the picture as the sun begins to set over the western horizon, the last

rays of sunlight providing a spectacular backdrop for your photos. And then there are the city lights of Perth... twinkling in the distance, what a beautiful sight.

This is one of those once-in-a-lifetime experiences... one you just can't put off for another year... so step aboard *Duyfken* for a sailing experience to remember.

These make ideal Christmas presents and *Have a Go News* readers receive 10 per cent off the price of booking. Tickets are available from www.duyfken.com/sailing

Got a seniors group you'd like to take sailing? *Duyfken* has a special package for groups of 18. For more details send an email to Pic Lee at administration@duyfken.com

Finish the year with cherries, Christmas and New Year Holidays with Villa

VILLA Carlotta Travel has a fantastic range of holidays to help you finish off your 2017.

In November, Villa will be heading north to Geraldton for the moving 76th anniversary of the *HMAS Sydney* naval tragedy. The service will be held at the *HMAS Sydney* Memorial site and will include a wreath laying ceremony. This tour also includes some wonderful opportunities to discover the mid-west including Chapman Valley, historic Northampton and of course, Geraldton. This five-day tour departs 17 November.

In December, join Villa for a wonderful cherry tour. Choose from a three or five-day holiday staying at the delightful Abbey Beach Resort in Busselton or the Best Western in Bridgetown. Highlights of these holidays include Margaret River, Blackwood Valley and Dunsborough. The three-day Cherry Time Getaway departs 4 December, the five-day Manjimup Cherry Harmony Festival tour departs 7 December, and the five-day South West Cherry Time holiday

departs 11 December. There is also a dedicated solo traveller departure available, Villa's solo Just for Singles Cherry Time Getaway leaves on 13 December. Don't forget to collect your 1kg of premium cherries.

Villa has your Christmas and New Year covered. Choose from a short Christmas break to Bridgetown, Esperance or Albany or why not travel further afield and head to beautiful Hahndorf for a bit of pre-Christmas spirit, spend nine days in historic Hobart to enjoy Christmas day at Port Arthur or enjoy Christmas in the magnificent Blue Mountains?

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overseas and have a very special Christmas on Norfolk Island or enjoy business class on wheels in spectacular New Zealand.

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Lendlease Spring Retirement Festival - a celebration of life, joy and getting older



Much loved gardener Costa Georgiadis

BIG names in entertainment will draw even bigger crowds at Lendlease retirement villages across Australia this spring, as some of the country's most celebrated performers gear up for live acts, classes, workshops and more.

Headline acts include versatile performers Melinda Schneider and the Andrew Sisters, much loved gardener Costa Georgiadis, River Cottage's Paul West and the artistic talents of Mick Devine and Steve Browne.

Tony Randello, managing director of Lendlease Retirement Living said that Lendlease retirement villages are full of vibrant people who know that age has nothing to do with having fun or getting the most out of life.

"It's the perfect place to host an event that celebrates life, celebrates joy and celebrates getting older with all the vibrancy you can muster."

It's also the perfect opportunity to meet new people and have a laugh – whether or not you're already a resident.

"The Spring Retirement Festival is a celebration of everything you live for now. It's the joy of getting older, remaining vital and having the perspective to appreciate it all," said Tony.

Following three highly successful years with booked-out events in Queensland, this is the first year that Lendlease Retirement Living has expanded the festival nationally, with 58 events planned at its network of villages across the country.

All events are for those aged 55 and over and are free.

The festival kicks off on Wednesday, 13 September in Western Australia with TV's *River Cottage*

Australia host and trained chef Paul West, who'll be sharing his passion for real food, community, regional living and sustainable agriculture in a fun and inspiring cooking demonstration.

One of Australia's most versatile performers, Melinda Schneider is another headline act with her must-see musical tribute to Doris Day – a result of Melinda's lifelong passion for the Hollywood legend. Fans at Parkland Villas Mandurah can expect all the favourites, from *Que Sera Sera* to *It's Magic* in a morning to remember.

Landscape architect and host of *Gardening Australia* – Costa Georgiadis – will be sure to delight with his all-consuming passion for plants and people – he knows how to bring out the best in both. Costa believes in embracing and celebrating mother nature's cycles and seasons and nurturing her balance, beauty and bounty organically. His holistic approach is all about gardening the soil and the soul.

And for those with an urge to lift their voices and sing oi oi oi! Perth's premier mariachi band, *Muchos Mariachi* offers the flair and fiesta of Mexico – this is mariachi with an Australian twist. The three amigos will recreate the atmosphere of a hot night in a Mexican cantina, performing a selection of traditional mariachi melodies with a few more contemporary tunes tossed in for fun and delicious tapas at Parkland Villas Woodlands.

With nine events at Lendlease retirement villages throughout Western Australia, there is sure to be something for you to enjoy.

Bookings are essential and can be made by going online – visit springretirementfestival.com.au or

by calling the Spring Retirement Festival hotline 1800 550 550.

List of events in WA:

Lakeside Village

14 Lewington Gardens, Bibra Lake
Wednesday, 13 September
1pm - 3pm

Meet Paul West from *River Cottage Australia*.

Homestay Village

267 Wharf Street, Queens Park
Friday, 15 September
2pm - 4pm

Enjoy an art workshop and afternoon tea with Mick Devine Caricatures and Steve Brown.

Harbourside Village

Mindarie
7 Honiara Way, Mindarie
Saturday, 16 September
2pm - 4pm

Performance by *The Merindas* – highly regarded Aboriginal contemporary soul duo.

The Pines

21 Ponte Vecchio Boulevard Ellenbrook
Saturday, 16 September
10am - 12pm

Dusty and Friends Tribute Show by Jaye Yates.

Woodstock West

146 Strickland Street, Bunbury
Saturday, 16 September
10am - 12pm
Nigel the Entertainer – comedy and magic show.

Parkland Villas

Booragoon

510 Marmion Street, Booragoon
Saturday, 16 September
10am - 12pm
Relive the *Andrew Sisters* hits with this three-piece vocal group.

Parkland Villas

Woodlands

52-54 Liege Street, Woodlands
Friday, 22 September
4pm - 6pm
Twilight tours and Tapas with the *Muchos Mariachi Band*.

Parkland Villas

Ellenbrook

25 The Parkway, Ellenbrook
Tuesday, 26 September
10am - 12pm
Gardening tips from 'soil to soul' with Costa Georgiadis from *Gardening Australia*.

Parkland Villas

Mandurah

2 Hungerford Ave, Halls Head
Friday, 29 September
10am - 12pm
Six times Golden Guitar country music artist Melinda Schneider performs *Melinda does Doris: A Tribute to Doris Day Show*.

Own a little piece of Perth's history in the centre of the city

CONCERTO Apartments by Finbar Group is one of Perth's newest and most impressive apartment developments. Soaring to an extraordinary 38 storeys, Concerto is now Perth's tallest residential apartment tower. However it's the history of Concerto that makes this development really special, reflected in the grand piano in the very grand lobby.

Having risen from the iconic site of the former ABC Sound Broadcasting and Television Studios, the development combines both a fascinating history with cutting-edge architecture to form an extraordinary development in an enviable location.

The former ABC Studios started construction in 1958 and opened in 1960. At this time it was Australia's first complete broadcasting complex for radio, television and sound recording on the one site. Over the years

the venue has played host to some of the world's leading performers including Nina Simone and Placido Domingo as well as being the home of favourite ABC shows with identities such as Verity James and Peter Holland.

An interesting historical feature is the ceramic mural located adjacent to Concerto's entranceway that was originally produced to commemorate the opening of the ABC studios. The artwork was crafted by the renowned WA artist, the late Robert Juniper, and was recently fittingly restored by his son Ben Juniper, also a well-known artist.

The Concerto development fuses history and innovation with two distinctly different, yet linked buildings, Concerto Heritage and Concerto Tower, coming together with a seamless result.

The five-level Concerto Heritage building, which previously

housed the ABC's administration wing, is now home to 17 New York style studios and one and two bedroom apartments. The original architectural style of this building has been retained as a leading example of 'post-war international' style, popular in the 1940s to the 1960s.

Contrastingly, the Concerto Tower building epitomises the latest contemporary architectural style, comprising 207 two and three bedroom apartments and two penthouses.

With a full range of amenities, Concerto offers not just a new home but a new lifestyle reflected in the private dining room that seats 14 in a grand banquet style.

Concerto has limited apartments still available. For more information, contact Neil Kay on 0439 687 688 or Ian Tan-Kang on 0488 833 333, or visit the display apartments every Saturday and Sunday from 11am to 1pm.

A bidet solves problems for arthritis sufferers

BIDET Shop customer Mabel suffers with arthritis and a painful back condition but has found a bidet has made the everyday task much simpler.

"It's marvellous! I've always wanted a paperless bidet in my bathroom and I wish I had found it years ago!" Mabel said.

"The bidet simply replaced the existing toilet seat and automatically cleans without toilet paper.

"The friendly staff explained that the bidet toilet seat has many health benefits as well as the comfort factors of a heated seat and other features," she said.

The bidet can be used in two simple steps. Press the bottom/feminine wash button and the bidet provides a stream of warm water to clean thoroughly.

Then with just the push of another button, warm air gently dries without the need for toilet paper.

Mabel said that although The Bidet Shop offered to send out a brochure pack, she decided to order a bidet straight away. It arrived a few days later.

"It is the best investment I have made in my personal health and hygiene in years and I no longer find going to the toilet an issue".

"Give it a go," She says. "I did and I couldn't be happier".

For more information or to purchase call The Bidet Shop on 08 6315 4252.

Have a Go News' readers may qualify to have their Bidet fully funded call The Bidet Shop to ask how.

Akora: Award-winning Retirement Apartments



The best move you'll ever make

SwanCare's Akora Apartments have been named best seniors/aged persons multi-unit development at the annual Master Builders Association of WA Awards 2017.

The award recognises the innovative features built into Akora Apartments by BGC Contracting including internal communal spaces, energy efficiency, building adaptability, a rooftop terrace, generous living spaces, an engaging piazza and a ground floor café.

Over two-thirds sold! Call SwanCare on 6250 0016.
akoraapartments.com.au



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THE GREEN
A FAIRWAY VILLAGE



LEASE FOR LIFE IS OUT THE WINDOW AT THE GREEN

The Green, the latest Fairways Village, is based on the super-successful College Park model which provides a real alternative to the almost-universal Lease for Life model that dominates the retirement village industry. At The Green – like College Park in Darch - residents have the titles to their home in their own name. Lease for Life is out the window and residents can make their own arrangements about selling their homes when and through whom they choose.

They keep all the proceeds when they decide to sell and there's no requirement to pay Deferred Management Fees, Sinking Fund contributions, Termination Fees – or any of the myriad of other charges that so often come with the Lease for Life system. Residents at The Green will benefit from all the advantages that come from home ownership and increasing choice in a competitive industry where the Lease for Life system does not suit everybody.

Choice and Security

At Fairway Villages we set out to design and develop villages for Over-55's that would give residents an enjoyable, secure, worry free lifestyle.

- ✓ The security of owning your own home – with the title in your name.
- ✓ The security of being free from the shackles of Lifetime Leases, Deferred Management Payments and unreasonable Sinking Funds.
- ✓ The choice to enjoy the extensive community facilities on offer.
- ✓ The choice to have the grandchildren stay for the weekend.
- ✓ The security to lock and leave as you please.
- ✓ The security of a community of friends and neighbours.
- ✓ The choice to keep the companionship of pets.
- ✓ The choice to socialise through community activities. Or simply enjoy quiet times with a few friends.

Fairway Villages provides security for your future with a master-planned community built to a newer and higher standard than ever before, for you to enjoy the lifestyle of your choice.

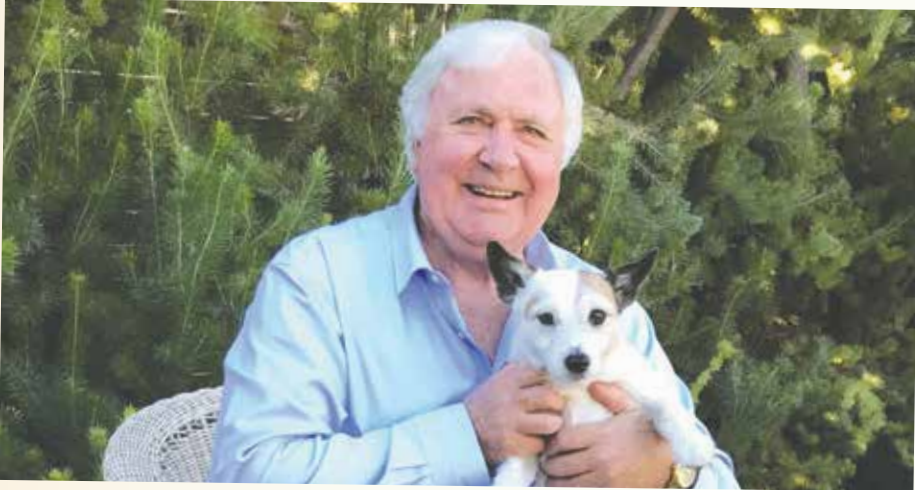
REGISTER YOUR INTEREST TO LIVE AT THE GREEN A FAIRWAY VILLAGE

To learn more about **The Green** or to Register Your Interest please visit fairwaythegreen.com.au



1300 499 435 fairwaythegreen.com.au Clubhouse Lane, Gnangara WA 6077

“Fairway Villages set the standard,” says Bob Maumill



I’ve always been a touch apprehensive about endorsing and advertising for developers. Often their performance fails to match the promise and I don’t like that. Before I agreed to join the team at Fairway Villages I needed to know if the company behind The Green had a track record in delivering what they promised.

The College Park Model

With that in mind I walked through College Park. What I saw was impressive, people were enjoying a lifestyle free of the restrictions and encumbrances of some other retirement villages. But I wasn’t convinced. There had to be a catch. So, I prepared a check list of

the things I would want if I opted for a retirement village lifestyle.

Reaching our senior years and moving to a secure community in beautiful surroundings with first class facilities sounds good, but it should not mean losing freedom and independence. And it should

not mean leaving behind your pets.

Pets

So that was my first question. “Are pets allowed?” Answer, “**YES**”. Next question “Can grandchildren visit” Answer, “**YES**”. So far so good, “What about those people who like to travel, is there room for their caravan?” Answer: “There’s generous provision for caravans – there will be a dedicated area open to residents”.

That all sounded good, but do residents of Fairway Villages get a title deed in their name? Answer “**YES**”. OK, someone buys in, and for reasons unforeseen they have to sell, can they set their price and choose their agent? Answer “**YES**”.

No Hidden Costs

If a resident sells do they have to pay opt out fees? Answer, “**NO**”. And there are NO Deferred Management Fees; NO Sinking Fund payments and NO Termination Fees!

Can a resident bequeath the asset to a family member or friend? Answer “**YES**”.

So, residents make all the decisions about buying and selling their Fairway Village asset? Answer “**YES**”.

Location

I was running out of questions, so I asked to see the site where the next Fairway Village, The Green, will be built. If you are a golfer or simply like socialising in a convivial club atmosphere and want somewhere very pleasant to live, you will love this.

The village will be built on land within the magnificent precincts of the Lakelands Country Club and golf course.

Do The Green residents get access to the Country Club and golf course? Answer, “Better than that, purchasers will receive one senior and one junior five-year membership”.

At that point, I had exhausted my list of questions. I’m sure there are lots more that prospective buyers will have, and, as always, when making a major investment I recommend people do their own research before making a commitment.

But from what I have seen and learned, Fairway Villages is setting a new standard in retirement villages, giving you the choice and security to live your life your way.

Bob Maumill

EMMA AND HER LEASE FOR LIFE CASE STUDY CATHERINE AT THE GREEN



EMMA, an active 65-year-old, purchased a new home at Gildarrup Lifestyle Village for Over-55's. Emma leased (bought) her home from the Developer for \$500,000. Emma signed a Lease for Life Contract with the Developer to pay a weekly Management Fee of \$85 - \$135 and moved into the existing home where she enjoyed 15 years of companionship and security living in the village.

When Emma turned 80, she decided to move into an aged-care facility. The Developer arranged to sell Emma's home which she was informed had increased in value and accepted an offer for \$900,000. After selling fees, Emma received \$880,000.

Under the terms of the Lease for Life Contract, Emma paid a large

percentage of the sales proceeds in Deferred Management Fees plus Sinking Funds, Termination Fees and other costs. Emma was left with \$630,000 having paid \$250,000 back to the village, which is only 26% more than the \$500,000 purchase price after 15 years.

EMMA		CATHERINE
\$500,000	BOUGHT	\$500,000
\$900,000	SOLD	\$900,000
\$630,000	PROFIT	\$880,000
+\$130K	COMPARISON	+\$380K
-	ADVANTAGE	+\$250K

CATHERINE, an active 65-year-old, purchased a new home at The Green, A Fairway Village for Over-55's. Catherine bought her home from the Developer for \$500,000 and the title to the property was transferred into her name. Catherine paid a weekly Management Fee of \$85 - \$135 and moved into her brand new home where she enjoyed 15 years of companionship and security living in the village.

When Catherine turned 80, she decided to move into an aged-care facility.

Catherine and her family had the freedom to choose the sales agent and made all the arrangements to sell her home. Catherine's home had increased in value and it sold for \$900,000. After agent's fees, Catherine received \$880,000.

Because Catherine lived in a Fairway Village, she owned her own home and there were no Deferred Management Fees, Sinking Funds, Termination Fees or other costs to pay. She and her family kept the entire \$880,000. This is 76% more than the \$500,000 purchase price after 15 years.

Calculations have been independently verified.

Downsizing

ADVERTISING FEATURE



by Zofia St James

HELLO spring! I love this time of the year. The warmer weather inspires growth, motivation, movement and action. Get your pen and

paper ready, a home decorating magazine of your choice for some visuals and start your wish list today and together let's make the last months of this year count.

Over the last week the spring cleaning bug got to me and although it's definitely something to wrangle that combination of mind frame and

will power together, the result far out weighs the effort.

I love that clean slate feel. Revamp and restyling of my pantry led to other cupboards and drawers.

I found beautiful bamboo wood cutlery and storage containers at Kmart and the result makes me happy every time I fetch a spoon.

Small things like that definitely get you in the mood for fixing up things. Adding some new things makes the old seem fresh again.

Many retailers now offer linen, home wares, lighting, furniture and accessories and there is something for every budget.

High-low shopping still happens here. By that I mean you may spend a little extra on linen but buy accessories from Kmart, which offer super stylish pieces at ridiculously low prices.

With the gorgeous new colour palettes coming through I thought I would take you through some of my favourites and offer suggestions on how you could implement

these for your interiors.

The first shade I'm in love with is blush or a dusty rose. Either of these two shades work well to add softness to a room that may be overdosed on greys or charcoal.

Add a throw, a velvet cushion or two (square and oblong) to a grey sofa and a vase of banksia blooms and a print that has the colours of a sunset.

The next shade I like is kingfisher blue. This is a deep sea blue much richer and modern. This shade marries well with chocolate and earthier tones. It would be beautiful as a velvet occasional chair to add to an existing sofa setting. Add the same tone in cushions to the sofa plus one of the same colour as the sofa, then add a tall potted plant such as a fiddle fig and some extra greenery on the coffee table and kitchen area to anchor the freshness factor.

There are some beautiful botanical and floral prints around that would complete this theme.

The next colour is navy, a classic I know,

but still as fresh as ever to give a white house or apartment a run for its money.

For the all white bedding lover why not add some Sheridan 1000 thread count self striped hotel inspired sheets, some navy and white cushions and a navy cotton knit throw?

A mainly white with navy accented interior would look great with some urban inspired cement features such as lamp bases with either a black or white shades, cement look planter pots and I have seen cement bathroom accessories at Adair's.

I know I have mentioned velvet a few times but this fabric is very on trend at the moment and is especially beautiful when featuring rich jewel colours.

An alternative to this would be linen, especially lovely when using a more muted, pastel or natural colour palette. It provides a more relaxed and summery feel to a room.

With the warmer weather we will head outdoors but the interi-



Furniture and accessories all available at James Said in Nedlands

ors of your home provide you with a sense of sanctuary and space.

They're well worth the effort to make it beautiful. Happy September and happy decorating.

Zofia offers an interior style consultation for readers. She is able to assist with de-cluttering, restyling, choosing what

pieces of furniture to take and of course personal styling. She offers a special rate for Have a Go News' readers and she knows how to style on a budget.

For those who would like to contact Zofia call her on 0406 336 607 or email zofia.stjames@hotmail.com

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Downsizing

ADVERTISING FEATURE



Happy times can be found at Kingsley Retirement Village

KINGSLEY Retirement Village offers residents a relaxed lifestyle in the prestigious suburb of Kingsley.

The design of the village is a series of exclusive cul de sacs with individual features and landscaped gardens.

The village has 63 villas within the complex and all are two bedroom and one bathroom and exclusive car parking.

All villas for sale are freshly painted with new carpets and the design offers open plan lounge and dining rooms with an alfresco outdoor area for year round entertaining.

Centrally located, its just 500 metres from the Kingsley Village Shopping Centre and close to public transport.

The Village Centre has recently undergone refurbishment making it modern and practical for all residents to use, including

for all the social activities that take place at the Village.

During the week the social club organise sundowners, croquet on the bowling green, exercise classes, indoor carpet bowls and Friday night social club dinners.

Other facilities and services include an extensive library, visiting pharmacist, podiatrist and beautician.

Sales agent for the village Rhett Marron says that one of the many advantages of this village is that it's run as a strata title village giving residents the flexibility to renovate their home and have their say about how the village is run.

This in effect means the residents run the village and ensure that strata levies are very low.

The strata fees collected cover maintenance of the common areas of the vil-

lage including gardens and the monitored emergency call buttons in each villa.

"With the residents so active on the strata committee it ensures that not only is the village very well run but the fees are one of the lowest I have seen," said Rhett.

Kingsley Retirement Village offers residents a lifestyle of companionship, comfort and security in a relaxed environment.

The villas are very well priced starting from \$249,000 and offer people the opportunity to free up capital and live a happy and fruitful retirement.

The village is a pleasant, friendly place to live and is ideally located in the heart of Kingsley.

For more information about Kingsley Retirement Village visit the village for its home open on Sundays between 2-2.45pm or call Rhett Marron on 0421 631 116.

Enjoy life with the best of both worlds in Leederville



Resident Verna Kingsbury enjoying time with a friend

FREE yourself from the big family home and garden and find yourself in a smaller idyllic residence with an excellent location at Leederville Gardens.

Leederville Gardens is a

uniquely located, peaceful and private village for those over 55 years of age which offers a carefree lifestyle at an affordable price.

Leederville Gardens offers many options for people as they take the important step into community living, blending the stunning, tranquil surrounds of the adjacent Reserve and Lake Monger with the vibrancy of the beautiful suburb of Leederville.

Throughout the 20-year history of Leederville Gardens residents have found that it's the perfect location, offers an active lifestyle, security, quality, comfort, companionship and a "not too big, not too small" village which is run by professional and caring staff. They take pride in ensuring that residents are treat-

ed with respect and continue to be independent with lifestyle choices.

At Leederville Gardens, they believe that they provide the best in all of these areas and they encourage people to give them a call and, with family make a time to visit. The kettle is always on!

Resident Verna Kingsbury said, "In 1993, I needed to move from a large house and a villa in Leederville Gardens Retirement Estate looked perfect. A small village, ideal location close to shopping and recreational facilities and minutes from the CBD by car, bus or train. I arrived when the village was new and people were moving in. It was apparent that the social life was going to be busy and each year it seems to be getting better. The

lively social committee is always looking for ways to include everybody. Units here are on completely flat ground, there are no steps or walking hazards. We can choose to do as much gardening as we like or none at all, I have gardens in the backyard and out the front door. Shopping has always been easy with the Mezz and IGA nearby. How do I feel about living here? It's one of the best decisions I've ever made, perfect location, the right size, easy shopping and I'm able to do what I want to do with every aspect of my life".

Visit Leederville Gardens Retirement Estate at 37 Britannia Road, Leederville.

Phone: 9355 3400 or email admin@villagesolutions.com.au
www.villagesolutions.com.au

SwanCare apartments scoop prestigious award

SWANCARE has scooped the prestigious award for best seniors/aged persons multi-unit development at the annual Master Builders Association of Western Australia Excellence in Construction awards.

The award recognised the innovative features built into Akora Apartments, which were built by BGC Construction, and which judges said set it apart from the other finalists.

The features included the internal communal spaces, commitment to energy efficiency, building adaptability, a rooftop terrace, generous living spaces, an engaging piazza and a ground floor café.

SwanCare Group chief executive officer, Graham Francis, said the entire team was exceptionally honoured by the award win.

"Our focus is on excelling in everything we do within the retirement and aged care sector, and so we're genuinely delighted to have been recognised with this award," Mr Francis said.

"We take great pride in the facilities and services that we offer, and it's testament to the high-calibre team that we have here at SwanCare, in addition to our highly valued architects and builders, who deserve recognition for this award.

"To be recognised by the Master Builders Association in their annual awards is proof that at SwanCare we continue to lead through excellence in WA."

Located amidst landscaped gardens at Adie Court in SwanCare's Bentley Park community, Akora encompasses 44 stylish architect-designed apartments, which include a contemporary light, bright scheme, a private residents lounge, green room, level four terrace and a café for the enjoyment of residents and locals.

"Akora has been built to Universal Design Standards, which means the apartments can easily adapt and respond as residents' needs change, a feature which will enable people to age 'in place' and receive in-home care when they feel they need it," Mr Francis adds.

"For us, it's about offering retirees or people moving towards retirement better options to lead the lifestyle they choose, but with easy access to care when it's needed."

The SwanCare community features a range of onsite amenities including an op shop, medical centre, hair and beauty salon, auditorium, social centre, sporting facilities, a library and a supermarket.

SwanCare is also starting construction on its state-of-the-art leisure precinct, which will provide new facilities including a heated swimming pool and gymnasium.

YOUR FUTURE FREEDOM...



THE LIFESTYLE YOU ALWAYS WANTED TO LIVE IS HERE



Freedom, opportunity to learn new things and time to enjoy life. Let's add more to your retirement than you thought possible. Your future security is important. So is relaxing and peace of mind in your surrounds in a small community will allow you to get on with the retirement you always dreamt about. Easy care makes living easy. So, do all the extra luxuries that come with brand new, spacious and modern villa's such as caesarstone bench tops in your kitchen, laundry and bathroom as well as porcelain tiles throughout, high-ceilings, quality carpets, energy efficient double-glazed windows, air-conditioning and artificial turf. The resident's clubhouse will be an integral part of this community and right across the road are all the conveniences that a shopping centre, medical centre and grandchildren friendly park should offer.



HOME OPENS WEEKLY 10AM TO 1PM
WEDNESDAY AND FRIDAY
Contact Bob Barrett on 0400 998 837
or email bob@villagesolutions.com.au

HAGN306-048410

THE MOST AFFORDABLE inner-city living for over 55s

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VILLA HOMES & APARTMENTS FROM \$315,000

Leederville Gardens Estate, one of Perth's inner-city, over 55s lifestyle villages nestled in the heart of Leederville and backs onto the lush lawns of Britannia Reserve. Only minutes from the city, health care facilities, churches and much more.

Apartments offer lift access and swipe card entry, making living accessible and secure for residents. Refurbished villa style homes are available with modern kitchens and bathrooms, large courtyards and lock up garages.

The clubhouse is the hub of the village and is designed to meet a variety of needs including social and recreational activities.

HOME OPENS WEEKLY 1.30PM TO 2.30PM
WEDNESDAY AND SATURDAY

Please contact Sigrid Adams on 0408 610 602 or via email sigrid@villagesolutions.com.au to make an appointment

HAGN306-048409



Seniors Recreation
Council of WA Inc.

Have a Go Day

a LiveLighter event

WEDNESDAY

1st November 2017

Burswood Park

9.00am to 3.00pm

Great Eastern Highway, Burswood

OFFICIAL WELCOME 10.30am

Mick Murray MLA

Minister for Seniors and Ageing; Volunteering;
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Seniors Recreation Council of WA

Phone 9492 9771

www.srcwa.asn.au

2017 Seniors Week FOCUS

Sunday 29 October to Sunday 5 November



Get your recipe in and enter the intergenerational Big Bethanie Bake Off



Bethanie Bake Off returns to Have a Go Day

BETHANIE, one of Western Australia's most well known not-for-profit aged care and retirement living providers, has officially launched the 'Big Bethanie Bake Off' for 2017. Following on from the success of the previous three years, which saw many entries from across the state, the Big Bethanie Bake Off returns for a fourth year continuing the aim of closing the intergenerational gap between our seniors and youngsters. To take part, school children and seniors must submit their family recipes online in the hope of being selected as a finalist to compete in a live bake off at *Have a Go Day* on Wednesday 1 November. School-aged children will be asked to research their grandparents' background and discover their favourite recipe. The children will then need to reproduce the dish – with the aid of a grandparent – and submit their application for a chance to win some amazing prizes. Each submission will be judged on the creativity, nutritional value, and complexity of the recipe, along with the story behind their secret family recipe. Winner of last year's 'Best Kid'

recipe and overall 2016 Bethanie Bake Off Champion, Joshua Wenz from Whitfords Catholic Primary School, said being accepted into the Bethanie Bake Off was an amazing experience because he could show what he had learnt from watching his family cook. "It was great to impress the judges with my family's recipes that are not found in cook books, but have been passed down through the generations. "My passion for cooking started when I was old enough to stand on a stool next to the stove with whoever was cooking at the time. I cook every day from bacon and eggs with hollandaise sauce to poached pears and custard. Thanks to Bethanie for the opportunity." Four senior entrants will be chosen as finalists to compete against four school students at the grand finale for a live bake off at *Have a Go Day*, Burswood Park, Wednesday 1 November. To enter, visit www.bigbethaniebakeoff.com and complete an online entry form. Entries close 5pm, Friday 6 October. For further information please contact Bethanie on 131 151.

Improve your mental health and wellbeing

IMPROVE your mental health and wellbeing. Research has shown that being connected and engaged can help improve your mental health and wellbeing. Leading into Mental Health Week, this workshop covers:

- Benefit of joining a club or group
- Information on clubs and groups you can join.
- How volunteering can enrich your life.
- How exercise can create a stronger body and mind.

You can also participate in a short low im-

pact exercise class. Workshop on Wednesday 4 October, 1.30pm - 4pm at Armadale Library. Refreshments will be provided. Bookings are essential. Visit www.library.armadale.wa.gov.au or email 9394 5125. Age Friendly Expo For young and young at heart, this free Age Friendly expo is a celebration of both Children's and Senior's Weeks and is inclusive for all age groups. See Jull Street Mall and Armadale Shopping City come alive with var-

ious activities including: information displays, live entertainment, interactive experiences and demonstrations. You can also meet representatives from businesses, community groups, organisations, schools and government departments. Thursday 26 October, 9.30am - 1.30pm at Jull Street Mall, Armadale and Armadale Shopping City. This event is brought to you by the City of Armadale in partnership with Armadale Shopping City and New Spring Church.

Have a go - beat arthritis with physical activity



Simone Berzen with arthritic patients Tony and George

ARTHROSIS is a chronic condition that causes pain and difficulty in movement due to inflammation of the joints. But it shouldn't stop people from living an active life – in fact, exercise can improve symptoms and prevent degeneration. Black Swan Health's musculoskeletal physiotherapist, Simone Berzen explains: "Moderate, regular exercise can prevent arthritis and reduce arthritic pain by maintaining muscle strength to support your joints, improving your joint mobility and reducing inflammation."

After three decades of treating musculoskeletal conditions, Simone knows how beneficial it is to involve the relevant health professionals in arthritis management: "The length, intensity and nature of the physical activities you engage in should be built around your individual limits. Measured rest and technique can be the difference between improvement and further damaging your joints. "We work with arthritis patients to develop a free, individualised treatment plan and exercise program, because every person's condition and health goals are unique. By doing this, our clients can continue to live active and participatory lives," she says. Black Swan Health offers free musculoskeletal services to Perth residents located north of the river, as well as physiotherapist-led group exercise sessions for ongoing support. The team of specialised health professionals deliver a range of services to help you manage other chronic diseases like diabetes and respiratory problems. Many of Black Swan Health's services are free or extremely affordable and are available throughout the Perth metropolitan region. You may need a GP referral to access some services. To find your closest location visit www.blackswanhealth.com.au or call 9201 0044.



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2017 Seniors Week FOCUS

Sunday 29 October to Sunday 5 November



Members of the Over 55s Canoe Club enjoy the rain



Which way to go?

by Jeremy Haslam

LAST month was all about rain (in case it had escaped your notice) and rising rivers. On one outing we were able to get up Black Adder Creek and portage over the weir into the lake; this is rarely possible and allowed a full circumnavigation, before a return carry down

the weir. The lake was alive with birds, including pink-eared ducks – what ears? only an international committee could come up with such an obscure name. Then a calm paddle on the middle Swan to the ever-important morning tea before heading back to base.

A trip upstream from Masons Landing on the

Upper Canning, mostly in the rain (a chance for the more fashion conscious to show off their yellow attire), gave members ample opportunity to get tangled up in tea trees and paperbarks.

The moving water after rain always makes this sort of adventure a tricky one. But no one got caught and once the rain stopped the river looked glorious in the sunshine. You could hardly believe you were on the edge of a city, enjoying the suburbs from an angle few are privileged to see.

A highlight of the month was the inaugural Toodyay Winter Camp with its opportunity to tackle the Avon River – good for some, utter madness for others.

Bold plans were laid to paddle the river from Northam to Wetherall in stretches, staying in

Toodyay overnight.

There was something for everyone – the first day being a pleasant paddle in moving water from the weir at Northam down to Katrine Bridge. It was a long day – 17km in strong wind and rain, with some interesting stretches where water was flowing fast over shallow rock ledges. A few became stuck embarrassingly mid river, but no one took a swim.

Then it got more serious – not for the faint-hearted. While some members stayed in bed, the brave (or foolhardy) soldiered on. The next day brought the Glen Avon Rapids, necessitating a lot of standing on the shore and route planning, then on to Millards Pool in a worsening storm via more rapids.

The third day from Extract Weir was 13km of swift currents, twisting

rapids, and old bridge stumps – sixteen paddlers took up the challenge on this prettiest section. There were several memorable capsize events, with good teamwork preventing any real dramas.

The last day's paddle included the feared Possett's Ford, successfully managed by the fearless few who were left.

Of course this little history cannot close without mention of the O55CC Fabulous Four who entered the Avon Descent bringing great credit to the Club with their performance. They are now proudly wearing their completion medals at every opportunity.

Further information about the Over 55 Canoe Club can be found on the web page www.over55canoeclub.org.au or on YouTube and Instagram.

WIN a \$200 shopping voucher with Have a Go News' Ad Words.
See page 2 for details.

DO YOU HAVE KNEE PAIN?

- Are you over 45 years of age?
- Have you had knee pain on most days for more than 3 months?
- Do you have access to a telephone 7 days a week?

If so, you may be eligible to take part in the TELECARE knee pain study conducted by the Centre for Health, Exercise and Sports Medicine at the University of Melbourne.

This research study will compare two different forms of telephone-delivered support and advice for people aged over 45 with painful knee osteoarthritis to find out which one works best for managing arthritis symptoms, and why.

You may gain increased knowledge about osteoarthritis and learn useful strategies for self-managing the condition!

HELP US TO HELP YOU!

To register your details for this study, please visit:
<https://www.surveymzmo.com/s3/2554211/knee-pain-study-screening-questionnaire>

Or for further information please contact Penny
Email: penelope.campbell@unimelb.edu.au

HREC No: 1544432



Try this - more fun, more exercise, more often...

RATHER than being stuck at home, many people are now choosing to seek out new and inexpensive but fun ways to keep active.

Square Dancing provides a great cost effective and fun way of achieving this.

Research has shown doing something as simple as a couple of hours of square dancing per week could have significant health benefits for you. Square dancing is all about walking and moving to the instructions of an instructor, while enjoying upbeat music.

They start with easy to follow moves and gradually introduce

more challenging ones and before you know it you have mastered square dancing.

Men love these easy to follow instructions and almost treat them like 'military' commands that are fun to execute.

They are not on show or competing, so they love the social interaction. As the square dance moves are easily mastered through repetition and always in English, it means you are able to square dance anywhere in the world.

It is terrific for your health, especially when it is mixed with

good music and lots of happy sociable people of all ages.

The Square Dance Society of WA is starting new classes for you to have a go and try for yourselves and 'discover the enjoyment'.

The venue is the North Perth Town Hall - Wednesdays 7.30-9.30pm \$10/night starting 1 November.

Call Steve on 9243 1200 or 0419 900 441 or visit www.squaredance.org.au for more information.

Search - YouTube - Square Dance For The Whole Family or Ann Jois The Squaredance Song.

List your Seniors Week event in the 2017 Events Guide

SENIORS Week 2017 will be held from 29 October to 5 November this year. We will be presenting a liftout for the annual Seniors Week Events Guide in the October issue of *Have a Go News*. This handy guide lists all the events happening around the state day by day.

All organisations are invited to submit their event for publication in the daily guide. The form needs to be received by 26 September.

Please call the office on 9227 8283 or email seniorsweek@haveagonews.com.au for the form to ensure your event is included in this exclusive guide.

Enjoy an afternoon of entertainment at the spring dance at Citiplace Centre in Perth

CITIPLACE Centre on the concourse at the Perth Railway Station is holding a Spring Dance on Friday 29 September from 10.30am to 2.30pm.

Jan and Jim Dee will be providing the entertainment and there will be door and raffle prizes.

The menu will be spring vegetable soup, fish and chips or steak and onion pie and for dessert fresh fruit meringue and passionfruit or mango cake.

Tickets are \$25 for the event and bookings can be made by dropping in or calling 9461 3550.

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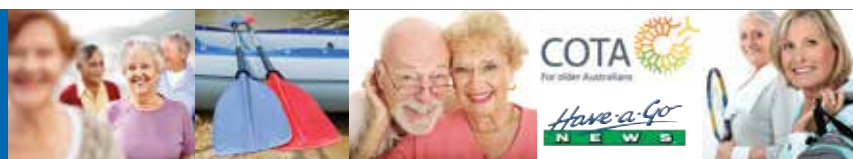
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2017 Seniors Week FOCUS

Sunday 29 October to Sunday 5 November



Providing a rainbow connection in services for older people throughout WA

by Jennifer Merigan

ON a recent visit to the Care and Ageing Expo I came across an organisation called GRAI which focuses solely on ageing matters for the LGBTI community. LGBTI is the acronym that refers collectively to people who are lesbian, gay, bisexual, trans, and/or intersex.

I took the opportunity to meet with the chair of GRAI, June Lowe to find out what was happening in relation to ageing for this cohort.

June said that GRAI was established in 2005 after a few dinner party conversations where her and her friends felt that aged care was homophobic and they didn't want to have to go back into the closet if they needed these services as they got older.

Since its establishment, they have been quietly moving and shaking things up for the people they represent, working with government agencies, the aged care sector and in the community to pro-

vide visibility for LGBTI elders.

In 2012 GRAI was instrumental in reforming the aged care sector to become inclusive for the LGBTI community, thus ensuring that all aged care service providers cannot discriminate against LGBTI people.

Since then GRAI has rolled out an inclusivity training program. They work with many aged care providers to ensure that they have a better understanding of needs and to increase confidence of staff to deliver an inclusive and best practice service for elders.

After training the providers receive the national accreditation of a rainbow tick.

June said that many LGBTI people have smaller social circles, often no children or relationships of any type with family and this often becomes amplified as they get older.

GRAI is currently developing a project for lonely and socially isolated people as well as offering several social activities.

June said one of the objectives of the organisation is to ensure that

their elders feel supported and connected to their community.

They organise several social activities including Meet'n'Muse which is a social discussion group for lesbians over 55. If interested contact pam_mulholland@aapt.net.au

Lesbians who Lunch which is another monthly gathering offering the opportunity for further social connections, for more information call 0435 517 753.

Prime Timers is a social group for mature aged gay and bisexual men. They have regular monthly meetings with a guest speaker and enjoy a varied calendar of events including book club dinners, lunch clubs and bus trips.

For further information visit their website www.primetimerswa.com.au. GRAI will be part of the Pride Fair Day at Burswood Park on 29 October and part of Pride parade on 25 November.

GRAI provide a regular newsletter full of information and current research. Contact them by phone - 9383 7753 or email info@grai.org.au

Social club for unattached people 55 and over

JUST Friends Incorporated is a social club for unattached people aged 55 and over. The club is based in Claremont and meet for mix-and-mingle sessions every second and fourth Tuesday of each month at 7.30pm at the Claremont Yacht Club.

This gives members and guests the opportunity to socialise and meet up in a safe and non-threatening environment.

The club offers members many activities throughout the year including dinner, dancing, theatre, weekends away, coffee mornings, house parties and picnics. Membership is \$80 per

annum. The mix-and-mingle nights cost \$5 for members and \$10 for non-members, which includes a light supper.

The club is not a singles club but a social club for single people to meet and enlarge their circle of friends. The members are a credit to the club and they would like to invite like-minded unattached people to join them.

Gentlemen especially are encouraged to join as there is a small imbalance in the genders.

For further information please contact the secretary Christine on 9345 4565 or 0407 969 873.

Active retirees wanted in the Mandurah and Peel region

WOULD you like to meet other retirees and enjoy friendship, fellowship and fun? Why not join more than 120,000 retirees and start enjoying your retirement.

Probus is an association for active members of the community. It is designed for those no longer working full time to join together in local clubs with like minded people.

The Probus Club of Mandurah Peel Inc. has been established for more than two years with club meetings held on the second Tuesday of each month.

Probus clubs advance

intellectual and cultural interests amongst adults; provide regular opportunities to progress healthy minds and active bodies through social interaction and activities, expand interests and help enjoy the fellowship of new friends. Each meeting features a guest speaker and cover a diverse educational and entertaining range of subjects.

Age is not a number but how you feel inside.

Probus offers many member benefits to keep you young, including craft, investment, writing, cards, walking, writing and reading.

The popular Peel on Wheels caravan group organises short trips away to destinations such as Denmark, Albany, Margaret River, Jurien Bay and Bunbury. To ensure that all club members can take advantage of these get-aways chalet accommodation options are always available. The active outings group organise car rally's, quiz nights and bus trips to name just a few.

The club encourages membership enquiries and guests are welcome. For more information please contact the membership officer on 0409 882 772.

Expert unravels palliative care

ONE of the first doctors in Australia to specialise full time in the field of palliative care is Dr David Thorne. He will be speaking on "What does Palliative Care Really Offer?" at the October meeting of Floreat and districts branch of National Seniors Australia.

President John Dingle says: "We are privileged to have Dr Thorne to inform us about an aspect of health care that we probably need to learn more about. He is eminently qualified, having been 'head hunted' from Adelaide in 1999 to be the inaugural medical director at Murdoch Hospice.

"We are expecting that he will challenge some common misconceptions about palliative care and describe when palliative care may be appropriate, how it operates and how widely it is available in Perth.

"Everyone is invited and I am expecting a big crowd of visitors to join our usual numbers of around 130."

The meeting is on Thursday 12 October at Mt Claremont Community Centre, Montgomery Avenue at 9:30am for 10am. Cost is \$5 for members and \$7 for non-members which includes door prizes, a splendid morning tea, a friendly welcome and warm fellowship. Car parking is available and the meeting finishes at 12 noon.

Units for sale at Coral Estate and Mandurah Village

Under a retirement village lease scheme. Walking distance to shops, library and pool.

No office at the Village, please ring Cheryl for an appointment to view Mon-Fri 9am-3pm 9535 0200

For more information visit www.rslcarewa.com.au

Mandurah Village - Pet friendly. Coral Estate - Pet friendly, with exclusions.

Mandurah Village (Unit 2) 22 Third Ave, Mandurah • 2 bedrooms (double robes to main bedroom) • 1 bathroom - newly renovated • Freshly painted. • Split System air con	\$170,000 SOLD • Carpet under main roof • Split system and small shed • Resident can select new floor coverings to living area and bedrooms • Front and rear courtyards
Mandurah Village (Unit 14) 22 Third Ave, Mandurah • 2 bedrooms (double robes to main bedroom) • 1 bathroom - newly renovated • Freshly painted • Ducted air conditioning • Storeroom.	\$165,000 • Front and rear courtyards • Free standing lock up garage at rear of property • Resident can select new floor coverings to living and bedroom
Coral Estate (Unit 34) 1 Anzac Place, Mandurah • 3 bedroom, 1 bathroom • Lock up garage under main roof with room for storage • Canvas blinds front windows and rear patio • Large built in robes in bedrooms 1 & 2 • Freshly painted	\$260,000 • Split system in dining/lounge • Resident can select new floor coverings to living area and bedroom • Floor tiles - kitchen/dining area • Solar panels installed • Medi-alarm • Rear courtyard with patio
Coral Estate (Unit 35) 1 Anzac Place, Mandurah • 3 bedroom, 1 bathroom • Lock up garage under main roof with room for storage • Large built in robes in bedrooms 1 & 2 • Freshly painted • Split system in dining/lounge	\$270,000 • Resident can select new floor coverings to living area and bedrooms • Floor tiles - kitchen/dining area • Solar panels installed • Medi-alarm • Rear courtyard with patio

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For collection from home, contact Care Options on 9550 7888 before 28 September 2017.

For more information, contact the City of Rockingham on **9528 0333** or customer@rockingham.wa.gov.au

2017 Seniors Week FOCUS

Sunday 29 October to Sunday 5 November



Ageism costs Western Australian businesses millions in time and money



Benevolent Society campaign director, Marlene Krasovitsky

by Frank Smith

AGEISM, especially in

employment, is alive and well in Western Australia. It is also costing businesses, the state and individuals dearly.

Marlene Krasovitsky, Benevolent Society campaign director for older Australians says one in four people over 40 suffer discrimination.

"Seventy per cent of complaints about ageism to the Australian Human Rights Commission are in the area of employment. However, generally no action is taken.

"When older workers are discriminated against in the workplace, few take action. Many just leave their job.

"We tend to accept age

discrimination as normal. We internalise prejudice and make jokes about it, saying we are having a senior's moment, for example. This sets up prejudice against our future selves.

"What drives ageism?" she asked. "One factor is alarmist rhetoric about the age bulge as more people live longer and the birth rate falls.

"We need to challenge assumptions about older people and stereotypes of older people.

She said once older people become unemployed for any reason it is hard for them to find a job. On average it takes a 50 year old 68 weeks

to find a new job, that's more than twice as long as a younger person.

Workforce participation falls rapidly with age from 74 per cent at 55 to less than 13 per cent at 65 and over.

Older people who can and want to carry on working to improve their retirement savings and also their health, but there are high barriers to employment.

Ms Krasovitsky said recruitment agents find reasons to not employ older people. During recruitment, those who were more senior and experienced naturally chose applicants who were younger and

less experienced.

Employers offer fewer training opportunities to people they perceive as near the end of their careers.

"Some businesses see employing older workers as performing a social service, but the advantages of employing older people far outweigh the disadvantages.

"It is easy to make out a business case for employing older workers, said Ms Krasovitsky.

The Australian Chamber of Commerce and Industry says mature workers are reliable, flexible and ready to contribute from day one. As well as bringing a lifetime of ex-

perience to a business, they are also great mentors to other staff.

Employing older workers will get a better return on investment in human capital by retaining or recruiting experience, tapping into a source of skill and labour when sources of labour become scarce. Companies also benefit from their strong commitment to work.

Businesses that employ older workers are able to market their business as a good employer by promoting diversity in the workforce.

There is also a national case. The Grattan Institute calculate that a seven per cent increase

in the mature-age labour force participation rate would raise GDP in 2022 by about 1.4 per cent or \$25 billion.

The Benevolent Society is mounting a campaign to challenge ageism and pervasive negative stereotypes on ageing, promote policies and programs which address different stages and experiences of ageing and promote a society that inspires and supports people to grow and participate actively their whole lives with dignity, choice and independence.

Ed's note – The Have a Go News office employs older workers and promotes inclusivity.

SwanCare seniors take part in a WA medical first



PEOPLE at WA's largest single-site aged care and retirement living provider – Bentley-based SwanCare – are making health-care history.

That's because the residents have become involved with the new Senior Citizen Partnership Program in conjunction with Curtin Medical School, which launched its undergraduate medical course earlier this year.

The program sees two medical students allocated to the 15 aged care and retirement living residents involved, to enable them to form a relationship which will help them understand the residents' health and wellness issues, their experiences with the aged care system and also to gain an insight into their daily lives.

The residents will be involved throughout the student's entire degree, which takes five years. During that time the students will visit regularly.

SwanCare chief executive officer Graham Francis said already the partnership had received outstanding feedback from those involved.

"Since we became part of this partnership, we've had an absolutely fantastic response by the residents involved. They have found it a positive experience, and have really enjoyed getting to know the students," he said.

"Our residents are providing a very meaningful experience for the student doctors and I think they're delighted to be

involved in this brand new partnership which really is making medical history in WA.

"As well as our residents embracing the opportunity, it's very encouraging to know that the knowledge the students are gaining is equipping them well for their future profession."

Providing potable water for Western Australia

SHARON McNeil will speak at the next meeting of the WA Self Funded Retirees Association on providing potable water for Western Australia. A topic which is of major interest to us all.

Sharon has more than 12 years' experience in the water and wastewater industry. She commenced work through the Water Corporation graduate program with roles in drinking water quality, technology and research and wastewater treatment. After six years with the Corporation, Sharon explored opportunities in the private sector including commissioning the water recycling plants in South Hedland and Karratha.

Sharon re-joined the Water Corporation in early 2016 and is currently the manager desalination operations involved with Water Corporation's two desalination plants – Southern Seawater Desalination Plant and Perth Seawater Desalination Plant. In this role her primary responsibilities include managing and implementing regulatory compliance and providing specialist process advice in optimising the desalination plants.

The WA Self Funded Retirees Association holds a monthly meeting at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat at which a guest speaker on topics of interest to retirees are featured. The next meeting is on Friday 13 October.

Visitors to the meetings are always most welcome and for more information please contact: Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

Springtime fit and flexi exercise sessions for those over 45 in Peel area

SENIORS Recreation Council of WA Inc. Peel Branch will be commencing a new Springtime Fit and Flexi Exercise Program for men and women aged over 45 years.

Physical Trainer Meagan Cox will be leading the sessions at the Keith Holmes Reserve, the Lido (off Marco Polo Drive) Dolphin Quay on Thursdays, commencing 14 September until the 30 November.

Registration cost \$25 each will be payable Thursday 14 September between 9am and 9.30am just prior to commencement of the first session.

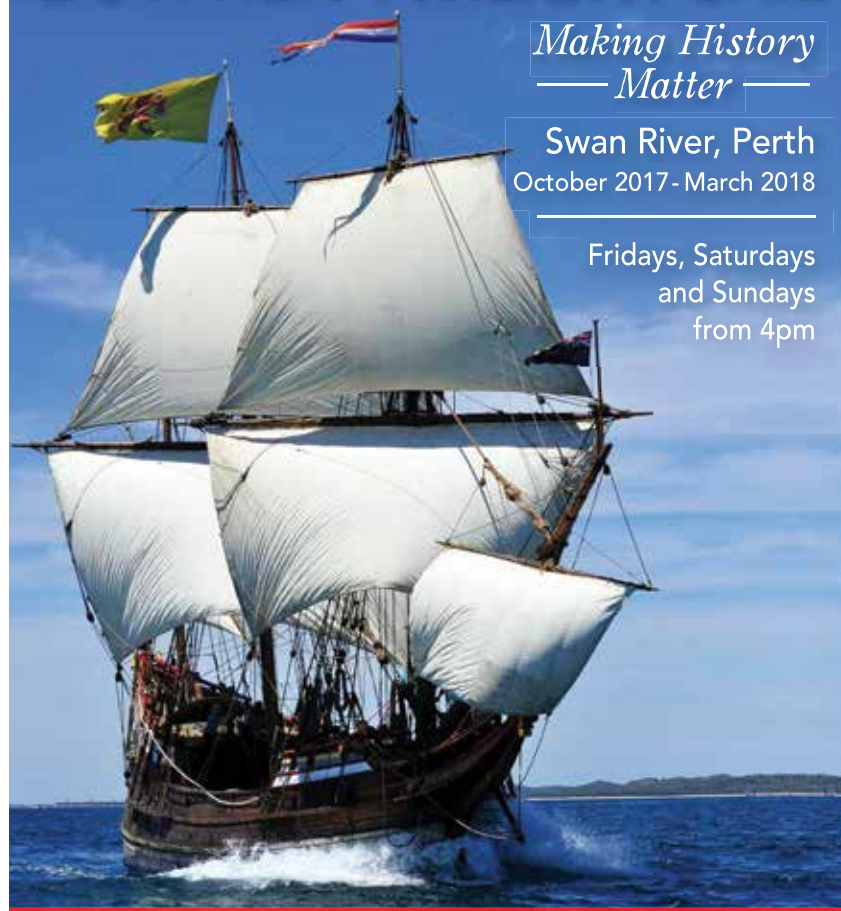
The program by SRCWA Peel Branch is supported by the City of Mandurah.

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HAGW305-040403

Self-management advice for knee osteoarthritis

KNEE osteoarthritis (OA) is a major problem in Australia, and helping people to self-manage the condition is an important aim of treatment. Unfortunately, not all Australians with knee osteoarthritis have easy access to health professionals who can advise them how to self-manage their condition.

One way to potentially improve access to healthcare is to provide self-management advice by health professionals, who are specially trained in the management of arthritis, over the telephone.

However, research is needed

to determine the most effective components of self-management advice for delivery in this way.

Researchers from the Centre for Health, Exercise and Sports Medicine at The University of Melbourne are looking for volunteers to participate in an Australia-wide study comparing two different programs of telephone-delivered self-management advice for people aged over 45 years of age with painful knee OA.

The aim of the research is to find out which program works best for managing arthritis

symptoms, and why. People from regional, rural and remote geographical areas are particularly encouraged to volunteer.

Participants will receive support and advice for the self-management of their knee osteoarthritis over the telephone, and will be monitored via surveys over 12 months. Advice will be delivered by qualified health professionals trained in best-practice management of arthritis.

If you are aged over 45 years, have had knee pain on most days of the past three months and regular access to a tele-

phone, then you may be eligible to participate in this research trial.

To register your interest, please go to: www.surveymogamo.com/s3/2554211/knee-pain-study-screening-questionnaire or you can email the trial coordinator, Penny Campbell: penelope.campbell@unimelb.edu.au for more information.



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HAGW305-040403

The Ageing Disgracefully event is back on again



CITY of Swan's much heralded *Ageing Disgracefully* event is back again this September.

The fun-filled seminar features guest

speakers, including popular master gardener and presenter Sabrina Hahn and Dr Peter Dingle, one of Australia's leading motivational health speakers.

They are joined by David Bear, who is director of Exercise IQ and author of *If I'd Known I'd Live This Long*, plus live music, entertainment and comedy. There will also be information stalls and a delicious morning tea.

So what is *Ageing Disgracefully*? Well, have you ever met someone who had enthusiasm and vitality yet clearly they were not a spring chicken, and there is something about them, maybe the sparkle in their eye or the bounce in their step that belies their age and makes you think, they might have a few wrinkles, but they aren't old?

Maybe you have heard stories of

older folk doing adventurous and even slightly outrageous things, that makes you realise that the golden years can be something to look forward to? That is ageing disgracefully, and you too can be one of those vital folk who age well.

Ageing Disgracefully will be held on Wednesday, 20 September at Altone Park Leisure Centre in Beechboro. The event will kick off at 8.30am and will finish around 1.30pm. Free parking and disabled access will be available.

The *Ageing Disgracefully* event is a free seminar, so people will have to book early to avoid disappointment.

Bookings and information are available on line at www.swan.wa.gov.au or alternatively you can call Altone Park Leisure Centre on 9207 8555.



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The Aged Care Games - an opportunity for people in care to get out and have a go!



by Jennifer Merigan

I'VE often felt that those who lived in aged care facilities or nursing homes are often the forgotten people.

The Aged Care Games run by the Seniors Recreation Council of WA (SRC) is a program which helps to change this scenario.

When I paid a visit to one of the events I found it source of inspiration and joy.

Residents love the thrill of the competition – getting dressed up and being part of a team. The games give them a sense of purpose and it really is a heart-warming thing to watch.

The program was first introduced in 2003 as part of the Fremantle Masters Games and is the only event of its kind for people in care.

Over the last 15 years SRC have organised 91 events across metropolitan and regional areas with 172 aged care facilities taking part and 18,265 participants.

Executive officer of SRC Dawn Yates says they love organising the Aged Care Games because it's an opportunity to give back to the people of WA who though in their twilight years still want to socialise and love the competitiveness of the games.

The events wouldn't be possible without sponsorship from Livelihood or the 40 plus volunteers who help on the day.

A typical event starts around 10am, as the entrants arrive they get their team positions organised.

The official opening takes place at 10.45am with competitions running until 12noon.

A break for lunch includes some entertainment for the crowd and the competition begins again from 12.30pm to 1.30pm.

The games include seated hockey, seated pass ball, bean bag toss and skittles.

After the competition closes a staff event is held and all the carers have an opportunity to compete together – it's a

fuel charged event.

At the end of the games every person who competes receives a participation medal and then the first, second and third place teams are presented with plaques and trophies.

Prior to the day time is spent designing costumes as well as practising the games in preparation for the event.

"It is visually spectacular when you see all of the people dressed up in their themes and team colours. All teams put a lot of effort into the events," said Dawn.

"Our latest event was held at Belmont Oasis.

It was one of the biggest events ever held and had more than 200 people competing. We also had our oldest ever competitor who was 104.

"We get told by so many of the people who participate that it's a highlight of the year for them. Many practice for the games for weeks beforehand as well as getting involved in preparing and making costumes," said Dawn.

The Aged Care Games demonstrate that no matter what people's age or abilities they still love participating and that is great for their self esteem and well-being.

Music therapy helps unlock memories through song



MUSIC is said to be good for the soul, but it is also proving good for the brain.

Already well documented by several studies, music has been proven to assist with memory, cognition and wellbeing of elderly residents across a range of conditions including dementia.

With this in mind, Braemar Village in Willagee has been undertaking a series of music workshops that are showing real results for those in Braemar's care, helping unlock memories and improve communication.

The workshops see a mixture of residents, with different levels of cognitive conditions, unlocking their musical talents in a safe and inviting environment. Established by Braemar Activities co-ordinator Chris Thomas, the workshops have proven to be a simple yet effective way to help residents live a full and engaged life.

"This type of music workshop is showing good results, and it seems to be working

across a wide range of residents with varying conditions. I've been able to set this up quickly and in an affordable manner using my phone and a Bluetooth speaker," he said.

"Residents have been guessing their favourite songs, helping unlock memories and improve memory retention. I do not have a singing voice but we all sing along to their favourite artists which makes for a fun and engaging environ-

ment. We have brought in musical instruments which by their interaction with singing help create an engaging environment."

Braemar CEO Wayne Belcher says that Braemar's relationship-centred approach is a fundamental element that allows the Braemar staff to think outside the box to assist residents.

"For 65 years, Braemar has been creating a relationship-centred approach to resident's wellbeing. This approach

is based on our core values of care and friendship. It allows our staff to think broadly about how they can best service the needs and wants of our clients," he said.

"Everyone loves music. Just because someone is diagnosed with dementia or another cognitive condition, doesn't mean they lose their love of music. This kind of activity allows us to help unlock memories in a fun and enjoyable way, making a real improvement to quality of life."

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The Community Visitors Scheme (CVS) is a free service, connecting caring and enthusiastic volunteers with people who live in their own home, don't have regular contact with family or friends, and are receiving services through a Home Care Package.

Through regular social visits the volunteer provides companionship and friendship, which may include sharing a chat and cuppa, reminiscing, reading or listening to music.

Anna and Jodie met through the Red Cross Community Visitors Scheme (CVS).

Anna lives on her own and was looking for someone to visit regularly and have a chat.

Jodie is a CVS volunteer – she visits Anna once a fortnight and together they enjoy a chat and a cuppa, and their love of card making and reading.



For more information about the Community Visitors Scheme please call the Coordinator on 9225 8848 or 9726 6766*

*South West and Great Southern areas

redcross.org.au



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Spring has sprung and it's time to tackle the jobs in the garden



From left to right; Beautiful blooms for spring - treat your citrus to Richgro Black Marvel Premium Rose Food - Weed, Feed and Green Up Liquid lawn fertiliser for healthy lawn - visit Colin in Bunnings

by Colin Barlow

A DRY start to winter in June and then regular rainfall and colder temperatures has slowed things down a little with many plants flowering or starting into growth a little later this year. Now with slightly warmer temperatures our gardens will start to take off and plants will be bursting into bloom. So what are the jobs to be tackling in the garden this spring to make your garden an oasis?

My top tips for a spectacular spring garden are:

Lawns

Your lawn may be looking a little worse for wear after the cold winter nights so now is the time to get your lawn growing and stop the weeds from spreading. In spring fertilise your lawn with a lawn fertiliser high in nitrogen and potassium to promote good growth and disease resistance with added phosphorous to encourage strong root growth such as Baileys 3.1.1.

Spray now to reduce the dreaded prickly Bindii weeds before they get you and your pets in early summer. You can spray a selective lawn herbicide

two weeks after fertilising such as Bindii and Clover Killer for most lawns or Bromoxynil based herbicide if you have a buffalo lawn.

You can even weed and feed at the same time with the granular Scotts Lawn Builder + Weedkill Slow Release Lawn Fertiliser that contains three selective herbicides to kill a broad range of weeds. Scotts Lawn Builder Weed, Feed and Green Up Liquid lawn Fertiliser is the only hose-on Weed and Feed guaranteed not to leak! Both are not suitable for buffalo lawns but look out next month for the new leak free buffalo hose-on from Scotts.

African lawn beetle and their larvae, curl grubs can cause brown patches in lawns and early spring is the ideal time to control them with Yates Complete Lawn Insect Control.

Vegetable Patch

The shops, nurseries and garden centres are full of seedlings so now is a great time to grab some. Lettuce such as cos, buttercrunch, oak-leaf and mignonette are quick and easy to grow. Pick the outer leaves for an endless supply of sal-

ad leaves.

Spinach, celery, cauliflower, cabbage will also grow well at this time of year from seedlings but carrots, Beetroot and parsnips are best grown from seed.

Tomatoes, chillies and capsicum are just hitting the shelves and the 100mm pots get off to a flying start. Remember to always plant your tomatoes around two -fivecm deeper to encourage a stronger root system.

Water all newly planted seedlings in with a seaweed solution such as Seasol to reduce transplant shock. Then feed fortnightly with a liquid fertiliser such as Powerfeed, Yates Thrive or Scotts Pure Organic.

Mulch any newly planted vegies with pea straw, lupin mulch or lucerne to reduce weeds, feed the soil and keep the roots cool in summer.

Fruit

Check any peaches,

plums and nectarines for peach leaf curl. This causes distorted and twisted leaves with unsightly blisters or lumps. If only a few leaves are affected remove them and spray the whole tree with a Copper oxychloride spray and then again two weeks later.

Watch out for powdery mildew on grapevines during warm wet humid weather, severe attacks can cause the flowers to abort so that the fruit does not set. If this has happened previously spray early in the season at close to bud burst to reduce the symptoms with lime sulphur.

The end of September is an ideal time for planting tropical fruit trees including mango, loquat, avocado and guava. Incorporate plenty of organic matter, bentonite clay and organic and controlled release fertiliser. Water in with a seaweed solution such as Seasol to

reduce transplant shock.

Feed citrus with a high nitrogen and potash fertiliser with added trace elements for increasing cropping and growth. Scotts Pure Organic Fruit and Citrus, Powerfeed Organically Enriched Plant Food and Richgro Black Marvel Premium Rose Food.

Garden

Prune Hibiscus by a third to a half to encourage strong healthy growth.

Deadhead and feed flowering bulbs with a high potash fertiliser every two weeks to build them up for flowering again next year.

Keep an eye out for ink spot disease on your kangaroo paws. Remove

any diseased leaves and badly affected plants. Plant the more resistant cultivars from the flavidus species.

Feed your roses with Richgro Black Marvel Premium Rose Food and you will have the best looking roses on the street.

Keep a look out for the lilly pilly psyllid that causes the disfiguring lumps and bumps on the foliage. The most effective treatments are Defender Maxguard and Richgro Bug Killa.

In store for your gardening convenience!

If you are confounded by those problematic pest problems, perplexed by the weeds invading your lawn or just don't know how to start from

scratch creating a new garden, or how to re-vamp an existing one, all you have to do is ask me. Throughout the spring months of September and October, I will be on hand between 10am and 2pm at your local Bunnings store on the following weekends, so why not come on down and meet me to help solve all your gardening problems.

Halls Head on Saturday 16 September

Mindarie on Saturday 23 September

Joondalup on Saturday 7 October

Harrisdale on Sunday 8 October

Innaloo on Saturday 14 October

Bibra Lake on Saturday 21 October.

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Parisian glamour comes to Crown this September with *Forever Crazy*



© Antoine Poupel

CELEBRATING 65 years inspired by the endless of Parisian glamour and theme of femininity and

sophistication, Australian audiences will experience the tantalising Parisian cultural phenomenon of Crazy Horse Paris for the first time when *Forever Crazy* high kicks through Perth.
Featuring the best of acts from the legendary cabaret, *Forever Crazy* consists of a series of highly aesthetic and visual tableaux presented by a multicultural cast of 11 stunningly beautiful and classically trained dancers clad only in textured lighting and projection.

The effect is so stunning that it is hard to determine where skin ends and the reflections begin.
The result is a unique show that engages the mind as much as the eye. Paris' most glamorous legendary show is about to hit Perth and is not to be missed.
Forever Crazy was conceived as a tribute to Alain Bernardin, the founder of Crazy Horse Paris.
It fully preserves the cabaret's artistic heritage while adding a touch of

modernity, humour and sophistication. *Forever Crazy* consists of distinct choreographed acts, among them legendary Crazy Horse classics.
The show is on the cutting edge of art and entertainment and presents itself as a unique kaleidoscope of beauty, grace, passion and precision.
Performances are accentuated by original music and stylish costumes tailor made for each dancer. In the last 65 years, Crazy Horse Paris has collaborated

with world-renowned French fashion designers including Paco Rabanne, Loris Azzaro, Karl Lagerfeld, Emmanuel Ungaro, Azzedine Alaia, Alexis Mabille, Alexandre Vauthier, Chantal Thomass. Celebrity shoe creator Christian Louboutin has personally designed the dancer's iconic red-soled shoes, making *Forever Crazy* a night of world-class opulence.
Since its inception in 1951, Crazy Horse Paris has acquired an impeccable reputation for

presenting women in an incomparable, sensual and sophisticated way. Its rich artistic legacy is recognized especially among creators, artists and designers. Over the past years Crazy Horse Paris has collaborated with David Lynch, Miuccia Prada, Roberto Cavalli, Kylie Minogue, Beyoncé and Ellen von Unwerth.
Perth let's go crazy at Crown Perth – playing until 23 September. Bookings Ticketmaster.com.au

A humble servant, a mighty Queen - they had nothing in common... except friendship



Victoria & Abdul in cinemas this month

STARRING Academy award winner Judi Dench in the new film *Victoria & Abdul* is the extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable reign.
When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favour with the Queen herself.
As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her

household and inner circle all attempt to destroy.
As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.
In cinemas 14 September.
WIN WIN WIN
To be in the draw to win one of five double passes to *Victoria & Abdul* simply send an email to win@haveagoneews.com.au with *Victoria* in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 20/9/17.

Dynamic music duo will excite fans with country songbook



Beccy Cole and Adam Harvey

ADAM Harvey and Beccy Cole have remained at the forefront of Australian country music for almost two decades, each boasting an impressive list of awards, top selling albums and a loyal legion of fans.
The combination of the two dynamic performers has already proven to be a hit with live audiences. Having toured the country on several occasions since their first encounter almost 20 years ago, they now return again with a new and unique project for their fans.
This album and tour follows the original 2013 release of *The Great Country Songbook* album and tour, by Adam and his good friend and multi-award winning artist, Troy Cassar-Daley.
The Great Country Songbook Volume II Tour will see Adam and Beccy performing songs all across the country from their long awaited and first full album together. The pair handpicked the most classic country music duets of all time for volume two of this album project. Together they have brought back some of the most famous country combinations of all time; including classic duets recorded by Johnny Cash and June Carter, George Jones and Tammy Wynette, Conway Twitty and Loretta Lynn and Kenny Rogers and his many duet partners... including Dolly Parton.
Don't miss Australia's most entertaining duo onstage for two unforgettable hours, bringing you their versions of the great country duets, delivered with high energy and a few laughs.
See Adam and Beccy live at the Albany Entertainment Centre on Thursday 21 September, for tickets phone 9844 5005; the Bunbury Regional Entertainment Centre on Friday 22 September, tickets phone 1300 661 272 and the Astor Theatre on Saturday 23 September, tickets from 1300 111 369 or www.astortheatrepert.com

An evening with the songs of Karen Carpenter

JOHNNY Young says: "The world of showbusiness is full of wonder and surprises and I have had the thrill of introducing undiscovered and talented performers such as Tina Arena and Dannii Minogue and so many others throughout my career.
"Then I heard Australia's singing sensation Narelle Belle singing a Karen Carpenter song as it was sung by Karen originally. I was filled with a similar thrill, prompting me to showcase her extraordinary talents.
"And so *An Evening with Karen Carpenter* was born – a wonderful evening filled with all the Carpenter songs that are close to you and the stories of the adventures of Karen and Richard Carpenter with the music that I am proud to pres-

ent," he said.
"I look forward to your company at *An Evening with Karen Carpenter* – a magical night of music and memories with Narelle and her seven-piece band and backing singers, featuring the wonderful songs that the Carpenters made famous, such as *We've Only Just Begun*, *Rainy Days and Mondays*, *Top of the World* and of course *Close to You*.
Bunbury Regional Entertainment Centre – Saturday 16 September at 7.30pm.
Bookings: www.bunburyentertainmentcentre.com or call 1300 661 272.
Albany Entertainment Centre – Saturday 23 September at 7.30pm.
Bookings: AEC Box Office – 9844 5005 or www.ticketek.com.au – 1300 795 012.

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For further information contact Tahlia at **Have a Go News** on either Tahlia@haveagoneews.com.au or 9227 8283.

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Creator - The grand organ will be unleashed at the Basilica in Fremantle



Dominic Perissinotto © Nik Babic

THE Grand Organ at The Basilica of St Patrick in Fremantle will be unleashed in September when Dominic Perissinotto uses four keyboards and pedals, 6000 pipes spread over 87 stops, the term given to each individual sound on the organ, at what will be a spectacular solo concert, *Creator*.

The concert is the third in a series of four for Pipe Organ Plus which is celebrating its 17th anniversary this year with Dominic's annual solo concert promising to be a show-stopper with French-themed music filling the Basilica.

Dominic will provide audiences with a range of musical experiences that will relax, excite, astonish and leave you wanting more. Physically, it is a hugely demanding concert with literally hours of practice and enormous performance stamina required to present the challenging musical scores.

During *Creator*, audiences will be not only be able to experience the acoustic of the Basilica but they will also be able to see Dominic playing the grand organ with two cameras in the organ loft projecting onto TV screens in front of the pews - a vi-

sual experience which has proved very popular with previous audiences and one which gives a rare glance into the loft.

"This concert is my opportunity to play some of the great organ works and to unleash (so to speak) the grand organ, one of two organs in the Basilica, and the largest pipe organ in Western Australia" Dominic said.

"On this occasion I have chosen two iconic works from the French Organ School, one showing the beauty and ornateness of the period associated with the time of Louis XIV

and the other from the development of the organ into a grand symphonic style. It is a concert full of French flavour and colour," he said.

The Pipe Organ Plus Concert Series 2017 - Concert 3 *Creator* featuring Dominic Perissinotto on the Grand Organ in his annual solo performance will be held on Sunday, 17 September at 2.30pm at the Basilica of St Patrick, (corner Parry and Adelaide Streets, Fremantle). Door sales will be available but pre-booking is encouraged. Afternoon tea is included in the ticket price. For bookings www.trybooking.com/OODY

Beautiful Brahm's features in chorus

THE artistic and critical triumphs which have characterised the performances in the Perth Symphonic Chorus' 2017 Choral Series to date are set to continue in the third concert of the series, Brahms' German Requiem on Saturday 23 September at 7.30pm. Brahms was at the peak of his powers when he composed this towering work which is considered to be one of the finest marriages between music and text ever written.

Perth-born soprano Sara MacIver requires no introduction to Perth audiences. She is one of the most popular and versatile singers in Australia today, as evidenced by her acclaimed performance in Concert 1 of the 2017 Choral Series in May. Appearing on stage with Sara will be Christopher Richardson, regarded as possibly Australia's most promising emerging bass-baritone. Christopher makes a welcome return to Perth Symphonic Chorus following his performance in Handel's *Messiah* last year.

Also featured in this concert will be internationally-renowned organist David Drury. The organ is pivotal to this concert, taking the place of the woodwind and brass sections of the orchestra. A musician of David's calibre enables the Perth Symphonic Chorus to present an ideal balance between music and choir so this unsurpassed masterpiece can be heard as Brahms intended.

Since its inception in 1997, the Perth Symphonic Chorus has impressed and mesmerised audiences throughout Australia and overseas, including New York, Salzburg and Vienna. Led by internationally-acclaimed conductor Dr Margaret Pride OAM, the chorus comprises close to 100 disciplined, enthusiastic and passionate individuals who are skilled in performing the works of some of the best choral composers throughout the ages.

Bookings: Perth Concert Hall
Bookings - www.perthconcerthall.com.au

A beautiful collection of classical music



Conductor Christopher Dragon

METROPOLITAN Symphony Orchestra (MetSO), is a leading community orchestra. Established in 1977, the orchestra has performed regularly ever since, providing a musical home for keen amateur musicians covering an age range from 17 to

70s.

The next concert will be held at 3pm on Sunday 17 September, at the John Inverarity Music and Drama Centre, Hale School, Unwin Avenue, Wembley Downs.

Youthful cellist Max Wung will join the orchestra to perform

Saint-Saens' Cello Concerto No 1 in A Minor. This will be the second time Max has performed with MetSO. Last year he joined Emmalena Huning and Kai Ning Wang in a highly acclaimed performance of Beethoven's Triple Concerto for piano, violin and cello.

Australian conductor Christopher Dragon is currently the Associate Conductor of the Colorado Symphony Orchestra. He was appointed from more than 200 candidates, and his initial year contract was immediately extended. For the 2017/18 seasons, he will also continue his position as principal guest conductor with the Denver Young Artists Orchestra. Chris has returned to WA to fulfill a number of commitments, one of which is a subscription concerts with the WA Symphony Orchestra and this concert with MetSO.

The orchestra will also perform Tchaikovsky's Symphony No.6 (Pathétique) and Faure's Pavane.

Bookings are available by phone (call Andrea on 0435 174 550) or online www.trybooking.com/Event/EventListingURL.aspx?aid=10540. A limited number of tickets will be available at the door.

The regular price of entry (\$25 adult, \$20 concession, group tickets available) also includes afternoon tea.

More information about the Metropolitan Symphony Orchestra is available at www.metso.asn.au.

WIN WIN WIN

The Metropolitan Symphony Orchestra is giving away five free double passes to its next concert, to be held at 3pm on Sunday 17 September, at the John Inverarity Music and Drama Centre, Hale School, Unwin Avenue, Wembley Downs. Entrants can email win@haveagonews.com.au with MetSo in the subject line or call the office during business hours Monday to Friday on 9227 8283. Closes 15/09/17.



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Creative Connections Art & Poetry artists
- **September 11 - October 1**
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- **October 2 - 13**
Pop-up Exhibition - pop in and see what the artists have popped up
- **October 14 - 22**
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These tours will include visits backstage, on stage, into the dressing rooms and behind the organ.

The next tours will be held on:

Monday 2 October
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Monday 13 November
- 9.30am, 10.15am and 11.15am.

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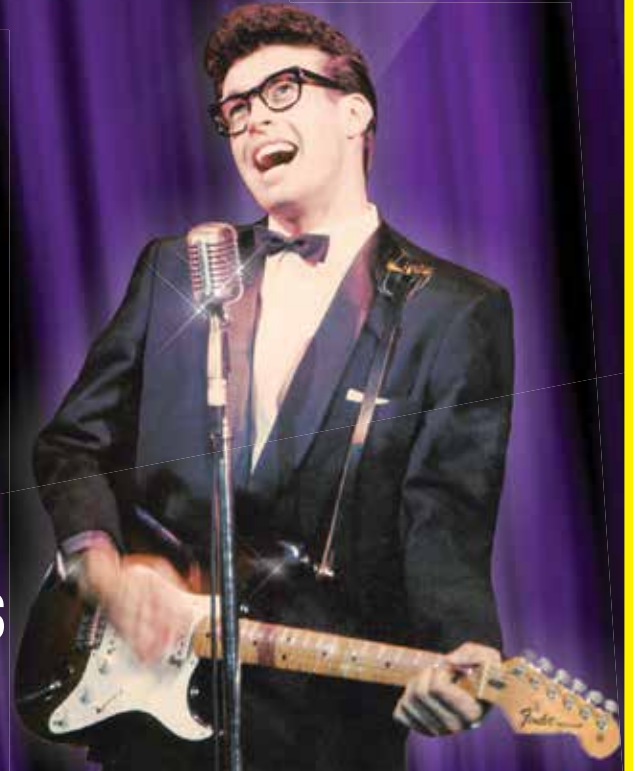


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Riverside Theatre PCEC - Sat 30 September
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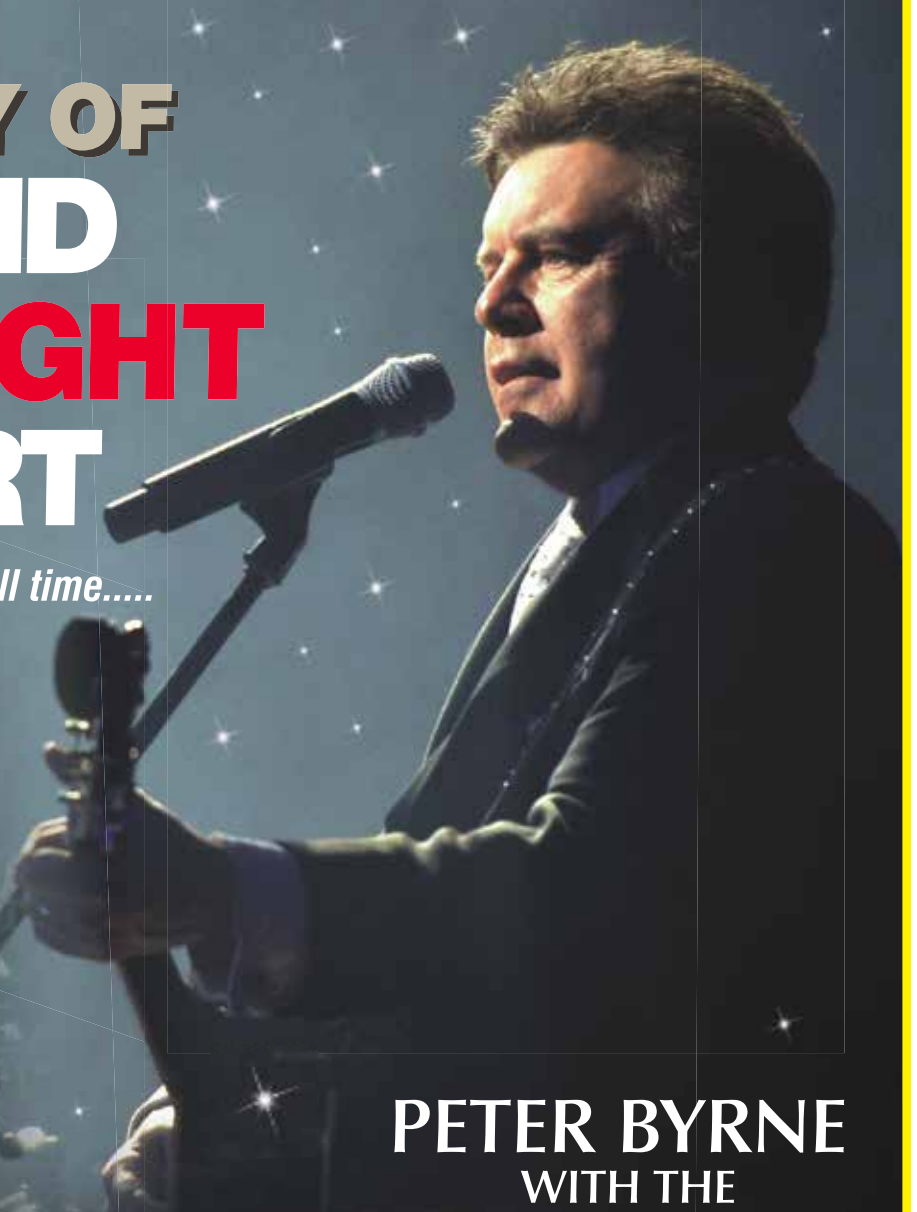
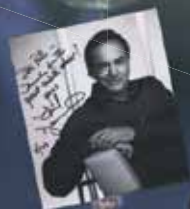
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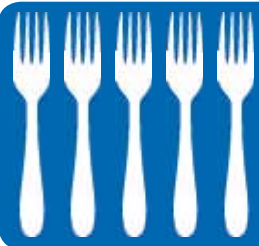
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Knife and fork talk with the Dining Divas - heading to the beach in Whitfords



by Pat Paleeya and Judith Cohen

A LONG search for our chosen venue, The North Shore Tavern at Whitfords, came to an end when two friendly patrons waved and asked, "are youse looking for the restaurant?"

We nodded and from nowhere a beaming, bearded and beanie young fella escorted us through to what appeared to be a large beach shack.

Suspended from the ceiling was a Channel Nine surf lifesaving boat surrounded by lobster pot lighting, and here and there surfboards of various shapes and sizes.

There was ample seating so we sat under the boat and ordered from their \$15 lunch express.

We chose fish tacos and a roasted vegetable salad. The soft-shelled tacos were filled with shredded red cabbage, onion and mixed sliced greens. On top, four pieces of fish sat, all served on a wooden platter with added decoration of salsa and sliced chillies.

All in all the meal was very tasty but the fish was a little over cooked.

The roasted vegetable salad consisted of carrot, sweet potato, baby beets, parsnip and maybe pumpkin all served upon a bed of baby spinach which had been lightly drizzled with balsamic vinegar. Perhaps the vegetables had been reheated in a microwave as they were just slightly warm but that didn't really detract from the individual flavours that all came together in a pleasing combination.

The young man who took our order never stopped smiling; he is an asset to the tavern.

3 forks
\$15 Lunch express menu is valid
Monday to Thursday from 12-3pm

The North Shore Tavern, corner Whitfords & Marmion Avenue. Phone: 9307 4511



Knife and fork talk ratings

Five forks – excellent food and service

Four forks – overall good food and service

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

Two forks – food and service needs improvement

One forks – would not recommend

Brunch with T - a simple sarni in Shelley made for a perfect brunch



Brunch
with 'T'

by Tahlia Merigan

I SHOULD really rename this column to Brunch with T (and Dan), as he's my most reliable brunch partner and always up to trying new places with me.

Dan found a new café he wanted to visit called The Tribute so we headed south of the river to Shelley for this month's instalment.

The décor was warm and welcoming with subtle hints of rose gold, a very pretty place to dine.

For drinks, I ordered an almond chai latte (\$4.70) and Dan ordered a hot chocolate (\$4.60), they came out very soon after ordering.

After making the hard decisions about food I ordered the nourish bowl (\$18) which consisted of black quinoa topped with a poached egg, grilled halloumi, seasonal greens, dukkah, pickled radish and carrot with tahini dressing.

Dan ordered the tribute sarni (\$17) which was bacon, fried egg, smashed avo, cheddar cheese,

greens, grilled tomatoes and kewpie mayo inside their unique charcoal brioché burger.

I thought the nourish bowl was delicious. It was just so fresh in the mouth with the tahini and pickled radish balancing the nutty richness of the dukkah and greens. The halloumi was cooked to perfection and so was the poached egg which I like with a hard yolk.

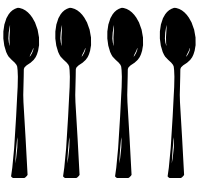
Dan thought the sarni was simple but done well with the combination of flavours well balanced but there could have been a little more smashed avocado inside.

We didn't have to wait very long for the food to come out and overall we thought it was good value for money.

Besides ordering off the menu, there is also food from The Tribute's cabinet for people to stop by for coffee and cake. Lots of street parking is available.

Overall, we give them 4 spoons for their value for money, yumminess of food, quick and friendly service.

The Tribute Coffee and Kitchen, 19 Tribute Street, West Shelley
Mon-Sun: 7am to 3pm



T's spoon ratings

Five spoons – excellent food and service
– you must go!

Four spoons – overall good food and service
well worth a visit!

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

Two spoons – food and service needs
improvement.

One spoon – would not recommend.



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

Spring wines for cool nights



by Frank Smith

A RECENT Danish study has shown that modest alcohol consumption, especially of red wine, on three to four days per week is associated with a reduced risk of diabetes in both men and women. This is probably due to the effect that polyphenols in wine have on management of blood sugar.

So we can enjoy a warming wine in the knowledge that it's good for us as well as a great way to spend a cold evening. Here are some wines you might like to try.

Angullong Fossil Hill Sangiovese 2015. This Italian variety is the major component of Chianti. It is deep red in colour with a purple hue with aromas of violets, blueberries and dried herbs. The palate is medium bodied with flavours of blueberry, sour cherry and spice, complemented by savoury herbs and soft tannins. Alcohol 13.5 per cent RRP \$26.

La Bise Adelaide Hills Tempranillo 2015. The winemaker is aiming for mouthfeel and drinkability without high alcohol by picking early in the vineyard. The fruit comes from a single vineyard with mature and consistent vines. The wine is fresh and low in tannin with flavours of rhubarb and red berries with some spiciness. RRP \$25.

Katnook Founder's Block Shiraz 2015. The Coonawarra Shiraz is deep plum in colour with purple hues. It has aromas of dark berry fruit, especially black cherry, blackberry and plum with, hints of liquorice, black pepper and subtle oak characters of dark chocolate. The palate expresses

raspberry and blackberry with a touch of chocolate and peppery spice. The finish is of vanillin oak characters with soft, lingering tannins. RRP \$20.

Jacob's Creek Classic Cabernet Merlot 2016 is a modern take on a classic Australian blend, creating a medium-bodied wine in a soft approachable style. Colour is a deep cherry red with aromas of intense plum and earthy dried leaves with a touch of vanilla. The palate displays plum and red fruit flavours with fine tannins. RRP \$11.99.

Jacob's Creek Classic Cabernet Sauvignon 2016 is medium cherry red in colour with aromas of cassis and dark berry and a touch of cherry and leafiness. The palate offers juicy bright berry fruit with textural tannins RRP \$11.99.

Not everybody likes red wines so here is a full flavoured white that fills the bill:

Angullong Fossil Hill Vermentino 2015 This Italian white grape variety is becoming more popular Australia. The wine is pale straw with a slight green hue. It has an aroma of honeysuckle, citrus/lime and tropical fruits complemented by fresh cut herbs. The palate provides luscious tastes of mixed pear, apple and tropical fruits balanced by natural acidity, herbaceousness and minerality. Alcohol 12.5 per cent. RRP \$24.

As always shop around for bargains in discount liquor stores. Angullong wines are also available at angullong.mybigcommerce.com/wine-store-all-wines and La Bise Wines at www.la bisewines.com.au.

Spring into new citrus with the dear one - the rosy red orange

by Noelene Swain

CITRUS, apples and pears certainly dominate the fruit scene through winter.

The local citrus season has been in full swing with an abundance of delightfully scented mandarins, navel oranges, grapefruit, lemons and limes at their absolute best. Yet as winter gives way to spring, we are treated to new and exciting varieties of oranges to lift our mood.

A new addition to the orange world is the Rosy Red navel or Cara Cara. These have beautiful salmon pink colored flesh, a difference that you will notice as soon as you slice one open. Being named Cara Cara,

– which means ‘dear one’ in Italian – is truly fitting.

These red flesh navel orange varieties are especially juicy, low acid, seedless and packed with natural nutrition and minerals to power a healthy immune system. An excellent source of vitamin C, A and fibre; a good source of foliate and potassium, and a natural source of lycopene, the disease-fighting antioxidant, they will certainly help put a spring in your step. The bright orange exterior covers a deep, rich pink pulp, which is extremely sweet, and few to no seeds.

Being very sweet oranges they are most commonly used for desserts, sweet sauces, and for pretty displays. They work well supremed (membrane removed) in citrus salads. Shoppers have come to expect access to any fruit or vegetable they may desire at any time of the year. With this comes a loss of understanding of the true season of locally produced food. Thankfully, over recent years, shoppers have become more interested in the provenance of their food and are demanding the information to be able to buy local seasonal produce.

Local fresh fruit growers have stepped up their effort to ensure consumers can easily spot local fruit with the use of branding stickers showing its West Australian origin.

So when shopping for your citrus be sure

to pause a moment and look at the branding sticker and in store signs. Choose fruit heavy for its size, as weight gives a good indication of high juice content. Don't be too concerned with outer beauty; any markings seen on citrus are generally insignificant branch scratchings and have no affect on the flavour or quality, but avoid fruit with bruises or cuts. Once home, keep in a cool dry place if eating within a day or two, or in the refrigerator if you choose to keep longer.

So get cracking on putting a spring into your step with plenty of WA citrus.

Prepared by Fresh Finesse Food Promotions www.freshf.com.au

Gingered citrus strawberries cups



Preparation: 10 minutes + 30 minutes marinating Serves 1

- 1 pink flesh orange – peeled and diced
- ½ punnet strawberries, hulled
- 1 tablespoon fresh orange juice
- 1 teaspoon honey
- ½ teaspoon grated fresh ginger

COMBINE orange juice, honey and ginger in a serving bowl. Fold through chopped orange segments. Cover and refrigerate until 30 minutes before serving. Before serving, gently fold in strawberries. Serve in orange shells (or glass serving bowls) with yoghurt or cream.

Orange and fennel salad



Preparation: 10 minutes; cooking 10 minutes; serves 4

- 1 large fennel bulb, trimmed and finely sliced
- 2 navel oranges, peeled and sliced
- 1 bunch English spinach, roughly chopped (optional)
- 2 tablespoon olive oil
- 2 tablespoon orange juice
- 1 teaspoon grated orange rind
- Freshly ground pepper, to taste

PLACE, fennel, oranges and spinach in a large bowl. Combine, olive oil, orange juice and orange rind. Drizzle over salad. Serve with pepper to taste, garnish with radish slices or olives.

Optional variation: Add two cups cooked penne pasta to the salad.

What's fresh in the markets this September



Globe artichokes: Do they look bit daunting? Fear not, they're easy to handle once you know how. To prepare whole artichokes for cooking, slice off the stem to form a flat base. Snap off the tough outer leaves closest to the stem. Trim about three cm off the pointed top, and then use scissors to snip off the prickly tips of the outer leaves. Rub all cut edges with lemon to prevent discoloration. It's easier to remove the fuzzy choke (use a teaspoon) after cooking, but it can also be done beforehand. Anchors away to boil, steam, roast or braise. You'll know they are cooked when the outer leaves pull away easily and the bottom can be easily pierced with a knife. You eat artichokes

with your fingers, pulling out the leaves and scraping the fleshy side against your teeth. The heart itself is entirely edible, as is the inner part of the stem and are often served with sauces such as a hollandaise, vinaigrette or melted butter to dip the leaves in.

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

Cumquats: Marmalade lovers, listen up. Cumquats are ripening up and are waiting for you at your local produce store, ready to be turned into all sorts of lovely preserves. The

cumquat tree is a particularly pretty, not to mention useful, addition to a backyard. Try the fruits whole for their sweet rind and sharp juice or macerate kumquats in vodka or another clear spirit for an unusual, citrusy twist.

Rosy red oranges: This new member of the navel orange family has a beautiful rosy pink glow to the skin and flesh, which is very sweet and, best of all, seedless. It's grown right here in WA, spot the local branding stickers for your reassurance you're buying local – as its WAaay fresher! Perfect to enjoy as a snack or add to a salad for a refreshing touch.

Red and green chillies: These fiery bursts of flavour from Carnarvon are utterly delicious, mildly addictive and a lynchpin of a huge range of cuisines worldwide. A ripe red chilli has a different flavour to an under-ripe green chilli, just as we recognise the difference in flavour between a tart green and a sweet red capsicum. There are no rules, however, regarding difference in heat, so proceed with caution. Always taste for pungency and adapt recipes according to just how hot you like it.

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- 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

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AN Aries, fit, Australian guy, 70s, living SOR WLTM happy, genuine lady to enjoy outings, theatre, walks, home life, laughs, good conversation, fun times together, SD, NS, GSOH, DTE, retired, travel, dancing, ALA.
Reply Box 7625

ATTRACTIVE lady WLTM gent, 75-79 for friendship/companionship, NS, SD, enjoys most things in life, social outings, cinema, walks, DTE, TLC, let's meet for coffee and see. NOR please.
Reply Box 7606

AUSSIE guy, 70s, happy, easy going, looking for discreet, ongoing, intimate, romantic encounters with switched on, uncomplicated, loving woman, any age or nationality, your place or mine. Meet over coffee first. NS, SD, GSOH, SOR.
Reply Box 7624

AUSSIE guy single 53, NOR, genuine, fit, slim, looking to meet happy, easy going lady, for fun good times, similar age, can be discreet if you like. Meet for coffee or drink first.
Reply Box 7610

AUSTRALIAN lady 70, young looking, smart, fit, outgoing personality, NS, SD, likes theatre, arts, modern music, dance, outdoors, occasional eating out, GSOH. WLTM Australian man, 66-71, similar interests, honest, intelligent, caring personality with GSOH, NOR.
Reply Box 7620

FIT healthy, widower, 72, postcode 6026, WLTM similar lady who wants to be spoilt rotten and loved to bits like I do. Ex Pom-mie now Aussie gent, cinema, theatre, outdoor fun, 5'10", 80kgs, NS, NG, GSOH, NOR.
Reply Box 7629

GENT 65, tall, retired, good looking and happy, GSOH, SD, NS, SOR, likes 60s, 70s music, sports, cars, fine wine, tall, 55 - 66, let's meet for coffee and a chat.
Reply Box 7622

GENT 70, newcomer, happy, slim, good conversation, no ties, active. Looking for a discreet friendship with a happy, loving lady. Having ongoing mutual romantic times. Any age or nationality. Your place only. Rockingham-Mandurah area.
Reply Box 7623

GENT 70, NOR, NS, SD, GSOH, medium build, likes music, movies, dining out, quiet times. WLTM, DTE, sincere, easy going, honest lady, 65+ for a chat and coffee.
Reply Box 7628

GENT 78, fit, active, GSOH, NS, SD, SOR, well presented, medium build. WLTM slim lady for friendship, outings, walks, travel. Let's meet for coffee.
Reply Box 7611

GENT retired. NS, NG, SD, GSOH, WLTM Aussie or Asian lady who can travel and spend time at home. I don't want a princess just a good kind lady to cuddle and love. Live between Armadale to Cannington. ALA. No email.
Reply Box 7613

GENT UK/Australian, late 60s, well presented, educated, fin sec, enjoys travel, gym, usual social activities, family, beach, coastal walks, seeks compatible, attractive, slim, easygoing lady to mid 60s for companion, travel, maybe more later, NOR. Coffee?
Reply Box 7627

GENTLEMAN young at heart, GSOH, SD, NS, NG, WLTM lady similar. I enjoy travelling, gardening, walking, movies, I'm NOR. Why not start with coffee and a chat.
Reply Box 7615

HAPPY senior lady WLTM gent 75+, fin sec, I enjoy reading, cinema, coffee, life in general, SOR, NS.
Reply Box 7609

LADY 70s, looking for gent who is tall, dark, handsome, rich. I wish but if you are sincere, honest, caring, 68+, NS, SD, GSOH, DTE, enjoys life, TLC, travel, lives in the moment, not the past, easy going, you could be the man of my dreams so please have a go. ALA.
Reply Box 7616

Visit *Have a Go News* online:
www.haveagonews.com.au

LADY living just NOR seeks gent with happy, positive outlook for friendship and outings initially and maybe travel and relationship if compatible. ALA.
Reply Box 7618

LADY new to area would like to start an over 60s walking group. Meet at Mandurah Forum, walk shopping centre for one hour then have coffee and a chat. Anyone interested please include phone number. No fees.
Reply Box 7603

LADY widow, 70s, slim, active, young at heart, WLTM gent GSOH, SD, NS, enjoys caravanning, golf, cruising, travelling. Let's meet up for coffee NOR.
Reply Box 7605

LADY widow, 76, 5'10", tall, medium build, WLTM gent for friendship and outings SOR, Rockingham area for coffee and chat.
Reply Box 7626

LADY WLTM tall, 65-70, active guy, fin sec, interested in travel, open to explore future with slim lady, enjoys reading, gardening, usual social activities, quiet times, life in general. Missing that special friend or partner to share all the above.
Reply Box 7607

NICE guy, 60, seeks a NS, SD, lady. I am well presented, intelligent and financially comfortable. Look forward to your reply.
Reply Box 7621

WIDOW active, 80, WLTM NS, GSOH, gentleman living Mandurah area to meet for social outings and friendship. Maybe coffee would be a good start.
Reply Box 7619

Seeking a Partner

ATTRACTIVE lady 60s, UK born, medium build, feminine, educated, fin secure, NS, SS, DTE, GSOH, enjoys walking, reading, gardening, good conversation. WLTM unattached, sincere, well presented gentleman, 65-72, prefer widower, Cannington area. Genuine replies only, ALA.
Reply Box 7608

LADY 70, looking for a companion WLTM NS, SD, GSOH, gent who is caring, enjoys outings and home life NOR.
Reply Box 7630

LADY Asian descent, caring, honest, trustworthy, Christian faith, enjoys simple things and good company, desires peaceful life with kind-hearted, gentle, loving man, age 70 and NS, ND, NG, respectful of women. Genuine replies only.
Reply Box 7617

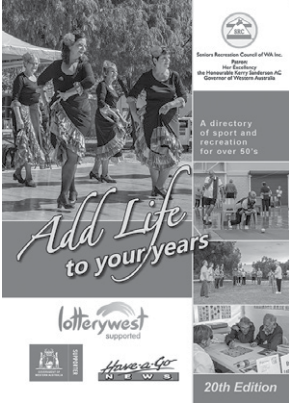
RETIRED gentleman, medico, 70s, 162.5cms tall, NS, active, empathic, caring, respectful of space, communication, music, theatre, concerts, country sojourns, cruises. Seeks compatible petite lady; intelligent, educated, elegant presentation, NOR, inner metro please. Appropriate details. Genuine only need apply.
Reply Box 7612



WIN a \$200 shopping voucher
with *Have a Go News'*
Ad Words.
See page 2 for details.

Add life to your years...

A directory of sport and recreation for over 50s



To obtain a free copy of the 20th edition
Add Life to your years directory please
contact Dawn at the
Seniors Recreation Council on 9492 9773
or email info@srcwa.asn.au

Seeking a Travel Companion

LADY 70+, Christian seeking friends male, female for outings, travel o/ seas as a group or on train trips up north. SD, GSOH, sincere, old fashioned but good morals, love music, art, ballet, good movies.
Reply Box 7614

NICE chap, 70, looking for lady travel companion. Where? Not sure. Start with coffee. Hardly set off straight away. I am charming, agreeable and fun. Please think about it.
Reply Box 7604

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)

Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards, bulky items and photos. All replies will be forwarded at the end of each month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.



SOLUTIONS MATCHMAKING
"A safe, reliable way
to meet genuine people"
9371 0380

CLAREMONT LADY 75 striking green eyed brunette, modern, youthful, fit, educated, fun & wicked sense of humour. A warm generous person, loves travel, films, art, music, old cars, cooking good food. Sk kind, loving gent 70-80 pref wid.

FLOREAT LADY 69 active, fit, healthy, attractive blue eyed blond, intell, funloving Brit. enj walks, music, art, photog, bridge, gd books/films. Sk smart, interesting, good fun gent 65-78.

KALAMUNDA LADY 72 happy natured, well grmd, outgoing w/ GSOH. Blue eyed blond w/ a lovely smile. Would love to meet gent 68-76 to do things as a couple, like cruises, movies, shows, dinners.

YANCHEP LADY 58 natural, d.t.earth, country girl, intelligent, talented, hd working, indep. Slim, fit, not high maintenance, a kind & committed animal lover & o/ door person. Sk happy, positive gent 55-65.

ROCKINGHAM GENT 73 wid, 175cm, well grmd, quiet at first, charming, old fashioned values, not too old for love & romance, enj holidays, cooking, o/doors, concerts, home comforts. Sk lady 65-75.

WANNEROO GENT 77 wid, 177cm, slim, active, busy, highly respectful, happy,GSOH. Sk lady w/ open, honest nature & young at heart, any nationality 65+.

PINJARRA GENT 72 wid, funloving retiree, enjoying life, love of doors, travel, golf, fishing, boating, dancing, church, sk widow 65-75 w/ bright, funloving o/look.

COTTESLOE GENT 67 wid, fit, healthy,very well grmd/ mannered, educated, prof, who loves travel, music, some sports. Sk smart, warm, loving lady w/ bright o/look on life 57+.

THE HILLS GENT 80 going on 60. Extremely fit, educated English gentleman, kind, interesting, "old school manners & charm", sk intell, presentable woman w/ GSOH 65+.



SOLUTIONSMATCHMAKING.COM.AU
Matching mature singles since 1995

Rating: ★ ★ ☆ ☆ ☆

			9			1		6
		7					8	9
	9			7	2			4
2		5		6			9	3
	6		5	8	3		2	
3	7			1		6		5
1			7	5			3	
7	3					5		
5		9			1			

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[illegible]

1. Wandering
4. Fourth, ..., sixth
7. Impart knowledge
8. Jewelled headdress
9. Type of beard
12. Joyous
15. Cuddled
17. Facilitate
18. Actor, ... Bridges
21. Posted via the Web
22. Whetted
23. Invalidated

1. Plot a path
2. Reviews (ledger)
3. Large shellfish
4. Relax, put your ... up
5. Absent-minded (look)
6. Grass skirt dance
10. Evict
11. House
13. Dried with cloth
14. Belly
16. Shutterbug's tool
18. Luxuriant
19. Title document
20. Farm building

#306 September edition PUZZLES
Solutions appear on page 10

Use up all the letters in the alphabet soup. Fill in the spaces and find a total of ten fish. Each letter must be used once only.

_ _ E E _ E R
 _ _ N A
 _ O H _ _ O R Y
 _ T A _ G A _ E R
 _ R _ A _
 _ _ R _ I S H
 _ _ N G
 _ _ D
 G U _ P _
 _ A _ E

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Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

16 Good 22 Very Good 29+ Excellent

[illegible]

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

*Be the first to read the news, enter our competitions and get up to date on new information.

To register, please email readers@haveagonews.com.au



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

SCENE SOCIALLY



SCENE (2): EXUBERANT wine make Gavin Berry entertained the crowd at the West Cape Howe Wine Dinner at the Inglewood Hotel on Thursday 10 August. Guests were treated to four courses paired with wines from West Cape Howe and were given an entertaining description of each wine from senior wine maker Gavin while enjoying the fine fare from chef Martin Lawley. The winery at Mount Barker has achieved great success with Gavin at the helm. The Inglewood runs exclusive wine dinners and other events throughout the year with special offers from their bottle shop. Call them for details 9370 5511 or follow them on Facebook.

SCENE (2): Clockwise from left; Gavin Berry with Inglewood Fine Wines bottle shop manager Jason Sandercock - Inglewood Hotel's chef Martin Lawley and Glen Parsons - Chris Mearnes and Anna Chitty



SCENE (3): BAKING up a storm puts the fun into fundraising for RSPCA Cupcake Day for residents from Mercy Place Edgewater who wanted to help make a difference. The self confessed animal lovers took part in the RSPCA Cup Cake Day to raise important funds for sick injured and neglected animals.

SCENE (3): From left to right; Fernanda Cunham, Ian King, Poppy the rescue dog, Jean Collins and Katharina Schenett



BRIGHTON VILLAGE NEWSAGENCY

Shop 11, 6 Kingsbridge Boulevard, Butler Ph: 9562 4957

- Community postal service:
Express Post Registered Post
Parcels/Stamps
- LOTTO & SCRATCHIE
- Stationery
- Educational books
- Dry cleaning
- And much more
- Gifts
- Cards
- Photocopier
- Fax

***10%** Receive a 10% discount on cards, stationery, gifts, phone accessories and reader glasses

*Conditions apply. Present this advertisement to redeem advertised discount. Offer could be discontinued anytime at owner's discretion.



SCENE (4): BETHANIE officially opened their combined aged care and apartments at Gwelup on 14 August. We toured the stylish apartments and aged care rooms and saw first hand the advances made in this new development. Minister for Seniors and Ageing, Volunteering and Sport and Recreation Mick Murray officially opened the facility. This project takes retirement living to a new level with high tech laundry facilities, on site gym, hairdresser and on call kitchen for residents.

SCENE (6): THE Square Mirrabooka's Mall Walking Group celebrated their first anniversary on 26 July with a breakfast following their regular Wednesday walk. The Square Mirrabooka centre manager Shane McLean and marketing manager Zaran Oliver presented the volunteer Walk Leaders with gifts to celebrate their achievement.

The group of 25 local seniors from all walks of life come along each week and enjoy a comfortable walk around the climate controlled and secure environment of the centre. If you would like more information about joining the group for their regular and free walk on Wednesday mornings, please contact COTA on 9472 0104.

SCENE (1): CONNECT Victoria Park formerly known as The Senior Citizens' Welfare Association of WA Inc, Connect Victoria Park Inc, was established in 1957 to cater for the needs of older Western Australians. Since this time the organisation opened the Homestead seniors' centre in Mackie Street Victoria Park (opened in 1960), helped pioneer the State's Meals on Wheels service and have built 70 housing units for low income seniors. The very first Seniors Centre in WA certainly had a lot to celebrate at their 60th anniversary cocktail party.

SCENE (1): Top row, from left to right; John and Kay Clark with Gary Carlton - Ursula Benson, Ron Green and Roxanne Ozanne - Libby Pappas Luke Garswood and Ingrid Berchem - Jen Chiefney, John Corder and Teresa Corder - Mark Teale and Judy Hogben.

Second row, from left to right; Clay and Christine Shimon - John Macmillan and Shirley Mercer - Rhonda and Steve Macmillan - Tom and Raelene Cratchley - Ben Wyatt and Ron Hancock - Roslyn O'Neill and Julie Lake



SCENE (5): SENIORS in Melville had the opportunity to have their say and raise issues at a community forum held on 29 August. Topics covered included aged care, safety and security and matters relevant in the Melville area. Representatives from the local police, COTA WA and local members were on hand to speak and answer questions from constituents. The forums are part of the governments commitment to address the needs of our ageing population.

SCENE (5): Top row, from left to right; Bob Kucera, Lisa O'Malley and Minister for Seniors Mick Murray.

Middle: A large group of seniors attended the community forum.

Third row: Local member Lisa O'Malley hosted the event with representatives from local police, local council, COTA WA and with Minister for Seniors Mick Murray.

Value is king at this year's Show.



8 days of Royally good value

This year's Show delivers more value than ever:

- SATURDAY:** FREE 'Dance of the Drones' first ever performance in Australia. 40 drones and 40 dancers put on a spectacular evening light show.
- SUNDAY:** FREE bottle of water for the first 6,000 visitors through the gates from 9am.
- MONDAY:** DISCOUNT vouchers for Scitech and AQWA for the first 10,000 kids from 9am.
- TUESDAY:** ½ PRICE IGA Follow the Yellow Brick Road passes available at the Sales Stops.
- WEDNESDAY:** FREE giveaways from IGA for the first 10,000 visitors through the gates from 9am.
- THURSDAY:** ½ PRICE KIDS ENTRY DAY. Discount tickets ONLY available at gate.
- FRIDAY:** ½ PRICE SENIORS ENTRY DAY. Discount tickets ONLY available at gate.
- SATURDAY:** MAJOR PRIZE GIVEAWAY. Be at the Show to go into the draw.

DISCOUNT TICKETS AVAILABLE AT YOUR LOCAL IGA.

Taste WA



Walk Through WA

Sam Powers
Jaws of Death

FOOD

Taste WA presented by Lilydale Free Range Chicken
Food Forum presented by Expo Italia
30+ more food and beverage locations

ANIMALS

PETstock Animal Nursery
Creatures Great & Small Pavilion
Sheep, Shearing & Wool Pavilion
Sheepdogs
Dog Pavilion
Cat Pavilion
Poultry Pavilion
Horses
Cattle
Goats, Alpacas, Rabbits and more...

ENTERTAINMENT

Dance of the Drones
Elders Invitational Camp Draft
Isuzu D Max Precision Driving
Sam Powers (Jaws of Death & Illusion)
Fireworks
Family Fun Stage
- Leapin' Louie
- Crack up Sisters
- Baby Ballet
Racing & Diving Pigs
Dock Dogs
Eljay Freestyle
Woodchop
Ricky Possum and an array of other acts

EXHIBITIONS

Walk Through WA
Parasites: Life Undercover Exhibition
Entertainment Theatre
Heritage Hall
Farm 2 Food
Agricultural Hall of Fame
WA Dairy Pavilion
Garden Gurus - by Trevor Cochrane
Art Gallery
Photography Gallery
Cookery
Flowers
Creative Crafts

ACTIVITIES

IGA Follow the Yellow Brick Road
Milking Station
Discover Dirt
IGA Cooking with Kids

RIDES

Heidi, Will & Woody's Escape of the Zombies
Midnight Express
Kiddie Rides
The Claw
Shockwave
No Limits
PLUS MUCH MORE

perthroyalshow.com.au

Visit our website for the full program.

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SOCIETY OF WA



PERTH ROYAL SHOW

23 - 30 SEPTEMBER 2017

DISCOVER A NEW LIFESTYLE



Lendlease is one of Australia's leading providers of retirement living and with 10 villages across Western Australia, we have an affordable home to suit everyone. We create places where it's easy to meet like-minded people and be part of a secure community. Choose from a range of stylish, low-maintenance homes and enjoy the resort-style facilities and friendly communities that are buzzing with activity.

COME AND EXPLORE A VILLAGE NEAR YOU



HARBOURSIDE VILLAGE 7 Honiara Way, Mindarie

2 Bedroom Apartments from \$399,990*
2 Bedroom Villas plus study from \$535,000*
3 Bedroom Villas plus study from \$599,990*

Contact Deborah on 08 9407 8231 to view properties



TIMBERSIDE VILLAS 10 Timbercrest Rise, Woodvale

1 Bedroom Villas from \$359,000*
2 Bedroom Villas from \$389,000*
3 Bedroom Villas from \$535,000*

Contact Lorraine on 9403 8101 to view properties



PARKLAND VILLAS WOODLANDS 52 Liege Street, Woodlands

1 Bedroom Apartment \$330,000*
2 Bedroom Villas from \$299,000*
3 Bedroom Villas from \$425,000*

Contact Amanda on 9446 5584 to view properties



HOMESTAY VILLAGE 267 Wharf Street, Queens Park

2 Bedroom Villas from \$295,000*
3 Bedroom Villas from \$325,000*

Contact Pilar on 9458 7742 to view properties



PARKLAND VILLAS ELLENBROOK 25 The Parkway, Ellenbrook

2 Bedroom resale Villas from \$349,990*
3 Bedroom resale Villas from \$425,000*
Brand New 2 Bedroom Villas from \$383,350*
Brand New 3 Bedroom Villas from \$484,000*

Contact Louise on 9296 7322 to view properties



THE PINES 21 Ponte Vecchio Boulevard, Ellenbrook

1 Bedroom Villa \$315,000*
2 Bedroom Villas from \$358,000*
3 Bedroom Villas from \$390,000*

Contact Jacqueline on 9296 9914 to view properties



PARKLAND VILLAS BOORAGOON 510 Marmion Street, Booragoon

2 Bedroom Villas from \$399,000*
3 Bedroom Villas - Waitlist*
1 Bedroom Apartments from \$235,000*
2 Bedroom Apartments - Waitlist*

Contact John on 9330 3711
to view properties



LAKESIDE VILLAGE 14 Lewington Gardens, Bibra Lake

1 Bedroom Villas from \$250,000*
2 Bedroom Villas from \$285,000*
3 Bedroom Villas from \$430,000*
1 Bedroom Units from \$210,000*
2 Bedroom Units from \$240,000*

Contact Malcolm on 9417 5879
to view properties



PARKLAND VILLAS MANDURAH 2 Hungerford Avenue, Halls Head

2 Bedroom Villas from \$229,000*
3 Bedroom Villas from \$380,000*

Contact Glenys on 9535 2414
to view properties



WOODSTOCK WEST 146 Strickland Street, Bunbury

2 Bedroom Villas from \$355,000*
3 Bedroom Villas from \$360,000*

Contact Vicki on 9791 6199
to view properties

Enquire today

For more information on any of our 10 West Australian retirement villages, visit retireinwa.com.au or free call 1800 550 550

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lendlease

Spring Retirement Festival WA Event Guide



Book now to see some of Australia’s most celebrated performers at nine Lendlease Retirement villages throughout WA.

	EVENT	VILLAGE	DATE & TIME
	Paul West River Cottage Australia Inspiring cooking demonstration from River Cottage Australia host Paul West	Lakeside Village 14 Lewington Gardens Bibra Lake	13 September 1pm - 3pm
	Art Workshop with Mick Devine Caricatures and Steve Browne Enjoy an art workshop, artist talk and afternoon tea	Homestay Village 267 Wharf Street Queens Park	15 September 2pm - 4pm
	The Merindas Inspired by the film “The Sapphires” enjoy soulful music and delicious afternoon tea with ocean views	Harbourside Village 7 Honiara Way Mindarie	16 September 2pm - 4pm
	Dusty & Friends Tribute Show Enjoy the songs of Dusty Springfield at the Dusty and Friends Tribute Show	The Pines 21 Ponte Vecchio Boulevard Ellenbrook	16 September 10am - 12pm
	Nigel the Entertainer Comedy & Magic Show Meet Kerry Domann and his alter ego “Nigel” for a memorable comedy and interactive magic show	Woodstock West 146 Strickland Street Bunbury	16 September 10am - 12pm
	The Andrews Gals Relive the Andrews Sisters hits brilliantly delivered by The Andrews Gals	Parkland Villas Booragoon 510 Marmion Street Booragoon	16 September 10am - 12pm
	Twilight Tours and Tapas with the Muchos Mariachi Band Join the music and food fiesta with Perth’s premier mariachi band	Parkland Villas Woodlands 52 - 54 Liege Street Woodlands	22 September 4pm - 6pm
	Costa Georgiadis Gardening Australia Share a passion for gardening with tips from Costa Georgiadis from Gardening Australia	Parkland Villas Ellenbrook 25 The Parkway Ellenbrook	26 September 10am - 12pm
	Melinda Schneider Doris Day Tribute Show Melinda Schneider steps back in time to pay homage to one of her musical heroes Doris Day	Parkland Villas Mandurah 2 Hungerford Avenue Halls Head	29 September 10am - 12pm

Events are free, book online today!
springretirementfestival.com.au or call 1800 550 550.
RSVP essential.

