



LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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let's go travelling

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Frank Smith interviews federal Minister for Senior **Australians and Aged Care**



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by Lee Tate

MUSIC legend John Williamson, with 500 country and folk songs to his credit, remains true-blue to his Aussie core.

"Being true-blue today is just the same as it was when the song was written (nearly 40 years ago)," John told me from Sydney where he's embarking on a national tour.

"Being true-blue is being somebody who cares about our country. It doesn't matter if you've Aboriginal or Chinese background. If you are living in Australia and care about Australia, you are true-blue."

Turning 73, John has released his 20th studio album, Butcherbird, reflecting on life, love and the bush that surrounds him.

"The Butcherbird is my favourite feathered singer. They have been here longer than humans, yet their melodies are remarkably fresh. They are my mates in the garden," he says in his promo.

Fifty years in the music indus-

try, twice-married, father-of-two, John says he did have a notion about retiring from music writing but "can't help myself."

Country-born in Victoria, Scotch College-educated in Melbourne before moving to a NSW farming property, the singer now has a Queensland country retreat where he lives with wife Meg **Dovle**

Ámid 73 hectares of sub-tropical rainforest and grassland where cattle had been grazed by a neighbour - he'd like to bring it all back to natural rainforest where his "magnificent trees could have a chance to get out on their own."

A celebrated conservationist and mate of the late wildlife warrior Steve Irwin. John has fought for a number of causes including koala and coral reef protection (he became an ambassador for Protect Our Coral Sea).

When Steve Irwin died, John wrote a tribute tune, Wildlife Warriors: It's Time, and at Irwin's memorial service, performed *Home* Among the Gum Trees and True Blue for a worldwide audience of millions.

John Williamson

He was also a prominent performer at the Sydney Olympics and sang at the memorial service for Don Bradman.

John wrote Mates on the Road, dedicated to indigenous Australians of The Stolen Generation and a duet, Desert Child, a bush lullaby for Aboriginal chil-

He wrote Flower on the Water as a tribute to the Bali bombing victims and The Camel Boy to salute the life of indigenous artist Albert Namatiira.

His album We Love This Country is a compilation of his favourite holiday songs to promote Australian tourism and caravans. It became a jingle for caravan commercials.

John is a founding member of the Country Music Association of Australia; fighting for the interests of the Australian country music industry particularly in regard to the awards.

John says he still considers himself a farmer, a country boy, but with his two daughters in Sydney, he can stay connected to the big smoke.

He's most comfortable on his property with its huge shed where he sometimes holds performances or fundraisers.

Visitors to the Springbrook property can see aspects of his eventful life including awards and gongs: an AM for conservation and music, ARIA Hall of Fame, three ARIA Awards, 26 Golden Guitars, MO Awards, three APRA Awards, platinum and gold album accreditations

And there are his cars displayed including 1951 and 1955 Holden utes and an FJ Holden.

Coming to his shed soon is his profile, painted by Anh Do on ABC TV recently.

"We get heaps of visitors from WA," he said.

John has also been preparing to headline a fundraiser for farm drought victims.

continued on page 38



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From the editor's desk



STAY Sharp program is specially designed for over 55s to improve physical and cognitive health. The next program was to start on 4 October but will now commence on 11 October. Our founder Quentin participated in the last series and found it to very beneficial for his overall health and wellbeing. Anyone interested in attending can call Tina on 6558 1833.

Last month I had the opportunity to meet with Minister for Senior Australians, Aged Care and Indigenous Health Ken Wyatt. Ken certainly cares about representing his Hasluck constituency and has a genuine concern for his federal portfolio for seniors and aged care. Have a Go News attended his recent forum on aged care and we have a report from Frank Smith about the issues discussed on page 5.

I have received advice that the Department of Human Services has put on an additional 1500 staff to assist with surges in demand for Centrelink enquiries. This should help to reduce call wait times and enhance ser-

vice delivery. Let us know if you notice the difference.

I extend my sympathies to the family of Diane Davies-White who passed away last month. Have a Go News had a long and fruitful relationship with Diane who over many years regularly contributed to the paper. I saw her just over a month ago at the Holly Wood Tuesday Morning Show and although frail she greeted me brightly, as always, was beautifully groomed and enjoyed the camaraderie of the event. I take this opportunity to honour her and her tireless work in many areas of the community. Vale Diane from your friends at Have a Go News.

For lovers of Australian art, the Art Gallery of WA has secured Sidney Nolan's Ned Kelly series which features 26 works painted in the 1940s. The exhibition offers a rare opportunity to view these renowned artworks in Perth. It will run until 12 November and is free to view.

Nominations for the WA Seniors Awards are now open, and I encourage you to consider putting forth an unsung hero in your life. The awards provide an opportunity to recognise people, local councils and age friendly businesses that work to improve the lives of seniors in our community. Nominations close on 11

October and interested people can contact Marlene at COTA WA on 9472 0104, email awards@cotawa.org.au or download a nomination kit from www.cotawa.org.au

*** We have fun and giveaway lots of prizes on the Have a Go News Facebook page. If you're on that platform take a moment to like our page and join our digital community. For anyone who wants to receive the paper hot off the press, subscribe to the digital issue and receive it into your inbox, email reader@haveagonews. com.au Don't forget to visit our website regularly for updates in between editions of the paper.

Journalist Lee Tate has written an entertaining tome called Awesome WA - 1001 Fair Dinkum Facts About Western Australia. The book is available from the office for \$25 and features weird and wonderful facts about our great state. If you would like to purchase a copy of the book call us on 9227 8283. Lee is available to speak to groups and clubs about the book, he provides an entertaining and interesting presentation. For anyone that would like him as a guest speaker can contact him at leetate@live.com.au

Enjoy this first month of spring and stay well and happy.

Jennifer Merigan

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

Ageing research snippet

NEW research from the University of Exeter shows that key aspects of the ageing of human cells can be reversed by new compounds. The tested compounds are designed to target mitochondria which are the power stations of cells. In a paper published last year, the team demonstrated a new way to rejuvenate old cells in the laboratory, however, the new research looked at precisely targeting and rejuvenating mitochondria in old cells. Nearly half of the aged cells tested showed signs of rejuvenating into young cell models. This will mean that these compounds will be able to reduce many diseases associated with ageing. Keeping mitochondria healthy helps either prevent or, in many cases reverse these diseases. Hopefully this will be the start of anti-degeneration drugs bringing the fountain of vouth closer.

Funny historical fact

IN 1948 BROTHERS Dick and Mac McDonald opened a restaurant in California that only sold hamburgers, fries and milkshakes on a continuous basis rather than made to order. Dick called it 'fast food' and the restaurant McDonalds.

Have a Go News Quick Quiz

- 1. When will the new WA Museum open (2020, 2022 or 2024)?
- 2. Name the 2018 Oscars female winner.
- 3. Frances McDormand won her Oscar for which movie?
- 4. What is an Australian Bustard?
- 5. Scouting was founded by whom?
- 6. Who started the Girl Guides movement?
- 7. What is WA's largest horticultural export: Oranges, apples or carrots?
- 8. Name WA's major grain crop.
- 9. How do bees carry honey?
- 10. Name Australia's largest desert. See page 46 for answers.

Urban slang

Boomerang child - a child who moves out to start his or her own life, then returns home to live (often as a result of the economy, but possibly due to irresponsibility of some kind).

Great West Aussies - Did you know?

IN 1916 WA's Percy Armstrong became Australia's first transcontinental cyclist. He also broke the Sydney-Melbourne cycle record in four days, four ¾ hours, riding 930km at 222km a day. In 1894 he began a bicycle messenger service in Coolgardie and then the Goldfields first bike shop. He brought the first motorcycle to WA, in 1901.

Word of the month

Pantagruelian

Adjective

rare

Enormous.

'a Pantagruelian banquet'

Late 17th century: from Pantagruel (the name of an enormous giant in Rabelais's novel Pantagruel (1532) + -ian.

Quote of the month

"Ageing is not lost youth but a new stage of opportunity and strength."

Bettie Friedan

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Sandra's on a mission to record WA's First World War serving personnel



Sandra with former 60 Minutes journalist Michael Usher when she appeared on the segment Known Unto God for ANZAC Day 2013

by Josephine Allison

PINJARRA woman Sandra Playle is on a special mission to engage older people and readers of Have a Go News with some spare time. She wants them to help compile a database of all people who enlisted in WA during World War I.

The World War I military specialist, who is well known in the military history field national and internationally, has been been a researcher for the past 25 years. She decided to compile the database as a Centenary of ANZAC project.

She had hoped it would be completed by then but technical issues have delayed the

"Due to the nature of World War I documents, there is no definitive list of soldiers and nurses to work from," she said.

"The final database will be an important part of our state's social history and demography.

The current list of names has been compiled from other research projects Ms Playle has indexed, honour boards held at the Army Museum and lists of names given by other researchers.

"The project's list has about 36,000 names

on it though some are duplicated due to different service numbers," she said. "In addition, there are names of those who enlisted and were rejected for whatever reason, including some Aboriginal men.

"There are 63 fields in the database. That will let us see what was happening in the state in terms of employment, religion, post war impact, location, burial locations, hon-

Ms Playle said most of the information will come from service files held at the National Archives of Australia and records held at the Australian War Memorial. She has compiled a manual that gives examples, links to websites and other resources. The project could become a model for other states in the future.

'The advantage for WA is that we had about 32,500 enlistments whereas NSW and Victoria had far higher numbers," she said. "Queensland, Tasmania, South Australia and WA made up compositive battalions.'

A sample of the project has been viewed and discussed with several military authors, researchers, historians and officials at the WA Army Museum and the Army history unit in Canberra.

They have all agreed that it is a unique project and an important resource to WA and the military history of Australia," Ms Playle

Federal Member for Canning Andrew Hastie, who served in the Australian army for 14 years, viewed a sample and was impressed with the idea. He has agreed to launch it in Federal Parliament.

'Some people are already working on the data entry and we have our own forum where they ask questions, make suggestions and generally assist one another," Ms Playle said. "All project documents, research links, manuals and other relevant information are located within the forum.

"It is important that we work together as a group by using the forum so that discussions are readily available to all and can be referred back to if necessary.

'The work is not difficult. Volunteers need to extract data and put it on an online data base. It can be easily done from home and at the volunteer's own pace."

The main requirements are a computer, internet connection and a relatively good understanding of both.

Anyone interested can contact Sandra Playle PO Box 767 Pinjarra WA 6208, mobile 0422 922 132 or email fedelmar@hotmail.

Nominate an unsung hero



2017 WA Senior of the Year, Phil Paddon

WE all know hard working people in our community who probably don't want any accolades but deserve a special thank you.

If they are aged 60 or over, why not nominate them for the prestigious WA Senior Awards?

Each year the awards recognise exceptional Western Australians who work hard in their community.

This year the WA Seniors Awards celebrate their 33rd year of acknowledging the contribution of remarkable seniors and organisations who work to improve the lives of older Western Australians in a diverse range of areas.

This year the award categories include the WA Senior of the Year, for metropolitan and regional people, the Age Friendly Local Government award and the Age Friendly Business Award.

If you know a person, council or business who you would like to nominate we urge you to take the time to share their achievements to the broader community.

The process is straight forward and this year's nominations close on 11 October.

The WA Seniors Awards ceremony will be held on 17 November during WA Seniors

The awards are organised by the Council of the Ageing WA (COTA) in conjunction with the Department of Communities. They are proudly sponsored by Juniper, 6PR and Have a Go News.

To obtain a nomination booklet call COTA on 9472 0104, email awards@cotawa.org.au or download a form from www.cotawa.org.au or visit www.haveagonews. com.au to download a

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Concert commemorates WWI armistice

THIS year 11 November is the centenary, to the very day, of the armistice that ended World War I. This is a special moment for all citizens to review the value of peace and to feel grateful to those that have fought to help retain world harmony and allow us to live our privileged lives.

Following its long tradition of ANZAC concerts, Perth Symphonic Chorus, along with the Perth Philharmonic Orchestra, will mark this significant occasion with a special performance at the Perth Concert Hall at 4pm on Remembrance Day.

The program will consist of the

exquisite Fauré Requiem and Vaughan Williams' immensely stirring Dona nobis pacem.

Under the inspired musicianship of conductor Dr Margaret Pride OAM, Perth Symphonic Chorus will present a concert of rare beauty and intensity. The choir is delighted to have two of Australia's leading vocalists Sara Macliver and Christopher Richardson joining them, along with well-known Australian actor, Igor Sas, as narrator.

The meaning of the music's texts and the day's significance will be enhanced by readings from relevant contemporaneous writings and poetry. Even greater connection to the centenary of the armistice will be brought into focus by the projections of historical photos above the 250 performers.

In addition, the Perth Concert Hall. RSL WA and the Army Museum of WA are joining with the choir in the presentation of foyer and forecourt displays of remarkable war memorabilia and commemorative items.

This profoundly moving event will mark the day with the gratitude and respect it deserves.

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Deb Smith

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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

Josephine Allison

Brad Elborough

Frank Smith

Colin Barlow

Jon Lewis

Lee Tate

I WAS interested in the article on the Allied Merchant Seamen's Association of WA memorial service on 3 September on Monument Hill in Fremantle.

I have a link with the Royal Navy which was assigned to protect merchant shipping in the north Atlantic in WWII. My father Vivian Williams was a RAF pilot in the Fleet Air Arm on board aircraft carrier HMS Courageous on 17 September 1939, off the south west of Ireland.

His squadron of 48 biplanes loaded with torpedoes searched for German U Boats that were attacking and sinking allied merchant shipping. However, on this day in September a German submarine U53 torpedoed the Courageous midships with three torpedoes.

The Courageous sank in less than 15 minutes with the loss of 519 from a crew of 1260.

My father survived but his older brother Richard went down with the ship.

The sinking of HMS Courageous can be viewed by

searching U-tube using Google. I think the estimate of 50,000 merchant seamen lost in WWII may be a bit low; the figure may be more like

80,000. Anyhow there would have been many distraught relatives of those who disappeared without a trace in the icy waters of the north Atlantic. Without these

These sailors should definitely be remembered for their service to the allied cause.

Lest we forget.

Yours faithfully,

sailors Britain would have starved.

Michael Williams Margaret River

Dear Editor,

Karrakatta Cemetery Renewal Program

A WESTERN Australian program, called redevelopment - or, to use the Metropolitan Cemeteries Board's favoured euphemism, renewal - will see all visible markers of existing graves, including the grave numbers, removed and new plots comprising the walkway between the original graves and strips of about 300mm taken from adjacent graves offered for sale. To facilitate this program, the WA Act provided that all existing rights of interment, including perpetual and 99-year grants, would be abolished.

No notice was given to right holders and no compensation was paid to the holders of abolished rights. New grants are limited to 25 years with one renewal allowed. The Board claims no remains are disturbed, but this may not be feasible, given the new grave dimen-

The Western Australian Legislative Council Standing Committee of Environment and Public Affairs has opened an inquiry as a result of petitions presented on behalf of the Saving Family Headstones at Karrakatta Group.

The Group's aim is to inform the public, to give them a say in the disposal of their family member's remains and, hopefully, to save the history, memories and heritage of WA - at danger from the continued clearance of headstones at

Karrakatta Cemetery.

The people of WA overwhelmingly believe their family graves are safe in perpetuity and that their family members buried at Karrakatta can rest in peace. But they are mistaken, and they deserve to know

We hope the Inquiry will at least give the public a say in the process, and, if they so decide, put a stop to a disrespectful and appalling program that has seen the removal of the headstones of those of our war heroes who chose to be buried with their family - not in a war grave – and of our pioneers and the ordinary people who built this state.

Yours sincerely,

Susan Blunden

Dear Editor,

I RESENT people who park in disabled parking bays who are not entitled to do so.

However, I found it even more frustrating recently when I saw a car pull up next to the disabled bay which already had a car parked there. From the car which could not park there a lady helped an elderly man who had difficulty standing far less walking, and helped him to the shops in Craigie Plaza before returning to park her vehicle elsewhere.

I was shopping for a good half hour and when I came out, the same car was parked in the disabled bay.

It had no disabled sticker and I took a photograph of the number plate and car.

I then phoned the government department who issue the stickers and was told it was the problem of the shopping centre management. I then phoned the centre management (not in the centre) and found they simply weren't interested ei-

This was what I would describe as a disgusting, disrespectful and uncaring response from both the department and the centre management. I am still disgusted with those who illegally park, but they do get away with it because of indifference. I'm sure I'm not the only person this has happened to.

> **Iris Bennett** Craigie

Ed: Policing of ACROD bays is the responsibility of local government.

Dear Editor.

I WONDER if pressure could be put on manufacturers to put suitable lids for easy opening containers,

jars, bottles and medicines.

This situation has been going on for too long. I myself am a senior and retired dementia carer. Watching and helping my great aunt who is 96 years old and in a care home I find very frustrating.

Silly plastic pull-back lids on tins of chopped fruit and voghurt tubs and child-proof medicines packs cause a great deal of stress.

Things that are childproofed end up penalising the

Even the care home management seem oblivious to this frustration – we must lobby the manufacturers. I would also like to congratulate you on a fine paper. I cannot wait for each edition and I would like to praise you and your team.

> **Suzanne Gould Maylands**

Ed's Note: Suzanne I know that it's difficult for people with arthritis to open many items, the Independent Living Centre in Nedlands offer a range of ering some of these probl

Dear Editor,

MY WIFE Liz and I were among the very lucky winners of the AGL day at the football. We were met by our hosts Kirsty from AGL and

Tahlia from Have a Go News and escorted into the Field Club.

There we enjoyed endless food and the drinks flowed. We had our photo taken with the Big Eagle. Our reserved seats were among the best in the sta-

We thank AGL for sponsoring this extraordinary day and Have a Go News for running the competition. The only hiccup was our team, West Coast Eagles played below their best and were narrowly beaten.

Yours truly,

Liz and Cameron Bell **South Perth**





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Aged care for the 21st century - an in-depth look from the federal Minister for Aged Care



Minister for Senior Australians and Aged Care, Ken Wyatt MP

by Frank Smith

IT takes a brave man to front up to more than 200 people concerned about aged care – seniors, carers, children of aged parents and aged care staff – each with their own perspectives, experiences and especially complaints, at Wattle Grove, last month.

The Minister for Senior Australians and Aged Care, Ken Wyatt MP fielded questions and comments from this audience for three hours with empathy and explained government changes planned to improve outcomes.

He said if you construct a pyramid of the population age groups the widest part of the pyramid is those aged 30-40 with younger numbers tapering off. This has created a pressure point. Who will look after us when we reach old age?

"In 20 years the number of Australians over 100 years old will have quadrupled," he said. "At present the average age at which men enter residential care is 82, and for females it is 84. In 15 years time it will be over 90.

"We need to design for a population living to 100 or more. By then the body may be frail but the mind is often good and the experience of older people is invaluable. They have a wealth of information and can provide value to the community by volunteering and mentoring."

He said following the Productivity Commission's report on aged care the government plans to help people stay at home and out of residential aged care facilities for as long as they can, so they can have more fulfilling lives, more fun and stay better engaged with families and communities.

The government is providing home care packages in four categories in addition to residential care. This year the government has provided an extra 20,000 level three and four packages and released 53 per cent more lower level packages at a cost of more than \$5 billion over four years

Mr Wyatt said aged care providers need facilities for couples, perhaps supported accommodation next door to dementia units or house clusters, providing accommodation for up to eight people who do their own cooking and laundry and as much as they are able.

While there were several hor-

ror stories that Mr Wyatt agreed to look into, most audience concern was about low levels of staffing in residential care homes, with one speaker claiming a single carer was left in charge of 30 people living with dementia.

Care workers were stressed too much and we only hear about bad things that happen. This results in a vicious circle with poor staff morale and low pay leading to rapid staff turnover and shortages of experienced carers.

Mr Wyatt said there was a need for increased number of workers on the floor.

"If they know I'm coming to visit a residential care facility, staff levels seem to be very high," he said. "I realise that is not the real number."

He said there is no easy solution to the problem. We need to plan for the workforce for next 20 years. This includes building a career pathway in aged care with better training opportunities to develop workforce skill and a strategy to encourage more young people to enter the industry.

"At present a person can take an on-line course over six weeks and

become qualified without ever having touched an old person," he said.

"Some people in aged care never receive a visitor, ever. We're funding a major program to combat loneliness – we're currently calling on local organisations to get involved to expand the Community Visitors Scheme.

"It is important that people can have confidence in aged care and the protection of their loved ones – a new Aged Care Quality and Safety Commission will create an independent, tough cop on the beat to ensure older Australians receive the best possible care.

Mr Wyatt said the majority of staff are caring and hard working. Negative stories in the media lower staff morale and cause people to leave the industry. They also discourage people from going into aged care.

"Abuse of the elderly has happened, but it should never have happened. I need to know about any abuse in aged care so that I can do something about it," he said.

Readers can contact the Ken Wyatt's office on 9359 0322 or email Ken.Wyatt.MP@aph.gov.au

U3A North Coast celebrate 30th anniversary



Foundation member Pam Riessen with U3A colleague and Purple Katz drummer Nigel Ridgway

U3A members and friends wined, dined and danced to the *Purple Katz* band, celebrating the 30th anniversary of North Coast University of the Third Age (U3A) on Friday 3

North Coast's playwright laureate, Peter Flanigan and team provided humorous send-ups of such controversial subjects as greening the planet and organ transplants; while Margaret Watson delivered a witty Nöel Coward monologue.

Special guests included Hamersley councillor Andrew Guilfoyle representing the City of Stirling, and U3A state secretary, Christine Oliver.

Among the party-goers who enjoyed the variety of entertainment was foundation member Pam Riessen of North Beach who remembers how the group was started by a handful of retirees meeting at the Mount Flora Heritage Centre.

"Being involved in U3A has kept me feeling young, socialising with like-minded people who enjoy lifelong learning," said Pam.

North Coast U3A now has 170 members, with a weekly program of regular guest speakers and discussion groups covering a wide range of topics, including current events, health, history, philosophy and Australiana.

Meeting at the Stirling Leisure Centre in Hamersley, North Coast U3A is part of a world-wide network and one of 10 metropolitan branches sponsored by the University of Western Australia. Membership is open to all men and women aged 50 years and over.

Visitors are always welcome. Please contact June on 9448 6432 for details.



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A: \$20,000 cashback*

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PEET

Umbrella Inc gives lasting shelter for people from multicultural backgrounds



Umbrella clients enjoying a day out

by Josephine Allison

EIGHTEEN years ago a group of dedicated people from many different cultural backgrounds joined forces to create an independent, community-based organisation in Perth to look after their people. The aim was to include all communities and have everyone under one umbrella. In the years since, Umbrella Multicultural Community Care Inc has gone from strength to strength, offering more than 20 innovative and culturally appropriate aged care services under one umbrella of quality, value and personalised care. The Belmont based not-for-profit multiaward winning organisation has the credo that everyone has an equal right in their golden years and that language, gender identity, culture or finance should not be a barrier to accessing quality services. It believes that Umbrella Inc's ethos of respect, passion, commitment and hard work by staff can change someone's life.

Umbella Inc provides community aged care services to more than 750 older people from 58 different countries including LGBTI people. Services are provided by culturally sensitive bilingual workers from diverse backgrounds. The organisation aims to accommodate the needs of clients and ensure their cultural backgrounds and languages are well matched with support staff.

Mira Sokol, of Dianella says she has benefited greatly through Umbrella: "There are so many benefits, I am very happy with them," she said. Ms Sokol, who originally comes from Croatia, joined Umbrella as a volunteer in 2010 and spent five years volunteering.

"Umbrella is a second home for me," she said. "They are very caring and you feel included and needed. The services are very good and I am cared for as if I was family.

Umbrella Inc CEO Anna Harrison was recently named winner of the Lifetime of Achievement Award category in this year's Aged and Community Services Australia Aged Care State awards. The awards celebrate the outstanding achievements and contributions of organisations, teams

and individuals in the aged care in-

The award honoured Ms Harrison's 40 years of hard work in making a positive and lasting difference to the lives of people from diverse backgrounds. She will represent WA as a finalist in the national awards this

"To receive a state and possible national recognition for the work I have done in the community is extremely humbling," Ms Harrison said. "Migrants face several challenges when they are restarting their life in a new country. Being a woman migrant added to those challenges especially in the 70s and 80s.

"I had a choice back then; travel through life and do nothing or stand up and make a difference in my community. I chose the latter. Australia has been my home for 41 years and I always wanted to pay it back for its kindness, acceptance and fair go to

"My biggest achievement is that we have an organisation that invites everyone to be part of an amazing family that looks after them. Ageing is not a sentence, it's a beautiful stage in life that should be celebrated. I think my Umbrella team is outstanding because we break down barriers and look after people the best we

Among Umbrella Inc's many ser-

vices is an Internet café which encourages people's online activities including Skype and Facebook. People can use Google Earth to find where they used to live or homes of loved ones. The Home@Home program helps tailor-made groups with clients matched on their ethnicity, language, religion and culture, encouraging them to keep their independence, health and self-esteem and foster social networks.

The mobile aged care van provides information about aged care, services, entitlements, assessments, selfadvocacy and dementia with the aim to have older people make informed decisions about current and future

Umbrella Golden Bus tours take older people on bus trips around WA and beyond. They help people who might feel afraid about going on long trips without support.

The Wellness Dancing Club led by a qualified Zumba instructor is an innovative, fun and exciting program with modified, low-impact movements and easy-to-follow rhythm for older adults.

It's a busy week for Umbrella Inc members taking part in so many activities. And there's always a sympathetic ear to listen to any problems.

Contact Umbrella Inc on 9275 4411 or email enquiries@umbrella communitycare.com.au

TV Talk - the ins and outs of sport broadcasting on Australian television



by Lee Tate

I WATCHED lawn bowls on TV, I confess. And I enjoyed it! Yet I'd no sooner go down to a bowls club to watch a tournament than I would go to watch a rowing race.

Television, clearly, has done much for sport. It has brought in millions of us with little sporting knowledge. And we've become armchair experts or commentators in our lounge rooms.

But we, who make up the bulk of the viewers, have voices, praise, criticisms and questions. Some of them might be useful to sporting ad-ministrators and TV networks.

What do you reckon could be useful changes? Aussie Rules is a unique game. But why can't a goal be a goal whether it touches a goalpost or a player? If it goes between the sticks it would be a goal. If it bounces off the sticks, play would go on and the momentum would flow.

Why doesn't Channel 7 show the full scores during the game instead of, mostly, just the points?

An extra couple of numbers on the screen doesn't take up much space and viewers should know how accurate is the

Why does AFL ignore most violence, often happening in front of or next to umpires and watched by millions?

fisticuffs, similar shoving and abuse by players was happening in Northbridge, it would lead to police action and be on TV news as a disgrace.

In other sports, including rugby which is played by he-men, umpires and referees have more respect and recalcitrant players are sent-off.

I thought the link between alcohol and sport was outlawed but booze is constantly promoted to viewers on rugby grounds.

Was it rugby State-of-Origin we saw recently where coaches gave occasional comments to camera while the game was in progress? Nice little touch.

AFL has roaming Brian who casually chats with key people in change rooms after games. Another great innovation.

Camera work by Aussie networks is second-tonone and directors and commentators are mostly superb.

It's odd, though, that Channel 9 - not Seven has the Footy Show. Channel 7 has all the rights to the games with the vision, commentators. access to players and coaches. And all those years of expertise but no bright, entertainbehind-the-scenes ing, footy show.

Another thought from an armchair viewer. Golf. How about an instructive golf show? One of Australia's most popular social sports, always with something to learn, plenty of big-money sponsors and followed by men, women and children.

There are so many golf happenings and new products worldwide, plenty of experts to give tips and instructions. But don't plan to show in on weekends - your viewers will be out playing golf.

For casual sports viewers, there's too much repetition and intense sporting focus. I'd be more interested in what key players do with their time outside their specialty sports, their backgrounds (including Indigenous players from remote communities) and how they juggle training and other commitments.

Coaches' backgrounds and lives would be worthwhile viewing and give greater profile to these important sporting peo-

At sport's elite level, such as swimming, boxing, gymnastics and cycling, there are teams of people (including parents, physios, psychologists and gym instructors) who spend their supportive lives behind-the-scenes.

Let's give them a sporting chance to show their colours.

What do you think could be useful in sport

Email leetate@live.com.

Enjoy some over 50s fun in Yokine...

YOKINE Over 50s Club meets at 287 McDonald Street in Yokine. every Wednesday afternoon between 1pm and 3.30pm.

Activities include carpet bowls, table tennis. badminton, cards. darts, board games and outings during the year. Cost is \$3 and in-

cludes afternoon tea and a free weekly raffle. Please contact John

on 9276 4615 for more details.

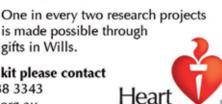
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Stay Sharp Program

for the over 55s - as seen on Channel 7 Today Toniaht Promoting Physical & Cognitive Health

Have you attended any of our previous programs? Do you wish to improve your physical and cognitive well-being?

We invite you to our on-going Stay Sharp Program

The Stay Sharp Program is an 8 week progressive program for the over 55s introducing you to the basics of eccentric exercises coupled with cognitive and memory exercises to aid in reducing a persons relative risk of developing dementia related diseases and improving overall health and wellbeing.

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

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

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Where opinions matter - saluting child migrants who grew up in state institutions



by Lee Tate

HIGH adventure, abducslavery, suffering and international drama are a chapter in WA's baby-boomer years, yet largely missing in the telling and teachings of our state's history.

Hopefully, the true stories - blemishes and all can now be told in WA classrooms and universities.

These are tales and tragedies of human trafficking – of children plucked from both European and Indigenous communities and placed in WA institutions.

Much has been revealed and discussed Aboriginal about the stolen generation. Less has come to light on life inside state institutions including Clontarf, Bin-doon, Castledare and doon, Tardun.

We've heard of abuse, maltreatment, malnourishment and cruelty. More is being revealed and, best of all, by those who were there.

Other countries like the US have corrected their histories, including slav-

ery.
Should WA have a museum, library wing or dedicated facility to encourage stories, documents and photographs of this regrettable slice of our (recent) background?

Child migrant John Hawkins penned his balanced book The Bush Orphanage over four years. He has served on official bodies and made constructive submissions that led to apologies and compensation, if only for some. Hawkins has gone on to work in the WA community and abroad for the disadvantaged.

revealed Hawkins, from the year 1918. about 150.000 children were sent to the colonies to work.

For Australia, a British parliamentary inquiry put the numbers after WWII at 7,000 to 10,000 but it could be 3,000 to 4,000. Poor records were part of the sad story.

Children aged 12 to 14 years were dispatched and then six-seven yearolds but some as young as four. In 1954, Catholic officials proposed but failed to have the age lowered to three.

Australia, with just seven million people in the 1940s feared an invasion of the 'yellow peril' and sought to populate with white people or perish.

Incredibly, the Australian Government sought

together and building trust-

ing relationships to change

the story of domestic vio-

lence to one of empower-

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For

50,000 children from Europe each year but other countries weren't so keen to release their unwanted children

John Hawkins, born out of wedlock and about to be adopted by a loving British family, was dispatched to WA, aged

He found himself outside Perth (Wilson) at Castledare, operated by the Congregational Christian Brothers, given ill-fitting well-worn clothing and no footwear.

With brutal sergeantmajors (and some tolerant Christian Brothers), boys were bewildered and desperate.

In 1951, the boys fled, en masse, swimming down the river fully-clothed. Caught and returned, leaders aged nine and 10 were moved to Bindoon. Runaways were normally tracked by the police, returned and flogged.

The 130 Castledare boys, aged six to 10, were in four classrooms. There were two dormitories: one for those who wet their beds and one for the dries.

Regimented daily duties were: make your bed and stand next to it for inspection. Join queues for porridge and bread. Sweeping or mopping.

March into classrooms. Religious teaching was most important - hymns were learnt in Latin and English. The Catholic catechism was recited over and over.

After school there was sport or play on the oval, weeding duties, scraping pine needles or collecting cow manure for the flowerbeds.

At 5pm 50 boys at a time marched into the open shower block, with a Brother sitting on a chair, inspecting.

One Brother, on nightwatch, interfered with children, sexually abusing the more gullible, putting lollies under their pillows and inviting boys to keep his bed warm until he returned.

After four years at Castledare, boys were assigned to Clontarf, Bindoon or, for Hawkins, Tar-

He wrote: "Tardun was a hive of activity the day we arrived. Working boys rode stock horses for a day of droving sheep.

"Utility vehicles came and went with rifles and ammunition casually scattered on the ledge behind the seat. Sheep dogs barked at surly kangaroo dogs who kept an eye on the yapping sheepdogs. Noisy tractors fired-up and wiry men in shorts wearing large hats and carrying water-bags passed through.

"There were men everywhere, young and old. Everyone talking, sweating, yelling and in a hurry. It could have been a scene out of a Western movie.

John's early education included seeing wild goats caught, slaughtered and fed to the pigs. Only the goats' tails were kept - for the government's oneshilling bounty.

Boys learnt to kill and carve sheep, pigs, cattle, chicken and rabbits. Horses had to be washed, groomed and fed after a dav's work.

On the upside, between 1934 and 1969 at Tardun, 17 young men were established on their own farms nearby.

There were boyish adventures and mischief along the way including the theft of a Brother's cigars. He lined-up the suspects, lit a cigar and offered them each a puff. One-by-one the boys inhaled and spluttered.

But the chief suspect inhaled deeply, smelt the aroma and quipped: 'A beautiful cigar, Brother.'

"The Brother knew he had his man," wrote Hawkins.

In 2007 the WA Government acknowledged that abuse had taken place in state institutions and committed \$114 million for support services and ex-gratia payments for the Aboriginal "stolen generation", child migrants and others who were abused in foster care or as wards of the state.

However, wrote John, evidence of abuse to claim compensation was hard to find.

John Hawkins summed

"The orphanage system caused great social, educational and psychological disadvantage for the child migrants, yet to their great credit they have overcome these disadvantages and have taken their place,

along with their children, in Australia, making large and valuable contributions to the richness of Australian life."

History, hopefully, will do them justice and we acknowledge their contributions. What do you think? Email: info@ haveagonews.com.au





KINGSLEY RETIREMENT VILLAGE

Calling former students of Bunbury High School

BUNBURY High School Reunion will be held at a new venue this year and all former students are encouraged to attend. It will be held on the 6 October at the Metro Hotel, 61 Canning Highway in South Perth. The event starts at 11.30am for a 12noon sit down lunch which includes two courses and free tea

If you would like to attend please call Ivan Okey on 9248 6535, 0447 267 938 or email yekornavi@yahoo.

Support resilience for domestic violence victims through an innovative program



wollstonecraft

FAMILY and domestic violence continues to blight our community. On average eight women are hospitalised every day in Australia after being assaulted by their spouse or partner. Many women remain in a violent relationship due to a lack of financial indepen-

Patricia Giles Centre (PGC) aims to change this story by establishing a social enterprise called Wollstonecraft.

Wollstonecraft was created with the purpose to empower women escaping domestic violence to become financially independent.

Women are recruited to provide domestic assistance in the community in a fully supportive environment. It's cleaning with a conscience.

Following a period of employment, training and one-to-one coaching, the aim is that women have the opportunity to become a business owner of a domestic assistance microfranchise company.

PGC is currently working with aged care providers and people in receipt of CHSP and home care

packages. It is wonderful to witness two communities working

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From nun to call girl, the very different life of Carla van Raay



Carla van Raay

by Josephine Allison

CARLA van Raay has

lived a life of more contrasts than most, from early years as a Catholic in Perth. At almost 80 she is happy in the knowledge that she has finally found peace and is keen to help others with their life stories.

Sitting in her Willagee unit, Carla quietly re-counts her life story, the basis of her best-selling 2006 book, God's Callgirl. Born in the Netherlands, she grew up in Melbourne but it was her early years as a child when she was sexually abused by her father that set her on a sometimes confused path.

Living in Melbourne, she joined the Faithful Companions of Jesus, a Catholic order of nuns at 18. The order sent her to Britain to study to become a teacher and she taught in Brussels.

"But being a nun wasn't fulfilling; it was a tough and isolated life," Carla said. "We had a strict rule of silence, lived frugally with draconian rules such as sleeping on a horsehair mattress. "The final two years

were really difficult and I suddenly wanted to leave the order, as if there was another calling. Even though the nuns had been instructed to become more humanised in their way of life I was the only one to read a newspaper, watch television and speak up.

"Six weeks after I left I obtained permission from the Vatican to go. It was very traumatic. I was 31. I survived on Valium and started teaching at a busy high school in Melbourne. I was given no compensation when I left but I did receive some three years ago.'

Carla says she married a beautiful man, a Scotsman, not knowing about love, sex and relationships. She had a daughter but met a 19-year-old man, had an affair and the marriage ended. She had a second daughter by another partner (her daughters, now aged 46

she has four grandchildren).

Carla then became a call girl in Perth in the 70s and 80s, her life choices, she believes, caused by the sexual abuse she suffered at the hands of her father from ages three to

"My father was abused himself and had a violent temper," she said. "I worked in Perth for others as an escort for three months, then set up my own business. I had good and regular clients and I started to understand about men and their motivations. I continued as a sex worker for 18 years off and on because I didn't believe there was anything else I had the skills to do."

But, Carla says, the hand of God stepped in and she was offered a unit in Denmark WA. From there she wrote her book. which was highly successful in the Netherlands, the UK, Australia and other countries. She did many interviews and toured the Netherlands and Belgium before settling back in Perth.

"I had some healing to do, I spent everything on my healing journey, spending three months in the United States, trying all I could to feel better including hypnotism, rebirthing and long retreats. also travelled to the Netherlands in 1999 for a life-changing retreat.'

Carla says she was originally compelled to write her story because she believed her father ruined her life, but she does not think so now.

"I don't regret any of my life choices and I am at peace with myself. I have a strong spiritual understanding but no specific religion."

For seven years she has been part of Modern Mystery School in Perth whose members meet several times a week for spiritual development.

God's Caligirl sold

500,000 copies and was followed by Desire. Carla is currently writing another book, a fictional work, a murder-mystery set in a convent and another, a light hearted look at the deceptions of religion. She gives hints on Facebook about ways of keeping healthy past 50 and is also offering her services for a fee to help older people compile a scrapbook of photos and stories about their life

"Perth is my favourite place, I came here for the sun," Carla says. "I have been so fortunate in life, I know there is a stream of well-being. The question is being aware of it."

from past to present.

Carla's three sisters from other states will join her in Melbourne in October to help celebrate her milestone birthday. Life is good.

Anyone wishing to contact Carla van Raay for help with their life stories, can contact her on 0415 094 457

New outlet in East Vic Park

Have a Go News is now available from IGA East Victoria Park located at 860 Albany Highway.

IGA East Vic Park's new owners extends a welcome to customers from their recently closed IGA Carlisle store to visit them for great service

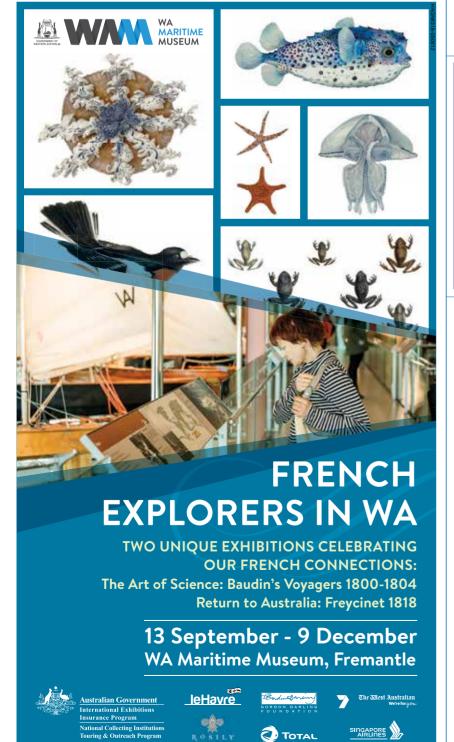






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Perth Observatory's viewing area.

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The Observatory's sci-Catalogue.

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vatory runs more than 200 public events, including night sky tours, school programs, guided tours, star adoptions, public lectures, and global astronomy events which draw more than 10,000 visitors who share a love for the beautiful southern skies.

Most of the Observatory's operations are undertaken by its 120 volunteers, including astronomers, scientists. teachers, accountants, IT specialists, artists, business owners, and individuals of all nationalities and ages (18 to mid-80s). The Observatory's volunteers have given more than 20,000 hours to ensuring the continued success of this state institution in the last year.

Perth Observatory provides a gateway to the universe for the Western Australian public and with the announcement of the new Australian space agency the Observatory strongly supporting Australia's new Space

For more information or to book a tour at the Observatory please visit perthobservatory.com.au

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The Spirit of Spring

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ADAM HALL AND THE VELVET PLAYBOYS

Immerse yourself in the jazz, rhythm and blues of the 40s and 50s with songs from artists including Frank Sinatra, Sammy Davis Junior and Ray Charles.

19 September, 6pm

PARKLAND VILLAS MANDURAH | 2 Hungerford Avenue, Halls Head

ANNA GARE

Popular celebrity chef, Anna Gare, will lead you through a Masterchefstyle cooking demonstration using local ingredients. Tastings and the recipe will be available, plus Q&A throughout.

5 October, 10am

TIMBERSIDE VILLAS | 10 Timbercrest Rise, Woodvale

DARREN SEINOR

This gardening masterclass from Perth's leading landscape gardener will equip you with inspiring tips on design, maintenance and sustainability, based on Darren's extensive local flora knowledge.

14 September, 2pm

PARKLAND VILLAS BOORAGOON | 510 Marmion Street, Booragoon

EARL COLE - FRANK SINATRA TRIBUTE SHOW

Go on a musical journey through the iconic hits of smooth crooner Frank Sinatra, sung by one of Western Australia's premier vocalists.

22 September, 4pm

PARKLAND VILLAS ELLENBROOK | 25 The Parkway, Ellenbrook

KELLY READ

Enjoy the sultry sounds of contemporary vocalist and pianist Kelly Read who has been impressing audiences throughout Australia for over 15 years.

18 October, 2pm

HARBOURSIDE VILLAGE | 7 Honiara Way, Mindarie

PETER ROWSTHORN

A veteran of Australian entertainment, Peter Rowsthorn is the perfect combination of endearing humour and razor-sharp wit, who will make you think as well as laugh.

12 September, 6pm

LAKESIDE VILLAGE | 14 Lewington Gardens, Bibra Lake

SABRINA HAHN

Discover the art of creating bio-diversity in your own backyard with master gardener and award winning radio presenter Sabrina Hahn.

13 September, 10am

HOMESTAY VILLAGE | 267 Wharf Street, Queens Park

THE PINES FASHION SHOW

Enjoy an inspiring fashion parade followed by a Q&A session with those in the know at style-destination Mariko Boutique.

18 October, 2pm

THE PINES | 21 Ponte Vecchio Boulevard, Ellenbrook

THE RAT PACK TRIBUTE SHOW

This lively tribute show will remind you of all the hits from your favourite crooners, sung by one of Western Australia's premier vocalists, Earl Cole.

27 September, 6pm

WOODSTOCK WEST | 146 Strickland Street, Bunbury

TREVOR COCHRANE GARDEN CLINIC

The qualified horticulturist and host of Channel Nine's, The Gardening Gurus, has plenty of knowledge to share about growing edible produce.

20 October, 2pm

PARKLAND VILLAS WOODLANDS | 52 - 54 Liege Street, Woodlands



Mamma told me there would be days like this... Valiant times



Left; Rick Steele Right: Valiant station wagon and trailer

by Rick Steele

SPRING has almost sprung, the beautiful West Australian wildflowers are blooming.

"Spring has sprung, the grass is riz, I wonder where them birdies iz? The little birds are on the wing. That's absurd. The wings are on the bird."

Late August, September has been for me, the band, Birds of Feather, Variety Bash and grey nomads, the prime time to head north, before the cyclone season sets in.

I have lost count, and would need to consult my diaries, to recall the number of journeys I have made since my first adventure to Port Hedland, Broome and Derby

Over the twenty-year period that the Hot Biscuit Band toured the state, the Valiant with trailer in tow was the chosen mode of transport. This was mainly due to budget restraints.

Even though they were known to be thirsty, and at one stage, all the door handles were broken, in the travelling minstrels club, you couldn't kill a Valiant station wagon.

The third and last of my stable, purchased from the Wyalkatchem shire, was deemed to be the flashiest and even had air-conditioning, and a wireless. Unfortunately, the vehicle was a bright canary yellow, and the trailer was more of a duck egg blue. Not exactly a choice rock'n'roll look.

Circa 1998 we were on the road again promoting our new CD. Incidentally called Valiant. If my memory serves me correctly we were doing Geraldton, Carnarvon, a starring role at the Guinness Marquee at the Roebourne Races, Karratha, and a couple of nights at Point Samson on the Coast, before heading home, any which way but loose.

At one of the famous roadhouses, somewhere between Carnarvon and Roebourne we pulled in to feed the hungry beast and the band. Parked in the loading zone was a tourist bus full of people from around the globe. as well as locals on their way home, pretty girls

and even people I knew. I pulled into the bowser, stepped out in my new \$150 hat and secretly, with my hygienically challenged mates, waved at our mythical fans.

I would have signed a few autographs, if anyone had wanted one.

After refuelling the car and the band, I jumped back in and turned the

Unfortunately, the Valiant, for reasons only mechanics would know, refused to start. Something to do with hot air in the carburettor. The bus was still there, as the four of us vacated the yellow canary and ignominiously began to push and shove the beast to a jump start.

Walking group gets social with

I don't think the blush disappeared from my cheeks until the first Guinness went down, hours later. However, they say you don't know real embarrassment until your hip sets off the metal detector at the international airport.

Mamma told me there would be days like this.

You know how much love the ladies. Come and join me with your mother, sisters, daughters or wives for the Ladies Lunch on Wednesday 3 October from 12noon to 4pm. A great afternoon with free entertainment. Bookings to the Grosvenor Hotel on 9325 3799 - tell them Have a Go News sent you.

Cheers dears.

Enjoying the morning dew as the day begins



Jon Lewis

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

WHILE walking home from the gym one recent morning I was wondering... what should I share with you, as it occurred to me how cool and crisp the morning air seemed. Then there was the fresh smell of eucalyptus as it made its way to me. I passed a tree. I squeezed a leaf and breathed in the lovely sweet aroma.

Looking around my eyes were drawn to orange flowers nearby as I thought I saw a bee buzzing collecting pollen for honey, for me and for you. I looked up, perhaps, to give thanks to see a sky

clear and blue, a dusky blue, the sort that only a lovely early morning can make.

All around me was silent, save for the gentle tweeting of the birds and sharp crows of the magpies, a sound I always associate as a little boy on holidavs.

Close by... empty bins were yet to be tidied away and there were a few early morning drivers heading to work in their vans... with hot drinks in the cup holders. I actually almost felt

like waving hello.

The pace seemed gentle and honest. The dew on many front lawns made them seem more beautiful than the bare patches would suggest hours later into the day. A lady walked by accompanied by her dog; he also seemed quite happy cheerfully leading the way.

As I walked some more I wondered just what this beautiful day could offer?

What could you do with a day such as this? All the best.

a mid-year celebration



Left to right; Members enjoying the mid year celebrations and buffet

TO celebrate mid-year 120 members of the Over 55 Walking Association (OFFWA) enjoyed a social lunch at Miss Maud's city restaurant.

The day was rainy but that didn't dampen their enthusiasm to engage with their friends and have a good time. It was also an opportunity for the group to change from their active wear and dress up for the occasion.

Members welcomed the convenience of a city location, parking was easy, and many travelled by public transport.

The group were warmly welcomed by OFFWA's social convenor, president and Miss Maud's maître d who has been employed there for 36 years.

All members agreed that the smorgasbord was delicious and tasted as good as it looked. The variety of food was huge, from soup, roasted meats, fish, hot vegetables, interesting salads, shellfish and of course the plethora of desserts and cakes for which Miss Maud is famous. All this accompanied by a glass of refreshment and tea and

After several hours of fun and friendship and delicious food, raffles and camaraderie, prizes were distributed and heartfelt thanks were extended to the organ-

Enjoyable outings are another side to the club and people are welcome to join in on the regular walks which take place weekly.

For more information contact If you want to know more, visit the web site www.over 55walkingassociation. myclub.org.au



October

An exhibition with heart!

Ouilting. patchwork & textile exhibition



For more information please call 9733 1506 or email visitorcentre@waroona.wa.gov.au

Waroona Visitor Centre & Gallery Yarn Bomb Waroona

www.waroona.wa.gov.au

WAROONA VISITOR CENTRE - ART GALLERY & GIFTS

37 South West Hwy, Waroona Ph 9733 1506 email: visitorcentre@waroona.wa.gov.au Open daily 9.30am - 3.30pm Closed Good Friday, Christmas Day, Boxing Day & New Year's Day with Have a Go News' Ad Words. See page 16 for details.

WIN a \$200 shopping voucher

Spring Gardens Open

5, 6, 7 October - Romancing the Stone 3 Lillian Road, Maida Vale

27-28 October - Amanda's Garden Matison & Margaret Streets, Southern River

Very large unique gardens, water features, colourful variety of plants, shrubs and trees PLUS enjoy Devonshire Teas.

All proceeds to The Amanda Young Foundation Fighting Meningococcal Disease

www.amandayoungfoundation.org.au

Tel: 9398 7275

FREE TICKETS When you register for **Record Breaking Events**

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100 Free Talks, Workshops, Performances and Food Demonstrations 120 Wellness, Eco, Spiritual Businesses, Practitioners and Psychics 08 61549928 www.perth.consciouslivingexpo.com.au f facebook/ConsciousLivingAus





CHANCE TO WIN A CAR EVERY NIGHT!

26 August - 24 September

Play on eligible Gaming Machines across the Casino from 7pm each night and you could be driving away in a brand new Honda Civic VTi-S.¹

Plus, bonus celebratory cash prizes at 1.30pm & 8.30pm.²

Conditions apply, see crownperth.com.au. Open to patrons playing on eligible Gaming Machines. Excludes any Rapid product, Vegas Star, Lucky Sic Bo, Lucky Big Wheel, Fusion terminals or Olympic Machines. ¹Each Promotion Day the 30 Car in 30 Days Jackpot will start from 7pm until a Jackpot Winner is found. Once the Winner is found, the Jackpot will restart from 7pm the following Promotional Day. Car image is for illustration purposes only. ²Patrons must be actively playing during the 30 minute Session Times at 1.30pm & 8.30pm to be eligible to win.



ALL ABOARD THE CROWN BUS

Crown Rewards members can enjoy transport to and from Crown Perth, a delicious buffet lunch at Carvers and bonus vouchers for just \$10.

If you're not a member, it's free and easy to join when you arrive at Crown.

Visit our website for the full Crown Bus timetable.

Conditions apply, see crownperth.com.au. Images for illustration purposes only. Fun Pack \$10 for Crown Rewards members and \$15 for non-members. Must arrive on the Crown Bus and purchase a Fun Pack. Valid on day of purchase only.



\$8 PINTS IN CASINO BARS

Enjoy amazing value with pints from **\$8 available daily** at Casino Bars.









Conditions apply, see crownperth.com.au for details. Not to be used in conjunction with any Crown offer or discounts, including tier Crown Rewards member discount Not available at EVE, MINQ and The Merrywell.

Get feet smart - your feet are made for walking which is why healthy feet are essential



WE use our feet for walkstanding, jogging dancing. Healthy are essential to maintaining mobility and freedom. However, damage to the feet is one of the most common complications of

diabetes. In fact, about 70 per cent of all the lower limb amoutations in WA are carried out on in people with diabetes. So, taking care of your feet is a very important part of your diabetes care regimen.

If blood glucose levels,

Why are feet at risk?

cholesterol and blood pressure are high for an extended period of time it can narrow arteries and cause poor circulation. When circulation is poor, oxygen and nutrients are restricted at the extremities - the feet and less commonly the hands. This results in slower healing and an increased risk of infection after in-

People with diabetes are also at risk of nerve damage in the feet. Symptoms of this can include loss of sensation, pain, coldness, tingling or a 'pins and needles' sensation. Loss of sensation means that damage to the feet can go unnoticed and therefore untreated.

Professional and self care: It's a team effort

To give your feet the best care, you need to

THERE is no known cure for the

lung condition bronchiectasis.

However a potential new treat-

ment is being trialled by the

Institute for Respiratory Health

with the aim of improving the

health of those suffering from

Bronchiectasis is a lung con-

dition where the bronchi (lung

branches) are damaged and

therefore cannot clear them-

selves. This causes inflamma-

tion, leading to infections in the

airways. It also prevents individ-

uals from breathing easily.

the condition.

work together with your podiatrist or GP. It is important to have your pulse and sensations checked every six to 12 months. You can ask vour GP for an Enhanced Primary Care (EPC) referral for the podiatrist so that most of the cost will be covered by Medicare, although there might be a gap fee to pay. An EPC referral gives you five visits per year to an Allied Health Professional such as a podiatrist.

People with calluses, reduced blood flow, foot ulcers, toes amputated in the past or little sensation are at higher risk. In this case appointments should be made with a podiatrist every three to six months, or as ad-

Josh Chen is a senior podiatrist from Podiatrist Perth, one of Diabetes WA's member benefit partners. He sees several people each week with foot problems due to diabetes, and has this advice for people living with diabetes:

"It's just so important to get into a routine of looking after your feet daily. Picking up any changes to the feet can help minimise more serious damage at a later stage. Things to look out for include ingrown nails, broken skin, hard skin, blisters, redness, cuts or unusual swelling. If you do spot something please see your podiatrist or GP that day.

As with other diabetes complications. monitoring and managing the three B's - blood glucose, blood pressure and blood cholesterol - will help you reduce your risk of damage due to diabe-

Feet self-care checklist Inspect your feet every day. If it is difficult to reach vour feet, try using a mirror or asking someone to check for you.

Wash your feet with tepid water, dry and moisturise to avoid dry skin. Do not moisturise in between the toes.

Cut your toenails and gently file away any sharp edges.

comfortable, Wear well-fitting shoes. Make sure the shoe is deep and wide enough for your toes to spread naturally.

Don't wear tight socks or stockings with a large or heavy seam.

Avoid exposure to heat, such as hot water bottles, hot water or heaters.

Avoid going barefoot. When wearing new shoes, examine your feet at two-hour intervals. If blisters are forming, stop wearing them straight away.

Seek medical attention that day if you find an ulcer, unusual swelling, redness, blisters, an ingrown nail, bruising or

Diabetes WA runs free FootSmart workshops for people with diabetes, where you can learn more about how to look after your feet for good diabetes health. There are workshops on 20 September in Ellenbrook; 12 October in Armadale; or 30 October in Joondalup. To book, call 1300 001 880 or book online at diabeteswa.



VOLUNTEERS REQUIRED

Institute for Respiratory Health

New Bronchiectasis Clinical Trial

Our leading Clinical Trials Unit at the Institute for Respiratory Health is dedicated to finding better treatments for the respiratory condition, Bronchiectasis, and we need your help If you have been diagnosed with Bronchiectasis, and suffer from a constant and productive cough. you may be eligible to participate. If you are interested in determining whether you may be eligible to participate or would like more information, please contact the team;

(08) 6457 3198

www.resphealth.org.au admin@resphealth.uwa.edu.au



New treatment for bronchiectasis available The Institute for Respiratory Health strives to advance its research of bronchiectasis through clinical trials, where a potential new treatment is tested in individuals who currently have the condition, in the hope of learning more about how to

> better treat the disease. The team of staff in the clinical trials unit at the Institute for Respiratory Health are currently calling for volunteers to participate in clinical research trials aimed to achieve improvements in bronchiectasis treatment.

Head of the Clinical Trials Unit, Felicite Kelsall urges anyone who has had a diagnosis of bronchiectasis to contact them to confirm their eligibility to be a participant in this trial.

"We need to learn more about bronchiectasis and being part of a clinical trial can help us to find better treatments for this condition," she said.

The Institute for Respiratory Health is a not-for-profit medical research institute committed to creating a better life for those living with respiratory conditions.

They also conduct clinical trials for a number of other respiratory illnesses including asthma, copd/emphysema, cystic fibrosis, idiopathic pulmonary fibrosis, and alpha 1-antitrypsin deficiency.

If you live with bronchiectasis, or any of the other mentioned respiratory conditions, and want to help to find answers please email the friendly team at admin@resphealth.uwa.edu. au or call 6457 3198 for more information.

White Oak Home Care

The support you want, when you need it

White Oak provides a wide range of services under several main programs. Our Home Care Packages are tailored just for you, with services such as housekeeping, clinical care, respite, social visits and personal care available so you can live well in your own home.

We support veterans, war widows and widows across Perth through the DVA Community Nursing Program. Clinical services can assist you to maintain your best level of independence or restore your health following

If you care for a loved one and need a break, we can arrange respite services through the Commonwealth Home Support Program (CHSP). Whether it's for a few hours, overnight in your home or for a weekend or more, we can arrange someone to step into your shoes and give you peace of mind. Not sure which program is right for you?



Our friendly staff offer a free advice service and will take the time to make it work for you. With our local staff based right here in Perth, we are small enough to put you first but big enough to have the answers you need.

Call us on 9301 0299





Travel to appointments & outings • Home & garden maintenance 08 9301 0299



We're with you every step of the way

Learning how to best manage your type 2 diabetes can be daunting. But you don't have to go it alone.



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

If you have a question or need to know more about diabetes, call our free helpline on 1300 001 880 to speak to our credentialled diabetes educators.

Come along to a free workshop

Diabetes WA also has a range of free workshops that put you in the driver's seat for self-managing your type 2 diabetes.



DESMOND: Meet people who are just like you and learn everything you need to know about type 2 diabetes, including information on food choices and medications.

The Smart Series: A series of topic specific education programs to help you manage your diabetes and improve your health.



CarbSmart - unravel the mystery of carbohydrates with this carb counting masterclass.



FootSmart - everything you need to know about caring for your feet.



MedSmart – everything you need to know about your medications.



MeterSmart - master the art of blood glucose monitoring.



ShopSmart – this supermarket tour helps you decode food labels ('Classroom' format also available).



Living with Insulin: A session on all aspects of using insulin to treat your diabetes; including equipment, hypos and blood glucose levels.



Ready Let's Go, Let's Move: Exercise can improve your diabetes. Find out what you can do to include more physical activity in your life.

Don't miss out. The workshops are free however bookings are essential. To book into a workshop call 1300 001 880 or book online at diabeteswa.com.au

DECMOND M	la ula ala ana				
DESMOND W	orksnops				
Mandurah	Saturday, 15 September				
Mirrabooka	Tuesday, 18 September				
Kwinana	Saturday, 29 September				
Armadale	Monday, 1 October				
Helena Valley	Saturday, 6 October				
Ellenbrook	Wednesday, 10 October				
Riverton	Tuesday, 16 October				
Cockburn	Saturday, 20 October				
Rockingham	Saturday, 20 October				
Bessendean	Tuesday, 23 October				
West Leederville	Friday, 26 October				
Melville	Monday, 29 October				
Smart Workshops					
CarbSmart					

Joondalup	Monday, 10 September				
Belmont	Friday, 28 September				
Helena Valley	Friday, 19 October				
Classroom Sho	pSmart				
Helena Valley	Wednesday, 26 September				
Ellenbrook	Thursday, 18 October				
ShopSmart					
Rockingham	Wednesday, 19 September				
Joondalup	Tuesday, 2 October				
FootSmart					
Ellenbrook	Thursday, 20 September				
Armadale	Friday, 12 October				
Joondalup	Tuesday, 30 October				
MedSmart					
Willetton	Thursday, 4 October				
Melville	Wednesday, 17 October				
MeterSmart					
Rockingham	Wednesday, 19 September				
Mirrabooka	Wednesday, 24 October				
Living with Insulin					
Helena Valley	Monday, 17 September				
Mirrabooka	Monday, 8 October				
Belmont	Wednesday, 31 October				
Ready Let's C	io, Let's Move				

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

Armadale

- 1300 001 880
- bookings@diabeteswa.com.au
 - www.diabeteswa.com.au



Monday, 22 October

LiveLighter Metro Aged Care Games 2018

DESPITE stormy weather and a bitterly cold morning twenty teams from Perth's aged care facilities took part in the annual metro LiveLighter Aged Care Games held at the Belmont Oasis on the 2 August. The games were officially opened by the local member for Belmont Cassie Rowe MLA. Teams from around the metropolitan area competed in a range of games and it was heartening to see people well into their 90s willing to 'have a go' at all the activities. Jim Drysdale and Jenny Cole provided entertainment and a big thank you to the 35 volunteers who assisted and supported the seniors throughout the event. Volunteers came from SRCWA, Wooroloo Trustees, Square Dancing WA, Over 55 Walking Association, and for the first time a team of 12 people from an organisation called AGGREKO who were thrilled to assist. The team taking out first place was Balmoral Royals with 363 points, second place was Ritcher Lodge with 346 points and closely followed in third place by Hamersley Hurricanes with 345. The oldest competitor at the games was 105-year-old Nellie Bentley from Rosewood who turned 106 the following week. Best presented team was Ritcher Mafia from Ritcher Lodge who went to a lot of trouble theming the team as Mafia members wearing black suits, black hats and toting machine guns. A special thank you to participating centres' staff and carers who train and support participants. Thank you to LiveLighter Healthway, Dept of Communities and Dept of Local Government, Sport and Cultural Industries for sponsoring the LiveLighter Aged Care Games.

Serpentine Jarrahdale Seniors Expo

This inaugural event organised by Julie Sansom and her team at the Shire of Serpentine Jarrahdale in July was attended by around 200 seniors from the local area and included the launch of the shires new Seniors Lifestyle Program. There were about 25 static displays providing information including SRCWA and the SRCWA Peel Branch demonstrating Exergaming and the Strong on Your Feet program. An excellent morning tea and lunch was provided by 20 students from Serpentine Jarrahdale Grammar School who enjoyed mingling with the seniors throughout the event. Check their website www.sjshire. wa.gov.au for more events.

Be Connected - a free online learning resource for seniors

Recently SRCWA Tech Savvy Seniors held its first "Be Connected - Every Australian Online" workshop, which was an introduction to online learning for a small group of over 50s. Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world. There are online learning resources as well as community partners including SRCWA. It offers in-person support, so people can develop digital skills and confidence. SRCWA Tech Savvy Seniors program is excited about the possibilities of the program. If you would like free access to this online learning portal please contact us on 9492 9774.

Notice AGM - SRCWA Annual General Meeting -Wednesday 26 September 2018

Seniors Recreation Council of WA is holding its Annual General Meeting on 26 September at the Dept of Local Government, Sport & Cultural Industries building. The meeting will include election of officers, reports from SRCWA branches, project officers and a quest speaker. This meeting gives SRCWA accredited volunteers the opportunity to share information and anecdotal evidence regarding the programs SRCWA is conducting in metropolitan and regional WA and how they impact on the senior demographic.

Have a Go Day 2018, A LiveLighter Free event for Over 50s – 14 November

Have a Go Day 2018 a LiveLighter Event will be held on 14 November at Burswood Park from 9am to 3pm. It's a day especially for over 50s to enjoy activities, entertainment and resource information relevant to the demographic. Last year the event attracted an attendance of 15,000 participants and 230 exhibitors. For further information please call 9492 9773.

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





We should all be a little bit more like Sir Billy... enjoy a bit of fun



by Rhonda Parker, CEO Alzheimer's WA

WHEN speaking recently, comedian Sir Billy Connolly said. "I've got Parkinson's disease. I wish he'd kept it to himself."

Billy Connolly has had a great career pushing the boundaries in entertainment with his swashbuckling style, often risqué and always hilarious sense of humour. I admire the way he has used his comedic flair to support charitable causes, spending almost half his life - 30 years - working with Comic Relief in the United Kingdom.

Billy Connolly was diagnosed with Parkinson's disease in 2013 and, unlike many people (famous or otherwise), went public with the news shortly after. I talk a lot about the need to converse openly about dementia, to reduce the stigma associated with it and other incurable neurodegenerative diseases. Billy Connolly is someone who is not only talking the talk, he is also walking the walk - and doing it in a way that normalises his symptoms and therefore, the disease

Of course, Billy Connolly is not the only personality who has used their celebrity status to promote awareness of incurable diseases over recent years, but he is certainly one of the most outspoken. The phrase 'comfortable in his own skin' comes to mind.

Diseases like kinson's and dementia cause fear, and fear causes stigma. Additionally, stigma causes fear. It's a vicious, self-fulfilling

The problem with stigma is it causes people to be fearful of the disease, and fearful of the person living with the disease. Stigma is one of the reasons why, in the past, people with neurodegenerative diseases were labelled as having no hope.

Stigma has two sources - those observing the disease and the person with it, and those experiencing it. We often only talk about stigma as it is coming from external sources, but we should be mindful of the powerful influence of the stigma an individual can feel about themselves. Billy Connolly's courage highlights how a person can face up to and stare down the inclination to

accept a stigma about themselves and condition.

Internalised stigma will cause some people to hide a recent diagnosis from their family and friends. They worry about what others might think. Sadly, this is often the time when a person is at their most vulnerable and needs support - not judgement – from others.

Oh, that we all had Billy Connolly's courage and humour to throw off stigma and refuse to feel intimidated about owning up to the disease and, in the process, cheating ourselves of the opportunity to live life to the fullest after the diagnosis. I note that, four years after being diagnosed with Parkinson's disease, and after continuing his career, public performancand conversation, Billy was knighted for services to entertainment and charity.

Billy Connolly defies the inference that there is no hope after a diagnosis. Similarly, if there is anything we have learned from the cancer journey over the last 20 years it is that there can be, and is, hope after diagnosis. Challenging stigma will change the perception that there is no hope.

We cannot all have Billy Connolly's bravado or humour, but one of the ways we can reduce stigma within our communities is to talk openly and share our experiences. I encourage you to speak up, to start a dialogue. to normalise the conversation around diseases such as Parkinson's, Huntington's and dementia in all its forms.

In the words of Sir Billy: 'Life is meant to be fun. It's not a job or occupation. We're here only once and we should have a bit of a laugh."

Senior centres get into the Spirit of the Streets for spring

SPIRIT of the Street choir will be performing in Osborne Park and Mandurah providing the opportunity for people in these areas to share the uplifting and poignant performances for which they are renowned.

The Osborne Park Autumn Centre, which organizes a variety of activities including chair yoga, line dancing, carpet bowls, regular lunches with speakers and monthly concerts welcomes the choir this

On Wednesday 19 September at 1pm as part of their monthly concerts they will host the Spirit of the Streets choir. Ticket prices are \$5 and include afternoon tea for attendees. For bookings or more

have the opportunity to see this heart warming experience at the Mandurah Seniors and Community Centre from 1.30pm to 2.30pm in the main hall. The cost is \$5 for members and \$10 for non-members. Tea and coffee is included. Call 9550 3799 for tick-

nard Carney and has now lost its government funding, so please support this worthy cause by attending one of their concerts.

information call, 9343 7283 or 9444 6253.

On Wednesday 3 October Mandurah residents

The Spirit of the Streets is co-ordinated by Ber-

Swim into spring for well-being



Meet mindful people at Masters Swimming Clubs

by Nadine Georgiades, project coordinator -**Masters Swimming WA**

SWIMMING is said to stimulate the production of new brain cells; promote a calm state of mind and boost endorphins, the feel-good hormones.

It's been well researched that exercise can help to treat depressive symptoms. But unlike other aerobic exercises, swimming also helps to promote mindfulness. Meaning that concentrating on coordinating breathing with strokes, helps to keep you in the present moment, leaving no time to worry or ruminate about what's going on outside the pool. The focus is on gliding through the water with ease.

Practicing mindfulness can help alleviate the symptoms of depression and anxiety. So, by focusing on coordinating breathing with swimming strokes there is no time to worry. Rather the focus is on one breath at a time, one stroke at a time. one lane at a time.

Depression is hard to break free from and whilst swimming won't cure it, numerous studies have shown that swimming on a regular basis can help improve mood, emotional resilience and sleep.

Swimming with a Masters Swim club is a cost effective way to improve your mood and shine this spring.

"I absolutely believe swimming can serve as a kind of medicine. Swimming requires the alternating stretch and relaxation of skeletal muscles while simultaneously deep-breathing in a rhythmic pattern, psychotherapist and swimmer Moby Coquillard.

Adult Swimming clubs like Masters are a wonderful place to meet like-minded people. Plus, you get your very own mentor to guide you through every step of the way. To find more about Masters Swimming and your nearest club visit our website www.mswa.asn.au.

With our Swim into Spring discounted membership promotion on now it's a great time to contact your local club.

If you would like more information about Masters Swimming Club's 'Swim into Spring' campaign head across to: mastersswimming.org.

New outlet in Nedlands

Have a Go News is now available from Hollywood News, located at Unit 5, 160-166 Hampden Road, Nedlands. Contact them on 9386 1179 for all your lotto and newsagency needs!



LOOKING FOR A FUN WEEK AWAY?









Camp Quaranup is held the first week of February each year in a Class A nature reserve on the Princess Royal Harbour, with panoramic views across to Albany. The natural coastal bushland and the pristine beach environment present a fantastic venue for a variety of fun recreational activities for seniors.

Camp Q is for you! Phone 9492 9773 **MONDAY 4-8 FEBRUARY 2019**

The Australian Museum of Motion Picture and Television, Western Region Inc



CLASSICS OF THE SILVER SCREEN

2018 Film Program presents for your pleasure

The Desert Sona

starring Gordon MacRae, Kathryn Grayson & Raymond Massey Monday 17 September

Live organ music before the show Admission; Members \$6 Seniors \$9 Public \$11 Grand Cygnet Cinema, Preston Street, Como Ph 9367 1663

Doors open 9.15am Screening starts 10am

Email: waregion@ammpt.asn.au or write to The Secretary, PO Box 5147 Dalkeith WA 6009 Preserving the rich heritage of Western Australia's Moving Image Industries

TREAT A FRIEND! Bring this advert, and a friend, to any of our 2018 film screenings, for FREE ADMISSION for your friend.



YOUR WHOLE
LIFE, YOU'VE
MADE YOUR
OWN DECISIONS.
SO WHY STOP
NOW?







If home maintenance, health or security are becoming real issues, you know it's probably time to 'right-size'. But there's no way you're losing your independence. At Arcadia Waters, you stay in control.

With quality built brick and tile homes, fantastic facilities, in-home care services and a wonderful community, our residents love living life on their terms - and we think you will too. But that's your call to make. You need to decide for yourself, by visiting us at a time that suits you.

- Quality built brick and tile homes from \$280,000*
- A range of fantastic facilities
- In-home care services available
- Beautifully maintained surroundings
- Conveniently located close to public transport, shops and medical facilities

UPCOMING EVENTS

Bicton

Garden Tour and Lunch
18 Sept 11am

Swanbourne

Information Seminar 21 Sept 2pm **Geraldton**

Wellness Morning 26 Sept 10am Maddington

Twilight Tour 27 Sept 4.30pm Mandurah

Coffee and Cake 27 Sept 10am

To discover more come to our upcoming events, or RSVP visit arcadiagroup.com.au/whystopnow or call 1300 88 98 35.

We look forward to seeing you.



Switching our thinking about plastic - small changes can make a difference

tion funded by a Keep

Australia Beautiful grant.

The willing wash-up vol-

unteers not only reduce

the volume of dispos-

able coffee cups, plates

and cutlery thrown away

at markets and events,

but also help to educate people about the devas-

tating impact of single-

Nirala is also a Boomer-

ang bag volunteer, help-

ing to make the borrow-

shopping bags that are

available at a growing

number of supermarkets

for those times when we

forget our own reusable

bags. The local count is

more than 4000 sewed

to date, including bags

for Food Bank and Make

fabric

use plastic.

and-bring-back



by Karen Majer

THE recent controversy

over the plastic shopping bag ban in supermarkets highlighted that although most people probably want to 'do the right thing', some find it difficult to change old habits. Others lack useful advice, for example alternative ways to line the kitchen waste bin.

Nirala Hunt is a treasure trove of information to help us to reduce our

tainable life skills. "I have always had a great love and concern for the environment and our future," Nirala said.

"I began to despair at over-packaging, rampant consumerism and the lack of resources for repurposing, recycling and reducing landfill. I have seen an increase in litter at the beach and in the ocean, seen affected wildlife and witnessed the careless attitude of visitors towards waste."

dependence on plastic

and live more sustain-

ably. Self-employed, she

runs a home-based busi-

ness based on her tem-

peh and tofu starter kits.

produces a range of nat-

ural cosmetics and runs

workshops and demon-

strations on various sus-

An active waste campaigner and community volunteer, Nirala supports several projects in her local area of Margaret

Your Own Bag sessions. The waste problem doesn't stop with single-

One is Cape to Cape use plastic and Nirala is Plastic Free which opkeen to educate people. erates a purpose-built "I am a presenter of Up-Wash Against Waste cycling the Ragbag and trailer, a washing-up sta-

Green Cleaning and other workshops for libraries, Living Smart, Switch Your Thinking, community gardens and U3A," she said. "Plastic Free July has

given me a platform to

revisit the plastic issue every year and has provoked me into developing a greater knowledge of plastic and its impacts and implications in our lives. I encourage everyone to take up a new challenge by changing one small plastic habit. Plastic awareness is definitely becoming more mainstream but sadly attitudes are slow to change. The political will is not there to enforce some of the critical changes we need to make and financial costs seem to outweigh environmental and health issues for many people."



Nirala Hunt helping others sew fabric shopping bags

Nirala has some advice for anyone wanting to do their bit.

"Start with one small thing and make it something achievable. Remember your shopping bags, buy bulk, change to loose leaf tea, put leftovers into containers, pay

a little more for unpackaged fruit and veg - none of these are difficult. we can all manage some-

"Be informed, make an effort - leave your grandchildren with a world where they can meet turtles in the ocean."

A friend of the family since 1889





CAVERSHAM WILDLIFE PARK



Phone 9248 1984 Email sales@cavershamwildlife.com.au

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

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

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

- 1. Club 55
- 2. Stay Sharp
- 3. Shire of Waroona
- 4. Bicton Travel Group 5. Go West Tours & Charters

- 6. Kalbarri Visitors Centre 7. Rossmoyne Waters
- 8. Australian Red Cross
- 9. Braemar Presbyterian Care
- 10. Akanna Entertainment
- 11. Atwell Arts Centre

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 30/09/18.

Congratulations to Charlie Ballard of Calista our June winner.



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.



HITS FROM FRANK SINATRA, THE ANDREWS SISTERS & MORE!

18 OCT | MANPAC, MANDURAH 19, 20 & 21 OCT | REGAL THEATRE, PERTH 22 OCT | BREC, BUNBURY

TICKETS ON SALE NOW THROUGH MELLENEVENTS.COM

WHAT'S ON THIS SPRING



FARMER'S MARKET



Perth City Farm



Every Saturday in September, 8am to 12pm



Supporting local, organic and biodynamic growers, head to Perth City Farm for its weekly farmer's market. Run by dedicated volunteers, the market sells farm fresh produce, ethical and eco-friendly products and handmade crafts.

DRACULA



His Majesty's Theatre



6 to 22 September, various times

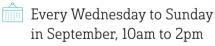


Be transfixed by Dracula, a world premier and dramatic neo-classical ballet, telling the most famous story of when darkness meets love.

GO CULTURAL ABORIGINAL TOURS



Elizabeth Quay



(\$) Ticketed

Join an insightful journey into Perth's cultural past. Hear ancient Dreaming stories passed down through generations.

ROY ORBISON ORCHESTRATED II



Perth Concert Hall



8 September, 8pm

Ticketed

Relive the sound, the voice and all the magical hits of Roy Orbison starring the world's number one Roy Orbison Tribute Star, Dean Bourne, performing with the Australian Symphony Orchestra.

FAMILY FILM FESTIVAL



Palace Raine Square Cinemas



24 September to 5 October, various times

(\$) Free, tickets required

During the school holidays, the City of Perth and Palace Raine Square will be offering free entry to new release family films.

CLUB MARINE PERTH INTERNATIONAL BOAT SHOW



Elizabeth Quay and Perth Convention and Exhibition Centre 21 to 24 September, various times



(\$) Free and ticketed

This boating event showcases new boat displays, attractions, entertainment and activities for the whole family.

MOVE ME FESTIVAL



State Theatre Centre



12 to 22 September, various times



(\$) Ticketed

This festival showcases new contemporary dance work from local choreographers and dancers.

BILL BAILEY: EARL OF WHIMSY



Perth Convention and **Exhibition Centre**



4 and 5 October, 8pm



Bill Bailey returns to Australia with his new comedy and music extravaganza, Earl of Whimsy.

KINGS PARK FESTIVAL



Kings Park





See thousands of extraordinary

wildflowers from all over Western Australia blooming in one spot.



PERTH UPMARKET



UWA, Crawley



🗎 16 September, 10am to 4pm



Perth Upmarket brings together more than 180 of Perth's talented local artists, designers and stylists - plus tasty food trucks and gourmet produce.

FOOD LOOSE TOURS



Perth City



Various dates and times

Ticketed

Enjoy a leisurely walk through Perth's streets and laneways as you embark on an awesome eating adventure for food lovers.

Accurate at time of print. Details subject to change. Go to visitperthcity.com for details.

visitperthcity.com 🚯 😭 📵 #springinthecity

Motoring made easy - Volvo aces the four cylinder SUV



Left to right; Volvo's XC40 - Tony McManus



by Tony McManus

OVER the years many have asked, of all the cars I've driven, which, if money was not an obstacle, would I choose to own.

My slightly glib answer? Rolls Royce; they never made a conventional car. The commitment to design, luxury and promise of all things over the top, had no bounds.

But Rolls Royce is beyond price point, for all but a handful.

We are blessed in WA for choice of carriage. Depending on how much, or how little you care to spend, you can enjoy, what seem like millions of brands, models, shapes and sizes. Most of which will have some of the features of Rolls Royce; like wheels, tyres and seats.

Most drivers are passionate about brand and of late, silhouette. Think: "look what they've done to my car Ma". Safety and design are, as should be, paramount when choosing which car best suits you and your particular needs.

It's in design, safety and the downright funky where the new breed Volvo shines above others. A couple of years ago saw the introduction of new Volvo XC90, stunning seven seat, top of the line SUV. Followed by the touch smaller XC60.

But now it's the delightfully cool XC40, which has captured the attention of manv.

During an extended drive through the beautiful Swan Valley last month, (which included the required visit to Whistler's Chocolates) it was love at first drive.

Well gone are the days of silly Volvo jokes. This car is gorgeous and brings great joy. Smooth, quiet, so drivable it's amazing.

A great show, with plenty of go.

Think fun meets fash-

ion; then amazes everyone on a Dancing with the Stars final; dancing so well it becomes the life of the party.

The Swedes have got it right with this sturdy looking offering dripping with technology and entertainment that demands attention.

The great 12.3-inch digital instrument dash all but says good morning as you get in and is standard across the range. The simple controls never confuse.

A 9.0-inch touch screen infotainment system with Apple CarPlay and Android functionality adds further to the coolness

The stop-go contraptions are there; you can

switch them off; really annoying. Reversing camera and parking sensors seem everywhere.

The choice of four-cylinder, turbo petrol and diesel engines are the bees. Volvo XC40 has two equipment levels, Momentum and R-Design. Go the R-Design.

Great looking wheels with Pirelli P Zero tyres; helps this individual SUV cruise quietly and effortlessly at highway speeds.

This is a superb looking, compact premium SUV; one for the ageless. The XC40 starts at \$47.990; as tested \$57,890. (plus on roads cost)

Not the price of a Rolls and way more fun to drive!

Honda Garden Range. The Cutting Edge.





CALL 1300 1 HONDA OR VISIT POWEREQUIPMENT.HONDA.COM.AU

HONDA

Swan Harmony Singers' celebrate their 21st

SWAN Harmony Singers are celebrating their 21st anniversary this year with a concert on Sunday 14 October in Darlington Hall.

The concert program includes Beach Boys' hit *Ko-komo*, *Feelin' Good* (made famous by Nina Simone), Charles Trenet's lovely ballad *I Wish you Love*, and the traditional spiritual *Wade in the Water*.

For this special occasion, the choir will also be reprising a few numbers that have become firm favourites over the years, songs like *Fields of Gold*, the Carpenters' *Yesterday Once More*, Adele's *Skyfall*, and Leonard Cohen's *Hallelujah*.

The concert starts at 3 pm and ticket prices include afternoon tea. Adults \$20, Concessions \$15, groups of 10 or more \$150. Children under 10 are free. For bookings call Anna Wright 9299 7249 or Mundaring Community Bank 9295 6411.

Roll up, roll up,



PERTH Royal Show will be held from 22 – 29 September at the Claremont Showgrounds.

The show is a special event celebrating all things WA and it's a highlight of the calendar bringing a little bit of country to the city. There is a plethora of activities for all ages and the ever-popular fireworks display will be held nightly in the main arena.

Scitech will have a science wonderland igniting curiosity for both adults and kids.

Art lovers will rejoice at the Salon des Refusès exhibition at the Elie Eaton Pavilion.

Don't miss the cattle, horses and every animal in between, in the main pavilion.

Foodies will delight with the award-winning displays, tastings and showcases of Western Australian produce.

Write a special note at the Thank a Farmer Wall at Walk Through WA – your support makes them feel special.

The show's history spans 170 years and show-cases WA agriculture, small business and entertainment.

Don't miss the opportunity to support this iconic event.

For more daily updates on activities visit www.perthroyalshow.com.au

WIN WIN WIN

We have 10 double passes to the Perth Royal Show to give away to some lucky readers. To be in the draw simply email win@haveagone-ws.com.au with Show in the subject line or call the office on 9227 8283 during business hours. Competition closes 20/9/18.



EL CABALLO RESORT



Tickets from: \$59, Buffet \$36

Welcome in the New Year with our MASSIVE British double header, starring international acclaimed Jacques Renay performing all the hit songs of Tom Jones with this ten piece band & The FabFour with their unrivalled tribute to the Beatles.

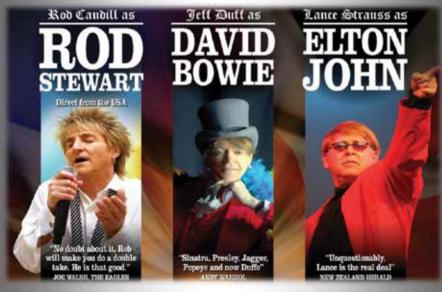
> • VIP Limited available • Caravan & Camping available Accommodation packages

El Caballo Resort, Great Eastern Hwy, Wooroloo Call: (08) 9573 3777 Email: resort@eclv.com.au



resort@eclv.com.au | www.elcaballo.com.au





BRITISH INVASION will showcase the best of British rock from the 70s & 80s in this spectacular concert of "Supernova" proportions

HURRY TICKETS EXTREMELY LIMITED

El Caballo Resort, Great Eastern Hwy, Wooroloo (08) 9573 3777 resort@eclv.com.au



Caballo Resorf presents, One off unique concert under the stars Sat 10th November Tickets from \$59, VIP limited The Australian Eagles Show delivers Australia's most authentic reproduction of the legendary, multi-platinum selling, U.S group The Eagles.

In fact - If you close your eyes you will be fooled!

El Caballo Resort, Great Eastern Hwy, Wooroloo (08) 9573 3777 resort@eclv.com.au

*Coach Services, Accommodation Packages, Caravan Parking & Camping Sites available

210NE 9575 577

El Caballo Resort, Great Eastern Highway, Wooroloo





Vince's spring lamb T-bones





by Vince Garreffa

LAMB T-bone are lamb shortloin chops and they look like miniature Tbones. They are made up of lamb fillet, lamb sirloin and lamb flap (tail) and have a nice mix of tex-

tures. The tail is chewy, the sirloin is succulent, the fillet is so tender and the clean bone is the evidence that is left. Enjoy this easy, tasty treat. Ingredients for two

8 Lamb T-bone (shortloin chops) 2 cm thick 100ml balsamic vinegar 50ml extra virgin olive oil 2 cloves garlic fine chopped 12 sage leaves Organic Lake Salt

Cracked black pepper Method Heat a large fry pan and put in the extra vir-

gin olive oil and add the lamb T-bones. The lamb should be sizzling, so add your salt and after four minutes turn them over. Cook the second side for four minutes then add the sage leaves to the oil around the lamb. Cook the sage for 30 seconds then add the garlic and cook it for 30 seconds. Now add the balsamic vinegar over the lamb and quickly put the lid on the pan and take it off the heat. Rest the lamb with the lid on for five minutes. Then serve the chops on top of mash or green salad, with the pan juices poured over and a grind of black pepper. Make sure you have a piece of bread to mop up the juices. Yummo!

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

Brunch with T (and Dan) - Swan Valley sunshine







L-R; Homestead Brewery, Mandoon Estate, Swan Valley - buttermilk pancakes and scrambled eggs on toast served with truffles and mushrooms - Aloha juice and Berry Manolo smoothie



by Tahlia Merigan

THIS month Dan and I ventured up to the Swan Valley on a sunny winter's day for something a little different to the hustle and bustle of the city.

Arriving at Homestead Brewery located at Mandoon Estate we drove up the driveway passing the vineyards before finding ample parking located just next to the café.

You could sit inside near the fire or on the veranda to enjoy the fresh air and an amazing view of the vineyard. We chose warmth and comfort and sat inside enjoying the modern rustic decor.

The service was some of the best we have experienced in our brunch journey. We had a few questions for our waiter before deciding on what to eat and their willingness to help really made us happy.

To drink Dan ordered the aloha juice (\$7.50) orange, passionfruit, pineapple and apple - it was nice but something he said: "I could get from the supermarket.

Í order a Berry Manolo

(\$7.50) smoothie consisting of mixed berry, banana, yogurt. It was nice and thick in texture and I loved the berry taste and the perfect sweetness of berries as they exploded on my tongue.

For food Dan ordered buttermilk pancakes, maple syrup and crispy bacon (\$17). The pancakes were fluffy and had a lovely crispness on the outside but he said that there could have been more maple syrup to soak up in the last of the pancakes.

I ordered scrambled eggs, toast (\$14) and added truffles (\$10) and mushrooms (\$5)

The two large field mushrooms were cooked

perfectly, although my toast was a little soggy. The added generous shaving of truffles really upped the ante and made it an indulgence and delicious dish. I enjoyed it!

Overall, though the food had a few hiccups but the amazing view and service made the journey worth it and we give Homestead Brewery 3.5 spoons.

Homestead Brewery at Mandoon Estate, 10 Harris Road, Caver-

Phone: 6279 0500 Mon-Fri: 10am-8.30 pm Sat-Sun: 7.30am-8.30pm

mandoonestate.com. au/eat-drink/homestead-brewery

Letters to...Vince Garreffa



IF YOU want a particular recipe of mine, don't hesitate to drop me a line at Have a Go News. Address your enquiry to Vince Garreffa c/- Have a Go News PO Box 1042, West Leederville 6901, or email your question to

vince@haveagonews.com.au. Please include your phone number so I can call you!

T's spoon ratings

One spoon



Knife and fork talk with the Dining Divas - a visit to South Beach Hotel

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





Left to right; South Beach Hotel's WA snapper and chips, and chicken Caesar salad

by Pat Paleeya and Judith Cohen

OUR choice for lunch this month was the South Beach Hotel South Fremantle which in the 1900s was

known as the Davilak Tavern.

then known as Mandurah Road, which followed the line of the ancient Aboriginal tracks leading to Fremantle. We found out more about this interesting building via the Internet which our readers might also like to research.

We noticed some seniors who looked as if they knew where the \$15

lunch was so we followed them into a large bar and dining area whereupon they scuttled down a small flight of steps into a snug nook sporting a welcoming fire.

There are five dishes on the \$15 menu from which we chose WA snapper and chips and chicken Caesar salad.

The snapper (choice of either grilled or battered) was cooked to perfection for this Diva's taste. A small serving of crispy chips was plentiful and with a wee bowl of mixed salad and house made tartare sauce made a delicious lunch.

The chicken Caesar salad was one of the best, consisting of copi-

ous quantities of bacon, parmesan, anchovies, egg, cos lettuce topped with massive croutons. All of this was tossed with a very tasty homemade dressing. The bowl was filled to the brim, indeed it seemed never ending.

A glutton's delight, scrumptious. meals ensure our return.

As a footnote we read that the Davilak was an important part of South Fremantle's social and urban fabric. Judging by the atmosphere and the animated conversation that day it still is.

4 forks

South Beach Hotel, 396 South Terrace, South Fremantle, 9335 2088.

Come join our vibrant and friendly centre for 55s and over

Become a member for discounted lunches **Services available** (by appointment - members only*): Podiatry - Tuesday & Thursday 9am-12.30pm* Hairdresser - Tuesday & Thursday 8.30am-12.30pm*

Lunches; \$10 members, \$15 non-members

SOUTH PERTH

SENIOR CITIZENS CENTRE

Lifestyle activities: Scrabble, Bridge, Bingo, Rummicub, Chess, Mahjong, Indoor Bowls, Yoga, Tai Chi, Heartmoves, Zumba, Ballroom Fit - 1st lesson FREE and Sewing for Charity.

FREE iPad classes. Singercise on Wednesdays.

Meals and Wheels

13 September: Andre Rieu concert screening

and afternoon tea Join us on facebook

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

BAYSWATER TAVERN \$19.95 seniors buffet

Mon-Fri 12-2.30 Railway Pde Bavswater 9271 7111

CHARLES HOTEL

\$14 senior lunch special Mon-Fri 11.30-2.30 Charles St Nth Perth 9444 1051

GAMI (Korean)

Under \$20 lunch special Mon-Fri 11am-2.30 Shafto Lane Perth

THE SOUTH BEACH **HOTEL**

\$15 lunch menu Mon-Fri 12-3pm 396 South Tce South Fremantle 9335 2088

THE GATE BAR AND **BISTRO**

\$18 seniors lunch special Mon-Fri 11.30-2.30 816 Reeliar Dve Success 9499 3399

KARDINYA TAVERN \$20 seniors menu incl Salad bar and beverage Mon-Sun 11-2.30pm

17 South St Kardinya 9337 6999

WEEK DAY LUNCH SPECIAL

MARKET CITY TAVERN \$12.95 Fast"N"Fresh lunch

Incl salad and dessert Mon-Sat 12-2.30pm 280 Bannister Rd Canningvale 9455 2282

WOODBRIDGE HOTEL

Under \$14 seniors menu Everyday 11am-9pm East St Guildford 9377 1199

ODIN TAVERN \$18 seniors lunch (present seniors card) Mon-Fri 11-4pm

51 Erindale Rd Balcatta 9345 3316





online for recipes and past reviews:





Research shows an apple a day does keeps the doctor away



UWA's Michael Considine (left) and Department of Primary Industries and Regional Development technical officer Kevin Lacey with successful locally bred apples - Bravo™- and Pink Lady™ - clinically proven to improve human health.

by Noelene Swain

IT turns out the old adage "an apple a day keeps the doctor away" is actually true. Research carried out at the University of Western Australia (UWA) and Edith Cowan University (ECU) has shown that regular consumption of apples has a direct impact on human health by improving cardiovas-

The science behind this was presented in Perth last month by UWA senior research fellow Michael Considine and adjunct research fellow Catherine Bondonno, of the School of Medical and Health Sciences at Edith Cowan University.

Dr Bondonno said apples are particularly high in the flavonoid, quercetin. However consumption of the whole fruit is necessarv to obtain the health benefits as they are concentrated in the skin rather than the

Dietary flavonoids are antioxidants and have been shown to provide many benefits for cardiovascular health.

The research team screened more than 100 varieties of apples from the national apple breeding program based in Western Australia and identified thiose that are high in flavonoids. These including Pink Lady and Bravo-branded apples.

Flavonoids help by regulating blood pressure and flow. Two clinical trials have demonstrated the positive effect of Pink Lady apple consumption on cardiovascular health. One study demonstrated improved blood vessel function within hours of eating apples and the second trial showed these

effects are sustained following four weeks of eating a daily apple by people at risk of cardiovascular disease.

A clinical trial is currently being conducted where volunteers eat a Bravo-branded apple a day for four weeks, followed by measuring markers of blood vessel health, such as blood pressure and flow. Results are anticipated to reflect a high level of flavonoids in the deep burgundy skin.

Dr Considine said the original motivation for the research was to demonstrate that apples are a natural 'functional food'. Apples are consistently among the top three fruits traded worldwide and are therefore an ideal vehicle to promote nutritional

A few recipes to get you eating apples skin and all.

What's fresh in the market place



Bravo™ Apples: This new addition to the apple world was developed right hear in WA by the same clever crew who developed Pink Lady apples a few decades ago. This new kid in the orchard is set to also capture the heart of apple lovers the world over. Its deep burgundy skin is not only enchanting but full of flavanoids that have been shown to be outstanding for good cardiovascular health. The aromatic crystal white flesh not only tastes stunning but also quite remarkably is non-browning when cut making it perfect to add to fruit boxes and fruit platters.

Afourer Mandarins: Local Afourer mandarins are now in season giving citrus lovers a fresh new variety to look out for. The highly attractive deep orange-red colour and its easiness to peel make it truly popular as a snack on the go. Like most mandarins they are seedless or contain few seeds and lots of fresh superbly flavoured sweet juice. Make sensational oil for drizzling over meats and veggie by leaving mandarin zest to infuse for two to three days in some extra virgin olive oil. Add salt and pepper and some fresh floral mandarin juice before serving.

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 tress 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 cumquats 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

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 3cm 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. Artichokes are often served with sauces such as a hollandaise, vinaigrette or melted butter to dip the leaves in.

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.

Recipes supplied by Fresh Finesse www.freshf.com.au

Carrot and apple cake

Preparation: 20 minutes; cooking: 50 minutes;



1 teaspoon vanilla essence % cup castor sugar

Grated rind of 1 orange 3/4 cup vegetable oil

2 cups self-raising flour 1 teaspoon baking powder

2 teaspoon ground cinnamon ½ teaspoon ground nutmeg Pinch of salt

2 cups finely grated carrot (2 or 3 carrots) 3 red apples, skin on, core removed. Finely diced or grated

½ cup sultanas

½ cup walnuts

PREHEAT oven to 180°C. Grease a 20 cm diameter ring tin and line the base with greased paper or baking paper. Beat together eggs, vanilla, sugar and orange rind. Add oil. Beat well. Sift together flour, baking powder, spices and salt. Fold dry ingredients into egg mixture, then mix in grated carrot, apple, sultanas and walnuts. Spread into prepared tin. Bake at 180°C for about 50 minutes. Cool in tin for 10 minutes, then turn on to a wire rack until completely cool. Dust with icing sugar to serve.

Recipe for one: Apple fritters



Preparation: 15 minutes; cooking: 20 minutes; serves: 1

1 small egg

1 tablespoon milk

1/3 cup self raising flour

1 small red apple - skin on, grated or diced

Pinch of cinnamon ½ tablespoon olive oil

Cinnamon sugar

COMBINE eggs and milk in a bowl. Beat well. Stir in flour, cinnamon and apple. Heat oil in a nonstick frying pan. Cook spoonfuls of mixture on each side until golden. Drain on absorbent kitchen paper. Sprinkle with cinnamon sugar. Serve



Join us online for recipes and past reviews:





Tastings, lunch & goodie bag \$85pp Fully inclusive 9.30am-1pm Thursdays and Saturdays



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NOTEBOOK

JOONDALUP/WANNEROO WOODTURNING CLUB Meet second and last Monday of the month 6.30pm

Heathridge Leisure Centre, Sail Tce. Heathridge All welcome. Ph Tony 9561 6887 for more info.

ROCK'N ROLL COLLECTORS CLUB RECORD AND CD FAIR

Sunday 16 September 9am-3pm Leisurelife Centre Cnr Kent/Gloucester St East Victoria Park Admission \$3 kids under 16 free Part proceeds to Radio Lollipop. Info Frank 9458 5864 royals@iinet.net.au

CITY OF SWAN

Ageing Disgracefully 2018 Wednesday 19 Sept 8.30am-1.30pm Guest speakers. Free event. Call Altone Park Leisure Centre 9207 8555 to register your attendance

GUILDFORD SONGFEST

Singing festival 15-16 September. Free concerts and workshops held in the towns historic buildings and churches. For full details of programme go to www.guildfordsongfest.com

THE COLONIAL BOTTLE OF CLUB OF WA (INC) 2018 Show and Fair Cnr Albany Hwy and Station St.

Saturday 13 October 10am-5pm. Sunday October 14 10am-3pm. Bottles, antiques, jewellery, collectables and displays. For more information 0409 882 569

UNDERCROFT BRIDGE CLUB

We offer social and competitive bridge and lessons. Sessions every day except Sunday and also three night sessions

New members welcome. Location: Percy Doyle Reserve. Duncraig Info. 9447 3226 undercroft.bridgeaustralia.org

TOODYAY RECYCLED REGATTA

Saturday 15 Saturday 9am-1pm. Watch rafts made from recycled materials paddle off from Newcastle Park. Family fun day inc raft judging, food and drinks, tug of war and a thong throwing competition. Phone 9574 5357

JARRAHDALE LOG CHOP AND SJ LIONS FAIR 30 September 10am-4.30pm Free entry

Over 60 stalls, childrens rides, local produce for sale. Musical entertainment and more. Jarrahdale Oval, 86 Millers Road

GERALDTON/GREENOUGH SUNSHINE FESTIVAL

Celebrating 60 years Sunday 30 September 9-5pm A float parade, activities and entertainment along the Geraldton foreshore Eng. lan Fisher 0401 622 157

70TH ANNUAL SWAN VIEW SHOW Saturday 6 October, 9am-5pm

Brown Park Cnr. Amherst and Salisbury www.swanviewshow.org.au (Sorry no dogs allowed)

BASSENDEAN MELODY CLUB

Community Hall Bassendean meets Fridays 10am-12noon. Sing-along, entertainment and friendship. Ph Carol 9279 3718

2018 LIVE LIGHTER SENIORS ACTIVITY & INFORMATION DAY

Theme: Put a Spring In Your Step Friday 14 September 9am -1.30pm with information, food and entertainment

Italian Club, 20 White Street East Bunbury, WA Every senior is welcome. There will be over 40 different stalls packed with information to keep you up to changes in the health system, lifestyles, help and inter-

est aroups. Tea or coffee with a bickie is free and there will also be morning teas and light lunches available for sale. Come along and bring yourself up to date with life.

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

Contact Barbara Fleay 9721 1019 for more information.

New outlet in Applecross

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

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



It's Friday every day at Thank God It's (TGI) Fridays' new restaurant at Carousel







Scott Arnold-Eyres and CEO Signature Group James Sinclair Captions - Pink Punk Cosmo Martini cocktail - Mandarin Chick wraps - Loaded Potato Twisters Below; Tahlia Merigan - S'mores brownie





by Tahlia Merigan

TGI Friday's has officially opened in Perth at the newly refurbished Carousel Shopping Centre and I had the opportunity to attend the opening. It was interesting to learn some of the history about the restaurant. The first TGIF was opened in New York City in 1965 by Alan Stillman and it became the one of the first bars where women were encouraged to go out with their friends.

The innovative con-

ceptual restaurant was the first to introduce happy hours, ladies night, and invented the now world-famous Long Island iced tea cocktail. It also became the world's first international casual dining chain.

TGIF's Asia Pacific arm was acquired last year by the Signature Group and CEO James Sinclair has introduced menus specifically for the Australian palate and designed the décor to be more up market.

One thing which hasn't changed is good service, generous servings and the theatre which is included in the serving of many of their drinks and

At the opening I had the pleasure to sample some of their more popular ones.

I started with a pink punk cosmo martini cocktail which is poured over pink fairy floss which melts away in the glass. It was sweet and fun.

I also tried their loaded potato twisters - spiral sliced golden fried potatoes, topped with Mexican style cheese, pico de gallo, sour cream and coriander. Queso sauce is then poured over the dish at the table. It hits the spot with its crispy and perfectly cooked potatoes

For lovers of Peking pancakes, the duck slow roasted Mandarin chicken served with Asian-style wraps, hoisin sauce, red onion, toasted almond slivers and sake pickled vegetables is a delicious take on the classic dish.

I couldn't go passed ying their S'mores trying their brownie, the soft warm chocolate brownie is topped with rich chocolate mousse, crunchy biscuit and toasted marshmallow and finished with biscuit crumbs. It was very rich and moist with a fudge like consistency. It's one to share.

To finish my taste testing I had a blackberry Long Island ice tea shaker. It was fresh and delicious with a strong berry taste, perfect for a hot day in Perth and a nice take on the original Long Island iced tea.

It's nice to see an international chain come to Perth, judging from the line to get in as it officially opened its doors it will prove popular. TGIF is lo-

cated in the newly renovated Westfield Carousel food court which is an experience in itself, but parking can be difficult.

TGI Fridays - Westfield Carousel, 1382 Albany Highway, Can-nington Phone: 9554 4400

Sunday to Wednesday 11 am to 9 pm and Thursday to Saturday 11 am to late. Open every day (including public holidays) except Christmas Day.



Share your family recipes and win great prizes



Bethanie Bake Off senior winner 2017, Linda Millington

GOT a brilliant recipe that you know will knock people's socks off? Have people been asking you to share one super special recipe your whole life? The Big Bethanie Bake-Off is about to kick off its fourth year, and entries are now open.

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

Bethanie, Western Australia's most recognized not-forprofit aged care and retirement living provider, continues to work on closing the intergenerational gap with this popular annual event.

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

To take part, entrants must submit their family recipes online in the hope of being selected as a finalist to compete in the live bake-off.

Seniors are asked to share their favourite recipe, along with the story behind the recipe. School-aged children are asked to research their grandparents' background and discover their

family favourite recipe.

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

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

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

Sharing wine in life's moments is an investment in itself...



by Frank Smith

PAUL Gordon, chief winemaker at Leconfield Wines says that wine can be a great investment as well as enjoyable to drink and a complement to good food.

Investment in fine wine has almost always produced positive returns and has outperformed global shares most of the time in recent years.

The reason for this is mainly due to market growth in China - over

1.86 billion bottles of red wine were bought by Chinese buyers in 2013.

Paul does not believe in buying wine solely for financial gain.

"You definitely don't sell it. You give it away or share it. After all, wine is a beverage that winemakers craft to drink, to share, and to augment the joy of a shared meal.

'The value gained is in the cementing of a relationship. It doesn't have to always be a joyous occasion - as shared wine

at a time of life's challenges can allow for conversations and intimacy."

not suggesting readers should invest their superannuation in fine wine but here are some wines that may, or may not, be good investments, but will certainly give pleasure when you drink them.

Vinter's Ridge Cabernet Sauvignon 2014 is deep garnet in colour with aromas of dark chocolate, mulberry and cassis. The palate tastes of dark chocolate, cherry and juicy raspberries. winemaker says The these flavours will gradually soften and meld with the soft and ripe tannins. RRP \$24.99.

After Hours Shiraz 2017 is deep scarlet with aromas of dark cherries, mocha and sweet berries. The palate is full bodied with lifted spices of cloves and nutmeg

and hints of white pepper and chocolate. RRP \$30.

Arlewood **Estate** bernet Mo expresses intense aromatics of violet, star anise and dried herbs with a palate of wild berry fruits and smooth tannins resulting from the added Merlot and Cabernet Franc. Available only at the cellar door or Internet. RRP \$25.

Churchview **Estate** Range Cabernet Sauvignon 2016 is dark red with a ruby hue. Aromas of ripe plums, blackcurrant and dark fruits dominate. The palate is of dark fruits with acidity that keeps the wine fresh. The winemaker says in time the aroma will evolve a touch of sweet spice and an earthy character along with a hint of vanilla. RRP \$20.

Jane Brook Estate Plain Jane Classic Red is made from a blend of

Shiraz, Malbec and Cabernet Sauvignon from both Margaret River and the Swan Valley It displays a complex bouquet of candied dark fruits with a touch of spice. The palate combines sour plum and rhubarb flavours with a lasting fruit sweetness. The wine is medium bodied, well structured with good length. REP \$16 but available from the cellar door in the Swan Valley at \$99 per case. Houghton Crofters

Sauvignon Cabernet 2015. We are cheating a bit - the grapes were grown in the Frankland River region This wine is a brilliant deep red with a vibrant purple hue. The bouquet displays berry fruits, cherry and blueberry, with hints of chocolate, white pepper and star anise. The palate is fresh with cherry, plum and chocolate characters. RRP \$18.99

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Mrs Emily Jones ...great phone, no-nonsense, fantastic battery life, easy to press buttons, easy to see screen and I even listen to my favourite talk show or the cricket when I'm on the bus or out and about" Graham Burgess

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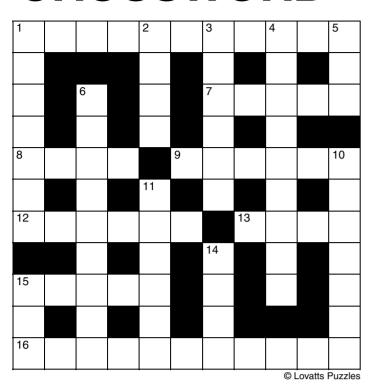
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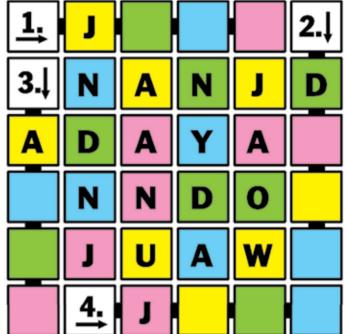
CRYPTIC CLUES ACROSS

- 1. Tense climax for stranded abseiler (11)
- 7. Deal that's poorly rated (5)
- 8. Be inclined to commence on conclusion (4)
- 9. Prevailed over the German miracle (6) 12. Confiscates Caesar's speech (6)
- 13. lcy Col kept ring (4)
- 15. Blocks research facility on board (5)
- 16. Scions go down with half the migrants (11)

- 1. Makes Cate ring about fifth of August (7)
- 2. Be up against loud expert (4)
- 3. Start performing or there'll be a lawsuit! (6) 4. Models organised, but pretentious (9)
- 5. Fish eggs from odd roofer (3)
- 6. Useful headgear reportedly has
- disadvantages (9) 10. Recovers from mass political meetings (7)
- 11. He pays for what's let out (6)
- 14. Ad containing former lover dancing was taken off air (4)
- 15. Sorrowful and depressed at first (3)

SQUARE SHUFFLE

Take one letter from each colour to make up 4 four-letter words that are all girls names. We have given you the first letter to get you started. Every letter must be used once only.



STRAIGHT CLUES **ACROSS**

- 1. Series' exciting season finale (11)
- 7. Share transaction (5)
- 8. Look after (4)
- 9. Singer, Stevie ... (6) 12. Takes by force (6)
- 13. Aloof (4)
- 15. Large chunks (5) 16. Offspring (11)

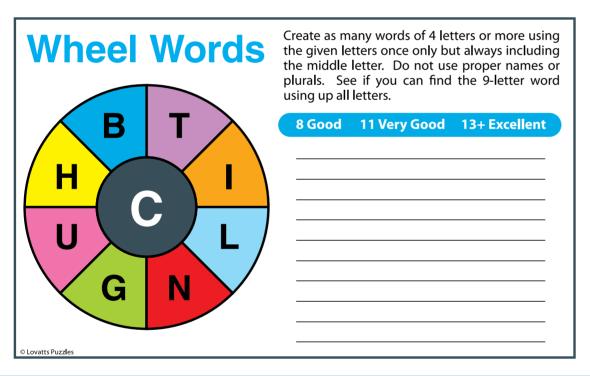
DOWN

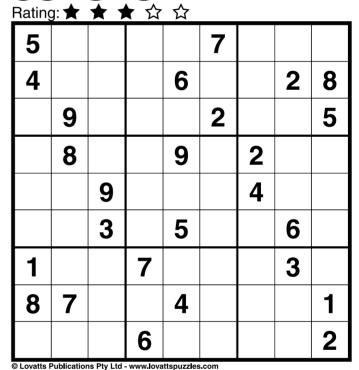
- 1. Brings into existence (7)
- 2. Visage (4)
- 3. Active combat (6)
- 4. Overly majestic (9) 5. Small European deer (3)
- 6. Golf ratings (9)
- 10. Car club meets (7)
- 11. Tenant (6)
- 14. Discontinued (4)
- 15. Melancholy (3)

#318 September edition PUZZLES - Solutions appear on page 46



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











travelling let's go travelling

SEPTEMBER 2018

• WA Wildflowers • Frank Smith travels to Scotland • Antarctica day trip

Have a 60 News' travel liftout ...for the mature traveller



Chris Frame captured QANTAS' 787 on take off and inside shares his review on the direct flight from London to Perth. See page 27.

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vast Nullarbor Plain. Once in Sydney you will be spoilt with amazing experiences. The highlight will be an evening at the 2019 Handa Opera. Taking to the iconic stage at Handa Opera on Sydney Harbour will be West Side Story, an enthralling show, complete with live orchestra hidden beneath the dramatic stage, and fireworks. This will be a show not to be forgotten.

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let's go travelling







Above; An African elephant comes close to Bob Simpkin's tent Left; Jennifer Merigan

TRICIA Turner contacted me during the month asking if readers could help her with a travel conundrum. She takes thyroxine tablets every day which need to be kept in the fridge and she said that on her last long-haul flight she found it stressful keeping them from spoiling.

The cabin crew were helpful by putting them in the fridge but I was worried I might forget them in the mad dash to disembark," said Tricia. If anyone has any advice on travelling with

medicines which require refrigeration we would love to hear from you just email me at jen@ haveagonews.com.au.

The wildflowers are blooming all across the state and in this issue. there are loads of options to get out and discover WA's flora. Whether you drive yourself or join a tour, this season is not to be missed.

*** Apologies to Anthony Ware who sent in last month's funny photo and whose name I

. Simpkins

Bob

emailed me from Africa. He left Australia at the end of July and joined an Intrepid basic overland truck tour where you pitch a tent and help cook. The tour covers Africa Z to Z: Zanzibar - Tanzania - Malawi -Zambia. Bob said he came out of the ablution block after brushing his teeth and the attendant said, "Have you seen the elephant?" It certainly was rather close to his tent.

If you would like to

share a funny travel photograph, please feel free to email me.

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

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

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

Happy trails

Jennifer Merigan **Travel Editor**



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

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Find out 1001 fascinating facts about WA in new book



JOURNALIST Lee Tate has criss-crossed Western Australia, hoovering-up nuggets of information which are truly amazing.

likes He unique facts and his previous book revealed 500 amazing West Australians, one fact is featured every month on page 2 of this paper.

During a lifetime in mainstream media, Tate has interviewed Roy Orbison, drank champers with Rod Stewart, been lectured by Heath Ledger and travelled on federal election campaigns. He has walked with Gina Rinehart on her iron mountain, been nipped by Rose Hancock's dog, supped with Bob Hawke and interviewed prime ministers, premiers and social pretenders.

A fourth generation West Aussie, Tate has travelled all over WA and along the way has collected 1,001 amazing facts about the state.

These fascinating and true facts are now collated into a new book Awesome WA - 1001 Fair Dinkum Facts about Western Australia.

The books shows the

state to be world-unique and quirky with some of the hottest, longest, rarest, richest and oddest things covering just about everything.

It shows WA's worldly wonders, features myriad mysteries, amazing achievements, living legends and some of the oddballs and oddities all which are uniquely Western Australian.

To purchase a copy for \$25 (postage extra) call the office on 9227 8283 or email accounts@ haveagonews.com.au

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VILLA Carlotta Travel have secured seats on the new Virgin direct service from Perth to Hobart. Coinciding with Villa's very popular Christmas Festivities in Hobart, people will enjoy more time in the beautiful Apple Isle with this new direct flight.

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The seats are large

ern travel experience.

From left to right; QANTAS QF10 at Perth - QANTAS seat 3A



by Chris Frame

EARLIER this year, I flew aboard Qantas' new Boeing 787 non-stop from London service Heathrow to Perth.

I was able to secure a business class frequent flyer redemption booking, for 112,000 points direct with Qantas.

There has been much hype surrounding this new Dreamliner service; with time saving, the comfort of the 787 and the simplicity of flying direct making headlines.

Indeed, time saving is a serious consideration; particularly for time poor business travellers. Having flown to London via Hong Kong and Helsinki (taking 23 hours), the direct flight was a much

speedier 16 hours. Next generation aircraft aren't unique to Qantas, with flights via popular hubs often allocated to 787s, A350s or A380s; which rival the creature comforts aboard Qantas' Dreamliner.

With this in mind, does the direct flight live up to the hype?

Since the Qantas and Emirates tieup, the flying kangaroo has provided a dedicated complementary chauffeur service at Heathrow. I was based in Southampton during my UK stay and was delighted to find this service was available, despite being about 100 km away from Heathrow.

This is a considerable time saver, cutting the three-hour train and twohour bus trip down to just over one hour by car.

Additionally, the drop off location at the terminal entry removes the long subterranean walk required when utilising public transport.

dedicated Qantas' business class / one world check in adds further convenience, keeping lines short and reducing wait times.

On this day QF10 was delayed by several hours (Qantas had sent a text alert to my registered phone number) and the ground staff kept travel-

The other advantage of business class is using the dedicated Qantas lounge.

lers informed.

The split-level lounge features a gin bar and á la carte dining on the lower level, as well as large buffet and coffee bar on the upper level. There are also luxurious shower rooms and spacious bathrooms with fixtures and fittings that reflect London, including subway tile and British leather.

The lounge manager personally kept travellers updated on the QF10 delay and the lounge is positioned close to the Qantas gates, which is another bonus; reducing the walking time required.

With the exception of first class on the A380. Qantas' 787-9 offers the airline's best premium product. Fitted with 42 business suites,

meal service followed. Drinks were accompanied by starters followed by mains and desert. With 16 hours ahead of us and a late-afternoon departure, there was no need to rush, and the entire food and beverage service took around one and half hours to complete. The food was tasty, the right temperature and well presented. As the sun set, the cab-

were provided shortly

after take-off and the

in lights were dimmed and about five hours into the journey it was time to settle down for the night. The crew were on hand to make up the bed which was very comfortable and eight hours later it was time to wake up after a good night's sleep.

Breakfast was served in a fast and efficient manner, thanks largely to orders having been taken the night before. After watching a few documentaries on the inflight entertainment system, the aircraft crossed the WA coast. It was truly surprising just how fast the trip felt, seeming comparable to the shorter Hong Kong – Helsinki route I had flown just a week before.

The aircraft parked at the newly upgraded T3 in Perth. With only one aerobridge disembarkation was slower than at dual-airbridge terminals.

Once in the terminal about half the passengers headed to the T3 transit lounge for the onward journey to Melbourne while the rest of us passed through immigration. The layout is a bit confusing, but guides are on hand to direct people to the right area.

T3's immigration is currently fully manual, with no e-passport readers. Despite this, I passed through quickly and within a few minutes my bag was on the carousel and I was ready to go.

The direct link between Britain and Australia has truly shrunk the globe. The time saving benefits cannot be underestimated; and have been built into multiple aspects of the experience; from travelling to the airport: to the lounge; as well as the speed of the flight itself.

Oantas' Dreamliner has successfully reduced the tyranny of distance and has helped make the world more accessible to Australians in the same vein as its Oantas predecessors; the iconic Constellation, 707 and 747.

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Isle of Iona, from left to right; Iona Abbey - The Augustinian Nunnery

by Frank Smith

HISTORY buffs will remember Iona, the site of the first effort to convert the Scots to Christianity. The tiny isle has turquoise waters, dazzling beaches and coves, and sacred sites.

Saint Columba arrived in 563 with 12 Irish monks and built the first abbey on the island. From there he began his mission to Scotland.

Little remains of the monastic buildings he founded. For the first few centuries Iona Abbey was raided by Viking raids several times until around 1200 when a community of Benedictine monks was founded on the site.

The first Abbey was tiny, but was added to over the following centuries and today people visit to spend time in St Oran's Chapel, the sacred burial ground, the Road of the Dead and to see the St Martin's Cross. For centuries it is has held a special place in the mind of Scots and some 48 kings of

Scotland were buried there. The abbey remained an important place of worship and pilgrimage until the Reformation in 1560, after which monastic life came to an end and it fell into disuse.

The abbey experienced a shortlived resurgence when Charles I reintroduced bishops to the Scottish Church and made lona the seat of the Bishop of the Isles. However, by the end of the 17th century bishops had once again been abolished and the abbey continued to decline once

However in the last century restoration began first by the Iona Cathedral Trust and later by the Iona Community, an ecumenical order set up initially to provide work for unemployed men from Glasgow during the great depression.

Adjacent to the abbey is a small museum including a fascinating description of the origin and use of the cross with supporting ring which characterises the Celtic church.

The Island is just 4.5 km by 1.6 km and just a 10-minute ferry crossing from Fionnphort on the southwest coast of Mull. The ferry brings pilgrims and visitors to Baile Mor ("big village"), where there's a handful of shops and

On the hill in front of the ferry slip are the ruins of the Augustinian nunnery and their tranquil cloistered garden. Founded in AD 1200 at the same time as the Benedictine abbey it is one of the best preserved remains of a typical medieval nunnery and was occupied until the Reformation. However, it continued to be used as a place of burial for women long after this.

The first prioress was Beathag (in English Beatrice), sister of Reginald who founded both the abbey and nunnery. Much of the ruins date from the 14th century and you can still see some of the fine carved details on the stonework. Like the abbey, it continued in use until the Reformation, after which it fell into decline.

Nearby, in the former manse built by Thomas Telford is the Iona Heritage Centre filled with photos and displays, that tells the story of island life over the last few centuries; the fishing and crofting community, school and churches, artists, craftworkers, visitors and memorable events. You can search family trees for your ancestors, many of whom emigrated to Australia. There is also information about the geology and wild flowers of lona.

Iona's highest point is Dùn I, standing some 101 metres above sea level. On a clear day there are panoramic views of many other Hebridean islands including the Treshnish Isles, Tiree, Coll, and sometimes Rhum, Eigg and Skye with Ireland visible to the South.

Close to Dun I is The Well of Eternal Youth, associated with the 6th-century St Brigid of Ireland. Brigid is said to visit Iona at midnight on the summer

I regret that I cannot confirm the efficacy of the holy spring.

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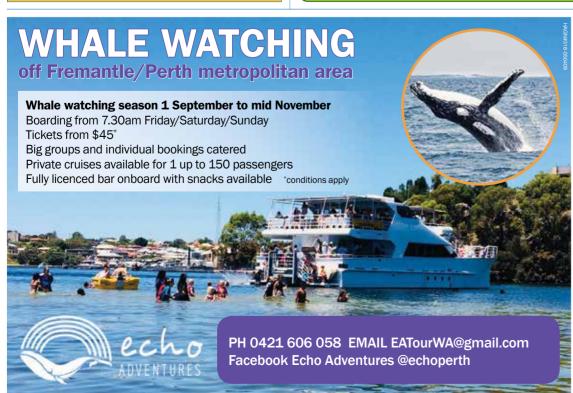


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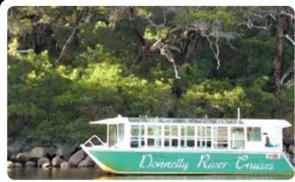
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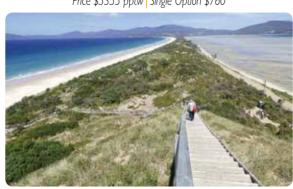
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et's go travel options for the mature west australia



Venturing into Scotland's Abbotsford for a visit to Sir Walter Scott's romantic home



Sir Walter Scott's Abbotsford

by Frank Smith

SCOTLAND has produced many great authors, but few so celebrated and prolific as Sir Walter Scott, the

first Scot to be acknowledged as a best selling author nearly 200 years ago.

He is most remembered for his masterly novels Waverley, Ivanhoe and Rob Roy in which he demonstrated an ability to write convincing dialogue in both Scottish and English

Scott was knighted not

for his novels but for finding the Scottish crown jewels which had gone missing for over more than years. He also masterminded the 1822 visit of King George IV to Edinburgh, the first visit of a monarch to Scotland's capital for over 100 years. George wore a kilt over flesh-coloured tights and began the popularisation of

highland dress.

While Scot's novels were a success, his financial affairs were not. He had become a partner in a printing and publishing firm owned by James and John Ballantyne. By 1813 this firm was hovering on the brink of financial disaster. Scott saved the company from bankruptcy, but from that time onward everything he wrote was done to pay off his debts.

He eschewed bankruptcy considering that his creditors should not suffer because of his bad investment

Scott is also remembered for his promotion of Scottish culture and nationhood while supporting the political union with England.

Abbotsford, his romantic mansion, nestles in the Scottish borders near Melrose. Built nearly 200 vears ago it was built as a family home, work space and private museum and his interests can be seen in the gothic architecture and interiors jam-packed with fascinating curios, artefacts, books and stories that inspired his greatest poems and novels.

If you wander round his house with an audio guide you will hear an actor impersonating the great man himself, explaining about his life, work and family.

A force of friendship world over provides cultural exchange

It is a great place to learn about Scott's life and achievements or wander through the beautiful formal gardens and tranquil woodlands of the estate.

Scott was also a law officer - sheriff-depute of Selkirkshire – as well as an author. For this he needed to spend part of the year in easy reach of the courtroom in Selkirk, so he spent legal terms in Edinburgh and legal vacations in the country.

In 1811 he bought his own property on a bare haugh and bleak bank by the side of the Tweed'. He immediately renamed it Abbotsford, after the ford across the Tweed below the house used in former times by the monks of Melrose Abbey.

With money flowing in from his poetry and early novels. he was able to ex-

pand the estate from 110 acres to 1400 within a few years and as money continued to pour in he demolished the original farmhouse to make room for a large rectangular building housing an entrance hall, a new study, a library and a drawing room. John Smith of Darnick, a local stonemason, was hired as the principal builder and Scott acted as his own clerk of

After Scott's death, his descendants continued living in and making changes to parts of the house until 2004, having kept the historic rooms of the house open to the public since early 1833 - five months after Scott's death.

A visitors centre, restaurant and interpretation centre, all owned by the Abbotsford Trust provide facilities for visitors.



FRIENDSHIP Force of Perth has enjoyed busy times with more international visitors being hosted by club mem-

Earlier last month, members of the Friendship Force Club of Taupo, New Zealand came to Perth to experience local hospitality as well

as being shown all the highlights of the city.

Many new friendships were formed as Perth club members shared their city. During the stay they enjoyed visits to the new Optus Stadium, Kings Park, The Bell Tower, RAC Helicopter Rescue and the Royal Flying Doctor Service.

It was a full week as the visitors were also treated to a tour of the Alcoa Alumina mine and refinery near Pinjarra.

Meanwhile, sixteen Perth club members are visiting clubs in Rheinhessen (Germany) and Krems (Austria).

Later this year, Perth will again host visiting Friendship Force members from Des Moines and Whidbey Island, USA as well as co-hosting a Global Biodiversity experience with the Friendship Force Club of

Friendship Force International, a non-profit, non-religious non-political organisation provides opportunities to explore new countries and cultures from the inside by bringing people together at the personal level.

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

As well as giving members the opportunity to travel in a group, sharing their homes with overseas visitors, Friendship Force clubs also have a busy social calendar enjoying barbecues, Melbourne Cup luncheon, Australia Day celebrations and din-

The Friendship Force of Perth always welcomes new members and if you would like to home host visitors from all over the world or travel with a group of trusted friends, please contact club president Margaret Walsh presi dent@friendshipforce. net or 0487 290 097.

For more information about Friendship Force, check out www.friend shipforceperth.net.

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et's go travelling travel options for the mature







Journeying across Morocco - a Bedouin camp and the legendary Sahara Desert







Entertainment - The camel ride - Enjoying the feast

by Michael Osborne

SITTING in a Bedouin camp looking up at a zillion stars while the breeze whispered through the mysterious Sahara sandhills was the most amazing highlight of my recent journey across Morocco.

It was one of those Arabian style nights that stays with you forever. I was exploring Morocco, North Africa with Back-Roads Touring, a company that goes far beyond normal travel operators in providing guests with the best of everything.

The Bedouin Camp was a luxury "glamping" facility set up especially for us.

So far, this expedition into the previously unvisited Morocco had been so interesting and exciting, but it was about to take on a whole new dimension. It was my first visit to the legendary Sahara Desert and staying in a Bedouin Camp was a dream come true.

Our extremely comfortable coach arrived at Merzouga, a small Moroccan town in the Sahara Desert, near the Algerian border. It's known as a gateway to Erg Chebbi, a huge expanse of sand dunes north of town and our band of travellers were very excited. We were about to board some 4wd's and head off into the Sahara.

Our experienced drivers soon had us out of the town and turning off the road and into the

sped across the desert, the drivers took turns in leading our convoy and putting the cars into slides that raise our adrenalin. In fact, a certain lady, a fellow mature traveller, who's name will not be mentioned was cheering our driver to go faster and faster. I think she might have been a bit of a wild one, in her youth!

As we skimmed through the dunes, we came across the campsite. This was straight out of Arabian nights. Huge tents all laid out with colourful carpets and a common area with large cushions to sit on, all around a fire-pit (which did come in very handy, once the sun

went down). We enjoy a welcome drink as our luggage was quickly carried to our respective tents. Then a very colourful camel train emerged out of the desert especially for those who were able to go for a sunset ride into the wilds of the Sahara. Another rewarding experience.

Our personal tents were well equipped, fully carpeted, a king size bed, side tables with lamps, electric lights, a change room with hanging space and separate shower and toilet.

After setting up our personal items in our tents it was time for sitting around the fire, enjoying a few drinks and watching the sun set over the dunes and then to watch a zillion stars start to emerge.

Could it get any better? Of course it could.

The band struck up. with traditional Berber music to entertain us until we were called to 'The Feast'.

The giant size main dining marquee was fully carpeted with a generous bar and tables groaning with finger food and snacks. Spread around were the

tables for the evening feast.

Once we were seated and more drinks applied, the ground crew presented us with a special presentation of serving the food, accompanied by more music and singing as our fire cooked lamb was carried out on silver trays, with much pomp and ceremony.

As with all our meals on the tour, a gastronomic delight, even though it had been cooked out in the des-

After such an absorb-

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ing day, some do make it to sit around the fire and reflect on the wondrous things we had seen. But the majority decided for a few more looks at the sparkling stars that filled the sky and then off to our tents, to sleep the sleep of a very happy

In the morning it was back to the main tent and another feast (breakfast) was waiting. It was quite a feat, how they did it in the middle of nowhere. More praise to Back-Roads for their superb organising.

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Then it was back into the 4wd's and back to Merzouga, where our coach was waiting.

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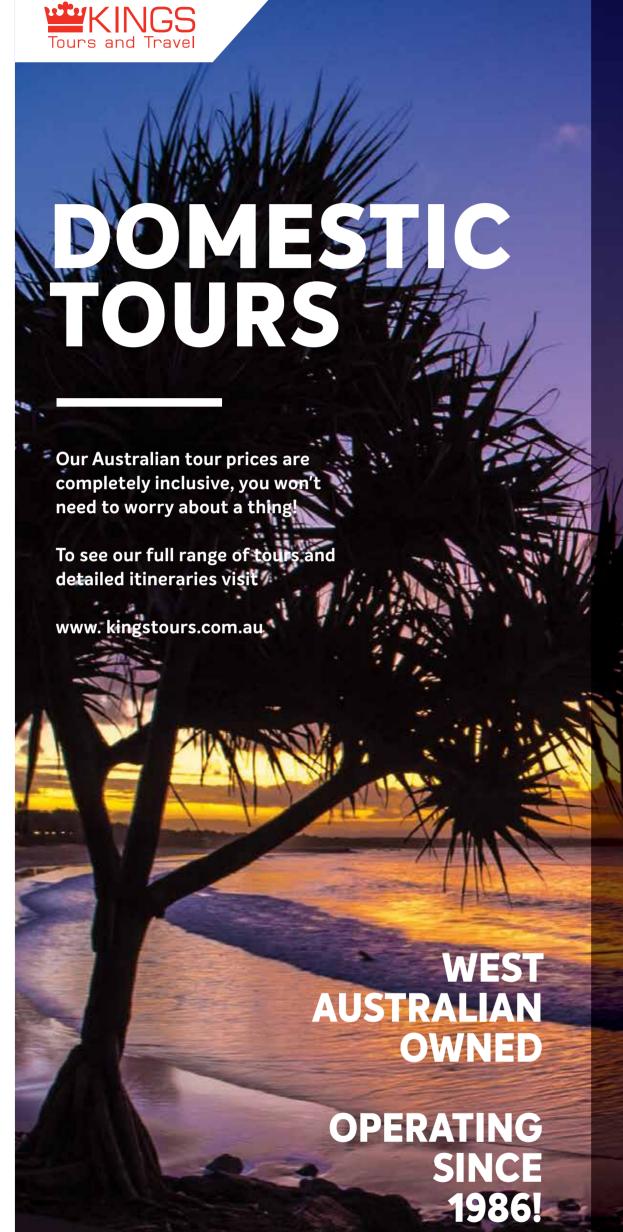
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Not just another day at the races - going trackside Broome style...









From left to right; Trackside Broome - Glam on grass - Beautifully bizarre - Surfside Broome - the horses cool off

by Lee Tate

WE set out for a day at the races - but not any races - Broome races; where most people trackside seem to know even less about horses and jockeys than we do.

Clearly, by reputation, Broome races are a social event for the both rich and struggling, the expert and the novice.

At Broome races you

can take your own table, chair, cooler, drinks and, as we did, a packed lunch. These are not compulsory but we followed some local advice and it worked.

The racecourse setting is magnificent. Outside the members' enclosure there's plenty of grassed area under magnificent. spreading, shade-giving

Bookies are cheek-

by-jowl with punters in the grassed seating and horses parade alongside. Some tables are provided with more under sail-type cover but are further from the action. So best to BYO fold-up table and chairs.

Food outlets are limited, bars are jam-packed and high heels might be risky treading the grass to the bookies, bar and outdoor dunnies.

But we are here for the fun, down to the ridiculous sartorial get-outs: blokes' daggy, matchshorty-pyjamas, hats (big, small and selfstyled), riding boots and designer thongs (for the feet).

But the Broome Cup is no laughing matter. Jockeys, trainers and horses come the long distance from Perth or further to get in the Kimberley swing with a chance of taking home a cheque: \$88,000 for first, \$30,000 for second, \$13,500 for third.

Track-talk was about blossoming women

jockeys, apparently boosted by female jockevs' maximum weight being raised. Last year, for the first time, a woman, Simone Altieri from Perth, was first across the Broome Cup line.

Shock-of-shocks, we're told there have been races where the first four places were ridden by fairer-sex jock-

But Blokes have had a good crack at the Broome Cup. Jockey Peter Hall has won a room full of Broome Cups and we watched as he came home on 2018 winner Diamond Tonique.

Broome racecourse is picturesquely-poised as the road turns to red dust and across the road from aquamarine Gantheaume Point - convenient for racehorses needing a cooling-off or for training.

To beach-goers' delight, horse carriers periodically pull-up on the foreshore and discharge their prized cargoes. Strappers ride or lead them into the sea where they walk their laps - boats bobbing in the distance and tourists heading out for whalewatching.

racetrack The unique, having been

oiled over the years to keep it compact for the races it is the sporting and social highlight the Kimberley. Turf club manager Paul Rossiter tells me that these days, soil is trucked from around Fitzroy Crossing and with some light watering, does the trick.

Up in the 'gods', a.k.a. the members' pavilion, punters get a birds-eye view of proceedings and a swish lunch is laid on for paying customers. Dotted along the pavilion are sponsors' hospitality tents, in prime viewing position for those invited guests who actually want to watch the races.

For many of us 8,000 customers, the Broome Cup (entrance fee \$20) is all about the atmosphere - plus a rare chance in Broome to get out of shorts and T-shirts in this warm and sunny paradise.

For the record: We punted a couple of bucks each on nag numbers 1 and 2. A first and second. Winnings: About \$5.

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Enjoy the Medieval Fayre this September

THE York friendship club is a group of older ladies who fundraise for various

charities on a monthly basis, including UNHCR, Médecins sans Frontières and Oxfam

They also run two successful yearly events, the Medieval Fayre which this vear is held on 23 September with proceeds going to the homeless and the Easter Antique Fair for the Fred Hollows Foundation.

Their op shop - Cob Webs – is located at the Old Mill in York and is open on Thursday and Fridays from 10am-4pm and most Saturday mornings till 1.30pm. They run the monthly Peace Park markets on the second Saturday from 8am-1 pm which is full of a diverse range of stalls and a friendly atmosphere.

York is a great little town to visit and is only one hour from Midland. It was founded in 1832 and is full of history, brilliant bookshops and nooks and crannies of bric-a-brac.

Come for the September long weekend. There is a rollicking banquet at the Old Mill on Saturday night, then the Medieval Fayre at Avon Park by the river on Sunday, full of stalls, food, entertainment and of course medieval wares and combat groups in full regalia.

Recover on the Monday holiday by browsing the town's many attractions and enjoy York's special ambience.







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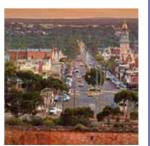
DAY 2 & 3: TOURING KALGOORLIE

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

To make the most out of your visit, speak to the experts at KBVC for travel tips and tour bookings. **Book with Kalgoorlie Boulder Visitor Centre**

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







WA's GREAT Outdoors CARAVANNING · CAMPING · ACCOMMODATION WESTERN AUSTRALIAN WILDFLOWERS Let's Gottravelling

Hundreds of rare and exquisite wildflowers set to shine at south west showcase





Left to right; Busselton Wildflower Exhibition chairman Barry Oates inspects a Banksia specimen with fellow enthusiasts Martha Maisey (13) and brothers Josh (14) and Zach (8) - and an orchid

BUSSELTON Wildflower Exhibition is set to welcome hundreds of visitors when it opens its doors for the 93rd time this spring to showcase the best wildflowers from the region.

The south west corner of Western Australia is renowned for having one of the richest and most diverse flora in the world

and attracts visitors from around the state, Australia and overseas.

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

Wildflower enthusiasts can learn more about the local varieties with advice from botanists on site or can just enjoy the sights and smells of the exhibition as they wander through the exhibition.

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

"It is a truly unique experience and a great way

have vet to meet.

with a minimum of 15 passengers.

they take care of all the arrangements.

for people to connect with part of Busselton's community and history," he

The exhibition's almost century-long success can be attributed to its ability to grow and adapt to the changing environment. Wildflowers on display are chosen by people who hold a one-day pickers licence issued by the Department of Parks and Wildlife. All pickers are conscious of the need to preserve native flora and pick responsibly. Rare and endangered species are not picked.

The exhibition provides a connection between the natural bush wildflowers and the community and whether people come to look or have a conversation with one of the experts on site, they go home thinking about the importance of preserving our wildflowers," Mr Oates

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

"Much of the flora on display would not be experienced by any one person at any one site, so it's a rare and fantastic opportunity to do so," Mayor Henley said. "I applaud all the passionate volunteers that, for the past 93 years, have put together some fantastic exhibitions and look forward to the experi-

ence again this year.' Australia's South West marketing coordinator Lily Yeang said the region's wildflowers are ecologically significant, with more than 8000 species of wildflowers blooming in the region between August and November, many of which can be found nowhere else in the world.

"We encourage wildflower enthusiasts - as well as first time WA visitors - to visit the region and witness the explosion of colour set against the stunning natural scenery of the south west in spring,

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when the dazzling displays are at their best," Ms Yeang said.

Margaret River Busselton Tourism Association chief executive officer Claire Savage said the region is a nature enthusiast's heaven.

"The beauty is that you can experience the wildflowers up close and personal with local tour guides, at the Busselton Wildflower Exhibition and by getting out and about in the region," she said.

Organised by the Uniting Church of Busselton, the exhibition also includes a photography display, local landcare nursery sales and advice and a waterwise garden display.

The exhibition will be held at the Uniting Church, Kent Street, Busselton on Thursday 4 October and Friday 5 October from 9am-4pm.

drive&carry

Spring has sprung and it's blooming wonderful



WITH spring upon us, it is time to get out and enjoy the magnificent countryside in all its glory.

Club 55's three-day Midwest Wildflower Tour was a huge success and plans are in place for an even better one next year.

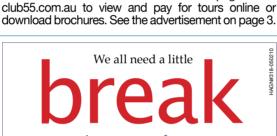
Club 55 thanks its travel club members for getting on board and making it such a successful trip.

The next trip away will be our four-day Southern Heritage Tour departing on the 12 October. It's going to be a great tour and perfect for those who may have missed seeing the wildflowers further north.

There are still some seats available on the 5 Star Tafe and Mystery Wildflower Tour, New Norcia and Wildflowers and the trip to Wellington Dam and Gnomesville.

The Wildflowers and the countryside are looking magnificent and anyone can join them for a great day out with no membership or joining fees and several departure locations around Perth.

Club 55 Travel caters for larger groups including Pro-



bus Clubs, bowling clubs and retirement villages. There

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Barracudas - they really are a pussycat compared to other fish in northern waters



Barry Wiseman with a Mackerel Islands barracuda

by Mike Roennfeldt

FOR a variety of reasons, the word barracuda evokes images of fearsome predators, aggressive monsters that threaten life and limb of anyone who is sharing the ocean with them. Yet most of the experienced sport fishers I know that have had much to do with the much vaunted 'cuda, hold these fish in far less awe or esteem.

They do get big and have an absolutely scary set of dentures, but in reality, the 'cuda is just a pussycat alongside some of the really tough customers of northern waters. A Spanish mackerel or wahoo. for example, has an exceptionally businesslike array of teeth, razor sharp and powerful, capable of slicing through flesh far more efficiently than their more feared cousins. Not only that, they also can swim at least twice as fast as 'cuda and very few baitfish stands much of a chance against them if they are lined up as a potential lunch.

'Cuda are reputed to grow in excess of 50kg and I once saw one off Kalumburu that would have been much bigger than that. But they are mostly caught in the 2-10kg range and we rarely see fish in excess of 30kg landed in WA waters.

The fight from one of these fish is a little disappointing alongside a mackerel, queenfish or trevally of similar size, but occasionally they jump well after hooking. They can feel decidedly slimy when you have to handle one to remove hooks and as if all that wasn't enough, they are also regarded as only mediocre table fare.

So, on a good day fishing up north, the hooking of a 'cuda isn't always greeted with wild enthusiasm by anglers who would much rather be spending the time catching more sporting or better eating species. But on a slow day, when nothing seems to be interested in the lures you have been trolling or casting around all morning, a 'cuda can be a welcome diversion.

The most common ways of catching them involve lures, either cast or trolled, and they don't seem particularly fussy as to colour or size. Look for them in relatively shallow water, especially around

reefs. Most northern estuaries are good places to start looking, but they can range well out to offshore reefs. They commonly turn up in tidal creeks, but the one place along the whole WA coast where you are most likely to strike a really big one is in the shallows along the western side of north west Cape, between Coral Bay and the tip.

On quite a few occasions I have been wandering and casting in thigh deep water in that part of the world and spotted what looks like a small log drifting along just under the surface. You can get surprisingly close to these 'logs', only to find they are big 'cuda, often in the 1.2-1.4m range. Why they choose to just drift about aimlessly is a

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A facelift and new management team at the Kalbarri Palm Resort

KALBARRI Palm Resort's owner Jon Jessop is pleased to announce that he has recently appointed Kellie Law and her partner Brendan as managers of the resort.

The couple have previous resort management experience but took a break when their twins Brylee and Llewyn arrived in 2014. Now the children are more grown up they were keen to revisit resort management and again work for Mr Jessop. They love the lifestyle

resort management brings from living in a small community, meeting people from all over the world and the flexibility the job offers for their family living in Kalbarri.

"Kellie and Brendan are a caring, compassionate and diligent couple and when they applied for the position I was keen to employ them to ensure my guests received the best possible service, which I know they will deliver," said Mr Jessop.

"Kellie has undertaken a complete refurbishment program for the resort and has replaced beds, linen, electric goods, lighting, repainted and recarpeted the rooms.

Other items have been upgraded around the resort and we are very pleased with the overall result," he said.

Kellie has developed some great packages

for seniors including a three-night stay with free upgrade to a Hibiscus deluxe suite. This package includes a bottle of wine, chocolates, TransWA transfers, a discount voucher for the restaurant next door and a free food hamper. Included in the hamper is milk, bread, yoghurt, butter, spreads, eggs, some fresh fruit and cheese and crackers. This package sells for \$279 (for two people), and if you want a few extra nights they are available for \$93 per night.

The resort is located just at 8 Porter Street, 200 metres from town and the beautiful foreshore. Spring is the very best time of the year to visit, so either dig out your TransWA free pass or jump in the car and take a leisurely drive up the Indian

Ocean Drive to Kalbarri. This year the wildflowers are superb. It's the perfect time to visit.

Kalbarri Palm sort has most rooms on ground level for easy access and parking is right



Kalbarri Palm Resort managers Kellie and Brendan Law with their twins Brylee and Llewyn

at the suite's frontage. The grounds are spacious and green with the local kangaroo population often seen grazing early in the morning or at dusk. The pool has comfortable outdoor furniture for those who want to eniov the water or just laze beside it. The barbecue area is extremely popular

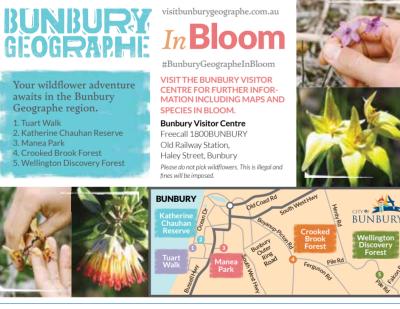
on mild evenings and for those who want to get a bit sporty there is a lawn bowls area and tennis court with gear available for free from reception.

Kellie, Brendan and the twins look forward to welcoming you and will make sure you love your holiday in Kalbarri at Kalbarri Palm Resort.



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Mooriel, who loves wildflower season, dressed as Mooge Simpson with Waroona resident, Jane Humby

TRAVEL less and holiday more when you head down to Waroona on the scenic South West Highway just over an hour south of Perth.

First stop Waroona Visitor Centre for local information and maps, local art and craft and to get a snap with Mooriel, Waroona's resident fashion cow.

While in town make sure to drop into Drakesbrook Antiques and other boutique businesses that are favourites with visitors.

Stay overnight or just for lunch. Waroona has a choice of accommodation including a holiday park, pub and hotel motel. Choose your dining experience from takeaways, cafes, bakeries and vegan to great pub fare.

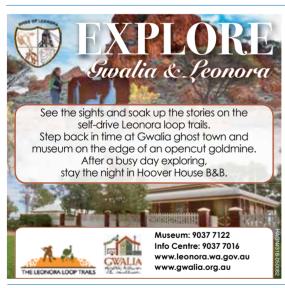
The wildflowers throughout the shire are promising a beautiful show - nature's rejuvenation after the devastating bush fires of 2015 and 2016. Waroona Dam, full for the first time in 20 years, is a spectacular sight.

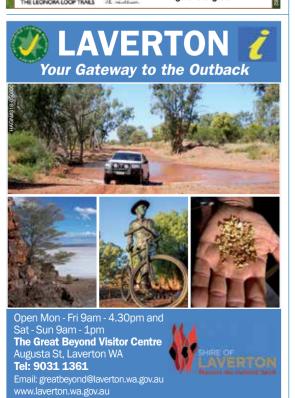
If it's events you're after then October is your month with a month long quilting and patchworking exhibition in the Visitor Centre, Waroona Show on Saturday 6 and the Vintage Machinery Rally on Sunday 21.

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) or Waroona Farmer's Markets (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 October events: 9733 1506 or visitorcentre@waroona.wa.gov.au





Spring into Waroona | Enjoy a taste of the country at the Wundowie Iron Festival this spring

WUNDOWIE and the surrounding community celebrate their rich industrial history each year with the Wundowie Iron Festival.

The festival began years ago as an opportunity to showcase local artists and has developed in recent times to incorporate the community's link to the charcoal, iron and steel mill which was founded in 1948.

The Wundowie Progress Association aim to continue to grow the Festival each year with the addition of a variety of competitions and entertainment for the local and surrounding communities to enjoy.

Situated about 32km east of Mundaring

and 30km west of Northam amongst dense bushland, Wundowie it an ideal spot for a day trip and as each year goes by the number of attendees to the Iron Festival grows.

Many food vendors and stall holders join the event each year and entries in the art competitions increase.

The Wundowie Progress Association have introduced new competitions this year to incorporate the practical skills of community members with cake decorating, baking and vegetable growing. They hope to see this develop, giving the event a real country fair

This year is looking to being even more successful than previous years as the date has changed to hopefully ensure good weather and the Progress Associations social media presence has increased, making it much easier to get the word out to communities.

More information will become available on the website www.wundowiepa.com, on the Facebook page @wundowie and through the assistance of local media.

The festival organisers hope to see many visitors on Saturday 20 October to enjoy a taste of this country fair.

Celebrate spring this year, it's blooming amazing

HIDDEN Treasures of the Great Southern 2018 Bloom Festival, presented by Act-Belong-Commit, is celebrating spring with more than 80 events hosted in Broomehill-Tambellup, Cranbrook. Gnowangerup, Katan-Kojonup, ning, Kent, Plantagenet and Woodanilling between 22 September to 21 October.

Take a drive and eniov some of the Bloom events such as wildflower walks, open gardens, long lunches, flora and fauna discovery trails, arts and crafts exhibitions, train rides, and competitions.

Get your Bloom Passport stamped at the events visited and you

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Tip toe through

the wildflowers

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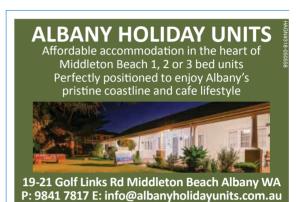
may win one of the prizes on offer. For the creative among visitors there is a mindful colouring competition and prizes for the best photographs.

Hidden Treasures of the Great Southern and Shire of Cranbrook invite everyone to the Bloom Festival opening at Cranbrook on Saturday the 22 September. Titled Three-Sixty Bloom, it's an exciting event with an aerial theme which includes planes, kites, balloons and fireworks.

fashioned, An old country musical experience has been planned by Hidden Treasures of the Great Southern and the Shire of Woodanilling with the Mucky Duck Bush Band performing in the Woodanilling Town Hall on Saturday 13 Oc-

The Bloom Festival finale, organised by the Pingrup Community Resource Centre (CRC) and Hidden Treasures of the Great Southern, will be held on Saturday 20 October with a variety of events including a popup market in front of the spectacular painted silos at Pingrup.

For full details of events, see the Bloom progam at www.hiddentreasures. your nearest visitor cencom.au, or copies from tre, CRC or shire office.





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John Williamson

continued from front cover

On his current tour, John will perform his new material but feels compelled to sing classics from the albums that have sold more than four million copies with sales in the US, UK and New Zealand.

He agrees he'd probably be strung-up by audiences if he

He's still true blue by Lee Tate

didn't sing True Blue, Old Man Emu, Mallee Boy, Raining on the Rock and Cootamundra Wattle among others.

John spends more than two hours on stage with no supporting act.

"It's hard enough now trying to squeeze in favourites and new material. It's a job to work out what to leave out." he said.

John also remains a strident republic supporter.

"Now that Malcolm Turnbull has more time on his hands, perhaps he'll go back to pushing for the republic," he said.

John believes republican Australia could adopt the GovernorGeneral as Head of State rather than electing a president who are in it to promote themselves

"Being a republic doesn't stop Australia's strong connection with Britain. We can still have Commonwealth Games and all that.' But he believes that serious push for change won't come while the present Queen reigns.

With wife Meg, his music, his beloved Aussie bush, his shed with its memorabilia and toys, his family and fans in contact, John is happy.

There's also his longtime hobby of acrylic painting and perhaps a switch to oil painting.

"I've been really lucky," says

the country music star and national treasure who could perhaps take a leaf from his own verse

"Give me a home among the gumtrees

With lots of plum trees A sheep or two, a k-kangaroo

A clothesline out the back Verandah out the front

And an old rocking chair."

Tour dates: 2 October : Albany Entertainment Centre, 4 October: Bunbury Entertainment Centre, 5 October: Mandurah Performing Arts Centre, 6 October: Perth,

Astor Theatre, Mt Lawley. For the full list visit: johnwilliam

son.com.au/tour/

What lurks beneath the stage at the Bunbury Regional Entertainment Centre?

MUSICAL theatre fans will find out soon when The Phantom of the Opera season opens at the Bunbury Regional Entertainment Centre (BREC) in October.

BREC and the South West Opera Company (SWOC) are again joining

forces to create a new production of Andrew Lloyd Webber's massively popular musical The Phantom of the Opera.

Utilising the artistic, production and technical skills of SWOC and BREC. the production features a strong local cast and orchestra, spectacular costumes and technical innovation giving theatre goers a memorable theatre experience.

"I'm delighted that BREC and SWOC have come together again to bring this wonderful musical to the stage," says executive director at BREC Fiona de Garis.

"It's a unique opportunity for theatre fans young and old to experience the highcalibre of talent the south west region has to offer and I'm sure our audiences will be thrilled to experience a large-scale production, without the big musical ticket prices too", she said.

Based on the novel by Gaston Leroux The Phantom of the Opera is a powerful gothic story embedded in glorious music and driven by an emotional and terrifying urgency as the young singer Christine is torn between the Phantom's intense and seductive allure and her love of her childhood sweetheart Raoul.

"The story, and particularly Lloyd Webber's music, are really well known, and this show brings technical challenges and opportunities which make it great fun for all involved; the product should be truly spectacular," says Tony Martin, production manager at SWOC.

passionate "We are about making theatre experiences more accessible for the community, " he said. "With the generous

support of our sponsors, City of Bunbury, South 32 and Lotterywest, we are able to subsidise our ticket prices and we are also working with a number of regional coach tour operators to bring visitors from outside the Bunbury area to the venue.

Pensioners are encouraged to make use of their WA Free Trip vouchers and travel to Bunbury for free.

Contact TransWA on 1300 662 205 for bookings and enquiries.

The Phantom of the Opera will play for two weekends, with six performances from 12 to 20 October. Tickets are available now online at bunburventertainment.com or by calling the Box Office on 1300 661

Discover the journey of gold in WA from mine to mint...



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

The Mine to Mint Tour takes visitors on a journey of the complete gold production process, from a working mine at Newmont's Boddington Gold Mine to the splendour of The Perth Mint, on Go West's latest lux-

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

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

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

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

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



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Fitzgerald Coast - A BOTANICAL WONDERLAND

The Fitzgerald Coast welcomes you to the 2018 Wildflower Season!

Located on the south east coast in Western Australia, we represent three incredible surrounding towns, Ravensthorpe, Hopetoun and Munglinup.

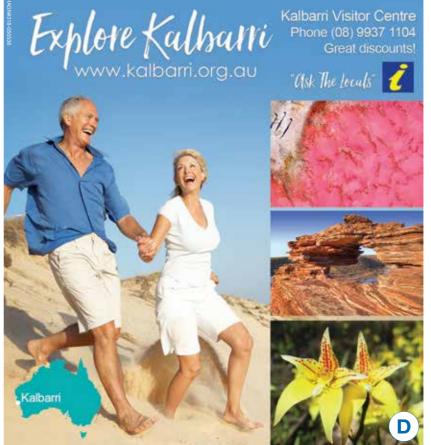
Visit this stunning region, access the 48 hour FREE RV sites, located in historical Ravensthorpe, or on the foreshore in spectacular Hopetoun. We have a selection of accommodation options including hotels, motels, beach front caravan parks and campsites.

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Explore this unique region. Drive along sealed Hamersley Drive out to the breathtaking Fitzgerald River National Park. Wander through scenic trails to discover rare and beautiful wildflowers. Experience the magnificent views whilst you endeavour to spot whales from various lookout points in this untouched paradise.

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Enjoy a spring break

CASCADE Tours are pleased to announce another lovely extended spring break tour, 5 to 9 October.

The four night/five day tour includes an optional flight over the Abrolhos Islands with morning or afternoon tea on one of the Islands.

Accommodation will be for four nights in Dongara and one day will be spent visiting Pindar to view the beautiful wreath flower and Coalseam Conservation Park for the everlastings.

The tour also includes visits to the lovely seaside town of Port Denison and the old Priory.

On the final day guests explore Geraldton and surrounds, the HMAS Sydney Memorial, Tin Heads extensive collection of tins and enjoy a lunch at the Lavender Farm in the Chapman Valley.

The tour includes full cooked breakfasts, full cooked dinners, morning or afternoon tea, four lunches, free raffles and, fun and games on board with the friendly, professional crew.

Home pickup and return by Cascade Tours support cars.

To book a place on the tour or experience a Cascade Tour please contact Chris 0413 741 556 or 9574 0218.

See ad on page 31.



WA's GREAT Outdoors CARAVANNING CAMPING CACCOMMODATION WESTERN AUSTRALIAN WILDFLOWERS let's gottravelling

The Great Northern Highway is the road less travelled - unless you're a Brahman bull...







Boab country - Ant hills aren't all the same - Fitzroy Crossing safari tent

by Lee Tate

A BRAHMAN bull is a powerful, impressive beast - especially at closerange through your car's windscreen.

Free-wandering cattle along with scrub fires, willy-willies, millions of ant hills and bulging Boab trees are in the touring motorists' mix on the 1,000km trek from Broome to Kununurra.

It is adventurous, eye-opening and not to be missed.

A single, healthy grey Brahman suddenly steps from scrub onto the Great Northern Highway directly in our path but we are doing a speed to narrowly avoid a collision.

Further along, several Brahman stroll across the road in single file, one healthy, grey bull standing to the side watching us pass, seemingly

Ant hills become a topic of conversation. There are so many of them and they're changing shape. The neat shapes south of Broome give way to ant hills shaped like massive dobs of dough.

They also change color from reds to grevs. And the towering ant hills further south can't be duplicated in this part of the low-scrub outback. They are vastly smaller, some less than a metre but they make up for their size by sheer numbers for as far as the eye can see.

The trip is long and straight with few stops but the vast distance and changed landscape with endless blue, cloudless skies makes for a wonderful escape from city life. We are reborn.

Car radio reception has greatly improved although with few choices but we catch up with Indigenous music and fascinating facts including Aboriginal language and culture.

Government advertising is strong on health messages. Many more places, geographical and cultural sites, have been opened to the public with Indigenous insider input and

welcome guidance. From Broome, the traveller's choice is to stay on the northern highway and overnight at Fitzroy Crossing or Halls Creek and on to Kununurra or divert to Derby and take the famous, unsealed, challenging Gibb River Road.

We opt for the former, choosing a safari tent at Fitzroy River Lodge (shared with wallabies above the mighty river's banks). Peaceful and relaxing.

Next day we made it to Halls Creek for a lunch stop, checkingin at the tourism office on the main street to pick-up material on the many gorges and attractions for the return trip.

Kununurra, the "new" town created in the sixties to support the Argyle Dam irrigation, hydro power, activities and adventures, is well worth several days visiting. National park and anarled geography are on its doorstep and artwork sublime.

The jewel in the crown, of course, is the magnificence and wonder of the Ord River and Lake Argyle and all that flows - literally - from it. More fresh water than they can ever use - even in this harsh corner of the world, opening up much agriculture and myriad opportunities.

For the return road trip to Broome. following an impromptu briefing from Fitzroy Crossing locals, we leave the sealed highway holding our breaths to confront the rough road that leads to the dreaded (by us) Gibb River

How glad we were, taking-in Tunnel Creek and Windjana Gorge, territory of the Bunuba people and Aboriginal legendary leader Jandamarra who was brought down here after a bloody hunt that reverberates still.

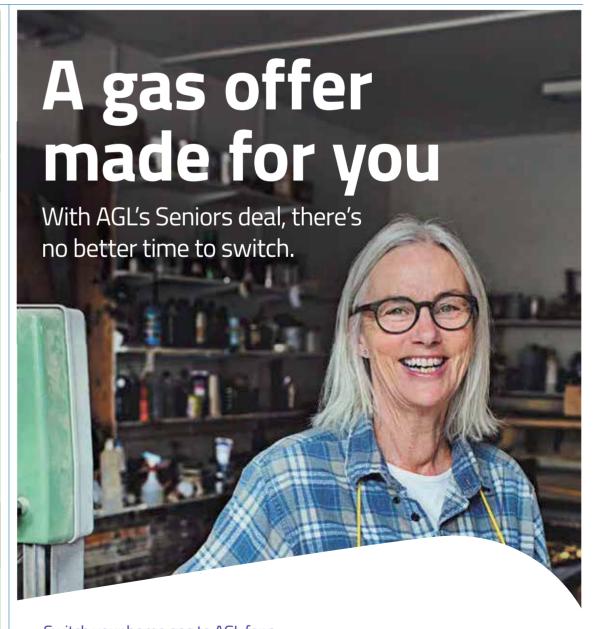
We steer out onto Gibb River Road and our 4WD bumps, shakes and rattles slowly along, the price to pay for relishing some of the best bush country in Australia.

We plan to reach Broome before dark but the diversion into Derby is irresistibly short and well worth the drive down the town's wide, tidy main street to the port - scene of those world-famous giant tides.

There's time for quick coffee and leg-stretch at the welcoming outdoor café overlooking Derby's mud flats and harbour.

We'll be back in time for a Broome sunset after taking into account freerange cows





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Downsizing



Bold colours and botanical prints make a statement inside and out









From left to right; Draw inspiration or enjoy adorning your home, whether indoors or outdoors with popular botanic themed soft furnishings. You can create a 'visual feast' in your home from the range of bold and subtle patterns and colours.



by Zofia St James

I THINK we are all very happy to see some blue skies and feel the warmth of some spring sunshine.

Last month I discussed the availability of good quality indoor faux plants if you are sunlight or green thumb challenged.

In the past I would have been in shock at the thought of a faux plant but with the quality of ones available now it makes sense and the green effect is not only on trend but adds freshness and atmosphere to a home. This trend is a hark back to the seventies when indoor plants and masses of them were a regarded as decorative.

Now also popular are soft furnishings featuring greenery and botanically inspired patterns. When I first saw them in store I thought they were outdoor cushions but in fact there is a range for indoors and outdoors.

When styled into rooms and seating areas they work really well with most colour pallets. The range of bold and subtle patterns and colours are extensive and adding one or two to a room can really compliment your current set of block coloured cushions.

Placed on a sofa they add some fun, drama and make a beautiful visual impact. Add a nice tall faux palm and a couple of other plants and it can really add a new dimension to a room.

These new summer inspired designs for your home and outdoor living areas have started arriving in stores and can excite your imagination on what is possible to freshen up your living areas inside and out.

WA people have often focused on the outdoors because summers were so long but there seems to be a shift to improving both indoor and outdoor living areas which is exciting to me.

This vear's range of outdoor furniture and decorator items is the most beautiful I have seen.

The cushions, pots, sofas and outdoor table ranges are divine. My absolute favourite is a gorgeous range of outdoor beanbags and matching scatter cushions which can adorn an outdoor living area in bright colours.

It's wonderful to see how people are taking more interest in their personal domains and becoming more focused on spending time at home than going out.

In my job I see that people are realising the value of investing in their interiors. Quality time at home cannot be underestimated and it's exciting for me that after 20 years of being such a passionate advocate for styled interiors this is really being embraced.

I have often described the home as your own personal canvas for living. With each addition and layer we apply, we create and express our own piece of art. The best part is that it can evolve over the years as long as your vision for it stavs on track.

Be sure to have a look around at the new spring and summer inspired story and enjoy the visual feast and the possibilities they present for enjoying our beloved summer living

Happy decorating!

Zofia offers an interior style consultation for readers and would like to offer one reader each month a free hour's consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. She offers a special rate for Have a Go News' readers and knows how to style on a budget. For those interested in a free hour's styling please contact Zofia on 0406 336 607 or email zofiast james@hotmail.com







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2 BED 2 BATH

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Neha Shah 0412 644 438



* Image includes artist impression. Prices and availability are subject to change.

Downsizing Downsizing



Small village feel in ideal location



Diane and Kay, Leederville Gardens residents

FREE yourself from the big family home and make the move to a smaller residence at Leederville Gardens.

Designed for those 55 years and over, Leeder-ville Gardens is a peace-ful and private village offering a carefree lifestyle at an affordable price. Ideally located adjacent to parkland and beautiful Lake Monger, residents are just minutes away from all of the eateries, shopping and amenities of Leederville and the Perth CBD.

The village offers a range of options for people who take this important step into community living. Throughout the estate's 20-year history

residents have enjoyed the active lifestyle, security, quality, comfort, companionship and a 'not too big, not too small' feel that makes Leederville Gardens so special. It's run by professional and caring staff, who ensure residents are treated with respect and supported to maintain their independence.

"When it came to downsize to a smaller residence, the location was the most appealing aspect of the independent living at Leederville Gardens Retirement Estate," said Leederville Gardens residents Diane and Kay. "We have the

shops with our village nestled between the vibrant Leederville and Mt Hawthorn shopping precincts.

"Adjacent to our Village are ovals where we can enjoy many activities such as walking, playing with grandchildren, socialising, exercising dogs – or just exercising. Alternatively, we can sit and watch the world go by if we choose.

"There is a very welcoming atmosphere at Leederville Gardens with a strong social program for us to enjoy if we so desire. Many other attractions go towards making the fabric of our Village. We encourage you to come and have a look."

Leederville Gardens is an inner-city retirement village in Perth that offers luxurious surroundings, affordable villas and useful services for people seeking quality independent living.

For anyone thinking of making the move, call and make a time to visit. Bring the family – the kettle is always on.

Leederville Gardens is located at 37 Britannia Road in Leederville.

For more information visit www.leederville gardens.com.au or telephone 9355 3400.

Are you an active retiree?

THE Probus Club Mandurah Peel is inviting local retirees to their next meeting to be held on Tuesday, 14 September as an introduction to Probus. The club meets monthly and has an active program for members to enjoy.

Probus is an association for active members of the community, and for those no longer working full time, to join together in local clubs with like-minded people. The Probus Club of Mandurah

Peel has been established for more than four years and club meetings are held on the second Tuesday of each month.

The basic purpose is to advance intellectual and cultural interests amongst adult persons; to provide regular opportunities to progress healthy minds and active bodies through social interaction and activities, expand interests and to enjoy the fellowship of new friends.

Each meeting features a guest speaker and these cover a diverse educational and entertaining range of subjects.

In September the club will welcome well known author Liz Bryski. Her latest novel A *Month of Sundays*, is a story about women, books and reading.

If you are interested in attending a meeting please contact the club president on 0438 680 112 for further information.

'Southern Plus East Fremantle' offers a better way to age

SOUTHERN Plus will soon offer a better way to age for residents in Perth's western suburbs and surrounds with its new 'Southern Plus East Fremantle' aged care centre.

Located at the former Kaleeva Hospital site in East Fremantle, 'Southern Plus East Fremantle' will be a unique health and wellness precinct, combining a contemporary residential aged care facility with an onsite health and wellness centre with medical and allied health specialists (i.e. geriatricians, GP's, physiotherapists) and exercise and rehabilitative facilities

The 83-bed contemporary residential aged care centre features five-star rooms with private ensuites, many enjoying private balconies and expansive views of Fremantle and its waterways. Residents have access to a broad range of amenities and services all within a luxury setting including 24/7 nursing and personal care, world class specialist dementia services, fine dining, 24/7 concierge service and extensive indoor and outdoor spaces for residents and visitors to enjoy.

Errol Turner, Southern Cross Care (WA) Inc. CEO, said nearly every aspect of the former Kaleeya Hospital site had been renovated to create an outstanding, innovative aged care service under Southern Cross Care's next generation aged care brand 'Southern Plus'.

"It is our aim for the new site to deliver a contemporary integrated health, wellness and residential care home with restorative and health services for the senior community in East Fremantle and the surrounding areas.

"Importantly, we believe this offering will set new standards in aged care services and will be a point of difference for the local community," Errol said.

'Southern Plus East Fremantle' will offer residents the following:

- Nursing and personal care 24 hours a day.
- Luxuriously appointed private rooms with
- ensuites.
 24/7 concierge service.
- Individually tailored dementia support and specially designed larger rooms for residents with dementia.
- Spacious indoor and outdoors areas including a garden designed specifically for those with dementia.
- Personalised range of social activities for residents and their families, held in spacious communal areas, including lounge room, library and cards room.
- Chef-prepared meals and choice of setting including fine dining, casual dining, alfresco and in-room options.
- Onsite medical centre with aged care and allied health specialists (i.e. geriatricians, GP's, physiotherapists).
- Onsite hydrotherapy pool, physiotherapy, exercise physiology and exercise classes delivered in partnership with the School of Medical and Health Sciences, Edith Cowan University.

'Southern Plus East Fremantle' welcomed its first residents in mid-July and the on-site health and wellness centre is now open. Call 1300 000 161









Every National Lifestyle Village is more than just a safe and friendly community – it's also full of great facilities to make every day more pleasurable. From early morning swims to evening games of tennis before drinks in the clubhouse, they're yours to use as you choose.

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- Fantastic facilities to make everyday more enjoyable

*Prices vary between Villages. Visit nlv.com.au to see view all Village prices.

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Downsizing



Paid volunteers wanted for medical research and clinical trials



by Frank Smith

LINEAR Clinical Research in Nedlands is looking for volunteers of all ages for clinical trials.

CEO, Dr Michael Wino says: "Volunteers are needed for two types of trial. Healthy volunteers are needed mainly for early stage drug trials to determine the safe dosage

"Less often we need patients for phase 2 and 3 trials; people with a specific condition, such as cancer, but the trend is to use more healthy people in trials.

"We need fit people of a range of ages. For example the high cholesterol trial we are starting is taking volunteers to aged 80 and a trial of a drug for Alzheimer's trial needs people between 55 to 80 years old. It is important to have a range of ages in case the response of older people is different to that of younger

Linear Clinical Research is based at the Harry Perkins Institute of Medical Research, it is a 40-bed facility with 24-hour medical emergency team coverage.

people.'

Most of the trials are sponsored by multi-national pharmaceutical companies. Many of them are quite ground-breaking.

Linear staff collaborate with some of the world's best researchers.

Regulatory standards in Australia mean that clinical trials conducted in Perth are completed six months faster than in the US and often at a third of the cost.

In spite of Linear's association with Big Pharm the trials are conducted independently.

"Linear is incredibly independent. There is no incentive to get good result and we are tightly controlled under Australian and International regulations," said Dr Winlo.

"An ethics committee considers each trial and balances the risks against the potential benefits.

"The ethics commit-

tee also determines how much volunteers are paid; not too much to suggest they are volunteering to make money, or too little so as not to compensate them adequately for their time and travel costs."

Pharmacy companies have been criticised in the past for not disclosing negative results of trials.

Dr Winlo says the data from Linear's trials belongs to the sponsors and it is up to them whether they decide to publish the results.

"There is no pressure to publish and sometimes publication is not relevant. However there is a push for more disclosure by pharmaceutical companies and publication of negative results. I hope it

happens," he said.

Linear has a specialised oncology unit that is home to a team of specialist consultants and an on-site fellow, as well as specialist oncology nursing, clinical and laboratory staff, with a collaborator network that spans the globe.

This enables Linear to assist with the development of new cancer therapies that will benefit patients around the world. But it also means they are able to give local cancer patients – patients who have exhausted standard treatment options – access to novel, potentially life-saving therapies.

Dr Winlo said people have a mixture of motives for volunteering. Most

want to contribute to medical research and those with a medical condition such as cancer are hoping for advanced treatment for their condition. It is not just about money.

If any readers are interested in participating in any of the drug trials, they should go to the website www.linear.org.au/com pare-trials/, call Linear on 1300 546327 or email contactus@linear.org.au and fill out the application forms.

They will then go through a very thorough screening

Current and planned trials include high cholesterol, fungal nail infections, coeliac disease, erectile dysfunction and malaria.

Enjoy life with the security of RAAFA Retirement Living.



With RAAFA Retirement Living you not only become part of a warm and friendly community enjoying a wide range of resort-style facilities and endless social and recreational activities. You enjoy personal security, and the peace of mind that someone else is taking care of the maintenance and gardens. You have the financial security of a self-funded, not-for-profit organisation offering low fees and total transparency.

Choose from a range of apartments or units in Bull Creek, Merriwa, Mandurah and Albany, and enjoy peace of mind with one of WA's longest standing, largest, most respected providers of Retirement Living.

Two bedroom retirement homes available now from \$250,000.

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Call now to inspect Retirement Living in a RAAFA estate near you on (08) 9288 8400

What's on at the Holly Wood Tuesday Morning Show

EVERY Tuesday morning people are invited to join the camaraderie of the Holly Wood Tuesday Morning Show which is held at the Perth Town Hall.

Thanks to the City of Perth, this free show provides an opportunity for people to enjoy a morning of entertainment.

Tea and coffee are available from 10.30am and the show starts at 11am. Following the show, a range of low-cost refreshments are available at Citiplace Community Centre on the concourse of the Perth Railway Station.

18 September – Everyone's favourite performer Eddie Storm returns with his wonderful variety show and effortless vocal style, paying tribute to the great entertainers from the past, with one or two yarns thrown in for good measure.

25 September - *StringyBach* has been performing for more than 30 years playing mandolins, guitars, bass and a variety of instruments in between. They specialise in "music for wrong instruments" and play anything from the renaissance to ragtime, baroque to the Beatles.

2 October – *Joyce Mathews and Avenue* – enjoy the sounds from Scottish born jazz singer Joyce who teams up with guitarist Kim Anning and violinist Ashley Arbuckle on a jazz journey.

9 October – Have a Go News' Jennifer Merigan updates everyone with the special Seniors Week edition of the paper. Following Jen, The Fo'c's'le Firkins will rouse everyone with their sea shanties.

16 October – This show pays tribute to name sake and well-known celebrity Holly Wood, remembering his remarkable contribution to the Tuesday Morning Show. Singer Jay Weston will sing a selection of beautiful songs.

23 October – Fancy That provides a morning of entertainment playing some loved songs.

30 October – Dubliner musician, poet and pilot Ken Kenny talks about his life in Australia and raising \$180,000 for children's cancer research. Then entertainer Adam Penn graces the stage.

What's on at St Patrick's Anglican Church



Gourmet Markets aturday 6 October

Saturday 6 October Synod Weekend 5-7 October

St Luke's Patronal Festival Sunday 14 October

Halloween Family fun Wednesday 31 October

This will be a great chance to meet neighbours and families in our local area - please consider joining us. *All Souls*

Sunday 4 November

Requiem Service 5-6.30pm

Melbourne Cup Lunch at Rectory

Tuesday 6 November

Christmas Festival Sunday 9 December

www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516

Downsizing



Downsizers highly anticipated Sabina Apartments underway



PURCHASERS at Finbar's highly-anticipated Sabina Apartments development in Applecross are excitedly watching their new home emerge from the ground with construction well underway and an estimated completion date of early 2020.

Sabina Apartments has had a strong market response attracting keen interest from owner-occupiers, with more than 75 per cent over the age of 40, who have noted the location and views as key reasons for their purchase.

Sabina is a 30-storey tower situated a short stroll to the river with local shopping, high frequency public transport and exceptional views.

Downsizers make up a large component of purchasers with a mix of older retirees as well as younger people looking to focus on doing things other than home maintenance in their down-

John Hallam, one of Sabina's first apartment buyers, purchased a one-bedroom one-bathroom apartment with river views, making the decision to downsize from his current rental house in Como.

Commenting on his apartment purchase, John Hallam said: "The deciding factor for me was the location. Applecross is a great suburb and Sabina's riverside location and extensive amenities, especially the guest apartment and private dining room, made it really appealing to me. The bonus of getting a river view from a podium apartment was too good to pass up.

Prices start from \$420,000 for a one-bedroom apartment with winter garden balcony, \$597,500 for a two-bedroom apartment and \$750,00 for a three-bedroom apartment.

The onsite sales office is open weekdays from 12pm-1pm and Saturday and Sunday 11am-1pm.

For further information, please visit: www.sabinaapplecross.com.au or contact the exclusive selling agent Neil Kay (Knight Frank) on 0439 687 688.

Skills, not just age, affect older drivers' performance on the road

TESTING the motor and cognitive skills of drivers may be a better indicator of risky older drivers than agedbased assessments alone, Curtin University research suggests.

Co-author Associate Professor Jianhong (Cecilia) Xia, from the School of Earth and Planetary Sciences at Curtin University, explained that negotiating an intersection is one of the main concerns for older drivers because it requires precision and efficiency in visual motor coordination.

"International statistics have shown that older drivers are over-represented in intersection crash statistics,' Associate Professor Xia said.

"In Australasia, for example, 97 per cent of on-road vehicle crashes that involved older drivers occurred at intersections.

"Older drivers may experience dif-

ficulties in time-related decision making while driving, especially due to declines in cognitive, motor and visual

"With a global ageing population, we have and will continue to have more older driving adults on the roads, and our research looked at ways that we might be able to test and identify potential risks in this population, to mprove their road safety.

Dr Qian (Chayn) Sun, who worked on the research as part of her PhD at Curtin, said the older drivers in the study each had an eye tracker mounted on their head while they drove, which recorded their gaze points and eye movements, providing insight into their visual attention and reaction to stimuli from the traffic environment. The gaze points were geocoded and linked to the precise vehicle positions tracked by a type of Global Navigation Satellite System (GNSS) installed on the vehicles' roofs.

Dr Sun explained that this interdisciplinary method, so-called "psycho-geoinformatics" approach, is the first development in the research domain which enables the analysis of second-to-second behaviour of driv-

Associate Professor Xia further explained that participants also underwent tests to measure their visual, attention, sequencing, executive function abilities and motor skills, as well as their level of risk taking be-

"Overall, the results showed that visual motor coordination assessments, such as the ones we carried out in our research, are able to identify underperforming drivers and their problematic visual and motor skill-related behaviours," Associate Professor Xia said.

"Interestingly however, the research results showed no direct correlation between the driver's on-road performance and their age.

"Noting this, our research suggests that age alone might not be a good predictor for measuring an older driver's abilities, but rather cognitive and motor skill abilities seem to have the most significant impact on their driving behaviours.

Associate Professor Xia said the visual-motor coordination appeared to be a sensitive but reliable measurement for the prediction of driving ability among older adults.

"Older drivers must be aware of their abilities and limitations in visual-motor coordination so that they can compensate by employing defensive visual search and lane keeping behaviours to enhance their driving competencies. Practitioners can use our findings to develop training and driving intervention programs for older drivers," Associate Professor Xia said.

The research paper was co-authored by Professor Jonathan Foster from the School of Psychology and Professor Torbjorn Falkmer and Associate Professor Heo Lee from the School of Occupational Therapy, Social Work and Speech Pathology at Curtin University.

The GNSS Research Centre at Curtin University provided base station reference data and the eye tracking analysis team from the School of Occupational Therapy and Social Work, Curtin University, analysed eye trackina data.

DOWNSIZE ON YOUR TERMS

Three homes set to be built by Vision One Projects will afford buyers an impressive level of choice.

The trifecta of future homes which will be located at 55 Halgania Way in Duncraig, will all be quality turnkey houses, street-facing and on their own individual survey strata lot.

Each of the three "Street Front" homes, one of which has already been sold, will have three bedrooms, two bathrooms and a double garage and no common areas or driveways

The project provided the potential buyer with different options, would require a low level of maintenance and were aimed at the downsizer market of the local community.

The idea behind this concept is that if you are downsizing you can do it on your terms to a home you want rather than what someone thinks you want. You get to choose all your own colours and finishes

The Carine and Duncraig area has a high proportion of long-term residents that want to move on from their existing family homes but also stay in the local area as that is where their friendship group and comfort zone is.

A larger percentage of the population is seeking independent living for themselves and taking responsibilities for their future today.

Many look at this style of living as 'their last move', and take comfort in knowing there are support systems in place nowadays for in-home care, if they get to a point that they need that, whilst avoiding the ongoing costs associated with village or retirement style living

Many people had shown interest due to the popularity of the area, which was a community-driven and family-oriented suburb with a range of amenities and recreational opportunities with a fantastic range of services in and nearby

Cafes, quality local shopping facilities and public transport services the area

Each brand new home can be customised and styled to suit the new owner and by building from scratch allows total flexibility with colour amd material choices to suit the new occupants individual taste

Unlock your block Director Leo Callisto said other modifications within the home design can also be incorporated for favourite furniture pieces or specific needs such as wheel chair access, further enhancing the customisable nature of this opportunity.

"This is one of the main benefits of building a tailor-made home for a client" he said.



The two remaining homes are priced at \$581,947 and \$588,541 respectively.

Contact Leo Callisto on 0418 770 370 for more information.

UNLOCK THE VALUE IN YOUR BACKYARD

With over 30 years of property development experience Unlock Your Block can show you how to:

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- Unlock your block without having to build, or
- We can build you a new home by subdividing and selling the excess land to help pay for it!

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- NO COST
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"I UNLOCKED MY BLOCK AND WALKED AWAY WITH \$192,000"

Find out if you can unlock your block.







Downsizing ADVERTISING FEATURE



Don't be fooled by bogus door to door water testers

PERTH home owners are being warned about bogus door to door water testers who give the impression that they are from the Government, but are really sellers of water filtration systems.

Several reports have been received about the door knockers, some in high-vis vests, who tell householders they are testing water quality in the area and are persistent in requesting access. The tap water in one home was "tested" by adding a liquid substance to the water. The salesperson then said the water was unsafe to drink and recommended a water filtration system be purchased for a discounted fee of \$2,700. A false statement that the home owners may be able to claim a refund from the Government was also made.

The reports have been received over recent weeks from residents in Yanchep, Clarkson, Kinross, Carramar, Shenton Park and East Perth.

Commissioner for Consumer Protection David Hillyard said an investigation is currently being conducted

into the salespeople who are using deceptive tactics to drum up busi-

"Salespeople who mislead consumers about their identity and then carry out what is probably a fake test to dupe them into a purchase are clearly breaking the law and we are keen to catch up with them," Mr Hillyard said.

"Creating fear in the community by making false claims about water quality is an unacceptable sales pitch and we urge anyone who is approached in this manner to get the salesperson's details and contact us immediately."

The Water Corporation confirmed its employees did not need to enter a home to check water quality and wouldn't seek to do so unless the occupant had requested Water Corporation assistance.

"You should never allow anyone into your home until you have asked to see an identification card. Our employees will always carry one and let you look at it," said Water Corporation spokesperson Clare Lugar.

"If you are in any doubt, ask them for their name and call us on 13 13 75 to confirm they are in fact from the Water Corporation."

Ms Lugar said claims about tap water quality by door to door salespeople deserved to be challenged by householders.

"Water supplied by the Water Corporation complies with 100 per cent of the health requirements in the Australian Drinking Water Guidelines and is completely safe. Any direct claims or imputations by door to door salespeople that it's not safe, is somehow inferior or requires filtering are incorrect and, frankly, outrageous.

"Please be cautious and, if you're still unsure, don't open the door for them. You must feel absolutely comfortable with anyone you allow into your home," she said.

Consumers who have been approached by these salespeople or feel that they have been misled after purchasing a water filtration system, can contact Consumer Protection by emailing consumer@dmirs.wa.gov. au or by calling 1300 30 40 54.

Prostate Care Centre officially opens in Joondalup

THE new specialist prostate cancer service has officially opened.

Prostate The Care Centre brings together a network of dedicated medical specialists and allied health professionals including prostate cancer specialist nurse Julie Sykes whose position, a first for Perth's northern suburbs, is funded through the generous support of Prostate Cancer Foundation of

Australia (PCFA). PCFA launched the Prostate Cancer Specialist Nursing Service in 2012 and Julie joins 46 existing specialist nurses who are currently working in hospitals across Australia.

By combining highly skilled medical specialists from different disciplines into a dedicated prostate team, the Prostate Care Centre aims to ensure that men achieve the best possible outcome through access to the latest diagnostic and treatment advances.

The Prostate Care Centre is a collaborative initiative between Genesis Care and Perth Radiological Centre and is located on level 2 at Shenton House, 57 Shenton Avenue (opposite Joondalup Health Campus).

Consultation with the prostate cancer specialist nurse is available free

of charge to all men diagnosed with prostate cancer living within the Joondalup or Wanneroo city boundaries, or to those under the care of a specialist at Shenton House. Consultation with the specialists requires a referral and private consultation fees apply. More information can be obtained by visiting www. prostatecarecentre.com. au or by phoning Julie Sykes on 9400 6271.



#318 September edition PUZZLES Solutions

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

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Wheel Words:

Chin, Chit, Chub, Chug, Club, Cult, Inch, Itch, Bitch, Bunch, Cling, Clung, Cubit, Gulch, Lunch, Tunic, Cluing, Cubing, Glitch.
9-letter word: Nightclub

Square Shuffle:

Joan, Dawn, Anna, Judy.

Have a Go News Quiz Page 2:

2020.
 Frances McDormand.
 Three Billboards Outside Ebbing, Missouri.
 Bush turkey.
 Lord Robert Baden-Powell.
 Lord Baden-Powell and his sister Agnes Baden-Powell.
 Carrots.
 Wheat.
 In a second honey stomach.
 Great Victoria Desert (348,750sq.km)

Live/it up North From \$193,000



Escape the winter chill just two hours north of Perth at Jurien Bay Village.

As part of our vibrant community for over 55s, you'll enjoy exclusive access to beautiful landscaped gardens, heated indoor pool, self-catered dining room, barbecue area, community centre, gym, library and more.

Plus, you'll be only a short stroll away from Jurien Bay's medical facilities, bowling club, golf course, shopping centre and pristine beaches.

View our new display homes

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

You can choose from a range of stylish, architecturally designed homes with spacious open-plan living areas and one, two or three bedrooms. Visit the Display Village today or call 0447 253 440 for more information.

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



GREAT HOME and GARDENING

Time to dig in this spring for a fruitful feast from well watered gardens







From left to right; Invest in your garden and treat it to Richgro Bentonite Natural Sand to Soil for reduced water use and fertilser use - enjoy a wildflower bonanza this spring

by Colin Barlow

THE record winter rains of August, our wettest since 1965 have been a welcome relief for our gardens and dams. The rains have been consistent and we can now look forward to a wonderful 'wildflower bonanza' this spring throughout Western Australia.

As the days begin to warm up and the spring flowers start to bloom it is also the time to get out and about in the garden. Spring is the perfect time for planting and a little effort now can make all the difference come summertime, as it's what's below the ground that really counts. Most fruit trees, but particularly tropical varieties including mango, loquat, avocado, guava and citrus, will thrive if planted in September when the soil is still moist from the wet winter rains. But to save money in the long term you need to do it right the first time and so I am going to share one of my gardening secrets to planting success.

While most people tend to spend hardly anything on the soil in their garden they will spend lots of money on the plants, irrigation, paving, structures and ornamentation. But there is a smart investment that can make a permanent difference to vour plants, garden and budget by providing the

long-term benefits of reduced water and fertiliser use.

Richgro Bentonite Natural Sand to Soil is a unique formulation, which helps to improve the poorly structured sandy soils that are found in many of Australia's coastal areas turning them into rich garden soils. Natural Sand to Soil contains Bentonite clay and Zeolite to produce quick and long lasting results in poor sandy soils, and when these are combined with the addition of organic matter or compost the results are even better. Richgro Bentonite clay works by coating the particles of sand attracting humus, organic

ardens

eators of Paradise

horticulturist - Colin Barlow

LANDSCAPE design, Construction, Consultancy

and Maintenance AWARD winning gardens

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Email: gardensfromeden@iinet.net.au

matter and silt to form aggregates that permanently improve the struc-

ture of the soil. So next time you plant up a new garden bed apply between 300g of Richgro Bentonite per square metre or up to 4kg for extremely sandy soils. Then add a 2cm layer of mushroom compost, organic matter or soil conditioner along with some organic fertiliser like blood and bone and then dig it in to the full depth of the spade blade.

When planting a single plant, dig a large hole and place one or two handfuls of Bentonite Sand to Soil in the bottom of the planting hole along with a shovel full of compost, organic fertiliser and then mix it in thoroughly. Place the plant in the hole at the same level as it was in the pot and then backfill with a 50/50 mixture of the existing soil and compost or soil conditioner plus another couple of handfuls of Sand to Soil and

The superior water

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or 9335 1552

capacity of the natural calcium and magnesium rich Bentonite clav combined with those of the additional Zeolite means that you need to use a lot less than other clays such as Kaolin and it's much easier to apply, saving you both time and money. The Zeolite rock minerals provide plants with natural trace elements and also improve the soils ability to absorb and release nutrients back to plants when they require them. The rock minerals also support diverse and healthy populations of bacteria to produce healthy plants and vigor-

ous growth. For the perfect waterwise solution for your sandy soil in Western Australia and to get your plants off to the best possible start dig in some Richgro Bentonite Natural Sand to Soil. Your plants, soil and garden will be much richer for it. Richgro Bentonite Natural Sand to Soil is available at leading nurseries and hardware stores and if you want

www.richgro.com.au Garden doctor in the warehouse

Throughout months of September and October, I will be on hand at your local Bunnings store each weekend between 10am and 2pm to help solve your garden problems and conundrums. So why not come into the following Bunnings stores and have a chat about anything to do with your garden, I would love to see you there.

- Mandurah on Saturday 15 September
- Cockburn Central on Saturday 22 September · Halls Head on Sunday 30 September
- · Midland on Saturday 6 October
- Mindarie on Saturday
- 13 October Balcatta on Saturday 20 October
- · Rockingham on Saturday 27 October.

Spring wonders of the west

Wherever you are in WA this springtime bring a little spring sunshine in to your life by taking a look at some of Western Australia's most interesting native and exotic plants.



1. The rare and unusual will be on display at the Garden Clubs and Societies Fair from the 8 - 9 September at the South Perth Community Centre, Sandgate Street, South Perth. The best of Western Australia's gardening clubs and societies will be exhibiting and selling their plants including some hard to get species and cultivars. This year there will be African violets, Begonias, bromeliads, cacti and succulents, Chrysanthemums, ferns, geraniums, Gerberas, palms and cycads, orchids, roses and wildflowers at the plant fair. Entry is only \$5 for adults and it is open

from 8.30am to 4pm on Saturday and 9am until 3pm on Sunday. more information call Helen Martin-Beck on 6361 7688 or go to www.horticulturalcoun cil.com.au

2. Discover our West Australian garden heritage from the 7 - 16 September at the Cottesloe Civic Centre, War Memorial Hall, 109 Broome Street, Cottesloe. The history of gardens, parks, societies, and institutional and recreational spaces from the western suburbs will be on display at the Historic Gardens of Perth Western Suburbs Exhibition. It is presented by the Australian Garden History Society (WA) and is open from 10am to 4pm daily, with admission by a gold coin donation.



Kings Park Festival, so roll up for 'The Greatest Wildflower Show on Earth' this year. Throughout the month of September there will be thousands of wonderful wildflowers on display throughout Kings Park, along with an extravaganza of outdoor exhibitions, art and photography installations, walk and talks and activities for all the family. Further details on all the festival highlights can be found at www.kingspark festival.com.au

4. From the 22 September to 21 October why not explore our southern wonders in-Stirling cluding the Range, Fitzgerald and Porongurup National Parks during the Hidden Treasures Bloom Festival. Events and activities around the Great Southern region will include open gardens, wildflower displays, train rides, fresh produce sampling and whale watching along the coast. For further details go to www. hiddentreasures.com.au/ bloom







www.richgro.com.au





	Please nominate a category for your advertisement. Tick one box only.		breviations used in Friend to Friend		
Friend to Friend	,	ALA: All letters answered	D.		
,	☐ Travel companion	GSOH: Good sense of humou	r N		
	☐ Pen friend	SD: Social drinker	N		
FREE	☐ Seeking a friend	NS: Non smoker	N		
	☐ Seeking a partner	SOR: South of River	TI		
	Cocking a partitor	WLTM: Would like to meet			
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Po	ostcode	23x16cm and Entries not			
hone Lam over 45 years of age (Signature)					

Seeking a Friend

ALBANY single male 70s, GSOH, ND, NS, DTE, WLTM a lady for coffee... that's all.

Reply Box 8003

MATURE slim, sincere, easygoing lady, fin sec. GSOH, enjoy music, cooking, travel, family, friends, life in general. WLTM gent 75+, good company, conversation, similar attributes, NOR.

Reply Box 7999

COME and join us for monthly Sunday meets, good company, SOR, Fremantle and coast. Theatre and shows as well, maybe weekends away. Love to see more men join us sixty plus. ALA. GSOH.

Reply Box 7968

DANCE partner wanted for 78 year old lady 5'3" tall, 57kg for old time and new vogue dancing, postcode 6220. Looking forward to meeting my dance partner soon.

Reply Box 7989

SOLUTIONS MATCHMAKING

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and suitable companion"

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MANDURAH LADY 66 Attractive brunette, natural,

happy, positive o/look, countryminded. Reliable, indep

fin. secure. Enj sport, caravan travel, o/doors, sk active

gent 62-72.

CLARKSON LADY 74 interesting, funloving, caring &

honest, kindhearted. Slim, well grmd, enj friends, family,

dining in or out, theatre, cards. Sk sincere, respectful

man 70-80.

BIBRA LAKE LADY 61 delightful, green eyed blond, slim

good figure, pride in appearance, smart, caring,

affectionate, keeps fit & active, sk gent similar 57-67

anv area/city/country.

SORRENTO GENT 70 handsome, retired prof w / easy-

going nature. Healthy, 5' 10", trim, well armd, "one

woman man", enj the ocean, walks, fishing, travel,

cafes,. Sk lady 62-72.

TUART HILL GENT 65 6'2", trim, outgoing, d.t.earth, well

travelled, self employed, loves o/doors, gardening,

sport, socialising, family. Sk lady who likes to laugh 58-68

NORANDA GENT 60 Tall, solid, well grmd,

handsome of Italian descent. Intelligent, easy to talk to,

relaxed personality. Sk happy, balance lady 55-63 for

companionship.

DALKEITH GENT 82 widower, 5' 10, slim, well presented/

spoken, good company, humorous, Fin. secure, a city

person who also loves the rural lifestyle. Sk lady 70-80s.

DIANELLA GENT 80 Educated, very active, well

travelled, community conscious, fit, healthy, generous

w/ his time, loyal, enj the arts, sk lady full of life 70-80s.

SOLUTIONS

We have your partner

FRIENDS wanted. English born lady, early 70s, NOR seeking NS, friends, ladies or gents, active mind, various past-times/ interests (not sport), physically fit, drives, walks. Let's meet for coffee and a chat.

Reply Box 7983

GENT 64 WLTM petite, active, independent lady, 55 to 62, enjoys travelling music, dancing, movies, sports, no baggage, NS, NG, SD, GSOH with happy persona if compatible. long term relationship, let's meet for coffee.

Reply Box 7984

GENT 65. honest, medium build, fin sec. My hobbies include fine dining, cooking, travel, gardening, classical music. I am searching for an intelligent lady or gent 75+ to have times together. happy

Reply Box 7992

Love the movies? See the latest movie reviews and win tickets www.haveagonews.com.au **GENT** 69, solid build, 180cm, tall, WLTM, lady, unimportant for size meaningful relationship, NS, SD, enjoys home life, caravanning, must be independent, as myself and fin sec, varing interests,

Mandurah area. Reply Box 7980

GENT mid 70s, NS, SD, GSOH, generous, caring, enjoys simple things not into cruises, theatre. WLTM ladv who would appreciate plenty TLC, fun times. If your life is boring, not happy let's meet. Any nationality.

Reply Box 7996

GENT originally from Sydney, SD, NS, SOR, WLTM TLC lady 55-65, NG. Semi retired, 72+, honest, easy going and sincere.

Reply Box 8001

GENTLEMAN 67, retired, educated, good morals, NS, SD, TLC, seeking lady with granny flat to let long term. Can help garden, maintenance etc. References available.

Reply Box 7986

LADY 63, looking for someone very special... if you are a gent who presents himself well, outgoing, genuine, sensible. caring, loves dancing, NS, NG, and looking for a soul mate, perhaps partner? Then don't hesitate to contact me, Wembley area. ALA.

Reply Box 7998

LADY Eurasian, NS, SD, seeks gent 60s. I enjoy life, music, travelling, dancing, cooking, keep it and well presented, usual social activities. NOR Reply Box 7971

LET us gather and reason together for a fellowship, if anything, friendship is a beautiful thing to have. Born-again Christian, oriental lady WLTM people, warm personality and positive approach towards life. Middle age and

Reply Box 7969

LIKEABLE gent, 70ish, GSOH, NS, SD, DTE, WLTM nice lady for casual friendship and fun times NOR, ALA.

Reply Box 8000

LOYAL loving, lady, enjoys food, fun, fantasy, love, laughter, lust. Seeking spontaneous, romantic, caring gentleman with sincere positive attitude sparkling wit, and a zest for life! Ready to care and share again. 68-78, NS, SD, SOR, metro area.

Reply Box 7972

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

Reply Box 7978

MATURE Christian gentleman, widower, honest, sincere, kind hearted, fin sec, no baggage, prefers many simple things in life. WLTM compatible lady for friendly relationship and to share happy days.

Reply Box 7997

REFINED business gent, slim, healthy, 80s, WLTM nice lady, similar for Sunday drives and lunch, western suburbs

Reply Box 7981

THANK you to the ladies who replied to Reply Box 7916 in the July edition. Please be advised there was a misunderstanding, I am a female not a male. It was still very nice to receive so many replies. Thank you again.

Reply Box 7982

VERY nice English lady widow educated, artistic, well travelled, well mannered, and dressed, NS, ND, enjoys nature, reading, music, walking, photography, comedy etc. WLTM sincere, gentleman with similar interests, fin sec, NS, GSOH, for friendship, SOR, 70s, cof-

Reply Box 7979

WELL presented, slim, 70 year old, lady, youthful outlook. WLTM similarly aged Australian/English, NS, SD, gentleman who enjoys simple things in life (including movies, exercise, music, good food) for a nice friendship and companionship, western metro areas.

Reply Box 7985

WIDOW 81 looking for someone with GSOH, NS in Mandurah area for companionship for outings or just passing the time with. I'm an active person who likes to keep busy.

Reply Box 7988

WITTY guy, 66, med build, 5'6", NS, healthy, seeks lady to 60yrs. Hobbies; music, movies, reading etc, I'm happy golucky and loyal. With me around you will never be bored or lonely. Very good life companions.

Reply Box 7970

WLTM genuine, 80, gent, company, friendship, coffee, dine in/out, cinema, watch tv, travel, NOR, NS, NG, SD, caring. Reply Box 7973

Seeking a Partner

ALBANY lady late 70s, WLTM gent for friendship. lunches, country drives and dancing. Let's meet for coffee and a chat. ALA. Reply Box 7977

ATTRACTIVE English, lady 70, medium build, feminine, educated, well presented, fin/secure, own home, SOR, enjoys reading, walking, music, country drives, WLTM unattached, well presented, fin/secure, gentleman, 65-72, for permanent long term relationship from Northam York hills area, ALA, thank you.

Reply Box 7974

GENT 60+, English Australian, medium build, good looks, NS, DTE, seeking dancing partner for north and south of the river ven-

Reply Box 7990

GENT 69. Midland area, looking for lady 60-75, enjoys country drives, dancing rock'n'roll, country music, NS, SD.

Reply Box 8002

GENT early 70s, very well presented, business background, fin sec with many interests, would like to invite ladies 63-68, also very well presented in the Mandurah Pinjarra areas to contact me. NS, SD, DTE. ALA.

Reply Box 7993

LADY 66, NOR WLTM sincere gentleman, similar age for friendship relationship. Myself; honest, NS, SD, DTE, enjoys reading, movies, travel, dancing, like to spend quality time together. Let's meet for coffee.

Reply Box 7994

LADY postcode 6107, retired tall, slim, fin sec, WLTM active, 65-70 guy. Interested in travel not cruising, open to explore future possibilities with lady who enjoys quiet times, reading, usual social activities etc. Missing that special friend.

Reply Box 7976

LADY mid 70s, active, enjoys family life, good company, social outings. WLTM active gent, GSOH, SD, NS, metro area, NOR. Reply Box 7987

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

Obtaining replies to your Friend to Friend

Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication. -----

DTE: Down to earth

ND: Non drinker

Each person may submit one entry every month. STOP: Please read new instructions carefully Write your advertisement in the grid below. Please print clearly in ink using only one square per word.

Send the completed coupon to:

West Leederville WA 6901.

NG: Non gambler NOR: North of River

TLC: Tender loving care

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 early in the next month. All replies are strictly confidential and are not

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



MALE Bunbury area, intelligent, DTE, easygoing, quiet, GSOH, NS, healthy, secure, no ties, assorted interests, outdoor adventures, homelife, non religious. WLTM similar, tidy country lady, to late 60s, medium build, viewing long term happiness.

Reply Box 7991

PRETTY woman WLTM handsome gent, only joking, you don't have to be handsome, just unattached, genuine and honest, fin sec, to enjoy final chapter book of life with me 69-74, NS, SD, NG, NOR.

Reply Box 7975

Seeking a Travel Companion

GENT 70 (and I mean gent), seeks lady for chat before travelling where we want to... Dreamers please write back. Me; interesting, happy and available.

Reply Box 7995

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

Have you met your match?

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

> Our super sleuths have told us of two such people.

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

Your privacy will be respected.

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Getting social with seniors - update from Department of Human Services



by Hank Jongen general manager, Department of Human Services

OVER the past decade, social media has largely transformed how we

connect with the world. Staying in touch with friends, family, and loved ones has never been easier through websites like Facebook.

Almost nine in ten Aus-

tralians own a Smartphone device, and nearly the same number of Australian internet users access social media sites. On top of this, around 94 per cent of Australian internet users access social media at home, so for some people, it's become part of the house-

People now expect to connect conveniently online with businesses, banks, and increasingly, government departments. We know older Australians are already embracing technology and social media and want other options for how they do business with us, so it's important

we can meet their needs and provide new ways to engage with us online.

Over a quarter of a million people follow us across our 18 social media accounts, and the Seniors Update Facebook and Twitter accounts are a great starting point for older Australians to get news and information relevant to them.

Our department has a dedicated team behind these social media accounts who respond to general questions about payments and services. It's a convenient way to have your questions answered and it may even save you a call or visit to a service centre.

Our print-friendly website and 'News for Older Australians' online subscription service also helps keep people upto-date with information about payments and services. If there is a change that will affect you directly, we will still write to you

If you already use social media, I encourage you to join the Seniors Update community and stay connected with the department. Find us at facebook.com/seniorsupdate or at @SeniorsUpdateAU on Twitter.

as we did before.

Going online may not be for everyone, but it's a great way to make the most of our handy range of digital options to help complete your business with Centrelink and Medicare – anytime, anywhere.

For instance, myGov is a simple and secure way for people to access a whole range of services online. Creating a myGov account is straightforward and it allows you to link in with services such as Centrelink, Medicare, the Department of Veterans' Affairs, National Disability Insurance Scheme, My Aged Care, and the Australian Taxation Office.

Through myGov, you can claim Centrelink payments and most Medicare rebates online. You can submit documents.

ask for a replacement concession or health card and even let the department know about a change in your circumstances, such as your address or bank account.

You can also avoid queues by downloading the Express Plus app on your smartphone. Complete your business with us from the palm of your hand 24/7, whenever and wherever it suits you.

However, rest assured our staff will always be available to assist – phone and face-to-face services remain for those who need more complex or personalised assistance.

Until next time.

List your Seniors Week event in the official guide



Celebrate seniors this November

SENIORS Week 2018 will be held from 11 to 18 November this year and in the October issue we will be presenting a liftout for the annual Seniors Week

Events Guide.

This handy guide lists all the events happening around the state day by day.

This year we will be holding the annual Seniors Week Film Festival which this year is proudly sponsored by AGL.

Don't forget to mark your diary for *Have a Go Day* on 14 November.

Celebrations to mark seniors and their contribution will take place throughout the week including the prestigious WA Senior of the Year awards.

Organisations are invited to list events in the daily guide which will be published in October. The form needs to be received by 25 September.

Please visit our website to download a form, call the office on 9227 8283 or email seniorsweek@ haveagonews.com.au to ensure your event is included in this exclusive guide.

Tour the Perth Concert Hall

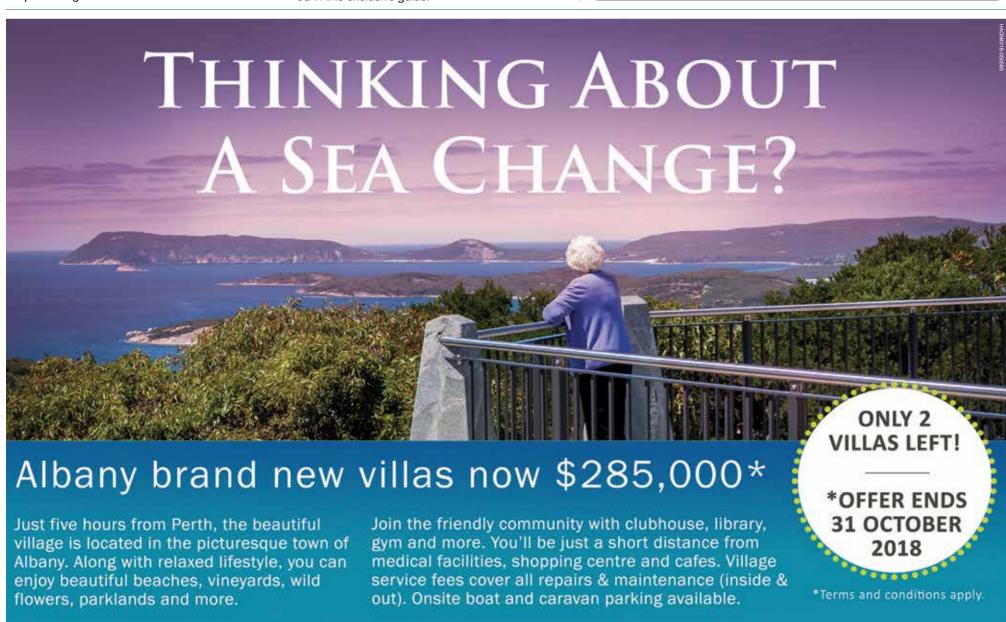
PERTH Concert Hall conducts regular tours of the venue during the year. These tours include visits to backstage, on stage, into the dressing rooms and behind the organ.

Tours will be held on Mondays on Wednesday 26 September, Monday 1 October, Tuesday 2 October, Wednesday 12 December and Monday 17 December.

Each session runs for about 30 minutes and tours will run at 9.30am, 10.15am and 11.15am.

Entry is by gold coin donation.

To book, just email info@perthconcerthall.com.au stating what day and time you would like to attend, groups are welcome by previous arrangement.



10am - 12pm WEDNESDAY 10am - 12pm SATURDAY OTHER TIMES BY APPOINTMENT



Stem cell nutrition is helping many in Perth



Sandra will present talks this month on stem cells

THERE has been a lot of recent publicity about stem cells, and now there is a great natural product that people can take to assist their own adult stem cell migration from bone marrow to other biody tissues. This product is not only is it safe, affordable, easy to take and effective, but it is now here in Australia.

Stem cells are the only cells in our body capable of repair and renewal. We need them every day, for our daily repair and renewal. Cells are constantly breaking down and being replaced, but the older we get, fewer and fewer

released.

The National Institute of Health has identified 74 treatable diseases using stem cells therapy. So, it makes sense therefore, to increase the number of stem cells available.

What are the facts? The more stem cells

you have in your blood stream the healthier you You always make stem

cells, but their ability to move from the bone marrow decreases as you age

The number of stem

stem cells are able to be cells in our blood stream declines as we age. By the age of 35 we have 45 per cent fewer, rising to 50 per cent by the age of 50 and 90 per cent by the age of 65.

Every time you consume two capsules of stem cell nutrition, within an hour up to 34 per cent more stem cells are released into the bloodstream. This has been proven to be potentially an extra 4 to 9 million stem cells in circulation.

See Stem Cell advert on page 3 in this issue.

British expats urged to contact MPS



by Mike Goodall

IF you have been trying to contact me and not received a response please try to call me again. I have been having technical problems with my phone.

I have been asked by the chairman of the International Consortium of British Pensioners (ICBP) to ask all expat pensioners to either write or visit their Federal MP to ask them to make similar speeches to that of lan Goodenough, MP for Moore, calling on the Australian Government to renew diplomatic pressure on Britain to index United Kingdom sourced State Pensions.

The last week of September and the first two weeks of October are excellent weeks to catch your MP and Senators in their constituency office.

Many of you know the facts of the frozen pensions issue but if you do require some help I am willing to provide background information although I would prefer that you use your own words.

Tell them how it is affecting you, financially and mentally.

Tell them that it is discriminatory because we all paid into the same system but 60 per cent of expats receive the increases and 40 per cent do not.

Tell them that the UK is the only one of the 34 OECD countries not to uprate its state pensioners worldwide.

Tell them that Australia would benefit by around \$500 million per vear.

Tell them that the UK have always stated that they will never hold discussions about social security with any other country and now they are talking with 27 European countries, so why not Australia?

If your MP or Senator requests further information that you are unable to supply I can either send it to you or to the MP direct.

There are only 150 MPs and 76 Senators in Australia of whom 16 MPs and 12 Senators are from WA. Let us make sure that we have contacted everyone and if they are contacted by several of us, all the bet-

If you have friends and relatives in other states please ask them to visit their MPs too.

A list of MPs and Senators can be found at www.aph.gov.au or you can call your local library.

Let them know that unless they support our cause we will not be supporting them.

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

Brian Burke to speak to retirees

BRIAN Burke, who was the 23rd Premier of Western Australia from 1983 until 1988 will be

the speaker for the next Association of Independent Retirees (AIR) Perth meetina.

Zumba Gold® AND LINE DANCING

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www.step2it.iinet.net.au www.tina4.zumba.com

Mr Burke is the son of Tom Burke a Federal parliamentarian. He began his career in journalism before entering the Legislative Assembly at the 1973 Balcatta By-election.

Many of you will be aware that in 2017 he published a book called A Tumultuous Life the first autobiography written by a West Australian

This will be an excellent opportunity to question him about his time as premier, his life story and some of the recent history of the wild west.

People are invited to

join AIR for their meeting at 9.30 am on Thursday 20 September. The meeting is held at the Fleur Freame Pavilion at the corner of Marmion Avenue and Forrest Road in Padbury (entrance off Forrest Road).

All AIR members and any interested guests are welcome and there will be tea or coffee and biscuits provided. Cost \$4 per person including

For further information or to book a place please contact Norman Johnson on 9309 1044 or e-mail pnsair@gmail.



A phone call each day to check you're ok

Telecross



About the service

Telecross provides daily telephone calls to check on the wellbeing of people who are at risk of an accident or illness that may go unnoticed, such as falling and being unable to call for help.

The calls provide reassurance as well as help to maintain independence.

Friendly volunteers make calls each morning, 365 days a year. If the call is not answered we take action to make sure you are ok.

Who is the service for?

Telecross is for people who live alone and are at risk of an accident or illness, that may go unnoticed. In particular, people

- · are frail and aged
- · have a disability
- · socially isolated

Telecross is also available to the carers of people who are eligible for the service.

Please call to discuss eligibility on 1300 885 698

Telecross is supported by funding from the Australian Government under the Commwealth Home Support Program. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

www.redcross.org.au







Free Community Event



Free refreshments | 145+ Information stalls Grandchildren welcome

> Friday 5 October 2018 10am - 2pm

Mike Barnett Sports Complex,

bapîistcare

Cnr Dixon Road and Goddard Street, Rockingham



f 🔯 📂 in





























A small Perth based writers' group is looking to expand with new members



by Roger Garwood

SOME months ago, after a very long spell in the media, I decided to write a novel. Nothing too ambitious, I simply wanted it to be the world's worst 'Airport novel'. The sort of spontaneous buy you choose just before you go to the departure lounge for a long-haul flight.

I did the usual thing and trawled through pages on the internet for local groups within reach of my home base, Fremantle. Over the years I'd had some connection with publishing and groups and many of them can be very pretentious. All I wanted was to find a group who weren't intimidating and always trying

to sell expensive 'how to' courses.

Thus I came across a little web site titled 'Budding Authors' tucked away among the big stuff. One page of text which felt very welcoming, so I dropped a note to the group's initiator asking whether they were still meeting.

I had a kind, pleasant, reply within a few minutes outlining the meeting time and place and telling me that I would be very welcome to go along.

So I did.

Budding Authors is a very small group. No-body is in the first bloom of youth but we are an eclectic bunch who know a bit about what happened before the last shower.

It struck me that the

meeting time was a little asynchronous with my habits. The meetings are held on Monday mornings from 10 am 'til 12 pm in the Claremont Library, a lovely old build-ing which exudes a warm fuzzy feeling from the outside and is even better inside, especially at this time year when the librarian makes sure the heating is on. There's very easy parking, Claremont Station is a five-minute walk away, via Claremont Quarter. Several buses stop very close by.

l immediately found the half dozen or so regulars to be a very cheerful, welcoming, group. The mornings start without any formality. We chat a little for 10 minutes or so, and without any prompting or a starting gun people settle down to write. Silence descends, a few chuckle as they feel they've hit a good phrase or grunts when they're outsmarted by Spellcheck.

Now and again somebody will ask: "Do you mind if I read a piece" and we sit back and listen. To be honest these are the inspiring moments. To hear what others are writing adds impetus to your own efforts.

In short, I found this group to be a trigger, to prime me for the rest of the week. It now gives me an instant sense of direction even on a Monday and I'm never at my best on Monday morning. It's a very positive and inspiring start to the week.

There is no committee as such, no fees either.

Generally somebody suggests coffee and we have a whip around to muster the cash for a take-away. During a recent general discussion over coffee we decided we should invite a few more people to join us. Hence writing this story.

If you happen to be interested in writing and would like to offer or get a bit of inspiration combined with pleasant social contact and no pres-

sure feel free to contact us. There are no rules. We each have different styles or no style at all. We enjoy each other's company and there's no high pressure selling to buy courses though we do let people know what's available should they be interested.

Two contact points are me Roger Garwood, Budding Authors on 0418 921 735 or email buddin gauthors@gmail.com



Andre Rieu tickets for sale



A LADY has contacted *Have a Go News* as her friends in New Zealand had purchased tickets to the Andre Rieu concert in Perth.

Unfortunately, her husband has passed away and she doesn't want to continue with the trip.

She cannot cancel the two platinum concert tickets, program and double accommodation package for 24/25 November but can change names.

They are worth \$1000 but she is willing to sell for \$800. For any enquiries please contact Dee on 08 9375 1838 or 0413 971 687.

New outlet in Beldon

Have a Go News is now available from Beldon Newsagency Shop 3, Beldon Shopping Centre 9 Gunter Grove, Beldon Call 9402 1756 for all your lottery, stationery and





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ots of options for good paddles for the Over 55 Canoe Club



Paddlers prepare to set off...

by Iris Mickiewicz

JULY has been an exciting month for our intrepid Over Fifty-Five Canoe Club. The promise of plenty of water in the rivers within the city boundaries and further

afield has had many club members eager to engage in some fast and furious white-water paddling.

Early in the month a number of hardy souls rose early from their warm beds to make the long trip down to Dwellingup, meeting in the car park at the local pub. It was a chilly morning by any standard but the low temperature didn't stop them. Within half an hour all the keen paddlers had arrived, complete with helmets, full skirts, gloves, paddles, waterproof gear, thermals for warmth and extra clothes in case a paddler suddenly lurched into the river for a chilly morning swim. Kayaks and paddlers duly loaded onto the trusty club trailer and our keen kayakers set off

They were extremely excited to see the high level of water which was already above the steps and this bodes well for a great paddle. The excited paddlers made a

for Island Pool.

quick check for rocks and other obstacles that may get in their way as they paddled downstream. With their gear already on the trailer, onwards and upwards they ventured to Sandy Pool.

They scrambled into their kayaks and on the water, ready to enjoy the thrills and spills of the fast ride back to Island Pool. In no time at all the fleet of colourful kayaks zoomed on downstream thoroughly enjoying the exhilaration of the ride. Until, just upstream from Yarragil, the river was blocked by a fallen tree complete with a large clump of savage blackberry brambles all set to tear any unsuspecting paddler to shreds. The only solution was to disembark and wade through the icy waters around the nasty obstacle. Once around the obstacle our energetic paddlers scrambled back into the kayaks and on downstream, overjoyed with the thrill of manoeuvring their kayaks on the fast running Murray Riv-

Whilst all this excitement was going on down at Dwellingup, the leisurely group headed off to Maylands for a flat-water paddle. With leader and tail end Charlie all organised they plunged into calm waters, cruising past the Windan Bridge and paddling into the classy Claisebrook Cove to take a breather for a few minutes. Refreshed, the leisurelies paddled on for a closer look at the new Matagarup Bridge (that is the controversial new footbridge to the Optus Stadium). Paddling on at a pleasant 5-6 km/ hr the fleet continued downstream past Heirisson Island, the now non-functioning Ku Da Ta and along the beautiful Perth foreshore, enjoying the views across the city. Eventually, near the WA Rowing Club, the leader turned the fleet around and headed off at a cracking pace back to Heirisson Island to enjoy good company and by now a very welcome

morning tea. Following on from morning tea the leisurelies took to their kayaks once more. By now the breeze was up a little, just enough to change the gorgeous reflections

on the water. Paddling back upstream under the Matarangup Bridge, past the new Stadium, under the Windan Bridge and back to Maylands Yacht Club, the paddlers returned to enjoy a relaxing lunch with good friends and fabulous across the river.

What could be better than that?

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



The City of Rockingham hosts ninth annual Seniors and Carers Expo in October

CITY of Rockingham will host the ninth annual Seniors and Carers Expo on Friday 5 October at Mike Barnett Sports Complex, to celebrate the contribution of seniors as part of the International Day of Older Persons.

More than 145 stalls will be available at the expo, providing information to visitors on the range of services, activities, programs and products that are available to seniors and carers.

City of Rockingham Mayor, Barry Sammels said the Seniors and Carers Expo was a chance to highlight the important contribution older people make to the city and to raise awareness of the issues surrounding ageing.

"Seniors make up a significant proportion of our community - approximately 16 per cent - and the city highly values the contribution they make to our society," he said.

"Our older residents have helped forge the city into what it is today, which is why the International Day of Older Persons (celebrated on 1 October) is a great opportunity for the community to reflect

"The Seniors and Carers Expo is also a chance for seniors and carers to access valuable information on the services, programs and activities that are available to help older people live a safe, fulfilling and enjoyable life."

Curtin FM will also broadcast live from the event at Mike Barnett Sports Complex.

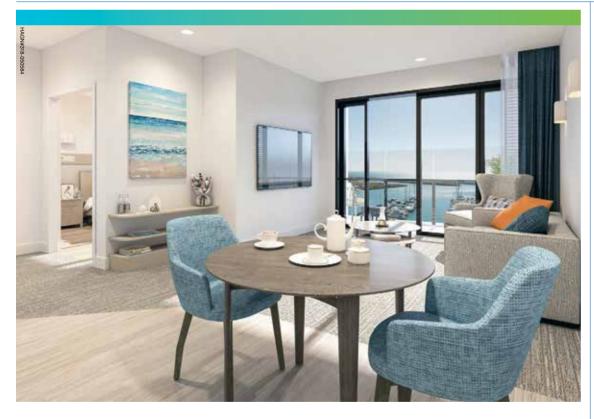
On the day there will be free parking available in the main car park at Mike Barnett Sports Complex, with priority to be given to visitors with ACROD permits. Additional parking will be available in the overflow parking area behind the venue on Dixon Road Reserve, which can be accessed from Dowling Street.

A free wheelchair accessible shuttle bus will be available to assist visitors from the overflow car park to the venue.

For public transport residents can catch the 548, 549, 551 or 555 buses. The closest train station is Rockingham and residents can then catch the 555 bus to the expo.

The city would like to thank all sponsors including Silver Chain Group, Baptistcare, Alzheimer's WA, Curtin FM 100.1, Relationships Australia WA, BlueSky Healthcare, Act-Belong-Commit, Drip Hunters Plumbing and Gas, Respite Home From Home, Inner Calm Health and Wellbeing, Specsavers Rockingham, Home Chef (WA), Unicare Health, and Foreshore Holistic Health.

For more information about the Seniors and Carers Expo call 9528 0333, visit www.rocking ham.wa.gov.au/seniors or email customer@rock ingham.wa.gov.au



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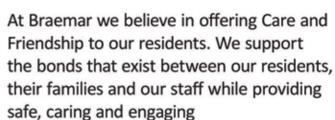
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Aged Care Planning in Peel: where to start?



ARE you thinking about Aged Care planning for yourself, a family member or friend, but are just not sure where to start?

Maybe you need support or respite services while awaiting an aged care assessment or Home Care Package?

Did you know Coolibah, the Peel Region's established not-for-profit full contin-

uum aged care provider, have government subsidised respite and carer support options available to you while you wait? Placements on these programs book very quickly so call their community team today on 9535 0318 to find out more today.

Many people the Coolibah team speak to, tell them how time consuming and overnavigating whelming the aged care sector can be. Having a dedicated and experienced local support team that knows the ropes, the steps you need to plan, and where to find the best information available to you, can make a

You will be pleased to know that Coolibah

huge difference.

have developed a free support service available to all community members, called Every Step of the Way. This free service is also obligation free, so you can confidently ask our team any questions about what you may need and know you will get an open and honest answer with no pushy sales agenda.

Coolibah are planning

a community morning tea and facility tour for late October 2018, to provide everyone the opportunity to see what options are available, ask questions and discuss concerns over a delicious afternoon tea. Please register your interest today on 9535 0300 or by emailing info@coolibah.org.au, or give them a call to ask any questions you may have right now.

Perfect cleaning system for floors



ONE of the most innovative cleaning systems to hit the market place in recent times which suits modern living, is the steam mop.

Euroflex, the world leader in mop design, has patented a new cleaning system utilising exothermic technology which moves away from the steam function and provides a mop which controls the temperature and amount of water (without steam) to achieve optimum cleaning results.

By attaching the cord and using the smallest amount of water the glides Monster Mop

across all hard floor surfaces cleaning and sanitising along the way.

It's the only floor cleaning system that provides the perfect balance of heat and moisture, ensuring there are no wet floors.

For people who like to use a cleaning additive there is the choice of adding disinfectant or a cleaning solution to the

The Monster Mop will clean and sanitise up to 90 square metres with less than 100 ml of liquid.

It's light and easy to use and with the swivel handle it gets into those hard to clean areas which older designed steam mops could not reach.

It also has the ability to become a dry cordless sweeper. Using special dust wipes it collects the most microscopic particles of dust, pet hair and dirt from any hard surface floor in the home.

It will save you time. energy and money - no other mop cleans the way the Monster Mop does.

Priced at \$149, don't think steam, think Italian exothermic designed technology and bring in a new era to your cleaning. Once you try it you'll never buy another mop again.

Available from www. monsterappliances.com.

WIN WIN WIN

We have four Monster Mops to giveaway to some lucky readers. To be in the draw simply email win@havea gonews.com.au with Monster in the subject line or write to Mon-ster Mop C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 7/10/18.

Celebrating and connecting community

THIS year the Conscious Living Expo celebrates 30 vears of showcasing the leading practitioners and organisations which provide healthy and environmentally sustainable services and resources for people of all ages and cultures living in WA.

From 19-21 October at the Silver Jubilee Pavilion, Claremont Showgrounds the Conscious Living Expo will host three world record events over three days to bring hundreds of people together to celebrate life, laughter, Mother Earth, health, wellness and world peace.

The first event will be the Didgeridoo Sound Healing Session for Mother Earth and will take place on Friday 19 October from 11am-11.30am. This will be led by One Tribe playing didgeridoo instruments, Heather Jean playing the crystal singing bowls, Kyela playing gongs and Lou Van Stone's celestial singing.

The second world event will be the Laughter Yoga session to take place on Saturday 20 October from 11 am -11.30am. This session will bring together more than 600 people to experience the joy and jubilation of being in a large group intent on laughing away stress. This will be facilitated from the main stage by president of Laugh

The final event will be the Mindfulness Meditation for Mental Health on Sunday 21 October from 11 am-11.30 am. The session will be led by Eric Harrison who established Perth Meditation Centre in 1987 and has since taught 40,000 people how to meditate. He teaches meditations for relaxation and mental health.

The three events are more than just a world record attempt, they are a time of celebration, healing, connection and community.

Anyone who registers to be a part of these events will receive a free ticket.

The expo will also host a variety of workshops and

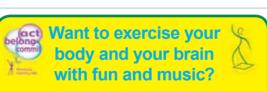
seminars covering education, health and sustainable livina.

There will be healthy chef cooking demonstrations, organic food samples as well as natural therapy treatments, meditation and eco-friendly solutions for the

Don't miss the opportunity to be part of this 30-year celebration - for more information visit www.consciou slivingexpo.com.au

WIN WIN WIN

We have 20 double passes to give away to the Conscious Living Expo on at the Claremont Showgrounds from 19-21 October. To be in the draw simply email win@haveagonews.com.au with expo in the subject line or write to Conscious Living Expo c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 5/10/18.



Are you ready to party while you keep fit? Just \$10 per night - it's easy and fun - let's 'have a go'! WEDNESDAYS 7.30PM-9.30PM:

5, 12, 19, 26 September

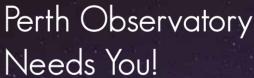
North Perth Town Hall, 26 View Street, North Perth Enquiries & bookings: Steve Longwood 0419 900 441 or 1800 643 277

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Perth Observatory Volunteer Group is looking for volunteers to help us run our astronomical and science outreach programs and maintain our beautiful historical bushland site. We offer a wealth of training, facilities and a strong social network to all who want to be involved.

Each year, we run more than 200 public events, including night sky tours, school programs, guided heritage tours, star adoptions, public lectures, and global astronomy events which draw over 10,000 visitors who share a love for our beautiful southern skies. Our volunteers come from a wide spectrum of the workforce and include all nationalities and ages (18 to mid-80s). In 2017/18, our volunteers gave over 20,000 hours to ensuring the continued success of this State institution.

For more information, please go to: www.perthobservatory.com.au/volunteering



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The couple turned pro-

fessional in 1973, Gra-

ham's biggest challenge

demonstrating 32 dances

as a male and a female to

achieve his associate di-

plomas and more than 40

dances for his members'

degrees. The couple, who

married in 1971, contin-

ued their impressive ca-

reer, dominating the Aus-

tralian new vogue field

from 1974 to 1980. They

also ranked in the top four

nationally in Latin and top

three in ballroom. Son Ja-

son arrived in 1972 and

went on to become a na-

The couple travelled

overseas, coaching in Japan for three-month

stints, then basing them-

selves in Britain for a year

where they worked with

some of the internation-

al dance industry greats.

Graham quickly left the room when young Jason

corrected a world Latin

champion teaching the

samba, saying his father

had told him to start with

the left foot not the right. Graham and Meryl

also worked on the in-

ternational cruise scene at Christmas, doing floor

shows and giving one-

hour lessons. In the late 70s they took a team of

dancers to Britain to com-

pete. Although the event was cancelled, the cou-

ple were asked to stage

a floor show, showcasing

the new vogue style, still

tional champion dancer.





Young boy who fulfilled his dream to become a top international dancer



Graham Thomas and Meryl Whitla

by Adam Penn

THE young boy sat mesmerised in Melbourne's Festival Hall watching the world dance championships held for the first time outside Britain and Europe. At just 10, Graham Thomas resolved to take up dancing, a decision that propelled him into a magical and hardworking profession and worldwide success.

It was 1959 and young Graham, who grew up in Brunswick, started dancing with Norm Chappell at Mickey Powell's School of Dance. Graham watched Bill and Bobby Irvine win the world ballroom and Latin titles in Melbourne.

Walter and Lorraine Laird caused a stir with Lorraine wearing a new style of Latin costume, a dress with separate panels for the skirt.

Graham was determined to become a top dancer, working towards his medals from the first day of dancing. Within six weeks he found a partner in Sue Logan, later changing to Yvonne de Bond, the pair winning juvenile and junior categories in ballroom and new vogue. They took the Victorian State titles with the Dance Masters Association and Australian Dance Society.

As a juvenile, Graham won the Oscar of Oscars

run by the ADS where all Oscar level competitors from juvenile to senior competed against each other. At just 11, Graham and Norma Connelly-Ellis beat everyone to take the 1959 title. Graham moved into the junior and adult groups, continuing with Yvonne de Bond to win titles in Victoria.

When Yvonne retired, Graham found a new partner in Meryl Whitla, the couple training for six weeks before winning their first Victorian State title in new vogue. It was the start of a wonderful dance career for both, travelling and competing in most states, taking virtually every new vogue title.

new to Britain and Europe and received a standing ovation.

The couple returned

The couple returned to Victoria where they opened seven schools including two studios which were new vogue dance centres. The couple separated in the 1980s and Graham moved to WA where he worked with the late legendary Robert Wrightson at Durham House in Hay Street.

Later Graham built the Talk of the Town ballroom in Malaga and then joined forces with top dancer and teacher Julie Patchett to open Dance Power in Myaree in 1998 where the couple continue to train champion and talented dancers.

Apart from training top dancers, Graham has been a leading advocate for the art form and development of new vogue, choreographing the beautiful *Anniversary Schottische* in 1995. He has played a big role in introducing the style to Indonesia, Malaysia and Germany, as well as bringing new vogue to the social scene here.

If anyone in the Perth dance scene has historic photos and information for Adam Penn's ongoing dance series, please contact Adam at tophat97@ optusnet.com.au or on mobile 0412 361 917.

Nominate the unsung senior hero in your life...

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









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

NEW CATEGORIES FOR LOCAL COUNCILS & BUSINESSES

This year there is the opportunity to nominate an Age Friendly Council or business.

Self nominations are welcome.

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

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



WA Seniors Awards
Metropolitan
Juniper Lifetime Achievement Award Winner
Philip Paddon

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



WA Seniors Awards
Regional
Juniper Lifetime Achievement Award Winner
Lesley Balinski

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

Nominations open 1 August and close 5pm 11 October.

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











Orthomolecular Support Group of WA

THE Orthomolecular Support Group of WA looks at alternative medicine to assist people in maintaining health through nutritional supplementation.

The next meeting will be from 2pm - 3.30pm on 6 October at St Andrew's Hall, 257 Barker Road in Subiaco.

The discussion will be presented by Dr Ross Mars and covers Water – More than H20.

There is plantly of parking at Crosswaya Shapping

There is plenty of parking at Crossways Shopping Centre in Subiaco and a delicious afternoon tea is provided for participants.

Cost is \$7 for visitors and \$5 members.



Having someone to talk to made me feel so much better

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This new service is free and available for men diagnosed with prostate cancer who live in the Joondalup or Wanneroo city boundaries, or who are under the care of a specialist at Shenton House.

Suite 2.04, Level 2 57 Shenton Avenue Joondalup WA 6027 prostatecarecentre.com.au





health options for the mature west australian





Tackle a do-it-yourself skin cancer risk assessment soon



Professor David Whiteman

by Frank Smith

AUSTRALIA leads the world in the incidence of skin cancers. The ultra violet rays in Aussie sunshine and pale skin together can be a lethal combination.

There were almost one million cases of skin cancer in 2015. Cutaneous malignant melanoma is the most aggressive skin cancer claiming more than 1,700 lives in 2016. Squamous cells carcinoma and basal cell carcinoma are far more common, but far less life threatening. Despite being very amenable to treatment if identified at an early stage, they still caused 560 deaths in 2016.

Melanoma is the fourth most common cancer in Australia. Cancer Australia predicts that this year nearly 2000 people will die from melanoma and 14.320 new cases will be diagnosed nationally.

"Last year a study found that melanoma cost the Australian healthcare system \$201

million in 2017," said Professor David Whiteman of QIMR Berghofer Medical Research Institute in Brisbane.

An assessment of the risk of developing melanoma within the next few years for people of 40 and over can now be made using an online test developed by researchers at QIMR Berghofer.

Professor Whiteman and Dr Catherine Olsen developed the risk predictor using data from nearly 42,000 people aged from their forties to seventies. It calculates the results based on seven risk factors-age, sex, ability to tan, number of moles at age 21, number of skin lesions treated, hair colour and sunscreen use.

Basically the paler your skin and the more sun you are exposed to the greater the risk.

The melanoma risk predictor has proven highly accurate in tests. Members of the public can now use the risk predictor by visiting www. gimrberghofer.edu.au/ melanomariskpredictor.

"At the moment, cancer control agencies don't recommend population-wide screening programs for melanoma. It's up to individuals to talk to their doctors about whether they need regular skin checks," Whiteman Professor

"This online risk predictor will help identify those people with the highest likelihood of developing melanoma so that they and their doctors can decide how to best manage their risk.

"Regular screening of those at highest risk may help to detect melanomas early, and hopefully before they've spread to the lower layers of the skin and other parts of the body.

"Importantly, in this study, we found that people's actual risk of melanoma was quite different to their own assessment. This highlights the importance of getting personalised advice on your melanoma risk, because it could well be different to your perceived risk.

"We encourage peo-

ple to use it as a general guide, and if it says you have a high risk of melanoma, we strongly encourage you to visit your doctor and discuss whether a skin check would benefit you.

"Even if you have a low to medium risk, you still need to be sun safe. Most Australians are at a higher risk of melanoma than people in other countries due to the combined effects of fair

skin and very high levels of sunlight.

spend-"If you're ing time outdoors this weekend, don't become a statistic: remember to slip, slop, slap, seek shade and slide on sunglasses."

A research paper about the development and performance of the risk prediction tool was published in the Journal of the National Cancer



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Bidets are good for environment and wallet

BIDETS often have a reputation of being expensive and require a total plumbing refit in the bathroom.

One reader Mrs Nash had seen The Bidet Shop advertisement in this newspaper a few months ago, offering Coway Bidet Toilet seat that replaces her existing toilet seat and can be installed in just a few minutes and for much less.

She contacted The Bidet Shop

and spoke to one of the very helpful staff who explained how the bidet worked and its other features such as a heated seat and soft closing lid.

Ms Nash said, "The bidet is wonderful because it just replaces my existing toilet seat and automatically cleans without the need of toilet paper".

How it works is quite simple. With just the push of a button the bidet toilet seat automatically sprays a jet of warm water and then dries you off with a gentle stream of warm air.

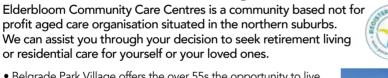
Ms Nash ordered one and her new bidet arrived in the mail a few days later and she couldn't be hap-

Have a Go News readers may qualify to have their Bidet fully funded. For more information, call 08 6315 4252.



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profit aged care organisation situated in the northern suburbs. We can assist you through your decision to seek retirement living or residential care for yourself or your loved ones.





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Call and speak to a member of our friendly team for more information on 9306 3666 or visit www.elderbloom.org.au



Mary Chester House Open Day

Saturday, 15 September 2018, 10.30am - 1.00pm 9 Bedbrook Place, Shenton Park

Join us to learn more about dementia and the services and support available to help you to live well with dementia.

For further information and to register visit alzheimerswa.org.au/open-day

Call us today 1300 66 77 88 alzheimerswa.org.au



healthy living Madvertising Feature



health options for the mature west australian





Dancing Robots entertain and encourage aged care residents to exercise



Betty and Sheree with their Robot Buddy's

by Frank Smith

SMALL cute robots appeal to many older people. They provide many of the benefits of pet animals without needing the same amount of care. And they can be switched off at will.

Coleen Wright runs Robot Buddy, a business that takes dancing robots into residential care homes to entertain and equally important to encourage residents to take some exercise by dancing and singing along with the robots.

"Our goal was to develop an Australian low cost, easy-to-use robotics therapy for aged care and dementia patients.

"In the last six months we have conducted over 40 sessions in aged care facilities across Perth with a great response,"

"Typically a session involves up to 30 residents. We bring along three or more robots who are pre-programmed appropriate music and dance sequences maximum engagement and set them up in a common area.

Ms Wright plays popular songs of the sixties and seventies and she and the robots dance in time to the tunes. Residents are encouraged to join in both by singing along and by moving whatever part of their bodies works best in time with the music.

"The sessions run for about an hour as we've found that is perfect for both battery life for robots and energy levels of pa-

Ms Wright said Robot

Buddy was suitable for all aged people with or without dementia.

"Most residents get involved with the performance and dementia patients in particular respond positively in ways that carers rarely see.

"Our sessions show residents benefit from this type of therapy, as those who are normally unable to communicate, engage with our robots, mimic movements, sing along to songs and increase social engage-

"This activity improves the quality of life of the residents, as they are exercising and often reminisce about cherished memories.

In a performance at Rise Network aged care residence, Mount Richon, witnessed by Have a Go News, both Aboriginal and white residents were equally enthralled by Robot Buddy and residents of different cultures inter-

"Our therapy also ben-

efits carers by easing the burden of care, assisting with social interactions, general entertainment and allowing more oneon-one time with each patient," she said.

One of Robot Buddy's co-founders has a family member who is living with dementia. This was a key motivation for the family to look for ways to bring some joy into their life.

Ms Wright first sourced more than 20 robots from many different countries and tested these for hundreds of hours for durability, reliability, suitability and ease-of-use. She also visited an international robotics expo in Japan in November 2017 to see the latest trends in robotics and aged care.

Most robots are designed for Asian markets. They cost up to \$30,000 each and require a high level of technical expertise to use. Moreover the makers provide little or no support in English.

Robot Buddy sessions cost around \$130 per hour including supplying the robots, pre-programming and running the ses-

"We update content on a regular basis to provide new and stimulating therapy for patients and we handle all technical support to further assist staff in aged care facilities.

"We are continually working to improve our robots and in conjunction with a robotics PhD student from the University of WA. We are further developing our own software system and will begin testing these with aged care residents in the next 12 months," she said.

Ms Wright has carried out no formal evaluation of Robot Buddy, however research studies of similar robot-senior interactions carried out by University of Sydney scientists have been extremely positive.

"I just see people enjoying themselves, talking, moving, sometimes getting up and dancing and recalling something from their past," she said.

BETTER LIFE CENTRE BUNBURY PH: 9791 3353 **BUSSELTON PH: 9754 7479** We also stock a 50 Bussell Highway Shop 4/76 Spencer Street range of Pressure Care overlays to suit any mattress www.betterlifecentre.net.au sales@blcbusselton.com.au

Are your hearing aids no longer enough?

Put a spring in your step with the perfect travel shoe



WHEN Australians travel we like to make the most of it and really explore. This usually involves a lot of walking and often on surfaces we are not used to like cobblestones.

Many people assume sore, tired, aching feet are just part of the experience of travelling. For others, this sudden increase in activity and on different surfaces can trigger debilitating conditions like plantar fasciitis - a painful inflammation of the connective tissue at the bottom of your feet.

When you are searching for the perfect pair of shoes for travelling it's essential to look for comfort and support. The shoes also need to be sturdy and smart enough to wear to a nice restaurant or cultural venue.

Independent website europe forvisitors.com recommends Z-CoiL shoes as perfect for extensive sightseeing.

Springy Feet Inventor Nikki Miller said that many of her customers swear that Z-CoiL's Z-Breeze is the perfect travel

"No wonder. This shoe has incredible shock absorption and support and an all leather upper with some cut outs to let your feet breathe and still look smart. This style works with pants, leggings, dresses and skirts," she said.

"The only time you have to remove the Z-CoiL shoes is when you must pass through a metal detector for security.

"The security staff will either already know about Z-CoiL shoes or be surprised to see the metal springs in your heels and then ask you how comfortable they are and where can they get some," said Ms Miller.

Whether it is a hiking holiday or a capital city business trip, you will find a Z-CoiL style to suit your needs.

Z-CoiL shoes are now available in Australia from Springy Feet in East Fremantle. Call now for an appointment 0404 877 006 or visit www.springyfeet.com.au.





New initiative at Citiplace Centre

CITY of Perth's Citiplace Centre is working with Lions Alzheimers group and will be running a meeting place for dementia patients and their carers every Monday

People are welcome to come along to enjoy morning tea or stay for lunch. It provides a pleasant social activity for both patients and carers.

Also running on Mondays will be the knitting and crochet group and there is the opportunity for patients or carers to join in on the activity.

Citiplace Centre is located on the concourse at the Perth Railway Station offering morning and afternoon tea as well as lunches. The centre has meeting rooms, regular functions and activities and a podiatrist and hair-

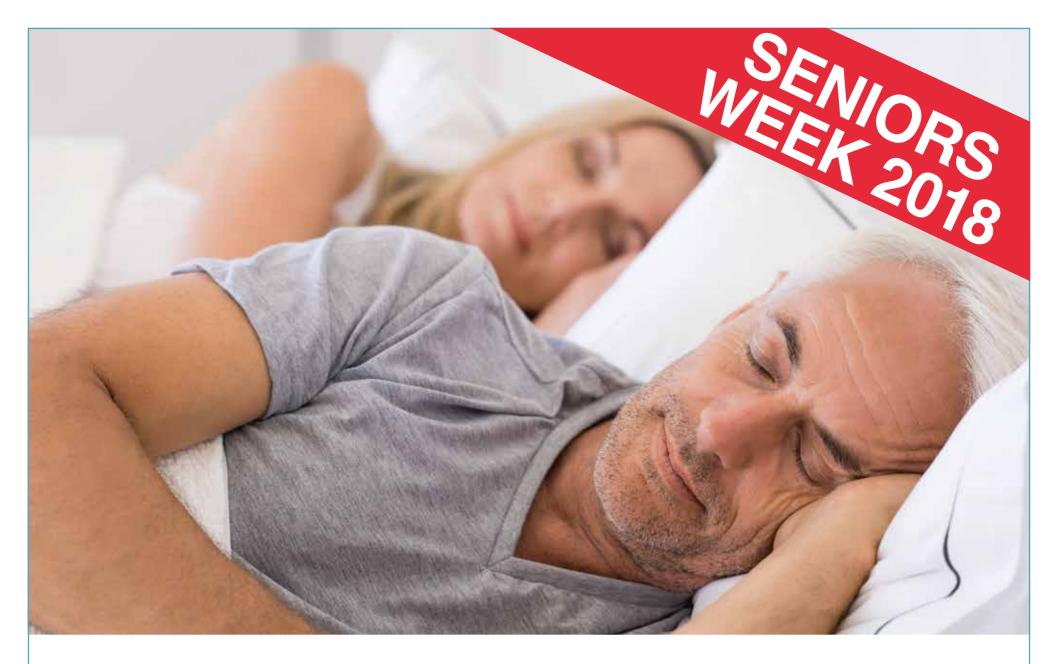
For more information contact Citiplace on 9461 3552.

New outlet in Bassendean

Have a Go News is now available from Bassendean Books, 40 Old Perth Road, Bassendean.

Great selection of secondhand soft and hard cover books. Come in and browse around you'll enjoy it. Call 9279 3959.





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A good night's sleep is critical to our long term health and quality of life. Your CPAP equipment needs to be looked after to make sure it is looking after you! Air Liquide is offering free service and maintenance on your therapy equipment:

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*Hurry! Offer valid until 30/11/18



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Don't walk on by when iconic entertainer Dionne Warwick comes to Perth this November

FRONTIER Touring and Arena Touring are thrilled to confirm five-time Grammy award winner and soul icon Dionne Warwick is returning to Perth's Riverside Theatre on 2 Novem-

Warwick will perform a number of iconic songs from her extensive 50-year career.

Over the course of her years in entertainment, Warwick has established herself as an internationally renowned performer with her incredible blend of pop, R&B, gospel and soul.

She is a regular fixture on the charts with 75 hit singles and having sold more than 100 million records, Warwick's remarkable vocals and catchy melodies resonate with audiences across the globe.

Warwick began her professional singing career in 1961 when she was discovered by songwriters Burt Bacharach and Hal David. Together over the course of a decade they released almost 20 best-selling albums and more than 30 hit singles including Walk on By, A House Is Not A Home, and Say A Little Prayer for You.

Known as the artist who 'bridged the gap', Warwick's music transcended racial boundaries and she was the first of her peers to have a dozen consecutive Top 100 singles as well as to perform for the Queen of England.

Warwick's second decade of hit songs began in 1970 when she signed to Warner Brothers Records. Together with producer Barry Manilow, she released her first platinum-selling album Dionne which included Grammy award-winning singles I'll Never Love This Way Again and Déjà Vu.

Her successful career continued in 1982 with the release of chart-topping album Heartbreaker co-produced by Barry Gibb and The Bee Gees and in 1985 she reunited with Burt Bacharach and long time friends Gladys Knight, Elton John and Stevie Wonder to record the landmark song That's What Friends Are For.

Warwick celebrated her 50th anniversary in entertainment in 2013 where she marked the occasion with the release of her album Now. As one of the most successful performers of our time, Dionne Warwick is a true star and her Perth show on Friday 2 November at the Riverside Theatre is not to be missed - secure your tickets now to avoid disappointment.

Bookings www.ticketek.com.au or call 13 28 49.

WIN WIN WIN

We have a special treat for readers this month for two lucky people to win a double pass to see Dionne Warwick in Perth on 2 November. The winners will enjoy gold tickets valued at \$149.90 each. To be in the draw simply email win@haveagonews.com. au with Dionne in the subject line or write to Dionne Warwick c /- Have a Go News PO Box 1042 West Leederville 6901. Competition closes 7/10/18.

Love the movies? See the latest movie reviews and win tickets



www.haveagonews.com.au





RICE TAYLOR CORR HIGIRE JACOBSON

AMERICAN Animals centres on unpredictable wild child Warren (Evan Peters) and aspiring artist Spencer (Barry Keoghan), two friends from the middle-class suburbs of Lexington, Kentucky.

The film follows the duo through college life at separate universities. as adult pressures begin to weigh heavily on their futures.

Realising their lives may never be important, they organise the brazen theft of some valuable books from the special collection library of Spencer's college, including Audubon's Birds of America, valued at \$10 million.

Enlisting two more friends, budding accountant Eric (Jared Abrahamson) and fitness fanatic Chas (Barry Jenner), the gang meticulously plot the theft and subsequent fence of the stolen volumes, taking cues from popular heist movies.

But the thieves' plans go awry, placing their bright futures in limbo. Unfolding from multiple perspectives and shifting between the fictionalised central narrative and documentary-style interviews with the real-life figures on which the story is based, writer-directed Bart Layton (The Imposter) elevates the heist movie to bold and thrilling new heights.

In cinemas 4 October. **WIN WIN WIN**

Thanks to Madman Entertainment we have five double passes to giveaway to readers. To be in the draw simply email win@havea gonews.com.au with



American in the subject line or write to American Animals c/- Have a Go News PO Box 1042. West Leederville 6901. Competition closes 25/9/18.



Enjoy a musical morning showcasing WA's talent

EVERY second Tuesday of the month **AKANNA** Entertainment presents Morning Music concerts at the Cottesloe Civic Centre. These concerts run for an hour beginning with morning tea. Presented by Petrina Bishop who has performed, produced and been artistic director

for many shows, the mornings present professional entertainment and showcase some of WA's rising talent. During the events raffles are held to raise funds to support a music scholarship for talented children for vocal coaching, dance classes or theatre classes. Morning tea kicks off at 10.30am and the next concert will be on Tuesday 18 September featuring the music of Judy Garland. Garland truly has stood the test of time. Even though her life was sometimes tragic, she left it all in

the wings. Frank Sinatra once said, "Every time Judy performs, a little piece of her dies, she gives that much of herself." Petrina Bishop looks forward to sharing the songs of yesteryear, such as The Trolley Song, The Man That Got Away, and of course Over the Rainbow. October will showcase Cole Porter's Anything Goes on Tuesday 9 October, in November baritone Ronald Macqueen entertains on 13 November and Christmas Sings will be showcased on 11 Decem-The Cottesloe ber. Civic Centre is located at 109 Broome Street, and tickets are available at the door for \$15 and there are group booking discounts

available. For online

bookings visit www.

trybooking.com/XHGZ

and for more informa-

tion contact Petrina on

0409 12 72 82.







The Italian film festival returns to Palace **Cinemas this month**



THE 19th Lavazza Italian Film Festival comes to Perth from 27 September to 17 October at Cinema Paradiso, Northbridge and Luna SX Fremantle.

With more than 30 of the latest and greatest from Italy's best filmmakers, there is no shortage Italian passion, drama, romance and

style for film lovers to enjoy.

Directed by Paolo Sorrentino and starring Toni Servillo as the controversial Italian Prime Minister Silvio Berlusconi – the most anticipated Italian film of the year, Loro, will open the 19th Lavazza Italian Film Festival in Perth.

The festival celebrates cinema d'italia in all its glory - from the funny and outrageous to lavish romance, poetic drama and revealing documentaries. With 32 Australian premieres, the Lavazza Italian Film Festival is the place to experience la dolce vita and lose yourself in the best Italian cinema on the big screen.

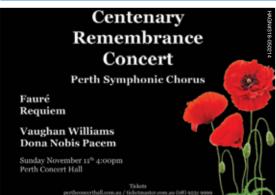
Closing the festival is the horror masterpiece Suspira (1977), Dario Argento's sinister ballet academy-set tale. Still the most famous of all Italian horror movies, it can now be seen in its digitally restored glory.

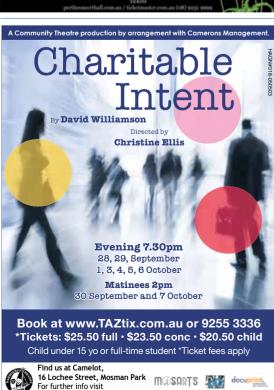
For more information visit: www.italianfilmfes tival.com.au

WIN WIN WIN

Thanks to Palace and Luna Palace Cinemas we are giving our readers the chance to WIN an in season double pass to the Lavazza Italian Film Festival. To be in the draw simply email win@haveagonews.com.au with Italian in the subject line or write to Italian Film Festival C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 25/9/18.

WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 16 for details.





www.harbourtheatre.org.au

The biggest dance and magical illusion sensation show comes to Perth



THE much-anticipated family event of 2018 Celtic Illusion – is the biggest dance and magical illusion sensation and it has been

taking Australian and New Zealand audiences by storm.

The show for all ages cleverly fuses awe-inspiring contemporary Irish dance with mind-blowing magic and grand illusions. It is returning to Western Australian stages after a sell-out season in 2014.

With incredible new choreography, spellbinding magic, heart-racing music and a sensory experience like no other, audiences will be kept on the edge of their seats and left wanting more.

Showcasing a stellar cast of champion and internationally-acclaimed dancers, including performers from both Riverdance and Lord of the Dance, Celtic Illusion offers some of the fastest taps in the world as the dancers' thunderous rhythm fills the stage in perfect unison. The show is led by Australia's very own Anthony Street, the first Australian to perform leading roles in Michael Flatley's widely-acclaimed Lord of the Dance, including the very role that Michael Flatley originally performed himself.

Since its premiere in 2011 the show has performed to sell-out crowds across Australia and New Zealand, with audiences blown away by the combination of scintillating dance and illusion.

Now it is your chance to witness the magic that is Celtic Illusion on Monday 5 November at the Regal Theatre in Perth or Thursday 8 November at the Albany Entertainment

Sometimes, the most charitable of intentions go awry

Directed by renowned

community theatre per-

sonality Christine Ellis,

who has a passion for

directing plays that have

strong roles for women,

Charitable Intent deals

with many workplace is-



A CONNIVING, narcissistic, backstabbing female CÉO is the central character in Harbour Theatre's production of Charitable Intent, winner of the 2002 Best New Play in the annual Green Room Awards.

Australia's most prolific and awarded playwright Williamson has used his dislike of management jargon to bring humour to this, his final play in the Jack Manning

sues that people may yet face or have faced during their working lives, with humour and humanity. A new CEO has been appointed to a not-forprofit charity and her modern corporate methods cause conflict with the staid, long term members of the organisation.

The new CEO seems oblivious to the meaningless nature of corporate lingo but somehow seems to have captivated the chairman and the board with her textbook management drivel. One of the appealing features of this play is having a classic soap opera style nasty central character who the audience can metaphorically hiss and boo at. The CEO seems oblivious to the chaos caused and demands a mass sacking of the employees.

Will the truth be re-

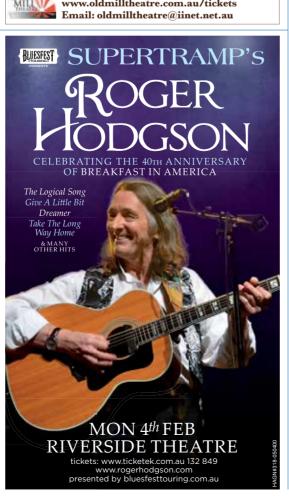
vealed and rescue a workplace in disarray?

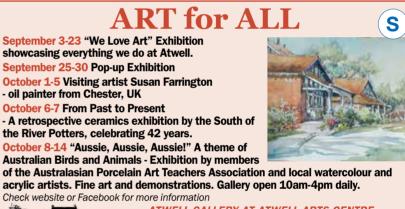
Charitable Intent plays for a strictly limited season from 28, 29 September and 1, 3, 4, 5 and 6 October @ 7.30pm with matinees on 30 September and 7 October @ 2pm.

Bookings @ www.taz tix.com.au or 9255 3336 \$25.50 full, \$23.50 concession, \$20.50 child < 15vo.

Find Harbour Theatre at Mosman Park Memorial Hall (Camelot Theatre), 16 Lochee Street, Mosman







ATWELL GALLERY AT ATWELL ARTS CENTRE

586 Canning Hwy, (Cnr North Lake) Alfred Cove Ph: 9330 2800 www.atwellarts.com





Supertramp's Roger Hodgson celebrates the 40th anniversary of Breakfast in America



Roger Hodgson

ROGER Hodgson, famous for all of the classic *Supertramp* mega-hits that he wrote, composed and sang, will embark on a new

world tour to celebrate the 40th anniversary of *Breakfast in America*. Roger's songs are timeless, and his mesmerising performances continue to connect in powerful ways to fans everywhere.

Breakfast in America was the number one album of 1979 in the Australian charts, holding the top spot for six weeks and reaching gold status above Rod Stewart, The Bee Gees, ELO and so many other household names.

With hits including *The Logical Song*, *Breakfast in America* and *Take The Long Way Home* – all penned and performed by Roger Hodgson – the album sold more than 20 million copies worldwide, and made *Supertramp* a staple of every radio station and turntable for years to come. Although, it was Roger's 1974 hit *Dreamer* and 1977's *Give A Little Bit* that first called the world to the magic of his introspective lyrics and upbeat melodies.

Born in Portsmouth, England, Roger spent much of his childhood at boarding school where his guitar became his best friend. From the age of twelve he began writing songs and added piano, bass, drums and cello to his musical abilities. After his final school year, he recorded his first studio single *Mr Boyd* with a session band including pianist Reg Dwight, later to be known as Elton John.

Not long after, Roger co-founded *Supertramp*. Their first self-titled album was released in 1970 and followed on with four studio albums, including the breakthrough hit-song *Dreamer* on the album *Crime of the Century* in 1974, and of course the incredible success of *Breakfast in America* released in 1979.

In 1983 - after the release of Famous Last Words and a massive stadium tour - Roger parted ways with Supertramp to follow his heart and pursue a simpler lifestyle, rais-

ing his family close to nature and honing his spirituality. With a renewed slower pace Roger released three solo albums, collaborated with Ringo Starr in his All Starr Band, performed at the 2007 Concert for Princess Diana at Wembley Stadium and continued to compose music and write lyrics in his state-of-the-art home studio. Only when his children were fully grown did Roger feel the call to tour regularly again. He was met with an ever-strong fanbase and consistently sold-out theatres and arenas worldwide.

Marking the 40th anniversary of *Breakfast in America*, Roger Hodgson returns to *Give A Little Bit* of his magical song writing and showmanship to Australian audiences. Proudly presented by Bluesfest Touring Supertramp's Roger Hodgson celebrates the 40th anniversary of *Breakfast in America* for one show only at the Perth's Riverside Theatre on Monday 4 February. Bookings www. ticketek.com.au or call 132 849.

New film celebrates Chekhov's most famous play



A NEW film scheduled for release in October *The Seagull* is adapted from Chekhov's most famous play about obsession, fame, art and love. It is both comic and hearthreaking

Set in the Russian countryside at the end of the 19th century, the film concentrates on a group of friends who gather at a lush summer estate. Their mismatched passions along with a tragic event change their lives forever.

The story begins when a famous actress Irina (Annette Bening) brings her younger lover Boris (Corey Stoll) to the family's country home for a weekend. When Boris becomes obsessed with Irina's son's lover Nina (Saoirse Ronan), all goes awry. In cinemas 4 October.

WIN WIN WIN

Thanks to Transmission Films we have 10 doubles to giveaway to readers. To be in the draw simply email win@havegonews.com.au with Seagull in the subject line or write to The Seagull c/- Have a Go News PO Box 1042, West Leederville 6901. Entries close 30/9/18.

Follow legendary Australian screen actor, Errol Flynn



IN 1930, in the jungles of Papua New Guinea, whilst serving as a guide for a Hollywood producer, a young Errol Flynn discovers a map on a dead prospector that he believes will lead to a fortune in gold.

Back on the streets of depression-era Sydney, Flynn rounds up a ragtag crew including Rex, a Canadian ex-bootlegger, Dook, an English gentleman handy with a pistol and Charlie, a grizzled old salt. After stealing the *Sirocco*, a yacht belonging to Chinese Opium smugglers, Flynn and crew set sail. They quickly learn just how treacherous a voyage up the Australian east coast can be, running afoul of drunken cowboys, corrupt cops and local thugs before being intercepted by

Chinese pirates, who are hell bent on retrieving the *Sirocco* and the several pounds of opium stashed in its hold.

As the motley crew make a final dash for New Guinea, Flynn is forced to learn what it means to be a real captain, and a master of his own destiny. In Like Flynn is a mythical and satirical coming-of-age story about four men on a journey to find hope, adventure and fortune in an age when the world was spiraling into despair.

Based on the true-life adventures of one of Australia's most famous sons, *In Like Flynn* is in cinemas 11 October

cinemas 11 October.
WIN WIN WIN

Thanks to Umbrella Entertainment we have 10 double passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Errol in the subject line or write to In Like Flynn competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/9/18.

Love the movies?

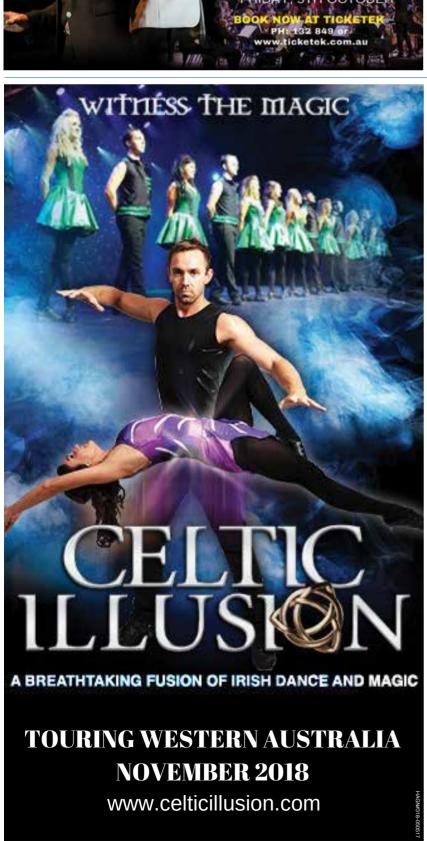
See the latest

movie reviews and

win tickets

www.haveagonews.com.au







Mandurah Performing Arts Centre - Fri 19 October Book-9550 3900 / www.manpac.com.au

Astor Theatre Perth - Sat 20 October Book - astortheatreperth.com







Two Australian stories which combine history and heritage to warm the heart



Boddington Field of Quilts & Classic Cars in the Park Sunday 23 September, 10am to 3pm **Boddington Recreation Centre**



Come and enjoy the annual Field of Quilts whilst having a day in the country... "it's a long weekend, stay for a while"

For info phone Eugene 0474 155 002

by Jennifer Merigan

The Right Place - Carla Caruso

CARLA Caruso's new tome The Right Place is the perfect book for people who enjoy both cooking and reading.

Set in Adelaide, the story focusses on Nella Martini who inherits her nonna's house and market garden following her

Nella has returned to Adelaide from Melbourne, broken hearted after the collapse of her fashion boutique and the end of a long-term relationship.

Feeling less than satisfied with her life and barely embracing her Italian heritage, returning to her home town presents challenges for her to decide what she wants from life.

Included in the story are flashbacks of her grandmother's arrival in Australia intertwined into Nella's life, providing a historical background for the reader.

Feeling at a loss while cleaning up the house Nella discovers her nonna's recipe book which creates an opportunity for her to venture down a new path.

Beautifully written by freelance journalist Carla Caruso the story draws on her own family's migration experience.

Interspersed with more than 35 southern Italian recipes from Caruso's family, the book is an uplifting tale of migrant life in Australia.

The addition of the recipes gives a further connection to the story and

after reading the book I tried several of them. They were easy to follow, and I impressed my family with the results.

Caruso's story of heritage, family and love provides the perfect recipe for a best-selling book.

Published by Harlequin. RRP \$29.99

The Lost Pearl - Emily Madden

I always enjoy stories which capture family generations and entwine historical events.

Emily Madden's *The* Lost Pearl, released this month, is a sweeping saga which takes the reader across three generations, three quarters of a century and two countries.

The story begins in Hawaii in 1941 just before the attack on Pearl Harbour when 16-yearold, Catherine McGarrie falls in love with a boy from the other side of the tracks, one who her parents would never approve. Through the eyes of Catherine we follow how the attack changes her and many family's

lives forever. Catherine is sent to Australia to see out the war and eventually marries and settles down to life in Sydney never sharing anything of her former life in Hawaii with

her family As Catherine comes to the end of her life, she reveals snippets of her early life in Hawaii to her much-loved granddaughter Kit, vowing to share the whole story.

Catherine dies before she has the opportunity, leaving Kit with a mystery to unfold.

Not only does The Lost Pearl cover the war years it also highlights the changing societal values for women and how some of these attitudes affected many women's lives.

This historical saga with its twists and turns was hard to put down.

Published by Harle-quin. RRP \$29.99.

WIN WIN WIN

Thanks to Harlequin we have two copies of each of the above books to give away to some lucky readers. To be in the draw simply email win@haveagone ws.com.au with Harle quin in the subject line or write to Harlequin C/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 7/10/18.

New outlet in Bassendean

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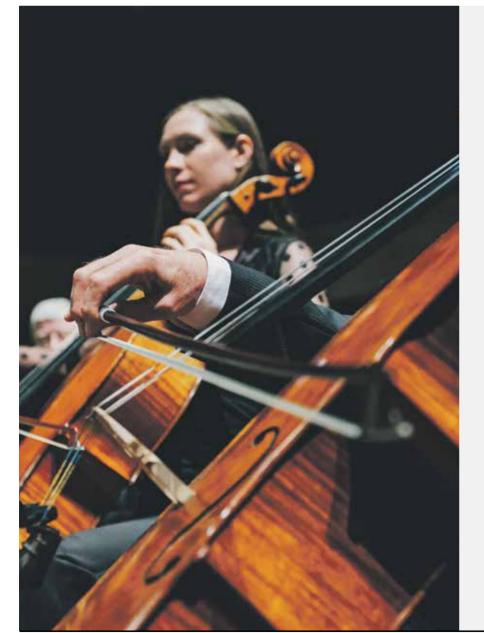
Italian opera stars comes to Perth

OPERA lover and Perth local Cesare Ferrarra is proud to present A Night at the Opera featuring internationally renowned opera singers - Mauro Augustini (Baritone), Rebeka Lokar (Soprano), Renzo Zulian (Tenor), accompanied on piano by the acclaimed Marco Titotto.

A Night at the Opera offers a rare collaborative performance by these artists, who with their vast repertoire in leading operatic roles will delight and captivate audiences with robust yet tender interpretations of famous arias, duets and classic Italian songs.

Playing at the Regal Theatre on 30 November and at the Tuscany Club in Stirling on 1 and 2 December it's an event not to be missed, and not just for

Call Helen on 0403 227 595 for early-bird tickets at \$75 with no booking fee prior to 20 September.





Morning Symphony Concerts

WASO's one-hour daytime concerts featuring much-loved classics. Come for the Wesfarmers Arts free pre-concert talk at 9:40am and enjoy a complimentary tea or coffee. Stay afterwards for a buffet lunch for only \$21 (bookings essential).

Ludovic Morlot Conducts Debussy & Rachmaninov

Thu 11 Oct 11am | Perth Concert Hall

Two exceptional orchestral works that revel in the vivid colours of a virtuoso orchestra, Debussy's dazzling *Ibéria* and Rachmaninov's orchestral masterpiece, Symphonic Dances. Tickets from \$30*

Asher Fisch Conducts Dvořák's New World

Thu 15 Nov 11am | Perth Concert Hall

Dvořák's earthy and dynamic Ninth Symphony, his musical love letter to the New World, was performed at WASO's very first concert in 1928!

Tickets from \$30*

BOOK NOW WASO.COM.AU 9326 0000

















SCENE SOCIALLY











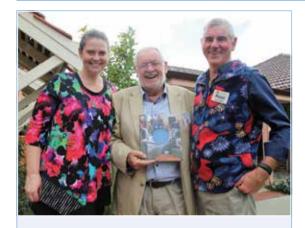
SCENE (1): Top row from left; Paul, David, Tom, Mary, Kirsty, Cameron and Elizabeth - Cameron and Elizabeth Bell - Tom and Mary Eddy - Paul and David McKean.

SCENE (1): THANKS to our partnership with AGL - It's gas plus a whole lot more, three lucky readers and their guests enjoyed the Field Club experience at Optus Stadium to see West Coast Eagles play Melbourne on Sunday 19 August. The winners enjoyed premium hospitality, fabulous seats and views from the terrace to see the game in action. Unfortunately, West Coast Eagles were pipped at the post but that didn't deter our winners from enjoying the unique experience. Readers were hosted by AGL's Kirsty Gee and Have a Go News' Tahlia Merigan.



SCENE (2): THE The Knitting Group at Castledare Village at Catholic Homes have knitted their hearts out for the 50,000 Poppies Project. The project is an RSL Australia initiative and a nationwide event where people from all over Australia are knitting poppies for a giant memorial for Remembrance Day this year on 11 November. The poppies were presented to the War Widows Guild of Australia which was formed on 22 November 1945 to support war widows from all conflicts.

SCENE (2): Castledare residents and staff and the War Widow's Guild state president Mrs Jan McLeod with their poppies.



SCENE (4): THE Circle of Men book was released at Castledare Village in Wilson last month. Featuring a collection of stories from sixteen of Catholic Homes male residents and told in third person through a series of interviews and edited by volunteer Ross Prout. The book emerged after a facilitated meeting introduced by volunteer Peter Fry in 2013 to provide men the opportunity to engage in storytelling and conversation. About 80 residents and their families attended the launch.

SCENE (4): Left to right: Catholic Homes' occupational therapist Elizabeth Oliver and volunteers Peter Fry and Ross Prout were instrumental in introducing the Circle of Men concept into Catholic Homes.



SCENE (5): THE Silver Taps featuring Carole Metcalf and her partner Judi entertained the crowd at the Country Women's Association conference held in Fremantle last month. The girls, who are both in their 70s, strut their stuff regularly around town and not only are wonderful examples of active ageing but offer an entertaining show. For more information contact Carole on 0416 191 043.



SCENE (3): BETHANIE, Western Australia's largest not-for-profit aged care and retirement living provider were winners at the LASA's Age Services Excellence Awards breakfast event - the 'Individual Award' and the 'Team Award.' Learning and development manager for Bethanie, Dannielle Phelan, won the Individual Award. Recognising her outstanding contribution to the age services sector, used innovation and initiative to improve the lives of older people, and delivered high quality care to the aged. The Care Team at Riversea Mosman Park won the Team Award, for working within the sector to create an environment that encourages workplace diversity, positive workplace culture and increased staff wellbeing.

SCENE (3): (L-R) Chris How, Mandy Banks, Pele Reeve, Catherine Walker, David Harrison, Jenni Stratford, Kerry Berg, Deborah Hunt and Grace Conboy.



SCENE (6): CONGRATULATIONS to Au Revoir Travel Mt Lawley which recently celebrated 50 years of operation as a long standing travel agency in the Mt Lawley area.

Au Revoir Travel Mt Lawley held a celebration at the Yokine Bowling Club with 100 of their most loyal customers to toast the anniversary.

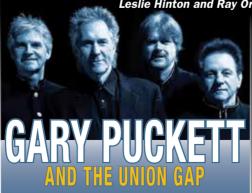
SCENE (6): Au Revoir Travel Mt Lawley staff members toasting their milestone, from left to right; Clive Busch, Jane Busch, Stephanie Rogers, Samantha Gallaher, Marina Kendal and Peter Kora.



Europe's most suucessful operatic tenors who have become a worldwide pop-opera phenomenon.

An incredible musical montage of vocal passion and entertainment excellence

SATURDAY 1 DECEMBER
ASTOR THEATRE



Gary Puckett and the Union Gap are a band etched in rock'n'roll history boasting six consecutive gold records in a career that started in 1968 and still remains very prominent to this day!

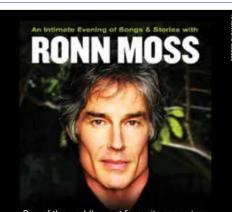
YOUNG GIRL - WOMAN WOMAN - LADY WILLPOWER THIS GIRL IS A WOMAN NOW AND MANY MORE HITS!

WEDNESDAY 13 FEBRUARY
ASTOR THEATRE



Andrew De Silva's Purple Revolution is a heartfelt dedication to the music of one of the greatest icons of the 21st Century... Prince. Andrew De Silva, from leading R&B group CDB, and a multi-platinum ARIA award winner joins forces with Australia's leading musicians to take the audience on a respectful yet soulful musical journey through the life of Prince.

THURSDAY 15 MARCH ASTOR THEATRE



One of the world's most favourite soap stars Ronn Moss will be touring Australia in March 2019. Ronn is renowed for his portrayal of Ridge Forrester in The Bold and The Beautiful, as well as his worldwide hits with Player including Baby Come Back. He will be presenting an evening of great songs and stories from his illustrious career that started at the age of 11 years old.

WEDNESDAY 27 MARCH ASTOR THEATRE

Show your team pride with these AFL Ladies Bracelets WEST COAST 23K gold accents ENHANCED WITH **SWAROVSKI** Reverse All 18 teams available









































Not Available In Stores

Attention all AFL fans, are you ready to score some serious game-winning style points? Well, this season is your time to shimmer and shine with the fashionable "AFL Team Women's Bracelet", a fine jewellery design available only from The Bradford Exchange. Stylishly arranged on the 18cm rope-style chain are 15 magnificently hand-crafted charms gleaming with rich 23K gold plating and genuine Swarovski crystals. Individual charms include three team name emblems, a team guernsey and glass beads hued in the team's official colours. Officially licensed by the AFL, this stunning designer piece is sure to make your team pride sparkle!

Exceptional Value. Money-Back Guarantee.

Complete with a velvet jeweller's pouch, gift box and Certificate of Authenticity, each bracelet arrives complete and ready to wear. There's no need to search for individual charms, because we've put it all together for you at the remarkable price of just 5 instalments of \$39.99. a total of \$199.95, plus \$19.99 postage and handling. You won't find this bracelet in stores, so don't miss out! To reserve yours, send no money now, just mail the coupon or go online today at www.bradford.com.au/afl

> ®™ THE AFL LOGO AND COMPETING TEAM LOGOS, EMBLEMS AND NAMES ON THIS PRODUCT ARE ALL TRADEMARKS OF AND USED UNDER LICENCE FROM THE OWNER THE AUSTRALIAN FOOTBALL LEAGUE

Each bracelet arrives with a Certificate of Authenticity in a custom-designed box

For quickest delivery, order online: www.bradford.com.au/afl

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Mr/Mrs/Miss/Ms First Name:
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Address:
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- 1. ONLINE at www.bradford.com.au/afl
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- 2. MAIL no stamp required, to: The Bradford Exchange, Reply Paid 86369 Parramatta NSW 2124
- **3. PHONE: Toll-Free 1300 725 103 8am-5pm** Mon Fri

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