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# Have a Go

## NEWS

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**Have a Go NEWS**

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**let's go travelling**

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- Herring fishing
- WA Wildflowers
- Steve Collins in Switzerland



Have a Go News' Brad Elborough interviews author Phil Brown



- Seniors Week Focus
- Where opinions matter
- Food & Wine - reviews, recipes and more

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## Is this the last straw? Wara Art takes over York



Visiting artists from Japan with local volunteers constructed the bilby in 2018 which will be part of this year's Wara Art Trail.  
 Photo by Rob Pampling.

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FORGET scarecrows or painted silos. York, Western Australia's oldest inland town steps country art up a notch with the construction of four giant straw sculptures.

From 28 September to 13 October, York will host its very own festival centred around these sculptures known as Wara Art.

In 2016, Festival director Jenny Garroun was looking for an artistic and innovative way to celebrate the town's mainstay of wheat farming and launched the Hay Bale Challenge, a sculpture prize which asked artists to create a sculpture using one bale of hay.

In 2017 she discovered Wara Art, a weaving technique that uses rice straw to create gigantic sculptures up to 10 metres tall. Negotiating with Wara Art Japan, she arranged for an artist exchange and Wara artist Akira Moriya travelled to York to help create the first Wara Art sculptures outside of Japan for the 2018 York Festival.

Rice straw, traditionally used for tatami mats and other utilitarian objects, has been replaced with manmade materials, leaving farmers with the problem of what to do with the vast quantities of rice straw left at the end of the annual harvest. They sought help from Musashino Art University and ten years on, Wara Art (rice straw) festivals are now held all over Japan.

Jenny said there is a strong connection to Japan as the wheatbelt supplies more than 50 per cent of Japan's annual consumption of noodle wheat.

The introduction of Wara Art at the annual York Festival, which is presented by LiveLighter, now in its sixth year, has proved so popular that this year, work has already started on the creation of four more giant straw sculptures up to four metres high, creating a Wara Art trail of endangered Australian fauna, using locally sourced wheat straw.

This year Professor Shin-

go Miyajima, Akira Moriya and Masaharu Noguchi, veterans of around twenty-five Wara art sculptures, will travel to York to oversee construction. They will work alongside West Australian artists including fibre weaver Fiona Gavino, sculptor Yuko Takahashi, Ako Roberts and Ilsa Ben-nion.

Wara Art is an interactive affair and The York Festival is calling for volunteers to help with construction.

"The York Festival has become a major force in cultural tourism, delivering an exciting festival event that reflects its location in the West Australian wheatbelt," said Jenny.

The festival kicks off with the Medieval Fayre on Saturday 28 September followed by the Gallery Nights on Sunday 29 September and every Sunday during the festival there will be a Maker's Market.

Daily events throughout the festival include the Wara Art walking trail, the York Escape Maze, Gallery 152's *Spirit Chasers*, rodeo photography exhibition by John Toohey at the York Town Hall and the exhibition *From Hooves to Highways* will be displayed at the York Motor Museum.

There will be a variety of walking tours including York's historic public clocks, an architecture tour, business tips from the richest man in the colony and the walking tour of horrors.

The town will celebrate Japanese culture with *A Day in Japan* on 5 October. This will include tea ceremonies, traditional Japanese dance, origami, ikebana, bonsai, traditional Japanese music, market stalls and martial arts demonstrations, Sake Malarkey at Gallery 152 and the launch of Alli Butler's *40 Year Old Popstar*.

The Running of The Lambs will take place on 6 October and that weekend will also see Chalk the Walk pavement painting.

**continued on page 2**

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# From the editor's desk



Jennifer Merigan

I ALWAYS enjoy getting out and meeting readers. This month I visited Lendlease's Harbourside Village in Mindarie and the Rotary Club of West Perth sharing stories about the history of this paper and our Living Histories project.

I also was a guest on the Thursday news panel on Radio 6PR's Perth Tonight show hosted by Chris Ilsley which airs Monday to Friday from 8pm to midnight. Chris is a knowledgeable person and we always discuss a lot of meaty issues on the panel.

To encourage more older people to use the internet, Get On Line Week is held from 14 – 20 October. Seniors Recreation Council will run a free Seniors Tech Expo on Friday 18 October from 10am to 12noon. Tech Savvy Seniors project manager Martin Yates provides attendees with lots of information about getting on line, scams, products and has the answers to many questions about technology. It will be held in Leederville and includes a light lunch. Call 9492 9774 to register by 15 October.

In our *Meet the Author* series this month Brad Elborough interviews Australian journalist and author Phil Brown who has released *The Kooloon Kid*, a really interesting memoir about growing up in Hong Kong, see page 5 for details.

For any readers who feel they may be experiencing elder abuse, Raymond Tan, director of Perth based Tan and Tan Lawyers, is happy to provide expert advice. People are invited to send in their questions and he will offer free legal advice for general queries, email ray@tanandtlanlawyers.com or info@haveagone.ws.com.au.

The Swan River Stamp Show will be held on weekend of 20 and 21 October at the Loftus Recreation Centre with free entry and parking. There will be exhibits, displays, free valuations and buying and selling with an auction at 2pm each day.

More than 10,000 people are following *Have a Go News* Facebook page. It offers us the opportunity to interact in-between issues of the paper. We have lots of

fun there with extra competitions and events, so if you are on that platform – please join us.

We also publish lots of extra news, events and articles of interest on our website which are not in the paper, there is a directory of clubs and groups for people to join and back issues of the paper from 2012. It's well worth a visit on a regular basis.

If you would like to receive the paper electronically, we offer a service for people to deliver the paper to your inbox on the day of publication. Sign up for free at readers@haveagonews.com.au

I hope you enjoy the start of spring and this month's issue.

Jennifer Merigan,  
Editor  
jen@haveagonews.com.au  
www.haveagonews.com.au

## Is this the last straw? Wara Art takes over York



continued on from front cover

The Garden Art trail will take place on 12 and 13 October and there's a free community concert being held in Peace Park to celebrate the close of the Festival on 13 October.

York is just over an hour's drive from Perth. It's suitable to visit on a day trip and also has an array of accommodation to suit all budgets for those who would like to stay longer.

Celebrate this unique festival and support local tourism.

The York Festival is proudly sponsored by Healthway, Festivals Australia, Department of Local Government, Sport and Cultural Industries, Australia-Japan Foundation and the Shire of York.

People who are interested in helping to construct the sculptures can apply by email to hello@yorkfestival.com.au up to 26 September. Find out more at www.yorkfestival.com.au

## Ageing research snippet

### Keeping social is good for your health and well being

NEW research from the University College London has found significant evidence that frequent social contact from the age of 60 and upwards can lower the risk of developing dementia later on. Having a rich social life and brain health has received much attention in the scientific community and evidence is suggesting that levels of social interaction can predict cognitive decline and even dementia while others have shown that group socialising can prevent the harmful effects of ageing on memory.

Socialising is as important as exercising in later life.

## Urban slang

### Doing a Bradbury

COINED after Steven Bradbury won an unexpected Olympic gold medal for speed skating. Doing a Bradbury, or Bradburied (as a verb) means an unexpected or unusual success.

## Great West Aussies - Did you know?

LORRAINE McCoulough-Fry (Dodd) won triple paralympic gold and was WA's first female to compete for Australia. She won a haul of medals in 1962, 1966 and 1968 Games in swimming, track, table tennis and archery.

## Funny historical fact

THE longest living person was Jeanne Calment from Arles France who lived from 1875 to 1997, clocking up 122 years.

## Have a Go News Quick Quiz

1. Name WA's peak employer group.
2. Two heroes saved cave-trapped children in which country?
3. WASO stands for?
4. Flying cars were in which animated TV series?
5. Julian Assange found refuge in which embassy?
6. What does WA's CCC stand for?
7. Which WA Premier became Ambassador to Japan?
8. Which State made gender optional on birth certificates?
9. What is the swim race to Rottnest called?
10. The Adelaide-Darwin train is called?

See page 50 for answers.

## Word of the month

**Humgruffin** (noun)  
A terrible or repulsive person

## Quote of the month

IT'S never too late to change old habits.  
Florence Griffith Joyner



“When you get old, your sense of humour is all you have.”

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A new vision for COTA (Council on the Ageing) as the organisation celebrates 60 years



COTA WA CEO Christine Allen

by Frank Smith

COTA has turned 60, but like many people of the same vintage, it has no intention of retiring. Recently appointed CEO, Christine Allen has a vision to reinvigorate the peak body and make it more contemporary and effective. "COTA and most other not-for profit organisations need to take a more commercial view. Too much effort goes into getting and maintaining funding, rather than benefiting the community. We could be more effective if we were not preoccupied with funding.

industry that need to access our demographic. Many of them need to rebuild their reputation following reports of the Royal Commissions into financial institutions and aged care." Ms Allen's vision is for an accessible campus shared with other related not-for-profits involved in aged care, Parkinson's disease, seniors housing, mental health, arthritis, disabilities and dementia for example. "They would share resources including meeting spaces and help each other obtain funding, so that the campus becomes a one-stop shop for the aged and disabled." Attached to this would be one or more cafés serving coffee and senior-friendly food. It would help older people socialise and COTA volunteer hosts would mix with customers and get information on seniors' needs and aspirations. "It would be much better than an annual Internet survey, which produces only a limited and probably biased response. "Everyone I talk to is in favour of this idea, but not so far willing to de-

vote funds to it," she said. As more people reach retirement age there are more issues, but less government funds. "There is a lot of work to do. It is an exciting time. The cohort of Baby Boomers is reaching retirement age and they have different issues to earlier cohorts – issues of senior employment and problems of providing homes and welfare for older single women. "More people are living to 100 or more. They could be retired for 40 years. "There is a need to encourage mature age employment. Society needs to learn how to treat the elderly. Age discrimination in the workplace is insidious and difficult to prevent. "I have the Minister for Ageing, Human Resources, Institute of Australia and Australian Institute of Management on board in trying to change way employers approach seniors. We plan to set up a register of preferred employers." COTA has a raft of existing successful programs. These include: Mentor Into Work, which helps young people obtain jobs with the

aid of older volunteer mentors. Aged Care Navigation, helping older people through the financial and bureaucratic maze of providing for their needs. Living Longer Living Stronger, which helps provide appropriate and affordable exercise at WA gyms for older people. This has just received a boost with new federal funds. Related to that is Mall Walking, which is rapidly expanding. More than 1000 participants walk in safety and comfort in shopping centres early in the morning. Most also socialise with coffee after the walk. The most recent initiative is the Goodbye Guide. A check list of what you need to prepare for before you die. It includes making provision for pets, dealing with your life in social media and ensuring your family know your passwords to access Facebook, Instagram, Twitter and any other accounts you have. COTA is hoping for funds to print The Goodbye Guide as a booklet. COTA is in transformation. "The transformation will continue for at least the first 12 months. Our job is to raise the profile and increase our impact – to turn up the volume for older West Australians," Ms Allen said.

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Recording a fortunate and interesting life



Jessica Arrantash and Iris Heuchan

JESSICA Arrantash 23, is living proof that age is no barrier to making firm friendships. The Advocate volunteer and English literature graduate spends time every week with Air Force Memorial Estate resident Iris Heuchan, both to get to know her and ultimately write her life story. "Meeting and getting to know Iris has been so enjoyable, she is such an incredibly independent woman and has had an incredibly interesting life," says Jessica who is currently volunteering with Advocate during her gap year. Her grandfather is also a volunteer at RAAFA's Aviation Museum. "She has certainly endured hardship in her life, but she is a hugely optimistic and inspiring lady who has an incredibly loving family. I really enjoy her company and come away from every session with pages and pages of notes.

"I feel incredibly fortunate to have this opportunity which I'm finding very rewarding. Iris and I have certainly become firm friends." And by her own admission, Iris is also thrilled to be having her life story recorded – and she admits to being amazed that she can recall so much from the past. "It's actually incredible that I can remember so much from back then, particularly from my childhood," she says. "It has helped me to relive some of the wonderful moments of my life, including meeting my husband, who was just the best man in the world." Jessica will soon start to write up Iris's story, which she will then present to her and her family to keep for posterity. "It's a real honour to have the opportunity to write Iris's life story, and an experience that I will always treasure," Jessica says.

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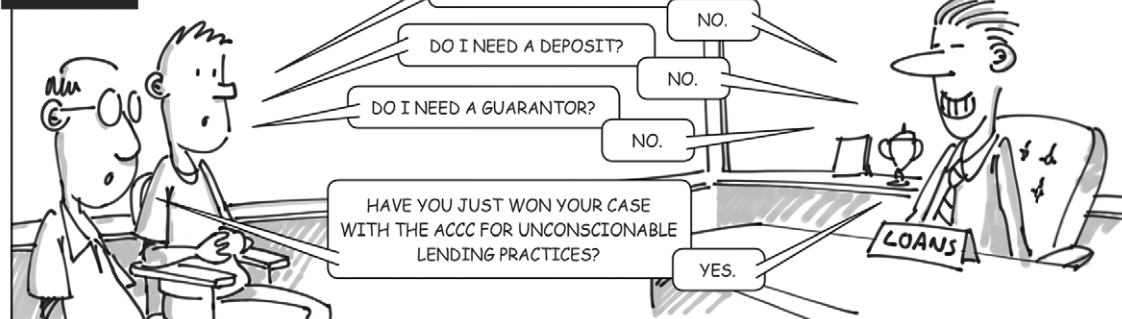
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## CLOTHES FOR EMPERORS



## Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

I HAVE been following *Have a Go News*' coverage of the euthanasia debate this year, since the article by Frank Smith about the Teh family's struggle written in the June issue. I also noticed that on the page opposite, Rick Steele shared a tragic experience of his own about a close friend's suicide. May all deceased people in these stories rest in peace and may comfort go to the hearts of all bereaved, myself included - one affected by many tragic deaths for a myriad of reasons.

So too, may we in Western Australia never lose sight of the subtle but strong ripple effect that end - of - life choices have in society, no matter the cause. May we remember well that no man is an island.

I also wish to send heartfelt sympathies to Mrs Tester, who courageously responded in August, to Mr Barich's excellent letter in the July issue.

To reply, I wish to point out that ironically, euthanasia does nothing to address the unjust situations faced by the Tester family. Instead, when assisted dying 'rules the roost', the duty of care is removed from the health professions. Why should they find better ways to cure, aid and comfort those in pain? Think of this - that euthanasia is the easy way out for society, instead of looking at the big picture of why medical costs are often so exorbitant, for one matter.

I also wish to express my gratitude to *Have a Go News* for airing both sides of this serious issue.

Yours sincerely,

**Amy Harry**  
Via email

Dear Editor,

IT'S evident that we're living in a very fast-paced world these days, but why the need for everything to be at breakneck speed - even conversation.

I wonder at the TV announcers these days. Has anyone else noticed that the presenters - and those they interview - seem always to be in a hurry to get it all out? The Queen's English is very dif-

ficult to comprehend when the speaker gushes it all out in one breath, at seemingly a hundred words a minute - and with hardly any pauses for breath.

Is it because I'm a septuagenarian and my slower functioning brain takes longer to process the spoken word?

Hmmm - hard to imagine that's likely, for a 74-year-old who still (weekly) does 30 hours voluntary

accounting work, and an average of around 12 hours of vigorous ballroom dance... not to mention other pastimes such as playing in a drumming band, acting, and learning to play the ukulele.

No, I'd say it's definitely not me... it's them. Could everyone please slow down.

**Florence, Ferndale**  
Via email

Dear Editor,

I WAS delighted to read Jon Lewis's article in the August *Have a Go News* about how he made a carry bag out of a pillow slip.

I have been a member of the Country Women's Association of WA for 51 years and my present project is making carry bags from T shirts.

I gather up the unwanted and out of fashion T shirts and reuse them. I then give them to the homeless people at the centre I attend every Friday. They come along for a two course meal, to wash and dry their clothes and also receive some food and clothing.

Regards

**PJ Henning**  
Shoalwater

Dear Editor,

I AM a pensioner living in Mandurah. I was recently pulled over by the police and issued an infringement for not wearing a seatbelt.

I was wearing a seatbelt, which I had already undone as I had stopped at a public car park, when the police officer knocked on my window, accused me and issued an infringement notice.

I have heard from a lawyer and other people of similar cases.

If someone, or friends, had a similar experience in being innocent, but issued an infringement by a traffic policeman, I would be interested in hearing from you.

I can be contacted on an email address: **tnnp dst@gmail.com**

**Tanya Podesta**  
Coodanup

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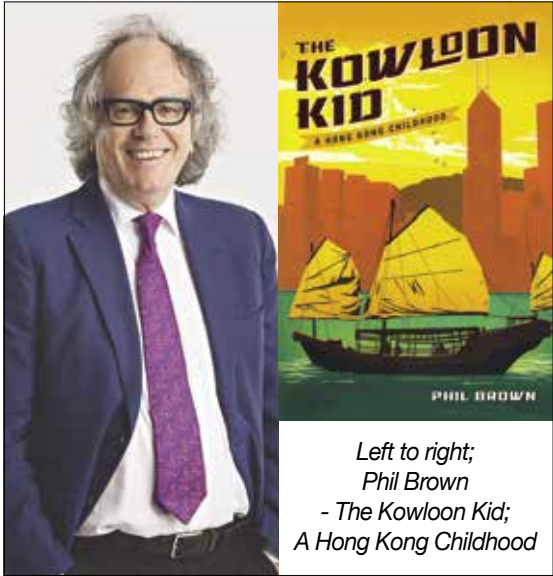
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# Meet the author - recollections of a childhood in Hong Kong



Left to right;  
Phil Brown  
- *The Kowloon Kid*;  
*A Hong Kong Childhood*

by Brad Elborough

PHIL Brown could be excused for being a bit nervous ahead of his upcoming family trip to Hong Kong in November. If you've been following the news, you'll know there is a bit of trouble happening in the Pearl of the Orient.

There have been quite intense protests against an extradition bill proposed by the government. Without getting into it too much, the bill will allow authorities to detain and extradite people wanted in territories that Hong Kong does not have extradition agreements with, including mainland China.

The locals don't like what that means for them and the Chinese army moved in late last month to help keep the peace.

Anyway, that's not the Hong Kong that Phil (and many of you) know and love.

Phil grew up there as a kid. His parents moved there from Maitland, New South Wales and it's that time that he has revisited in his book *The Kowloon Kid*.

He paints a vivid, educated and sometimes hilarious picture about his move to Hong Kong, his return to Australia (Brisbane, where he now lives) and the adventurous time in between.

He also delves back decades to explain his family's early dealings with the destination, during war times and beyond, to running businesses and working the social circles.

"Before I left Australia, we were living in a country town in Maitland in the Hunter Valley and went

to this urban metropolis," he recalls.

"It is so exotic and so exotically oriental. Also, it was so much more multicultural than my school in Australia. My Hong Kong school was very international, which was good because it gave me a tolerance and familiarity with all sorts of different people.

"It was a very privileged childhood in the sense that we were living like kings over there really. You come back to Australia, you come back to earth with a thud, because there are no servants, no chauffeur waiting out the front to take you to school.

"So when you come back to Australia there is culture shock."

Hong Kong is much different now to what it was when Phil first arrived. For one, it was under British rule back then; now it belongs to the Chinese.

*The Kowloon Kid* is much more than a travel guide that follows someone through the popular tourist sites. Although, if you're after some tips on where to go if you're planning a visit, there is plenty of Phil's thoughts on that published available in various publications.

"I have been writing about Hong Kong on and off for years. But I wanted to distil it into a book," he said.

"I had a couple of starts at it and didn't go on because of the vagaries of publishing. I even got it to one point with one publisher that I wrote a few chapters and they knocked it back, which was devastating.

"I was almost going to shelve it. But being a journo, unless I have a contract and deadline, I can't do it. So I approached Transit Lounge. They do travel and they do Asia. I sent some material to the publisher and he loved it and gave me the go ahead.

"I included visits to Hong Kong in recent years and as well as going back to the old days."

Phil does this very cleverly in the opening chapter where he puts himself into the Peninsula Hotel.

He wanders downstairs, sits himself down on a chair because he has a fever and needs to catch his breath.

His thoughts take him back to when he was a kid.

And when he visits now as an adult, it's that Hong Kong he tries to take himself and his family back to.

"Well it is different as an adult because it has changed. When I am there, I am still on the one hand a kid," he said.

"So I go to a lot of the places I used to go to when I was a kid. It's kind of me rediscovering it as an adult. We all carry our childhoods within us. We might be older, but we're still pretty connected to that."

That childhood in Hong Kong includes the start of his formal education.

He has no doubt that

his time there has moulded him into the person he is; the arts editor for the *Courier Mail* newspaper, in Brisbane.

He believes it gave him a broader education than he would have received in Australia.

"I was very literary as a kid," he said. "The British school system I grew up in Hong Kong was very advanced. In Grade 7 I was reading *Brave New World* in school and I don't think they were up to that here.

"I was involved in the Hong Kong school music festivals, doing poetry, I was in a little pop band, and we were in theatrical productions.

"I guess that set me up to be the way I am."

So, when he visits in November and as he has in the past, he's keen for his own family (wife Sandra and son Hamish) to explore that too.

They don't really have a choice.

"I drag them there fairly regularly," he admits.

"My son is 19, so he has been there three times – he has grown to love it.

"I have been with my wife probably 12 or 13 times. I proposed to her in Hong Kong in the Park Hotel; a three-star hotel, so not very romantic."

The proposal may not have been that romantic, but the writing of *The Kowloon Kid* was a real labour of love.

"It is a mixture of things," he said. "There is history; it is a memoir and there is a bit of travelogue in there. But hopefully it comes through that I love the place and that it is very much a part of me.

"If I close my eyes now, I can walk down the streets of Hong Kong and see the sites and smell the smells. So it is always very present with me."

If you want more of Phil Brown once you have read *The Kowloon Kid*, then there is some good news. He's got a few more projects on the burner. One of them is picking up where his Hong Kong journey leaves off (spoiler alert) moving back to Australia – well, the Gold Coast.

"This book comes to an end, Hong Kong finishes and all of a sudden I am at Miami State High School, a rough surfy school on the Gold Coast," he said.

"Then the next chapter is how I became Australian again, which is largely a tale of surfing and misbehaviour, because I got a surf board and learned to surf, which is how I survived the Gold Coast."

"I became a teenage surf rat."

Teenage Surf Rat... it could almost be the title.

*The Kowloon Kid - A Hong Kong Childhood* (Transit Lounge Publishing) retails for \$29.99.

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# Declining cognitive health is not inevitable - smart ideas to keep your brain healthy



Director of the Perth Brain Centre, Daniel Lane

by Lee Tate

AGE is not a barrier to protecting and improving the human brain. The risk of dementia can be significantly reduced by promoting neuroplasticity in the brain, Daniel Lane, director of the Perth Brain Centre told a meeting at the Glyde-In Community Learning Centre, recently.

"Neuroplasticity is the most important discovery in neuroscience in more than 400 years. The brain is soft-wired, not hard-wired," he said.

"These are hugely-important

matters for the whole world. There should be regular health messages on television about this."

Neuroplasticity is described as the brain's ability to reorganise itself by forming new neural connections throughout life. It allows the brain's nerve cells to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment.

"The public health message about brain health and neuroplasticity is just not out there. Not the practical stuff," he said.

Mr Lane pointed to a trial in Finland involving 1,200 adults which led to a 150 per cent improvement in executive function, memory and brain processing speed.

The trial involved a combination of exercise and healthy diet, cognitive training, social stimulation and management of blood pressure and body weight.

The trial was called the FINGER trial (Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability).

Mr Lane said the brain can continue to change well into old age.

"The brain's pathways, existing and new, can be strengthened. Experts at the Harvard Medical School

agree that declining brain health and cognitive loss is not inevitable.

"We really do know what to do to keep ourselves fit and healthy, most people just need a bit of help to get started."

He said mentally-challenging activities, learning new things, was a key. Studies of older adults at the Mayo Clinic have shown that mental challenge and intellectual enrichment over a lifetime delay the onset of dementia by 10 years. Activities that boost the brain such as reading books, writing, visiting people and places, gardening, going to church, belonging to organisations and holding office in them can all help.

Stress management is important, but what is even more important is how we think about stress. This was highlighted in an eight-year study of 30,000 Americans showed a 43 per cent increase in the risk of death for people with lots of stress in the previous year – but it was only people who believed stress was being harmful to their health whose risk increased.

Lots of people say they watch TV to help relax but some research shows that watching stressful things on TV can trigger stress responses in those watching. Studies also show that watching more than three and

half hours of TV per day can double the risk of memory loss. Mr Lane also made the point that time spent in front of a screen is time lost that could be spent doing activities that are beneficial to the brain, such as exercise. In fact prolonged sitting can decrease oxygen and blood flow to the brain after just 30 minutes, effects that can be offset by getting up and walking around for a couple of minutes.

Mr Lane also emphasised that heart health equals brain health and that brain health is closely tied to physical health. Experts recommend being active seven days a week including about 30 minutes of exercise each day. Surveys show that 80 per cent of Australians aren't doing enough exercise.

Changes to diet are valuable too, with research showing that the MIND Diet (which is similar to the Mediterranean but with an emphasis on leafy greens and berries) can reduce the risk of dementia by 50 per cent.

"These are huge numbers," he said.

"We all know that sleep is really important too. Getting the right amount of sleep ideally means between six and eight hours a night. Less, or more than this, is associated with a

35 per cent increased risk of dementia.

Mr Lane pointed to the longest study on happiness, a 75-year-long project from 1938 run by Harvard University. The results of the study, which is on going, show that the number one factor for good physical health and mental well-being is social connection and quality relationships even if with only a few people, who could be relied on for true friendships - not Facebook friends.

"This is especially relevant these days when social isolation can be a big problem, particularly as we age," he said.

Mr Lane discussed some of the latest advances in brain research including the use of brain stimulation which has already been shown to help people with depression and chronic pain and with promising results for improving memory and cognition.

He said research showed that our mind-set and expectations can play a large role in how we age. Studies have shown that if people think that it is normal for their brain to deteriorate as they get older it probably will.

"Declining cognitive health is not inevitable - you are as old as you think you are," he said.

## Get out and enjoy a musical morning with the U3A choir in Gwelup as spring arrives

FRIENDS community group are pleased to present a morning of entertainment from the combined U3A and U3A Perth choirs at Gwelup at 10am on Tuesday 29 October.

This year has seen an increase in members to the choir and they have been busy learning new

pieces as well as revising some old favourites.

During the interlude the musical director Gioi Papillion will perform a solo. The choir will return and then, towards the conclusion, they will invite the audience to join the choir in a singalong.

The program includes *I Have a Dream, Thank You for the Music, Rivers of Babylon, I Got Rhythm and Sweet Caroline*.

On the day there will be information about U3A as an organisation for people to join and at-

tendees will receive free tote bags, brochures and other items.

Following the performance there will be a delicious morning tea prepared by the Friends group and during this time anyone can ask questions about joining U3A Perth.

Come along for a musical morning of entertainment at the Gwelup Christian Community Hall, entry is by gold coin donation. Bookings essential for catering purposes. Ring Wendy on 0438 921 729.



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### Mower World



# Find your voice with Singercise - a great activity for general well-being



Matt Millington (centre) with a group of singers

by Frank Smith

MOST of us have sung at times in the shower or when on our own. It can be a great way to re-

lieve tension and give our lungs and vocal cords a work out. But it is even better to sing in company. Matt Millington, a mu-

sic teacher, set up Singercise for retired people more than ten years ago. The two groups of seniors meet weekly for a robust session of singing

under his direction. One group meets at Karrinyup and the other at South Perth. "I started Singercise when I first had children and needed to find day-time work," he said. Matt plays the piano, keyboard and guitar, teaches piano and also tunes pianos. He has just formed his rock'n'roll band *Rock It*, now his kids are older. The idea behind Singercise is to give members the chance to let off steam in company with friends. They don't have to be able to sing well or read music. Lyrics are projected on a screen with a few on-screen cues to help everyone keep on time. "I started to use a keyboard to accompany the singers, but changed to playing accompanying tracks on tape as the group got to sing more

songs than I could play," he said. "Learning songs is a two-way street and the singers often know more than I do. "I don't just sing along, I try to encourage them to do more." Former health and physical education teacher Eileen Pearman has been a regular attendee for more than ten years first hearing about the group in *Have a Go News*. She says singing aerobically improves breathing, abdominal muscles and circulation. While singing, most of the participants dance around and that improves their balance and mental health. "I joined Singercise because I love singing, not realising the true extent of the impact it would have on my life. "I look back at the last

ten years and Tuesdays have consistently been one of my favourite days. "As well as indulging my passion for singing, I have made incredible friends who are a huge part of my life, I am a part of a beautiful community of people who go for coffee every week and support each other through highs and lows. "My physical and mental health have been enhanced and I have had more fun than I ever could have anticipated." Ms Pearman is hearing impaired, but in spite of that she learned to play the guitar and ukulele. "I've been singing

since I was seven. I come from a musical background. My mother sang in a barber's shop quartet in New York. She also likes to dance and as an all-round sports person she loved volleyball and most sports. "When I came to Australia my children had to teach me how to play netball." And she passed on her passion for music. "Two of my three children are musical and they are always singing," she said. Anyone wanting to join Singercise can call Matt on 0403 376 249.

## Free Qigong seminar available this month



There are many benefits from practising Qigong regularly

QIGONG is a form of Qi (energy) exercise that originated more than 6,000 years ago in ancient China. Infinite Qigong was founded by Master Tsai Liang An more than two decades ago. Based on this ancient wisdom, Master Tsai has developed a unique breathing technique known as The Rejuvenate Breathing Technique (TRBT), which he incorporates in the Infinite Qigong practice procedures. Infinite Qigong practice entails two sets of exercise routines - namely dynamic Qigong and static (yoga) Qigong. This is akin to balancing the Yin and Yang of the human body. Infinite Qigong is known to have helped its practitioners to rejuvenate their physical and mental health. This is well-supported by the testimonials shared by its members, particularly those with chronic illnesses such as cancer, incontinence and diabetes, who have regained their health and mobility after practising Qigong regularly. The health benefit of Infinite Qigong comes about by supporting the body's natural tendency to return to balance and equilibrium and also gently creating strength, flexibility and balance in the muscles and joints through gentle flowing movements.

The exercise is particularly beneficial for seniors and for those suffering from chronic pain. Studies conducted world-wide confirm that practising Qigong

regularly can stimulate the central nervous system, lower blood pressure, reduce stress and tone muscles as well as help with digestion and waste elimination.

The Infinite Youth Australia will be conducting a free information sharing session on 22 September from 1pm to 6.15pm (registration at 12.30pm). It will be held at Corinthian Park Community Hall, corner Leach Highway and Beatrice Avenue, Shelley. The event will provide information about Qigong and other complementary therapies. There will also be a training session organised on the following day, 23 September. The events are entirely free. The information sharing session is particularly beneficial to cancer patients and their family members. For further information and registration for the free session, please contact Aaron on 0405 021 226 or Aline on 0413 866 571.



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# Where opinions matter - when do we hang up our guns?



Lee Tate

by Lee Tate

FOR the life of me, I can't fathom why, outside law enforcement, we tolerate guns of any kind in a city.

Justification for weapons has long served its time. Clearly, the price every community pays in violence is too high.

Despite all the state and federal laws, police enforcement and amnesties, we are swamped with guns.

There are an estimated 3.6 million firearms in Australia, more than in 1996, the year of the Port Arthur mass killings (3.2 million) when Martin Bryant killed 35 and wounded 23 with two military rifles.

In a six-week WA police operation this year, more than 400 firearms and 30,000 rounds of ammunition were seized after raids on nearly 3,000 city and country properties.

The National Firearms Agreement restricted private ownership of automatic and semi-automatic firearms, self-loading and pump action shotguns and certain handguns.

Applicants for a gun owner's licence need a genuine reason to own a firearm, such as gun club membership, hunting, target shooting, firearm col-

lection, pest control and some occupational uses. There are also limits on the ammunition they can buy in a given period.

Applicants must pass a background check: criminal, mental health, physical, addiction, domestic violence, residential and other records. Gun owners must re-apply and re-qualify every one to five years depending on the licence category.

Despite all our restrictions, firearms not only find a place in cities but are strongly supported by gun lobbies, business people, clubs and politicians.

Nobody honestly believes we will rid ourselves totally of this scourge but we can't just let it lie either.

Perhaps, you might think, we could keep guns

for target practice, provided they were kept at gun clubs under lock and key.

Despite handguns being banned after World War II in some part of Australia, the 1956 Melbourne Olympic Games sparked new interest in pistol shooting and laws were changed to allow the sport to develop.

But not all gun club members are responsible and all guns, locked-up or not, are targets for criminals.

I recall a Perth motorist being pulled-over by police for a traffic offence. In the car's boot was a loaded shotgun. What purpose is there for a shotgun in a city? And loaded? The driver was convicted of motoring and gun licence offences and fined. Not jailed.

In 2016 there were 260,000 unregistered guns in Australia, 250,000 long arms and 10,000 handguns, most of them in the hands of organised crime groups and other criminals.

In 2017 there were 915,000 registered firearms in NSW, 18,967 in the ACT, 298,851 in South Australia, and 126,910 in Tasmania. The other jurisdictions did not make the information public.

A 2017 study by Gun Control Australia claimed that Australian states had significantly weakened gun laws since the National Firearms Agreement was first introduced, with no jurisdiction fully compliant with the Agreement.

Many states allow children to fire guns under supervision and the man-

datory 28 day cooling-off period required for gun purchases has been relaxed, with no waiting period for purchasers who already own at least one gun.

No state or territory has outlined a timeframe for achieving full compliance with the National Firearms Agreement.

Surveys show the public is divided over whether our gun laws are tough enough. Our police, meanwhile, have to face firearms head-on and, of course, had to arm themselves.

Since the 1970s, police in Australia's eight jurisdictions moved to routinely carry exposed firearms while on duty. Who'd blame them?

Up till then, police carried a baton, except for

gun-toting NSW police. First, police were authorised to carry a covered firearm and then an exposed firearm.

Undoubtedly, this makes coppers vulnerable. Police, worldwide, have also been accused of being trigger-happy.

It opens the question: How far we have gone with technology for police to use modern, non-gun tactics?

All of it should be kept in open-debate. To stay silent would be a crime.

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

## Why social club membership counts in retirement

Como Probus president  
Eric Atkins

THERE are around 6,500 community and sports clubs in Australia and astonishingly, about 30 per cent of those are Probus clubs.

One of the issues with retirement is what do you

do with your time? Some find renewed vigour for old hobbies, like gardening or crafts, both things that can be done alone and at home. But often that's not enough.

Over the years around 125,000 retirees have taken to Probus clubs with absolute gusto and have been spending much of their retirement time simply socialising and having fun with friends.

They're always happy to tell you how much Probus has brightened their lives and rekindled their zest for fun and friendship in retirement, and they're equally happy to welcome new members into their clubs.

People will find Probus

clubs are a mix of socialising, morning teas or lunches sometimes with interesting guest speakers, and both small and large group activities arranged by fellow club members.

Probus clubs offer a great choice of activities every month, whether it's day trips, playing cards, crafting, dining out or helping arrange even more activities for friends.

It's not just about an individual's social life of course, it's also about what members can add to others' lives.

Participation as a Probian is an important part of someone else's social activities, and as members make more friends, the circle of social influ-

ence gets wider and wider, meaning more fellow members look forward to doing something together.

Bonds of friendship are created and this is one of the keys which has seen Probus become the major social group it is.

Members all look forward to seeing friends.

Como Combined Probus Club Probian Terry says: "I've been a member now for six years and I've enjoyed every one."

"Each year we get new members and all of them bring new ideas and life into our club."

"I love welcoming them into our club and helping them get the same enjoyment out of Probus that I do", he said.

The Probus website features a Club Finder that helps people find a club close to them.

Just type in the postcode and the site gives a list of clubs in people's locality and the opportunity to contact them.

Potential members can visit as many of them as they like before they choose the one that's right, and then start having fun.

For more information about Probus call (Australia) 1300 630 488 or visit [www.probusouthpacific.org](http://www.probusouthpacific.org)

To find out more about the Como Probus contact secretary Terry Speers via PO Box 38, Como WA 6952 or phone 9367 1656.

## Knit for south west lambs...

Baptistcare resident Grace Vanderlist,  
busy knitting winter lamb jackets.

IF you think it's been a chilly winter, spare a thought for the many tiny lambs which are born during the coldest months of the year and then find themselves orphaned.

Coming into the world without their thick and fluffy signature coats, and without the natural body warmth from their mother, these winter lambs need help to survive those first frosty days and freezing nights on the farm.

Enter a group of passionate knitters at Baptistcare's William Carey Court Residential Care in Busselton who for the last year have been dedicating their Mondays to creating colourful jackets for newborn lambs in the south west.

Using wool donated by family and friends, the group of seven dedicated ladies can be found each week clicking away with their knitting needles creating the specially designed jackets which keep the lambs toasty until they grow their own coats.

The talented senior knitters have also been making beanies and scarves to sell and using the proceeds to purchase the fluffiest, softest wool they can find for the tiny jackets.

The lamb jackets have been so successful the Baptistcare William Carey Court knitters have expanded their creations to jumpers for small dogs and pouches for orphaned baby kangaroos and possums who are rescued by local wildlife volunteers.

Baptistcare William Carey Court Lifestyle Coordinator, Ros McDonald, said the knitting is not only an enjoyable, social activity for the residents, but assists with cognitive ability and brings them a lot of joy.



**MANDURAH  
10-13  
OCTOBER**

**PERTH  
6-16  
NOVEMBER**

Music by Andrew Lloyd Webber  
Based on "Old Possum's Book of  
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**From the much-loved  
broadway classic by  
Andrew Lloyd Webber  
and poetry by T.S. Eliot,  
comes the re-imagined and  
larger than life performance...  
a spectacle for the senses  
and FUN for all ages!**

**CATSTHEMUSICAL.COM.AU**

## Creating a community hub...

THE guest speaker at this month's meeting of the Association of Independent Retirees (AIR) will be Mandurah Forum Shopping Centre manager Jacqueline McKenzie.

She will talk about the role of shopping centres as a community hub in an increasingly detached and digital world.

AIR, Mandurah regional branch, meets on the fourth Monday of every month.

Their next meeting will take place at 9.30am on Monday 23 September at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

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

For enquiries please ring Shirley Lloyd on 9582 1541.

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

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

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

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# Meet a man who is chasing a great Aussie retirement adventure



Left; Peter and Jacki Right; Modern day mustering

by Lee Tate

PETER Harrison is chasing great Aussie adventures that most of us can only dream about. Across the north-west outback, the 71-year-old has been in pursuit of the great cattle musters, getting close-up and personal with the cowhands, station owners and Indigenous peoples. Emerging from the red dust in his customised rig, towing a trailer containing his specialised gear, Peter pulls into Broome Caravan Park

with off-sider, Jacki, his kelpie-cross pup. Three months of the year, Pete - in so-called retirement - follows his passions as a freelance documentary-maker. And not for money. For 12 years, the ex-Kojonup 'cocky' has turned his camera on deep sea fishing, pearl diving, hay-making, grain-growing, herring hunts and forestry. He's filmed wild pigs, crocodiles and water buffalo in their harsh, remote environments. After life on the farm,



Pete started a string of Busselton-based businesses, invented a farm tool, had fuel depots, was a shearer, opened a fire-break firm, became a 'dozer operator building dams and was both a hay baling and bush-clearing contractor. Pete is a silent partner in a south-west metal fabrication company where he modified his road rig. That allows him to carry cameras and editing gear, to edit inside and sleep out in the bush. A great interest is Aussie cattle musters and his footage of helicopters, buggies, quadbikes and motor bikes rounding up huge cattle herds across properties exceeding the size of the ACT has attracted interest of shire councils, property owners and state tourism. Pete is preparing a DVD to be given, free, to

WA information centres - just because he believes cattle musters are a fascinating, unique part of Aussie life that should be understood and appreciated by city people. He's also interested in distributing the live-action footage to schools. He believes young Australians are missing opportunities to work on cattle stations, jobs that are taken by backpackers even though they come from the northern hemisphere, unacclimatised and with no working knowledge of cattle stations or musters. "From my experience at a lot of cattle stations, about a quarter of the staff are backpackers. Yet there are a lot of potential workers around these areas, people getting unemployment payments," he said. "Some could be, and should be, out working.

They need to get used to the climate and make a reasonable change of attitude." Pete said no special skills were needed when workers, driving buggies and bikes, were under direction from supervisors and helicopter pilots bringing-in the herds from April to October. "They just need to do what they're told," said quietly-spoken Pete who, lean and laconic, is the very image of a north-west cattleman. "They have to have in mind that they need to front-up every day and behave themselves. Unreliable staff is a real headache for station owners," he said. Pete says wife Janet is accustomed to him spending months away from their Busselton home, where their three grown children and grandchildren live.

"We are a close family and Janet is very good at running the 'grandies' around for their sports and activities. Our marriage has stood up to it," he said. Pete is sometimes joined on his trips by neighbours, Brian and Jo. On his most recent adventure Pete managed to get close-up footage of wallowing wild pigs, water buffalo and big 'salties'. In country from Kununurra to Katherine and along rivers like the Fitzroy, Daly and Adelaide, Pete camps among whatever is there. "Risk doesn't bother me, I try to cover risk but it doesn't stop me taking it." Numbers of some animals, including snakes and lizards, appear to be down which Pete believes may be as a result of the influx of poisonous cane toads. "Crows have adapted to them, though. They've learnt to turn cane toads over and eat out their stomachs." Feral cats are an issue, too.

"There's nowhere in Australia where you won't find wild cats," he said. Pete was joined on his latest trip by Aboriginal man, Rodney, who asked if he could assist Pete meet key people and find useful places. "He's a wonderful, patriotic man. We travelled together - after he bought a mattress and an iron. He doesn't drink, swear or smoke, speaks a number of Indigenous languages and introduced me to Aboriginal stockmen and young men. "We're the same age. He helped me enormously. He's a man of considerable substance and used to be a safety officer at Argyle Mines," Pete said. When Pete asked an Aboriginal woman if she would tell him something of her life, the woman said she wanted to tell him her whole life story, so Pete filmed it and gave her a copy. "I've gone from cocky to camera. I'd hate to retire if I didn't have this," he said.

Find us on social media



# Open Day - Spring at The Reserve

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The Reserve  
by alchera living

Register your interest at [thereserve.net.au](http://thereserve.net.au)

Sales Enquiries: Alchera's Office (08) 9314 5884 Jodie Burgess 0429 893 018



# What is an Enduring Power of Attorney (EPA) and do you need one?



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

by Raymond Tan

AN EPA is a legal document allowing you to appoint another person to make financial and

property decisions on your behalf.

A person who makes an appointment under an EPA (the donor) can authorise one or more people (attorney) to act for them if they lose their decision-making ability. It is unlike a normal Power of Attorney, where an attorney cannot act after the donor loses their capacity to make decisions.

**What does an EPA Authorise my attorney to do?**

Your attorney is only authorised to make decisions about your finan-

cial and property affairs and not, for example, decisions regarding your health care or medical treatment.

**Why should I make an EPA?**

You need an EPA to ensure your assets are managed by someone you trust if you lose your legal capacity to make decisions. It may not be possible to predict the onset of mental disability, but by appointing an attorney under an EPA, you put your financial affairs in the hands of someone you trust.

**Who should I appoint as my Attorney?**

You can appoint anybody to be your attorney and you can also appoint more than one Attorney, for example, where you want your children to act together.

It is most important to choose someone you can trust and who will manage your affairs in your best interests.

If you appoint one of your children to be the attorney, ask yourself is that child going to put you in the cheapest nursing home or the most expensive? When

you eventually pass away, that child may stand to inherit more.

**What happens if I don't make an EPA?**

In Western Australia, if you lose your ability to make decisions and have not appointed an attorney under an EPA, the State Administrative Tribunal may appoint someone to manage your affairs.

A state-appointed Administrator may not be someone who you would have chosen yourself.

**How do I make an EPA?**

In Western Australia,

for an EPA to be valid, it must comply with the requirements set out in the Guardianship and Administration Act of 1990. Moreover, a person making an EPA must be of sound mind when the EPA is made. If there is any doubt you should get the opinion of a doctor.

Standard EPA forms are available on the State Government's website [www.publicadvocate.wa.gov.au/\\_files/epa\\_kit](http://www.publicadvocate.wa.gov.au/_files/epa_kit)

You can complete an EPA yourself or you can arrange for a lawyer or

trustee company to prepare the documents for you.

In your EPA you can specify how you want your attorneys to carry out their responsibilities. If you are unsure about the legal effect of an EPA seek legal advice.

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

## Human Services provides assistance for grandparent carers



by Hank Jongen,  
General manager,  
Department of Human  
Services

IT can be a very daunting

and overwhelming experience for people, particularly grandparents, when they unexpectedly find themselves responsible for a child's ongoing, full-time care.

There are many reasons why someone may become a long-term carer for a child who isn't their own. If you find yourself in this situation, don't stress – help is available.

The Department has a network of grandpar-

ent advisers around the country who can assist grandparents and non-parent carers providing ongoing care for children, with access to payments and tailored support.

Grandparent advisers closely work with you to assess your situation and give you information that meets your needs. They can help you to apply for payments to assist with the care of the child or children, such

as Family Tax Benefit, Double Orphan Pension, or Child Care Subsidy. They can also check if you qualify for help with health care costs.

Grandparent advisers can refer you to federal and state government services, or community providers in your area that offer additional support. They can even link you to some of our other departmental services and book appointments to speak with

social workers, multicultural service officers, indigenous customer service officers, or financial information service officers.

To contact one of our grandparent advisers, call the grandparent adviser line on Freecall 1800 245 965, which is free to call from your home landline.

You can also use the payment and service finder tool on our website to check for any

payments you may be eligible to receive. You can get a head start on claiming a payment by firstly setting up a Centrelink and Medicare online account and then linking these to your myGov account.

If you apply for a payment, you will need to provide us with documents to support your claim, such as formal agreements like a court order or care arrangements for each child.

You will also need to provide documents to show when a child is in your care, such as school attendance and health records.

For more information, search grandparent advisers on our website at [humanservices.gov.au](http://humanservices.gov.au).

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

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



9am Monday to Friday  
Morning Prayer

10.15am each Sunday  
Regular services of Holy Communion

#### Kids Program

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

Kids Program runs during school terms

#### Holy Honey

Buy Father Steve's organic raw honey



[www.stpatricksmtlawley.com](http://www.stpatricksmtlawley.com)  
Father Stephen Conway 0478 514 516

### York Medieval Fayre returns this spring

## NEED CASH?

### We buy unwanted jewellery

Turn all that unwanted gold and diamond jewellery into cash



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JUST an hour's drive from Midland in the Avon Valley is the historic township of York.

On Sunday 29 September the sixth annual York Medieval Fayre will be held, hosted by the York Friendship Club.

Come along and see knights and maidens, re-enactment battles throughout the day with special times for youngsters to join in and learn the arts of chivalry and swordsmanship.

There will be displays from the dark ages, snakes and raptors on site and many diverse stalls. Come in costume or purchase one on the day to join in the parade through the main street at 2pm. There will be music, minstrels and dance displays, a tent of free kids activities where they can make their own shields or breast plates, an animal farm and pony rides with horse archery at the nearby Carriage Diner.

There will be lots of tasty food on hand and the opportunity to try something out of the ordinary.

All this for a \$5 entry fee, kids free, with entry proceeds going to the homeless via various organisations.

For enquiries visit [www.yorkmedievalfayre.org.au](http://www.yorkmedievalfayre.org.au) contact [crcrcception@westnet.com.au](mailto:crcrcception@westnet.com.au), or call Yvonne on 9641 1541.

## LAND A great deal At our Open Day

Come along to the Jurien Bay Village Open Day where you can take a guided tour of the facilities with a cuppa and view our range of stylish cottage homes.

**When:** 11am – 2pm, Saturday 12 October.

**Where:** Corner Bashford Street and Nineteenth Avenue, Jurien Bay.

**RSVP:** Register at [jurienbayvillage.com.au](http://jurienbayvillage.com.au) or call 9652 0400.

### Stylish cottage homes from \$193,000.

Enjoy the relaxing coastal lifestyle you've always dreamed about at Jurien Bay Village, just an easy two-hour drive north of Perth. You'll have exclusive access to resort-style facilities plus there's an on-site respite centre and home care health services. Best of all, you can choose from a range of stylish cottage homes with spacious open-plan living areas and one, two or three bedrooms.

Register now  
to win an overnight  
stay at Crown  
Promenade Perth.\*

Corner Bashford Street and  
Nineteenth Avenue, Jurien Bay  
[jurienbayvillage.com.au](http://jurienbayvillage.com.au)

**Jurien Bay VILLAGE**

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\*T&Cs apply





# BIGGER, BRIGHTER AND MORE FUN THIS SEPTEMBER



## SUNDAY MINI DRIVEAWAY

### Gaming Machine Jackpot

## GUARANTEED MINI COOPER TO BE WON EVERY SUNDAY

Sundays, 8 - 29 September

Play on eligible Gaming Machines across the Casino from 7pm for your chance to drive away in a brand new 2019 MINI Cooper!

**Plus, 50 chances to win \$200 from 3pm.**

Conditions apply, see [crownperth.com.au](http://crownperth.com.au). Open to all patrons playing on eligible Gaming Machines. Excludes any Rapid products, Vegas Star, Lucky Sic Bo, Lucky Big Wheel and Fusion terminals. The Gaming Machine Jackpot will start on the promotional day at the times stated above until the jackpot winners are found. Once the jackpot winners are found the Gaming Machine Jackpot will end and restart the following promotional day. Estimated RRP of a 2019 MINI F55-Cooper 5 Door LCI is \$40,608. Image is for illustration purposes only.



## TASTY MEALS UNDER \$20

Treat your tastebuds to delicious angel hair seafood pasta with barramundi, mussels and prawns at Market & Co for just \$19.50.

**Available for lunch and dinner every day.**

**Market & Co**

Conditions apply. Surcharge of 10% applies on Public Holidays. Available for a limited time. Not to be used in conjunction with any other offer or discount. Images are for illustration purposes only.



## HOP ABOARD THE CROWN BUS

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

**Visit [crownperth.com.au](http://crownperth.com.au) for the full timetable.**

**CROWNBUS**

Conditions apply, see [crownperth.com.au](http://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.

## LIVE A LITTLE BRIGHTER



# Reach out to someone with dementia during Dementia Awareness Month



Danielle Wrench

by Danielle Wrench,  
General manager, Alzheimer's WA

DO you know someone living with dementia? A diagnosis of dementia can be difficult to understand and

can be an isolating experience for the person and their family members. September is Dementia Awareness Month. It aims to raise community awareness and understanding so people living with dementia feel supported in their communities.

Here are some of the things you can do, in September and into the future, to support a person living with dementia in your community.

**Download our new resources**

We have created new posters and brochures which you can download from our website. They cover a range of topics including information about dementia, how to engage with a person living with dementia, and the services we offer.

**Visit our van in the city on World Alzheimer's Day**

If you are in the city on Friday 20 September, come and visit the Alzheimer's WA van which will be parked in Forrest Place from 9am

– 2pm. Talk to our staff and grab a brochure or two.

**Host your own games night with Game On!**

Gather your family or friends for a games night, or day, and support people living with dementia. Perhaps you have a favourite board game you like to play, or maybe backyard cricket is more your thing. Why not create a special bowls or golf tournament at your local sporting club? The choice is up to you. Game On is also a great opportunity to include people living with dementia in an enjoyable activity.

**Visit a Memory Café**

Memory Cafés provide a welcoming social space for people living with dementia and their family member or carer. There are 12 cafés across the state, which will hold a Memory Café in September.

**Book a ticket to our Family and Friends' course**

Courses run once a month at Mary

Chester House in Shenton Park. For a small fee, spend the day with us (lunch is provided) and find out more about dementia, what happens to a person when they develop dementia, and how to communicate with and support a person with dementia.

**Register for the Walk to Remember**

Walk with Alzheimer's WA in honour of people living with dementia, or in memory of a loved one who had dementia. The Walk to Remember events are a fun family day out and each event is wheelchair accessible, dog friendly, and, most importantly, dementia friendly.

There are three events to choose from: 20 October in Mandurah, 27 October in Albany, and 3 November in Perth.

I'll be at the Perth and Mandurah walks with my kelpie, Kelsey. I hope to see you there.

Learn about the Validation Method

We have secured international Validation Method master Vicki de Klerk-Rubin for a half day workshop on Monday 7 October. Learn practical skills and techniques to communicate with a person living with dementia. Bookings are essential.

**Become a volunteer**

Alzheimer's WA is always looking for people just like you to perform a variety of voluntary roles within our organisation. Positions are available in Perth, Mandurah and Albany. We value your knowledge and skills, and we just couldn't do the work we do without you.

Above all, during the month of September reach out to people who are living with dementia in your community, and let them know they are not alone.

Find out more by calling 1300 66 77 88 or emailing support@alzheimerswa.org.au. You can also search our website, alzheimerswa.org.au.

## It's spring time so it's great to hop back in the pool



Swimming suits all generations

by Nadine Georgiades,  
Project coordinator –  
Masters Swimming WA

SPRING is the time to

pull those bathers out of the cupboard and jump back into your local pool and get fit and healthy for summer.

Did you know that swimming is a great aerobic activity which helps to improve blood pressure, muscle tone and posture? It is low impact, so is great for rehabilitation from injury and promotes health and well being both physically and mentally.

So why not join a Masters Club and get all the health benefits, plus plenty of friendship and fun? Masters clubs are for swimming adults

of all abilities and offer regular coached training sessions with individual guidance and stroke correction.

All clubs offer fun activities at different levels – often a collection of fun drills followed by social activities after training or even weekends away incorporating a swim event.

Masters Swimming WA offers a discounted spring membership for 16 months in September – so why

not come down to your local pool and try a swim with the Masters Club, free of charge, and see what we are all about?

We also have our family friendly open water swim series, WOWSwims, starting in November so there is swimming for everyone available with Masters.

To find your nearest club visit our website [www.mswa.asn.au](http://www.mswa.asn.au) and go down for your free swim now.

## Calling former students and teachers from Bunbury High School

ALL former students of Bunbury High School are encouraged to attend this year's reunion which will be held on Saturday 5 October.

Organiser Ivan Okey says he would love to see older former students and teachers attend the fun annual event.

The function returns to the Langley Room at the RAAFA Centre in Bullcreek. The event starts at 11.30am for a 12noon sit down lunch which includes two courses and free tea and coffee for \$40.

Drinks are available at bar prices.

If you would like to attend or would like further information please call Ivan Okey on 9248 6535, 0447 267 938 or email [yekornavi@yahoo.com.au](mailto:yekornavi@yahoo.com.au)

# Looking for a better home care package?

## Put a smile back on your face.

Maybe you're not happy with your current package. Or you just want to ensure you're making the most of your budget. Whatever your situation, we can help.

We've been providing care and support for 45 years, delivering tailor-made home care packages that tick all the right boxes.

- ✓ No set-up or exit fees and affordable hourly rates
- ✓ Inclusive at-home Chaplaincy and pastoral care service
- ✓ Dedicated Care Manager to coordinate your services

**It's easy to switch to Baptistcare**

Arrange a free consultation at home with one of our home care experts. They can answer your questions and discuss your options. And if you decide you want to switch, they can even take care of the paperwork.

**Call us today**  
**1300 660 640**  
**[baptistcare.com.au/switching](http://baptistcare.com.au/switching)**



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communities for life



A time of remembrance and the one-eyed finals fever festival is nearly here



Clockwise from left; Morris - Vale Norma Kelly - Rick Steele



by Rick Steele

OH dear! Just as the horrific flu season comes to an end, all the one-eyed footy tragics break out, coaches get sacked, and the news is dominated

by who has strained his groin, and who's pulled a 'hammy'. I've been one-eyed most of my life until recently. Fifty years to be close to exact. I bought my first car

in 1969 and promised to take my girlfriend out that night. As I drove home in my new second hand automobile, (a 1948 Morris 8 E series) it occurred to me that I did not possess a driving licence. In those days, the local policeman in the village conducted the test, and he was a friend of my father. No problem. I rang in the morning, arranged my appointment for 2.30 and drove down to my local cop shop. He did enquire how I got the vehicle there and was scolded as a very naughty boy. I passed the practical and went inside for the paperwork and the eye test. Right eye was pretty good but missing a little on the bottom couple of lines. Left eye, and I could read the big 'B' at the top, and the line underneath, but then, blurry big time. I couldn't believe it. I rubbed my eyes, scratched my head, stood on my head. "Sorry son," he said, "I'm gunna have to fail you, you've got an eye problem." With two big copper pennies I rang my father, who with my sister, ignorantly got me and my car home. I did take her out that night. (The car and the girlfriend.) Fifty years later and thanks to modern technology, I have had my cataracts removed and my long-sightedness corrected, so you can't call me one-eyed anymore. "Didn't even see you, now my hearts in pain, Feels to me, out in the street, like the whole

world, has got the blues." The words above are from the song I wrote when my cousin Tony died. We were all told he didn't want any visitors as he wasted away with the cancer. I obeyed his instructions, but still kinda wish and regret I didn't have the chance to say goodbye. Last month, Kevin Bloody Wilson organised a wake, concert, hoedown, celebration for the queen of country music, Norma Kelly. Close friends had been sworn to secrecy so that no one knew of her illness, so the announcement of her passing came as a shock. On behalf of the WA country music scene, we are thankful for the outstanding contribution that Norma made to the Perth fraternity. The Perth Blues Club is also in mourning this month, with the passing of one of our most talented gentlemen, Paul Gioia, who played the keyboards, accordion and sang the blues and gospel with soul and a quirky sense of humour. Paul was a Fairbridge Festival favourite and his gospel-led choir, his fine CDs and his memorable band *Tindog* will long be remembered. So, as the footy finals begin, try and keep both eyes open and remember nothing is ever so bad, that it can't be made worse, by sacking the coach. If one synchronised swimmer drowns, do the rest have to drown too? Cheers dears.

Solving the getting started problem when you don't have the just-do-it gene...



Jon Lewis  
by Jon Lewis  
MY dear mother says it's

just a matter of get up and do it. I seem to lack this gene. As a result, I have struggled to get things done and finished. If you are more like me than my mother, I have discovered a plan to make it simpler and far more pleasant. First, I simply imagine it done. What's more I try to see it done. If I

can, I even try to feel it done. Doing this can even guide me to a better result. Otherwise, it's like trying to complete a jigsaw without seeing the finished picture. It provides me with a great relief that the task can indeed be completed. Second, what do I need to get it done correctly. What tools, documents or knowhow do

I need? I try not to skip this step. You see after I have visualised the completion/ending there is so much excitement in me that often I just want to get started. However, I fail when I have not got all that I need to complete the task. Third, strangely this is the easiest part, once I have successfully completed steps one and

two, the third looks after itself. I just use the knowledge and knowhow of those steps and before I know it, step three is done. You may be wondering if there is a step four? Oh yes... it is to celebrate! It's a simple as this, if you do not celebrate your wins, then winning and losing will feel the same.

What I especially like about this process is that steps one and two can be done in bed while sipping a cup of coffee. If you feel you do not have enough time in the day to do this, it could be a simple matter of priorities. It can be so easy to prioritise the non-critical issues of importance. I find it's best to prioritise the tasks that have

someone else's time frame attached, as they tend to be far less forgiving than I am with my own tasks. So I pay the bills first, reply to my correspondence and fill out any documents. Then I approach tasks with my own time frame - like cleaning the house, going to the gym or making dinner. All the best.

Hearing Specialists Develop New Ultra-Lightweight TV Headphones:

At just 14 grams, they Weigh 90% Less than Traditional TV Headphones!



**Heard the good news?**  
Bulky and heavy TV headphones are now a thing of the past, thanks to Hearing Specialists who have developed new ultra-lightweight wireless headphones, which enables the wearer to hear the TV audio with pristine clarity. The speech clarification audio works for those with any level of hearing loss, and has been proven to deliver a clearer TV listening experience than even the most expensive and advanced hearing aids available.

**How is this possible?**  
Hearing Specialist Don Hudson says the new TV Voice Pro Air audio clarifies TV dialogue based on the analysis of over 1000 real hearing test results.

"As a result of developing the headphone audio from real hearing test data, all of our customers reported hearing TV speech and audio more clearly than their current hearing aids, including those with hearing aids valued at over \$10,000."

Wearers, however, were vying for a more comfortable experience. "Our customers were wanting the wireless headset to be lighter, so that they could also lie back for television viewing without discomfort. Over two years we developed the new system, integrating the voice enhancing

audio into wireless headphones which weigh only 14 grams, and the response was amazing. Over 95% of our customers reported the most comfortable and clearest TV listening experience they have ever had."

**What's More?**  
The TV Voice Pro Air system clarifies TV dialogue automatically and is guaranteed to connect to any TV in Australia in under 2 minutes. The user can hear the TV at their preferred volume from up to 10 metres, without affecting the TV volume for others in the room.

With specialised volume control up to 110 decibels, it works for any level of hearing loss. The TV Voice Pro Air system is a fraction of the cost of purchasing a hearing aid. The headphones are completely rechargeable and no batteries are required.

As a special offer, Have a Go News readers can use Gift Voucher Code **GONEWS** at the TV Voice Pro website checkout for **\$10 OFF** the purchase price, available until the **30th of September 2019**.

**Visit [www.TvVoicePro.com.au](http://www.TvVoicePro.com.au) to order online or phone 1300 300 446 to place your order with the Customer Service Team.**

TV Voice Pro Guarantee

- ✓ 90% lighter than traditional over-the-head or under-the-chin headphones
- ✓ Enjoy TV your way:
  - Sitting Down
  - Lying Down
  - Walking Around
- ✓ Works with any TV
- ✓ 30 Day Money Back Satisfaction Guarantee and Free Courier Delivery



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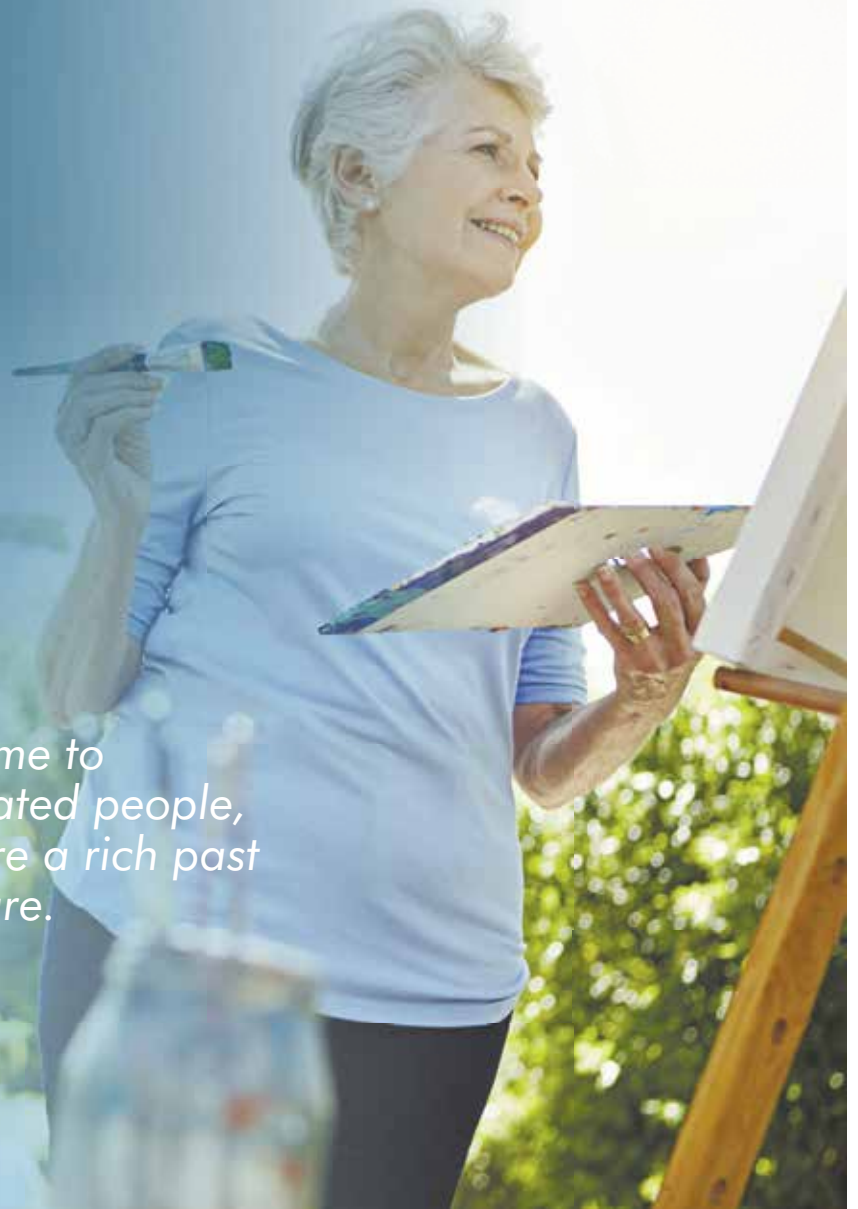
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**EVENT: Chattering Valley Bus Tour  
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**EVENT: Open Day 5th October**



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

**EVENT: Morning Tea 19th September**



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

**EVENT: Twilight Tour 26th September**



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**P**

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**EVENT: Wine and Cheese Masterclass  
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# TV Talk with Lee Tate – community television is on the downward spiral

TELEVISION viewers have to take the good with the bad and the boring but, it can't be denied, there is an amazing array of TV channels on offer to us. WA's various TV guides are dominated by the big five networks but carry the daily offerings from 22 channels. Including one you'd probably hardly heard of: Western Australia's dedicated Channel 44, WTV.

presented for your enjoyment by Phil Paddon & Terry Bennetts Music



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**Seniors Recreation Council of WA PH: 9492 9771**



Occasionally, we might pick out – or stumble across – an old movie or Italian cooking program on WTV. But often only when we have given up on the other networks.

Clearly, WTV would benefit from greater promotion and sponsorship – easier said than done for low-funded community networks.

And among WTV programs like *Walks Around Britain*, Al Jazeera and Italian food shows, how much content about Western Australia do we expect?

It raises some interesting questions. How much demand is there for a dedicated WA channel, for programs featuring WA? How much public money should support a local channel? How much corporate funding can be raised? How much could the channel be used by

WA schools and universities?

There is merit in the idea of a TV network to showcase a truly unique State, both to ourselves and to outsiders interstate and around the world.

The idea of a TV network where media students can watch and learn and put into practice what they have been funded to learn at media training centres has real merit.

And the idea of a TV network in such an isolated State makes much sense.

The station's formation in 1994 as a pioneer in community television began a rocky road.

"From small beginnings, this not-for-profit, member-based television production service has successfully grown and now broadcasts a wide range of both local and

international programs made with the community, for the community," says its blurb.

Community TV Channel Access 31 was formed in 1998, broadcast from 1999, with programming by CTV Perth. But in 2005, CTV Perth withdrew from providing programs to Access 31 after programming disputes. Access 31 went into voluntary administration in 2003 and ceased transmission in August 2008, despite the millions of dollars of state government funding they had received.

CTV Perth continued to produce programs for Australian channels including Foxtel's Aurora as well as for US community television.

Relying on volunteers, CTV produces material for WTV whose digital licence was approved by

Canberra in 2009, paving the way in Perth for digital community television.

It's been a quiet revolution for WTV to reach this point, unknown to most of us in WA and facing an uncertain, unpredictable future. Competition doesn't get any tougher than in the media, a worldwide hot-house brewed by the world's most successful, powerful, influential and ruthless moguls.

Not all media outlets are even intended to make money; some are started for powerful political reasons. Media influence can lead to political, community and business leverage with other benefits.

All the worthy people at community TV stations – volunteers, students and believers in independence from overpowering States and bureau-



Lee Tate

crats – deserve support.

An independent television voice is a source of local information and entertainment. It is in the State's interest, is beneficially to West Australians and is therefore worthy of support from government, business, media training centres and the WA community.

Ed's Note – we also have the locally made variety show *The Couch* which airs on Foxtel Aurora and can be viewed online on Facebook and Youtube.

## Find the secret word in the adverts and win a \$200 voucher



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

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

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

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

1. Oven Door Bakery
2. Save the Children
3. Alchera Living

4. Arcadia
5. St Vincent de Paul Canning Vale
6. Aussie Redback Tours
7. Bicton Travel
8. Wannadoo Tours
9. Precise Suspension & Automotive
10. Teranca Mews
11. Seniors and Carers Expo

Entrants can enter via email [win@haveagoneews.com.au](mailto:win@haveagoneews.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 30/9/19.

**Congratulations to Ian Hunt our July 2019 winner.**

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# Paddlers enjoy a perfect winter meander around the river



Beautiful reflections on the calm water at Shelley Beach

by Iris Mickiewicz

AFTER enjoying a few white-water paddles, the rain has been somewhat haphazard, therefore, we were back to a flat-water paddle for all.

One Thursday in August more than made up for it by turning on the most amazing weather. Despite a chilly start, the sun shone through clear blue skies onto the calm, glassy river.

To top off the most

beautiful day, 39 kayaks and 40 paddlers arrived at Shelley Beach. It seemed that no one wanted to miss such a glorious day. Fortunately, there was just enough parking to accommodate all.

As soon as everyone was organised and assembled; the decision was made to paddle downstream and meet at Deep Water Point for morning tea. Our usual two groups – mainstreamers, for paddlers wanting

a more challenging paddle. – and the leisurelies to accommodate new paddlers and those wanting a less strenuous paddle.

Right on time leaders and tailenders were allocated to both groups. We wasted no time in getting onto the river with mainstreamers numbering 22 kayaks (23 paddlers), leading the way at a pretty fast clip.

As the river was like glass, we made very good time towards Mt Henry

Bridge. Therefore, allowing plenty of time for the mainstreamers to check out how far they could paddle up Bullcreek.

While they were exploring the leisurelies with 17 kayaks headed off. Taking a short cut across the river towards the Aquinas boat shed and on in the direction of the Mt Henry Bridge. We all loved the most beautiful reflections on the calm water as we paddled. The leisurelies stopped to study the Osprey's nest as we spotted the female feeding a chick. We also allowed plenty of time for our resident photographer to take his quota of photos.

The leisurelies were quite excited to find that they had arrived at Deep Water Point before the mainstreamers. They were well and truly settled on the river bank enjoying morning tea before the mainstreamers arrived. Once the mainstreamers disembarked to partake of morning tea it was wonderful to note the camaraderie of the whole group as we appreciated the good company of our friends.

On the return leg, the leisurelies departed first, crossing the river and paddling strongly towards

the Mt Henry Bridge. As we rested just upstream of the bridge we were soon overtaken by the stronger, fitter and speedier mainstreamers. We continued on around Mt Henry Peninsula, around Aquinas Bay to Salter Point. We were fortunate that the water was high enough to enable us to venture into the Lagoon Conservation Area, for more exploring.

After our explorations; we were soon disembarked, with kayaks washed and loaded back onto our cars at Shelley Beach. There we enjoyed lunch, sitting in the warm sun catching up with a terrific group of fellow paddlers. It was the perfect end to a fabulous morning paddle.

Life doesn't get much better than that.

If you are interested in Over 55 Canoe Club all enquiries to president Iris Mickiewicz on 0438 926 578 or secretary Dale Winn on 0420 733 024.



# Green burials



Left; Mary Flynn  
Above; Karen Majer

by Karen Majer

IN a case of everything old is new again, the latest funeral trend is environmentally friendly burials. Whether it's in a woven wicker coffin, a personalised shroud or a shiny modern burial egg, many people are choosing to return naturally to the earth.

It's a topic that may be uncomfortable for some, but opening up a discussion on death and dying has benefits for many people.

Margaret River resident Mary Flynn raised the issue with our local Transition community group earlier this year and generated enthusiastic interest.

"When I was a child in Ireland, death was accepted as normal, it happened, and the body of the dead person was kept at home, washed, dressed, loved, prayed for, sung to," Mary told us. "The process of grieving was wholehearted and the healing of the pain of loss already happening."

"I recently had the experience of an alienating and mystifying funeral of a loved family member and I thought there must be a better way," she said.

These small discussions led to an open community meeting attended by more than 60 people. They resolved to learn more and do more as a community, opening up conversations that need to occur while people are well, such as legal and financial matters, advanced health care, making a plan for what you want when you die and funeral and burial options.

"It seems that there is a hunger for this conversation and from what the literature reveals, once the topic has been broached within families, everyone is happier and more at ease and life can continue," Mary said.

"Green burial choices have attracted particular interest. One reason is growing awareness of climate change which has prompted people to turn away from cremation, a process that uses fossil fuels and releases about 240kg of carbon dioxide as well as other pollutants into the atmosphere, to more eco-friendly options.

Another reason is the growing desire to return to nature. It can be comforting to think about resting in a beautiful environment and becoming part of the trees. Some local governments are recognising the need to plan for natural parkland or bushland resting places, with minimal markers, as an alternative to conventional cemeteries.

Australia's first not-for-profit funeral service, Tender Funerals in NSW, has attracted interest not just because of affordability but for their personalised ceremonies that involve family and friends. Engaging loved ones in a sewing circle to make a shroud or involving the community choir seems like a return to Mary's childhood memories.

"Death is a natural and sacred part of the cycle of life," Mary said. "By opening up the discussion we can plan and make individual choices together with our loved ones. It can be a great comfort for everyone involved."

Ed: Washington State, USA is now allowing bodies to be composted.

**Seniors Recreation Council of WA Inc.**

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This intimate village is located in Perth's leafy northern coastal suburb of Duncraig. The boutique villas offer a sanctuary, while the village is conveniently located close to public transport, parklands, Hillarys Boat Harbour and a short drive to Whitford Shopping Centre

Facilities include a clubhouse, gated security, swimming pool, lounge/dining areas and kitchen facilities.

Contact Sandra on 0448 915 968

### KARRINYUP Moline Village



#### 1 & 2 Bedroom Apartments from \$199,000

A social and community-minded village surrounded by parklands, playing fields and nature reserves. Moline Village is within easy reach of the popular Karrinyup Shopping Centre and local transport, and a short drive to Scarborough and Trigg Beach.

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Contact Sandra on 0448 915 968

### MANDURAH Meadow Springs Village



#### Villas and Apartments from \$210,000

Meadow Springs Village is ideal for the sports enthusiast, adjacent to Meadow Springs Golf Club and close to beaches. The village is within walking distance of a Shopping Centre and Medical Centre, and just minutes from Mandurah town centre.

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Contact Elaine on 0407 316 964

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Contact Jo on 0417 061 573

### MOSMAN PARK Dorothy Genders Village



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Contact Laura on 0459 819 169

### SALTER POINT Peter Arney Village



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Former MasterChef contestant Brendan Pang shares a family favourite Mauritian recipe



L-R; Brendan Pang - Rougaille Saucisse may be served with steamed rice or roti

BRENDAN Pang soared to success reaching the top 10 in MasterChef in 2018. His love of food was entrenched growing up in a large Mauritian family surrounded by good cooks. He is often referred to as the dumpling whisperer because of his love of making dumplings and this has seen him launch a new business this year called Bumpings at Sunshine Harvester Works in Fremantle. He is a regular guest at the Perth Food and Wine Show, the Perth Royal Show and offers catering, events and popups. Brendan is another WA success story, find out more about his food journey at [www.brendanpang.com.au](http://www.brendanpang.com.au)

THIS is a Mauritian traditional recipe from my family called Rougaille which can be made with any protein but my favourite is to use pork and fennel sausages.

Rougaille Saucisse

Serves 4

Ingredients

6 pork and fennel sausages  
Vegetable oil

Creole Sauce

2 tins (800g) diced tomatoes  
3 onions, sliced  
1 tbsp ginger, minced  
1 tbsp garlic, minced  
2 sprigs fresh thyme  
1 small bunch parsley, chopped  
1 small bunch coriander, chopped  
6 spring onions, chopped  
4 large green chillies, chopped  
Salt, to taste

Method

1. Drizzle a little vegetable oil into a large saucepan over medium-high heat. Once hot, carefully lower sausages into the pan and cook for about 2 minutes before flipping. Continue turning the sausages every few minutes until they are brown on all sides, about 10 to 15 minutes.
2. Remove sausages and let rest for 10 minutes. Slice diagonally into pieces and set aside until required.
3. In the same saucepan over low-medium heat, add a generous amount of vegetable oil. Cook onions gently and do not allow to colour, about 5 minutes.
4. Add ginger, garlic, thyme, parsley, coriander, spring onion and chilli to the saucepan and continue to cook, stirring for about 5 minutes.
5. Add the tinned tomatoes and simmer for 5 minutes. Add the sausage and stir well. Cook for a further 5 minutes, remove the sprigs of thyme and season with salt.
6. Serve immediately with steamed rice or roti.

Cooking with Gas recipes brought to you by Have a Go News partner, AGL.  
AGL Gas. It's gas, plus a whole lot more.



Knife and fork talk with the Dining Divas



Left to right; Mia Cucina's chilli mussels and baked goat's cheese

by Pat Paleeya and Judith Cohen

THIS month we decided to go to Hillary's Boat Harbour as travelling there by public transport is very easy and there are many eating places to choose from.

While checking out our eating options the biting wind had us scurrying into Mia Cucina on the North side. Luckily for us it was early and although you need to book, we were able to nab a table in the corner overlooking the harbour with lots of kids inheritances anchored, shining in the sunlight.

We took advantage of the \$18 lunch special. The

eight dishes on offer were all tempting which made our decision difficult but we finally chose chilli mussels and oven baked goats cheese.

The steamed chilli mussels were sautéed in garlic, chilli and Mia's Napolitano sauce topped with a slice of oven baked garlic bread. A very large plate arrived

at the table that was literally piled high with mussels and a very generous buttery garlic bread. The Napolitano sauce was plentiful but a little salty for this Diva's taste. Local mussels surpassed all expectations. They were plump, juicy and irresistible and with the help of Diva Two nicking a few we managed

to finish the mound.

The goat's cheese was baked with honey, apple, walnuts and rosemary. It was served with rocket salad, balsamic glaze and Turkish bread. The cheese was not as strong as some goat's cheese can be. It was extremely well cooked and had a rich

soft consistency.

The rocket salad was fresh and the glaze complemented the peppery taste of the rocket which had a few halves of walnuts scattered through. Great salad, however, it was on the small size (size does matter) and was more like a garnish. Toasted Turkish bread was just right for dipping into the cheese.

This restaurant is very popular and you need to book. Staff are attentive and friendly, in fact we could have lounged around for longer but the place was filling quickly and so we skidaddled.

Bus 423 from Warwick or Stirling will get you there.

**3 forks**  
**Mia Cucina, 1/45 Northside Drive, Hillarys Boat Harbour. Reservations 9448 1753.**

Knife and fork talk ratings

- Five forks** – excellent food and service
- Four forks** – overall good food and service
- Three forks** – reasonably good food and service but could make some improvements
- Two forks** – food and service needs improvement
- One fork** – would not recommend



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# food & WINE

...eat, drink and be merry...  
ADVERTISING FEATURE



## Brunch with T - An organic offering from paddock to plate in the city



L-R; Paddock + Farm's organic rookwurst kraut - eggs on toast and nitrate-free home smoked bacon - fresh pressed orange juice - enjoy a selection of organic produce including grains and spices



by Tahlia Merigan

QUITE a few readers have requested for me to find a brunch place which caters for organic, paleo and gluten-free diets.

So this month I checked out Paddock + Farm which offers a menu for those with

these dietary needs.

Run by husband and wife team, Tryone and his wife Kristelle. They moved to Bedford a couple of years ago after running a butcher shop for many years in Innaloo.

I like the concept which combines the butcher with a bistro as well as offering a selection of organic produce.

I was chuffed to find a selection of lovely fresh free-range eggs, including hard to find duck eggs, sacks of bulk spices and grains, local honey and gluten free fresh pasta.

Tyrone makes his own

small goods which are all nitrate free, including bacon and all his meat is organic.

For those trying to reduce their carbon imprint they also welcome shoppers to bring their own containers.

On the Bistro side the brunch and lunch menus cater for paleo, low-carb-healthy-fat (LCHF) and gluten-free diets.

Their coffee comes from Blacklist Coffee Roasters and is aptly named big buzz, available in both a cup (\$4) and a mug (\$5), it's served hot, smooth and was delicious.

There are eight choic-

es on the menu including a big breakfast, Paleo breakfast, eggs any way, home smoked salmon, chia pudding and paleo pancakes.

My Dutch guest immediately ordered the organic rookwurst kraut, a home-made smoked Dutch sausage with turmeric sauerkraut, sugar free speck, fried egg and mustardise for \$18.

The Dutch sausage was delicious and the combination of the flavours had him reminiscing all things Netherlandish. This dish was suitable for gluten free, paleos and LCHF.

I chose the eggs on

toast and added extra nitrate free home smoked bacon (\$12 plus \$4 for bacon). I could have added sausage or mushrooms but wanted to try their truffle style bacon which did not disappoint. This dish came with gluten free bread which I replaced with a wholemeal sour dough. The eggs were fluffy and the many, many strips of bacon were delicious.

We both ordered a fresh home pressed orange juice which was good value at \$4 each.

After brunch we had a good chat with Tyrone and Kristelle who are keen to spread the word

about their breakfast and lunch options which cater for those with dietary needs which are often overlooked and under catered for in the café world.

They also will be holding pop up dinners with various guest chefs, so keep a watch on their website.

We enjoyed our visit, it felt like we had stepped out into the country, it was something unique.

**3.5 spoons**  
**Paddock + Farm,**  
1008 Beaufort Street,  
Bedford, 0457 552 245  
[www.paddockandfarm.com.au](http://www.paddockandfarm.com.au)

Open from 8am to 5pm, Monday to Saturday (brunch finishes at 11.30am, lunch at 2pm).



### T's spoon ratings

Five spoons	– excellent food and service – you must go!
Four spoons	– overall good food and service well worth a visit!
Three spoons	– reasonably good food and service but could make some improvements.
Two spoons	– food and service needs improvement.
One spoon	– would not recommend.

## Vince's tasty lamb meatball broth



by Vincenzo Garreffa

Top; Lamb meatball broth  
Left; Vince Garreffa

the bones, vegetables and seasoning to 10 litres of water. Bring all ingredients to the boil and then reduce heat to a simmer. Skim the grey froth often to keep the broth clean. Cook for about three hours or until broth is reduced to about five litres of usable stock. Refrigerate or freeze in 500 ml containers.

### Cooking Instructions

Bring one litre of broth to the boil. Add some small diced celery, onion and carrot. Boil for five minutes then add half a cup of small pasta shapes and your mini meatballs, season to your taste and cook at a good simmer for 10 minutes. When ready, serve in a bowl with a tablespoon of raw extra virgin olive oil drizzled on top. Grated Parmigiano is optional, I love the stuff. This dish is the closest thing to a mother's hug. For best results eat with family or friends.

parsley  
1 clove of finely chopped garlic  
1 egg  
sea or lake salt to taste  
freshly cracked black pepper to taste

### Preparation

Combine all the meatball ingredients by hand or in a blender until the mix has a good sticky meatball consistency. Now roll to a size that you like. I prefer the size of marbles for soups and broths.

To make the broth, add

MEATY soups with pasta and vegetables are a one pot meal and perfect for the cold nights that we still get, even though it's spring. Comfort food at its best. You can make your own stock of lamb, veal or chicken or buy it ready made but the meatballs you must make yourself. It is so easy in the blender and the fresh taste makes food memories.

### Ingredients for broth:

1kg soup vegetables (celery, carrot, onion)  
6 bay leaves  
20 peppercorns  
2kg lamb, veal or chicken bones  
10 litres of water  
Ingredients for meatballs:  
500g good mince (I use beef and veal)  
2 cups of breadcrumbs (made from a three day old loaf without crusts)  
1 tablespoon of flat leaf

### Letters to...Vince Garreffa



IF YOU want a particular recipe of Vince's, don't hesitate to drop a line to *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to [vince@haveagonews.com.au](mailto:vince@haveagonews.com.au). Please include your phone number.

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**Lunches** - \$15 members, \$20 non-members  
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### Events -

**1 October:** Australian Hearing - free checks  
**10 October:** Mini Olympics - Act Belong Commit 9.30am-1.30pm  
**15 October:** 60th anniversary lunch 11.30am at Royal Perth Golf Club \$35 members \$60 non-members Live music



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Practice Tuesday night West Leederville Primary School.  
Judith 0403 913 079 email claretude@gmail.com

**MORLEY BEECHBORO RETIREES**  
Meet Wednesdays 9.30am in the Beechboro Library. Come along for companionship, outings, games or just a cuppa and talk  
Contact Carolyn 9378 3326

**HIGHLAND GATHERING AND THE PERTH KILT RUN**  
Sunday 6 October 8.30am-4.30pm  
Minnawarra Park Armadale  
Scottish arts and crafts, highland dancing and all things Scottish  
Free event Ph 9394 5000



**JARRADALE LOG CHOP**  
S/J Lions Country Fair Sunday 6 October from 10am  
Over 70 stalls, local produce, musical entertainment and more.  
Jarrahdale Oval, Nettleton Road, Jarrahdale.

**CITY OF SWAN AGEING DISGRACEFULLY 2019**  
Wednesday 25 September 8.30am-1.30pm.  
Free event  
A day of great music, comedy and entertainment aimed at those with age on their side and youth in their heart.  
Swan Active Beechboro. 332 Benara Rd. 9207 8555

**ANTIQUES & COLLECTABLES FAIR & EXHIBITION (Arranged by CBCC)**  
Saturday 12 October, 9am-5pm,  
Sunday 13 October 9am-3pm.  
\$2 Gold coin entry. Children under 14 free.  
Venue Cannington Exhibition Centre  
Cnr Station St and Albany Hwy.  
On-Site-Cafe Trish 0431 829 761  
Cheryl 0408 588 512

**FRIENDSHIP FRIDAYS DIANELLA**  
Meeting second and fourth Fridays 9.30am-11.30am  
68 Waverley Street, Dianella  
Cost \$3 Bowls, craft and games Inc morning tea  
Meeting first, third and fifth Fridays 10.30am-12noon  
Classique Cafe Dianella Plaza  
Enq Jillian 9275 3773

**MORNING MARKET**  
First Saturday of the month  
St Peter & Emmaus Church  
56 Green Street, Joondanna, 9444 1447

**KNITTER NATTER CLUB**  
South Perth library Wednesday 4.30pm-6.30pm  
9474 0800  
Manning library Saturday 10am-12noon  
9474 0822  
BYO needles, yarn and snacks.  
Tea and coffee provided BYO mug.

**THE PROVEDORES MARKET**  
Saturday 12 October, 9am-4pm  
A fantastic selection of both fine Italian imported and local food and drinks.  
106-110 Hobart Street, Mt Hawthorn  
Sponsored by Piconeri Fine Food &Wines.

**PERTH AND COIN SHOW**  
Friday 1 November 1pm-6pm,  
Saturday 2 November 10am-4pm and  
Sunday 3 November 10am-3pm. Free entry  
Stamps, postcards, coins, medals and collectibles  
South Perth Community Centre, South Perth

**THE VINTAGE COLLECTIVE MARKETS**  
Sunday 20 October, 10am-3pm  
A mix of vintage, new retro, trades and crafters plus loads of exhibits and activities.  
Swan Athletic Sports Club  
11 McDonald Street, Herne Hill

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



Spring into oranges - new season citrus to lift a dear one's mood

by Noelene Swain

CITRUS, apples and pears dominate the winter fruit scene. The local citrus season is in full swing with an abundance of delightfully scented mandarins, navel oranges, grapefruit, lemons and limes at their absolute best. Yet as winter gives way to spring, we are treated to new and exciting varieties of oranges to lift our mood.  
A new addition to the orange world is the Rosy Red navel or Cara Cara. These have beautiful salmon pink colored flesh, a difference that you will notice as soon as you slice one open. Being named Cara Cara, – which means Dear One in Italian – is truly fitting.  
These red flesh navel orange varieties are especially juicy, low

acid, seedless and packed with natural nutrition and minerals to power a healthy immune system. An excellent source of vitamins C, A and fibre; a good source of folate and potassium, and a natural source of lycopene, the disease-fighting antioxidant. They will certainly help put a spring in your step. The bright orange exterior covers a deep, rich pink pulp, which is extremely sweet, with few to no seeds. This power-citrus is gaining in popularity and with its lower acidity it is a great treat for kids.  
Being very sweet oranges, they are most commonly used for desserts, sweet sauces, and for pretty displays. They work well in citrus salads with other citrus colours such as its friend the blood orange and fragrant mandarins.

Shoppers have come to expect access to any fruit or vegetable they may desire at any time of the year. With this comes a loss of understanding of the true season of locally produced food. Thankfully, over recent years, shoppers have become more interested in the provenance of their food and are demanding the information to be able to buy local seasonal produce.  
Research regularly reiterates that local shoppers definitively want fruit which is:  
• Locally grown  
• Great tasting  
• Premium quality  
• Fresh and healthy  
Local fresh fruit growers have stepped up their efforts to ensure consumers can easily spot local fruit with branding stickers show-

ing its West Australian origin. So when shopping for your citrus be sure to pause a moment and look at the branding sticker and in-store signs.  
Choose fruit heavy for its size, as weight gives a good indication of high juice content. Don't be too concerned with outer beauty; any markings seen on citrus are generally insignificant branch scratchings and have no affect on the flavour or quality, but avoid fruit with bruises or cuts. Once home, keep in a cool dry place if eating within a day or two, or in the refrigerator if you choose to keep longer.  
So get cracking on putting a spring into your step with plenty of WA citrus.  
Prepared by Fresh Finesse Food Promotions www.freshf.com.au

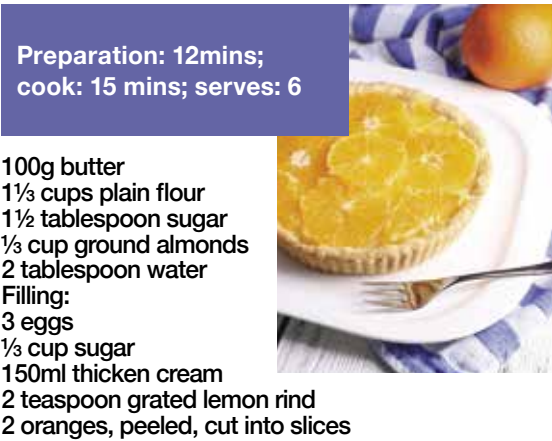
Orange cardamom polenta cake      Orange custard tarts



**Preparation: 20mins; cook: 45 mins; serves: 12**

A FRAGRANT moist cake with middle eastern origins.  
250g unsalted butter  
250g raw sugar  
4 large eggs  
140g polenta  
200g self raising flour  
zest and juice two oranges (hold 100ml juice for the glaze)  
For orange glaze  
100ml orange juice  
100g caster sugar  
3 cardamom pods (bruised)  
Heat oven to 160°C. Line the base and sides of a round 23cm cake tin with baking parchment. Cream the butter and sugar together until light and fluffy. Add the eggs one at a time and

mix thoroughly. Once the mixture is combined, add all the dry ingredients and the zest and juice (remember to reserved 100ml for the glaze).  
Transfer the mixture to the tin, spread evenly. Cook for 45 mins or until a skewer inserted into the centre of the cake comes out clean. Remove from the oven and turn out onto a wire rack to cool.  
To make the glaze, put the juice, cardamom and sugar in a medium saucepan and bring to the boil. Let it simmer for five mins, then remove from the heat and allow to cool. Remove the cardamom pods. Drizzle the orange glaze over the top of the cooled cake. Sprinkle with icing sugar to serve.



**Preparation: 12mins; cook: 15 mins; serves: 6**

100g butter  
1 1/3 cups plain flour  
1 1/2 tablespoon sugar  
1/3 cup ground almonds  
2 tablespoon water  
Filling:  
3 eggs  
1/3 cup sugar  
150ml thicken cream  
2 teaspoon grated lemon rind  
2 oranges, peeled, cut into slices

For the pastry:  
Pre heat oven to 200°C. Rub butter into the combined flour, sugar and almonds. Add water, mix well and knead together on a lightly floured surface until combined.  
Divide into six portions and roll each out to fit the base and sides of 6 x 12cm loose bottomed tart tins. Bake for 10mins or until firm, gently pressing down the centre halfway through if the pastry rises up.  
For the filling: Whisk the eggs, sugar, cream and lemon rind until combined. Spoon into the pastry shells. Bake for 15 minutes or until just set. Stand five minutes before turning out to cool. Arrange the orange slices on top of the tarts to serve.



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What's Fresh in the markets this month



**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.  
**Afourer mandarins:** Local mandarin varieties continue to evolve through the winter seasons. The Afourer variety are now in season, giving citrus lovers a fresh new variety to look out for. The medium/large-sized fruit has a highly attractive deep orange-red colour and is easy to peel. Like most mandarins, they contain few or no seeds and lots of fresh flavoursome superbly sweet juice. Make sensational oil for drizzling over meats and veggies by leaving mandarin zest to infuse for two - three days in some extra virgin olive oil. Add salt and pepper and some fresh, floral mandarin juice before serving. Divine.  
**Cumquats:** Marmalade lovers, listen up! Cumquats are ripening up and are waiting for you at your local produce store, ready to be turned into all sorts of lovely preserves. The cumquat tree is a particularly pretty, not to mention useful, addition to a backyard. Try the fruits whole for their sweet rind and sharp juice or macerate 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 touch.  
**Globe artichokes:** Do they look bit daunting? Fear not, they're easy to handle once you know how. To prepare whole artichokes for cooking, slice off the stem to form a flat base. Snap off the tough outer leaves closest to the stem. Trim about three cm off the pointed top, and then use scissors to snip off the prickly tips of the outer leaves. Rub all cut edges with lemon to prevent discoloration. It's easier to remove the fuzzy choke (use a teaspoon) after cooking, but it can also be done beforehand. Anchors away to boil, steam, roast or braise – you'll know they are cooked when the outer leaves pull away easily and the bottom can be easily pierced with a knife. 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.



# travelling

## let's go travelling

SEPTEMBER 2019

• Bahn storming Switzerland • WA Wildflowers • Herring fishing

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



Frank Smith covered some miles in his recent European adventure and one of his favourite destinations was the 12th century city of Innsbruck in Austria pictured here with the Karwendel Mountains in the background – See page 25 for more.

## Are you dreaming of your next holiday?



### Villa Spring Travel Expo

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

- New tours – 2020
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**Date:** Thursday, 31 October 2019

**Venue:** Perth Convention Exhibition Centre

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

**Time:** 9am – 2pm

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

**FreeCall:** 1800 066 272

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





# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



Left; David Chapple photograph took this photo in Singapore  
Right; Jennifer Merigan

Switzerland and Lee Tate finds out what ticks at the Broome Cup. We have lots of information about where to see some of the state's best wildflowers and I find out what all the fuss is about at Perth's signature restaurant Wildflower.

★★★★

One of our readers,

THIS month in our travel pages Frank Smith discovers the picturesque

city of Innsbruck in Austria, Steve Collinsbahn storms by train through

David Chapple, emailed me the funny photo pictured left which he took in Singapore. I always enjoy hearing from readers, so please feel free to contact me.

★★★★

Bicton Travel is holding their annual Cruise and Touring Expo on Saturday 14 September from 9am to 3pm at the B Shed Victoria Quay in Fremantle. It's free entry and there will be a huge range of tour and cruise operators at the event offering exclusive expo deals. On offer is a door prize and people who book at the expo will go into the draw to win flights from Singapore Airlines. Radio 6PR will be broadcasting live from the event from 9am

to 10am.

★★★★

The West Australian Guitar Festival will be held in Margaret River from 11 to 13 October and offers people an opportunity to immerse themselves in the world of strings with workshops, presentations, master classes, panel discussions and lots of performances. Lovers of live music can see Blues, Jazz, Country, Classical and Rock and Roll. Find out more at [www.stringsattachedfestival.com.au](http://www.stringsattachedfestival.com.au)

★★★★

Anyone who is travelling to Hong Kong should check with their travel insurance provider to ensure they are covered due to the ongoing

unrest there. Several insurers have announced they will not cover incidents relating to the riots.

★★★★

Singapore is currently trialling a program to axe paperwork by switching to digital arrival cards completed online or through a smartphone app. The beta trial currently is limited to people arriving on Singapore Airlines, Cathay Pacific, Jetstar Asia and AirAsia, along with a few coach and ferry passengers.

★★★★

Christmas is fast approaching and if you are planning to fly it's worth booking flights ahead. December is the most expensive month of the year to fly and research shows most people

tend to book in November with prices at least 10 per cent more expensive than if booked now.

★★★★

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

Happy trails

**Jennifer Merigan**  
Travel Editor



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

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The ever-popular Grand Tour of Italy in May covers Italy's most famous tourist destinations and areas less travelled. This tour is usually complimented with the five-day Cinque Terre Tour.

Check out their new tours exploring exciting destinations such as Abruzzo, Puglia, and Matera, as well as a food tour featuring the delicacies of Bologna and Tuscany.

As an accredited travel agency under Pronto Travel, Vita Italian Tours can offer their travellers services including flights, pre and post tour accommodation, river and ocean cruising, villa stays, and much more.

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Take advantage of these fantastic offers by contacting the office on 03 9680 3440 or visit [www.vita-italiantours.com](http://www.vita-italiantours.com)

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Sun 29 Sept  
Sun 15 Dec

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\$105 (\$95 Seniors) inc morning tea & lunch.  
Pick-ups Joondalup, East Perth, Rockingham

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## Innsbruck - a 12th century Austrian city perfect to visit in all seasons



Left to right; Pertisau - old town - Emperor Maximilian's tomb - view from above

by Frank Smith

INNSBRUCK, the capital of Tyrol, Austria, has two tourist seasons – a winter skiing season in the surrounding alps and a summer season featuring ancient buildings, lakes, trekking and an empty tomb.

One mountainside supports an Olympic ski jump. The 1964 and 1976 Winter Olympics were held in Innsbruck as well as the 2012 Winter Youth Olympic Games. It was the first city to host three winter Olympic events.

Innsbruck was founded in the 12th century when a bridge was built over the Inn river, opening the route through the Brenner Pass from Italy to Bavaria.

Later it became the seat of the Hapsburgs during their ascent from local grandees to Emperors of Austria-Hungary. Maximilian I brought about a peak in the town's development building a palace, and eventually having built for him a magnificent black marble sarcophagus in the Hofkirche (court church) one of Europe's finest royal churches.

The tomb is embellished with Alexander Collins' white marble reliefs based on Dürer's Ehrenpforte (Triumphal Arch) woodcuts, depicting victorious scenes from Maximilian's life such as the Siege of Kufstein (1504).

The tomb is surrounded by two rows of 28 giant bronze statues of his ancestors that guard the sarcophagus. They include Dürer's legend-

ary King Arthur, who was apparently Emperor Maximilian's biggest idol. Although visitors are not allowed to touch the statues, Kaiser Rudolf's codpiece has been polished by the hands of numerous admirers.

However Maximilian was never buried in the tomb. When it was completed in 1553 by his grandson, Maximilian remained buried in his 'temporary' grave at Weiner Neustadt, some 530km away.

Also in the church is the tomb of Andreas Hofer (1767–1810), the Tyrolean patriot who led a rebellion against Napoleon Bonaparte and in the Silber Madonnen that keeps watch over the marble tomb of Archduke Ferdinand II and his first wife, Philippine Welser.

Maximilian was not the only Habsburg to influ-

ence the city's skyline: Archduke Ferdinand II constructed the Schloss Ambras, and Empress Maria Theresia the Hofburg palace.

The 800 year old city centre (Altstadt) has a collection of Gothic and Baroque buildings surrounding a pedestrian mall, all lovingly restored after allied bombing in World War II.

Pride of place goes to the Goldenes Dachl (Golden Roof) an elaborate building that housed the very first government and administrative activities of the Hapsburg Dynasty. Its 2,657 copper shingles, fire-gilded and gold, were placed on the roof in honour of Emperor Maximilian I's marriage to Bianca Maria Sforza. After being completed in 1500, the alcove balcony was used by Emperor Maximilian to watch over the city's tournaments,

festivals and other activities.

Innsbruck also hosts the Alpenzoo, the world's highest zoo on the slopes of the Nordkette mountains. The alpine habitats in the zoo are home to more than 100 species of animals native to the Alps, including ibexes, brown bears, otters, golden eagles and wolves. The animals live mostly in open areas that simulate their natural environments. Visitors follow enclosed paths within these habitats.

The nearby Hungerbergbahn funicular railway rises nearly 1000m up the mountain to a base from which a cable car will take you to 2256m, leaving less than 100m to climb to reach the summit of Hafelekarspitze (2334m). Nordkette is part of the Karwendel Mountains which make up the largest nature reserve in

Austria.

The mountain and cable car terminal provide splendid views of the city and the valley of the Inns.

Some 15km from Innsbruck is the resort town of Pertisau, actually a dam providing hydro-electric power, but a summer resort for all aquatic sports as well as trekking in the nearby mountains.

Another local tourist attraction is the medieval town of Rattenberg on the Inn river with an old castle overlooking the village.

The village centre is compact, pedestrian only and very easily walked. It contains buildings dating from as far back as the 12th century, a museum, 15th century Church and is well known for its shops selling blown, etched glass and painted glass items.

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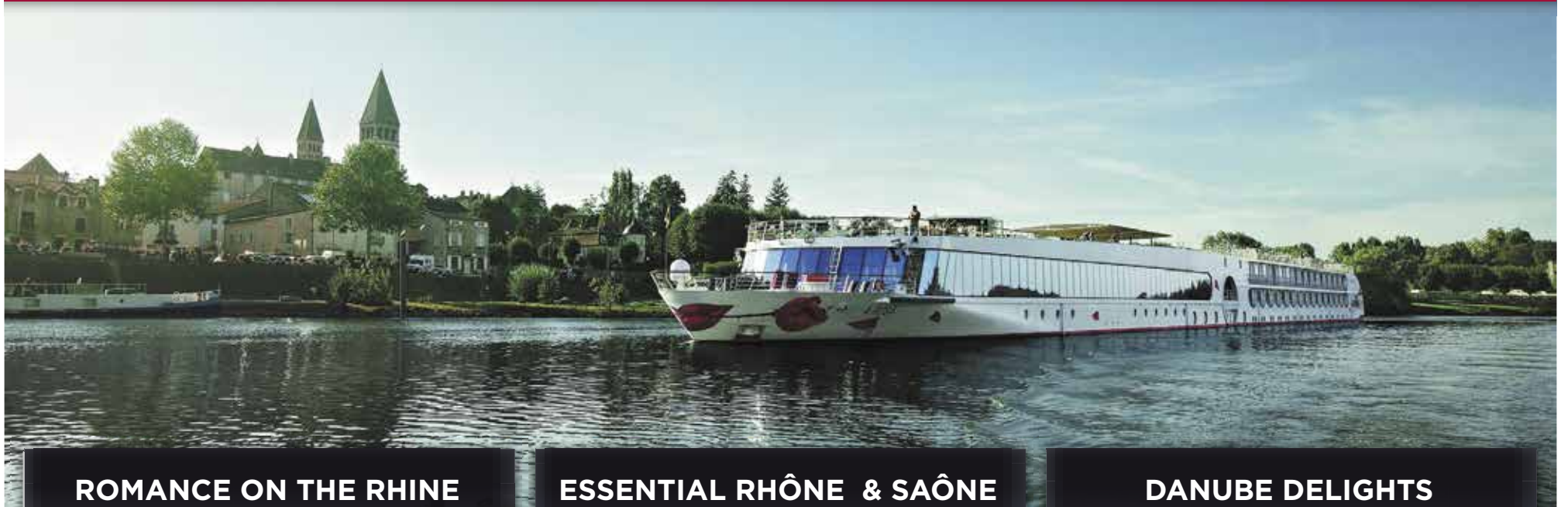
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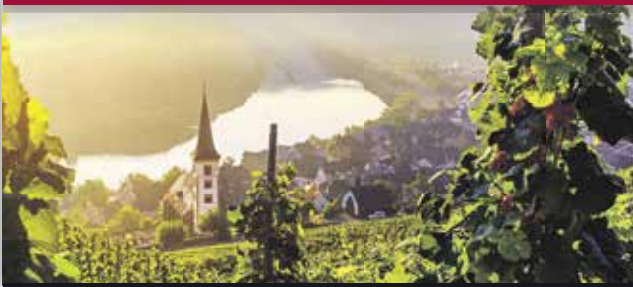
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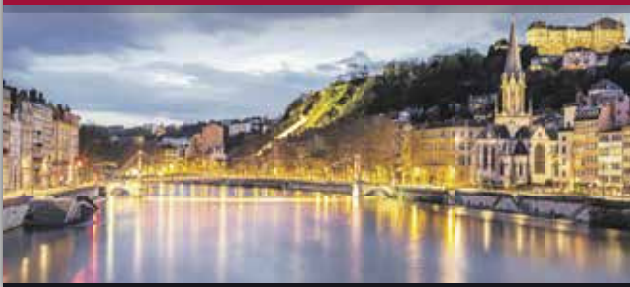
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Celebrate a unique Western Australian food journey at Wildflower restaurant



Some of Wildflower restaurant's five-course degustation menu, clockwise from left; Amouse bouche - the bread - Geraldton kingfish - Arkady lamb - palette cleanser - dessert and petite fours

**by Jennifer Merigan**

WITH more than 12,000 species of wildflowers and 60 per cent of these species endemic to the state, Western Australia is renowned world-wide as a biodiversity hot spot. Flowering across WA from July to the end of spring is a trail of unique blooms.

Hence it's appropriate that Perth's signature restaurant should be named Wildflower.

Perched at the top of the stunning Treasury Building this tastefully designed restaurant looks out onto Elizabeth Quay and the Swan River.

Large floral displays of beautiful WA wildflowers compliment the decor and as we walked through I noticed pleasant whiffs from the flora.

My partner and I had a special occasion to celebrate and rather than spending money on gifts we chose to enjoy a unique dining experience after seeing Wildflower restaurant featured on *MasterChef*.

The restaurant's menu seeks to connect with the six seasons of the Noon-gar calendar changing with each cycle.

On our visit it was the end of Makuru described as the season of fertility bringing the first of the heavy rains.

We opted for the five-course degustation menu and although they say it's five courses it actually ends up being nine as they also include an amuse bouche, bread course, palate cleanser and petite fours in the experience.

The menu focuses on indigenous ingredients, local produce and is garnished or flavoured with wildflowers.

Wildflower heralds something quite unique in the restaurant scene.

We started with a complimentary amuse bouche which was a savoury meringue with pepper berry leaf and pate. This tiny flavour bomb began our food journey across WA.

Next the wild fennel and willet bread arrived with whipped butter and a macadamia sprinkle, served on a bed of seed. The aroma emanating from the seed was delicious and we had to hold ourselves back from finishing the generous serve.

The degustation began with a starter of Geraldton Kingfish which was served with daikon radish, Geraldton wax, finger lime and river herbs.

Next was Manjimup

Marron served with bush tomato, brown butter and beach spinach which melted in your mouth.

This followed with a dry aged Wagin duck served with sour plum, wildflower honey, rosella and native thyme.

Then we finished the savoury courses with wood grilled Arkady lamb which came with charred Warrigal greens, salt bush and a garlic emulsion.

The menu was an exploration of WA. We ate things which we didn't even know were available from the bush and each course was tasty, delicious and in a word stunning.

I really admire the way Wildflower have taken some of the unique produce available in Western Australia and deliver it beautifully on a plate.

Before the dessert course a palate cleanser arrived (again complimentary) which was a tangy sweet number.

Dessert was roasted Baldivis macadamias served with a macadamia curd, mango sorbet and lemon aspen. It was delicious and decadent.

A beautiful evening was finished off with complimentary petite fours which again highlighted the wildflower experience. The little sweet morsels were served with sprigs of wattle and Geraldton wax.

Wildflower also offer a vegetarian option and will accommodate any dietary requirements.

The menu can be paired with wines to suit each dish but we chose to buy wine by the glass, and found a glass of bubbly complemented the food perfectly.

Beside the incredible location, the staff were friendly and accommodating, taking time to fully explain the combination of tastes you were about to en-

joy for each course. It was nothing short of an amazing experience providing a wildflower food journey around WA highlighting the many rare tastes which can be found in our

beautiful state. While not for every budget, we can highly recommend Wildflower as a 'must do' experience – it's the perfect place to celebrate a special occasion.



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# All the fun, fashion and high drama at Broome's colourful races



Left to right; Happy newcomer: Jill Bourne - Mix: Nomads, nob's and nobodies

by Lee Tate have emerged shaken and stirred from the Kimberley's horse-racing fashion season, probably the most dramatic in its 127 years. Nomads nestled-in with

nobs, notables and nobodies for the event that stops a town, featuring the Broome Cup in the nine-week Pearl Coast race season.

Year-on-year, the regional race builds with growing numbers from right across the ranks of Australia's horsey circles. This year I encountered Adelaide's Jill Bourne, socialising.

"It's our first time. But now we want to come back with horses," said Jill, half-owner, with husband Ross, of thoroughbreds all with 'wicked' in their names.

Jill attracted *Have a Go News*' camera just with her hat which, to us, outclassed highly-fancied female fillies fronting-up for the Fashion Field. Hey, it's all about fun!

Horses flown 2,200km via Perth, soon find themselves getting a refreshing sea-air canter along beach sand, right across the road from the racecourse. With its oil-and-dust, brown surface in an ocean-side, picturesque setting, it has been named as Australia's most unusual racetrack.

This is Gantheaume Point on 22km-long Cable Beach where the local thor-

oughbreds train; level, flat beach sand, washed twice daily by king tides, crushed hard over the millennia.

Most mornings, horses are seen cantering along the white sand and wading through the turquoise ocean - their horse floats parked, waiting, on the sand.

Darwin jockey, Kayla Cross, says: "Most of our training is done on the beach. It's pretty rare that we actually train on the track itself."

Kayla, among a flurry of female jockeys flooding country courses, has snared 12 wins from seven Broome meetings.

"Broome's track has nice big sweeping bends, completely different to grass, because it's more speed-based," she said.

So, the scene is set for the popular race season with 8,000 punters and party-goers crushing into trackside for the Cup, boasting stakes of \$120,000.

But the season's drama kicked-off on Family Day. Australia's equal-biggest earthquake rattled track,

horses and everyone standing here, in the space where dinosaurs walked and left their rock-imbedded footprints 140 million-years-ago.

With the powerful quake's epicentre directly offshore, its tremors, no doubt, would have scattered the thousands of humpback whales cruising up the coast.

Next came the Kimberley Cup and while the quake was still a racetrack hot topic, all attention swiftly swung to matters closer-at-hand.

The plane carrying race stewards and officials was grounded in Perth. Horses and jockeys were left cooling heels and hoofs for an anxious two hours.

With time between races pruned to allow the program to fit-in with sunset, the first race was called from Perth, by a commentator following the action on a monitor. Gotta love it!

Races were further delayed with a late scratching at the barrier and then again at the end when a protest was lodged against the winner.

By race three, however, the Perth-based stewards and supporting staff were on course and the dramatic meeting closed - miraculously in unison with a brilliantly setting-sun.

Spirits had also been lifted by the fashion parades where, like their Tradies Day, men and children, as well as the ladies, are given a chance to strut their special styles.

The Broome Cup, wrapping-up the season in true country style, is awash with bubbly, fine foods, fashion and splendidly, pearl-decked décolletages - especially in VIP hospitality - with plenty of beer, wine, bubbles and catering upstairs in the members stand.

Downstairs, punters and pretenders spread out under generous sail cloth spaces and trees on grassed areas and up the way was a semi-circle of fast-food vans (minus a coffee van).

A huge, four-sided public bar is ready for all-comers charging from every direction, where drinkers will queue up to 10-deep. Later, the ancient ladies and gents toilets fail miserably to cope with a dunny deluge.

Broome Turf Club battles bravely with both the seasonal explosion and difficulties of operating remotely. Now, there's a communications technology hiccup and punters are all asked to assist by turn-off mobile phone data-roaming to keep the track's system in play. No worries.

Next comes a brake-down on the tote but money is back changing hands soon enough.

Crowd cram the outdoor stage to see who among the top hopeful beauties has made the top 10 Fashion Field finalists. But even with the chance of winning a Willie Creek, 18-carat white-gold, cultured pearl and diamond pendant worth \$2,600, one top-10 finalist seems happiest socialising at the bar.

A section of the crowd even showed interest in watching the race. The Broome Cup finished on a pleasing, upbeat note and not only with cancer survivor Peter Bamford training Swift Platinum.

Many thought the big winner was female jockey Peta Edwards who, having sacrificed her silks to become a mum, returned unexpectedly and triumphantly after five years away. And she had dropped all her excess weight.

Peta, 84kg, shed - wait for it, girls - 32kgs!

The Broome Cup. You wouldn't miss it for quids. We know because it's listed by punters.com.au in the top - 10 racetracks you must see before you die.

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## ROYAL GALA TOURS

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

Crown Casino, 16 September, \$45 includes transport, lunch and game vouchers

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Wildflowers at Kings Park, 21 September, \$50 includes morning tea. Bring your own lunch

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SEPTEMBER-OCTOBER 2019

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Visit local orchid & wildflower hotspots  
Storytelling tours with Noongar elder Jack Cox  
Bloomin' Family Fun Day 29th Sept  
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Oasis Restaurant - dine in or takeaway, alcohol not available.  
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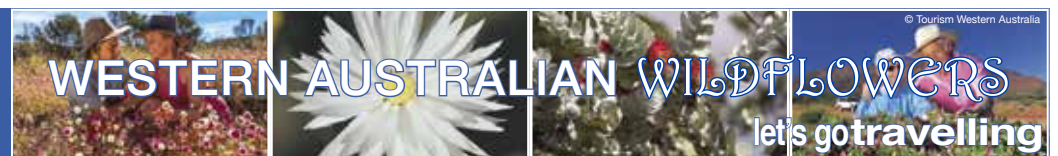
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# WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



## Enjoy a day out in the country at the Waroona Vintage Machinery Rally



© Vanessa Della Franca

NOW in its eighth year, Waroona's Vintage Machinery Rally is considered the best of its type in the south west and is a must see, not only for enthusiasts but also for families looking for an inexpensive and fun day in the country.

Now run by Waroona Lions, the event continues to grow and will feature hundreds of machines including vintage cars, motorcycles from every era, a selection of trucks, and stationary engines, some more than a century old.

Away from the engines, the rally will also have a market with handmade crafts, plus a treasure trove of antiques, exquisite vintage prams, toys and old tools to name a few.

Mandurah Wood Turners and the Waroona Spinners will demonstrate their skills on the day and are always a crowd favourite.

Rally organiser Vanessa Della Franca said the Waroona Lions have been working tirelessly to present this year's rally and are delighted with

how things are shaping up.

"The response from exhibitors and stall holders has been wonderful. There's a fabulous variety of things to see and do for the whole family, plenty of trinkets and homemade wares and of course so many delicious food and drink stalls," said Mrs Della Franca.

Waroona is just over an hour south of Perth and a little under an hour north of Bunbury, nestled at the foot of the Darling Scarp.

Spring of course is the perfect time to enjoy the beautiful displays of wildflowers and the art installations for which the town is becoming known. If you're thinking of making a weekend of it head to [www.waroona.wa.gov.au](http://www.waroona.wa.gov.au) for places to stay and other things to see and do. Visit Waroona is on Facebook.

The rally will be held on Sunday 22 September at Waroona Showground. Gates open 9am to 3pm, entry \$5 with kids 10 and under free.

## Western Australia's spring wildflowers are sensational



Jacksonia cupulifera – stinkwood © Wendy Payne

SPRING has sprung and Western Australia's world-renowned wildflowers are adding a splash of colour to rural landscapes.

Western Australia is famous for its incredible diversity of wildflowers, from carpets of colourful everlastings to rare, endemic species of orchids.

Villa Carlotta -\*+has a number of wildflower tours heading to the Coral Coast, Golden Outback and the South West in the coming weeks and months. We consult local wildflower experts, so we know where to find what is blooming in each region.

Villa's specialist wildflower guide, Wendy Payne, said there's currently a golden glow over Kalbarri as wattles and

other species of wildflowers have blossomed in the area.

"A gentle hint of vanilla can be detected in the air, as Grevillea trachythera or vanilla bush starts its flowering season and other flowers like Scaevola (fanflower) add their perfume to the mix," Ms Payne said.

"The golden glow is also spreading across Geraldton's bushland with the first wattles adding their gold lacing to the emerald landscape up this way."

Western Australia's annual wildflower season starts in the north west

in June and ends in the south west in late spring each year.

Villa offers a range of escorted tours to experience the wide range of wildflowers in each region of Western Australia.

Call them on 1800 066 272 to book a place on an upcoming wildflower tour with Villa this spring.

## Small groups, lots of wildflower experiences

AUSSIE Redback Tours once again offers outstanding wildflower experiences with the displays this year promising to be amazing after the winter rains.

The wildflower season is one season that really shouldn't be missed in WA. Even if you've been before, there's no reason why you shouldn't go again. It's a bit like seeing a good movie again and again. It just gets better each time.

Aussie Redback Tours has two extended trips to the wildflowers planned this year. A four-day Northern Wildflowers, departing 22 September, which takes people through Carnamah, Three Springs, Mingenew, Coalseam Conservation Park and Kalbarri National Park. On this tour guests will be looking out for everlastings, wreath flowers, blue leschenaultia, kangaroo paws, cone flowers, dryandras, "smelly socks" (yes, that is the nickname for a native Australian bush), wild orchids, and more...

They also present a four-day Southern Wildflowers tour which departs on 27 October, taking people through Boyagin Nature Reserve, Hyden, Newdegate, Ravensthorpe, Hopetoun, Fitzgerald National Park, Stirling Range National Park and Albany. On this tour guests see other species of wildflowers such as spider orchids,

morning iris, swamp bottlebrush, and painted ladies to name a few.

Both tours are very reasonably priced, and value-for-money. Aussie Redback Tours only take small groups which means more quality time for people to spend looking for flowers, taking photos, and simply enjoying these very special locations.

For anyone who would like to join Aussie Redback Tours on either of the tours above, or would like one of their brochures posted out, please phone 1300 662 026 or email [aussieredbacktours@yahoo.com.au](mailto:aussieredbacktours@yahoo.com.au).

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

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**SEPT SUN 22<sup>ND</sup>**  
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All sorts & more

**OCT ALL MONTH**  
**SEA TO ART EXHIBITION**  
Local talent on display

**OCT SAT 12<sup>TH</sup>**  
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All the fun of a country fair

**NOV SAT 2<sup>ND</sup>**  
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and a 1km wine waddle!

**NOV SAT 2<sup>ND</sup> - SUN 17<sup>TH</sup>**  
**PEEL OPEN STUDIOS**  
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**MARCH 2020**  
**GYPSY JAZZ FESTIVAL**  
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## BUNBURY GEOGRAPHE

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

## In Bloom

#BunburyGeographeInBloom

Your wildflower adventure awaits in the Bunbury Geographe region.

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

**VISIT THE BUNBURY VISITOR CENTRE FOR FURTHER INFORMATION INCLUDING MAPS AND SPECIES IN BLOOM.**

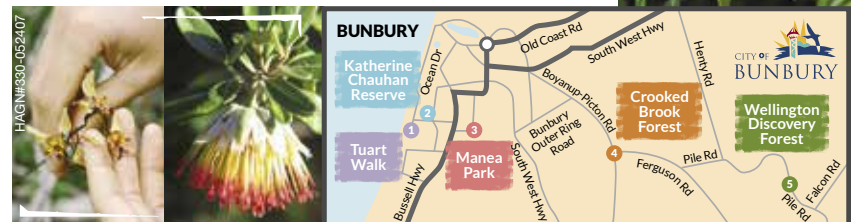
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Freecall 1800BUNBURY

Old Railway Station,

Haley Street, Bunbury

Please do not pick wildflowers. This is illegal and fines will be imposed.



## Wildflowers Sale

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15 DAYS, 28 APRIL TO 12 MAY 2020

From  
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PER PERSON TWIN SHARE

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- ★ Sightseeing tour in London including a visit to St. Paul's Cathedral
- ★ Visit the prehistoric monument in Stonehenge
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- ★ Enjoy an orientation drive in Cardiff and Belfast
- ★ Cross St. George's Channel by ferry
- ★ Enjoy an Irish Coffee demonstration
- ★ Embark on a guided tour of the House of Waterford Crystal
- ★ Enjoy a scenic drive of the Ring of Kerry
- ★ Guided tour of Malahide Castle; BELFAST Orientation
- ★ Visit Edinburgh Castle and Holyrood Palace
- ★ Embark on a walking tour in York
- ★ Enjoy dinner at local English pub

## INCLUSIONS

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- ✓ Breakfast daily and 4 dinners
- ✓ Service of a local tour guide

INDEPENDENT TOURING INCLUDING HOME PICK UP & RETURN

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From  
**\$3890\***  
PER PERSON TWIN SHARE

## HIGHLIGHTS

- ★ Sightseeing tour of Athens
- ★ Visit the Church of Agia Kiriaki
- ★ Taste a traditional Mykonian dessert, Amygdalota
- ★ Taste a glass of Ouzo
- ★ Stroll around the town's waterfront in search of Petros the Pelican
- ★ Board a high-speed EXPRESS FERRY and sail to Santorini
- ★ Stroll along the cobblestone streets and enjoy the local atmosphere

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- ✓ Breakfast daily and 2 dinners
- ✓ Service of a local tour guide

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14 DAYS, 17 TO 30 MAY 2020

From  
**\$5250\***  
PER PERSON TWIN SHARE

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- ★ Enjoy a guided visit to Papal Palace and Barberini Gardens
- ★ Taste pasticciotto with almond flavoured iced coffee
- ★ Enjoy a guided tour and pizza tasting in Naples
- ★ Ride the funicular to Capri village for a guided visit of this pretty town
- ★ Speed across the bay by Jetfoil to the Isle of Capri
- ★ Enjoy a guided walking tour of the town Alberobello
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## HIGHLIGHTS

- ★ Visit the Prado Museum
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- ★ Enjoy guided walking tours of Seville, Granada and Valencia
- ★ Visit the Mosque of the Caliphs
- ★ Visit the Casa de Pilatos
- ★ Visit the Plaza de Espana
- ★ Walk through the Alhambra complex and Water Gardens of the Generalife
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- ★ Visit the Sagrada Familia Basilica
- ★ Enjoy world-class entertainment whilst onboard the Norwegian Epic

## TOUR INCLUSIONS

- ✓ Home Pick-up and Return by Hughes
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ The services of a local tour guide
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- ✓ 7 Nights' onboard Norwegian Epic
- ✓ Luxury Coach with a professional driver
- ✓ Breakfast daily, 6 lunches and 11 dinners

From  
**\$9490\***

PER PERSON TWIN SHARE  
SINGLE PRICE \$12,590

\*Inside Stateroom Category IS

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\*Conditions apply. Highlights of Britain and Ireland, Greek Island Hopper and Highlights of Sicily and Italy are NOT a Kings Escorted Holiday and prices are based on advertised dates and Land Only. More departure dates are available but prices may differ. Spain and Mediterranean Cruise is a Kings Escorted Tour. Cruise based on an Inside Cat IS cabin, can upgrade to a Balcony cabin from \$500 per person twin share. Discount advertised is not included in the tour price shown and valid if booked and deposited by 30 September 2019 and includes air taxes of \$725pp. Home pick-up and return is organised by Kings Tours and Travel and is based on a set radius - surcharges will apply outside these areas. Other special conditions may apply to each individual tour. Kings Tour manager based on reaching minimum numbers. Cruise shore excursions are an additional expense. Other special conditions may apply to each individual tour.





# Fishing for herring - an almost forgotten recreational pastime



by Mike Roennfeldt

AFTER quite a few years where herring runs have been disappointing in my part of the world (Perth's north suburban beach-

Beach fishing for herring

es), there seems to have been some improvement in both the size and numbers of fish. Herring fishing is something I've only come back to in relatively

recent times. Mostly I guess, because the chase for bigger fare has kept me distracted. It felt slightly strange, casting out a blob from the beach near home in the

early morning. One thing is for sure, there are nothing like the numbers of early morning herring fishermen out there like there were 30 years ago. Apart from reflecting wider trends – boat fishing has flourished and shore-based fishing has declined – the lack of herring about has probably contributed to the drop in numbers of people chasing them. On the handful of times I've wet a line for herring lately, my successes have been modest. Getting enough for a feed for two of us has taken longer than it used to. My excuse is that I can't be bothered going through the rigmarole of growing the wogs (maggots) that

have not only been the traditional first choice of herring baits but also by far the most effective. Besides, growing wogs means having smelly fish heads or whatever somewhere out the back until the blowflies have done their thing and keeping them even in the beer fridge would entail me using the limited powers of persuasion that have failed me so often in the past. It has been good fun though and the shelled prawns I've been using have accounted for a few fish. Sadly, each time I go herring fishing, I'm driven home by blowies. My guess is that because the herring don't

rush in and grab the bait like they would if I was using wogs, it gives the slower moving blowies a chance. And once they get stirred up, the miserable little puffers completely take over. I did pick up a gem of information on my walk the other morning though, when I discovered a couple of relatively successful fishos were using chicken flesh for bait when they didn't have a batch of wogs to delve into. Chicken flesh. Why didn't I think of that? It ticks all the boxes of a first-rate herring bait. Right texture, a bit oily, easy to handle, plenty of fish-attracting scent and pretty cheap compared

to most other baits. Too little, too late as it eventually turned out. Despite the blowies, I managed to take a few herring home for breakfast. I always think of them as breakfast fish. I tried them just scaled, headed and gutted because that's how I remember I used to enjoy them. They were great but my wife suggested she couldn't be bothered with the small bones. We tried fillets next but they just weren't quite as tasty and she declared she wasn't all that keen anyway. The end result is that now it looks like I'm fishing for breakfast fish for just one and it doesn't seem quite the same.

# Find a true Aussie experience touring the Great Southern outback of WA

GREAT Southern Outback Tours and Accommodation is a privately owned tour and accommodation operator run by Wayne Monks and offers first class farm stay and eco and agri-tourism products in the Great Southern of Western Australia. With a range of tours to choose from the "flagship" tour is the magnificent 4WD fully escorted private nine day "Woodlands, Rocks and Trails" Outback Wilderness tour which runs monthly departing Perth or Albany. "We travel along the 'Holland Track and Holland Way' via

Broomehill and Hyden to the 'Old Camp' (Coolgardie), the 'Golden Mile' at Kalgoorlie-Boulder, Kamalda and the 'Dundas and Norseman Goldfields' to give our tourists a chance to discover, explore and experience the wheat-belt and Eastern Goldfields. "The range of landscapes including the iconic Wave Rock in Hyden, incredible sunsets, indigenous culture, meeting local people and learning about the natural aesthetics of country provides a really authentic Aussie experience like no other," said Wayne. Wayne Monks has a passionate

interest in agri and eco-tourism, conservation of fauna and flora, an appreciation of the geological landforms and indigenous tribal cultures. "The Grange on Kalgan" is a unique family run farm set in a fresh country setting located 22kms from the City of Albany where people can enjoy the stunning vistas, farm animals and landscaped gardens set in a delightful location overlooking the Kalgan River Valley. For information visit [www.greatsouthernoutback.com.au](http://www.greatsouthernoutback.com.au), Wayne on 0499 113 193 or [wmonks@westnet.com.au](mailto:wmonks@westnet.com.au)



Wayne Monks



For more information contact the  
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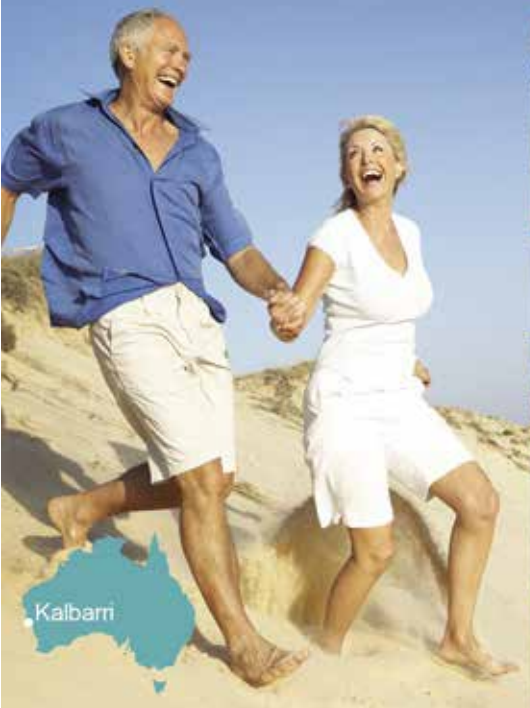
ANYONE wanting to get away for a few days should join Club 55 on their three-day Margaret River and Augusta tour. It only costs \$599 and includes most meals.

Now spring weather is upon us, it is time to get out and enjoy the magnificent countryside in all its glory. Those who want to enjoy the blooms can join the Chattering Wildflower tour for only \$50 on the 4 and 7 October. They also have lots of other great days out coming up. Anyone can join them with no membership or joining fees and several departure locations around Perth. Club 55 tours are a great way to meet and make new friends. Club 55 Travel also caters for larger groups such as Probus Clubs, bowling clubs and retirement villages offering a choice from more than 100 specially designed outings with a minimum of 18 passengers. All tours are done at an enjoyable leisurely pace and the Club takes care of all the arrangements. There are no strangers at Club 55, just friends people are yet to meet. Phone 1300 653 696 or visit [www.club55.com.au](http://www.club55.com.au) where people can view and pay for tours online and download brochures. See their advertisement on page 3.

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#### Tour Leaders



#### Accommodation



#### Attractions



#### Local Guides

**7 DAYS** > 11-17 November 2019



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- Recherche Archipelago
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#### Highlights

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ADVERTISING FEATURE

travel options for the mature west australian

Bahn storming through Switzerland - an adventure on some of the world's most scenic railways



Left to right; Swiss trains are fast, clean, quiet and on time - The Kappellbrücke (Chapel Bridge) - Avalanches - Mt Eiger

by Steve Collins

ANYONE with any interest at all in railways knows that Switzerland has some of the most scenic and fabulous train journeys in the world and as a train tragic I couldn't wait for this Swiss adventure.

My first surprise was the wonderful welcome visitors receive when they board the inter-airport train at Zurich Airport, which makes the two minute trip from the aircraft gates to the Immigration and Customs area. All is quiet on the train, suddenly you hear birds singing, followed by cow bells, then a tune from alpenhorns,

followed by some lovely yodelling. These sound effects are the perfect greeting, and really put you in the mood to enjoy the visit.

Armed with my Swiss Travel Pass I quickly found my way to Zurich Airport's bahnhof (railway station) to board my train for Luzern (Lucerne), where my tour was to begin.

The Swiss Travel Pass is just brilliant. It allows the holder to board any train, bus, tram or ferry and even allows entrance to more than 500 Swiss museums. The Swiss rely heavily on public transport, so car ownership there is very low. Having the Swiss Travel Pass

makes travelling through the country easy, allowing holders a greater opportunity to explore.

Swiss trains are fast, clean, quiet and on time - like clockwork really.

Soon after leaving Zurich, we sped past Lake Zurich passing many towns and villages and less than an hour later reached Luzern.

Switzerland has four languages: German, French, Italian and Romansh. You can tell which section you are in because town spellings and train announcements are made in those languages. Train announcements are also made in English, and everyone seems to speak English fluently, so

you won't encounter language problems.

Luzern is a really attractive medieval city that sits on the shores of Lake Lucerne and has a backdrop of snow-capped mountains. There are snow-capped mountains everywhere in Switzerland. It's a wonder the Swiss aren't born with one leg shorter than the other to better help them navigate walking around those steep slopes.

I was staying in the Old City, in a really lovely hotel called the Hotel Wilden Mann. This hotel occupies what were once seven medieval houses, which dated back to the 1500s. In order to make best use of the buildings

each room is unique, somewhat quirky, but really comfortable and I loved it. It is still a family-run hotel and that is what gives the hotel its charm and character.

Even though I had just had a journey of 24 hours and was badly in need of a shower, I had to go for a walk. I was enchanted with the city with its narrow, cobblestone streets passing ancient buildings then arriving at the fast-flowing River Reuss with its remarkable Chapel Bridge was mesmerising.

The Kappellbrücke (German for Chapel Bridge) is a covered, wooden structure dating back to the 14th century which zigzags across the

river. It's the world's oldest truss bridge and is marvellously decorated with painted triangular frames which depict events from the city's past.

Back to the hotel for that much-needed shower I meet my travelling group, have dinner, a great night's sleep and check out early next morning to make the four minute walk to the station.

Our train, the Luzern-Interlaken Express, departed Luzern at precisely 9.06am. It's one of the Swiss Panoramic Trains, which are special tourist trains available to Swiss Travel Pass holders. No seat reservation

is required for the Luzern-Interlaken Express, but it is necessary on some of the other trains. On these you only pay the reservation fee. The price varies depending on the train, but travel is included as part of the price of the pass.

Because these panoramic trains cater mostly for tourists there is space for luggage. However, if you don't want to be burdened with luggage SBB, the Swiss rail organisation, will transport your luggage door-to-door, station-to-door, plus there are other options, to make your trip more enjoyable without the burden of carting luggage.

**continued on page 36**

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# let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

## Bahn storming through Switzerland - an adventure on some of the world's most scenic railways



Left to right; Clifftop walk- Clifftop bridge - Summit lookout

continued from page 34

The trip to Interlaken is just 98kms, but so much is packed into such a short distance you always have something attractive to look at.

Swiss engineering is phenomenal. Shortly after the town of Giswil, the train needs to climb the Brünig Pass. At this point the driver lowers cog wheels from beneath the carriages onto a central cog track to provide extra traction as the train winds its way up the high pass. Even though the train is climbing a steep gradient, it feels effortless. The views of the valleys far below, and the mountains

opposite are brilliant.

We reached Interlaken in just under two hours. We were supposed to transfer to another train to take us higher into the alps to the town of Grindelwald, but due to track maintenance we had to board coaches instead. The road was steep and winding and after about thirty minutes we were delivered to Grindelwald station.

We walked through the town to the cable car station to ascend the Jungfrau to First at the summit.

It was an amazing journey, beginning with us soaring over lush grasslands, then moving over

snow-encrusted pine forests. It began snowing heavily as we ascended past the tree line up to First, which is named for the highest beam in traditional Swiss houses.

When we arrived it was still snowing but even heavier than before. Everyone else was rugged up to the nines, except for me, I was in my element. I was wearing jeans, a t-shirt and a jumper, but I didn't really feel the cold as I had an adrenaline rush from the excitement of being in such a magical environment. I relished being in the snow, hearing the loud crunch of the

deep, powdery snow as I walked.

In winter the mountain attracts thousands of skiers and in summer there are more than 100kms of popular hiking tracks.

Returning to Grindelwald, we'd just left the cable station when I heard enormously loud bangs and witnessed a couple of avalanches tumbling down the mountain opposite. This view of nature at its most dangerous – hundreds of tonnes of snow and ice free-falling to the rocks below – was thrilling to see.

The Eiger village of Grindelwald in the Bernese Oberland lies em-

bedded in a green valley, surrounded by a commanding mountainscape with the Eiger north face and the Wetterhorn facing the village. I had perfect views of Mt Eiger from my room at the Belvedere Hotel and was content to just sit and watch the behemoth undergo many phases as the weather constantly changed.

I also enjoyed watching the local train make the extraordinarily steep ascent to the Jungfrauoch, or the Top of Europe as it is also known. This is not only home to Europe's highest situated railway station (3,454 metres above sea level), it is also

a UNESCO World Heritage Site.

Grindelwald is a charming village which caters mainly for tourists. With a population of about 4,000, the town is filled with sports shops, hotels, cafes and restaurants. There are the solid Swiss-style houses scattered around the hills; below the snow line the slopes are covered with verdant paddocks; it is outlandishly picturesque and I enjoyed every minute of my stay.

I was up early the next morning to make the short walk to Grindelwald Station, where I was pleased to see the train to Interlaken arrive. As

expected, this was much better than travelling by bus. We had better views, and the panoramic windows made it a lot easier to enjoy the extraordinary scenery.

We changed platforms at Interlaken for we were headed for Montreux, and the next part of the adventure was about to begin.

For more information on Switzerland visit [www.myswitzerland.com/en-au/](http://www.myswitzerland.com/en-au/) and for information about the Swiss Travel Pass please visit [www.MySwitzerland.com/rail](http://www.MySwitzerland.com/rail).

Steve Collins travelled as a guest of Swiss Tourism.

## Finding your way in the digital age...driving overseas in hire cars powered by GPS

by Frank Smith

GPS is the new 'must have' accessory for your car. But does it do the job and is it worth the extra cost?

I learnt map reading as a boy scout some 70 years ago and that skill has stood me in good stead ever since. On

overseas holidays in a hire car my wife does most of the driving and I do the navigation. We rarely get lost.

But in Scotland last year our hire car had a GPS system already installed, but we were given no instructions on how to use it. We decided to call it Lilly and we set off as

normal using a map.

Make a U-turn said Lilly. Fiddle as much as we could, Lilly insisted we take the shortest route back to Edinburgh airport, which we had just left.

Eventually by trial and error, and ten days later Lilly started to talk and was persuaded to send

us in the direction we wanted to go.

This year was going to be different. Our European supplier in Passau, Germany explained carefully how to program destinations into Lilly.

And we set off towards Innsbruck as hoped for. Lilly chose an Autobahn that was under repair, but took no account of some roads being closed. So, after several failed instructions Lilly decided to send us to Munich airport, announcing that we had reached our destination.

Somehow, she has changed to a previous user's instructions.

We stopped and put in the correct destination and Lilly took us through Munich and narrow roads via Garmisch-Partenkirchen towards Innsbruck.

Our friends told us

GPS would take us by the quickest route to our next destination, Sankt Stefan, Friesach.

We duly loaded the destination and were taken by a long, winding circuitous route through the Brenner pass to Italy and back to Austria ending up at a convent in the wrong Sankt Stefan. By typing in Friesach we discovered we had another 125km to drive.

When we got to the town found the correct Sankt Stefan was a hamlet just outside that town.

We were puzzled that Lilly had avoided autobahns and checked that our preferences had not told her to do so.

Lilly took us to our next destination Lake Bohinj in Slovenia without problems and then on to Ljubljana where again she avoided autobahns assiduously al-



though a newish freeway would have taken us to the same destination in a fraction of the time.

Eventually we found the problem. Lilly had been instructed by a previous driver to avoid toll roads. There are no toll roads in Germany so we went on autobahns. And while there are also no toll roads in Austria and Slovenia to drive on autobahns you must purchase a Vignette

(motorway tax) at a cost of a few Euros per day and put a sticker on your windscreen.

Lilly was taking this to mean toll road, hence sending us by narrow winding rural roads to avoid using the Vignette which we had already paid for.

Our take-home message for GPS users is read the instructions. But you have to know what they are.

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# Spring into wine and try a selection of interesting drops



by Frank Smith

FROM ABC reports it looks as if we are about to have another stouch between public health advocates and the alcohol industry about the recommended maximum daily consumption of alcohol.

Australian guidelines are not more than two standard drinks per day. This may be correct, but it is based entirely on observational studies and appears to be driven by ideology rather than science. Observational studies cannot prove causation.

Moreover, participants self-report and generally seriously under estimate how much they have drunk. I have not been able to find a single clinical or animal study of moderate drinking. No one seriously doubts that excessive drinking

is dangerous to health, but it would be great to have some sound scientific evidence about the health risks (if any) of moderate consumption. On that note, here are some interesting wines for spring.

**Longview Vineyard The 'Whippet' Sauvignon Blanc** from the Adelaide Hills has aromas of guava, mangosteen, green beans, honeysuckle, and lemon. The palate displays refreshing, green bean and nettle characters and finishes with mouth-watering acidity. RRP \$24.

**Katnook Estate Sauvignon Blanc 2018** is pale green in colour with aromas of gooseberry and tropical fruit and hints of lychee and dried herbs. The palate has layered fruit with subtle her-

baceous notes, balanced by an underlying minerality and a refreshing finish. The winemaker says it can be cellared for up to 15 years if you have the patience. RRP \$25.

**La La Land Pinot Gris** from Victoria is straw coloured with aromas of pear, tropical fruit and citrus. The palate is light and fresh with nashi pear, white nectarine and hints of lime and lemon. The finish is dry and long lasting. It will cellar for up to two years RRP \$18.

**Hastwell and Lightfoot Shiraz 2017** is made from a single vineyard in McLaren Vale. It is deep ruby red in colour with aromas of red berries, black pepper and fresh plums. The palate is spicy oak with soft texture tannins and a long flavourful finish. RRP \$25.

**La La Land Tempranillo 2017** from Victoria is deep red in colour with aromas of plum, juicy red berries and spice. The palate is smooth and loaded with bold, vibrant red berries and hints of spice and oak. Will mature and improve in intensity over the next five years. RRP \$18.

**Castle Rock Estate 'Dilette' Chardonnay 2017** is a straw-coloured Chardonnay from the Porongurups. It has a complex bouquet of cool climate fruit, citrus, and nectarine. The palate is fresh with citrus and nectarine fruits leading to crème brûlée with subtle French oak in the background and natural acidity. The flavours linger with a long, fine finish. RRP \$30.

And finally here are two

bargain priced but very drinkable reds. Both are way cheaper than the RRP at discount liquor stores.

**Deakin Estate Shiraz 2018** is a deep red wine with fruity aromas and a rich, smooth, juicy palate with flavours of ripe red berries, plum, hints of vanilla and spice. The winemaker says this wine is vegan-friendly and goes well with barbecued meats and beef stir fry RRP \$10.

**Houghton Stripe Shiraz** is a brilliant dark red in colour with purple hues and aromas of cherry and blueberry with cinnamon and white pepper spices. The palate is flavourful showing cherry, dark chocolate and white pepper spice, light oak and good length. RRP \$12.99.

# Let's GO MOTORING

ADVERTISING FEATURE

## A selection of cars we have been test driving around Perth this month...



Clockwise from top left; Audi RS 5 Sportsback 2.9 TFSI Tiptronic - Mazda 3 G25 Astina - Mitsubishi ASX - Kia Picanto GT  
Left; Tony McManus Right; Mitsubishi Triton



by Tony McManus, 6PR's Saturday Night Show announcer

"SOME days are diamonds, some days are stones. Sometimes the hard times won't leave me alone.

Sometimes a cold wind blows a chill in my bones. Some days are diamonds, some days are stones." The often derided John Denver wrote and had a monster hit with this song in the '80s. The opening verse resonates these days; maybe because we're older, hopefully wiser. "When you asked how I've been here without you.

I'd like to say I've been fine and I do. But we both know the truth is hard to come by. And if I told the truth that's not quite true." The same can be said about times in which we live today: - the frantic news cycle, the global chaos generated and perpetuated by world leaders - the political debate of what we should do to secure the climatic future of our beloved earth. It really does send

a cold wind blowing in our bones. But other days drip in diamonds. It might show up as a simple invitation, to lunch on oysters and chardonnay for Father's Day. Now there's a diamond. It might be the arrival of a first grandchild; a downpour of diamonds. What is a diamond and what is a stone will vary for each of us on any given hour of any given day. But the joy derived

of that unexpected diamond is overwhelming and deserves to be embraced and celebrated. So as I look back at the cars I've tested in the last month, they are a combination of diamonds and stone. Mazda 3 G25 Astina is a sparkler; the diamonds this little car delivers are tremendous. Stylish, affordable, safe and fun to drive. At \$36,990, with sunroof, black wheels, adaptive auto high-beam, anti-dazzle headlights, a 360-degree around-view camera array, option of burgundy or black leather and extra safety tech such as front cross-traffic alert and a driver-drowsiness monitor. Kia Picanto GT from \$17,990, on the other hand, one wonders why. If you're chasing cheap thrills while driving on your home delivery round; this is perfect. Kia make many wonderful models, but this is a stone.

road costs, the ASX ES fills a gap left by Lancer hatch and sedan. In its basic form the 2019 ASX still includes five-speed manual transmission, 18-inch alloy wheels in new painted silver finish, cruise control, LED daytime running lights, manually adjusted front seat, cloth trim, and smartphone link display audio which incorporates Apple CarPlay and Android Auto connectivity, DAB+ digital radio, Bluetooth and four-speaker audio. An optional CVT automatic is priced from \$25,490 plus on road costs, and allows buyers to option Mitsubishi's \$1500 Advanced Driver Assistance System (ADAS) adds lane departure, blind spot warning with lane change assist, rear cross traffic alert, rear park sensors, dusk sensing headlights with auto high beam, rain sensing

wipers and forward collision mitigation. It's a diamond. Now for those for whom there can be never enough diamonds in their driveway, the Audi RS 5 Sportsback 2.9 TFSI Tiptronic is your Hugh Jackman. Hugh can afford this, he drove our test car during his Perth stay; starts at \$157,770, with Audi's heady 2.9-litre TFSI twin-turbo V6 with 331 kW and 600 Nm coupled to an eight-speed tiptronic auto transmission. Good for a quick 0-100 km/h time of 3.9 seconds. The metallic paint an extra \$1,950, but it's stunning. The diamond quilted leather seats are beyond gorgeous and engine sound symphonic. So the mission for each of us this spring is to gather way more diamonds, far fewer stones. Thank you John Denver and Hugh Jackman.



Mitsubishi ASX makes way more sense; assuming you need to be sensible. With a starting price of \$23,490 plus on

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# New leisure precinct opening soon

Moving into a retirement community doesn't mean you won't have anything to do. There are a heap of activities that you can choose from, and to help we've compiled some of the most popular activities at SwanCare Bentley Park.

The most popular are; disc bowls, snooker, rummy club, community gardening, bingo, photography, diner's club, CEO's coffee club, pottery and book club in the library.

The great part?

With more than 30 clubs and groups, you can do as little or as much as you like.

With the new leisure precinct opening late this year, we expect that the new heated swimming pool, gym and club rooms will add a whole new level to the range of popular activities available.

To view some of the activities on offer, try our new interactive planning page to Plan Your Perfect Day!

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# Downsizing

ADVERTISING FEATURE



## Spring is the perfect time to plan and update your outdoor entertaining area



Above: Bring the outdoors into your home with some of these inspirational looks



by Zofia St James

AFTER our cold winter I look forward to longer days and outdoor entertaining as spring

comes to life with fresh looks available in fashion, homewares and furniture stores.

I had a look at the summer launch of new products at Domayne City West store for outdoor entertaining and it certainly didn't disappoint. They now have a dedicated showroom for outdoor furniture and accessories and it just makes you want to upgrade and buy.

Outdoor furniture has really come a long way, particularly in the last five years. I can't remember seeing a purpose-made outdoor cushion in a homewares store then, but now we are surrounded with a range of designs and colour concepts which are beautiful. It really is worth taking a look to see what products are out there for you to create your very own

outdoor oasis.

Making the most of your space extends your living area and provides a beautiful view from indoors. It really is about making the most of what we have got.

I meet a lot of people who are downsizers and I love the excitement they have with the opportunity for a fresh start after years of living in a big family home.

I was expecting people to be more apprehensive and find the process overwhelming but the attitude I see from most people is more like 'bring it on'.

The idea of a far less cluttered, streamlined and low maintenance lifestyle makes sense in a world where time just doesn't feel the way it used to.

I have lived in an apart-

ment for the last six years and I can have my housework and grocery shopping done in the space of a morning leaving me the rest of the day to relax and find joy in other pursuits and hobbies.

For those of you considering downsizing, particularly couples who are used to having larger spaces, it's really important to concentrate on layout, to ensure that cabin fever doesn't set in. This is where an outdoor room can offer that extra living space.

If you have this blank space and want to create an outdoor room, the furniture world right now is your oyster. There are so many beautiful choices. Do your home/leg work and design the look you want to create from the myriad of styles available at the moment.

When choosing plants choose a few really large pots over lots of smaller ones. Think of creating a statement and grow something that can provide a natural screen for

extra privacy.

When choosing plants select fast growing varieties and ones which don't require constant watering such as succulents.

Have fun, it's your blank canvas to paint and decorate and make beautiful.

Stores are often willing to discount the price for you even if the item is not currently on sale. Retail is really in the consumer's favour these days so always ask for the best price possible.

Have a wonderful start to spring.

**Zofia offers an interior style consultation for readers. 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. Zofia offers one reader each month a free hour's consult. If you are interested, contact Zofia on 0406 336 607 or email zofiastjames@hotmail.com**

## Special sale of remarkable 19th century prints

ROYAL Western Australian Historical Society presents the Lilburne Print Sale.

This consists of a collection of mostly 19th century prints from London Illustrated News, Graphic and Punch plus engravings

from books of the time, such as the work of John and Elizabeth Gould and Joseph Redoute. There will also be many much earlier works such as Hogarth's *A Rake's Progress*.

While a large number of the prints are

black and white, there are many colourful examples to feast the eyes, so come and be entertained, amused and maybe induced to buy a souvenir from this remarkable collection.

The sale will be held from Friday 20 September 5pm to 8pm, Saturday 21 September 9am to 5pm and Sunday 22 September from 9 am to 5 pm at Historical Society headquarters, 49 Broadway in Nedlands.

### "I've started swimming every morning again"

Helen, Home Owner at Tuart Lakes



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Seize the moment to come take a look around your local village and meet people just like you who are loving village life. **Call Bernadette on 0459 867 417 to find out about our upcoming events and to book a village tour.**



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# Downsizing

ADVERTISING FEATURE



## All in one place: How vertical living is transforming independent housing



Retirees are seeking quality living

LATEST findings from the Property Council of Australia's Retirement Consensus show that retirees are seeking new heights for their accommodation, with 30 per cent of new villages under development heading into vertical buildings.

That's great news for

those considering independent living options, as providers are increasingly offering integrated services for communal use such as gymnasiums, pools, and more.

With new and upgraded facilities and immediate access to stores, cafes, medical services,

parks and public amenities such as the local library, Alchera Living's latest development, The Reserve, is one such instance where lifestyle is a key focus for retirees.

"It's a transition for newcomers entering the independent living circuit, and it can be difficult to

find that perfect location that is near to your support network with the amenities you need and at a price you can afford – it's a big leap", says Alchera Living CEO, Alan Marshall.

"We've worked tirelessly to ensure that our new development

checks all the boxes – why should a person, young at heart, remain in an old family house with the upkeep and maintenance, when the alternative is to be welcomed into a vibrant community where you can focus on enjoying your life?"

Mr Marshall notes that the benefits of a development such as The Reserve are clear. Residents enjoy generously sized apartments, some with sweeping parkland views, where they can maintain their fitness in the indoor heated pool and gymnasium at their leisure. Residents have every opportunity to remain an active community member with a host of public amenities quite literally over the back fence. Alternatively they

can put their feet up in a spacious new apartment.

And it seems it isn't just couples making the move, with plenty of singletons also taking the leap. The Property Council of Australia found that 61 per cent of independent living units in Australia are occupied by a single resident, usually a woman.

"It's wonderful to welcome new friends to the village", says Mr Marshall. "I think a lot of our solo residents enjoy the companionship of their neighbours and also peace of mind that they have a support network independent from their families."

Eligible applicants can secure a new apartment from just \$425,000 (with

a \$20,000 Early Bird offer available now – terms and conditions apply – see website for details.) and each comes with a spacious secure store-room and car bay. The Reserve is also fitted with electronic access for convenience and is situated within a secure gated community, providing residents peace of mind.

To organise an obligation-free private viewing of the completed display apartment, call Jodie on 0429 893 018 or visit [www.thereserve.net.au](http://www.thereserve.net.au).

Come along to Spring at The Reserve, 5 October, 10.30am to 12.30pm, showcasing village life. Details advertised in this edition of *Have a Go News* – see advertisement on page 9.

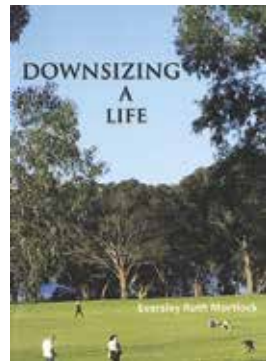
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## A new book analyses the ins and outs of downsizing



**Author Eversley Ruth Mortlock**  
**Review by Pat Paleeya**

HOW hard could it be moving to a smaller home? Downsizing is the buzz word of many of our mature demographic. Sell the family home, buy a smaller residence and have lots of spondoolies jangling in their pockets. The thought takes hold,

the dream begins but to quote Yeats 'in dreams begins responsibility'.

Everley Ruth Mortlock embarks on a quest to find that smaller residence. Thanks to her love of writing she diarised her year-long search for the perfect place. In doing so she saved many of us that arduous task of unravelling suffocating regulations, pitfalls, pa-

perwork and estate agent jargon.

Do you keep your title in the bank? Did you know that when collecting the title there is also a cost involved? A 'discharge of mortgage' document will set you back a few hundred. Bank robbery takes on a whole new meaning doesn't it?

Although a personal experience, this one-of-a-kind-book is invaluable. It is written honestly and informatively.

It's clarity and sharpness is interwoven with a little whimsy as her frustration leads her to consult the tea leaves regarding a decision on a property. Ok, that sounds a bit iffy and off the wall, but there comes a time when only the esoteric will do. Did it do? Read the book and be enlightened.

This is a genuinely useful must-have guide to downsizing. Not only is the book concerned with the practical matters of downsizing it also deals with the emotional turmoil of decluttering – mentally and physically.

*Downsizing a Life* sells for \$20 and can be found at New Editions Bookshop in Fremantle, Crow Books in Victoria Park and Dymocks in Subiaco. It is also available at the Subiaco Library.

**WIN WIN WIN**

**We have one copy to give away to a lucky reader. To be in the draw simply email [win@haveagoneews.com.au](mailto:win@haveagoneews.com.au) with Downsizing in the subject line or write to Downsizing a Life c/- Have a Go News, PO Box 1042, West Leederville 6901. Closes 1/10/19.**



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This fully refurbished three bedroom villa has just come to market. Featuring spacious separate dining and living areas with split system air conditioning, good size kitchen, separate laundry and single carport with large store room. Decorated in neutral colours and maintained to a very good standard.

The Village has a gated entrance and is set in beautiful manicured gardens. IGA and other shops are within walking distance with the added convenience of the bus stop at the front. The main town centre is only 500 metres from the Village with recreation and bowling club across the road. The Village has an amenities room and designated visitors parking within the complex.

The rear courtyard features an undercover patio area, and is brick paved for easy low maintenance living and minimal gardens.

Come and see for yourself and meet some of the other residents.

**To arrange viewing please contact John Vegar 0412 115 016**

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### Bethanie Geneff

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# When downsizing spend a little more to save 90 per cent of home running costs



Curtin University environmental scientist Dr Josh Byrne

by Frank Smith

AN extra \$20,000 spent on insulation and other energy saving measures

in a new house can save the average home owner 90 per cent of running costs and the extra capital cost will be paid back

in less than ten years.

Dr Josh Byrne, an environmental scientist at Curtin University is well known as a presenter on

*Gardening Australia*, but his day job is researching sustainable housing.

"The cost of a passive solar house is between six and eight per cent more than an average house. Not only does this save running costs but the house is more comfortable, there is less temperature variation and better acoustics, making it healthier to live in," he says.

"Once you have lived in passive solar home you won't want ever to move into a conventional house."

Another advantage of sustainable design is to future-proof the house against increasing electricity and other energy costs.

Dr Byrne and colleagues studied houses designed for a range of Australian conditions.

Each home was designed to mitigate local climate, save energy, remove reliance on gas and use rooftop solar to meet the same, or more, of the average annual energy demand.

Existing houses can also be retrofitted to save energy.

"The low hanging fruit is good insulation, either install or replace in existing homes, draft proof doors and windows and install thick floor-to-ceiling drapes with pelmets on glassed areas," he said.

"Double glazing is not cost-effective in Perth, but worth considering in cold climates like the southwest and Tasmania.

"Replace existing appliances with more efficient ones when the time comes to change them.

"Electric heat pumps

have become much cheaper and are now the most efficient way to heat water.

"Only a small, 3-4 Kw photovoltaic solar power system will meet the electricity needs of a passive solar house," said Dr Byrne.

"Airconditioning is not necessary in well-designed homes in Perth's climate. We can make use of cool sea breezes and ceiling fans, so long as the owner opens and closes windows and drapes as needed to control air movement.

"Batteries are expensive and the pay back is marginal at the moment, but with wider adoption they are expected to drop in price by 50 per cent within four years.

"Moreover, some state governments are considering moving the rebate

from solar cells to batteries. The rebate has helped create the solar industry and could do the same for batteries.

"The main advantage of a battery is that power generated in the middle of the day can be saved for use when demand is high in the early evening," he said.

While home buyers with the need to borrow on a mortgage are forced to keep the initial cost of houses down, seniors downsizing have different priorities.

Downsizers tend to be relatively asset rich and income poor and cost savings of up to \$2,000 per year can make a big difference to people living on a pension.

Dr Byrne uses his own home for research into sustainable living. Visit it at [www.joshshouse.com.au](http://www.joshshouse.com.au).

## Quality lifestyle with freedom and security in Mandurah is now available

TERANCA Mews Lifestyle Village offers a relaxed quality lifestyle for people over 55. Located in Mandurah, Teranca Mews allows residents to live close to all city amenities, only five to

10 minutes to shopping centres, medical precinct, public transport, and the beautiful Mandurah coastal and river scenery.

There are only 91 units in the village, al-

lowing the residents to live independently while being part of a friendly community atmosphere.

Each unit has two large bedrooms plus a study with spacious

living and storage areas. The home is open planned with a generously sized kitchen, dining and living room. A spacious ensuite bathroom plus separate powder room allows comfort and privacy. A covered alfresco patio area is ideal for entertaining and greenery.

There is a remote controlled garage lockup and storage area. Feel secure in your home with security gates, intercom system and 24-hour duress response system.

Village Lifestyle provides freedom; allowing residents to freely travel knowing their property will be safe and secure. Additional free parking is available for caravans and boats.

There are numerous activities to fill the days and nights with social outings, exercise classes, craft, cards, dancing and concerts. Residents can be as active or relaxed as they choose.

The village has a large community centre for functions and activities,



community garden, a library, a workshop, craft room, and a village bus to transport residents to and from activities.

The units are available through a life lease arrangements. They are

priced to sell today and available for immediate possession. For enquiries call 9550 4900 or come see the beautiful village for yourself at 140 Teranca Road, Mandurah.

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## Spring treat for garden lovers - two award winning gardens

TWO delightful award-winning gardens will be opening in October to raise funds for the Amanda Young Foundation.

The Amanda Young Foundation was inaugurated in 1998 following 18-year-old Amanda's sudden death from meningococcal septicaemia.

Both of these superb gardens have featured on ABC TV's *Gardening Australia*. This is an opportunity for garden lovers to view the gardens while raising important funds.

*Romancing the Stone* will be open on 5-6 October and is located on the corner of Hawtin and Lilian Roads in Maida Vale. It is a wonderful creation of undulating rock walls, pathways and water features interspersed with an array of colourful plants and shrubs. Local artists also exhibit their attractive work and creator Tom Hogg conducts guided tours. Cost is \$6 and the garden is open from 10am - 4.30pm both days.

On 26 -27 October Amanda's Garden at the junction of Margaret and Matison Streets in Southern River will open for the annual fete. Set amongst a tranquil natural setting of paperbarks the highlights of the garden are a mass display of Amanda Roses and a colourful array of cottage garden plants.

A wide selection of plants and seedlings is available for sale. Cost is \$5 and the garden is open from 10am - 4.30pm both days. Phone Lorraine Young on 9398 7275 for more information.

Full details available [www.amandayoungfoundation.org.au](http://www.amandayoungfoundation.org.au).

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# GREAT HOME and GARDENING



## Take a wander around Western Australia's wildflower wonderland...



Left to right; Black Kangaroo Paw - Kingia tree - Schoenia - Hakea - Wreath

by Colin Barlow

MOST other Australian states know Western Australia as the Wildflower State and come to visit in large numbers to explore the blooms in late winter and spring each year. Sadly only a minority of WA locals get to fully experience the wonderful wildflowers throughout the vast tracts of WA. So I'm going to take you on a quick trip to point out the best wildflower hot spots in our glorious state.

The flora of Western Australia is recognised worldwide for its unique diversity with more than 13,000 species of plants growing here. Of these 12,000 are native species with 60 per cent growing nowhere else in the world.

The state is divided into botanical provinces according to the climate and type of vegetation. The south-west botanical province covers just 15 per cent of our vast state from Esperance in the south to Exmouth in the north. With more than 5,700 endemic species just in this province it is the top spot to check out our native wildflowers. The spectacle each year depends on adequate rainfall but there should be good displays of wildflowers from July to November this year.

If you are starting out early in the season during the winter months of July and August it is best to head north to Kalbarri where the flowers start earlier due to the warmer weather. The Kalbarri National Park is a highlight, before heading southwards towards Geraldton, the must see wreath flowers at Mullewa and the blankets of everlastings in the Coalseam Conservation Park and in Mingenew. The Lesueur National Park is just a short 15-minute drive north of Jurien Bay and is a biodiversity hotspot boasting more than 900 different species with 200 of them having special conservation significance. Several species cannot be found anywhere else in the world and are classified as endangered.

Closer to Perth the rare black kangaroo paw and dramatic Kingia tree can be found near Badgingarra National Park. For those not wanting to travel too far from the metropolitan region, both Kings Park and Bold Park in the city have about 750 different species between them. Throughout the month of September the Kings Park festival is a must see for all wildflower lovers and enthusiasts.

From late August and

early September onwards, follow the wildflower trail southwards towards Albany to explore the Stirling Ranges and Porongurup National Park. The Stirling Ranges are another world biodiversity hotspot with more than 1500 different species of plants recorded there, which is more than in the entire United Kingdom. Around 87 of these species are unique to the area.

Travel east from Albany towards Ravensthorpe and Hopetoun and you will find the Fitzgerald National Park. The park is another world biodiversity hotspot with approximately 15 per cent of the states plant species growing in the park. At present there are 1883 different species identified with 75 found nowhere else.

I will be following the wildflowers down in the south of our state from mid September so I will give an update in next month's issue.

### Lots of advice in store at the warehouse

If you need some garden advice during October, I will be on hand at your local Bunnings store on most weekends between 10am and 2pm to help solve your most common garden problems. Come and say hi at the following stores:

- 5 October Joondalup
- 6 October Halls Head
- 12 October Armadale
- 20 October Whitfords
- 26 October Innaloo

### Spring has sprung

Springtime in WA brings wildflowers and new and interesting plants, so take a little time to take a look.

The not-to-be-missed Garden Clubs and Societies Fair takes place over the weekend of the 14 to 15 September at the South Perth Community Centre, Sandgate Street, South Perth.

Many of Western Australia's favourite gardening clubs and societies will be there to providing advice, exhibiting and selling many hard-to-find plants. On display this year at the fair will be African violets, Begonias, bromeliads, cacti and succulents, Chrysanthemums, ferns, geraniums, Gerberas, palms and cycads, orchids, roses and wildflowers. Entry is only \$5 for adults and it is open from 8.30am to 4pm on Saturday and 9am until 3pm on Sunday. Call Helen Martin-Beck on 6361 7688 for more information or go to [www.horticulturalcouncil.com.au](http://www.horticulturalcouncil.com.au)



The theme for this year's Kings Park Festival is 'Beauty Rich and Rare'.

All throughout the month of September the park will be ablaze with dramatic displays of spectacular wildflowers. Check out the art and photography

installations, outdoor exhibitions, walk and talks and family activities. Go to [www.kingsparkfestival.com.au](http://www.kingsparkfestival.com.au) for all the festival highlights.

🌸🌸🌸🌸  
If you are heading down south take in the Ravensthorpe Wildflower Show and Spring Festival from the 9 to 21 September. The

festival showcases the region's spectacular floral diversity with plant displays and local events. These include wildflower hotspot tours, guided nature walks,

market stalls and fireworks displays. Contact Sue Leighton 0407 981 301 for more details or go to [www.wildflowersravensthorpe.org.au](http://www.wildflowersravensthorpe.org.au)

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**HONDA**



# 2019 Seniors Week FOCUS

Sunday 10 November to Sunday 17 November



## Come and have a spin on our bigger and better chocolate wheel at *Have a Go Day*



Thanks to our partners AGL we have a fabulous new chocolate wheel for *Have a Go Day*

fabulous new chocolate wheel for our hospitality tent.

It's bigger and better and gives more people the opportunity to join in on a spin and win more prizes.

The wheel will spin on the hour from 10am to 2pm and at every spin a lucky person will win a Samsung tablet thanks to AGL and four lucky people will win a terrific consolation prize thanks to *Have a Go News*.

Come and meet the staff from *Have a Go News* and AGL at the hospitality tent, enjoy a free cuppa or a cold water, we look forward to making you welcome on the day.

Don't miss a spin. They start at 10am – see you at *Have a Go Day*!

MARK your diary to be at Burswood Park from 9am to 3pm on Wednesday 13 November.

The *Have a Go News*

office is very excited about *Have a Go Day* this year thanks to our partners AGL, because they have provided us with a

## Hey, Hey come along to *Have a Go Day*



Canoeing on the river - be a part of the annual walk

MARK your diary to be at the premier event of WA Seniors Week, *Have a Go Day* – a Livelihter event on for Wednesday 13 November.

Now in its 28th year, beautiful Burswood Park will come alive from 9am to 3pm with myriad activities, entertainment and information specifically for older adults.

Organised by the Seniors Recreation Council of WA, this fabulous free event is the highlight of the calendar during Seniors Week.

The day provides an opportunity for people to come and have a go at many different activities including the climbing wall, canoeing on the river, petanque, dancing, disc golf, tai chi, boomerang

throwing, yoga and lots more.

Enjoy fabulous entertainment at the Niche Living stage from some of WA's best entertainers, enjoy dance demonstrations and so much more.

There will be many static displays with lots of information from clubs and groups that would love to entice people to join them.

Have a health check at various stalls and find out lots of information from various businesses including many *Have a Go News* advertisers.

*Have a Go News* continues to run the hospitality tents and we look forward to welcoming people to come and enjoy a free cuppa or water and try out the new chocolate wheel.

There will be loads of food

stalls around the grounds with a variety of food on offer to cater for all tastes.

Crown Perth will have their spectacular marquee which will offer people great prizes, cooking demonstrations and lots of entertainment.

Radio 6PR, Curtin Radio and Capitol Radio will be broadcasting live on the day and Channel 7 Perth personalities will be making visits throughout the day.

There is so much to see and do – don't miss the opportunity to celebrate later life at this fabulous event.

Look out for our exclusive guide to *Have a Go Day* – a Livelihter event with maps, directory and entry form for the major prizes in the October edition.

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### For further information please contact:

Facilitator 9474 3297 President 0488 991 084

Email: info@solacegriefsupportwa.org.au

Website: www.solacegriefsupportwa.org.au

You and your call will be welcome



## The guide...



SENIORS Week 2019 will be held from 10 to 17 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 day by day all the events happening around the state.

Celebrations to mark seniors and their contribution will take place throughout the week.

Organisations are invited to list events in the daily guide. The form needs to be received to our office by 27 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 liftout.

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Wednesday 13th November**

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# 2019 Seniors Week FOCUS

Sunday 10 November to Sunday 17 November



## Grandchildren wanted for the Big Bethanie Bake Off



Last year's winners at Have a Go Day

DO you have a precious family recipe that has been handed down through the generations which you would love to see your grandchildren cook? Then why not encourage them to enter the Big Bethanie Bake Off this year.

Entries are now open to school aged children for the sixth annual Bake Off, a local cooking competition which brings Perth's oldest and youngest chefs together to showcase their culinary skills and share magical memories of intergenerational recipes.

Bethanie, Western Australia's most recognised not-for-profit aged care and retirement living providers, continues to work on closing the intergenerational gap with this popular live cooking competition which offers some fantastic prizes.

To take part, school aged children and Bethanie seniors must submit their unique recipes, as well as the history behind them, in the hope of being selected as one of four junior and four senior finalists to compete in the live bake-off.

Each submission is judged on creativity, nutritional value and complexity of the recipe, along with the story behind their secret family recipe. Four juniors and four Bethanie Seniors move on to compete in a live cook off event which takes place on 13 November 2019 at *Have a Go Day*, a LiveLighter event. A carefully selected panel of expert judges will decide the overall winner at the live bake-off.

The judges select three winners on the day - Best Senior, Best Junior and the overall Big Bethanie Bake Off Champion.

Last year Best Senior went to Joan Edmonds from Bethanie Mount Claremont Living Well Centre for her mum's patty cakes and Best Junior went to Tom Rechichi from St Anthony's School Greenmount for his gnocchi.

The 2018 Big Bethanie Bake Off Champion was Isabell Neill from Bethanie Kwinana Living Well Centre for her cauliflower mustard pickles. Isabell surprised staff with a jar of her home-made cauliflower mustard pickles earlier in the year and it was a big hit. She has made her pickles for everyone in her family since first coming across the recipe in the early '70s and it quickly became a family favourite.

To enter, visit [www.bigbethaniebakeoff.com](http://www.bigbethaniebakeoff.com) and complete an online entry form. Entries close 15 October.

For further information on entering please contact Bethanie on 131 151.

## Tenth Seniors and Carers Expo



CITY of Rockingham will host the 10th annual Seniors and Carers Expo at the Mike Barnett Sports Complex, Rockingham.

The expo celebrates the contribution of seniors to the community as part of the International Day of Older Persons, an annual event that is celebrated on 1 October each year.

There will be more than 145 stalls at the expo, providing information on the range of services, activities, programs and products that are available to seniors and carers.

Curtin FM will also broadcast live from the event.

There will be free parking on the day in the main car park at Mike Barnett Sports Complex, on the corner of Dixon Road and Goddard Streets in Rockingham.

Priority will be given to visitors with ACROD permits and 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.

The 548, 549, 551 or 555 buses will provide public transport to the expo. The closest train station is Rockingham and residents can then catch the 555 bus to the expo. The expo will be held on Friday 11 October from 10am to 2pm at the Mike Barnett Sports Complex.

The City thanks sponsors including Bluesky Healthcare, Unicare, Mercy Care, Baptistcare Inc, Curtin FM, National Lifestyle Villages, Relationships Australia, Programmed Care, Niagara Therapy, Better Health Nutrition and Fitness and InnerCalm Health & Well-being.

For more information call 9528 0333, visit [www.rockingham.wa.gov.au/se](http://www.rockingham.wa.gov.au/se) niors or email [customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au).

## 2019 WA Seniors Awards nominations are now open



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

Why not nominate them for a prestigious WA Senior Award?

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

This year the WA Seniors Awards celebrate their 34th year of acknowl-

edging 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

inspires you, take the time to share their achievements with the broader community.

The process is straight forward and this year's nominations close on 4 October.

The WA Seniors Awards ceremony will be held during WA Seniors Week.

To obtain a nomination booklet call COTA on 9472 0104, email [dana@cotawa.org.au](mailto:dana@cotawa.org.au) or download a form from [www.cotawa.org.au](http://www.cotawa.org.au)

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## Seniors and Carers

# 10<sup>TH</sup> ANNIVERSARY

## EXPO

**Friday 11 October 2019 10am - 2pm**

**Mike Barnett Sports Complex,**  
Cnr Dixon Rd and Goddard St, Rockingham

150 Information stalls | Grandchildren welcome

No high heels



[rockingham.wa.gov.au](http://rockingham.wa.gov.au)





# 2019 Seniors Week FOCUS

Sunday 10 November to Sunday 17 November

## Film Festival to kick off Seniors Week

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Have a Go  
NEWS

WE are very happy to announce the AGL Seniors Week Film Festival will return at the beginning of WA Seniors Week 2019.

We will be screening the festival at 1 pm on Saturday 9 November and Sunday 10 November at Cinema Paradiso in Northbridge, thanks to Palace Cinemas.

There are 240 double passes to give away to readers across the two sessions, thanks to our partners AGL. Winners will enjoy a special preview film, a delicious snack pack and win some great door prizes.

The special preview films will be announced in the Seniors Week Event Guide published in the October *Have a Go News*.

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## Elderbloom Community Care Centres

Elderbloom Community Care Centres is a community based not for 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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## Yes it's back again! Ageing Disgracefully 2019

Frank Spencer

FOR those who have not been before, put this in your diary now. And for those who have attended note that this year will be bigger than ever.

The idea for an Ageing Disgracefully seminar started a few years ago. It is a recognition that ageing can be fun and often it is in our later years that we can let go of convention and do the things we enjoy.

Sometimes we can even make our grandchildren smile and shake their heads. But as with most of life's stages, ageing comes with its unique challenges.

So the idea for providing information on ageing well and joyfully was born. It is a mixture of stalls and presentations wrapped up in music, comedy, and coupled with a lovely morning tea. It is a day to

learn and enjoy.

This year the wonderful Frank Spencer from *Some Mothers Do Have 'Em* is there to remind people that having a good laugh is as important to our health as all the other lifestyle factors that are recommended. Never stop laughing.

Also speaking is Lesley Lynam who will present a talk about *Best Friends... the Value of Animal Companions*. And people will love *A Walk Through Grandma's Garden* where flower fragrances will take you back in time.

The seminar is on Wednesday 25 September at Swan Active Beechoro, (formerly Alton Park Leisure Centre). It is still located in the same place at 332 Benara Road, Beechboro. There is plenty of free parking. The seminar starts at 8.30am and finishes at 1.30pm. Morning tea is provided. Lunch can be purchased from spud van or the kiosk.

This is a free community event supported by the City of Swan.

Registrations are essential and can be done online through the City of Swan website or by phoning Swan Active, Beechboro on 9207 8555.

## Preserve your film memories before they degrade

BEFORE the days of smart phones and social media, the act of recording footage was reserved for life's most precious moments. While today's video of the family cat can be easily viewed and shared over and over again, your most treasured memories are probably tucked away in storage somewhere.

You may think your old film reels are safe and sound in that shoebox at the back of the cupboard, but as time passes, it is slowly degrading. In the early twentieth century, film reels were not designed with longevity in mind, often using unstable chemicals to improve the quality of the picture. Many films shot during the 1930s/40s will eventually succumb to what's known as vinegar syndrome, a decomposition process that releases a vinegar-like odour.

As your film ages, it will continue to deteriorate until it's damaged beyond repair. Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break down and lose quality. Now is the time to take action and ensure your priceless recordings aren't lost forever.

One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio recordings into modern, digital formats. If your film has already begun to decay or develop mould growth, DiskBank can revive your footage if the damage has not spread too far.

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format. Digital files are the most versatile, offering the highest quality results in 2K, a level of resolution that is superior to High Definition (HD).

DiskBank is currently offering 2K transfers at the price of HD, a saving of about 15 per cent. Plus, as a *Have a Go News* reader, you are entitled to an additional 20 per cent off.

Simply mention the *Have a Go* name to claim your bonus discount. Visit DiskBank at 94 Jersey Street, Jolimont or call 9388 0800.

"I'm so busy that I don't have time for a fall, so I keep challenging my strength and balance to stay on my feet."

Annette, 71, Rockingham grandmother and Prime Movers enthusiast.

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## Nutritional information changes so regularly - does it matter what diet you follow?



Curtin University Professor of Nutrition and Dietetics  
Deborah Kerr

by Frank Smith

MEDICAL journalist, Clare Wilson, writing in *New Scientist* said: "Advice about what to eat seems to change

every week.

"Eggs are a classic example. They were once seen as wholesome packages of protein and vitamins, a perfect start to the day. But in the 1960s

we woke up to the dangers of cholesterol. Eggs, which are rich in this fatty substance, became frowned upon.

"Later the amount in our food no longer mattered, because it didn't really affect the levels in our blood and hence our heart health. It became OK to eat eggs once more. Then in March 2019 a new study found that the cholesterol in eggs was bad for us.

"A growing number of scientists are now saying nutrition science is so flawed that we can't even trust pillars of advice like eating plenty of vegetables and avoiding saturated fat. Within certain common-sense boundaries, they say, it doesn't matter what we eat. But could that really be true?"

*Have a Go News* asked Curtin University Professor of Nutrition and Dietetics, Deborah Kerr if nutritional science was flawed as Ms Wilson suggests.

"No, nutritional studies are not flawed," she said.

"In medical science treatments change as we find out more about diseases, but we don't then say that medical science is flawed because treatment and or recommendations have been changed.

"For example, we used to think that peptic ulcers were caused by stress and poor diets. But thanks to Barry Marshall and Robin Warren, we now know ulcers are caused by *Helicobacter* infections. That is viewed as a scientific breakthrough

not a criticism of science for changing its mind.

"Changes in nutrition recommendations are not treated in the same way by the media or the public. That is not helpful."

Ms Wilson criticised nutritional science for depending on observational studies where confounding factors cannot be ruled out.

"Like studies in epidemiology, observational studies can't identify cause, but they can be indicative," said Professor Kerr.

"For example, a study of double decker buses in UK compared the health of the conductor and the driver. The conductor gets a lot more exercise going up and down stairs and suffers fewer illnesses. It is not proof that exercise

improves health, but it is indicative.

"Observational studies bring a level of evidence that can then lead on to the gold standard - randomised double-blind control trials."

However, getting subjects to stick to a particular diet for a long period can be problematic, and both subjects and researchers know what dietary treatment they are on. Trials also often depend on subjects remembering and recording accurately what they ate.

"Food diaries have been criticised because with the best will in the world people forget what they ate a few days ago," said Professor Kerr.

We are now using mobile technology to improve accuracy. Subjects take

photos of the food. For large studies, often with more than 100,000 participants, it is impossible to accurately measure food intake, so we use a food frequency questionnaire.

"It can be a challenge to get an accurate picture and to improve the way we assess diets. But we learn more as we research more.

"Dietary recommendations are made by a committee of experts who consider the whole science to arrive at dietary guidelines. These change as we learn more from research.

"You can trust the guidelines on whole food patterns of eating.

"You can't go wrong with eating plenty of fruit and vegetables," she said.

## Take a new look on life...eye spy fabulous style for all moods

WEARING glasses need not be boring. With such a wide range of brands and styles on the market these days, people can express their personality through designer eyewear and sunglasses.

So the question is: "Just how much of statement do you want to make?"

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eyewear and sunglasses. As an independent, family-owned optical dispensing business, Naked Specs offers great advice and good old-fashioned customer service that's second to none.

"We love what we do and are known for our passion, energy and enthusiasm. We have built a strong reputation by offering fabulous and affordable designer

eyewear that's not widely available anywhere else," said owner Justine Levin.

"All of our prescription lenses are made and fitted locally here in Perth and we are multi-focal specialists," Justine adds.

Naked Specs can take your look from ordinary to extraordinary with their beautiful range of Australian, French and UK designed

eyewear, available with or without prescription lenses at their Fremantle Markets optical store. Naked Specs is the exclusive online retailer and largest stockist of iconic Paul Taylor Eyewear, both in Australia and globally.

Additional luxury brands include UK designer William Morris; French designer Caroline Abram; American designer Betsey John-

son; a selection of beautiful hand-made French ranges and more.

Naked Specs also offers frame-only options and is registered with all major Australian health funds, plus Afterpay and Zip Pay are available online and instore.

Naked Specs Optical, Shop 43, Fremantle Markets, phone 0415 549 649 or visit [www.nakedspecs.com.au](http://www.nakedspecs.com.au).

## naked specs



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Mervyn Rothstein

## One man's massive contribution to diabetes research

FOR more than 30 years, Mervyn Rothstein has donated his time to support a cause close to his heart – diabetes research.

The retired Perth solicitor, who was diagnosed with type 1 diabetes as a young father, has just stepped down from the board of Diabetes Research WA – a charity he's volunteered for since 1988.

Diabetes Research WA executive director Sheri Westlund said the hours Mervyn had donated added up to a contribution worth around \$315,000.

"Every not-for-profit needs trusted and wise counsel and we've been incredibly lucky to have that

in Mervyn over such a long period," said Ms Westlund.

"Mervyn ensured we ticked all relevant legal requirements to remain compliant in Western Australia, so that we could continue our quest to find solutions for diabetes in all its forms including the causes, complications and ultimate cure for the disease.

"His skill and dedication are second-to-none and we are indebted to him for his amazing contribution."

Mr Rothstein said his first-hand experience of the power of medical research to change lives is what prompted his volunteering.

"When I was first diagnosed, blood glucose levels still had to be tested by a urine sample and the glass syringes used to inject insulin had to be sterilised in boiling water," he said.

"Advances over the last 45 years have resulted in my life as a diabetic becoming longer, healthier and easier to live. Insulin quality has improved, insulin pens make injections a breeze and the sensor I wear means no more finger pricks and less likelihood of complications."

He said important diabetes research is ongoing and needs to be supported, which was the reason

for his ongoing commitment to the charity over the years.

"There is excellent research being conducted in Western Australia and it is my hope that a cure will be found in my lifetime," he said.

To support Diabetes Research WA and its latest fundraiser, spearheaded by its newest ambassador, West Coast Eagle, Jamie Cripps, who was diagnosed with type 1 diabetes at the age of 18, head to [chuffed.org/project/help-cripps](http://chuffed.org/project/help-cripps).

The initiative aims to raise \$60,000 to fund one of the charity's annual diabetes research grants, which are given out on World Diabetes Day – 14 November – each year.



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## Stem cell therapy can help arthritis



**Evolution of Osteoarthritis**  
Diagram; 1. Bone, 2. Cartilage, 3. Thinning of cartilage, 4. Cartilage remnants, 5. Destruction of cartilage  
© doctoramey.com

OSTEOARTHRITIS begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive to daily mobility and flexion.

Research shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the right tissue, adult stem cells can become new bone cells or cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As people age, stem cell migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent of the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better.

Call Sandra Barnsley 0412 479 156 for more information.

## Palliative care and end of life - everything you need to know

THE speaker at the meeting of WA Self Funded Retirees Association on Friday 11 October will be a palliative care specialist Dr David Thorne.

Recent proposals for legislative change, intended to offer WA residents more control over their end-of-life experience, has brought the term palliative care increasingly to society's attention.

Dr Thorne, who is now retired, has been involved in the field from the outset and has contributed over the years to the major development of services and the improvement of treatment to those facing a life threatening illness.

Palliative care principles have been adopted by many health care providers. Specialised teams of doctors, nurses, social workers and others, all highly trained in palliative care are available in our major hospitals and in community services.

During his talk, Dr Thorne will explore the cost and availability of palliative care and questions will be encouraged.

Each month on the second Friday the WA Self Funded Retirees Association, holds a meeting which features guest speakers on topics of interest to retirees. Meetings start at 10 am and are held at Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

Visitors to the meetings are always most welcome. For more information please contact Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

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## #330 September edition PUZZLES Solutions

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### Wheel Words:

Aver, Nave, Rave, Rive, Vain, Vair, Vane, Vava, Vein, Vena, Vent, Vert, Vina, Vine, Avert, Avian, Naive, Raven, Raver, Riven, River, Rivet, Arrive, Aviate, Invert, Native, Ravine, Tavern, Taverna, Variant, Variate.

9-letter word: NARRATIVE

### Have a Go News Quiz Page 2:

1. Chamber of Commerce & Industry.
2. Thailand.
3. WA Symphony Orchestra.
4. Jetsons.
5. Ecuadorean.
6. Corruption & Crime Commission.
7. Richard Court.
8. Tasmania.
9. Rottneest Channel swim.
10. Ghan.



# Information about claiming the British pension in Australia...



Mike Goodall

by Mike Goodall

IN 2010 the age at which women receive a UK aged pension (State Pension Age - SPA) was raised incrementally so that women born after 1953 now receive the same treatment as men.

Many of these women only found out about the increase in SPA when they attempted to claim

their UK State Pension. In 2014 the SPA for both men and women was increased to 67.

Consequently many women who had planned to retire at 60 were now forced to work for seven more years.

A massive campaign in the UK on their behalf resulted in a judicial review which took place in early June. The judgement has not yet been delivered.

The fiasco has become known as the Great Pension Robbery.

Campaign groups, unions and MPs have written to Prime Minister Boris Johnson requesting that the whole program be reviewed.

If you have applied to the UK to make addition-

al voluntary contributions for years that you did not make a contribution HM Revenue and Customs have now just processed the last of the applications that they received prior to 5 April 2019 and sent out letters asking for payment within eight weeks.

All future letters will demand the higher contribution rates applied since then. If you receive one of these letters and the money is not in HMRC's account by the deadline, it could cost you a lot of extra money.

Even at the higher contribution rates, paying for additional years worthwhile especially if you are just short of the magic 10 years that is now minimum number

of full contribution years required to claim a UK State Pension.

Many people from Australia have worked for five or six years in the UK and are not aware that the UK Government currently adds a bonus of three years from the age of 16-18 even if you were not living in the UK. Therefore, if you worked for five or six years in the UK you could possibly be only one or two years short of qualifying for a part UK State Pension. In many cases the additional cost can be recouped during just the first pension year.

The additional income will have no effect on your Centrelink pension as under the income test a single person is allowed

to earn \$172 per fortnight or \$304 per couple while still receiving a full aged pension. Moreover the UK State Pension is not counted as an asset by Centrelink.

A reminder, UK Expats born before 6 April 1954 reach State Pension Age in September 2019 and those born between 6 April 1954 and 5 May 1954 will be eligible to claim their UK State Pensions from 6 November 2019.

Anyone who would like to discuss the above in greater detail or any other aspects of their UK State Pensions, are welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail [mikecgoodall@btconnect.com](mailto:mikecgoodall@btconnect.com)

## Free dental consultation - smile and pay later



MAVEN Dental practices, Booragoon and Subiaco are offering a complimentary\* dental implant consultation for people who

need it, exclusively for Seniors Week.

Dental implants are a natural looking, longer lasting, restorative option suitable for many patients where natural teeth are missing or have been extracted. Implants provide people with the opportunity to regain normal feel and function of their teeth without the need for dentures, bridge or a crown.

Maven understand that every case is unique and strive to understand the needs and concerns of every individual. Leading dentists, Dr Alan Miller in Subiaco and Dr Russell Fine at Booragoon and their associates, bring to Perth a wealth of knowledge and experience. Using state-of-the-art technology with a commitment to premium Australian laboratories to ensure high quality dental implants for people and their smile.

People will receive a personalised consultation, where Maven's clinicians will review treatment goals and suitability for this treatment and provide them with an individual plan to take away.

Everyone deserves a healthy smile and Maven Dental Booragoon and Subiaco are now offering 18 months interest free\*\* - so people can enjoy a smile now and pay for it over time.

To book a complimentary consultation or to find out more, contact one of the local practices at Maven Dental Booragoon 9316 3622 or Maven Dental Subiaco 9388 2787.

\*Limit to one complimentary dental implant consultation per person, at selected Maven Dental practices only. \*\*Terms and conditions apply, visit [www.mavendental.com.au](http://www.mavendental.com.au) for details.

### Mobility issues helped with bidet

WITH a bad back and arthritis, Barbara Nash found going to the toilet a difficult task. Her doctor advised her that a bidet would solve her problem but a stand alone installation would be too expensive and too difficult to install in her current home.

She found out about the easy Coway bidet when she visited a friend who had one installed.

The Coway's bidet has a heated seat, soft closing lid, remote control, a stream of warm water and in built fan.

Toilet paper is not required with the unit.

Barbara rang The Bidet Shop straight away and ordered one. Since then she has introduced four of her other friends to this life changing machine.

"I just didn't know how many other people out there were having trouble going to the toilet. My advice to everyone is get a Coway Bidet.

"I did and it changed my life."

Have a Go News readers may qualify to have their bidet fully funded. Call The Bidet Shop on 08 6315 4252 for further details.

### Stay Sharp Program

for the over 55s - as seen on Channel 7 Today Tonight  
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!

8 weeks \$80

Next Program Commences

Thursday 17 OCTOBER - 5 DECEMBER 2019

9.30am - 12noon

REGISTRATIONS

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[info@staysharpprogram.com](mailto:info@staysharpprogram.com)

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alzheimer'swa  
the dementia experts

### Seniors Recreation Council Jottings



#### LiveLighter Aged Care Games Belmont

A fine but cold morning in early August saw twenty teams from Perth's metropolitan Aged Care facilities take part in the annual metro LiveLighter Aged Care Games held at the Belmont Oasis. SRCWA executive officer Dawn Yates welcomed everyone and the MLC member for East Metropolitan Region Hon Matthew Swinbourn opened the event. Teams competed in a range of games and it was amazing to see people well into their 90s willing to have a go at seated hockey, pass ball, bean bag toss and skittles. The team taking out first place was Hamersley Hurricanes, second place was Umbrella's Mouseketeers closely followed by Saint Andrews in third place. The oldest competitor at the games was 97-year-old Bettie Scarff from Acacia Living Group. The best presented team was Rosewood's Rosewood Vigilante who went to a lot of trouble theming the team as super heroes wearing masks and capes. This year we welcomed back a team of volunteers from Aggreko Western Australia, volunteers from The Over 55's Walking Association, and Square Dance Association who all helped throughout the event. A special thank you to aged care facility staff who train and support participants and we gratefully acknowledge the support from the Wooroloo trustees. Many thanks to entertainers Jim Drysdale and Jenny Cole who had the crowd singing along to great tunes. At the event we announced the winner of the LiveLighter Aged Care Games Champions of Champions trophy for 2018-2019 and the winner this year was Balmoral Royals from Aegis Balmoral. Thank you to LiveLighter Healthway, Dept of Communities and Dept of Local Government, Sport and Cultural Industries for supporting the LiveLighter Aged Care Games events.

#### Scams Awareness Week Workshop

On Tuesday 13 August, eighty-four seniors gathered at McLarty Hall in Shoalwater for a free information session to educate people about their on-line safety as part of Scams Awareness Week. The event run by Seniors Recreation Council of WA Inc in partnership with Consumer Protection provided a forum for seniors to learn about the latest trends, ask questions and take steps to protect themselves. Presenters on the day were SRCWA Tech Savvy Seniors project manager Martin Yates and from the community education division at Consumer Protection Merinda Willis. Once the presentation was concluded there was some lively questions with advice on offer from Martin and Merinda. The main message from these sessions is maintain a healthy level of scepticism online. Remember, "if it sounds too good to be true then it definitely is" and think before you click is another top hint. After the presentation there was a magnificent afternoon tea provided by the SRCWA Rockingham branch. Thank you to SRCWA Rockingham branch president Valma Sulc, branch secretary Carole Overington and the team of volunteers who worked hard to make this free event possible. If you are concerned that you or someone you know have been implicated in a scam call Consumer Protection WA on 1300 304 054 for advice.

#### SRCWA Annual General Meeting - Wednesday 25 September 2019

Seniors Recreation Council of WA is holding its AGM on 25 September at the Dept of Local Government, Sport and Cultural Industries building in Leederville. The meeting will include the election of officers, reports from SRCWA branches, project officers and a guest speaker. This meeting gives SRCWA accredited volunteers the opportunity to share information and anecdotal evidence on the impact to seniors regarding the programs SRCWA conducts in metropolitan and regional WA.

#### Mark your diary for Have a Go Day 2019, a LiveLighter Event - Wednesday 13 November

Held at Burswood Park from 9am to 3pm, Have a Go Day is an activity and information sharing event for over 50s and last year attracted an attendance of 15,000 participants and 230 exhibitors. This year there will be a wide range of activities, health checks and static displays with a focus on participation, three hospitality tents serving free tea, coffee and bottled water and a range of food vendors available. For further information please call 9492 9773.

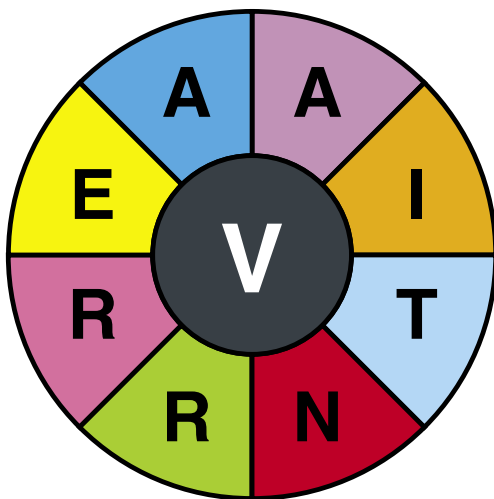
For information on any of the above events please contact the SRCWA office on 9492 9772.



SRC President, Hugh Rogers





[illegible]

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# Bee Gees tribute act comes to Perth in November



*One Night Only - Bee Gees Revival*

DAPS Entertainment have sold out shows across Australia with their Melbourne based Bee Gees tribute act, *One Night Only – Bee Gees Revival* and in November they'll be bringing the trio's magic to Geraldton, Kalgoorlie and Perth.

Phil Splitter, who plays the role of Robin Gibb, promises audiences that it will be a

show that captures the spirit of one of Australia's most successful music acts.

"We have a fabulous five-piece backing band, and we've worked hard to really replicate the *Bee Gees* singing style, including the falsettos," Phil said.

"What we do differently is that we bring entertainment to the stage. The *Bee Gees*

were world-class singers and musicians, but they weren't that well-known for being entertainers.

"In our show we have a bit of banter with each other."

The show is now in its fourth year of touring and Phil believes that the current line-up is the best yet. A highlight for the team has been playing at the

**Alice Springs Masters Games Closing Ceremony in October last year.**

**One Night Only – Bee Gees Revival** will play shows at Queens Park Theatre Geraldton on Sunday 10 November, Goldfields Arts Centre Kalgoorlie on Tuesday

12 November and the  
Astor Theatre Perth on  
Thursday 14 November.

This is the first time that the act will visit Western Australia so it would be a 'tragedy' to miss out on these fabulous events.

For bookings see advertisement on page 57.

## ***Downton Abbey* cast reunite for an epic movie event**



THE television series *Downton Abbey* followed the lives of the Crawley family and the servants who worked for them at the turn of the 20th century in an Edwardian English country house.

Over its six seasons, the series garnered three Golden Globe Awards, 15 Primetime Emmy Awards ND 69 Emmy nominations in total, making *Downton Abbey* the most nominated non-US television show in the history of the Emmys. It even earned a Special BAFTA award and a Guinness World Record for the highest critically rated TV show along the way.

The *Downton Abbey* movie will star the original principal cast, including Hugh Bonneville, Laura Carmichael, Jim Carter, Brendan Coyle, Michelle Dockery, Kevin Doyle, Joanne Froggatt, Matthew Goode, Harry Hadden-Paton, Robert James-Collier, Allen Leech, Phyllis Logan, Elizabeth McGovern, Sophie McShera, Lesley Nicol, Penelope Wilton and Academy-Award winner Mac-

gie Smith, as well as new cast members Academy-Award nominee Imelda Staunton, Geraldine James, Simon Jones, David Haig, Tuppence Middleton, Kate Phillips and Stephen Campbell Moore.

Academy-Award winner Julian Fellowes, who created *Downton Abbey* and wrote the film's screenplay will produce alongside Gareth Neame and Liz Trubridge. Michael Engler returns to direct. Brian Percival, who directed the series pilot, will executive produce the movie alongside Nigel Marchant.

In cinemas 12 September.

**WIN WIN WIN**

**To be in the draw to win a double pass to Downton Abbey simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Downton in the subject line or call the office during business hour (Monday to Friday 9am to 5pm) on 9227 8283. Competition closes 20/9/19.**



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Symphony Orchestra

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JAMES LEDGER Viola Concerto (WORLD  
PREMIERE)

BERLIOZ *Symphonie fantastique*

Fabien Gabel conductor  
Brett Dean viola

Fri 4 & Sat 5 October 7.30pm  
Perth Concert Hall

Tickets from \$33\*

Wesfarmers Arts  
Principal Partner

The West  
Australian

Ian Grandage's Cor anglais Concerto was commissioned for the West Australian Symphony Orchestra as a gift to Emeritus Professor David Tunley AM. This work was supported by Prof. Tunley's colleagues and friends led by Emeritus Professor Margaret Seares AO. James Ledger's Viola Concerto was commissioned for the West Australian Symphony Orchestra by Geoff Stearn. \*A one-off handling fee of \$6.60 per transaction applies to all web, phone and mail bookings. A fee of \$3.85 applies to over the counter bookings. An additional fee of \$4.40 per transaction applies for delivery via Registered Post.

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An exhilarating and  
heroic triumph.

VAUGHAN WILLIAMS *Fantasia on  
a Theme by Thomas Tallis*

IAN GRANDAGE Cor anglais Concerto  
(WORLD PREMIERE)

BEETHOVEN Symphony No.3 *Eroica*

Douglas Boyd conductor  
Leanne Glover cor anglais

Fri 11 & Sat 12 October 7.30pm  
Perth Concert Hall

Tickets from \$33\*

Australia  
Council  
for the Arts

Department of  
Local Government, Sport  
and Cultural Industries

HAGW1430-102223



# arts



## WASO presents a fantastique line up...

WEST Australian Symphony Orchestra presents Berlioz's *Symphonie Fantastique* and premieres James Ledger's *Viola Concerto*, next month.

Berlioz's masterpiece *Symphonie Fantastique* is full of passions, dreams and phantoms. James Ledger is one of Australia's finest composers, and his new *Viola Concerto* is premiered by another

great Australian musician, composer and violist Brett Dean.

These two dream-filled French works frame a world premiere conducted by one of the stars of the new generation, Fabien Gabel on Friday 4 and Saturday 5 October, 7.30pm at Perth Concert Hall.

A week later, WASO presents Beethoven's *Eroica*, an exhilarating and

heroic triumph. Inspired by the ideals of the French revolution and the German Enlightenment, Beethoven's *Eroica Symphony* is also a deeply personal statement.

On the same night WASO plays Grandage's new *Cor Anglais Concerto* written especially for WASO's Principal Cor anglais, Leanne Glover. Iain Grandage is one of Australia's most creative and collaborative musicians.

Performance of *Eroica* and *Cor Anglais Concerto* is on Friday 11 and Saturday 12 October at 7.30pm at Perth Concert Hall.

James Ledger's *Viola Concerto* was commissioned for the West Australian Symphony Orchestra by Geoff Stearn. Iain Grandage's *Cor Anglais Concerto* was commissioned for the West Australian Symphony Orchestra as a gift to Emeritus Professor David Tunley AM. This work was supported by Prof. Tunley's colleagues and friends led by Emeritus Professor Margaret Seares AO.

For bookings call WASO on 9326 0000 or visit [www.waso.com.au](http://www.waso.com.au).

## Treat the grandkids to the new *Angry Birds* movie



THE flightless angry birds and the scheming green piggies take their beef to the next level in *The Angry Birds Movie 2*.

When a new threat emerges that puts both Bird and Pig Island in danger, Red (Jason Sudeikis), Chuck (Josh Gad), Bomb (Danny McBride), and Mighty Eagle (Peter Dinklage) recruit Chuck's sister Silver (Rachel Bloom) and team up with pigs Leonard (Bill Hader), his assistant Courtney (Awkwafina), and tech-pig

Garry (Sterling K. Brown) to forge an unsteady truce and an unlikely super team to save their homes.

In cinemas 12 September.

**WIN WIN WIN**

**To be in the draw to win a double pass to the *Angry Birds 2* movie simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Angry* in the subject line or call the office during business hours (9am to 5pm Monday to Friday). Competition closes 22/9/19.**

## Swan Harmony Singers spring into Darlington

A SPARKLING selection of songs – swing, jazz, classic rock, traditional – has been lined up for a spring afternoon concert to be presented by Swan Harmony Singers in Darlington hall on Sunday 13 October.

There'll be music to please every taste in a program that ranges from 1930s swing (*As Time Goes By*, *Summer Wind*) to pop (*Sweet Caroline*) and classic rock (*Bohemian Rhapsody*). Also in the line-up are traditional numbers like *Deep River* and *Loch Lomond*, as well as the show stopper *Razzle Dazzle* from the hit musical *Chicago*.

Don't miss this fabulous afternoon concert which includes afternoon tea at 3pm on Sunday 13 October at the Darlington Hall, Owen Road, Darlington.

Tickets \$20 concession, \$15, groups of 10 or more \$150 and children under 10 free.

Advance bookings from Mundaring Community Bank 9295 6411, or Ronnie Wood on 0419 961 711.

**Just Judy!**  
Professional Performer Petrina Bishop  
Musical Arranger & Accompanist David Wickham

**Celebrating the songs of Judy Garland**

**MORNING MUSIC**  
24 September, 11am - 12noon  
Tickets: \$15 (inc. morning tea (no interval))  
Doors open 10.40am  
Bookings: [www.trybooking.com/BDPIS](http://www.trybooking.com/BDPIS)  
Venue: Cottesloe Civic Centre, 109 Broome St, Cottesloe

**SUNDAY SERENADES**  
29 September, 3pm - 5pm  
Tickets: \$20 (includes 20min interval with afternoon tea)  
Doors open 2.40pm  
Bookings: [www.trybooking.com/BDPJB](http://www.trybooking.com/BDPJB)  
Venue: Cottesloe Civic Centre, 109 Broome St, Cottesloe

**Ph: 0409 12 72 82**  
**facebook: AKANNAEntertainment**

**David Williamson's THE CLUB**  
By arrangement with Origin Theatrical, on behalf of Samuel French Ltd.

The classic Australian play  
Directed by Andrew Wetson

**Tickets: \$25 - Adults \$20 - Concession \$10 - Members**  
**Booking: 9378 1930**  
**www.trybooking.com**  
**bookings@garicktheatre.com.au**

**26th September to 12th October, 2019**

## New film for the school holidays



Always the explorer, Dora quickly finds herself leading Boots (her best friend, a monkey), Diego (Jeffrey Wahlberg), a mysterious jungle inhabitant (Eugenio Derbez), and a rag tag group of teens on a live-action adventure to save her parents (Eva Longoria, Michael Peña) and solve the impossible mystery behind a lost city of gold.

In cinemas 19 September.

**WIN WIN WIN**

**To be in the draw to win a double pass to *Dora and the Lost City of Gold* simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Dora* in the subject line or call the office during business hours (Monday to Friday 9am to 5pm) on 9227 8283. Closes 19/9/19.**

A community theatre production presented by special arrangement with ORIGIN™ THEATRICAL, ON BEHALF OF SAMUEL FRENCH, LTD

Directed by ANN SPEICHER

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**Matinees 8 & 15 December @ 2pm**  
**BOOK at [www.TAZtix.com.au](http://www.TAZtix.com.au) or 9255 3336**  
\$25.50 Full • \$23.50 Conc • \$20.50 Child <15 y/o or t/t student \*Ticket fees apply

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## Two great shows at Perth Concert Hall this spring



Dr Michael Mosley

PERTH Concert Hall is one the premier venues in town and there are some fantastic events coming.

The first is *Wonders of the Human Body* with British television journalist, producer, presenter and medical doctor, Michael Mosley, the star of multiple television shows including *Trust Me I'm A Doctor*, *Dr Michael Mosley's Reset*, *Inside the Human Body* and *Food*

- *Delicious Science*.

He is perhaps best known as the author and creator of international bestselling books *5:2 Diet* and *The Clever Guts Diet* as well as the new global phenomenon the *Fast 800 diet*.

Known for subjecting his own body to all things crazy in the name of science *Wonders of the Human Body* will be a journey through all facets of what makes us tick

(or not). An eye-opening discovery as to how to live in the modern world.

As well as lots of fabulous footage from Michael's adventures, the show will also include an interactive Q&A where fans will be able to submit questions for him to answer during the show.

*Wonders of the Human Body* is on Saturday 28 September at 7.30pm

The long running world-wide favourite the *Glenn Miller Orchestra* returns to the Perth Concert Hall. The show features a brand new program of wonderful 1940's music as well as favourite Glenn Miller hits *Chattanooga Choo Choo*, *In the Mood*, *Tuxedo Junction*, *A String of Pearls*, *Moonlight Serenade* and *Pennsylvania 6-5000*.

The concert will also showcase special guest

singers and sensational dance routines by the *Broadway Swing Dancers*.

Glenn Miller Orchestra plays on Sunday 6 October at 3pm.

Bookings for both shows can be made at [www.perthconcerthall.com.au](http://www.perthconcerthall.com.au) or by calling 9231 9999.

### WIN WIN WIN

We have one double pass to each show to give away for two lucky readers. To be in the draw simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Concert Hall in the subject line*. Postal entries can be made to *Perth Concert Hall c/- Have a Go News PO Box 1042, West Leederville 6901, don't forget to nominate which show you would prefer and included all your details*. Closes 23/9/19.



Find us on social media  
[www.haveagonews.com.au](http://www.haveagonews.com.au)

"IT WOULD BE A TRAGEDY TO MISS THIS AMAZING... HIT-PACKED TRIBUTE SHOW!"

DAPS ENTERTAINMENT PRESENTS



**Sunday 10 November**  
Queens Park Theatre, GERALDTON  
Tickets: [qpt.cgg.wa.gov.au](http://qpt.cgg.wa.gov.au) or 9956 6662

**Tuesday 12 November**  
Goldfields Arts Centre, KALGOORLIE  
Tickets: [goldfieldsartscentre.com.au](http://goldfieldsartscentre.com.au) or 9021 0999

**Thursday 14 November**  
Astor Theatre, PERTH  
Tickets: [www.astortheatreperth.com](http://www.astortheatreperth.com) or 132 849



"MORE THAN 150 SHOWS PERFORMED TO SELL OUT CROWDS"

## How an idea turned into a field of quilts



to initiate the event.

Having only read about this type of show, the women made it their mission to research how to get it up and running. Dawn offered the use of her property Woolpak Lavender Farm and the Field of Quilts was born.

The end of September was chosen to stage the event, so friends and family were enlisted to help turn the property into a craft show.

The weather was wonderful, and people travelled from Perth and surrounding areas to attend. All in all the inaugural day was a striking success.

This has since become an annual event as the Field of Quilts made a name for itself and was known far and wide. In 2005 the Field of Quilts moved to a large open paddock next to the Arts Council. The year boasted the largest display of quilts, with some 230 quilts enjoyed by visitors.

This event has now become permanently etched onto the quilting calendar.

Boddington is just over an hour and half's drive from Perth and makes a perfect day trip.

Don't miss this year's Field of Quilts which will be held at the Boddington Arts Council in Johnstone Street, Boddington on 29 September from 10am to 3pm. Visitors can browse the quilts, enjoy a variety of stalls and enjoy a Devonshire tea or lunch.

BACK in 2002 three quilters from Boddington – Trudy, Kerry and Dawn – took a trip to Albany for a quilting show. There they met fellow quilters Jenny Forbes and Janine Rees and were so impressed by their quilts on display that they invited them to exhibit them in Boddington.

Excited by the thought of hosting their own quilt show, they immediately started bouncing ideas around.

Soon after arriving home they set about arranging a gathering of members of the Boddington Arts Council

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Friday 4th October, 7.30pm  
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Friend to Friend

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

Abbreviations used in *Friend to Friend*

- ALA: All letters answered

GSOH: Good sense of humour

SD: Social drinker

NS: Non smoker

SOR: South of River

WLTM: Would like to meet
- DTE: Down to earth

ND: Non drinker

NG: Non gambler

NOR: North of River

TLC: Tender loving care


Name ..... Address .....

..... Postcode .....

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

Each person may submit  
one entry every month.

**STOP: Please read new instructions carefully**  
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:  
**Friend to Friend**  
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**Obtaining replies to your Friend to Friend**  
**Reply Box entry:**  
Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

**ACTIVE** and outgoing smart lady 70 seeks DTE gent up to 80 to enjoy outings and travel together. Must have GSOH and manners. ALA.

**Reply Box 8338**

**ACTIVE** gent 60, no baggage, fit, financially comfortable, looking for a lady friend/partner.

**Reply Box 8342**

**AN ESTABLISHED** group of fun people meeting bimonthly for lunch Sundays south of river at medium priced restaurants. Don't be shy or lonely, join us, all welcome. Youthful, joyous, 60 upward. Contact Carol for details. No fees.

**Reply Box 8350**

**AUSSIE** lady, slim, easy going, sincere, young thinking, fin sec, GSOH, varied interests including dance, cooking, family. WLTM gent 75+ for company, happy times long term, if compatible, metro.

**Reply Box 8349**

**ENGLISH** Christian gent, 71, NOR, likes gardening, boating, fishing, snooker, 10 pin bowling, lawn bowls and more. Need good friends that are honest.

**Reply Box 8340**

**GENT** 67 WLTM lady 60s. I'm 5'6", medium build, NS, SD, of European Asian partage. Will treat you as queen. Guaranteed to be ideal companion even before festive season. Hurry ladies and try this exciting man.

**Reply Box 8347**

**GENT** 68, affectionate, looking to meet lady in the Mandurah area. Likes dining, weekends away, travel, plants in hanging baskets, birds, crosswords, cooking, sport, swimming, cycling, NS, SD, TLC, ALA.

**Reply Box 8332**

**GENT** 68 NS, SD, GSOH, not bad looking, happy, healthy, likes laughter, fun, wine, song, enjoying life and country drives. Seeks tall, SOR lady for long term relationship. Let's catchup over coffee.

**Reply Box 8341**

**GENT** 75, 5'8", 75kgs, live 6110 area, WLTM lady same age for friendship, companionship. Enjoy carpet bowls, quiet nights at home, outings now and then, and dining out. NS, SD, SG.

**Reply Box 8328**

**GENT** English Australian, 64, 6'3", slim, fair hair, DTE, open minded, no ties, interests, conversation, music, galleries, art, fitness, cooking, gardening, NS, SD. WLTM ethnic lady SOR, 54-64, friendship, relationship, ALA.

**Reply Box 8345**

**HEALTHY** active, Aussie, bloke with a GSOH seeks a slimish, intelligent lady living NOR. Love to share a coffee with you, see what we have in common.

**Reply Box 8354**

**JUNE** from 6065 you didn't leave a phone number for Reply Box 8292.

**Reply Box 8351**

**LADY** 68, med build, bright personality, loving, caring person, WLTM gent similar. Likes music, dancing, walks, travel, dining out, gardening. Let's have a chat over a coffee.

**Reply Box 8335**

**LADY** 74, young, seeks active gent, NS, interested in sports, art and walking.

**Reply Box 8346**

**LADY** postcode 6065 WLTM gent 79/80 TLC, cinema, travel, day trips, dining in/out, walks, kind music, company, share later years together, SD, NS, NG, NOR.

**Reply Box 8344**

**LADY** WLTM 65-70 active guy, open to explore future possibilities with genuine happy nature. Lady enjoys good company, usual social activities, friendship leading to possible relationship. A phone call is the best place to start.

**Reply Box 8352**

**MATURE** gent, widower, fin sec, SOR, caring, educated with lots of TLC, WLTM lady with similar attributes for friendship to begin with and see what develops. Let's meet for coffee and a chat.

**Reply Box 8329**

**WELL** presented, educated, fin sec, Asian born, lonely gentleman with many interests, live near Perth, WLTM geunine, educated senior 75+ for close friendship. ALA.

**Reply Box 8330**

**YOUNG** gent, 67, seeks Australian lady 50+, 6021 area, WLTM GSOH, SD, NS, NOR. Loves dancing, movies, music, companion, let's meet and see what happens.

**Reply Box 8331**

Seeking a Partner

**ATTRACTIVE** English lady, educated, refined, medium build, fin sec, own home, ND, SS, VG-SOH. WLTM single, well groomed gentleman 66-72 for permanent long term relationship who enjoys music, reading, walking, good conversation, country drives, genuine replies. Country or city. ALA. SOR.

**Reply Box 8339**

**AUSSIE** lady, 64, NS, NG, SD, GSOH, NOR, widow, average build, 163cm tall. Likes cooking, movies, reading, walks, country drives, WLTM genuine gentleman for relationship if compatible. ALA.

**Reply Box 8333**

**AUST** gent, 72, 6' tall, 84kgs, NS, SD, own home, SOR, fin sec, various interests, going to the movies, walking, cycling, socially, gardening, dining in/out, GSOH. WLTM slim, easygoing, caring lady to share good times with. I would love to meet you for coffee. ALA.

**Reply Box 8336**

**GENT** 70s WLTM a geunine lady who is into country drives, movies, 60s music, travel, cruising and more. I am NS, NG, SD, GSOH, NOR, with lots of TLC, maybe a relationship. Chat and coffee to start with.

**Reply Box 8334**

**GENT** 71, healthy, active, tall, GSOH, enjoys music, movies, dinners, travel, many interests. WLTM a slim med build lady that has similar interests to share a long term happy relationship. ALA. Give it a go our world starts now.

**Reply Box 8355**

**GENT** UK/Australian, late 60s, well presented, educated, fin sec, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks compatible, intelligent, attractive, slimmish, easygoing lady to mid 60s, social activities, travel companion, whatever. Northern suburbs, coffee?

**Reply Box 8353**

**GOOD** natured, tall, male 77, fin sec, residing Albany. WLTM tallish lady, healthy outlook, seeking permanent relationship, enjoying most things including travel. Would consider relocating for compatible partner. Please don't let my location effect your decision.

**Reply Box 8343**

**LADY** mid 70s, caring, active. WLTM gent, GSOH, NS, SD, to share quiet times together, country drives, social outings, NOR.

**Reply Box 8348**

Seeking a Travel Companion

**FEMALE** looking for a NS, lady friend 70 plus NOR to travel, cruise WA, Bali etc, who enjoys walking, shopping, sightseeing, WLTM if you want. Include mobile number I can call or ALA.

**Reply Box 8337**

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

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

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



## A support group for those grieving



SOLACE WA is a unique organisation for those who have lost their spouse, partner or fiancée. It provides a safe, non-judgmental environment with experienced facilitators, to encourage members to share their grief and express their fears and challenges, while learning different coping strategies.

Words cannot describe the overwhelming pain and longing people feel after the death of a spouse or partner. Solace helps to develop a better understanding of the grieving process and its associated traumas.

When one's partner dies all normal life ceases in an instant and a new life has to be found. The self help module provides an opportunity for those to be able to share and reflect in an empathetic environment and provides an alternative to professional services, family, friends and work colleagues.

Along with sharing and caring meetings, members of Solace meet regularly for coffee or lunch. This is a time that can be shared in a setting where there can often be laughter and a feeling of companionship.

In this informal setting some lovely friendships have evolved. Some members have formed a walking group and meet at either Kings Park, Elizabeth Quay or along various areas of the Swan River. Not only is the scenery beautiful but the physical and emotional feelings when out in the natural environment can be very beneficial.

It may not be easy to make the first step. However, people will always be welcome. For more information contact facilitator 9474 3297, president 0488 991 084, email info@solacegriefsupportwa.org.au or visit www.solacegriefsupportwa.org.au.

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BEECHBORO LADY 69

retired widow happy go lucky, broad minded, casual, home loving, enj dancing, music (mainly C&W), cards, friends. Not high maintenance. Sk gent 65-78.

JINDALEE LADY 68

funloving Brit, slim brunette, very well groomed, indep, not tied down, enj keep fit, socialising, movies, holidays, sk sincere one woman man 65-73.

KARRINYUP LADY 66

youthful, adventurous, active, indep, reliable & a GSOH. Is a volunteer, enj garden, swimming, bike riding, local travel sk gent similar 62-72.

WANNEROO LADY 80S

lovely refined widow, happy, intelligent, warm hearted, animal lover enj reading, music, walks, theatre, cooking, films, close family. Sk gent 80s healthy & active.

MANDURAH GENT 71

outdoor person who loves travel around Oz. Trim, fair w/ blue eyes, active, d.t earth man pref retired lady 65-73 to enjoy life together.

SWAN VALLEY GENT 70,

quiet, easygoing, country minded, very casual, 185cm, likes sport, music, cars, tinkering, sk a happy companion 65-70.

TUART HILL GENT 66

loveable Aussie, 188cm tall, ave build, well grmd, enj working, good food, exercise, sport, family, outdoors. Sk lady who gets on with people easily 58-68.

BELMONT GENT 80S

sincere, fit & active, tidy appearance, well mannered, kind, gd humoured and a heart of gold. Enj local travel & visiting interesting places. Sk exclusive lady friend 75-85.

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SCENE SOCIALLY



SCENE (1): COUNCIL on the Ageing (COTA WA) celebrated its 60th anniversary on 4 September at an afternoon tea hosted by the City of Perth at Council House. The event celebrated the many past volunteers, current and former board members, past and present employees, friends and colleagues who have contributed to the ongoing success of the member-based organisation which represents older people in the community.



SCENE (1): Top row, from left to right; Judy Hogben and Kim Hodge - Nick Probert, Judy Willson and Paul Abbott - Megan Ellis and Daphne Daley - Hon Cheryl Davenport and Hazel Butorac. Second row, from left to right; Life member Bob Ziegler and Chair of COTA Bettine Heathcote cut the cake - Teresa Martelli, Lyneve Amore, Chris Jeffery and Marlene Robins - COTA WA president Ron Regan with City of Perth Deputy Chair Commissioner Gaye McGrath. Third row, from left to right; Pat and Bob Zeigler - Laura Tolliday and Christine Gray - Gerry O'Rourke and Kaye Douglas.



SCENE (2): THE editor Jennifer Merigan had the pleasure of meeting Australian Olympic gold medalist Steven Bradbury and hearing his inspiring talk about his Olympic journey on a recent visit to Perth. He provided a very uplifting talk about his overnight success in speed skating which was a culmination of 14 years hard work. He also spoke of the importance of having goals no matter what you do or your age. He has published a book *Last Man Standing* which is an inspiring story of his journey.

SCENE (2): Jennifer Merigan and Steven Bradbury

### Where can I play indoor beach volleyball?

Indoor Beach Volleyball (IBV) is a game played by two teams on a sand covered volleyball court surrounded by netting, where the ball is played rebound off the nets, with no outs, so the ball is live at all times.

*Out of the sun, wind, and rain - fun for the whole family!*

- |              |   |
|--------------|---|
| Albany       | 33 Barker Road, Albany 0400 139 094           |
| Bunbury      | 36-38 McCoombe Road, Bunbury 9726 0200        |
| Canning Vale | 96 Catalano Circuit, Canning Vale 9456 4488   |
| Fremantle    | 6 Sainsbury Road, O'Connor 9314 3922          |
| Joondalup    | 115 Winton Road, Joondalup 9301 2208          |
| Malaga       | 9 Irvine Drive, Malaga 9249 4075              |
| Mandurah     | 87 Dawer Street, Mandurah 9535 2512           |
| Osborne Park | 43 Collingwood Street, Osborne Park 9244 7728 |
| Port Kennedy | 15 Paxton Way, Port Kennedy 0401 264 243      |



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SCENE (4): VARIETY is the spice of life, so they say, and culinary variety is certainly something that seniors at Mercy Place Mont Clare are experiencing thanks to an innovative program at the not-for-profit aged care home which sees the traditional foods of different countries sampled throughout the year. August saw Indian Independence Day celebrated at the Claremont-based home, with kitchen staff preparing a range of traditional Indian food, which was served by members of the Mont Clare team who originate from India dressed in traditional saris. Mercy Place Mont Clare service manager, Joan Lowney, says in many ways, the kitchen is the heart of the home and the kitchen staff at Mont Clare pride themselves on cooking home cooked fresh, nutritious food for residents every day.

SCENE (4): Kavita Ghotra and Donald Watt



SCENE (3): MORE than two hundred people attended the Zonta Gala Day at Halls Head Croquet Club in Mandurah held on 18 August. The Lions Club of Falcon and the Halls Head Croquet Club joined together to celebrate the centenary of Zonta, the ladies social organisation which supports women. A variety of activities were held including mallet swinging, boules, skittles and shoot the basketball along with sausage sizzles and a silent auction. The Sherrel family enjoyed the day out with Garrad taking out the skittles prize in the children's events.

SCENE (3): Left to right; Hayley, David, Samantha and front Garrad Sherrel



SCENE (5): LAST year Community Vision launched their Roast to Remember campaign to raise funds to purchase a bus and we are pleased to report they have raised enough funds to purchase the van. This community dementia bus will provide respite and information to dementia carers, provide support and access to new technology for those living with dementia and bring vital education into schools. The bus was unveiled at a ceremony at Roseworth Primary School with Minister for Seniors and Ageing Mick Murray on hand along with the school choir and the Community Vision choir joined by members of the Born to Sing group. The bus hits the road this month, to coincide with Dementia Awareness month and will provide the opportunity for the wider community to trial some of the new innovations such as Virtual Reality (VR) for those living with dementia. Donations and more information can be found at [www.aroasttoremember.com.au](http://www.aroasttoremember.com.au).

SCENE (5): Left to right; Community Vision CEO Michelle Jenkins with Minister for Seniors and Ageing Mick Murray - The Roast to Remember bus - Greg, Teresa, Anne, Felicity, Maisie, Trish, Sheri and Naomi



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

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

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