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Conscious Living Expo
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Viva Italia
St Mary's Cathedral
A conversation with Anna Gare and Manu Feildel

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Have a Go Day goes down by the riverside...



There's something for everyone at Have a Go Day

by Jennifer Merigan

THIS year visitors are in for an exciting change at the annual *Have a Go Day* which will be held on Wednesday 9 November from 8.30am to 3.30pm at Burswood Park.

Due to structural changes at Burswood Park the event will now be focused along the riverside and will provide visitors with a more compact event.

Have a Go Day, a LiveLighter event, is the highlight of WA Seniors Week and is organised by the Seniors Recreation Council of WA (SRC).

This free event provides people with the opportunity to come and 'have a go' at many activities, visit displays and enjoy the entertainment around the park.

The day kicks off with an official walk at 11am, leaving from site 118 which is lead by the Over 55 Walking Association, Heart Foundation and COTA WA Mall Walkers.

The Climbing Wall, Scout's Obstacle Course and canoeing on the river will provide an opportunity for people who love to challenge themselves physically. Disc Golf Park will be running putting and how to play golf clinics and the Melville Amateur Angling Club will also offer practical advice and demonstrations for anglers.

The West Coast Eagles will be on the grounds again this year with their Speed Kicking Cube, often a famous Eagle pops in for a visit too. There are a variety of health checks available including

hearing tests, blood pressure and blood sugar testing.

Entertainment will include the *Men in Harmony* singers, a huge variety of dancing including ballroom, square, line, tap and belly dancing or enjoy a demonstration from the Prime Movers exercise to music group. Budding chefs will not want to miss the Bethanie Bake Off finals or the variety of cooking demonstrations.

For those who want to become more savvy with technology, Tech Savvy Seniors will be on hand as well the opportunity to try Seniors Exergaming. If people have a smart phone they will be able to utilise their GPS and try geocaching around the grounds.

Have a Go News will be running the hospitality tents which

serve people free tea, coffee and water. The chocolate wheel will be spinning at the main tent with great prizes available for people to win. Visitors to the hospitality tents can also play giant chess and giant jenga.

Channel 7 Perth and 6PR personalities will be in attendance throughout the day. There are a huge variety of food and drink outlets around the grounds to buy lunch or bring along a picnic and enjoy the riverside view.

With more than 200 displays, activities and entertainment, there is something for everyone at *Have a Go Day*.

Please turn to page 52 and 53 for a comprehensive feature about all the activities, entertainment, prizes and displays available at this year's *Have a Go Day*.

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DRW

Nice

From the editor's desk



READERS will find this edition packed with information about the forthcoming *Have a Go Day* at Burswood Park on 9 November. We also present our annual Seniors Week Liftout which lists the many other events taking place from 6 - 13 November around Perth and the regions. *Have a Go News* is holding an inaugural Seniors Week Film Festival this year and you can find all the information about the fabulous films we are presenting during the week in the liftout.

There is certainly no doubt that continuing to exercise in later life generally provides you with a better quality of life and extends one's life span. This brings me to men-

tion the film *The Rolling Stones Live in Cuba* film which I recently saw at Event Cinemas in Innaloo. I really enjoyed the concert, their songs are timeless, the band played well and Mick sang his heart out.

What I was most impressed with is at 73-years-old Mick Jagger really defied the stereotypes of ageing and ran around that stage like someone who was 35.

His face may have aged, definitely no plastic surgery, but his body looked the same as he did 20, 30 or even 40 years ago.

The band with Keith Richards, drummer Charlie Watts and guitarist Ronnie Wood all have had a reputation for wild ways but all of them provided me with an inspiration that your age is no barrier to getting out and having a go!

Long live *The Rolling Stones*!

I was very saddened by the news that Salvation Army officer Geoff Freind died from a bru-

tal attack while he was working as a missionary in Africa. Geoff had dropped into the office over the years and we had promoted the books he had written. He was a good man who went out of his way to help many people in his life and he will be sorely missed, I extend sympathies to his family and friends.

A national safety campaign is being run to highlight the safe use of ladders among older people, especially men. About 1600 people are hospitalised annually with serious injuries in Australia with most occurring while doing DIY or maintenance at home. The following steps are recommended before you get on a ladder: choose the right ladder, don't work in wet or windy conditions, take time to set up the ladder, work safely up the ladder, comply with instructions regarding stable placement and weight capacity, know your limits, work to your ability and have another person

hold the ladder.

The Royal WA Historical Society's Community Talks Program will present the *History of Voyage Estate and VOC emblem along with their range of VOC products*. The talk will be held on Wednesday 26 October at 5pm with a cost of \$10. Call the office on 9386 3841 for bookings and further details.

Thank you to the many people who have been contributing their stories for Living Histories where we are asking people for their recollections about what life was like for them in the 1960s in WA. This is your last chance to be part of the project with entries closing on 15 October.

I hope readers enjoy this bumper issue of the paper.

I wish you a happy and healthy month.

Jennifer Merigan
Editor

jen@haveagonews.com.au
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Funny historical fact

DURING the Prohibition era in America (1920-1933) which banned alcohol, a man accused of selling it illegally had to be acquitted because the jury drank the evidence. The jurors claimed they had sampled the drink to determine if it contained alcohol – which it did.

Quote of the month

"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

Mark Twain

Word of the month

Mumpsimus

noun

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

A person who obstinately adheres to old customs or ideas in spite of evidence that they are wrong or unreasonable.

Origin

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

Urban slang

Selfie

A picture one takes of herself or himself, usually with a camera phone, and often with the purpose of uploading it to social media sites

Ageing research snippet

VOLUNTEERING in middle age and senior years is linked to enhanced mental health.

There is no positive association seen before age of 40, suggesting the link varies across life course.

Volunteering in middle and older age is linked to good mental health/emotional well-being, finds a large study of British adults, published in the online journal BMJ Open.

But no such association was seen before the age of 40, suggesting that the link may be stronger at certain points of the life course, say the researchers.

Twenty years of quality writing and achievement

THE Writefree Women's Writing Group, one of the first groups launched at the not-for-profit KSP Writers' Centre in Greenmount, is set to publish its 20th anthology *Platinum Ladies* this October, celebrating a milestone anniversary. All 19 copies of past anthologies are currently on display at KSP as part of a special exhibition.

The group formed in

1996 with the aim to encourage women writers to work alongside other creative people and ultimately have the opportunity to be published. Over the past 20 years, this philosophy brought together would-be writers from all backgrounds – poets, artists, mothers, musicians and grandmothers. In the 2000s the group became so large the centre launched two

spin-off groups.

One of the original members, Brenda Berisford, said: "We have had so many interesting people passing through over the years. But we are proud to boast that five of the original members are still with us: Jill Southgate, Shirley Taylor, Dawn Abrahams, Verna Moses and myself. Also, we have many others who have been with the group for more than 10 years."

The success of the group is not limited to its impressive longevity. Since joining, many Writefree members have become competition winners and published poetry, short stories, memoir essays and fiction novels. The group even has its own logo and music, composed by one of the members, and made an appearance on the television program *Postcards*.

Writefree's first anthol-

ogy *The Journey* featured photocopied and stapled pages that were hand-collated by the members. Today, while the group has advanced to a more sophisticated printing process, the main production of the book is still done 'in-house'. Luckily, there is no shortage of talented cover designers, type-setters, editors and proof-readers within the group.

The group is set to launch *Platinum Ladies* on Sunday 23 October from 2pm at the KSP Writers' Centre. Sumptuous afternoon tea is provided. All are welcome to attend with the opportunity to purchase a book, view the exhibition and learn more about the group.

Please RSVP for catering purposes to the Writefree group facilitator Jane Wallis on wallis.jane00@gmail.com or 0438 901 689.

Last chance to contribute to Living Histories...



TO celebrate our 25th anniversary we would love to hear from people about what their life was like for them in the 1960s.

We ask you to try and capture the essence of the 1960s from your perspective with a personal story, a poignant tale or an overview of life for you in that decade. The stories will be collated into a book entitled *Living Histories – Stories from the swinging 60s*, which will be published in November.

Each contributor will receive a copy of the book as a lasting legacy for future generations.

Entries should not exceed 1000 words and entrants are encouraged to supply photographs with submissions.

The last chance for submissions will be 15 October, 2016.

Entrants can download an entry form from the *Have a Go News* website, email livinghistories@haveagonews.com.au for a form to be emailed or call the office on 9227 8283 for a form to be posted.



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Accommodation deposits for residential age care are not cheap. Do you pay this upfront as one lump sum or make daily payments? Or do you do a combination of the two? Do you sell the family home or is it best to rent it out? How will you finance the ongoing daily care fees and how does this affect their Centrelink Age pension?

These are questions I can help you with.

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See my aged care posts on LinkedIn

June's a woman with a passion for life and preserving our history



Two grand ladies: June Caunt outside St Michael's Church

by Lee Tate

THIS is the story of two grand ladies. One is a 100-year-old humble, single-storey, limestone, brick-walled building with a corrugated metal roof in a non-descript street in Perth's southern suburbs. The other is the champion of her close-knit community's mission to see the hall's history rightly recorded for posterity. She is June Caunt, 81.

The attractive little stone building in Mell Road has served the Spearwood community since 1916. Its records reflect the struggles and eventual successes of one of Western Australia's most historically-significant regions.

The Swan River Colony of the 1800s was transformed into a prosperous State thanks to the sweat of passionate pioneers and dedicated migrant gardeners who created a lifesaving food bowl for our early settlers. Spearwood was at the forefront of the back-breaking battleground.

Three years ago, with the 2016 centenary of their community centre on their minds, locals turned to congregation member June Caunt. June's mission was to dig deep, unearth every fascinating fact about the sturdy little hall that has endured through eventful times and put it on the record.

The selection of June, then approaching her eighties, was an inspired choice and the book on St Michael and all Angels Anglican Church is now complete.

Deadlines, hurdles and challenges are nothing for June. At 81 years young, June recently underwent a total hip replacement and also endured shingles and the flu. But it merely slowed her home and community activities with husband Doug, 83, a retired quarantine inspector. Champion pedigree dog breeders, they love to show their animals, including national champions.

"I have a Japanese Chin and an Italian Greyhound", a smiling June tells *Have a Go News*. The couple has bred and sold many champions of both breeds and also raised greyhounds from their former Casuarina property.

They jokingly named

their State champion greyhound "Our Acres", as a tilt to their mortgage.

Have a Go News discovered the names of June and Doug, a former grenadier guardsman, on the WA Museum's "welcome walls" of 1960s migrants in Fremantle.

Since then, June - former Nottingham Shire policewoman - has embraced every opportunity available to her including a university degree after turning 50. June obtained her science degree from Curtin University, her masters from Notre Dame and, at age 78, her PhD from UWA.

"Being at a loose-end, I took a unit in history with Notre Dame University. One of the professors suggested I do a Masters so I researched something I knew about, British migration to WA in the 1960s," she said.

Dr June Caunt's work has been published online.

June, was Kwinana's first woman councillor, standing on an anti-nuclear platform.

June and Doug have lived in Coogee for 26 years.

"My children have spread their wings. Mandy is 54 and lives in Bunbury, Nadine, 52, is in Floreat, Gareth, 50, lives in Brisbane and Kylie, 48, is nearby in South Lake.

Pounding the keyboard is nothing new to the octogenarian.

"I have been using computers to do research since 1979 when I was the librarian at Alcoa. Computers also figured quite heavily in my university research," says June who, with Doug, belongs to Tales of Times Past, a volunteer group visiting schools and residential care homes "talking about life as it was when we were young."

"I was asked by Rev Lynne Eastwood to write the history of St Michael's for the centenary. I found that the history of the church was a history of the changes in the demography of the area.

"It was constructed as a mission or lecture hall by the Church of England community of Spearwood and others in 1916. It was consecrated by Assistant Bishop David Murray in 1996," she said.

June explains in her writings: "The history of the Mission Hall and the Anglican Parish of Spear-

wood is long and convoluted. Part of the Parish of Beaconsfield originally, the Spearwood area was served by visiting ministers who held services in private homes.

"The construction of the mission hall was an outreach into the area and was built by contributions from the Parish of Beaconsfield and local businessmen who were mainly market gardeners.

"Services, while being held regularly, were only a small part of the use of the hall. Various organisations including sporting clubs held meetings there, much to the consternation of some of the members of the committee running the hall.

"It was also used for electioneering meetings and light entertainment such as plays and comedy skits. One of the major uses was for dances. Many older residents in Spearwood remember the dances.

"The history of the area is recorded in accidents and war efforts. The story of the Anglican Parish of Spearwood is also a social history of the Spearwood district."

June is now on a mission to find funding to support the publishing and distribution of the book, *A Journey of Faith*. While, in a small market, the book fills an important gap in the State's heritage. June can be contacted by email: junecaunt@yahoo.com

Perhaps a hall heroine was preordained. June's maiden name is Hall.

Book review



Future Brain
by Dr Jenny Brockis
Reviewed by Pat Paleeya

WHEN I first glanced at this book I thought uh-oh this is one for the pointy heads and with more than a little trepidation I began to read. How wrong I was.

Yes, it would be invaluable to CEO's and team leaders who may need to motivate their staff,

but, dear readers, don't we all need a little motivation at times? This book shows an interesting insight into how the brain can be re-programmed from habitual negative thinking and destructive learning from long held beliefs to structured thought patterns that in a non-complex way can unlock the superpower of the brain.

There are challenges to face every day and at times we need to think on our feet especially as technology advances and we need to keep up with the changes. The brain needs to be a sharp and capable tool maximising its full cognitive potential.

Dr Brockis writes that *Future Brain* will help people expand their brains capability, manage stress, and be more creative and innovative. By using neuro-scientific principles she shows people how they can boost their brain's fitness.

This book isn't one that can be read quickly or skimmed through. Like a good meal it should be savoured, each morsel slowly digested and appreciated. There are twelve chapters or keys that help to improve the brain's performance and Dr Brockis would like to make brain fitness as well known and understood as Jamie Oliver has made healthy eating. I believe that she will fulfil that goal through this intriguing and extremely interesting book that promotes brain fitness for everyone.

Copies are available from Dymocks and all good book stores, and online through Amazon, Booktopia and Bookworld, the RRP is \$25.95. It is available as a Kindle version and soon will be as an audiobook through Audible (price to be confirmed). To obtain a personally autographed version please order through Jenny's website <http://www.drjennybrockis.com> (additional postage cost is \$7.50).

WIN WIN WIN

We have a copy to give away. To enter please email to win@haveagoneews.com.au, with the book title in the subject line or write to *Future Brain Competition, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope. Competition closes 31/10/16.*

Kathy's winning verse pays tribute to *Have a Go News...*



CROWN

HAVE a Go News and Crown Perth were pleased to provide two outstanding prizes to celebrate the 25th anniversary edition.

The first prize was a luxury bus to and from Crown Perth with lunch at the Atrium for the lucky winner and 20 of their friends. The winner of this prize was Gwen Duffy. Gwen is part of the group of grandparents raising their grandchildren and her entry really made us feel that her and her hard-working grandparents would really appreciate this prize.

Thank you to the hundreds of people who entered the competition.

The second prize was an overnight stay at Crown Metropolis with dinner at Silks, Crown cash and breakfast at Atrium.

To be in the draw for this prize entrants had to tell us why they love reading *Have a Go News*.

The lucky winner of this was Kathy Chaudhry with

the following poem:

(H)as
(A)mazing
(V)ariety. Indeed,
(E)verything
(A)
(G)ood paper should:
(O)riginality, informative
(N)ews features,
(E)xtremely tasty recipes and
(W)ellbeing advice...
(S)imply Sensational for Seniors!

Thank you again to the hundreds of readers who entered and for their wonderful sentiments about this paper. And a very big thank you to Crown Perth for the magnificent prizes for both competitions.

GENTS

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Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor
IT'S no surprise to people who lived through last year's Esperance and Harvey/Waroona bushfires that one in three of people reading this letter will face at least one natural disaster in their lifetime. And after the disaster hits, sadly there's one thing most will also experience. Regret about not being better prepared.
In Emergency Preparedness Week, Red Cross is calling on all Australians to take action before it's too late. We want all Australians to be prepared for an emergency, whether it's as large as a bushfire,

cyclone or flood, or as personal as a family crisis.

Too many conversations after an emergency begin with "I wish I had...". People wish they'd taken the kids' baby photographs; kept their passports safe; upped their insurance; looked in on their neighbours.

For decades, we've seen firsthand the trauma, stress, and hardship that disasters bring; things many of us just aren't prepared for like anxiety, grief and loss, relationship problems, and financial hardship that can go on for many years.

You can't get back what you've lost after an emergency. But you can plan to protect what matters most. And that's different for everyone. Our free guide can spare people much of the avoidable grief and trauma because we know that the better you are prepared, the better you will cope.

Download your RediPlan at redcross.org.au/prepare and get prepared.

Yours sincerely

Linda Crumlin
A/Director
Red Cross WA

Local craft group helps young women in Uganda



Some of the voluntary workshop ladies in Dawesville preparing items to send to Uganda

WENDY Singh is part of a group which supports Ugandan schoolgirls and creates useful packages to send to the country. Wendy's daughter Debbie lived in Uganda for 12 years where she worked as a women's doctor.

Debbie also trained local people as health

workers who could then go into their communities and teach good health practices. Up to 10 per cent of Ugandan school girls miss up to 20 per cent of their education each month because they are unable to access feminine hygiene products, Wendy said.

When Wendy heard about the good work the Days for Girls campaign was doing she decided to carry on the same work for the villages where her daughter worked. She approached a group of her friends from the Timbers Edge Craft group in Dawesville to see if they could help with this project and they happily accepted.

The group started creating packs to send to the girls in Uganda containing two pairs of knickers, three pad holders, ten pads, a bar of soap and a washcloth all-together in a drawstring bag. All of these items are washable and therefore can be used over and over.

As well as the donations made by the residents of Timbers Edge,

the local Anglican Op Shop have been saving good fleecy sheets and other suitable fabrics. Other donations of new knickers, washcloths and soaps have also been gratefully received.

So far, 50 packs have been sent to Uganda and the Timbers Edge Craft Group were thrilled to receive an email with photos of the girls receiving their gift packs. Their gratitude was humbling.

The next shipment weighs 50kg and is ready to go and will cost around \$400 to send to Uganda.

A gofundme page entitled Educate Ugandan Girls has been set up and any contributions to future freight costs would be gratefully received. Any donations of queries please call Wendy on 0407 199 739.

Rock on at the Leslie Street Community Centre

LESLIE Street Community Centre is pleased to present a fabulous concert celebrating the dynamic music of the 1960s and 1970s with Bill Blaine on Wednesday 19 October from 1.15pm to 2.15pm.

Bill, a pioneer of Western Australian rock and roll, appeared at most of Perth's night spots including The Windmill in Hay Street, West Perth. In 1959, Bill decided to form a band. The band would

become the *Bill Blaine and the Dynamics*.

Bill became an ardent fan of *Bill Haley and The Comets* and rock and roll and has won talent quests and was also a member of the *Troupadoers*. He is a sixties legend and has been inducted into the Rock and Roll Hall of Fame.

Don't miss this great afternoon of rock and roll. Tickets at the door are \$8 for non-members and \$6 members.

The Leslie Street Community Centre is located at 7A Leslie St in Dudley Park.

Bookings are available on 0401 832 195.

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COTA WA Annual General Meeting



The Annual General Meeting of the Council on the Ageing (Western Australia) Inc. will be held at the Perron Centre, 61 Kitchener Avenue Victoria Park at 2pm on **Tuesday 25 October 2016.**

The Juniper Seniors Champion for 2015, Brother Olly Pickett, will be giving an address on his inspiring work with 'Wheelchairs for Kids'. Members are invited to join the Board, staff and volunteers for afternoon tea following the AGM.

If you cannot attend the AGM you may nominate a proxy.

RSVP for catering purposes, please contact

Trish Langdon on 9472 0104 during business hours, by emailing exec@cotawa.org.au or by writing to PO Box 923 Victoria Park 6797.



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Cybercrime Roadshows - Keeping people safe from cybercrime



Left; Some 'golden baby boomers' attending a recent Council on the Ageing (COTA) Cybercrime Roadshow seminar. Right; Deputy Premier Liza Harvey with Dr David Cook



by Frank Smith

COTA is running a Cybercrime Roadshow in each parliamentary constituency, financed by the Department of Justice.

Deputy Premier Liza Harvey said social media has become an important tool for people to keep in touch with their children and grandchildren who had often moved inter-

state or overseas.

"Seniors can remain connected via social media and Skype. But if you are new to technology it is easy for fraudsters to take advantage of vulnerable people."

Last month Ms Harvey introduced a seminar on avoiding being the victim of cybercrime at Innaloo Sporting Club.

Computer scientist

and head of Edith Cowan University's Security Research Institute Dr David Cook said there are five major mistakes that people make that leaves them vulnerable to cybercrime.

The first is Trojans. These are computer viruses, small pieces of software sent attached to emails.

"The worst Trojans are

key loggers. They work by reporting everything you do on the computer and steal passwords and bank account numbers.

A common way they spread is in infected emails that friends send asking you to pass them on to other friends.

"Don't send them on even if the email has the name of a trusted friend. And if you are sending out

an email to lots of people, send it to yourself and put all the other addresses in the Blind Carbon Copy section.

"Grumpy people have the best email technique; they delete. Nice seniors reply politely with a 'no thank you' and thereby give away valuable information such as their name and signature.

He said the second most common problem is the modern or router.

"If you used the easy install program to set it up you are left with a default password. Telstra has supplied over one million routers all with the same password.

Crooks know this and if they also have your IP address, which they can obtain from your email address, they can enter your modem and use it to attack other computers. But the infections appears to come from your computer.

"Call your Internet service provider and ask to change your router password."

Many seniors run Windows XP. This operating system is most vulnerable because Microsoft no longer updates it so when someone finds a vulnerability nothing gets repaired, allowing Trojans to take control.

"Windows XP is not safe for banking or buying things on the Internet. You can easily update it to Windows 7 for around \$50," he said.

Your WiFi may be secure at home but if you use publically available WiFi such as an Internet café, or cruise ship everyone using it has the same password. Crooks can copy what you are doing. It is not safe to do Internet banking.

If you are away from home and need to do banking get a paid

WiFi with a separate password.

Most importantly choose a password that is difficult to guess. Not the name of your cat or your children or birthday. Crooks can narrow the choice using your social media posts.

It is difficult to remember more than one password, so it is a good idea to use simple passwords for non-critical software and a complex one for applications such as banking.

One way to get a hard to guess password is to think of a passphrase. That is a phrase, such as a line of a song known only to you as a mnemonic. Use the first letters of each word in the passphrase as your password and change it very six months.

"Seniors are known to cybercrooks as golden baby boomers. Don't get caught out", Dr Cook said.

Walk Over October offers challenging walks in the Peel region



Bushwalk with YAHOO Club Walk Over October

WALK Over October is on again in the Peel region. Residents and visitors are invited to take part in a variety of Come and Try walks over the month of October.

Most activities are free and provide opportunities for new and experienced walkers of all fitness levels including families, older adults and people with dogs. The Peel region provides a diversity and

richness in natural, cultural and historical features and this is reflected in the program of walks on offer.

Local clubs, groups and agencies are hosting walks across the region in the localities of Mandurah, Pinjarra, Dwellingup, Jarrahdale, Waroona and Boddington. People can join in with a regular social or neighbourhood walk or try one of the special walks. These include bushwalks, cultural and heritage walks, walks to enjoy wildflowers and birdlife, walking with dogs and fundraising walks.

Walking is an accessible and low cost way to be active. An active community with people walking in their neighbourhood makes for a safer, friendlier and better connected community.

More details on the walks can be found by visiting www.visitpeel.com.au/events/events-calendar.

Walk Over October in the Peel Region encourages people to walk for health, recreation and the environment in support of a more active Western Australia.



SLEEP Disorders Australia presents a free public presentation, The real facts about sleep – and how to improve it by clinical psychologist at Sleep Matters Dr Melissa Ree.

One in three Australian adults regularly struggle with poor sleep. Chronic insomnia affects anxiety, mood, work produc-

Help for people laid low with insomnia

tivity, and recovery from a range of medical conditions. However insomnia can be treated.

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The common causes of insomnia.

The signs and symptoms of insomnia.

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How to get a better night's sleep.

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Usually every Christmas I get beer, chocolates or tickets for the cricket, but this year my son surprised me completely! After a picnic in the park and a fish by the creek with my children and grandchildren, I came home and found that they had changed my toilet seat. . .

My son told me that this new seat would wash and dry me with just the push of a button, he said that he had purchased one for his family just last week and they loved it so much that he just had to get one for me to! Well, two weeks later I don't know how I ever survived without it. . .

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Meet the columnists and contributors



Jemma Aldridge

Jemma is a well known physiotherapist and has been writing an advice column about various ailments for many years in *Have a Go News*. The information in the articles is of a general nature and not specific advice to any individual. Readers should consult their GP or health professional for an assessment or specific advice with regard to their particular condition.



Mike Goodall

Mike is the local WA campaigner for the British Pensions International Association for UK State Pensions that expats have contributed for and each month writes about options to maximise a UK State Pension entitlements.



Jon Lewis

Jon is a well known radio announcer on Radio 6PR 882am Monday to Friday from midnight to 5.30am. He writes each month about issues discussed with his listeners. He is also a quiz master. Contact him on 0404 005 882 or email jon@haveaquiz.com.



Karen Majer

Karen is a writer, scientist and environmental educator living her retirement dream of growing food and community volunteering in beautiful Margaret River. Karen writes about environmental issues each month.



Samantha Noall

Samantha Noall is the executive officer for Masters Swimming WA. Each month she writes about the benefits of joining a swimming club for fitness, fun and friendship.



Rhonda Parker

Rhonda is the CEO of Alzheimer's Australia, WA. She is a former Minister in the Western Australian Government. She led the development of the first national healthy ageing strategy in 2000, and was Australia's first Federal Aged Care Commissioner. Each month she writes about issues affecting Alzheimer's patients and their carers.



Mike Smits

Mike Smits is the proprietor of Smits Stamps and Coins in London Court. Mickel attended his first collector fair in 1970 and took over the family business in 1982. He has an extensive and sound knowledge of both stamps and coins. Mike looks at the business of collecting stamps and coins each month.



Rick Steele

Rick came to Perth in 1971 and taught at Eden Hill School before launching into the "never ending story" of playing and singing country, rock n roll and the Blues. 40 odd years later he is known as veteran musician, a senior, and a grumpy old ... But he says, "I still got most of my faculties...I think!" Rick will share updates on the local music scene each month.



Jeanette Woolerton

Jeanette is a freelance writer based in Melbourne. Jeanette has worked in the news guide sector of World Vision, as a freelance travel writer for Lonely Planet and a writer for the Port Elizabeth Publicity and Tourist Association. She now works solely from her home in Melbourne's Green Wedge and is passionate about health and eco tourism.

Be bold and look beyond the bottom line...



Above; In the vineyard at Voyager Estate, Margaret River
Left; Karen Majer

by Karen Majer

MANY businesses em-

brace the 'triple bottom line' – financial, social and environmental goals, or

'profits, people and the planet'. Flagship Margaret River winery Voyager Estate demonstrates the benefits of adopting sustainable practices and extending a helping hand in the local environment.

Voyager's manager of winemaking and viticulture, Steve James, was one of several people who showcased their companies' environmental achievements at a recent Margaret River Chamber of Commerce gathering.

"We have adopted a natural farming approach to vineyard management with a focus on building a healthy and resilient vineyard through the use of natural products and encouraging biodiversity," Steve said.

"Grape skins, seeds, stems and garden refuse

are composted and incorporated back into the vineyard. In addition, our environmental stewardship team brings together representatives from every part of the business to keep all our operations, not just wine-making, at the forefront of environmental best practice. We have a focus on water management and are carbon neutral through offsetting.

"Outside the vineyard our staff contribute to landcare planting and a team is the custodian of part of the Cape to Cape Track. It's a long-term vision of ensuring sustainability for generations to come."

Steve believes there are many benefits to their approach. "Staff feel proud to be part of a business which has clear environ-

mental direction and certainly our consumers are very appreciative of our efforts. The great thing is raising peoples' awareness of the many small things we can do on a day-to-day basis."

He has some advice for others wanting to become more sustainable. "Try to get as many staff involved as possible – many heads bring diverse ideas to the table. Good planning is essential, and an area of budget should be set aside for environmentally-based projects and adhered to otherwise they can fall by the wayside."

"Let's get behind all the businesses that care for people and the planet and show them that looking beyond the financial 'bottom line' really matters to consumers."

Have a Go News columnists - Where opinions count...

It is so important to live well and stay connected



by Rhonda Parker

WHAT would you say if I said to you that you are getting old and your health is failing so you should go home, settle your affairs, stay out of danger and wait for the end to come? Would you listen to me? Do you think this is good advice?

This approach is often described as Prescribed Disengagement, a term

first coined by dementia commentator Kate Swaffer in her blog. "Following a diagnosis of dementia, most people are told to go home, give up work, in my case, give up study, and put all the planning in place for their demise such as their wills," she wrote.

Such advice has been given by those who treat people living with dementia or other serious health issues with much professional concern for their well-being. Those who support us have our best interests at heart when they want us wrapped in cotton wool and kept safe from those things that might harm us. There are times when this advice is appropriate. I'm sure many

of us have taken this approach with a loved one struck down by an illness like the flu, and rugged them up in bed safe from the world.

But dementia is not the flu and protection from the world is no remedy.

The challenge is between a fight or flight response to a dementia diagnosis. Often the advice given is to take a flight response, as Kate experienced, because for some a fight response is not considered viable or worthwhile after a diagnosis of dementia. The thinking has been that you can fight many illnesses but with dementia there is no point. The medical world used to take this pre-

scribed disengagement approach to a diagnosis of cancer, but that has now all changed. The problem for someone with dementia is that disengagement is highly likely to lead to a much poorer well-being.

In truth, a fight response is the outcome now more likely to be recommended by health professionals. You should fight for your right to live well, whatever that means for you, until the time you are unable to do so. Living well is rarely characterised by disengagement.

Living well is everyone's right. The older you get the more you need to focus on ensuring your later years are lived as well as you possibly can, especially if you have a diagnosis of dementia.

What is meant by living well? Each of us might answer that question differently, but many of the reports on ageing well over the last thirty years have identified connectedness as a key criteria in living well in later life.

The recent report *Living Well With Dementia (2016)* from Alzheimer's Australia NSW also identifies connectedness as one of the keys to living well with dementia. It defines connectedness as a state of being and feeling connected, alive, belonging, engaged, involved, not detached,

connected to the past, present and future; connected to personal possessions, place, and nature. Connectedness is the polar opposite of disengagement.

In my last column, I wrote about the research showing people with dementia were twice as lonely as the rest of the population. I feel sure disengagement plays some worrying role in this sad result. Engagement takes courage and a positive approach. It isn't always easy with dementia, especially given the stigma experienced by those with a diagnosis. However, there are many ways those living with dementia can be supported to continue to engage and live well.

Contact our main office on 9388 2800 to find out what is available. Alternatively, check out what is happening during Seniors' Week 2016. It's a great opportunity to explore new activities to support your engagement with others in your local area.

I urge you, whether you have a diagnosis of dementia or not, to use all the energy and courage you can muster to stay engaged, live well, and focussed on connectedness. Every day that is lived well is usually defined by the moments we share with others. And every day lived well is one we will treasure.

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The campaign for pension parity continues



by Mike Goodall

THE UK Political Parties are now having their conference seasons so political news from there is extremely quiet.

The UK Independence Party (UKIP) have already had their conference and elected Dianne James (MEP) as their leader to replace Nigel Farage who has stood down. They have been historically good supporters for our campaign for pension parity and have included pensions uprating in previous manifestos. The money was to be recovered from the huge UK Overseas Aid Budget which currently stands at nearly £12 billion. I have written to Dianne James to solicit her promise to continue to include pension parity in her manifesto.

The All Party Parliamentary Group (APPG) met in the Palace of Westminster on 14 September for its AGM and to discuss forward business. It was well attended and also included discussions with invited guests from the Overseas Territories who are also looking at frozen pensions because currently only British pensioners living in Bermuda (as a result of a historical agreement) and Gibraltar (within the EU) receive a fully uprated pension.

They therefore, like us, find that as a group /organisation they are also treated differently by the UK Government. The APPG has offered its support to the Overseas Territories group as this could create a chink in the UK Government's intransigency. The APPG recommended that the case for special treatment for the Overseas Territories would be strengthened through a better understanding of the Bermuda exception and relevant aspects of individual constitutional arrangements. This will be followed up over the next couple of months and discussed

at the Joint Ministerial Council meeting later this year.

The new UK Pensions Minister, Richard Harrington, has continued to spout the same excuses for freezing pensions as his predecessor Baroness Altmann, when he was challenged about this issue in a recent parliamentary debate by Ian Blackford (SNP Pensions Spokesperson). However, since leaving the Government she has turned against some of the information that she was 'forced to state' especially with regard to the unfair increases in women's State pension ages. If anyone has a direct contact to her I would be most interested to hear whether she has anything to state about the frozen pension issue.

Anyone who would like to discuss the above or any other aspects regarding their UK State Pensions, is welcome to contact British Pensions in Australia on 1300 308 353 or Mike Goodall BPIA's coordinator in Western Australia on (08) 6364 0859 email:- mikecgoodall@btconnect.com

Over 55 Canoe Club continues to make a big splash



by George Gouteff

AGAIN and again this thirty-year-old, young-at-heart seniors club demonstrates vitality, innovation and that it's an exciting time to be a member. After the 2015 reconnoitre of the Avon River from Northam Weir

to Posselt's Ford by those intrepid members known as The Avon Six; it was decided to put Toodyay on the list of paddling venues.

The inaugural Toodyay Club paddle took place in early August when a large fleet of kayaks set off from Duidge Park, Toodyay to paddle downstream as far as Weatherall Reserve. A strong current made for a challenging paddle and was partially responsible for two involuntary immersions.

One immersion was that of a paddler posing for a photo and forgetting that he was in moving water and should maintain situational awareness. The other casualty occurred in mysterious circumstances during the warmup phase at the beginning of the paddle.

After lunch by the river a group of the usual suspects went on to Posselt's Ford for a number of impressive and successful runs over the rapid. A new launching venue on the upper Canning River Gosnells, near the Wilkinson Homestead museum, was introduced at a time when the river was in flood. This paddle was a one-way downstream trip to Masons Landing.

High water levels eliminated any need for portage as it was possible to move out of the normal river channel and paddle around logs and fallen trees. Though at times, the spread of water among the trees and vegetation made it somewhat confusing as to the location of the main channel. Nevertheless it was a most successful and enjoyable paddle.

The unofficial club motto: "we paddle rain hail or

shine" was put to the test and confirmed on a rainy day when a programmed paddle from Middle Swan bridge took place. The fleet went as far as Woodbridge and then explored Blackadder Creek, portaged over the weir to the lake and viewed the pod of pelicans in residence.

Due to below average early winter rainfall in the Great Southern the upper Murray River at Dwellingup only rose to what is considered to be good paddling levels following heavy falls in August. A number of trips to Dwellingup were made in late August and early September to coincide with the higher water levels.

The Dwellingup paddles were as usual very stimulating and enjoyable. A highlight of one trip was Annelies' spectacular and successful effort of shooting the rapid at Island Poole, an effort which included momentarily perching on a midstream rock.

An innovation introduced by president Peter has been to set up an alternative Dwellingup course for the veterans group. The course is from Island Poole to Baden Powell via Bob's Crossing and consists of moving water with only one small rapid known as the wall.

The main group and the veteran group meet at the start of the day and at lunch so that the overall inclusiveness and camaraderie of the club is not lost.

For further information visit the website, www.over55canoeclub.org.au or telephone club president Peter on 9409 3813.

Novice swimmers welcome at Lake Leschenaultia



Executive officer
Masters Swimming,
Samantha Noall

by Samantha Noall

THE 30th Lake Leschenaultia open water swim will officially kick off the 2016/17 LiveLighter Open Water series. This event will be conducted by Maida Vale Masters Swimming Club on Sunday 13 November.

Novice open water swimmers are encouraged to enter the 400m LiveLighter Novice Swim, why not bring your grandkids along to participate with you. The novice

event will be followed by the main event, the 1600m swim.

The LiveLighter Novice Swim, sponsored by Healthway under their LiveLighter health message, is ideal for beginner swimmers who are keen to have a go over a shorter distance in the safe and calm waters of Lake Leschenaultia.

Both events are part of the 201/17 LiveLighter Masters Open Water Swim Series open to all MSWA members and anyone wanting to enjoy a fantastic open water swim. The LiveLighter Novice Swim is supported by *Have a Go News* as a short, well-supervised and non-competitive event which is great fun for all.

Both the 1600m and novice 400m events will have appropriate water safety and support provided by Maida Vale Masters. Lake Leschenaultia

is the perfect place for a picnic after the swim with the wildflowers now in full bloom.

Enter on-line through <http://maidavalemastersswimming.com/> or via Masters Swimming WA's Open Water Events page at www.mswa.asn.au.

Masters Swimming WA has six open water events open to anyone that would like to experience an open water event. There are events at South Beach, Fremantle, The Swim Thru Perth in the Swan River, Dodd's Beach in Mandurah, Coogee Beach in Cockburn and the sensational Harbour Swim in historical Albany.

If anyone is interested in finding out more about Masters Swimming Clubs, please visit our website www.mswa.asn.au. People do not have to be good a good swimmer to join a club and clubs cater for all swimmers aged 18 or over.

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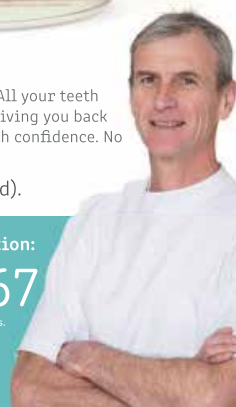
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Take Mark’s advice, listen to the sounds of silence and relax in the moment



by Jon Lewis

EARLY one morning a friendly voice called into my radio show. He introduced himself as Mark. He had called to continue a conversation from a few nights ago on the art of listening. So, I listened... and was I glad I did.

What was shared in those enlightening minutes on the radio made an impression on me. Mark thoughtfully shared a technique to quieten

the mind and all you have to do is listen.

Here’s how it works.

First you listen to the sounds that are close to you. They could be the sounds of the clock, the trees or the radio... then you try to hear sounds that are a little further away.

The sounds of the street might become a little more evident. A car driving past, a door closing from far away, perhaps a plane flying over head, and more.

It is very relaxing. It’s also good to imagine and wonder how far away these sounds are.

You could call it a form of meditation if you like.

I believe it works by giving us a point to concentrate on, giving us something to take our minds away from where

we are. I suspect this process or technique could help to peacefully drift off to sleep.

My thoughtful caller, Mark, pointed out it was also helpful if you were toying with a problem, or pain or an even have an over active mind.

The ability to listen, really listen, is something to be treasured and nurtured.

Much of what goes on in the world can race on by.

One way to catch the world and slow it down a bit, is to listen. When I am walking, I love to listen to everything around me.

To hear the cars, the birds the wind the conversations of others, it’s all beautiful to me.

It seems all so simple and natural. Take a listen. All the best...

Time to reminisce about choirs, Catholics, a James Bond movie and *The Beatles*...



by Rick Steele

MY mate and musical director of *Spirit of the Streets* choir Bernard Carney took a well-earned rest last Tuesday and I guided the choir through a few singalongs in his absence.

That is kinda how it started for me in the choir. I filled in for Bernard for a few weeks and got adopted. Someone reminded me that it was nearly two years ago and that in turn reminded me that my time in choirs in the past was not blessed with longevity.

“Why is this so?” I can hear that professor askin... The son of a C of E (Church of England) preacher and my mother who was choir mistress. Well the truth be known I did join briefly and I did have a fine soprano voice but the rest of them were much older and Elvis was making an impression on my sister and me.

Luckily God stepped in and my voice started to break, so I had a good excuse to jump

ship and pursue my new musical direction. Three years later, 1963 if I recall correctly, I was into my third year at boarding school. I had saved up and bought my guitar and was trying to play and sing such beauties as *Blowing in the Wind*, *Love Love Me Do* and for some reason, *Puff the Magic Dragon*. What was that all about?

The choirmaster was informed of my now sturdy baritone vocals and I was invited to audition. I passed with flying colours and so I became a member of the quite prestigious Kings College Choir. I was fitted with my scarlet gown and freshly pressed white linen smock, had my photo taken which was sent to my parents who were in England for a year. Oh so proud.

I enjoyed my new position and things were going fine until...the message...

Dear Choir member on Sat 22 March, the school choir has been invited to sing at St Patrick’s Catholic Cathedral from 2pm till 4pm as part of an new initiative to bring the different denominations together in mutual worship, song and prayer. The bus will leave at 1pm from in front of the chapel.

Well, strike me pink, not only was it on a

Saturday, and I would miss rugby but it was a CATHOLIC Cathedral.

In 1963 on the streets of Auckland, and on the playing fields of rugby, Protestants and Catholics were not exactly bosom buddies. Quickly, quietly and with the cunning of Ian Fleming I organised a meeting with my best mate Johnny Pitar, who was also in the choir.

“John,” I said, “you know how much we hate the Catholics, and I am not gonna sing in their bloody church. Do you realise that *Dr. No* starring Sean Connery and Ursula Undress is on at 2pm at the Regent just around the corner from St Patrick’s?”

Needless to say Johnny loved my plan and 1.50pm as the choir walked quietly off to praise we quietly slipped off in the other direction to teenager heaven.

Surprisingly we were missed and when we joined the bus queue for the trip back to school I was informed of my impending doom.

And doom it was indeed. The sentence was metered out by a very excitable headmaster who used the very tired line, “This hurts me to have to do this,” as he delivered six of the best with the cane he kept behind the door.

Ouch, but the worst

part of the sentence was the ‘Gateing’. Effectively I was to be imprisoned for three months with no trips outside the school grounds unless for a medical emergency. Of course it was the end of the choir for Johnny and me. Doh!

This was particularly harsh, considering I had just finished two months for escaping one afternoon after school and taking the history teacher’s daughter up the road for a milkshake and to play the jukebox.

However, nothing could compare with the fact that my brother had two tickets to see *The Beatles* at the Auckland Town Hall.

I pleaded, I apologised, I grovelled but nothing would change. I did consider just escaping and going any way but that would mean instant expulsion and bring more shame on my father’s name.

So next February, when I celebrate two years in the SOS choir, I just may break into a *Beatles* song or two. Well, come to think of it, I usually do a couple of *Beatles* each Wednesday night at the Grosvenor... “*She loves you yeah yeah yeah*.”

I said to the wife the other day, “I think I need more space in our marriage!” So she locked me outside. Doh!

Cheers dears.

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John W, Benalla, VIC
18 Jan 2010

“I found this tablets Magnus Shield from magazine. I found it helps me to empty my bladder in night time, relief the pain while passing water. It really works for me. I’m feeling better now. Thank You”

Paul E, Ormond
22 April 2008

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Mike B., St Johns Park, NSW
4 January 2010

“I have been taking Magnus Shield for the past 4 months and I have noticed some great improvement, mainly it helps me to reduce the urgency to go to toilet and frequent urination as well. I used to wake up 6-7 times a night, and now I only wake up 3 times a night or less. Previously, I have to stand for few seconds to pass urine in the night time, now that problem has been solved, and also the burning sensation is also gone. Thank You Graminex for this product”

Gordon M, Rochedale, QLD
4 December 2009

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Shop 82B Belmont Forum Shopping Centre BELMONT WA 6104

Kenwick Pharmacy

Shop 5 & 6, Cnr Belmont & Kenwick Rd KENWICK 6107

Thornlie Naturopathic Centre

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Health Kick Melville

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Shop 4, Kardinya Park S/C KARDINYA 6163

Health Kick Spearwood

Shop 7, Phoenix Shopping Centre, 254 Rockingham Rd, SPEARWOOD 6163

Health Kick Rockingham

Shop G81, Rockingham Shopping Centre, 1 Council Avenue, ROCKINGHAM 6168

Leda Community Pharmacy

Shop 8 & 9 Leda S/C, Feilman Dve, LEDA 6170

Wizard Warehouse Pharmacy

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Shop 78, Mandurah Forum, MANDURAH 6210

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Terry White Chemists Bunbury

Shop 6, Bunbury Plaza Shopping Centre Spencer Street, BUNBURY WA 6230

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Shop 6, Spencer Park Shopping Centre, Hardie Rd, ALBANY, WA 6330

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Woolies “go for gold” in great Rio Olympics special coin edition



by Mikel Smits

AS Australia's athletes strove for gold, silver and bronze at the Rio Olympics, Aussie coin collectors jostled for 'aluminium bronze' in the checkout lanes of their local Woolworths supermarket. Their marathon, six-week quest for numismatic achievement began before the opening ceremony when the first of six different special edition Olympic \$2 coins (made of an alloy of aluminium and bronze) bolted out of the tills at Woolies stores.

The first coin featured the blue Olympic ring. The second, with a black ring, became available the following week with the other colours of red, yellow and green appearing in successive weeks to complete the set of five rings. A final edition in celebration of the Paralympics with a multicoloured ring was wheeled out the week thereafter.

It proved to be an absolutely brilliant marketing and public relations exercise on behalf of Woolworths and the Royal

Australian Mint with the Australian Government and our Olympians also reaping rewards. An impressive logistical team effort culminated in the successful distribution of 12 million (2 million of each colour) collector coins as normal change via Woolies' 900 plus stores around the country.

Under strict instructions from management, the coins were given out on the basis of one coin per customer per transaction and they had to be received as regular change thus ensuring customers made a purchase, and had a fair chance of getting them.

On the face of it, one could easily gain the impression that this was just a clever ploy to get customers into their stores, and it was, as they were only available through Woolies. Indirectly, it was also a money spinner for the government because to make the coins would have only cost say 10-20 cents each and as the bulk of them would be retained and not spent again, the difference would be clear profit.

As much as such was true, Woolies, the Mint and the government were major sponsors of our Olympic team and so from their perspective there was vindication as

it was a means to an end to be able to provide that financial support. Truth be known, all collector edition Olympic coins (and stamps, etc) of the past were produced and sold as revenue raisers of some form or another.

That aside, in this case and exercise, I genuinely commend Woolworths, the Royal Australian Mint and the checkout chicks who may have been hard-pressed by collectors.

Why? Because according to what I've heard and read, those collectors who wanted them, managed to acquire them fairly easily without paying a premium. In the last few years, other coloured special edition \$2 coins have been issued yet it became increasingly evident that an element of employees working within either security companies (who transport the coins) or banks (who distributed them) had been snaffling them for themselves and selling them, usually online, at comparatively exorbitant prices.

They're referred to in the coin fraternity as scalpers - such opportunism and profiteering is unfair, for which collectors would like to see their employers rake them over the coals. (If you pardon the pun - ED.)

Stamp column: John Walter Scott takes on the American world of philately

by Mikel Smits

JUST as English dealer and catalogue publisher, Stanley Gibbons, is internationally hailed as the Godfather of Philately, in the USA, John Walter Scott is recognised as the Father of American Philately.

Born in England in 1845, at the age of 15, Scott worked in a London mercantile office at which time he became interested in collecting stamps and, courtesy of the incoming office mail, managed to acquire a reasonable accumulation. Three years on, he and his stamp collector friend, Charlie Watson, emigrated to New York. Upon their arrival, Scott sold his collection for \$10 to a stamp dealer, William Brown, who was operating from a pushcart in City Hall Park. Brown is recognised as one of New York's first stamp traders, apparently pinning (yikes!) to boards and selling most for usually 1 to 2 cents each.

The year was 1863, right in the midst of the American Civil War and so finding work, particularly for an Englishman, proved to be very difficult thereby inducing Scott to consider enlisting to fight for the North against the Confederates.

William Brown however took a liking to the young man and offered him \$100 worth of stamp stock for him to sell at another location in the city. He managed to turn a profit,

returned for more stock and also supplemented his inventory with sendings from his sister in England.

A letter he sent to her reveals that he was selling the English 'Penny Blacks' for 12 cents each, presenting him 'a very good profit.' However, while Scott managed to get by on his stamp income of \$30 per month, he thought he might seek his fortune by journeying on foot across the country, through treacherous Red Indian territory, to the goldfields of California. Unfortunately he was not a successful prospector and so he returned to New York in 1866 by which time the Civil War had ended, thus allowing people to spend more time on hobby pursuits at the forefront of which was the flourishing craze of stamp collecting, and so, Scott fell back into the stamp trade.

Within a year he issued his first monthly pricelist which by 1868 he then evolved into a monthly journal titled *The American Journal of Philately* which he claimed was supported by the newly-formed New York Philatelic Society comprising eight collectors. At this time there were a dozen or more stamp journals and numerous pricelists issued by budding traders.

With competition mounting amongst them, it seems there was no hesitation in what were essentially litigious-free times, to denounce one or another's publications in various ways.

Boston stamp dealer, Ferdinand Trifet, proclaimed in his journal, the *American Stamp Mercury*, that the New York Philatelic Society was an imaginary club contrived by Scott to provide credence to his journal. He also accused Scott of plagiarising his stamp prices and campaigned against the term 'philately' being promoted as the name for the hobby as it was his preference to retain the term 'timbrophily' as originally conceived by the French and also adopted by other European collectors.

It appears Scott may well have been tempted to exaggerate or mislead as evidenced by his assertion that he circulated 2000 copies of his monthly journal and had sold within just a few months, 15,000 units of the first stamp album he produced for collectors.

Furthermore, he soon after reported the New York Philatelic Society had disbanded because two of its members had to resign due to increased work commitments. It is thought John Scott's marketing methods were influenced and misguided by his friend and associate, Charlie Watson, and another person said to have questionable business integrity, John Casey.

Scott eventually severed ties with these fellows to then go forth and develop one of America's great philatelic empires.

Scholarship opportunities for young West Australians

YOUNG West Australians experiencing hardship due to social circumstances or a disability can now apply for an extended range of educational scholarships to enable them to continue and succeed in their education.

The Young Australia League (YAL) is now accepting applications from anyone aged between 12 and 25 for scholarships worth up to \$12,500 a year to cover expenses such as tuition fees, specialist courses, home tutoring, books, equipment and travel and living allowance.

This is the second year that the YAL, one of Australia's oldest youth organizations, has offered scholarship opportunities to young West Australians in need.

opportunities to young West Australians in need.

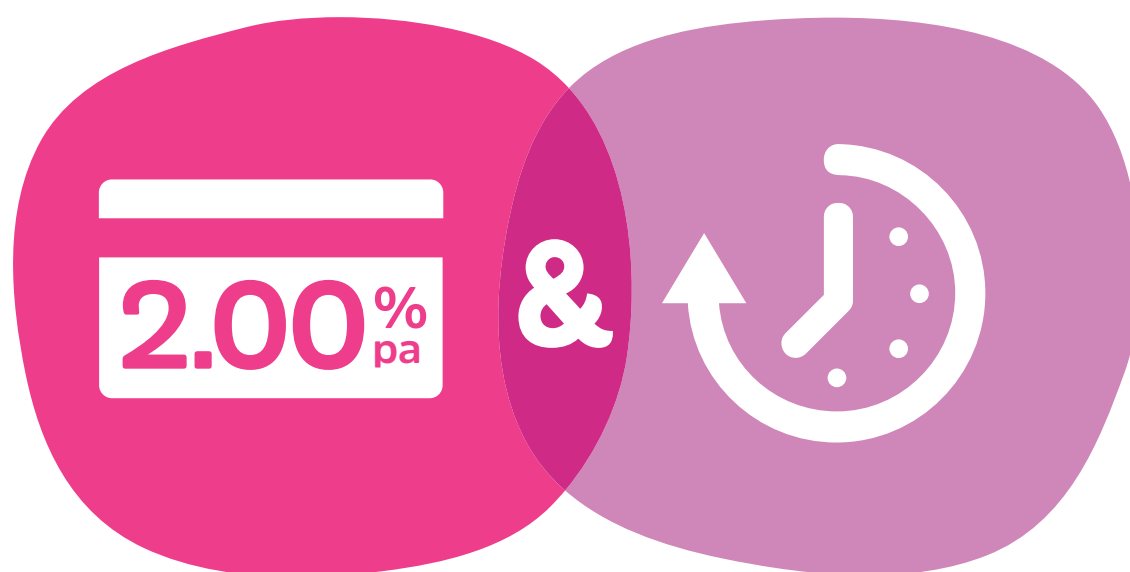
YAL scholarships have been funded through a charitable endowment trust named after the organisation's founder and prominent WA businessman and politician, John Joseph (J.J.) 'Boss' Simons.

YAL Chairman Frank Schaper said these bursaries seek to make a difference in the lives of young men and women by supporting them in their studies.

For more information about eligibility and the application process, visit www.yalscholarships.org.au. Applications close on 31 October 2016.

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Homestay Village, Queens Park	Saturday 5th November	11am - 2pm	267 Wharf Street Queens Park, WA 6107
Parkland Villas Woodlands	Saturday 5th November	11am - 2pm	52-54 Liege Street Woodlands, WA 6018
Parkland Villas Ellenbrook	Saturday 5th November	11am – 2pm	25 The Parkway Ellenbrook WA 6069
The Pines, Ellenbrook	Saturday 5th November	11am – 1pm	21 Ponte Vecchio Boulevard Ellenbrook, WA 6069
Lakeside Village, Bibra Lake	Saturday 5th November	11am - 2pm	14 Lewington Gardens Bibra Lake, WA 6163
Woodstock West, Bunbury	Saturday 5th November	11am - 2pm	146 Strickland Street Bunbury, WA 6230
Parkland Villas Mandurah, Halls Head	Friday 11th November	10am – 1pm	2 Hungerford Avenue Halls Head, WA 6210
Harbourside Village, Mindarie	Saturday 12th November	11am – 2pm	7 Honiara Way Mindarie, WA 6030
Parkland Villas Booragoon	Saturday 12th November	11am – 2pm	510 Marmion Street Booragoon, WA 6154
Timberside Villas, Woodvale	Saturday 12th November	1pm – 3pm	10 Timbercrest Rise Woodvale, WA 6026

Call 1800 550 550 to RSVP, or visit retireinwa.com.au for more details.

*\$50,000 offer subject to terms and conditions. Refer to retireinwa.com.au for more details. Dates/Times subject to change – refer to website. The information and data contained in this ad has been prepared by Lendlease solely as a guide and does not constitute advice. Photographic depictions are for presentation purposes only may not have been taken at a village. 09/2016. Published by Lendlease RL Realty (WA) Pty Ltd ABN 24 1012 637 829.



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1. Conditions apply. Valid for Crown Club members only. Non-members can purchase the Fun Pack for \$15. Regular Riders will not be stamped during the promotion period. 2. Offer available until 28 October. Available for lunch only Monday to Friday. Excludes weekends and public holidays. Not valid in conjunction with any other offer.* Non-members can purchase the upgrade for \$30. Excludes Extra Play for non-members.

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Crown Club members could win a Mazda CX-3 valued at \$27,500*. Play to earn entries, then head to Crown at 9pm to see if your name is called.

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Conditions apply. You must be present to win. Visit crownperth.com.au for full terms and conditions. Image is for illustration purposes only. *Value and recommended retail price from Osborne Park Mazda for 2016 Mazda CX-3 Maxx 4WD. Price includes 12 months registration, 12 months compulsory third party insurance, stamp duty, other applicable statutory charges, dealer delivery and administrative charges.

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Don't miss the Member Money Night Jackpot at 9pm each Thursday for Crown Club members. If the winner is not present, \$2,500 will be added to the jackpot the following week.

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Community NOTEBOOK

BALDIVIS COUNTRY FAIR

Saturday 5 November, 9am-9pm
Baldivis Oval, corner Baldivis /Fifty Rds.
Free entertainment. Stalls, rides, food lots of fun for the whole family.
Free entry
For info baldiviscountryfair@gmail.com

BENTLEY PARK SHOW

Saturday 29 October, 10am-5pm
Bentley Park Auditorium
26 Plantation Drive
Various displays, Devonshire teas, sausage sizzle.
Free admission
Contact Sandra Dale 6250 0538

WEMBLEY ENTERTAINERS ANNUAL CONCERT

Sing songs of yesteryear
Sunday 23 October, 2pm
All Saints Uniting Church
Cr Berkeley Crs /Kirkdale St. Floreat
Afternoon tea provided
Cost \$15

MELVILLE PALMYRA TENNIS CLUB

Open day
Sunday 16 October, 2pm
Free afternoon of social tennis
Corner Canning Hwy/Stock Rd
behind Melville Library
Contact Mike O'Rafferty 9339 3773
anne-michael112@hotmail.com

MANDURAH ANTIQUE AND COLLECTABLES FAIR

Football Ground Stadium, Dower St
Friday 21 October 2pm-5pm
Saturday 22 October 9am-5pm
Sunday 23 October 9am-1pm
All enq. 0403 006 871

PERTH ELECTRIC TRAMWAY SOCIETY

Welcomes volunteers to restore and maintain trams at Whiteman Park on Wednesdays, and to train as conductors and drives. Electrical, mechanical, carpentry, welding skills especially welcome.
Mike 9443 1945 www.pets.org.au

GRAND ANNUAL QUILT AND CRAFT SALE

Friday 11 November
Citiplace Community Centre
Upper Level Perth City Station Complex.
Held in the centre's dining room.
Ph 9461 3550 or 9461 3551

WEMBLEY DOWNS DISTRICT FAIR

Saturday 29 October, 8.30am-3pm
A family fun day. Woodcraft in the Kids Shed, camel rides, bouncy castle etc. Entertainment on two stages plus food, art and plants to buy.
Steffi Knell 0456 528 170

'BEHIND THE SCENES' MUSEUM TOUR

The last Friday of the month, from 2pm-3pm
Wanneroo Regional Museum.
Wanneroo Library and Cultural Centre.
Rocca Way Wanneroo
Bookings essential 9405 9520

MANDURAH FAIR

Stamps, coins, banknotes and postcards.
3-5 November
Mandurah and Peel Convention and Exhibition Centre, Ormsby Tce.
www.peelnumis.org/Mandurah2016.html

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Transforming the City of Joondalup into an extraordinary wonderland of illumination
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kaleidoscopefestival.com.au

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



Beware the march of mosquitoes as spring arrives



by Jeanette Woolerton

ACCORDING to a recent ABC report by Emma Wynne, Perth's highest winter rainfall in five years may also mean an onslaught of mosquitoes as spring sets in. Future heavy rainfall predictions and above-average high tides in the coming months will also create more stagnant water pools, which provide a

perfect environment for mosquitoes to breed in.

Dr Michael Lindsay, from the WA Department of Health stated on 720 ABC Perth that "all of that combined is telling us that we are probably in for a busier year, for mosquitoes, than in other years." As well as the irritation and itching mosquito bites cause, Dr Lindsay claims that they can also spread serious diseases like Ross River virus and the less well-known Barmah Forrest virus.

"The symptoms of both are painful swollen joints, sore muscles, and Barmah Forrest in particular can have quite a significant rash," he said.

"People also have other symptoms typically

associated with viral infections such as fever, fatigue and headache. Those symptoms can persist for weeks and in some cases months.

"It's not a thing to take lightly; it does have a very significant impact on quality of life."

There are no registered vaccines for either virus and treatment involves managing with the symptoms with painkillers and anti-inflammatory medications. In this case (as in most cases of disease) prevention is better than cure, so Dr Lindsay suggests trying to avoid being bitten altogether, which means trying to eradicate potential mosquito breeding sites around your home and garden.

"There are certainly mosquitoes that breed in backyards in what we call cryptic breeding sites," Dr Lindsay said. "These breeding sites may be quite obscure, such as little saucers or a drip tray under a pot plant that holds water for a few days, or pet bowls – any stagnant water source where mosquitoes may lay their eggs. There are a whole range of backyard breeding sites that people can manage by tipping out the water or putting away rubbish and plastic containers that might be lying around collecting water from rain or sprinklers."

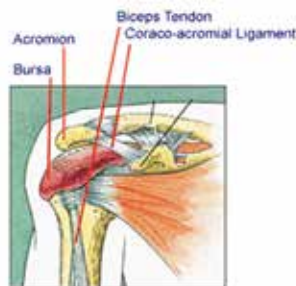
When it comes to natural breeding sites like wetlands and salt marsh-

es, the public is reliant on local government efforts to tackle mosquitoes. However, Dr Lindsay emphasises that being aware of the risks in mosquito-prone areas and taking personal protective measures would be most effective.

"Wearing appropriate long, loose-fitting clothing and using personal repellents (so you don't get bitten) is surprisingly effective," Dr Lindsay affirms.

Burning Citronella candles while barbecuing or dining outside also helps keep mosquitoes at bay. A different perspective to 'dining by candlelight' perhaps, but a great deterrent to uninvited dinner guests nonetheless.

A physiotherapist is the big key to helping symptoms of painful shoulder bursitis



Top; Shoulder bursitis, from left to right; Arm at rest - Arm abducted (lifted outwards) - Arm lifted above 120 degrees and the pressure on the bursa decreases
Left; Jemma Aldridge

by Jemma Aldridge

SHOULDER bursitis is swelling and inflammation of an inflamed bursa. People have several bursas in their shoulder. The role of the bursa which is a small gel filled sac is to reduce friction in between shoulder tendons

when they move.

Subacromial bursitis is a common cause of shoulder pain that is usually related to shoulder impingement of the bursa between the rotator cuff tendons and the prominent bone at the end of the shoulder blade called the acromion.

The symptoms of shoulder bursitis include:

Pain on the outside of the shoulder. Gradual onset of shoulder symptoms over weeks and months.

Pain may spread down the arm towards the elbow or wrist.

Pain made worse when lying on the affected shoulder.

Pain made worse when using an arm above the head.

Painful arc of movement - when the upper arm is between 60 degrees and 90 degrees (90 degrees being level with the shoulder) of arm movement upwards and outwards.

Minimal pain when arm by the side and occa-

sional relief with the arm above the shoulder level.

Shoulder pain with reaching up to a high shelf in the kitchen or washing hair or drying back with a towel.

The causes of shoulder bursitis is repetition of movement and over-use of the shoulder muscles and joints or a single more significant trauma such as a fall or blow to the shoulder.

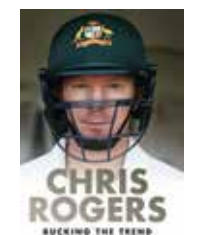
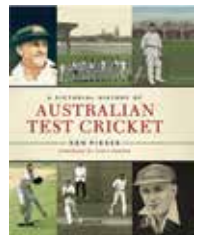
How can a physiotherapist help?

A physiotherapist can diagnose a shoulder injury from a patient's detailed description of the pain from and a thorough physical examination to differentiate between shoulder bursitis and a rotator cuff injury using manual tests. Shoulder bursitis commonly co-exists with rotator cuff injury and tendonitis.

An ultrasound scan is the most common tool to diagnose subacromial (sub meaning below the acromion bone) bursitis.

NB: Please note that the information in this article is of a general nature. It is not specific advice to any individual. Readers should consult their general practitioner or other health professional for an assessment and specific advice with regard to their particular condition.

Cricket champions speak about our national love of the game



ENJOY an evening with two cricket icons talking about our national sport of cricket.

Boffins Books presents an in-conversation event with cricket champions Chris Rogers and Ken Piesse to talk everything cricket and their new books *Bucking the Trend* and *A Pictorial History of Australian Test Cricket* at the State Library of WA on Wednesday 2 November.

On the eve of the Australia-South Africa Test Match at the WACA, the Boffins Books event is an ideal opportunity to meet a modern champion of the game and Australia's most knowledgeable cricket historian as they discuss what makes cricket our national sport.

The event is at the State Library Theatre, State Library of WA, 25 Francis St, Perth Cultural Centre at 6.15pm 2 November.

Bookings: trybooking.com/NCBA or Boffins: 9321 5755 or info@boffinsbookshop.com.au Tickets: Maiden (entry only) \$18 - Buck Rogers (entry and book) \$59 - Ken Piesse (entry and book) \$63 or Hat Trick (entry and both books) \$94.

WIN WIN WIN
To be in the draw to win a double pass to the event simply send an email to win@haveagonews.com.au with cricket in the subject line or send an envelope to Cricket Books competition - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 25/10/16.

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Chittering Branch

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Disassembles with no need for tools. Mid back, adjustable, rotating seat, adjustable width folding armrests, LED battery power display, larger leg room, upgradeable battery box for larger batteries and anti-tip wheels. Load capacity 113Kgs.



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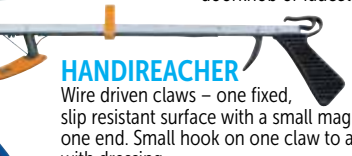
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Multi-purpose adjustable seat height chair. Can be used in dining room, bedroom and lounge. Load capacity 120Kg.



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SRCWA President's Jottings



LiveLighter Activity Information Day - Peel

ON THURSDAY 25 August SRCWA held a Seniors LiveLighter Activity/Information Day at the Masonic Lodge in Furnissdale.

This event had 120 participants enjoying activities such as carpet bowls, seated hockey, ten-pin bowling, Xbox Kinect activities, beanbag toss, carpet golf and other games. Robyn Lister demonstrated Peel branch's very popular Fit and Flexi program. There were 11 different static displays available for people to collect and discuss information. Once the activities were concluded everyone enjoyed a lunch of home made soup and a sausage sizzle cooked by Lions Club of Mandurah. The Masonic Lodge in Furnissdale was a great venue for this event and thanks to their manager Rhett. Thank you to the volunteers from Peel and Perth who helped make this activity day a success.

Sponsors of this event were LiveLighter Healthway, Dept of Sport and Recreation, Dept. of Local Government and Communities and Have a Go News.

LiveLighter Aged Care Games – Rockingham

Held on 7 September, the day was a great success with 10 teams coming together from nursing homes, aged care facilities and day centres to compete in games specifically designed for people in care.

The games included seated hockey, seated pass ball, beanbag toss and skittles and all games were played with great enthusiasm and cheering by the supporters.

The winners were Rockingham Social Centre with 255 points who took home the perpetual trophy and gold medals, coming second was Bethanie Kwinana Kingfishers with 230 who took home a plaque and silver medals and third was Banksia Park with 223 points who took home a plaque and bronze medals. The best presented team plaque was presented to Regents Garden Gladiators. All participants were presented with participant medals.

Congratulations to all the participants for coming along and having a go and a big thank you to all the volunteers, SRCWA Rockingham Branch, Woolooloo Trustees and SRCWA State Office who helped make the day a great success.

LiveLighter Aged Care Games – Joondalup

Held on 15 September, the games were held at HBF Arena Joondalup. Singer Terry Bennetts entertained participants as they arrived and during lunch.

More than 120 seniors in care took part in seated hockey, seated pass ball, beanbag toss and skittles with lots of encouragement from spectators and carers. This was an amazingly close game with only one point between winners and second place.

The winning team was RAAFA Red Devils with 291 points who took home the perpetual trophy and gold medals, second place went to Rainbow Rebels with 290 points who took home a plaque and silver medals and third place went to Woodlake Warriors with 272 points who took home a plaque and bronze medals. The best presented team plaque was presented to Barriale Lodge. All participants were presented with participant medals.

We thank all the volunteers, Woolooloo Trustees and LiveLighter, Healthway, Dept of Sport and Recreation and Dept for Local Government and Communities for their sponsorship and support of the LiveLighter Aged Care Games

Have a Go Day 2016 a LiveLighter Event, 9 November at Burswood Park - 9am to 3pm

The theme this year is Socialise, Have a Go, Live Longer and there will be a variety of activities to have a go at. Socialise in the hospitality tents which provide free tea, coffee and bottled water for participants. Please see the full lift out regarding Have a Go Day, a LiveLighter event in this edition of Have a Go News. Further information is available by calling 9492 9771.

SRCWA Christmas Variety Concert - presented by Phil Paddon and Red Dog Music.

When: Wednesday 14 December.
Venue: Morley Sport and Recreation Centre, 12.30 to 5pm.

Cost: \$30pp
Artists: Band of Mates, Kingsley Day, Phil Rego, Sharon Heaslip, Justin Standley and Amber Reid
Come along and enjoy an afternoon of entertainment and fun.

To purchase tickets or for further information phone Kate Chetwin 9492 9771.

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

Hugh Rogers,
Seniors Recreation Council State President



Fascinating look into Perth - the way we worked



The stunning Palace Hotel will be open for guided tours during Perth Heritage Days

OUR fair city did not just happen. From the early days of settlement there were systems and processes put in place to make the colony work. Just as there were people charged with the duty of carrying out the work. This year's eighth annual Perth Heritage Days will reflect on 'Perth - the way we worked'.

As people began to settle in this foreign land, they sought ways to adapt the rules and social customs of their homeland in a manner that was workable in an environment with no on-hand support services.

From government to legal and court systems, roads and transport, emergency services, food producers, religious services, health-care, waste disposal and factories, the colonists worked on

every part of community infrastructure to create a functioning, orderly city.

Throughout our young history these work processes have changed many times to build, mould and fashion the state in which we now live. With more than 80 different activities, the weekend of Saturday 15 and Sunday 16 October looks set to be the best Perth heritage days to date.

Some of the highlights include 18 vintage bi-planes landing on Langley Park, Government House open day, the chance to look inside the wonderful Palace Hotel and two extraordinary exhibitions; *Gwalia's Gold - its People and Places* and *The Coolbaroo Club*.

The Coolbaroo Club exhibition was created by the City of Perth and

explores the contemporary history of Aboriginal people in the city of Perth and celebrates the role the Coolbaroo League had in the 1950s during years of change and modernisation in Perth. Young people yearned for a new sense of glamour and freedom from conservative dogma and discrimination. It was a particularly important time for the local Aboriginal population as they broke through barriers on many fronts. This exhibition will truly surprise you.

Gwalia's Gold - its People and Places tells the story of the Sons of Gwalia gold mine which at its peak was the sixth largest gold mining operation in Australia. When the mine closed in December 1963, the majority of Gwalia's population took what they could car-

ry and left, chasing gold in nearby Kalgoorlie. Funded by a Minara Community Foundation grant, the exhibition features photographs and a video documentary, telling stories of residents both past and present. It is a fascinating journey into the goldfields of WA.

With thanks to Woods Bagot Pty Ltd and Brookfield Multiplex, for the first time this year, the stunning Palace Hotel will be open for guided tours. In 1892 American John De Baun arrived in WA and started investing in real estate buying land mostly along St George's Terrace as well as building two hotels in the city, the first being the Palace Hotel. This is sure to book out, so get in early.

Once again Government House will host an open day on Sunday 16. Since opening its doors in 1863, the present Government House has been home to successive Governors appointed to serve Western Australia. From the cooks, gardeners, and animal husbandry, to the grand events and education of children, everyone played a vital role in the workings of the household. This year's open day gives you the opportunity to discover how the house worked and the people behind the scenes who kept this most important residence functioning.

In the year 1870, Miss Cook was a governess to the two daughters of Governor Frederick Weld and his wife Mena. Through

theatrical performance, the charming and genteel Miss Cook will reveal what her working life was like as a governess, life in Perth in the 1870s and her impressions of Government House which she considers "...the finest building in Perth".

Enjoy this performance and so much more on the day; self-guided house tours, cellar tours, ballroom dance exhibitions and kids activities including pet farm animals and 'experimental archaeology', fabulous family fun.

During the weekend there will be more than a dozen talks from eminent speakers, museums not normally accessible to the general public at the weekend, talks, workshops, interactive drama and music presentations and garden walks. The problem will be to choose what not to see.

Saturday 15 and Sunday 16 October discover 'Perth - The Way We Worked' during a journey of exploration, fun and adventure for everyone. All events are FREE but some require advance booking. For more information about Perth Heritage Days, visit www.heritageperth.com and follow them on Facebook www.facebook.com/HeritagePerth or twitter.com/heritageperth



by Lee Tate

TELEVISION superstar chef Manu Feidel, who describes himself as a "Frozzie" (French-Aussie), says it's a shame no-one has invented "smellavision".

No, we viewers can't smell or taste the food on TV cooking shows. But aren't we gobbling them up? The proof is in the pudding. On Wikipedia, if you call-up Aussie cooking TV shows you're confronted with 53 pages of cooking series.

Here's a recent one-night's SBS rundown: *Antonio Carluccio's 6 Seasons*, *Luke Nguyen's Street Food and Destination Flavour Down Under with Adam Liaw*.

It has been an amazing worldwide evolution since the likes of another ladies' heart-throb Frenchman, Gabriel Gate, made TV cooking shows popular from 1977.

Several years ago some TV producers and executives, at their peril, predicted that cooking shows would burn themselves out. How quickly did they go back in the kitchen?

Forty years later, Channel 7's greatest asset, clearly worth a fortune in advertising, is *My Kitchen Rules*, overlorded by Feidel and Pete Evans, where home cooks turn up the heat in their

TV talk with Lee Tate - our enduring love affair with television cooking shows

culinary clashes.

Cooking shows have exploded. Like a truckload of popcorn. How do you rate them: *Iron Chef*, *the Great British Bake-Off*, *Master Chef*, *Surprise Chef*, *Huey's Kitchen*, *Ben's Menu*?

While chocolate queen Nigella Lawson is finger-lickin' good, favourite in our house so is Vietnamese gent Luke Nguyen with delightful, delicious and daring demonstrations among Asia's street vendors.

Britain's self-titled "bastard of Billingsgate", Roger Barton, tackled the toughest traders in World's Greatest Food Markets, showing how an English fish merchant competed in New York's Bronx where a billion bucks' worth of fish trading is done every year. Some traders looked very fishy.

And the menu for TV cooking shows is growing. With this lifestyle approach we go into eateries, markets, castles and homes and learn about healthy and alternative eating.

We are told that Italians with traditional diets including olive oil and sun-dried tomato "live longest, apart from the Japanese".

The great Jamie Oliver even took healthy eating programs into schools.

The healthy eating path was officially trialled many years ago in Sydney when greasy grub was banished from government department canteens, only to be reinstated after public servants trooped down the

road for their chips, pastries and cakes.

It all makes good fodder for the home viewer though, doesn't it? Jamie Oliver, incidentally, with all his profitable programs, spin-offs, books, crockery and cutlery, easy recipes, healthy food and cheeky approach still ranks at the pinnacle of TV cooking supremos.

How long can it go on? Even pioneer Gabriel Gate still pedals onward. For the past 12 years he's presented his *Taste Le Tour* program during TV's tour de force, *Tour de France*, on SBS. He's matured like a

good French wine.

My Kitchen Rules is not only "cooking with gas" but has been overseas.

Just when we thought we'd seen it all, up pops *Zumbo's Just Desserts* with "Australia's most celebrated patissier" Adriano Zumbo and British chef Rachel Khoo, clearly taking its visual flavours from the movie *Willy Wonka* and the Chocolate Factory. Even Aussie amateur dessert-makers have their day in the sun.

Television cooking shows are astonishing. And perplexing. All that food and cooking tips from

the world's experts and home cooks. There's even a dedicated fulltime Food channel. All preparing and dishing-up tucker with recipes and methods most us won't ever follow.

We can't taste it, we can't smell it. But, like *Oliver Twist*, we keep on coming back for more. For the TV networks there's clearly a lot more lolly.

What did you think of food shows? Which TV program is worthy of switching on the box? Let us know. Email leetate@live.com.au or write to TV Talk, 30/132 Cockburn Road, Munster, 6166.

Have a Go News
is available from
these outlets

NEW ROUTE TO JURIE

“I’ve seen huge improvements in my joints... and I now get a full night’s sleep”

If you suffer from: Insomnia, joint pain, sciatica or migraines, try the **Bio-Healing Bracelet**, Mr Bond did!

Mr Trevor Bond aged 68 has been running a farm for over 40 years, he is married to Valerie, and they have three children. Trevor tried the **Bio-Healing Bracelet** three months ago and has never looked back; the results were so dramatic that we asked him for an interview. Trevor kindly agreed to share his story...



“After wearing the **Bio-Healing Bracelet** for just two days I felt like a different person”

“The **Bio-Healing Bracelet** is such a brilliant product, I can’t tell you how impressed I have been. If everyone is having the same results as I am, it must be making a huge difference to other people’s lives.

I’d been perfectly healthy all my life, working on the farm I had always been very active until the strokes came along.

I had four mini strokes, then I had a huge stroke three years ago, losing the use of my right arm, right leg, and my face dropped a mile. They put me on all sorts of medication. When I

came out of hospital I couldn’t hack taking the medication, it just made me feel even worse. I tried so many different pills, but none of them could restore my health. Even my GP said he couldn’t force me to take the medication and couldn’t offer any alternatives. In the end all I was taking was aspirin.

Three years later I was still in poor health, you wouldn’t have even recognised me if you had seen me four months ago. My mouth was still droopy, I still didn’t have full movement, I couldn’t sleep and was constantly tired. I looked like a ghost of my old self.

Three months ago my life changed.

I read about the bracelet and didn’t know what to think.

There were claims that it would work within only a couple of days. I must admit I was a bit sceptical. I had tried other products in the past and they had made no difference.

I thought, well, there is no harm in trying it. As far as I was concerned it was relatively cheap and was worth trying. I had nothing to lose.

At the back of my mind I still thought it wouldn’t work as fast as was claimed, but it did!

As I mentioned, I have tried quite a few other products but this is the



only one that has worked!

Before I got the bracelet I had difficulty doing normal everyday things. My right arm has never been able to reach up to wash my back, I could only get

half way up my back. And now I can reach up the whole way to my shoulder. This happened after only

three-four days of wearing the bracelet. I couldn’t believe what a difference it made in such a short time especially after struggling for three years.

I would recommend this to anyone who has had a stroke or recovering from a stroke to put their problems right.

I know a lot of people try magnets, I have used magnetism myself, I wore a bio-flow bracelet for over twelve years but it didn’t make much difference.

But after wearing the Bio-Healing Bracelet for just two days I felt like a different person, it was like a door opening to a new life, I felt that well after wearing it.

I ordered the bracelet in March and it arrived a couple of weeks later.

As well as seeing a huge

improvement in my joints the other major difference it has made to my life is being able to have good night’s sleep.

Before the stroke I never used to have sleep problems. But after my illness I had problems sleeping, waking at 1.00am or 2.00am in the morning about four out of seven nights.

After waking up I always had problems getting back to sleep, which made life very difficult as I had to get up at 6.00am to see to the cows. Having a rough night’s sleep is a living nightmare. I don’t know how I coped, I felt totally messed up, and I couldn’t function.

Since wearing the **Bio-Healing Bracelet** I now get a full night’s sleep, it is incredible.

Whatever metals are

in this bracelet, I don’t care what they are, they have made a huge difference to my life.

I feel detoxified, it’s lifted me to a different life, all for \$44!

Without your health you can’t work, without your health you have nothing.

I shouldn’t say this, but if someone was paying \$70 for this they would be getting a bargain. I don’t reckon you’re charging enough.

As I mentioned, I have used a bio-flow magnet in the past, the cheapest ones are around \$150. Most pensioners can’t afford to pay \$150. I wore one for twelve years, but it nowhere near compares to this one.

Even if the **Bio-Healing Bracelet** had cost \$100 I might have still tried it, especially as it claims to cure a lot of conditions in two-three days, which

it does. **To me this is worth over \$300.**

It has made a huge difference without a doubt. I wear my bracelet all the time, it has not come off since I got it and there is no way I will ever take it off. I don’t want to go through having another stroke ever again.

All I say to people is **there is only one way to find out if it works, and that is to put one on.** It’s no good just talking about it, you have to try one and see what it does for you. I have given them to friends, some of them have been sceptical, so I have said try it for a week, not one person has wanted to give it back! It has given me great satisfaction seeing what a difference it has made to their lives as well.



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food & WINE

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ADVERTISING FEATURE



Chicken lasagne with cheese sauce



by Vince Garreffa

A LASAGNE without tomato – now that is a bit different for a Calabrian born-Australian boy like me but this is so delicious and elegant – you must try it soon.

Ingredients for three-four people

600g lasagne pasta sheets
150g butter
50g butter
75g plain flour
big pinch nutmeg
750ml full cream milk
1 white salad onion finely sliced
500ml chicken stock
250g chicken thighs boneless
2 eggs beaten
200g grated parmesano
250g drained fresh ricotta
100g grated pecorino cheese
1 x cup flat leaf parsley
handful of fresh sage leaves
100ml dry Sicilian Marsala
WA organic lake salt
freshly cracked black pepper

Method:

Put the chicken stock on to boil then add the chicken and salt and simmer for about 30 minutes. While this is happening boil your pasta sheets in lots of salted water. When al dente drain the pasta sheets on a damp tea towel to lose excess water. Pat dry the top of the sheets with absorbent paper.

Check that your chicken is thoroughly cooked. Then cut the chicken into fine slices and set aside. Save the stock.

Now in a frypan melt your 150g of butter and fry the onion until soft, then add the flour stir and cook for two minutes. Then add milk and nutmeg (be generous with the nutmeg if you like it) and cook and stir on low simmer for five minutes then add 250ml of leftover chicken stock. Mix and boil this sauce till it reduces and coats the bottom of a spoon lightly but not too thick. Then set aside to cool to just warm – not too hot – not too cold. Now add the eggs, Marsala, parmesano, and pecorino and whisk until the sauce is smooth.

In a baking dish of appropriate size, put a thin layer of sauce, then a layer of pasta, now a layer of sauce, not too much. Next spread a few slices of the chicken, a crumble of ricotta, a few parsley leaves and three or four chopped sage leaves spread out over each layer of sauce.

Now put the next layer of pasta and repeat the filling (don't be too generous or it will be too sloppy) repeat until you finish with pasta, sauce and ricotta on top but no chicken or herbs on top layer.

Make sure you use all the chicken and herbs in the layers. Baked the finished lasagne at 175° for one hour. The top must have a little colour. Serve hot. Yum! Buon appetito.

Knife and fork talk with the Dining Divas



Grilled barramundi

THE Dining Divas Pat Paleeya and Judith Cohen this month were tempted by the seniors lunch at the Inglewood Hotel.

In our usual way we window shopped our way northwards along Beaufort Street to the Inglewood Hotel. We arrived early for lunch which was just as well as the dining room filled quickly. The staff were very welcoming and the dining areas were small and cosy. From the \$16 Seniors Menu we ordered Chicken and Bacon Carbonara and Grilled Barramundi.

The carbonara meal was quite big and could have easily fed two people (hence the doggy bag). The chicken pieces were bigger than bite size, succulent and tender, the bacon plentiful and not at

all fatty. This was tossed in a liberal amount of rich and creamy garlic sauce which clung deliciously to the penne pasta making every forkful scrumptious. A garnish of scattered spinach leaves and shaved parmesan topped off a very pleasant meal.

The Barramundi arrived garnished with a caramelised citrus slice all resting on a bed of delicious wilted broccoli and Asian greens. It was grilled to perfection and the skin crunchy and crispy. This Diva could have begged for more but sadly she was unable to fit it in.

Rating - 4 forks
Inglewood Hotel,
Beaufort Street, Mount
Lawley, 9370 5511 \$16
lunch special Monday
to Friday 11.30am-3pm.

Ratings

Five forks – excellent food and service

Four forks – overall good food and service

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

Two forks – food and service needs improvement

One forks – would not recommend

Letters to... Vince Garreffa

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

Please include your telephone number so I can call you!



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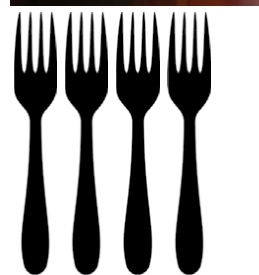
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special
331 Bulwer St.
9227 5864

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39 Attfield St.
Maddington
9459 0244

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from 11.30am
344 Cambridge St.
9383 7488

BENTLEY HOTEL

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11.30am -3pm
1120 Albany Hwy.
Bentley
6253 4100

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Unwind at UnWined Subiaco, a two-day celebration of fine wines



UNWINED Subiaco is a two-day celebration of premium wines that promises visitors great food and wine with a side serving of music in stunning Subiaco parkland surroundings.

Have a Go News has five double general admittance tickets to win for either Saturday or Sunday 29 and 30 October at Market Square Park in Roberts Road, Subiaco. Ticket winners will get the chance to enjoy the best of WA's fine wine, craft beer and spirits, along with local produce and tempting tapas for a fabulous day out.

Visitors to this year's festival can also take part in a new premium experience with an exclusive new club lounge to providing a little bit of indulgence for up to 100 people on the top terrace of the event overlooking the festival. With tables under cover and garden courtyard areas available, guests can explore the exhibitor line up and sample from the stands on show with the Club Lounge always available as a retreat to catch up with friends and other guests.

A host of new wine and food exhibitors have already booked to be at the event including Bellarmine Wines, Gilberts Wine, Willow Bridge Estate, Pandemonium Estate, Gage Roads Brewing, Lange's Frankland Wines, Grace Farm, Moojelup Farm, Print Hall, Twin Beaks, Saigon Eats and Coco Lycious. Many traditional exhibitors are returning.

Admission cost includes entry, souvenir glass, access to wine sessions and cooking demonstrations, live music and complimentary wine tasting. Wines will also be available to buy by the glass to drink at the event or by the bottle to take home. A wine locker will be available to store bottles until visitors are ready to go home.

UnWined Subiaco will be open from 11.30am to 5.30pm on both days.

General admittance tickets are \$25 pre-purchase or \$30 at the gate. A Plumm tasting ticket is available pre-purchase only for \$37.50 and Premium Club Lounge Ticket is available for pre-purchase only at \$127.50.

For the chance to win a double pass simply email win@haveagoneews.com.au and tell us if you want to visit on Saturday or Sunday. Entries close 22/10/16 More details and tickets are available from www.wineandfood.com.au



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'Seventh Heaven' Concert: 11 October

Mini Olympics: 19 October

MELBOURNE CUP: 1 November, Bookings required



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Phone the centre 9367 9880



Low alcohol wines - lots of flavour and not too much kick

by Frank Smith

LOW alcohol wines have yet to make their mark. That's a pity because you can safely drink two or three glasses of low alcohol wine with a meal. And that is the amount of wine which most of us like to drink when accompanying a meal. The alternative of course is to alternate drinks of wine with water, but that's not for everybody.

Mr Rocco Longo of Charles Sturt University is cooperating with David Lowe to create a full-flavour low alcohol wine, by combining varying quantities of grapes harvested weeks apart.

"Low alcohol wine varieties have a bad reputation; they can taste like water because of a lack of full-body and full-flavour characters caused by a loss of aroma compounds," Mr Longo said.

"The changing climate means the amount of sugar in wines is increasing and more sugar means more alcohol. Winemakers are harvesting two weeks earlier than they were 20 years ago. It is becoming difficult to find

the optimum level of sugar, acidity and aroma compounds.

"If we can provide consumers with a wine that has less alcohol but a great aromatic and flavour profile then we are going to succeed."

Have a Go News tasted a range of low alcohol wines:

Lowe Tinja low alcohol Verdelho 2015 - The colour is pale straw with a slight, youthful green tinge. The nose is slightly musky and palate is light and crisp with fresh lemongrass, apple and tropical fruit flavours and balanced natural acidity and is at 10 per cent alcohol RRP \$22.

Azahara Moscato (Azahara is Spanish for orange blossom) is a sparkling wine with a floral nose, light sweet zingy acidity and a refreshing finish. It is ideal as an aperitif or to accompany a light lunch, fruit platter or sweets. Only six per cent alcohol. Look for it around \$10/bottle.

Lindeman's Early Harvest wines are crafted from flavour-ripe grapes harvested from early ripening regions in south eastern Australia and contain 8.5 to 9 per cent alcohol.

Lindeman's Early Harvest Early Harvest

Pinot Grigio 2015 is pale straw in colour with a nose of nashi pear, red apple and orange citrus. The palate is light-medium bodied, fresh citrus and pear with a crisp, refreshing finish. RRP \$15.99.

Lindeman's Early Harvest Semillon Sauvignon Blanc 2015 is straw coloured, with aromas of citrus, lime, lemon and quince from the Semillon and passionfruit, grapefruit, gooseberry and guava from Sauvignon Blanc. The palate is light bodied with a fresh, crisp finish. RRP \$15.99.

Lindeman's Early Harvest Shiraz 2015 is bright purple in colour with aromas of black currants and sweet vanilla and a medium bodied palate shows blackcurrant, plum and vanilla flavours supported within soft tannin. RRP \$15.99.

Lindeman's Maiden Press Sparkling Shiraz is cherry red, with vibrant purple hues and a nose of red toffee apple, raspberry jubes, musk and red cherry. The palate: Satsuma plums, cherry, raspberry, quince paste, rhubarb, with a soft silky texture. Alcohol content zero. RRP \$9.99.



More Please! - Manu is back in town with a new book...



BOFFINS Books presents an in conversation sundowner event on 7 November with flamboyant chef Manu Feildel about his new book *More Please!*

Hosted at The Aviary, Manu is in conversation with Amanda Keenan, the deputy editor of *The West Weekend* magazine, as he shares his favourite family recipes that draw on his diverse heritage.

As the cheeky co-host of one of the country's best-loved TV programs, *My Kitchen Rules*, Manu Feildel gets to sample some of the finest home cooking in the nation. Though his favour-

ite meals are most often those he enjoys at home with his family and friends.

Like many of us, Manu's family has diverse cultural roots-French, of course, but also Chinese, Malay and Sri Lankan. Manu also loves to put his own spin on favourite dishes from Spain, Italy, and the Middle East.

He and his partner, Clarissa, draw on all these influences when cooking at home. The result is a collection of simply delicious recipes that tick all the boxes: quick, easy, and enticing for all the family on those busy

weeknights, plus plenty of special-occasion dishes you can whip up to impress a crowd.

This is flavoursome food, infused with all the flair and flamboyance for which Manu is renowned.

Don't miss a conversation with Manu on Monday 7 November, from 6-8pm (arrive 5.50pm) at The Aviary, Level 1, 140 William Street (cnr William Street and Murray Street Mall) in Perth. Bookings essential through www.trybooking.com/MYMG - call Boffins: 9321 5755 or email - info@boffinsbookshop.com.au

shop.com.au

Ticket cost is single \$35 or \$70 with book (RRP \$39.99) and includes a welcome drink and a selection of canapés on arrival.

WIN WIN WIN

To be in the draw to win a double pass to A Conversation with Manu at the Aviary on 7 November from 6-8pm simply send an email with your details to win@haveagoneews.com.au with Manu in the subject line or write to Manu Competition - c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/10/16.

Jamie's Ministry of Food mobile kitchen heads to Belmont for classes



Jamie's Ministry of Food WA mobile kitchen team, from left to right; Mobile Kitchen Manager, Marie Fitzpatrick, Lexi Costello, Alex Taucher and Katherine Cornish

JAMIE'S Ministry of Food West Australian mobile kitchen will head to Belmont as part of a three-year partnership with Edith Cowan University for the delivery of the program to WA people. As the fourth stop for the kitchen classroom on wheels, bookings are now being taken with classes starting on 3 November and running for seven weeks.

The innovative, community based cooking program is based on Jamie Oliver's beliefs about cooking and the associated impact on healthy living.

The program teaches Jamie's hints, tips and basic home cooking skills to encourage people to cook from scratch with fresh food which is of particular importance given about one-quarter of all deaths in Australia are the result of diet related disease.

Research shows that only 1 in 10 of Western Australian residents eat the recommended daily serves of fruit and

vegetables and 66.6 per cent of adults are overweight or obese.

Jamie's Ministry of Food West Australian mobile kitchen is pleased to be hosted by their founding partner, The Good Guys while in Belmont and will be located in the car park at The Good Guys Belmont.

The mobile kitchen will deliver hands-on basic cooking classes for seven weeks led by a team of dedicated food trainers. While in Belmont, Jamie's Ministry of Food will run with the support of ECU students, interns and volunteers.

Jamie's Ministry of Food Australia has been proven to work. A comprehensive evaluation, conducted by Deakin University and University of Melbourne showed that participants who complete the cooking course, gained new cooking skills and food knowledge, were more confident in cooking meals from scratch, purchased and

consumed more vegetables and spent less on take away foods.

The fun and engaging program fosters a sense of community and social connectedness. It achieves measurable health and wellbeing outcomes for participants by inspiring and empowering them to change the way they and their families eat and think about food. Cooking is a life skill which should be accessible to all.

Where is the Mobile Kitchen located? The Good Guys - Belmont 225 Alexander Road, Belmont.

When do classes begin?

3 November.

How long is the course? One 90-minute class per week for seven weeks.

How much does it cost? Classes cost \$20 per session, \$15 for student cardholders and \$10 for concession.

How to book?

www.jamiesministryoffood.com

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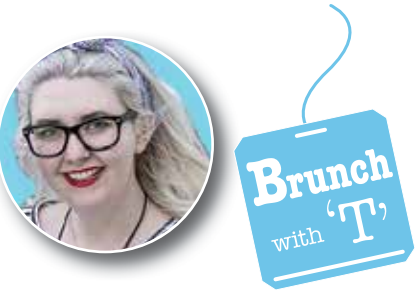
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Climbing the Ladder in Mount Hawthorn



by Tahlia Merigan

THIS month my regular brunch partner Dan and I ventured to Mount Hawthorn to try the Ladder Café and Deli. The décor at the Ladder reminded me of a vintage beach feel, with a laid back atmosphere with pictures of ladders and other WA landmarks adorning the walls and we felt gave it a cute touch.

Dan and I were promptly greeted as soon as we entered with very friendly service. Beside all-day breakfast they also offer other services including catering and venue hire. They also have on offer a nice selection of cakes and salads displayed in their cabinet.

We sat down at a share table which added to the community feel that we both thought the venue's atmosphere exuded. We both decided pretty quickly what we wanted and ordered at the counter.

I ordered a spiced banana smoothie (\$7) and a chai latte to warm up (\$3.50) and for brunch I chose the rosti, salmon and eggs (\$22) with a side of haloumi (\$4) and mushrooms (\$5). Dan ordered one of the specials of the day which was the French toast (\$17) with a strawberry smoothie (\$7).

Our food was served before our drinks which I didn't appreciate. My chai latte wasn't what I expected so I couldn't finish it all. Though my spiced banana smoothie was amazing and



thick – definitely the highlight of the meal, and a lot nicer than the strawberry.

The rosti wasn't quite what I was expecting with sweet potato used instead of potato so it wasn't crisp like a normal rosti and was more like a frittata. The hollandaise was very nice and creamy and fluffy and my eggs were cooked how I like them. The haloumi was very good but I felt like the mushrooms could have been cooked longer. My only disappointment was that halfway through my meal I found a hair in my food.

Dan's French toast was nice and buttery and the bananas, strawberries and bacon with maple worked well together. He felt the dish did not have a "wow" factor and as he kept eating felt there was a little too much maple syrup and that sweetness overpowered the dish.

Ladder is a nice spot for a brunch, the presentation of the food is excellent but we thought there were a few improvements they could make.

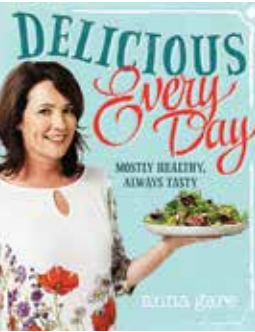
Overall I would give them 3 spoons.
The Ladder Café and Deli 167A Scarborough Beach Road, Mount Hawthorn, Phone: 9242 1688
Opening hours: Mon-Sat: 6.30am – 3.30pm, Sun: 8am – 3pm

T's spoon ratings

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



In conversation with Anna Gare for healthier home cooking...



BOFFINS Books presents an in conversation sundowner event on 19 October with beloved TV cook Anna Gare about her new book *Delicious Every Day*.

Hosted at The Aviary, Anna is in conversation with Amanda Keenan, the deputy editor of *The West Weekend* magazine, as they explore Anna's ap-

proach to no-fuss, healthy cooking at home ideas, as well as her rise to being one of the most popular cooks on our screens.

By the time she was a teen, Anna Gare could magic up a meal with a few ingredients and the most basic of equipment. And as a television host, kitchenware designer, caterer and mother, Anna is now cooking meals that satisfy festival crowds, big families ... even royalty.

For her, food is here to put smiles on faces and help us celebrate life - if it happens to be healthy, even better.

Join Anna Gare on Wednesday 19 October from 6-8pm (arrive 5.50pm) at The Aviary, Level 1, 140 William Street

(cnr William St & Murray St Mall) in Perth.

Bookings: visit www.trybooking.com/MJLX - call Boffins on 9321 5755 or email info@boffinsbookshop.com.au. Ticket price is single \$35 or \$70 with book (RRP \$39.99), includes a welcome drink and a selection of canapés on arrival.

WIN WIN WIN

To be in the draw to win a double passes to A Conversation with Anna Gare at the Aviary on 19 October from 6-8pm simply send an email to win@haveagoneews.com.au with Anna in the subject line or call the Have a Go News office during business hours on 9227 8283. Closes 16/10/16.

Simple spring salads to welcome the season

by Noelene Swain

NOW is the time to start making or even inventing fresh, delicious salads. Perfect for warm spring days, salads can literally be a meal on their own or otherwise make a terrific accompaniment to a main meal. Using lots of fruit, vegetables and other whole ingredients is the key to a fresh and healthy salad that will be sure to impress. Give your salad a range of textures as well as making it more substantial by adding meats, poultry, seafood, noodles, pasta, rice or crunchy croutons.

Combining authentic flavours from all over the world is the key to a successful salad. Marinated olives, sun-dried tomatoes and gourmet lettuce are readily available along with gourmet cheeses and meats. The flavours of Italy, Greece and Thailand (just to name a few) are now an important part of Australian cuisine.

Tasty strips of char-grilled chicken or spicy marinated lamb will be sure to impress dinner guests or family. The hardest part is choosing only a couple of flavours so you don't overcrowd things. Try adding some home-roasted red capsicums, baby mozzarella balls (bocconcini) and fresh basil, or for some Thai flavour, marinate your chicken or beef in green curry paste before cooking and add coriander leaves, fresh chilli and cucumber to your salad base. A squeeze of fresh lime juice will finish it off perfectly.

Roasted vegetables also make wonderful warm salads and flavours of sweet potato, pumpkin, potato (mondial is in season), carrot and beans team perfectly with fresh herbs like thyme and rosemary and a touch of garlic. A good potato salad never goes astray at a barbecue, teamed with crispy bacon, boiled eggs, spring onion and fresh dill.

Fresh herbs can be incorporated into your dressing or the whole leaves can form part of the salad base. Ideal ingredients for a dressing include freshly squeezed citrus juice, Dijon or whole seed mustard, sour cream, sweet chilli sauce, olive oil or balsamic vinegar. Avoid overdressing salads as this can drown out the other flavours. Have a little extra on the side so people can add to suit their tastes. Toss only small amounts of the dressing through right at the last moment to prevent the salad going soggy.

Spring weather is bound to offer plenty of sunny afternoons and opportunities to entertain. Whatever your tastes, there is a salad to suit you and your friends. Here are some you might like to try:

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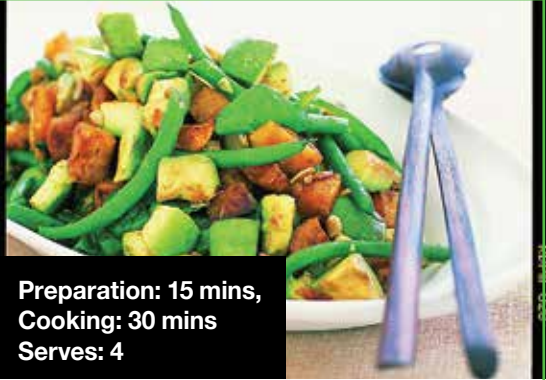
Asparagus: "Asparagus inspires gentle thoughts", wrote the English essayist Charles Lamb. Inspired thoughts or otherwise, it is certainly the vegetable that most signifies the arrival of the delicate spring season and all the delicious morsels that come with it. Choose firm, plump spears with compact tips and tight scales, avoid any that are slimy or soft and check that the tips and bottoms of the spears are not dried out.

Sugar snaps: The soft and tender edible pods of sugar snap peas are crisp, sweet, and succulent and are often served raw in salads, stir-fried or lightly steamed. Before being eaten, mature snap pea pods may need to be "stringed", which means the membranous string running along the top of the pod from base to tip is removed. Unlike its cousin, the snow pea, the sugar snap pea is picked more mature and is fully rounded, with thick pod walls that retain their natural plumpness.

Button mushrooms: With their subtle flavour and compact size, button mushrooms are perfect for adding whole to spring meals like salads, stir-fries and fresh tomato-based pasta sauces. Mushrooms are so quick and easy to use; apart from a quick wipe over with a cloth or paper towel, no further preparation is necessary. Try marinating in good olive oil and balsamic vinegar and garnishing with fresh herbs; lovely served at room temperature as part of a barbecue feast. Best of all they have been shown to reduce the risk of breast cancer – so add a few extra to anything you're cooking.

Ellendale mandarins: Ellendale mandarins is a late season variety and some of WA's best. They are now in fresh produce stores and supermarkets. Ellendales are a good size, have a distinct deep orange skin and fewer pips than some varieties so they are a popular choice. They are also sweet and very juicy and create a rich colour contrast when added to a green salad. Time to savour the final month of mandarins till next season.

Roast pumpkin, orange and avocado salad



Preparation: 15 mins, Cooking: 30 mins Serves: 4

- 1 butternut pumpkin, peeled and cut into 2.5cm cubes
- 1 tblspn ground cumin
- 2 tblspn olive oil
- 200g stringless green beans
- 2 oranges, skin removed and segmented
- 100g baby English spinach leaves
- 2 avocados, cut into 2.5cm cubes
- 100g chopped macadamias, toasted
- Dressing:**
- 1 tblspn honey
- 2 tblspn soy sauce
- ¼ cup olive oil

PRE-HEAT your oven to 220°C. Combine dressing ingredients in a jar and shake well. Combine the pumpkin cubes, ground cumin and olive oil. Spread pumpkin mixture out in one layer on a tray and roast in the oven for 20 minutes or until tender. Bring a saucepan of salted water to the boil and cook beans for 2 minutes, so they retain a good crunch. Refresh in cold water to halt the cooking process and ensure the bright green colour is maintained. Place pumpkin cubes and green beans in the serving bowl. Add the spinach, avocado, orange, macadamias and dressing to the serving bowl and toss to combine. Serve immediately.

Recipe for one: glazed navel oranges



Preparation: 20 mins, Cooking: 5 mins Serves: 1

- Rind of ½ navel orange
- ¼ cup boiling water
- ¼ cup sugar
- 1 navel orange
- 2 tblspn ricotta cheese

SLICE orange rind into matchstick sized pieces. Put the rind and boiling water into a small casserole dish and microwave and HIGH for three minutes. Add the sugar and stir to dissolve.

Microwave for two minutes. Peel orange. Remove pith and outside membrane using a very sharp knife. Take care to keep orange whole.

Put orange into a dish that just holds it and cover with syrup and rind. Refrigerate for several hours or overnight. Serve glazed orange on a bed of ricotta topped with glazed rind and syrup.

Avocado, apple and beetroot salad



Preparation: 15 mins, Cooking: 0 mins Serves: 4

- 1 avocado, peeled and sliced
- 1 large beetroot, peeled and grated
- 1 carrot, peeled and grated
- 1 small cos lettuce, torn into small pieces
- 1 red onion, sliced
- 1 apple, cored and sliced
- ¼ cup walnuts, chopped and toasted
- Dressing:**
- ¼ cup Italian dressing
- 2 tblspn lemon juice
- 1 tspn wholegrain mustard

PLACE all salad ingredients together in a bowl. Toss gently to combine. Place dressing ingredients into a jar. Secure lid. Shake well. Drizzle over salad prior to serving. Serve salad with barbecued meats.

Always... Patsy Cline
by Ted Swindley

Wednesday 9 November 8pm

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

St Petersburg offers visitors a slice of history and pictured above is the world famous landmark the Church of our Saviour on Spilled Blood - Pat Paleeya spent two days discovering the city during a cruise stopover and she gives us a snapshot view of this historic city on page 26.

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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



Left to right; Jen Merigan - Fraser Suites Perth Suite

CHINA Southern Airlines are offering people aged 65 and over some very special business class fares on sale until the 31 December.

Travel dates are for departures up to 9 December and then from 15 December to 31 March, 2017.

These well-priced business class fares are for travel to Europe and China.

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Western cuisine, enjoy exclusive access to the VIP lounges in Guangzhou and receive free Sky Pearl Club membership.

Business class fares to Europe are London from \$4591, Paris \$4411, Rome \$4332, Frankfurt \$4308 or Amsterdam from \$4308. Business class fares to Beijing and Shanghai start from \$2825.

For further information contact your local travel agent or call China Southern Airways on 1300 889 628.

I SPENT an evening last month at the Fraser Suites Perth in Adelaide Terrace to showcase their stay and dining packages to our readership. The property offers five star apartment style accommodations with superb views overlooking the Swan River and the city.

The rooms are stylish, well appointed and offer all the mod cons. Frasers Suites have teamed up with My Kitchen Rules and paleo chef Pete Evans who has

redesigned the hotel's menus including the offerings at the Heirloom Restaurant.

The menu utilises sustainable WA ingredients, and while there is a paleo influence the food is delicious combining fresh, healthy and interesting flavours and ingredients.

To celebrate this partnership the hotel has released two indulgent dine and stay packages. It's a wonderful way to celebrate a special occasion or to just enjoy a little luxury break from home.

The Eat, Stay and Indulge Weekend package starts at \$379 for Studio Deluxe rooms and include chocolates and sparkling wine on arrival, buffet breakfast for two, late checkout at midday, complimentary wifi and a two-course dinner for two including a complimentary glass of sparkling.

They also offer a Dinner, Bed and Breakfast package from \$244 for Studio Deluxe rooms booked between Monday and Thursday. Included are buffet breakfast for two, complimentary wifi and a two-course dinner for two including a complimentary glass of sparkling each.

For bookings visit

www.perth.fraserhospitality.com or call 9261 0023.

THERE has been talk about introducing a T plate for tourist drivers in Australia with statistics showing that one in ten Australian vehicle accidents involve tourist drivers.

The idea is to let other drivers know that this driver may not be completely aware of Australian road rules or conditions and to allow them to keep their distance. It sounds like a practical idea with 20 per cent of visiting tourists hiring cars.

If you have a travel issue, enquiry or would like to share some information, don't hesitate to contact me on the email below.

If you're a facebooker than like *Have a Go News* at <https://www.facebook.com/Haveagonews>.

Happy trails

Jennifer Merigan
Travel Editor



The travel industry and readers are welcome to contact the travel editor:

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The next retreat is Friday 4 to Tuesday 8 November.

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The retreat includes twin or single accommodation; healthy and tasty balanced meals (some prepared by top chef Kate Lamont); delicious beverages including fresh juices and smoothies; nutritional talks and cooking demo plus recipes, meal plans and ideas to take home.

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Spaces are limited with a max of 10 guests. If you're ready to invest in yourself and spend five days focusing on you then get in touch today! Revive is also offering readers of *Have a Go News* \$100 off - mention *Have a Go* when you book. The special price is \$1695 twin share and \$2195 single share.

For more information visit reviveretreat.com.au, call 0434 549 867 or email info@reviveretreat.com.au.

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ADVERTISING FEATURE

travel options for the mature west australian

Victoria flies the flag this month to celebrate its older citizens



by Jeanette Woolerton

FROM 2 to 30 October, the state of Victoria cel-

Above; Federation Square comes alive this October
Left; Jeanette Woolerton

brates all things senior in a spectacular series of events designed to show respect, rejoice and revere senior citizens. The celebrations are immense, with more than 1500 social, cultural, educational and healthy living activities on offer.

Most activities are free,

while some are ticketed and others request entry by donation only. The festival started with Celebration Day at Federation Square on 2 October and included music, street orienteering through laneways, bike ride along the Yarra, a carnival of learning, and more.

A Festival calendar is available online at www.seniorsonline.vic.gov.au in order to plan ahead.

The options are limitless. People can celebrate with old (and new) friends at one of many social events, activate the brain while sitting, enjoy a free concert from U3A choirs, improve physical and psychological well-being at a session of laughter yoga, have hearing tested for free, join a bus tour of the National Rhododendron Gardens or relax and watch a Sunday afternoon movie.

A personal favourite would have to be the *Rubber Soul* musical group who enthrall audiences (and *Beatles*' enthusiasts) with their faithful re-creation of the *Beatles*' ballads, complete with Sgt Pepper costumes and authentic *Beatles* instruments.

The festival spills out of the urban fringe and into metropolitan and regional Victoria, so people not

only get to experience fantastic entertainment, but the intoxicating scent of spring blossoms, as well as a rich, colourful array of wildflowers carpeting the landscape in rural areas.

The Seniors Festival has been going strong since 1982, so history and experience guarantee success. This timeline provides a brief overview of the history of the Senior Festival:

1982: The Victorian Seniors Festival starts off as Senior Citizens Week.

1990: The first multicultural concert for the Festival is staged at Melbourne Town Hall in partnership with the Ethnic Communities' Council of Victoria.

1991: The Victorian Seniors Card is launched during Senior Citizens Week.

1997: Eight days of free public transport for all Victorian Seniors Card holders is introduced.

2002: Senior Citizens Week is re-named the Victorian Seniors Festival.

2007: A Festival Hub is

introduced at Melbourne Town Hall.

2008: Festival Opening Day moves to Federation Square.

2012: The Festival celebrates its 30th year.

2013: A record number of events presented by Victoria's 79 local councils.

2014: A total of 1602 events presented by Victoria's 49 regional local councils.

2015: A record 25 country concerts staged in regional and rural Victorian towns.

With a track record like this, how can the 2016 Seniors Festival be anything but an incredible success?

October is the best month in Victoria in which to enjoy these activities, as the weather is mild, the breeze scented with blossoms and the atmosphere euphoric and celebratory as winter finally retreats.

It is a perfect opportunity to enjoy the spoils of retirement, a well-earned break from work or a wonderful connectivity to community and family. With age comes wisdom, discernment and grace. Celebrate these qualities in style as Victoria welcomes everyone with open arms.

Wishing everyone a profoundly blissful Seniors month.

See pages 39 to 44
for your guide to the...



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Le Marche region: Enjoy a taste of the real Italy



FOR most of us, central Italy embodies a certain type of perfect idyll – great Italian art and architecture set against a sunny rural backdrop of olive, vine and cypress trees. More adventurous travel-

lers are now heading for Le Marche, the eastern most region that makes up central Italy. Le Marche is rapidly becoming the new holiday destination for travellers looking for a taste of the "real Italy".

Mario and Viny Vitellone, together with their son Gianni, of Vita Italian Tours are tour leaders who specialise in personally guided tours through central Italy. Every June, they provide an excellent opportunity to experience life in this beautiful part of Italy with their nine days *Discovering Le Marche* region.

The tour will also visit the tiny Republic of San Marino, famous for its history and pageantry and its magnificent hilltop setting offering excellent views of the countryside. The region has a passion for food. From spring through to autumn almost every

country village and town will at some point celebrate its local speciality.

A highlight for the group will be a cooking experience in the historical city of Urbania as guests of Donatella and Giorgio in their award-winning osteria.

This tour is one of many that Vita Italian Tours/ Pronto Travel offer to lovers of Italy. For those who want to embark on their next Italian adventure, Mario, Viny and Gianni can plan the total travel experience. Call 1300 842 444 to discuss all your travel requirements or visit the website www.vitaitalian-tours.com

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*Please note that this is not a guided package tour. It is independent travel on either TransWA or self drive.

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Deryn Thorpe

Deryn writes a weekly gardening column in *Habitat* and regular garden stories for *The West Australian* newspaper and monthly in *Gardening Australia* magazine. She runs a successful Perth garden consultancy and assists in the family revegetation and land care business. Join Deryn Thorpe on these two wonderful tours in 2017.



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ADVERTISING FEATURE



travel options for the mature west australian

Experiencing the many moods and colourful people of beautiful St Petersburg in the summer



Seed shop lady from people's market in St Savoir

by Pat Paleeya

A PIERCING whistle catches my attention and, as I turn, there standing towards me was a grim faced man in uniform pointing at me. He had something Cyrillic and official stamped on his flat-topped hat which I think translated to, 'I

was Stalin's Batman'.

Our eyes met. I frantically looked for Irina our tour guide only to see her otherwise engaged in a loud argument with the Chinese tour leader up ahead. Irina's hands were punctuating the air with every point of her argument and Stalin's Batman was coming nearer

and nearer.

We were lined up in hordes outside the Peterhoff Palace and a voice from the horde shouted to me to step back onto the gravel path, stepping on the grass was strictly forbidden. I moved quickly and international warfare was averted. I had only been in St Petersburg for an hour.

We had left the ship and boarded a bus for a tour of the city. In my ignorance I thought that I would be seeing colourful cupolas the minute we drove off but instead we passed block after block of drab Stalin-esque apartment buildings, the remnants of a different era.

This all changed as we came through the city on our way to the Peterhoff, The Grand Imperial Palace built for Peter the Great. There were literally hundreds of tourists trying to gain entrance to the Palace and we were all jostling and shuffling and treading on each other's toes for quite a while. It wasn't very orderly and it wasn't very pleasant. Eventually we made it inside.

Stylistic baroque the rooms are full of rich furnishings, copious gilded wood carvings, paintings and the attention to detail on the highly ornate fireplaces turn them into works of art in their own right.

We were quite rushed through the Palace because of the amount of people passing through (it was the weekend) and in each room perched on a chair, (utility not baroque) sat an unsmiling babush-

ka with a buzzer and if the hordes were not moving quickly enough the buzzer was pressed and we were herded along buzzing babushka style.

Irina was way ahead speaking into her mic but unfortunately my ear piece kept being knocked out of my ear and I missed half of the history, the half that I tried to hear had so much static that I yanked it out myself in a childish tantrum.

One part I do remember; it seems Catherine was a piece of work. If she heard that a younger, prettier woman was attending one of her lavish balls she found out what she would be wearing and had her furniture upholstered in the same material.

Forget assassinations ladies - this was serious. True or false, I don't know.

We made our way out to the front of the Palace which overlooked the Grand Cascade and lower gardens.

There are more than a hundred fountains, three palaces and three or four cascades in the gardens which defy description; such is the beauty of it all. The Grand Cascade is spectacular, water splashes and glistens onto gilded statues of Greek and Roman gods that flank the Cascade, and it is a most amazing and stunningly beautiful waterfall.

There are three parks to wander through and at the end of one you can follow a waterway to the canal and take a hydrofoil back to the city.

After the Peterhoff we

visited 'The Church of the Spilled Blood' or 'The Church of the Saviour on Blood' which was built on the spot where Alexander II was murdered.

At last I had found my cupolas and how magnificent this church is. I was ecstatic. I had seen photos of these domes but nothing prepares you for the sheer beauty and decorative embellishment inside and out.

The mosaic designs are so intricate that it is hard to visualise how long it must have taken to place the thousands of tesserae that cover the walls and ceilings.

There is a shrine in one corner that is covered with semi-precious gemstones; this marks the exact spot where Alexander fell.

It was almost impossible to fully appreciate the architecture and beauty of St Savoir because of the masses of people, but never the less, I didn't feel cheated at all.

The next day we met our new tour guide. Small in stature, big in voice and dressed in tight black jeans and tee-shirt she was young and quite severe. I coined her 'Madam Lash' and she commanded and we obeyed, like a James Bond agent she exuded power.

She took us to a government market, the people's market. Supermarkets catered for the richer population whilst the government market served the less well-off I was taken aback by the sheer artistry of the vendors, the visual displays of their merchandise paid

testament to their pride in their goods. They only had a small space to use but used it diligently.

Vegetables were shaved and arranged in colourful mounds that had a rainbow effect in the dull building, the dried fruit and nuts were a showpiece of their own, meticulously displayed in small containers set out with eye-catching simplicity. The tiny nooks selling seeds was a delight. Bijou came to mind. Seed packets were pinned around the walls using the limited space in an ingenious way.

I poked my head in and waved my hands around in that tourist semaphore that quite surprisingly works. I loved this lady's shop (I semaphored) and her smile, and took her photo. She was shy at first but then delighted with the picture, she gave me a packet of shasta daisy seeds which I had to accept, I didn't want to offend her and her kindness. I scattered the seeds around the city and the empty packet has pride of place on my fridge door.

Madam Lash appeared from the back of the market and I had visions of her sitting on a crate smoking a Sobrane and swigging vodka from the bottle until it was time to leave.

She took us to the Metro, the deepest in the world, ninety metres underground and the escalator seemed never ending and steep. Mosaics, chandeliers, statues and beautiful art deco wall mounted lights

transforms the stations into miniature palaces. A seated statue of Pushkin at one station quite takes the breath away it is so life like. Tokens are used to enter the Metro and one token allows unlimited travel. We were told that this method of payment means cheaper journeys but passengers travelling only one or two stops disagree.

Madam Lash tells us to, "board zer last vagon, zer last vagon only" and get off at "zer fourth stop." We watched as Cyrillic station names and works of wonder flashed past until Madam Lash yelled, "You vill get off now."

With such a commanding voice it meant that half the passengers came with us. Impressive doesn't begin to describe the fabulous feast for the eyes, but perhaps spectacular, spell binding, grandiose might do for a start.

St Petersburg is a city of majestic architecture, monuments and statues, canals and rivers. The Nevsky Prospect is the widest road that I have ever seen and it must be a least six lanes wide and leads us over the Fontanka canal by the way of the Anichkov bridge. The statues of the Horse Tamers on the bridge are quite famous; they are superb and finely sculptured, the workmanship indescribable.

Like McArthur, "I will return." There is so much more to be seen and experience here, I only had a glimpse but it was enough to set my sights for a much longer visit.

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across the Arctic Circle.

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9 April 2017 - 20 Days

Journey back in time with Paul Urquhart to the Middle Kingdom, a place where child emperors ruled, wonders of the world were built and the exquisite peony was the flower of royalty.

TOUR HIGHLIGHTS:

- Walk the Great Wall of China and the Sacred Way, visit the Forbidden City & the Temple of Heaven plus meet the Terracotta Warriors in Xi'an
- Marvel at millions of blooms at the National Peony Festival
- See the famous Chinese architecture
- Enjoy the peace and composition of 2000 year old Chinese master gardens
- Travel in a small group



TOUR INCLUSIONS:

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- Air-conditioned motorcoach transport
- 3 nights accommodation in Launceston
- Breakfast daily, 3 lunches & 2 dinners
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let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

Ann Rickard tests the Rhine waters on a brand new river ship



Enjoy a kaleidoscope of Europe's charms glide past your panoramic window on board Avalon Waterway's Imagery II

by Ann Rickard

IF EVER there was a holiday designed specifically for us mature folks, it would have to be river cruising.

There are many reasons for this, more about them in a minute, but the top one would surely be: no children on board.

We love children, most of us seniors are doting grandparents, but we don't love the little tykes when they are running amok around the decks and lounges on a ship.

River cruising is not designed for children, there are no facilities for them, they'd be bored.

It's all about us, and we are not going to feel guilty about it.

River cruising suits those of us who enjoy the ease of being moved smoothly

from one place to another; those who love to unpack just the once and adore being pampered and wined and dined to the brim. Those who love a no bingo or extravagant theatre policy, those who are more the gather-around-the-piano type.

Avalon Waterways' newest river ship, *Imagery II*, has just been launched on the Rhine. It is formally christened by 'godmother,' New Zealand personality, Judy Bailey.

It now awaits your pleasure.

You are going to love this spanking new ship with its suite ship policy: two entire decks of roomy suites with marble bathrooms complete with l'occitane products, and more space than any other ships cruising Europe's great rivers.

What you are going to love beyond all the many details on board *Imagery II*, is the wall-to-wall windows in your suite, a whole wall that slides back to transform your suite into one large alfresco balcony and – this is luxury without measure – the bed faces the window.

Think about that.

You wake up each morning in a comfortable wide bed beneath a floaty white doona to lazily watch a kaleidoscope of Europe's charms glide past your panoramic window.

If you (or better still, your mate) has padded quietly to the elegant lounge at the aft of the ship, where a gleaming coffee machine will dispense any coffee style of your choice, and he brings it back along with a big home-baked cookie

to enjoy in bed, well, you are going to be in holiday heaven aren't you?

And your exciting day hasn't even started yet.

The unprecedented growth in river cruising has astonished everyone in the travel industry, even Avalon Waterways' management who are frantically building more ships to keep up with demand.

Avalon Waterways does not let its ships age. When they are only just past juvenile stage, they are sold or sent off to ship graveyard. Hence, all Avalon's long sleek river ships are modern and fresh. None more so than *Imagery II*.

The decor is contemporary and restful with tasteful and luxurious objects d'art and contemporary art works at every turn.

The lounges and dining room are fitted with up-to-the-minute furniture with exquisite fabrics.

On the expansive top open-air deck, the sun lounges beckon, and a small spa sits beside a giant deck chess set. The chef even grows his own herbs in pots up on the deck.

You will never be short of something exciting to do on *Imagery II* as her itinerary stops at some of Europe's most beautiful cities, towns and villages.

And the ship docks right in the heart of things. You have only to walk off (easy, no big gangway, just a flat

walkway) to have Avalon's private buses with local guides waiting a few steps away to whisk you into the heart of Europe's excitement, history and culture.

There is always at least one free shore excursion at every stop, and a host of others to suit all tastes, whether it is exploring flourishing wineries, trawling ancient castles, visiting impressive museums, gazing at mighty cathedrals, indulging in shopping or a enjoying a night of classical music.

Themed cruises are planned: wellness, adventure, culture. There is much to look forward to.

On our itinerary, stops included Wiesbaden in Germany. There a walk through the old town of Mainz took us through centuries of German history, and the spring flowers and rows of daffodils made us feel even more welcome.

At Lahnstein in Germany, we were taken to the Marksburg Castle where local guides led us through the vast and gloomy halls of this great castle and gave us vivid insight into life in the middle ages (very uncomfortable it was back then, no electricity or running water, but at least plenty of servants to empty chamber pots).

In Ruedesheim we were taken by open air cable car to the top of Niederwald Forest to walk slowly back down through myriad vine-

yards just starting to sprout green in the spring, and where an alfresco picnic of local sausages and beautiful bread complemented many glasses of Riesling in the bracing air.

At Strasbourg it was a private cruise on a glass domed bateau-mouche took us past the exquisite timber houses, before free time at the mighty Strasbourg Cathedral.

After every excursion there was a warm welcome back on board *Imagery II*, with the crew greeting us like much-missed friends before showing us the lounge where coffee and cake waited.

This Romantic Rhine cruise on *Imagery II* glides you past some of Europe's prettiest charms – Hansel and Gretel houses, endless vineyards stretching high on rising hills, and too many castles to count (although we tried, got to 42 at one stage).

There is fascination and history on each side of the river and the cheerful cruise director will give you commentary as you sit back after a breakfast of, say scrambled eggs and smoked salmon, or a lunch of five-star highlights utilising fresh local produce.

Dinner is always an indulgent affair at white-clothed tables gleaming with glassware and sparkling with cutlery, although you are not required to dress to the nines (smart

casual is the go) and you are served multi-courses of gourmet food by super-friendly crew brandishing unlimited bottles of local wines.

To shut the door on your spacious suite after every rewarding day and big evening, to watch a (free) movie or catch up with world news on the television is just another of the many small pleasures.

Comfort is what most of us prioritise for our travels as we age. Followed by ease of getting from A to B. *Imagery II* provides the lot.

The writer was a guest on board *Imagery II*.

FAST FACTS

Avalon Waterways offers river cruises across Europe including the eight-day Romantic Rhine itinerary travelling between Zurich and Amsterdam. Highlights include Strasbourg, Heidelberg, Rudesheim, the Rhine Gorge, Koblenz and Cologne. Departures in 2017 now on sale, priced from AU\$3462 per person twin share.

For full details and bookings see travel agents, or visit www.avalonwaterways.com.au

Cathay Pacific

Cathay Pacific flies from Sydney, Melbourne, Brisbane, Adelaide, Perth and Cairns to major gateways across Europe, travelling via Hong Kong. See www.cathaypacific.com for latest fares, specials and further details.

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Prices correct as at 03 October. The escorted tour arrangements have been made on the basis of a minimum number of passengers travelling. In the event that less than the required number of passengers have confirmed their booking 60 days from the date of departure, SeniorsPlanet reserves the right to cancel the tour, giving a full refund of monies paid, or offer arrangements to proceed with the tour at a modified fare. Expenses of personal nature, optional excursions, drinks and meals not specified are additional. Gratuity for driver not included. Prices subject to change. Payment by credit/debit card will incur a fee. Conditions apply. Licence 9TA 1193.

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\$6890*



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Christmas in the Hunter Valley

Featuring the Christmas Lights
Spectacular & Stunning Nelson's Bay

**6 Days,
Thursday 22 to
Tuesday 27
December 2016**

Picture yourself surrounded by beautiful landscaped gardens in a festive atmosphere and where the climate is moderate, similar to that of the Mediterranean. At the Mercure Resort Hunter Valley Gardens, you'll spend five nights in a meticulous room that opens out onto a private balcony or courtyard. Enjoy the days touring around the region taking in the stunning sights and tasty food. On Christmas Day we'll treat you to a five-course Christmas lunch.

Tour Highlights

- ★ Take a ferry ride from Nelsons Bay to the Tea Gardens
- ★ Visit the historic town of Morpeth
- ★ Magnificent Hunter Valley Gardens
- ★ Free time to shop
- ★ See the spectacular Christmas Lights
- ★ Scrumptious five-course Christmas Buffet Lunch
- ★ Visit the Hunter Valley Zoo
- ★ Dinner at the Harrigan's Irish Pub

Tour Inclusions

- ✓ Home pick-up and return
- ✓ Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 5 nights accommodation at the Mercure Resort in the Hunter Valley
- ✓ Exclusive Kings Tour to the Hunter Valley
- ✓ Luxury coach travel throughout
- ✓ Breakfast daily, 4 lunches and 5 dinners
- ✓ Sightseeing and entry fees as per the itinerary

Only \$3,150*

PER PERSON TWIN SHARE

SINGLE PRICE **\$3,950*** PER PERSON



Christmas & New Year Cruise

South Pacific Treasures

**17 Days, Monday 19 December
to Wednesday 4 January 2017**

Tour Highlights

- ★ Enjoy two nights in Sydney prior to the cruise
- ★ Spend Christmas in style & enjoy the New Year's Eve festivities
- ★ On the ship, discover museum-quality paintings such as an oil painting of the city of Utrecht painted in 1842, as well as contemporary art like the series of photographs of music greats Dizzy Gillespie and BB King.
- ★ Every day aboard a Holland America cruise ship brings a wealth of cruise activities and indulgences, along with the freedom to partake in as many — or as few — as you please.

Tour Inclusions

- ✓ Home pick-up and return
- ✓ Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 2 nights at the ParkRoyal Darling Harbour
- ✓ 14-night South Pacific Christmas & New Year Cruise on-board Holland America's MS Noordam
- ✓ Transfers throughout
- ✓ Includes breakfast daily, 13 lunches & 14 dinners

From \$4,495*

PER PERSON TWIN SHARE

SINGLE PRICE **\$5,950*** PER PERSON

*Price based on Inside Stateroom CAT K.

UPGRADES AVAILABLE



No visa is required for this destination
Organised shore excursions are an additional expense.



WA Coach Tour

Christmas in Walpole & Pemberton

**6 Days, Friday 23 to
Wednesday 28 December 2016**

Tour Highlights

- ★ Visit the historic Village of Wagin
- ★ Enjoy a WOW Wilderness Cruise
- ★ Visit the Valley of the Giants
- ★ See the King Jarrah tree
- ★ Go to the Manjimup Timber & Heritage Park
- ★ Visit the Fine Wood Gallery and Tea Rooms
- ★ Lunch at the Hidden River Estate
- ★ Lunch at the Rose Hotel

Tour Inclusions

- ✓ Home pick-up and return
- ✓ Kings Tour Manager
- ✓ 3 nights accommodation at the Tree Top Walk Motel in Walpole
- ✓ 2 nights accommodation at the Best Western in Pemberton
- ✓ Luxury coach Travel with a professional driver
- ✓ Breakfast daily, 6 lunches and 5 dinners

Only \$2,190*

PER PERSON TWIN SHARE

SINGLE PRICE **\$2,690*** PER PERSON



Christmas & New Years Cruise

Fremantle to Fremantle

**16 Days, Wednesday 21 December 2016
to Thursday 5 January 2017**

Tour Highlights

- ★ Cruise in and out of Perth — no flying involved!
- ★ Enjoy the stunning Indonesian sunsets
- ★ Fill your days with activities one day and do nothing the next
- ★ Take one of the ships personal enrichment class, do yoga, go duty-free shopping, or just relax with a dip in one of the pools or spas.

- ★ Nights on-board are always a buzz with activity - from live theatre and the big screen, the casino or even have a dance.
- ★ The biggest highlight of this holiday is being away on a holiday over Christmas and New Year — let the staff on the ship look after you!

Tour Inclusions

- ✓ Home pick-up and return
- ✓ Kings Tour Manager subject to minimum numbers (10 passengers or more)
- ✓ 15 nights on board the Sun Princess
- ✓ Includes breakfast daily, 15 lunches & 15 dinners



From \$3,550*

PER PERSON TWIN SHARE

SINGLE PRICE **\$5,990** PER PERSON

*Price based on Inside Stateroom CAT IC.

UPGRADES AVAILABLE

No visa is required for this destination
Organised shore excursions are an additional expense.

**PLUS \$387.50 ON-BOARD
CREDIT PER STATEROOM**



Spanish Wonders & Mediterranean Cruise

**ONLY
6 SEATS
LEFT!**

**23 Days, Friday 9 June to
Saturday 1 July 2017**

Think of Spain and straight away you envisage fabulous architecture, flamenco dancers, bull fighters, paella and maybe even Rafael Nadal — or is that just me!? Starting in Madrid, you'll encounter passionate local specialists along the way that will bring Spain alive for you. You'll enjoy a traditional dinner on a ranch in the Andalusian countryside and explore Toledo's ancient cobbled streets with a local historian. Say 'adios' to Spain when you board your luxury cruise ship and sail through the Mediterranean stopping at ports in France, Italy, Croatia and Montenegro.

Tour Highlights

- ★ City tour in Toledo, Madrid, Córdoba, Seville and Barcelona
- ★ Orientation of Valencia
- ★ Enjoy a full day to the city of Toledo including the Synagogue and Santo Tomé
- ★ Tour the Mosque of the Caliphs in Córdoba with a local guide
- ★ Visit the largest Gothic Cathedral in Seville
- ★ Experience the famous Alhambra Palace in Granada
- ★ Admire the architecture of the Serrano and Quart Towers in Valencia
- ★ Cruise through 5 countries; Spain, France, Italy, Croatia and Montenegro

Tour Inclusions

- ✓ Home pick-up and return by Hughes*
- ✓ Kings Tour Manager*
- ✓ Return economy airfares including taxes
- ✓ 8 nights accommodation throughout Spain
- ✓ 12 nights on-board the Brilliance of the Seas
- ✓ Port taxes and gratuities on the cruise
- ✓ Local guides
- ✓ Porterage and local charges
- ✓ Travel by luxury air-conditioned coach with reclining seats and an on-board restroom
- ✓ Breakfast daily, 12 lunches and 13 dinners
- ✓ Sightseeing and entry fees as per the itinerary

Oceanview Stateroom

Category I

\$8,990*

Twin Share

\$11,750*

Single Price

Balcony Stateroom

Category E3

\$9,790*

Twin Share

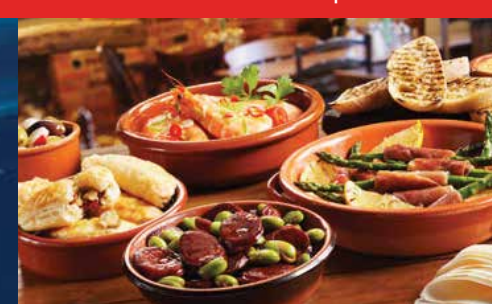
\$13,250*

Single Price

*The tour cost includes air taxes of \$150pp which are subject to change.
Optional Shore Excursions are an additional cost.
No visa is required for this destination. Conditions Apply.



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DAY 1 / 2: PERTH TO MADRID (IFM / D)

Your holiday begins when you are picked up from home by private vehicle and transferred to the airport. Meet your fellow passengers and Kings Tour Manager and board your overnight flight to Madrid. Upon arrival in Madrid, we will transfer to our hotel. Relax or explore this lively city before enjoying an evening drive to take in some of the city's main sights followed by a Welcome Reception. **Hotel:** Ayre Gran Colon, Madrid for 2 nights

DAY 3: TOLEDO EXCURSION & MADRID SIGHTS (B)

This morning you embark on a guided walking tour enjoying the culture, history and buildings of Toledo. On your return to Madrid admire the monument to Cervantes at the Plaza de España and see Puerta del Sol.

DAY 4: MADRID — CORDOBA — SEVILLE (B)

Travel southwards from Madrid, through La Mancha, to Córdoba. Visit the Mosque of the Caliphs and learn about the influence of the Moors.

Hotel: Zenit, Seville for 2 nights

DAY 5: SEVILLE SIGHTS & FREE TIME (B / D)

This morning enjoy a sightseeing tour of Seville where you will view the Giralda Bell Tower, visit Maria Luisa Park, walk through the imposing Plaza de España and marvel at Christopher Columbus' ornate tomb in the cathedral. This evening

experience a unique Be My Guest dinner at an authentic ranch with views over the Andalusian countryside.

DAY 6: SEVILLE — GRANADA (B)

Today you will visit the magnificent Alhambra Palace in Granada followed by a walk through the exotic water gardens of the Generalife. **Hotel:** Carmen, Granada for 1 night

DAY 7: GRANADA — GUADIX — VALENCIA (B / D)

This morning travel via the Mora Pass and arrive in Guadix in the northern foothills of the Sierra Nevada Mountains. From Guadix we will continue to Valencia to view the Bullring and admire the architecture of the medieval cathedral and the Serrano and Quart Towers. Tonight dinner will be at your hotel. **Hotel:** Silken Puerta Valencia for 1 night

DAY 8: VALENCIA — PENISCOLA — BARCELONA SIGHTS (B)

Head north along the coast through the Levant region and stop at Peñíscola to view the ancient castle of the 'Spanish Pope'. Continue along the Costa Dorada to Spain's most cosmopolitan city, Barcelona where we will enjoy a guided tour. **Hotel:** U232, Barcelona for 2 nights

DAY 9: FREE TIME IN BARCELONA (B / D)

This morning is yours to enjoy. This evening enjoy a special dinner with wine.

DAY 10: BARCELONA - EMBARK CRUISE /BRILLIANCE OF THE SEAS (B / L / D)

This morning we will transfer to the cruise terminal to board the Brilliance of The Seas. Spend the next 12 nights on board cruising to many wonderful cities. **Cruise:** Royal Caribbean's Brilliance of The Seas for 12 nights

DAY 11: NICE (VILLEFRANCHE), FRANCE

DAY 12: FLORENCE / PISA (LIVORNO), ITALY

DAY 13: ROME (CIVITAVECCHIA), ITALY

DAY 14: AMALFI COAST (SALERNO), ITALY

DAY 15: AT SEA

DAY 16: VENICE, ITALY

DAY 17: VENICE, ITALY

DAY 18: ZADAR, CROATIA

DAY 19: KOTOR, MONTENEGRO

DAY 20: AT SEA

DAY 21: AT SEA

DAY 22/23: DISEMBARK IN BARCELONA / FLY BARCELONA - PERTH (B / IFM)

This morning we disembark the cruise and transfer to Barcelona airport for our flight home to Perth. Upon arrival in Perth your driver will be waiting to take you home.

Phone us on 1800 677 760 (freecall)

*Air taxes are subject to change until full payment is made. Private car transfers arranged by Kings Tours & Travel and are provided within the Perth Metropolitan area including Mandurah. Travel Insurance recommended. Prices are correct as of 5 October 2016. Conditions Apply.

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Quendas'- our little Aussie garden diggers at risk



Quenda with full pouch © Simon Cherriman

by Frank Smith

RESIDENTS of outer suburbs and hills are familiar with quendas (bandicoots) digging for earthworms and insects

in damp parts of the garden. With a little encouragement they become quite tame.

However close contact between humans and their pets and wildlife can

spread diseases.

"Our amazing urban wildlife including birds and marsupials, are threatened by diseases of human origin like toxoplasmosis from food scraps and domestic cats, and Giardia from sewage contamination of the environment," said Professor Andrew Thompson from Murdoch's School of Veterinary and Life Sciences. "A common interaction with wildlife that provides the means of transferring disease is backyard feeding with inappropriate food sources.

"We also want to educate the community about the important impact humans have on

the environment and native animals, for example, releasing invasive fish species like goldfish into waterways that then not only compete with native species of fish, but also transfer new parasitic diseases to native species."

Ms Alison Hillman is completing her PhD study at Murdoch University on the parasite burden and reproductive fitness of quendas and possums in urban areas.

During her study she trapped nearly 300 quendas in urban gardens and native bush. Those trapped in gardens were generally more likely to be overweight or obese and were less likely to carry

pouch young that those in the bush.

Ms Hillman also studied the parasites they carried. Most quendas carried giardia but a species that did not infect humans, so it poses no threats.

"The main problem is fleas," she said. "I found cat fleas and stickfast fleas on many of them.

Oddly enough cat fleas are often found on dogs as well as cats. Stickfast fleas are found on domestic poultry.

"There is a low risk of the passage of disease from quendas to pets and humans and vice versa. I did not study bacteria or viruses but the main

problem is parasites.

"The best approach is to make sure pets and chooks are flea free. There are good flea-control products on the market.

"All quendas infected with stickfast fleas were trapped in gardens where domestic poultry are kept."

"There is a very small possibility that quendas act as vectors of antibiotic resistant bacteria from animal to animal, but it is unlikely."

A major concern is that garden quendas tend to be overweight

"The cause of obesity in quendas is hard to pin down. The fattest quenda

I trapped was getting food from seed put out for birds.

"Overweight quendas were either deliberately fed or they exploit food source associated with humans such as pet food, waste and compost bins.

"The best advice is don't feed quendas. If you must, don't feed them every day; once every two or three days is best and limit the portion size.

"I suggest one or two mealworms or a piece of fruit the size of a 20 cent coin. If you are cooking carrots the bits you cut off are fine.

"I would love to have quendas in my garden," she added.



Discover lovely tours and sights with Aussie Redback Tours

Aussie Redback Tours plan next year's tours with some great tours for this year still on offer...

AUSSIE Redback Tours are currently putting together their 2017 brochure which should be out next month. It will be packed with some favourites such as the Gibb River Bungle Bungles tour (already half full); Kimberley Dreaming;

and Tasmania.

New tours include the Tamworth Country Music Festival which includes Lightning Ridge and Broken Hill; Norfolk Island; Murray River Cruise; Alice Springs to the Top End (includes Litchfield and Kakadu National Parks); Historic Outback Towns; the Australian Bushranger Trail; Coast to Coast (Perth to Brisbane); and the Great Ocean Road Nullarbor tour.

Also planned are four art-specific tours to the Kimberley, Pilbara, Alice Springs, and Flinders Ranges, and Aussie Redback will be doubling the number of day tours in 2017 as well. So there will be something for everyone.

This year is not yet over though, and Aussie Redback Tours have some lovely tours still on offer such as the Southern Wildflowers (including

the Stirling Ranges, Bluff Knoll, Fitzgerald River, and Wave Rock); Margaret River; Outer Adelaide Kangaroo Island; Tasmania; and the Manjimup Cherry Festival/Gnomesville which is filling fast.

Aussie Redback have asked passengers what they like about their tours and their responses have been varied. One thing that stands out is that they would like more time at each location and they

aren't "herded" on and off the bus in record time.

Rather, people would like extra time to spend looking at the sights, doing a bit of shopping, and generally relaxing and soaking up the atmosphere.

Aussie Redback Tours can be contacted by phone on 1300 662 026 or email at aussieredbacktours@yahoo.com.au for more information about any of their tours.

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Northcliffe 9776 7203	www.northcliffevisitorcentre.com.au
Walpole 9840 1111	www.walpole.com.au

Blooming Wild Festival 3 Sep - 20 Nov 2016
Facebook: Blooming Wild-Southern Forests and Valleys
Website: www.bloomingwildflowers.com.au
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- Hyden Rock - enjoy the rock's walks, surrounding flora and fauna.
- Bromus Dam - free camping area with bushwalks, lots to explore or a great place to have a BBQ or picnic.
- Mt Jimberlana - 5km east of town, offering spectacular views from the top with a picnic area at the base.
- Phoenix Park - educational, historical and is close to the town centre

Norseman Community Resource Centre
Your local connection

Government of Western Australia
Department of Regional Development and Lands

"One of the Best in the Wheatbelt"
Quairading is located about 170 kms east of Perth in Western Australia's wheatbelt.

"Visit us in Wildflower Season"

QUAIRADING ATTRACTIONS:

Quairading Nature Reserve - 527 hectares of native bushland west of the town along the railway line to York. The reserve contains York Gum, Salmon Gum, Wandoo and Casuarina trees, 11 species of orchids, wildlife including the eastern wallaroo, western grey kangaroo, echidnas, reptiles and birds.

Nookaminnie Rock - a large granite rock, provides a view over the town, golf course and surrounding areas.

Pink lakes - Lies 11 km east of Quairading on the Bruce Rock Road. It is regarded as a phenomenon, as certain times in the year one side have a distinctive pink colour whilst the other side remains its natural blue.

The Toapin Weir - 12 kilometres northwest of the town, constructed in 1912 to collect rainwater runoff to supply the town and irrigate the nearby farms.

UPCOMING EVENT: 28 Oct, Spring Fling with Sabrina Hahn

BOOKINGS: The Shire office 9645 2400 or Peter Ricetti 0427 392 407 (a/h)

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Hundreds visit *Duyfken* during her voyage along the WA coast



Visitors aboard *Duyfken*

WITH a change of crew, *Duyfken* set sail for Mandurah on 4 September. The voyage was much smoother than the first and the crew was welcomed by hundreds of spectators lining the wa-

terfront on 5 September.

Once the ship was berthed and secured, Captain Chester handed over the post bag containing First Day Covers commemorating Dirk Hartog's 400th anniversary

and signed by the captain himself, to postmaster Wilma Currie. The City's Mayor, Marina Vergone, was also at the arrival to welcome *Duyfken* and her crew.

Over the next nine days 3,500 guests paid to board

Duyfken and take part in the new audio guided tour. Another 630 school children engaged in the *Duyfken* maritime education program and many thousands just dropped by to view the ship from the Mandurah Offshore Fishing and Sailing Club grounds.

Departure day arrived in Mandurah with a degree of concern. Before the arrival, a metre of silt was dredged from the marina entrance to enable safe passage for *Duyfken* and her 2.6m draft.

Different story though on leaving. During the week, strong storms had whipped up plenty of water movement in the Mandurah estuary and with this, heaps of silt had been moved about.

As *Duyfken* exited the marina entrance all was looking good and then suddenly she ground to a halt. *Duyfken* hits bottom in Mandurah...she just didn't want to leave town. Sea Rescue was quickly on hand, and with

a bowline attached and a 1000 horsepower of grunt, *Duyfken* was soon on the move downstream and into open waters.

There were beautiful sailing conditions once all sails had been set with *Duyfken* hitting a cracking five knots as she headed to Hillarys, her next port of call.

The crew have been having a lot of fun meeting the locals...and there are more to come as *Duyfken* begins her journey north. *Duyfken* will be on exhibition in Geraldton (8-15 Oct) and Denham (20-23 Oct).

The upcoming Pirate Days are: Geraldton: Sunday, 9 October and Denham: Sunday, 23 October. Tickets are available from www.ticketek.com.au/duyfken

Volunteers Wanted

Duyfken is heading to Elizabeth Quay from November 2016 for a five month exhibition program and the *Duyfken* Foundation is seeking volunteers to help deliver the pro-

gram. Opening hours will be from 1-5pm Wednesday through Sunday. Ideally they are looking for volunteers who can fill a regular weekly or fortnightly time slot. All guides will be provided with on-site training, and a team uniform.

Please contact Pic Lee

Song at administration@duyfken.com for more details or apply online at www.duyfken.com/volunteers

People can follow all the happenings around *Duyfken* at each port, at the Facebook page <https://www.facebook.com/duyfken1606/>



10 August	York & Beverley	\$85
30 August	Mystery Tour	\$85
13 September	Duck Duck Goose Restaurant	\$85
28 September	Into The Mystery Valleys	\$85
14 October	Yanchep Park & Inn	\$85
24 October	Mystery Tour (New tour & venue)	\$90
1 November	Melbourne Cup Day Tour	\$95
23 November	Nosh Gourmet Food & Gifts	\$80
1 December	Christmas Party @ Cafe Coast	\$90
19 December	Cherry Special Day Tour	\$90
29 December	4 Day New Years Tour Margaret River	\$1150 twin share

Call Elite Tours on 9314 2170
www.elitetours.net.au

Enjoy Christmas a different way on board the *Murray Princess*

CELEBRATE a special Christmas this year on Captain Cook Cruises seven - nights Murray Princess Christmas Cruise, departing 23 December. The Christmas cruise combines the popular seven-night cruise itineraries with Christmas festivities including a traditional South Australian Christmas lunch, Christmas carols, egg nog, and a visit from Santa on Christmas Day.

In between celebrating Christmas it's full steam ahead down the mighty Murray River as guests discover Australian history, culture, and wildlife on the newly refurbished *PS Murray Princess*, a modern replica of the paddle wheelers that cruised the Murray in the 1800s.

Sit back in one of two cosy paddlewheel lounges, displaying views of the working paddle wheel, and enjoy the beauty of the river as the *Murray Princess* cruises past Big Bend towering limestone cliffs, through picturesque gorges and along riverbanks lined with mallee scrub and red gum forests.

Plant and bird life on the Murray River is thriving. There is an abundance of Australian birds including swans, pelicans, swamp hens and wood ducks and their young. Led by on-shore guides passengers can enjoy nature walks, eco-tours and learn about the ecology of the river.

Exciting day trips include visits to historic ports, an educational stop at the sacred Ngaut Ngaut Aboriginal Conservation Park, a fun and very Australian woolshed shearing show, a visit to a native wildlife shelter and even a back-water wildlife boat tour.

Follow the food and wine trail for tastings at a number of vineyards and cellar doors, and one evening enjoy an Aussie-style campfire barbecue on the riverbank. A complimentary Barossa tour is also available to passengers on Monday 26 December, departing and re-

turning to Mannum.

The seven nights Christmas cruise departs Mannum at 4.30pm on 23 December and fares start from \$2098 per person twin share. Prices include accommodation, all meals,

guided nature walks, eco-excursions, onboard presentations, onboard WiFi, the captain's dinner and cocktail party, live entertainment, use of ship's facilities including a sauna, spa, sun deck, bar, two

lounges, restaurant and mini gymnasium and complimentary scenic coach transfers from Adelaide or car-parking in Mannum.

To book please call the Australian Holiday Centre on 1300 799 342.

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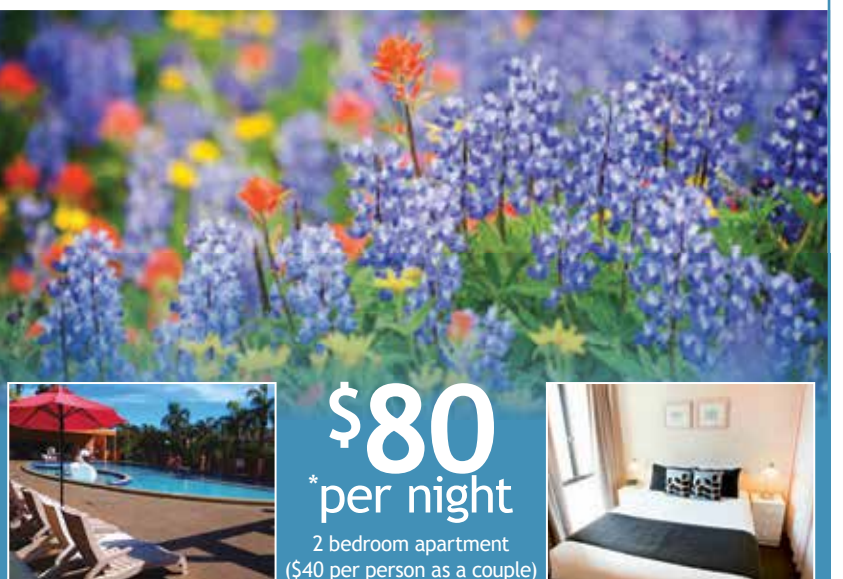
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Anglers can look forward to some fine summer southwest fishing



The new trout season is always a time to look forward to

by Mike Roennfeldt

THE southwest freshwater fishing season officially fired up on 1 September and runs until 30 June next year. For me, it was good to get back into the beautiful environment down there again, even for just a weekend. Everything was so green and fresh and water levels in the smaller streams around Manjimup/Pemberton looked just right after a relatively wet winter.

I was fortunate enough to be invited for a fish at a friend's dam just out of Manjimup and we enjoyed some great moments tempting rainbows to around a kilo on small brown nymphs. There

wasn't a lot of surface activity going on, which was a shame. Dry fly fishing is the most fun you can have with a trout but it's hard work if there aren't any insects on the surface drawing the fish up to rise.

I did tempt one fish on dry though, after casting the fly right up against the bank underneath some reeds in just a few centimetres of water. A fish took it within seconds, probably thinking an insect had fallen out of the reeds. It was the best moment of the trip. Just seeing the fish's nose poke through the surface and suck the fly down was what fly fishing is all about.

Record numbers of trout from the Pemberton

hatchery were released into south west waterways this year. Over the past four years more than 2.3 million trout fry have been released along with around 100,000 Rainbow Trout yearlings and over 10,000 Rainbow and Brown trout ex brood stock, testament to the value the community place on trout restocking. This year key stocking locations include the Warren River, Collie Gorge, Donnelly River, Blackwood River, Lefroy Brook and the Murray River.

Fishers will also be able to target feral freshwater species such as redfin perch without a bag limit and are urged to not return them to the water when caught. Besides, redfin are prized table fish, renowned for their tasty white flesh.

To provide a more accessible and enjoyable fishing experience for the whole community, anglers under 16 years of age will no longer be required to hold a south west freshwater angling licence, meaning families can enjoy fishing in the south west, without having to worry about licences for the kids.

Observers expect the combination of good water levels and healthy stocking should provide a quality fishing experience in the south west well into the summer months.

Take advantage and visit the wildflower hot spots around the wheatbelt region



Couple in wildflowers near Hyden © Tourism WA

THIS year's rains have ensured that the wildflowers are prolific throughout the state. This provides people with opportunities to view the blooms on show. Here are some of the hot spots around the wheatbelt region to discover.

Quairading - Quairading Nature Reserve located three kilometres west of town has everlastings and 12 varieties of orchids.

Kwolyin Reserve has carpets of everlastings out. Take a walk around the campsite where orchids, flowering annuals and sandalwoods surround the camp.

Kokerbin Rock is nine kilometres north of Kwolyin campsite and is well worth a visit during wildflower season.

Bruce Rock has orchids and sundews out along the reserve. Jura

west of Kulin and people can view the macrocarpa along the trail.

Lake Grace is known for its western mallee, noted biologically for its diverse range of flora and high number of indigenous plant groups, including grevillea, hakea, eucalypts and acacia. Within the reserves and roadsides of the shire people can find these and many other beautiful flowering plants and trees.

Merredin - Tamma Parkland offer hakea, grevillea and hibbertia flowering in bushland and inland hairy stem orchids, showy sundew and white and pink everlastings in Tamma Parkland.

Totadgin Conservation Park is located 15 kilometres south on the road to Bruce Rock and has donkey, spider, blue and slipper orchids in flower with small patches of everlastings in the park. Peel Road has everlastings out in bloom. Merredin Peak has orchids, everlastings, hakea, grevillea all flowering along the bush walk.

The Merredin Chandler Road 20 kilometres north of Merredin has everlastings and orchids out in bloom.

Kellerberrin Hill offers great views over the town and is a wildflower hotspot. Follow the flowers along the Trayning/Bencubbin Road to Durokoppin Reserve. This 1500-acre reserve of woodland, heath and mallee supports a wide variety of flora and fauna. Discover tea trees, wattle and grevillea amongst a colourful array of species.

Tammin - The Charles Gardner Reserve, an area of 600 hectares of natural vegetation 14 kilometres south of Tammin. It contains a wide variety of wildflowers and under-

storey, some of which are unique to the region. Yorkrakine Rock situated 26 kilometres north of Tammin is a solid granite outcrop. A strip of native flora surrounds the outcrops which is one of the largest of its kind in WA.

Cunderdin Hill offers great views over town and a variety of wildflowers. Bulgin Rock reserve located 18 kilometres east of town is a great spot for a picnic and wildflower exploring.

Westonia - At Sandford Rock Nature Reserve the silver mallee (Eucalyptus crucis sub-species crucis) and purple peacock beetles are some of the rare species found this time of year. Starting from Westonia townsite, wander the walk trail through tall Red Morrell Eucalyptus Woodland of the Westonia Common.

Southern Cross - Grab a copy of the Yilgarn wildflower brochure and follow the wildflower drive throughout the Yilgarn shire. The Great Eastern Highway between Southern Cross and Coolgardie is in bloom with hakea, grevillea and wattle out in force.

Dowerin - at Tin Dog Creek Reserve there's an array of birdlife and flora, eight kilometres past the wheat bins at the Y junction, take Amery - Benjaberring gravel road to explore historic Minnivale townsite and cemetery. Pink feather flowers line the roadsides and black toothbrush grevillea, kunzias and verticordia are blooming here.

Wyalkatchem - has some great flowering reserves, including Walk-A-Wyal Trail, Wyalkatchem Reserve and Korrelock Reserve. Find rare orchids, sundew, everlastings and fauna including echidnas, dunnarts, blue reasted and red-capped robins. Along Wyalkatchem North Road to Cowcowing Reserve see the endangered Wyalkatchem foxglove.

Trayning - Billicatting Reserve - explore the two marked walk trails. White flowered sundews (drosera species) insect eating plants at the damp base of the rocks. The gnamma holes located north of Trayning on Bencubbin Road have orchids including spiders, donkeys and fairy.

Nungarin townsite and Mangowine - explore Eaglestone Rock, Talgomine Reserve and Danberrin Hill botanical walks and smell the fragrant vanilla bush (Grevillea species) and Kunzea pulchella splashing vivid colours of red. Westonia to Elchbutting Rock - see the spectacular Wave Rock formation and Monty's Pass, wattles, senna, grevilleas and hakeas are in full bloom.

For updates on the wildflowers in this region visit www.wheatbelttourism.com

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or visit www.nambungstation.com.au

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ADVERTISING FEATURE

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Singapore WWII bunker now open for interesting history tours



Fortress Command Room: Visitors to the Battlebox will get to see the actual rooms used by Allied generals and officers to plan the war in Malaya and Singapore during WWII.

ON A fateful February morning, surrender stared them in the face.

The British, Australian and Indian Army commanders had already endured 70 days of brutal fighting down Malaya and Singapore – a land mass 800km in length.

Their forces were short on food, water, ammunition and petrol. They faced a formidable enemy that was determined to take Singapore.

By the evening of 15 February, 1942, Lieutenant-General Arthur Percival – the General Officer Commanding of Malaya Command – signed an unconditional surrender of 120,000 men – including 15,000 Australians.

The Japanese 25th Army, led by Lieutenant-General Tomoyuki Yamashita – the Tiger of Malaya – had triumphed with fewer than half the men Malaya Command had.

The story of how Malaya and Singapore fell to the Japanese in just 70 days is told today in the Battlebox, a former WWII underground command centre in the heart of Singapore City.

The location is apt, for the Battlebox was also the very headquarters where Percival and his senior commanders and officers made the decision to surrender Singapore on the morning of the 15th.

Today, the Singapore History Consultants Pte. Ltd. (SHC), a Singapore-based private heritage consultancy, runs up to five guided tours a day through the corridors and rooms of the Battlebox.

The tour, titled A Story of Strategy and Surrender, takes about 60 to 75 minutes, and tells two stories. One covers the primary causes of defeat surrounding what British Prime Minister Winston Churchill later dubbed the “worst disaster and largest capitulation in British history.”

The other covers how the Battlebox took part in the running of the war, and key rooms used by generals and officers during WWII.

The tour also shows the key role the Australians played in the defence of Malaya and Singapore, including some of the fiercest battles of the campaign.

The Battlebox had closed its doors a few years ago; in 2013, SHC took over the running of the place. After a massive effort resolving maintenance and structural issues with the ageing bunker, it reopened the Battlebox in February this year.

SHC – which has more than 20 years of experience in heritage tours and history research – hopes to preserve the Battlebox for future generations, so that an important story in this part of the world can be shared with visitors, including Australians.

For more information, visit www.battlebox.com.sg. Entrance into the Battlebox is currently through guided tours only. To arrange private group tours, email enquiry@battlebox.com.sg.

Where dreams set sail - new Hong Kong cruise line launches in November



Dream Cruises' Genting Dream

GENTING Hong Kong has worked hard to changing the face of travel in Asia for more than 20 years.

Beginning with Star Cruises they pioneered the concept of cruising in the Asia Pacific region and they have recently acquired the world's most luxurious cruise line, Crystal Cruises.

Now they start a new chapter with the launch of Dream Cruises, the first ever Asian luxury cruise line which launches this November.

Their first ship Genting Dreams is a vessel designed for people's dreams and features authentic Asian hospitality combined with the finest

experiences from around the world.

The itineraries which depart from either Hong Kong or the home port of Guangzhou offer two, five or seven night cruises to Ha Long Bay, Nha Trang, Da Nang and Ho Chi Minh City in Vietnam.

Dining experiences will take passengers around the world one meal at a time with restaurants featuring cuisine from Japan, south east Asia, England and Europe.

Guests will depart from the ordinary cruise with underwater encounters available on the two submersibles on board. Four guests per submersible will venture deep into the ocean and experience a

dazzling array of fish and sea creatures.

More than 70 per cent of the staterooms aboard include private balconies and the best bathroom amenities, décor and lighting. They are spacious and modern and offer a haven of calm.

There is something for everyone on a Dream Cruise whether it's a family holiday with the children and grandchildren, a romantic cruise for couples or a luxurious break, all these options are covered.

Dream Cruises, which launches this November, will be one of the exhibitors at the rebranded Perth Holiday and Cruise Expo.

The expo returns this year to the Grand Ballroom at Crown Perth on 11 and 12 February, 2017 and will be bigger and better than ever.

Mark your diary now and use this expo to plan your adventures in 2017.

Participants will find a dedicated cruising section, travel promotions with expo specials, seminars and great prizes.

Humble idea evolves into a bargain holiday

VILLA Carlotta Travel can never be described as boring or predictable.

Delivering fun and exciting holidays worldwide and throughout Australia is what Villa is famous for and harnessing ideas is what makes a Villa holiday so much more than just a tour.

The recent South West Op Shop Tour is a perfect example. This unusual holiday was the brainchild of Villa tour leader Jane Thorson and some villa travellers. Expressing a desire to check out the op shops outside of Perth and to enjoy a holiday at the same time, the Villa logistics team came up with an op shop tour which has proved a roaring success and a bargain hunter's delight.

Departing from Perth, and escorted by Villa's tour leader and coach captain, Trish and Terry, and 36 extremely happy holiday makers recently set out on the bargain-filled tour to revel in the treasures and great finds of the south west's eclectic range of op shops.

The thrift-seekers made the beautiful Abbey Beach Resort in Busselton their home base and hunted through a huge range of op shops from Mandurah to Margaret River as well enjoying wonderful sightseeing and touring. After all, it's not all about the shopping.

The highlight of the holiday was a grand dinner on the shores of Geopraphe Bay on the final evening. With great

enthusiasm the travellers dressed to impress in some of their greatest finds for the week. Even coach captain Terry managed to find an awesome leather jacket. He very much acted the part of “the Fonz,” and delighted the crowd during dinner.

Since hosting the first op shop tour, Villa has been inundated with calls from other op shops in the region wanting to be included on the next tour which is already filling fast.

Departing on 22 November, why not join in on a fun tour with a difference. For those who prefer to travel with fellow solo travellers Villa has a dedicated singles op shop tour departing on 4 April 2017. There's no excuse not to get thrifty with Villa. Free-Call 1800 066 272 or email travel@villa.com.au to find out more or check out their website at www.villa.com.au

Eight free smart phone apps for a hassle-free holiday

WHETHER holidaying within your country or to the globe's most exotic locations, a few free travel apps for your smart phone can make the journey much easier - without adding any extra weight to your luggage.

Here are eight apps to help you organise and enjoy your trip, all available for free in the App Store or Google Play, just search for the names and download to your phone before you travel.

1. Foodspotting

Foodspotting is all about food. Instead of restaurant reviews, you get recommendations of actual dishes. Users submit photos and brief reviews of yummy

food they have tried and where they found it. This is a very useful companion when travelling to a new city.

2. Entrain

Use Entrain to adjust faster to new time zones. The app asks questions to figure out what time your body thinks it is at that moment. It then tells you if you should be in a light or dark environment. If it recommends darkness, but your schedule requires light, update your history and get a new schedule.

3. Opera Mini

Scared of roaming fees, but need to look up something online? The Opera Mini browser shrinks webpages to as little as 10 per

cent of their original size. Your websites will load faster and cost less, since you'll use much less data. Opera Mini helps with crowded Wi-Fi and poor internet reception, too.

4. Splitwise

Splitwise helps you split costs with friends when you travel. Simply add expenses as you go along and Splitwise will tell you whom owes who. All debts are synced and shared. You also have PayPal integration for easy payments.

5. LiveTrekker

LiveTrekker keeps a detailed record of your travels, complete with a route track, geotagged photos, videos and audio - all laid out on a beautiful map. This app can

be a bit of a data hog, and continued use of GPS can drain your battery, but the next tip can help you with this problem.

6. Opera Max

Opera Max is a data-savings app. It will extend your data plan up to 50 per cent for free. It shrinks videos and photos on almost any app on your phone. It also summarises your phone's activity to tell you which apps hog your data and how much you've saved.

7. Gogobot

Gogobot gives you access to reviews of hotels,

restaurants and fun activities around the world. With Gogobot you can plan itineraries and organise your days. You can create a “passport” of your travels and share your experiences, pictures and reviews.

8. TimerCam

If you are in remote places with no one to take your photo, but you're tired of taking selfies, try a self-timer app. TimerCam is very handy. It has a wonderful interface and the self-timer gives delays of 5, 10 or 15 seconds. It supports both back and front cameras.

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Start your adventure at the Perth 4WD and Adventure Show



The Fourby Forum returns to the Perth 4WD and Adventure Show with presenters and topics © perth.4wdshow.com.au

TO LOYAL show visitors who thought the Perth 4WD and Adventure

Show couldn't get any bigger we have news for you.

An extra 3000 square metres of display space has been added to the

Show layout for this year, meaning there's even more to see.

The 4WD and Adventure Shows are famous for being the place to go for all the latest gear.

Camper trailers, caravans, new model SUVs and 4WDs, camping gear, 4WD accessories, fishing gear and so much more. Plus it's fun for the family with heaps to see and do.

Show director Peter Woods said the 4WD and Adventure Show focussed on finding everything you need for your outdoor adventure, all in the one place.

"The show is designed so that you can spend the day checking out all the new products and grabbing yourself a bargain; but at the same time there's a huge variety of entertainment to keep you busy," he said.

"The show offers visitors an experience like to no other. The latest release products are all right there to check out, plus speak to the experts on your needs," he said.

"In 2016, we have more off-road caravans and camper trailers than ever before, as well as new 4WDs from all the major brands, the latest 4WD accessories, exciting new camping accessories and other gear for outdoors."

"Whether you love fishing, camping, 4WDing or all of the above, there's something for everyone," Peter said.

The Engel bush camp stage will again host a line-up of special guests, who will all be at the show to tell their stories

of adventure in the Aussie outback.

Always a crowd favourite, they welcome back Jason Andrews from *All 4 Adventure*. Jason is one-half of the dynamic duo of modern-day adventurers who take on rugged expeditions into some of the remotest corners and wildest frontiers of Australia in their TV show *All 4 Adventure*. Using 4WDs, ATVs and boats, the boys venture deep into uncharted areas and face all sorts of logistical challenges, relying on their ingenuity, experience and a good measure of humour to reach their destination.

In other big news, the show is welcoming back John Rooth, or 'Roothy'.

Roothy is the most recognised face of four-wheel-driving in Australia. With almost a million kilometres under his belt, Roothy has driven to the far reaches of the country. From south west WA to Tasmania; Roothy's seen it all-along with his beloved iconic 45 Series LandCruiser "Milo". Catch up with Roothy at the show this year on the Engel bush camp stage.

Peter Woods said he was also extremely excited to bring West Aussie Bob Cooper to the show this year.

"Bob Cooper is well known for his survival skills, and his extensive knowledge of snakes," Peter Said.

"Bob has honed his survival skills by learning from many traditional cultures, both in Australia and overseas. He is passionate about the outdoors and discovering

whatever he can in the wilderness; and throughout his life has developed survival skills that he now passes on through his courses.

"Bob has so much knowledge to share, and we are very pleased that he will be a special guest this year," Peter said.

The Engle bush camp stage will have other guest presenters throughout the weekend, as well as information and new product reviews, camp oven cooking demos and more.

It wouldn't be a 4WD and Adventure Show without some "adventure"; and Peter said the show definitely has that covered.

"Team D Max stunt drivers are back at the show this year," Peter said.

"Isuzu Team D Max are the best and most popular stunt driving team in Australia. Visitors can stand back and watch as the stunt drivers coast along on two wheels, and take on some mind-boggling inclines and descents or if they're game can get in for a free ride," he said.

The Shannons Tough Dog Extreme 4x4 Show is back, with some of Perth's best drivers taking their custom rock climbers and buggies over the massive obstacles. Always a show highlight, visitors can watch these champion drivers as they take their vehicles to the top of the rock walls, over sea containers and more – all while trying to stay upright.

The 4WD test track at the show is used to demonstrate new vehicles. Show visitors goers can watch the new vehicles take on the track, or can experience the ride themselves (with a demonstration driver).

Peter said in addition to the test track, show visitors could also get in a brand new Land Rover and experience the Twin Terrapod - which is at the show for the first time.

"This is an exciting way to experience the full Land Rover capability. The Twin Terrapod gives you the opportunity to experience the Land Rovers off-road abilities - articulation, traction control, terrain. The unique twin terrapod takes the vehicle up, over and around, all in the comfort of the latest model Land Rover vehicles," Peter said.

The 4WD Show has three main stage areas, all with a full schedule of presenters, interviews, information and entertainment.

The Fourby Forum will again be a show highlight. Headed up by *Western 4WDriver* magazine's Nick Underwood, the Fourby Forum will feature different presenters and topics including setting up a vehicle, how to use recovery gear and more.

The Engel Aquatank Fishing Show will have fishing demos, advice on fishing and the latest on the best fishing spots in WA.

The Engel bush camp stage hosts the show's special guests.

There will be water-ski demos on the Swan River thanks to Water-Ski WA, plus people can test out new release products from Getaway Outdoors including the new Hobie Mirage Eclipse.

The Perth 4WD and Adventure Show is on 11-13 November at McCallum Park. Tickets are \$18 adults, \$14 concession, \$9 children and \$40 for families. More information can be found at www.4wdshow.com.au

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George Day Caravans - 38 years of selling new and pre-owned caravans and campers



George Day Caravans launches the Newlands Tourister

GEORGE Day Caravans is a family owned business proudly celebrating their 38th year in WA selling new and pre-owned caravans and campers. The Maddington dealership is home to eight new brands, Cara Spares Parts and Accessories store, an on-site auto electrician and professional back-up service department.

People can have a good look around at this year's 4WD and Adventure Show with an incredible variety of layouts and designs on display. Supreme Caravans will mark its 30th anniversary this year with new caravans clearly branded as '30th Anniversary Edition' models. Heavily optioned with the best available appliances,

electrics and materials, each van will be identified by their smooth composite aluminium walls which Supreme is employing for the first time. Leader Caravans (a subsidiary of Supreme Caravans) will also be on display, celebrating their first year in WA. Produced using the latest technology to ensure the best possible towing experience and touring comfort, Leader Caravans have extra height giving ample clearance for those who are tall plus all models are semi off-road designed to maximise touring enjoyment. The multi-award winning Tvan and big brother Topaz will take pride of place among the campers with more features available than ever before. George Day is excited to be involved with Track

Trailer's Firetail launch, specifically created to celebrate 18 years of market leading innovation. The Firetail makes a bold statement with a premium kitchen and jet black high-lights contrasted with the surf mist body and is definitely worth a look if serious off road ventures are on the list. Also making their debut are Goldstream RV's 20ft-

6in 'Rhino' full off-road caravan and full ensuite pop-top. It's unusual for a pop-top to have such a large ensuite. The impressive Thunder and Storm RL Sandvan campers along with their entire range will be on display. Jurgens Australia is renowned for their spacious appeal and modern interiors and will have a selection of both luxury caravans and compact pop

tops on display. With Jurgens, people will feel right at home from their first trip regardless of which van they choose. Newlands Caravans (a subsidiary of Concept Caravans) are celebrating the launch of their Newlands Tourister at this year's show, manufactured to the same high quality levels as the Concept range. Concept Caravans have a wide range of vans available representing exceptional value for money, complemented by numerous standard features and options ensuring the most enjoyable accommodation. Contact George Day Caravans on 9493 5557 or visit www.georgeday.com.au for further information.

Discover the amazing wildflowers in Albany

FUNSEEKER Tours will once again be taking a tour to Albany and surrounds in October. Guests will enjoy four nights at the Ace Motel and visit Brookton and Katanning on the way to Albany. There is plenty of time to see wildflowers en route and the trip includes morning teas, lunches and evening meals. Guests will even get picked up and returned to their home by private taxi. Other visits on the tour include the Windmill Farm and wildflower pathway

in Albany, The Gap and Natural Bridge together with Whale World are a must see. On the tour people will have the opportunity to view wildflowers in Cranbrook, the Stirling Ranges and Bluff Knoll as well as a visit to Two Peoples Bay and Cheyne Beach where there are a diverse range of wildflowers. The return trip to Perth is via Kojonup and Quindanning. Call Sharon on 1300 660 668 for more information.

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Margaret River/wineries
Kalbarri - Kalgoorlie/Wave Rock

DAY TOURS/MYSTERY/CHEAP

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- New Norcia - Fremantle - Kings Park/Perth City - Mundaring /Kanning /Wongdong - Races

2016

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Tuesday 1st

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Tuesday 15th

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2016 DECEMBER

18th to 21st

Cruise with us to Busselton and back from Fremantle

This is a 4 day 3 night experience on board a Sun Princess ship.

Prices range from Ocean Room at \$639 twin share to a Balcony Room from \$839 twin share. Single supplements ranges from \$1398 to \$1578. Call Renee on 0439 453 153 for full details.



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	Lecture Theatre 1 Saturday	Lecture Theatre 2 Saturday	Lecture Theatre 1 Sunday	Lecture Theatre 2 Sunday	
10.00am	National Seniors Graeme Piggott National Seniors Australia – Find out more.	Department of Local Government and Communities What support is available for carers and grandcarers.	Southern Cross Care (WA) Inc Allied Health Active Living and Add Life To Years.	Dept of Local Government & Communities Seniors Card - Details of the benefits. Consumer Protection - Scamwatch for Seniors. K9 Rescue Shelter - What they do.	
10.30am	Willcraft The importance of keeping a Will up to date.	Department of Local Government and Communities How seniors can engage with their local government to have a voice & Local governments age-friendly initiatives. Question Time - after topics are presented.	RAC Travel, Parks & Resorts Travel tips & Great Trips.	Department of Local Government and Communities Elder Abuse- what it is and what support is available. Question Time - after topics are presented.	
11.00am	Department of Human Services Understanding Super, Understanding Retirement Income Streams and Age Pension: Your Choices. Question Time following topic discussions.		Department of Human Services Understanding Super, Understanding Retirement Income Streams and Age Pension: Your Choices. Question Time following topic discussions.		Australasian Health Group Don't leave skin cancer un-checked.
11.30am				NE Solutions Decluttering and Downsizing to a Happier Lifestyle.	
12.00pm					
12.30pm	NE Solutions Decluttering and Downsizing to a Happier Lifestyle.	Mortgage Choice Financing in your 50s.	Home Instead Senior Care The options available - The home care solutions.	Macular Disease Foundation Australia How's your macula?	
1.00pm	Department of Human Services Understanding Super, Understanding Retirement Income Streams and Age Pension: Your Choices. Question Time following topic discussions.	Heart Foundation WA Understanding risk factors for heart disease and steps you can take to live a heart healthy life.	Department of Human Services Understanding Super, Understanding Retirement Income Streams and Age Pension: Your Choices. Question Time following topic discussions.	WA Retirement Villages Residents Assos Looking For and Selecting a Retirement Village.	
1.30pm		Bethanie Dementia.		Traveljoy Small group safaris to Africa.	
2.00pm		NE Solutions Decluttering and Downsizing to a Happier Lifestyle.		Adventure Wild Is the Kimberly on your bucket list? Come find out more.	
2.30pm	Volunteer Task Force Why not give a little time to Volunteer Task Force?	Macular Disease Foundation Australia How's your macula?	Volunteer Task Force Why not give a little time to Volunteer Task Force?	Council on the Ageing Western Australia (COTAWA) Cyber Crime	
3.00pm	Council on the Ageing Western Australia (COTAWA) Making Informed Housing Decisions.	Adventure Wild Is the Kimberly on your bucket list? Come find out more.	NE Solutions Decluttering and Downsizing to a Happier Lifestyle.		
3.30pm		Heart Foundation WA Heart Foundation in Western Australia.			

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NLV is exhibiting at the "Life Starts At 50 Expo" on Saturday 29th and Sunday 30th October in the Silver Jubilee Pavillion at the Claremont Showgrounds.

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Enriching the lives of over 45s

The British Auto Classic event gears up with a new home at El Caballo

BETWEEN 2006 and 2013 some eight annual British Auto Classic events were held in the Peel region, attracting not only a great number of classic cars but thousands of visitors, who came to experience these events with something for everyone and contributed more than \$500,000 to the regional economy.

Now, after an absence of three years, this event is returning, in a new era to a new venue and with a new expanded two-day format. The new venue is the El Caballo Resort and Golf Course on the Great Eastern Highway, Wooroloo.

Now known as the British Auto Classic Extravaganza the event will be held over two days, Saturday 29 October and Sunday 30 October, to make it even more of an event with something for everyone.

Both days will be packed with traditional BAC features including the big craft and produce market, public interest displays, wine and gourmet expo and kids entertainment plus helicopter and horse and wagon rides.

The arena will be the setting for some equestrian performances reminiscent of El Caballo's past, like the Andalusian dancing stallion plus a vaulting demonstration by riding for disabled children and a canine agility competition.

The outdoor stage will be the venue for a typical top class El Caballo variety show featuring the 17-piece metro big band and tribute artists to Sir Tom Jones, Shirley Bassey and the Australian Beatles, supported by Highland Pipe Bands, Scottish, Irish, morris and

clog dancers.

This entertainment lineup will be boosted on the Sunday with an appearance by BAC favorites, The Australian Army Big Show Band and a noon flyover by waves of vintage and modern aircraft from the Royal Aero Club of WA.

Sunday will also bring the main feature of the weekend when some 30 plus British Classic Car Clubs will set out their great collections of automotive excellence, creating a spectacular sight, across the fairways of the resort golf course.

Event organisers invite private owners of vehicles to display their pride and joy classic vehicles at this iconic event. There is still time for these British classic cars owners to register to attend. Please contact terry@ecv.com.au for details.

Life Starts at 50 Expo - mark the date



EVERYTHING you need to know about a happy, active and hassle-free retirement will be under the same roof at this year's Life Starts at 50 Expo.

The expo is free to attend and has grown so big it will be held at the new central location of the Silver Jubilee Pavilion at Claremont Showgrounds with easy access to public transport and parking.

During the weekend on 29 and 30 October the expo will become a one-stop retirement shop boasting a diverse range of experts to help create the retirement of people's dreams.

For the first time, three State and Federal government departments will be there, including Human Services (Centrelink)

which will hold information sessions on both days of the Life Starts at 50 Expo.

Sigrid Adams, sales and operations manager from Village Solutions Australia said the expo, formerly the Retirement Living Expo, is now in its fifth year. It is proudly equipped with the vast experience of its experts and exhibitors to help in all aspects of retirement.

"We expect the added attraction of three State and Federal Government departments in the one location will attract even bigger numbers to this year's expo. We also have health providers and various travel operators providing valuable relevant information," she said.

The information-

packed expo will have something for everyone with tips on planning for retirement, retirement living and lifestyle issues. Families of retirees and people considering retirement options will also find the Life Starts at 50 Expo invaluable.

Exhibitors include a variety of lifestyle villages and resorts, estate planning, financial and investment planners, superannuation and insurance advisors, and health and hearing specialists including healthy home delivered food options.

For retirees planning their next adventure there will be plenty of options on show from travel operators, tourism destinations and caravan and campervan suppliers.

In addition, information sessions will be held on both days to offer valuable in-depth information about a variety of topics.

The Department of Human Services (Centrelink) will present ses-

sions giving sought-after information on superannuation, how to understand retirement income streams and information about the aged pension. The Department of Local Government and Communities will provide information on carers, Senior Card and how seniors can engage with their local government.

TransWA will also be there, along with the Council on the Ageing, and Volunteer Taskforce. Other exhibitors will provide information on travel, finance, retirement living, health issues including dementia and offer helpful advice on how to downsize and de-clutter.

It is free to attend the Life Starts at 50 Expo. Register at www.tickets.exponews.com.au/1003

There are still some limited spaces left to exhibit, if you're interested contact Tanya McDonald on 0435 134 636. See the Expo adverts on pages 39 to 43 in this issue.

It's time to make the big move and here's a company which can make it easy...

ADVERTORIAL

AS people get older and the kids have finally moved out, they look around their empty nest and remember the happy and fun-filled times; where they would have moved heaven and earth for their children, to give them opportunities that they didn't or couldn't have.

The children make parents so proud, but now they sporadically keep up to date with their new couplings, or social activities via Facebook. Or Skype becomes the new 'how's your day' around the dinner table - as the miles of sea and land divide.

The children's lives have become so busy - what with the kids having sports and a deadline at work or the dog needs to go to the vets. Even after 'catching' up, parents

still haven't mentioned their new lifestyle change.

One partner might desperately want to say - "there's a fabulous house in this wonderful community which has your name all over it - it even has space for the caravan." How you are excited and have already planned next year's travelling and put your name down for the Halloween ball and darts team.

But with settlement in 12 weeks one partner might be worried about where to begin with sorting through all the mementos and stuff accumulated over the years, let alone with back problems. How to pack and move?

The children are really busy with their own lives and there is a sense of not wanting to 'put them out'. One partner or the other remains

quiet and tries to let go of items with happy memories attached... and the days pass by. Twelve weeks is now six and panic is slowly rising.

Couples deserve a break from moving, so please visit the Life Starts at 50 Expo. Wander around and chance upon Stand 87. There warm and friendly people greet with a warm smile and want to move heaven and earth.

So couples don't have to worry about asking the children anymore, because the Stand 87 team will simply do one thing - as if a couple moving were their own parents. They'll even disconnect/reconnect the TV system.

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Cancer treatments changing with advanced modern technology

ADVERTORIAL

AS PEOPLE reach the prime of life, the chances are high that they will experience cancer, either personally or through someone they know. One in two Australian men and one in three Australian women will be diagnosed with cancer by age 85.

The death rate from cancer is, however, declining thanks to advances in drugs, technology and better health screening. Radiation therapy is a vital part of treatment in around 40 per cent of cancer patients and one in two people will benefit from radiation therapy during their illness. It is safe and may be used alone or in conjunction with surgery, chemotherapy and other treatments.

Radiation therapy is usually non-invasive, and hospital stays are not normally required. In fact, many people continue to work or carry out their daily activities during treatment.

The technology used in radiation oncology is constantly evolving. Recent advances are resulting in higher cure rates, fewer side effects, shorter treatments and improved quality of life. New techniques include:

Deep Inspiration Breath Hold (DIBH). Radiation therapy for breast cancer is well-proven and has few side-effects. However, in some patients with left-sided breast cancer, it has the potential to cause cardiac damage in the years following treatment because the radiation beam may touch the heart. While radiation oncologists use various methods to minimise this already low risk, DIBH reduces the risk even further. Patients simply take in a deep breath and hold it during treatment. Inflating the lungs creates a natural space between the heart and the breast. When this space is at its greatest, radiation is delivered, reducing the heart's risk of radiation exposure.

Stereotactic Body Radiation Therapy (SBRT). This can provide three-dimensional images of tumours allowing radiation oncologists to shape the radiation beams around the tumour.

By doing so, damage to adjacent organs is limited. SBRT uses this technology to treat some smaller (less than 5cm) lung cancers, for example. Increasing data shows that SBRT may be an alternative to surgery in some patients. Patients that may not be suitable for surgery, such as the very elderly or those with other medical problems, can often be treated with SBRT. It is also non-invasive and has few treatment complications.

Radiation therapy is also used to combat many other types of cancer tumour, including testicular, prostate, and skin, as well as a range of non-cancerous condi-

tions, such as severe keloid scars or plantar fibromatosis.

New and highly sophisticated drugs are also emerging in the fight against different tumours. In recent years, significant advances in drug development have seen new drugs emerge for melanoma, a specific type of breast cancer called HER2-positive, lung and prostate cancers. Many of these newer drugs target a specific defect in the cancer cell, while others harness the body's own immune system to help turn off the cancer.

Genesis CancerCare is Australia's leading provider of radiation oncology services. Timely and easy

access to oncology services is important, which is why Genesis CancerCare provides three treatment centres across greater Perth and one in Bunbury. Genesis CancerCare's consulting specialists also conduct rural clinics in Albany, Busselton and Geraldton.

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GREAT HOME and GARDENING
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Plan ahead for next year and take part in the great British Garden Tour



Gresgarth Hall, home of Arabella Lennox Boyd in Caton, near Lancaster, England

by Colin Barlow

EARLIER this year in June I set off in a hire car from London Heathrow Airport and drove from to Cardiff in South Wales and onwards through central and Northern England then finally on to Scotland. Why you may ask? Well I was checking out some of the most breathtaking gardens and hotels in Britain to include in a brand new tour for 2017. Next year from the 2 to 20 July I will be leading the "Great British Garden Tour of Scotland and Wales and the Hampton Court Flower Show". The tour takes in the best of the British countryside in high summer when the roses are in bloom and the herbaceous borders picture perfect. There are grand and intimate gardens, historic and cultural sites along with the not to be missed Hampton Court Flower Show. The first stop on this deluxe tour takes in the world famous Kew Gardens in

London followed by the largest flower show in the world, the Hampton Court Flower Show. This show is run by the Royal Horticultural Society (RHS) and features inspiring show gardens, floral marquees and pavilions, talks and demonstrations spread over a 14-hectare site. We then travel west into Wales and visit the magnificent Edwardian garden Dyffryn Gardens near Cardiff staying in our hotel overlooking Cardiff Bay. Next we drive through the rolling Welsh countryside to take in the Veddwy with its amazing topiary and wavy hedging and the historic monastic ruins of Tintern Abbey. Heading northwards the secret wild garden at Bryans Ground is a hidden gem on the English border with its amazing serpentine brick-edged canal. The last stop in Wales is the spectacular Powis Castle, this garden has it all - a medieval castle, terraced and walled gardens with exuberant herbaceous

borders, voluminous yew hedges, expansive lawns and wildflower meadows as well as amazing views. The medieval city of Chester, once the largest Roman fortress in Britain, is our base to visit the remarkable Victorian garden at Biddulph Grange. This garden encompasses a superb collection of plants and themed gardens that reflect the history of gardens. The Peak District and the world famous Chatsworth House with its Capability Brown designed landscapes is our next inspirational stop en route to York and our sophisticated hotel located within the medieval city walls. We visit Castle Howard, famous for its role in *Brideshead Revisited* and the RHS garden at Harlow Carr in Harrogate with its new streamside garden and luxurious flower borders that will be at their peak. From York we head to Windermere in the Lakes District and the home of Beatrix Potter via the grand manor garden of Arabella Lennox Boyd at Gresgarth Hall near Lancaster. Our lakeside hotel allows a leisure day around lake Windermere with the opportunity to visit the 17th century farmhouse home of Beatrix Potter and time for a cruise on the lake. From Windermere we head further northwards into Scotland and the sensational landmark Charles Jencks Garden of Cosmic Speculation near Dumfries. This garden of grass covered landforms and sculptures

relates to different aspects of the Cosmos tracing the development of the universe since the Big Bang. We travel onto Edinburgh where we stay in our historic hotel overlooking Edinburgh Castle for the next four nights. A delightful morning visit to the world-renowned Edinburgh Botanic gardens, which are home to a superb collection of alpine, heathers and Chinese plants, is followed by time to explore the city. Hidden gardens are the theme of our next day with tours of the historic Inveresk Lodge and the secret Queen Street Gardens within the World Heritage site of Edinburgh New Town. We then travel north into Perthshire to visit one of Scotland's finest gardens, Drummond Castle. The terrace offers breathtaking views of the park below in the pattern of a giant St Andrews cross. Grand views, statuary and fountains adorn the landscape set out in 1828-38 by Charles Barry. Our final visit is to the splendid neoclassical Palladian mansion built by Sir William Bruce on Loch Leven Kinross House. The house and garden were restored in the early twentieth century with recent restoration completed in 2013 winning the prestigious Historic Houses Association and Sotherby's UK Restoration Award of the Year. So why not join me next year on this luxurious grand tour of remarkable British gardens and take in the best bits of the English summer-

time. For further information contact Royce Green from Ross Garden Tours on 1300 233 200 or go to www.ross-tours.com/scotlandwales/ for the full tour itinerary of the tour including the gardens, places visited and hotels. **Gardeners' springtime treats** OCTOBER is show time in WA for gardeners, with an abundance of flower shows and gardens to visit and people may even pick up a plant bargain or an unusual plant specimen. From 8 to 9 October The Rose Society of WA's Spring Show and Australian Championship will be held at the Sorrento Surf Lifesaving Club, 189 West Coast Drive, Sorrento. Entry is \$5 and there will be roses and gifts for sale, along with refreshments. The show is open from 1pm until 5pm on Saturday and Sunday from 9am until 4pm. Contact Hugh on 9472 1591 or go to www.wa.rose.org.au for more information. **20-22 October:** The Cactus and Succulent Society of WA show will be on at the Riverton Forum Shopping Centre. Full of unusual plants for collectors or perfect for beginners. For details call Bob Hunter 0438 906 229. The Geranium and Pelargonium Society annual sale day is on from 10am until sold out on Saturday 22 October at the Guide Hall, corner Stock and Kitchener Road, Melville. Entry is \$2 and there are plants and cuttings for sale of unusual

varieties not commercially available. For further information call 9384 7885 or go to www.gapswa.org.au The Altone Park Shopping Centre at 161 Altone Road, Beechboro will hold the Epiphytic Cacti and Hoya Society annual show on 22 October. Check out these easy-to-grow plants with amazing flowers and weird and wonderful foliage. Enquiries to secretary Alf Gaebler alfg@inet.net.au **29-30 October:** The top rose growers in the southwest will be competing at the South West Rose

Society's Show at the Stirling Arts and Craft Centre, Stirling Street in Bunbury. For further details contact Suzanne Biddles on 9728 3247. **3-8 November:** The Festival of Country Gardens Main Festival will showcase a selection of the inner southwest of WA's most delightful gardens which will be open including gardens in Balingup, Bridgetown, Donnybrook, Manjimup, Nannup and Pemberton. For a full list of the gardens go to www.countrygardensaustralia.com

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Downsizing

ADVERTISING FEATURE

Downsizing need not be a pain in the pocket...even for the state government...

by Frank Smith

READERS tell *Have a Go News* that their major disincentive to downsizing is the cost of stamp duty on buying a new house. In WA that amounts to \$18,186 on a \$500,000 house.

This can take away a lot of the financial advantages of moving from a large house to one more appropriate in size for older people.

Two months ago treasurer Mike Nahan told *Have a Go News* that stamp duty (transfer tax) “can pose difficulties for older Australians seeking to purchase a home better suited to their changing needs.”

But... “Western Australia ... does not have the financial capacity at this stage to provide downsizing grants.”

So we decided to do some fact checking.

In the Australian Capital Territory the Pensioner Duty Concession Scheme (PDCS) assists eligible pensioners, who own a residential home, to downsize by reducing the duty payable on their new purchase.

There are a number of conditions. For example at least one applicant must be an eligible pensioner, they can receive the concession only once in a lifetime and must live in their new house for at least one year.

If all conditions are met ACT residents aged over 60 who sell their house for \$765,000 or more and buy one worth less than \$595,00 pay only \$20 in stamp duty. For a \$500,000 home that is a massive saving of \$15,780 on stamp duty compared to before the policy was introduced.

Smita Chakma, senior communications officer to the ACT Chief Minister says the ACT scheme has been operating for seven years. In that time 808 applications (113 per year) were approved costing the state government \$10.244 million.

The population of the ACT is

390,800 and the population of WA is 2,591,600. Stamp duty of a \$500,000 property in WA would be \$18,186. Therefore if WA were to introduce a similar Concession Scheme as the ACT the State could expect some 750 downsizers per year and it would cost the government approximately \$13.5 million per year in lost revenue.

However this revenue is not actually lost as at present potential downsizers are largely staying put. Moreover the 750 people who purchase downsizer's larger properties would pay approximately \$20 million in stamp duty. And this would have a ripple effect as they sold smaller

houses to other buyers who would also pay stamp duty.

So WA State revenue would benefit from encouraging downsizing by at least \$6.5 million per annum.

In addition there is the social advantage of making better use of the existing housing stock. Seniors will be able to move to more manageable homes and younger families to move into larger homes.

The Pensioner Duty Concession Scheme is a win-win situation for everyone, seniors, young families and even the state treasury.

Unfortunately the state government hasn't noticed this yet.

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Amana Living Moline Village resident and likely research participant, Ila Banks, and Curtin researcher Cecilie Thogersen-Ntoumani.

CURTIN University is partnering with Amana Living on a collaborative research project designed to get older people moving, enhance their wellbeing and improve their quality of life.

The Residents in Action Trial will promote walking among older people living in Amana Living retirement villages. The goal is to encourage greater physical activity, reduce

Joint research project aims to encourage older people to move

sitting and enhance mental health among residents.

Researchers from Curtin University will recruit active residents as ambassadors for the project and train them in using motivation techniques to support their peers. It is hoped this approach will ensure the residents learn skills they can use to sustain an active and healthy life over the longer term.

Associate Professor Cecilie Thogersen-Ntoumani, Curtin's School of Psychology and Speech Pathology and project lead, said older people who are inactive are at higher risk of chronic disease.

“If we can encourage more physical activity with peer support, we can potentially have a significant impact on their health and wellbeing, reduce loneliness, and delay or prevent movement into residential aged care,” she said. “Based on previous research, we know social support is critical for people who aren't physically active.”

“We'll examine how this theory works in a retirement community as well as investigat-

ing the impact of the physical environment, such as proximity to parks.”

Mrs Stephanie Buckland, chief executive officer of Amana Living, said it was well documented that remaining active in later life was key to having a healthy mind and body.

“We're delighted to be working with Curtin University on an initiative that could set the benchmark for retirement communities across Australia.”

The Residents in Action Trial is funded by Healthway and will take place across 14 Amana Living retirement villages over two years. The recruitment of ambassadors began in September and will be followed by a series of training workshops before the project starts in April for four months.

Participants will be followed up six months after the trial has ended to establish whether the activity has been sustained. The project will be completed in partnership with Australian Catholic University and Victoria University.

“I love my home and where I live and I just don't want to move.”

“My back garden is getting too big to maintain and I can't look after it.”

“I'd love the financial freedom to do all the things I've always wanted to do.”

“I want to spend more time enjoying my life and less time looking after my garden.”

“I'd like to stop stressing about not having enough to retire on.”

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Downsizing

ADVERTISING FEATURE



Major \$60 million development ahead for SwanCare next year



A heated pool is a proposed feature of the leisure precinct, like SwanCare's Australind Rise pool

WESTERN Australia's big retirement and aged care community, SwanCare Bentley Park, is set for a major transformation with \$60 million in developments expected to start next year.

The not-for-profit's 15ha site plans to welcome a state-of-the-art 120-bedroom aged care facility, as well as a proposed leisure precinct with indoor heated pool, gymnasium, meeting rooms and a contemporary resident's lounge.

"Our new care facility will set the benchmark for a modern care environment, focussing on high-end complex care, dementia and palliative care," SwanCare CEO Graham Francis said. "Meanwhile, our new leisure precinct will bring SwanCare Bentley Park in line with the 'resort-style' retirement options that are currently available."

This new development will complement Swan-

Care's \$20 million Akora retirement complex, due to open later this year. Akora will boast a proposed ground floor café, residents' lounge and mezzanine area, and outdoor piazza with fully landscaped gardens.

SwanCare Bentley Park offers access to more than 40 recreation clubs and activities, as well as 24 hour security, on-site medical services, a grocery store, library, meal delivery services, an op shop, hairdressers and a beauty salon, outdoor and indoor bowling greens, clubhouse, and billiards room.

Time to smell the roses at Boronia Gardens Village



Boronia Gardens resident Beryl May

LOCATION and lifestyle are key factors in the recent success of Boronia Gardens Village in Albany.

"Boronia Gardens is a great place to downsize, and residents are finding that in doing so both their freedom and quality-of-life are increasing. The secure nature of the village means residents can hit the road and not have to worry about the safety of their home," said village consultant, Lee-Anne Sugg.

"There is ample opportunity here for socialising and recreation - the Albany

Aquatic and Leisure Centre is directly across the road, and we have morning teas on Wednesdays that anyone is welcome to attend".

After moving from her Albany home of 11 years due to her garden being too big to manage, new resident Beryl May has found Boronia Gardens to be the perfect fit.

"I love living at Boronia Gardens because of its great community atmosphere. My home is very low maintenance, which is better for my health and gives me plenty of time to spend on my hobbies. I have made some friends since moving here and we all enjoy community activities such as morning teas and maintaining the vegetable garden," said Beryl.

"It is also very close to the fantastic amenities Albany has to offer. My only regret is that I didn't move into Boronia Gardens sooner because of the great lifestyle it has given me - life has never been better."

For more information, contact Village consultant Lee-Anne Sugg on 0429 417 234.

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PEOPLE can start the "new life" they have always dreamed about with Sterling New Life. Whether people want to travel the world, buy a new car of caravan, or just sit and watch the world go by, Sterling New Life can show them how to free up cash to spend, pay off any debt and enjoy the retirement lifestyle they have always dreamed about.

A common issue for retirees and seniors is that they have retired without enough superannuation or other income to provide for living expenses in retirement. Most of their money is tied up in the family home and cannot be accessed to spend on day-to-day living or on some of life's luxuries. In fact, many retirees and seniors still have

a mortgage on their home with very little capacity to pay this out without selling the family home.

Options such as retirement villages offer many benefits, but they often come with significant ongoing weekly costs which are paid out of the retiree's pension and in some cases also have significant exit fees that impact on how much is left for loved ones. Similarly reverse mortgages simply add interest to the loan amount, which when repaid can leave little of the initial value left.

Sterling New Life addresses these key challenges that retirees and seniors face by helping people clients downsize to free-up cash and reduce cost of living to help fund an active retirement, while

making sure something is left for loved ones.

Sterling New Life have new contemporary homes located throughout the Perth metropolitan area and the south west starting from \$159,390. They offer a range of options which include new and renovated homes, villas and apartments. Unlike retirement villages, their housing is located in existing communities so seniors can choose to continue to live close to their family and friends, or make a lifestyle change to the coast or countryside.

To find out how Sterling New Life can help and to arrange to view properties in the area please call 1300 665 890.

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Downsizing

ADVERTISING FEATURE



Living the good life at Rossmoyne Waters

THERE is no better time to be out and about than during spring. With ideal temperatures, longer days and with flowers blooming everywhere it encouraged the men of Rossmoyne Waters to get outdoors.

Rossmoyne Waters Men's Group thought it would be a perfect time to visit the tulip display at Araluen Botanic Park. They ex-

tended an invitation to their wives and others in the village to join them on this trip.

A total of 22 retirees went on the trip which featured a shared picnic lunch on arrival and an opportunity to view the colourful gardens. Some walked around exploring the beauties of the park at their leisure, while others utilised electric scooters. Some en-

joyed the views from the park train to save their legs.

The tulips were at their absolute prime and the weather was perfect. Great fellowship was enjoyed while travelling on the bus. The Men's Group hold a regular monthly fellowship afternoon and endeavour to plan up to four significant outing/trips each year. In addition some of the

group meet together for morning tea, to chat and undertake any small hobbies or maintenance tasks once a month.

The management of Rossmoyne Waters also thought it would be a nice gesture to go out and celebrate Father's Day. Fifteen dads were taken out to enjoy a delicious lunch at the Rod Evans Community Centre in Perth.

William Pringle, a village resident and president of the men's group, said about the lunch, "I personally think that management looked after us extremely well on Father's Day. The venue was a perfect location for a fantastic outing." Good food, loads of laughs and great company is how everyone involved described the lunch.

"Research tells us that the biggest reason for choosing a retirement village is in fact the social contacts and the feeling of community. It is great to see that men, as well as women, are staying active and enjoying the benefits of retirement living," said Lesley Collett, activities coordinator at Rossmoyne Waters.

Setting the record straight on Retirement Visa Holders



by Mike Goodall (410 RVH representative for PNS)

THE original report on retirement visas which was produced by the Australian Government Actuary (AGA) in 2010/11 took account of the actual costs to the Government that they estimated would be needed if 410 Retirement Visa Holders (RVH's) were given a pathway to permanent residency after a period of 10 years since their Visa grant date.

Since that report and in various conversations with Senator Michaelia Cash (who was at the time deputy minister for Immigration) it was agreed that the basic conditions used in the report were incorrect as well as some of the assumptions made by the AGA.

Primarily they did not take account of the contributions to the Australian economy or increase tax revenues that would be received if a 410 RVH

accepted Permanent Residency. It was agreed that the term should be changed to having lived in Australia for a minimum of 10 years and been in Australia for greater than 80 per cent of the time.

Following upon the report that I presented and have continued to present to MPs and Senators since February 2015. I was recently contacted by the director of the temporary visa section of the Department of Immigration and Border Protection (DIBP) based in Canberra. Since that original contact there have been continued discussions and a slight change in the wording for the definition of the residency conditions.

This has culminated in the statement below which I received last month.

"The Minister for Immigration and Border Protection is aware of the concerns raised by Retirement Visa Holders (subclass 405 and 410) and has asked the Department of Immigration and Border Protection (the Department) to engage the Australian Government Actuary to undertake a review of the costs associated with providing permanent res-

idence to Retirement visa holders.

The Australian Government Actuary review will help to assist the Department undertake an analysis of the beneficial economic and social impact made by retirees who live in Australia. As part of this review representatives from the department have met with retiree organisations including AIR and BERIA.

You are welcome to provide a submission to the Department in relation to this review by emailing icap@border.gov.au

If anyone would prefer to contact me with your comments in preference to using the e-mail address please feel free to do so mikecgoodall@btconnect.com

If however you do e-mail Canberra would you please copy me in so that I can take account of your comments in future conversations.

PS. The department is considering 405 RVH's as well as 410 RVH's because there has been a very low uptake of this Visa with only 316 Visa's granted of whom only 216 were in Australia as at 30 December 2015. Of these only 133 have spent greater than 80 per cent of their time in Australia.

Retirement & Aged Care Association (Inc)

Units for sale under a retirement village lease scheme. Walking distance to shops, library and pool.

FOR SALE

Mandurah Village (Unit 14) 22 Third Ave, Mandurah \$165,000

- 2 bedrooms (double robes to main bedroom)
- 1 bathroom - newly renovated
- Freshly painted, with new carpet
- Ducted air conditioning
- Storeroom.
- Front and rear courtyards
- Free standing garage at rear of property

FOR SALE

Coral Estate (Unit 34) 1 Anzac Place, Mandurah \$280,000 ono

- 3 bedroom, 1 bathroom
- Lock up garage under main roof with room for storage
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- Large built in robes in main bedroom
- Freshly painted
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- Split system in bedroom
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Contact Cheryl 9535 0200 • Mon-Fri: 9am-3pm

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0429 417 234



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Downsizing

ADVERTISING FEATURE



New video shows how 97-year-olds live well independently



Hal Finkelstein and Freda Jacob

THE Independent Living Centre WA (ILC) has released a short video showing how married 97-year-olds Hal Finkelstein and Freda Jacob, who is the founder of the ILC, continue to live independently at home and in the community. Mr Finkelstein and Mrs Jacob use a range of assistive equipment to help them with daily tasks including a shoe horn, walker, non-slip mats and rails in the bathroom, walking sticks, reclining lounge chairs and a pick up stick. Mr Finkelstein said, "Everything we do really has something to do with an aid or assistive technology. The ordinary things that we use all of the time have become part of our lives and it's very awkward without them."

Mr Finkelstein and Mrs Jacob are active members of the community, regularly going

for walks and bird watching at their local lake and playing bridge with friends. Mrs Jacob comments that when you get older it is your aim in life to keep looking after yourself. "Independence is absolutely vital. For every hour we live we would like to be independent," she said. ILC's chief executive officer Gerri Clay said she hopes that through the video people are able to pick up some handy ideas or tips for their home, or for tasks they are finding more difficult. "There are thousands of assistive products available that can assist people to maintain or improve their independence and safety. We find that people often aren't aware that there

is equipment out there that can assist them with tasks they are finding difficult, or what the best solution for their needs is. This is where our service is able to assist, and we hope this video provides some inspiration for people," said Ms Clay. The video is available on the Independent Living Centre WA YouTube channel and on the ILC website www.ilc.com.au. The Independent Living Centre WA's experienced health professionals help people to choose and access assistive equipment, technology, home modifications and allied health services for independence and wellbeing. The ILC has centres in Nedlands and Cockburn. The free information and advisory service can be contacted on 1300 885 886.

Coming soon



The best move you'll ever make

Akora, SwanCare's stylish architect-designed apartment complex, is about to open its doors.

Bright, secure, low maintenance and central to everything, Akora offers the ultimate in retirement living. Spend your days relaxing or catching up with friends in the residents' lounge or spectacular mezzanine area, or join in one of over 40 activities on offer.

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2 Adie Court, Bentley WA
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Taking luxury and convenience to new heights in South Perth

WITH 38-storeys of luxury apartments, panoramic views of the Swan River, resort style amenities and retail stores, restaurants and cafés, Finbar's Civic Heart development will be a prominent and exciting addition to South Perth, setting a new standard for convenience and luxury living in Perth. Located at the gateway to South Perth, just a short walk to the foreshore, Civic Heart will have sweeping panoramic views across the Swan River and Perth city. With a choice of one, two or three-bedroom apartments and four bedroom penthouses, Civic Heart provides a range of living options to suit different lifestyles. At Civic Heart people will have access to three floors of vibrant commercial and retail space at the push of a lift button. The three-level Civic Mall located below the apartments will provide residents and the greater South Perth communi-

ty with a range of retail and essential services, such as medical suites, Australia Post, childcare centre and much more. Civic Heart residents will have access to luxurious world-class amenities unmatched in Perth such as a solar-heated pool, personal wine cellar, steam room, sauna, pool cabana, dining rooms, theatrettes, library, games room, putting greens, and wellness centre that includes massage room and yoga/meditation spaces set within landscaped gardens. The location of Civic Heart provides an added level of convenience with Mends Street Jetty regular ferry service to Elizabeth Quay just a 300-metre walk away. "Being located in a well-established suburb means residents can enjoy the extensive amenities already in the area such as public transport local retail stores, eateries and recreation areas," a spokesman said. The development has

already received a lot of interest. "In the first week of the launch we achieved \$61.2m in sales and have 145 sales to date. We are seeing sales for a range of apartment types and a diverse mix of mainly local buyers, the majority already live in close proximity to the project," he said. "One bedroom apartments have been purchased by investors and first home buyers eager to secure a South Perth property. They are also seeing more mature buyers who are downsizing." Once Civic Heart is completed, the diverse product and occupant mix will add to the vibrancy of the area. Construction is due to start soon, with estimated completion the end of 2018. For more information, visit www.civicheart.com.au or contact one of the exclusive selling agents - Mal Dempsey 0417 932 615, Neil Kay 0439 687 688, Ian Tan Kang 0488 833 333.

Don't throw out those old hearing aids...

THE Lions Hearing Aid Bank of WA was established five years ago and distributes hundreds of refurbished hearing devices to help people with hearing difficulties globally. The project focuses on countries where there is a prevalence of hearing impairment but a low level of care access including the Philippines, Indonesia and Kenya. Through this practical program the

Lions Hearing Aid Bank is helping many children and families to access hearing aids that would not have been otherwise available. Hearing aids can be dropped off to Lions hearing clinics in Subiaco (level 2, 1 Salvado Road), Mount Lawley (67a Third Avenue), Joondalup (10/189 Lakeside Drive), Winthrop (143-147 Somerville Blvd) and Bunbury (2/14 Rose Street).



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Downsizing

ADVERTISING FEATURE



Involvement in the arts helps prevent mental illness



Left to right; Dr Christina Davies - the arts can provide a range of health enhancing opportunities

by Frank Smith

A STUDY at the University of WA has shown that exposure to the arts is good for your mental health.

Dr Christina Davies, research fellow School of Population Health, found that once a person was involved in at least two hours of arts activity each week there was a clear correlation between time spent and wellbeing as measured by the Warwick-Edinburgh Mental Well-being Scale.

Dr Davies, who has a background in health promotion, said she had identified a gap in well-being research.

"The association between sports involvement and health has

been known for 80 years. Now we know that there is also an association between arts involvement and mental health," she said.

"There have been qualitative studies since the 1990s but there have been no population studies previously."

The first problem was to tie down the rather fuzzy concept of what is meant by arts involvement.

"There was not even a definition of what is 'the arts'. We took the opinions for 280 experts and narrowed their responses down to 15 activities including attending, learning, participating or membership of arts related activities."

Next followed tele-

phone interviews with 700 adults in Western Australia assessing both the time they spent involved in the arts and their mental wellbeing.

Over 70 per cent of those contacted agreed to participate in the survey, with arts engagements ranging from none to nearly 1600 hours per year.

Dr Davies said difference on the mental health scale between those who had at least two hours a week of arts activity and those who did not was much greater than that needed for statistical significance.

The study used statistical techniques to exclude a wide range of demographic and other variables including ed-

ucation, income, sports and religious activities, health and even whether the respondent had taken a holiday in the past year.

"There was still a relationship between arts involvement and mental well being however we looked at the results.

"You get the doubters who say that the difference is because people who are engaged in the arts are richer or because people who are engaged in the arts also do sport, but we can now definitely say that excluding all those things people, who engage in the arts have higher mental well-being scores."

Dr Davies is now planning a larger study of the relationship between arts involvement and health over a long period utilising the Busselton healthy ageing study from 1960 to 2020.

She said good mental health was the foundation for individual and community wellbeing, yet every year one in five Australians experience mental illness.

"People need a range of easy enjoyable options they can use to stay well. Depending on a person's interests, the arts can provide a range of health enhancing opportunities, activities and events."

This could include listening to music, reading, colouring, creative writing, watching movies or attending concerts.

"People need to give themselves permission to be creative and to make time for arts activities and events that they enjoy. It need not be expensive. There are free things, events, libraries and arts aps that can be downloaded."

The study was funded by a grant from Healthway and the WA Department of Health and published in BMC Public Health.

Uplift body, mind and spirit at the Conscious Living Expo



Traditional Mongolian Yurt, one of many experiences to be discovered at the Conscious Living Expo's - Mongolian journalist Munkhzul Munkhjarga

OVER three days from 4 -6 November at the Perth Convention and Exhibition Centre visitors can explore and experience the latest natural therapies, health and healing products, organic food and nutrition to improve health, happiness and wellbeing.

More than 120 exhibitors including psychic readers and practitioners will be represented alongside a program of authors and speakers presenting 100 free talks and workshops, food demonstrations, discussion panels and experiential sound meditations.

Dr Sandra Cabot - the bestselling author of the *Liver Cleanse Diet* will present two free talks on boosting energy and natural pain relief. Dr Peter Dingle will show how to unlock genes for weight loss and wellbeing by focusing on nutrient dense foods, supplementation, the right protein foods, probiotics and eliminating toxins from the home.

A highlight experience this year is the Traditional Mongolian Yurt where visitors can meet Munkhzul Munkhjarga a Mongolian journalist, researcher and director of The Institute for the Study of Mongolian Shamanism. She will

give talks on the nomadic culture and the practices and rituals of shamans - many of whom are women.

In the Sound Temple visitors can experience relaxing vibrational sound bath sessions and meditations. In the Natural Therapies zone, visitors can have rejuvenating treatments including reflexology, kinesiology, massage, Ajna light meditation, natural pain relief treatments, Indian head massage, reflexology, pure essential oils hand massage, Bowen therapy and divine healing.

Visitors can register online for a \$57 Expo value pack which includes discounted admission and a digital showbag of special offers as well as giveaways.

The full program is available at www.consciouslivingexpo.com.au

WIN WIN WIN

To be in the draw to win one of 10 double passes to the Conscious Living Expo simply email win@haveagoneews.com.au with Conscious in the subject line or write to Conscious Living Expo Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 25/10/16.

Stamp, coins and postcard collectables fair - Mandurah

MANDURAH 2016 Stamp, Coin, Banknote and Postcard Fair is a national competitive display of these collectables. Entries are coming from across Australia and five overseas countries as well as from WA. There will dealers, including one from Switzerland and one from USA, plus local and eastern state dealers who are ready to buy and sell. For more information visit the website www.peelnumis.org.

The fair will be held in the Mandurah and Peel Convention and Exhibition Centre, Ormsby Terrace, Mandurah on Thursday 3 to Saturday 5 November.

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Welcome to your guide to
Have a Go Day
a LiveLighter Event
Burswood Park
Wednesday 9 November 2016

Welcome to **Have a Go Day** from Crown Perth



ON BEHALF of Crown Perth I am delighted to welcome you to *Have a Go Day*, a LiveLighter Event for 2016!

Having been a proud, major sponsor of the Seniors Recreation Council WA and *Have a Go Day* for more than 20 years I'd like to congratulate Dawn and the team on their hard work and commitment in establishing this as the highlight event on the seniors calendar.

I invite you all to visit our Crown Perth marquee again this year, as always

we will have plenty of great activities, food demonstrations and lots of chances to win great prizes. Our fabulous promotional hosts will also be on hand to tell you all about the exciting promotions and upcoming Christmas specials that will be on offer at the resort.

We are excited to announce the recent opening of Riverside Room which brings a new era of gaming to Crown Perth. This new room ushers in an exciting experience for our valued members with more Gaming Machines, a secure entry, dedicated self-service area and lounge, fresh new menus and stunning river views.

You can also find out about being a Crown Club member, which means you are rewarded for having fun at Crown Perth: it's absolutely free to join, and

you can earn points whenever you dine, stay or play. The friendly team can give you all the information you need. The rewards program will soon have a new look – stay tuned as more information will be available soon.

I would like to wish everyone a wonderful day and encourage you to 'Have a Go' and enjoy all the activities and entertainment.

We look forward to welcoming you to Crown Perth.

Kindest personal regards,

Barry Felstead
Chief Executive Officer
Australian Resorts

Join in and have a go at Burswood Park

ENJOY *Have a Go Day*, a LiveLighter Event at Burswood Park on Wednesday 9 November. Held on the banks of the Swan River from 9am to 3pm, this annual free event is hosted by the Burswood Park Board.

Have a Go Day continues to grow in reputation, size and liveliness. It's now a major part of Seniors' Week celebrations and is a regular fixture on the Western Australian event calendar. The Burswood Park Board is pleased to have the opportunity to continue to support the Western Australian seniors community.

The Burswood Park Board has a long history of encouraging and facilitating events and activities for Perth's over 55s community. In addition to *Have a Go Day*, over 55s cycling, walking and athletics groups make great use of the shared paths at Burswood.

The Board hopes *Have a Go Day* will remind people who have visited Burswood Park before of the year-round recreational and leisure options available, as well as introduce the variety of activities and experiences available to people who have not

previously visited the Park.

Burswood Park's award-winning heritage trail tours are also a consistent drawcard for seniors groups. Volunteer hosts conduct free guided walking tours through the park, highlighting Western Australia's unique flora and fauna and our rich history, including a collection of life-size bronze sculptures of West Australian pioneers. Bookings are essential and can be made by phoning 9361 4475.

Alternatively, explore the Park by attending one of the fun-filled events coming up for the summer season, including annual Christmas institution Carols in the Park, the popular outdoor cinema series and showcase concert *Music by Moonlight*. Featuring the WA Youth Orchestra and students from the Western Australian Academy of Performing Arts (WAAPA), *Music by Moonlight* is a great opportunity to enjoy a summer evening at Burswood Park.



For further information on how to plan your way to *Have a Go Day* 2016, ring Transperth on 13 62 13 or visit www.transperth.wa.gov.au. During Seniors Week 2016 (6 to 13 November) all public transport is free for seniors.

WIN WIN WIN: To be in the draw, to win one of these great prizes, simply fill in this form and place in the entry barrel at *Have a Go Day* a LiveLighter Event on Wednesday 9 November between 9am to 2.15pm at Burswood Park.

First Prize - Donated by Crown Perth

- Overnight accommodation for four people at Crown Towers Perth in two Premier King Rooms with Crystal Club access for breakfast and pre-dinner drinks with canapés in the evening
- French champagne delivered to both rooms upon arrival
- Valet parking for two vehicles
- 4 x \$50 Crown Cash vouchers

Second Prize - Donated by *Have a Go News* and Kings Tours and Travel
A \$500 Coles/Myer voucher

Third Prize - Donated by Telstra
Samsung Tablet and Pre-Paid Telstra Sim Card

Fourth Prize - Donated by Channel 7
Family pass (two grandparents and up to four grandchildren) pre pageant afternoon tea in the grounds of Government House, then our guests will be escorted to special reserved seating along St. George's Terrace to watch the 45th RAC Christmas Pageant supported by Synergy, City of Perth, *The West Australian* and Channel 7, 7.30pm on Saturday 3 December 2016.

*One prize per family

NAME: CONTACT NUMBER:
ADDRESS:

Have a Go Day - a LiveLighter Event MAJOR RAFFLE FORM*



Have a Go Day a LiveLighter Event
Wednesday 9 November 2016
PROGRAM HIGHLIGHTS

Theme for 2016 "Socialise, Have a Go, LiveLonger"	
9.00	Day commences All activities commence
9.20	Frank Sinatra Tribute Show - Site 118
10.00	WA Bush Poets & Yarn Spinners - Site 118
10.30	Official Welcome - Site 118
11.00	Have a Go Day Official Walk - Site 118
11.10	Prime Movers, exercise to music - Site 118
11.40	Jim's Country - Sing-a-long - Site 118
12.10	WA Bush Poets & Yarn Spinners - Site 118
12.40	Jim's Country - Sing-a-long - Site 118
1.20	Prime Movers, exercise to music - Site 118
1.30	Heart Foundation Walk Site - Site 157
1.50	Police Pipe Band - Concert - Site 118
2.30	MAJOR PRIZE DRAW Entertainment Stage - Site 118

Have a Go Day a LiveLighter Event
Wednesday 9 November 2016
FOOD VENDORS

Site No	Name
109	Bethanie Sausage Sizzle
111	Big Bethanie Bake-Off
160	Chopin Patisserie
15	Crown Perth-Cooking Demonstrations
84	Dal Pizzaiolo
7	Gordons Food Van
103	Hospitality Tent <i>Have a Go News</i> /Phoenix Insurance
6	Hospitality Tent <i>Have a Go News</i> /882AM 6PR
63	Hospitality Tent <i>Have a Go News</i> /Channel 7
71	Lions Club of Canning City
98	Mac's Burgers
24	Perth Coffee Express 1
112	Perth Coffee Express 2
74	Silver Chain-Cooking Demonstrations
27	The Ice Box
95	The Spud Wagon
135	Tim's Ice Creams
121	WA Spit Roast Catering
5	Water Tank-Free Drinking Water
99	Water Tank-Free Drinking Water

Have a Go Day a LiveLighter Event
Wednesday 9 November 2016
ENTERTAINMENT STAGE

Site No	Name
119	Bush Poets & Yarnspinners Assn' 10am-10.20am; 12.10pm-12.30pm
118	Frank Sinatra Tribute Show 9.20am-9.50am
118	<i>Have a Go Day</i> Official Walk 11.00am
118	Jim Sings Country 11.40am-12.10pm; 12.40pm-1.10pm
118	Major Prize Draw 2.30pm
118	Official Welcome 10.30am
120	Prime Movers 11.10am-11.40am; 1.20pm-1.50pm
118	WA Police Pipe Band 1.50pm-2.20pm

Have a Go Day a LiveLighter Event
Wednesday 9 November 2016
TIMED ACTIVITIES

Site No	Activity
63	Athol Wightman 9.10am; 9.50am; 11.30am; 12.20pm; 1.10pm
111	Big Bethanie Bake-Off See Site for details
119	Bush Poets & Yarnspinners Assn' 10am-10.20am; 12.10pm-12.30pm
15	Crown Perth 11.10am; 1pm
166	Esperanto Language Lessons 10am; 11.30am; 12.40pm; 1.30pm; 2.10pm
21	Fair Maids of Perth 9.20am; 11.40am
169	Feldenkrais Guild of WA 9.20am; 10am; 11.20am; 12.10pm; 1pm; 1.50pm
118	Frank Sinatra Tribute Show 9.20am-9.50am
89	Handbells In Peel 9.20am; 10.10am; 11.10am; 12noon; 12.40pm; 1.20pm; 2pm
118	<i>Have a Go Day</i> Official Walk 11am
157	Heart Foundation WA 11am; 1.30pm
21	Hora Shalom Dances of Israel 9.40am; 12noon; 12.50pm; 1.50pm
67	Injury Control Council of WA 9.30am; 10.10am; 11.10am; 12noon; 12.40pm; 1.30pm; 2.10pm
118	Jim Sings Country 11.40am-12.10pm; 12.40pm-1.10pm
22	Mad Tatters Morris Dance Group 10am; 11am
118	Major Prize Draw 2.30pm
156	Men in Harmony See Site for details
159	National Relay Service 9.30am; 10.10am; 11.40am; 12.30pm; 1.10pm; 1.50pm
107	Oum Habibi Senior Dance Group 9am; 11am; 12.20pm; 1.50pm
118	Official Welcome 10.30am
31	Over 50s Ballroom Dancing Club 9.50am; 11am; 11.50am; 1.40pm
102	Pole Walking - SRCWA 9am; 10am; 11am; 12noon; 1pm; 2pm
120	Prime Movers 11.10am-11.40am; 1.20pm-1.50pm
108	Rets Tappers 10am; 11.50am; 1.20pm
30	Seniors Line Dance 9.20am; 11.30am; 12.30pm; 1.10pm; 2.10pm
74	Silver Chain - AHD Network 9.30am; 11.30am; 1.30pm
74	Silver Chain - Bunnings 10am-11am
108	Square Dance Society of WA 9.30am; 11.30am; 12.50pm; 2.10pm
18	Taoist Tai Chi 9.10am; 9.50am; 11.20am; 12noon; 12.50pm; 1.30pm; 2.10pm
118	WA Police Pipe Band 1.50pm-2.20pm
22	WA Stage School 9am; 11.20am; 12.20pm; 1.20pm
53	West Coast Metal Detectors Club 9am; 10am; 11am; 1pm; Raffle 2pm
156	Westcoast Chordsmen See Site for details
133	Yoga with Cherry 9.20am; 10am; 11.30am; 12.20pm; 1.10pm; 1.50pm



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Seniors Recreation Council of WA Inc.

Have a Go Day 2016

A 'LiveLighter' Event

Wednesday 9th November

Burswood Park, Great Eastern Hwy



Have a Go Day 2016 a LiveLighter Event Wednesday 9 November EVENT PARTICIPANTS with SITE NUMBERS

8 882AM 6PR
113 Act-Belong-Commit
115 Advocare
144 Aged Care Complaints Commissioner
151 Alibabes Scrappin' Hearts (Close to My Heart)
83 Alzheimer's Australia WA
150 Apia
113 Ardross-Attadale Ladies Probus
145 Arthritis & Osteoporosis WA
63 Athol Wightman
26 Aussie Redback Tours
4 Australian Facetors Guild
11 Australian Hearing
93 Australian Mobility Equipment
19 Australian Model Ship Society
146 Australian Red Cross
149 Baptistcare
110 Bethanie
68 Bicycles for Humanity
129 Bidet Supplies WA
111 Big Bethanie Bake-Off
141 Black Swan Health
171 Bowls WA
20 BreastScreen WA
153 British Ex-Services Association
16 Burswood Park Board- Tour Hosts
119 Bush Poets & Yarnspinnners Assn'
82 Cancer Council of WA- Sunsmart Van
59 Canning Arts Group Inc
96 Canoeing- DSR
96 Canoeing- UWA Sport Gold Paddling
137 Capital Community Radio 101.7FM
76 Carers WA
1 Casey Australia Tours
158 Chung Wah Community and Aged Care
41 City of Belmont
138 City of Swan Volunteer Resource Centre
36 Climbing Wall-Scouts
52 Come Out Camping Older Adults (COCOA)
58 Connect-It Coach
73C Conservation Volunteers Australia
127 Continence Advisory Service
9 COTA WA
73B Country Women's Association of WA
15 Crown Perth
161 Curtin Healthy Living
14 Dept. Local Government & Communities
152 Dept. Parks & Wildlife
39 Derbarl Yerrigan Health Service - Daisy Petals
38 Derbarl Yerrigan Health Service - Marmun Pitstop
113 Diabetes WA
37 Disc Golf Park
131 Doctor Home Visits
73A DrillDance WA
46 Duyfken 1606 Replica Foundation

47 El Caballo Lifestyle Village
118 Entertainment Stage
166 Esperanto Language Lessons
88 Evergreen Golf Club
21 Fair Maids of Perth
169 Feldenkrais Guild of WA
65 First Aid-Royal Life Saving Society-Site 1
97 First Aid-Royal Life Saving Society-Site 2
2 First Aid-Royal Life Saving Society-Site 3
12 Flight Centre
109 FOOD: Bethanie Sausage Sizzle
160 FOOD: Chopin Patisserie
84 FOOD: Dal Pizzaiolo
7 FOOD: Gordons Food Van
45 FOOD: Healthy & Tasty Gozlemes
71 FOOD: Lions Club of Canning City
98 FOOD: Mac's Burgers
24 FOOD: Perth Coffee Express 1
112 FOOD: Perth Coffee Express 2
27 FOOD: The Ice Box
95 FOOD: The Spud Wagon
135 FOOD: Tims Ice Creams
121 FOOD: WA Spit Roast Catering
118 Frank Sinatra Tribute Show
72 Geocaching-West Oz
70 Gosnells Woodturning Group
85 Hand Tool Preservation Society
89 Handbells In Peel
118 Have a Go Day Official Walk
63 Have a Go News
63 Have a Go News - Giant Activities
17 Hearinglife
157 Heart Foundation WA
57 Home Care Assistance West Coast Perth
21 Hora Shalom Dances of Israel
103 Hospitality Tent Have a Go News /Phoenix Insurance
6 Hospitality Tent Have a Go News /882AM 6PR
63 Hospitality Tent Have a Go News /Channel 7
40 HouseCall Podiatry
114 Independent Living Centre
134 Information Booth DSR
42 Ingenia Communities
67 Injury Control Council of WA
73D Inner Wheel District A40
118 Jim Sings Country
9 Juniper
48 Just Better Care
33 KinCare Health Service
62 Kings Tours & Travel
94 Lendlease
34 Linkwest
86 Lions Cancer Insitute
86 Lions Christmas Cakes
86 Lions Clubs International
MD201 WA Districts

86 Lions Dryandra Woodland Village
86 Lions Hearing Foundation
86 Lions Save-Site Foundation
101 LiveLighter Healthway
22 Mad Tatters Morris Dance Group
56 Mareena Purslowe Funerals
73E Masters Swimming WA
10 Maylands Autumn Club Inc
86 McCusker Alzheimers Foundation
142 Medic Technology Int
64 Melville Amateur Angling Club
156 Men in Harmony
10 Men of the Trees
35 MG Car Club of WA Inc
165 Midland Men's Shed
61 Mobile Alert
147 Multilec Mobility
126 National Archives of Australia
125 National Disability Services
159 National Relay Service
136 National Seniors
75 NE Solutions
139 NewSound Hearing Clinic
91 Nordic Walking WA
19 North Coast Marine Modellers
36 Obstacle Course- Scouts
28 Office of Public Advocate
118 Official Welcome
115 Older People's Rights Services
10 Older Women's Network
107 Oum Habibi Senior Dance Group
31 Over 50s Ballroom Dancing Club
69 Over 55 Cycling Club
164 Over 55 Walking Association
100 PA Van
88 Peel Collectors Club
51 People Who Care Inc
123 Perth Family Relationship Centre
54 Petanque WA
88 Philatelic Society of WA
167 Playgroup WA
50 PMH Foundation
102 Pole Walking- SRCWA
120 Prime Movers
43 Probus Association of WA
87 Quingo Pacific
29 RAAF Assn WA Devision
80 Retirees WA Inc
108 Rets Tappers
44 Rock n' Roll Record Collectors Club
170 Salvation Army
14 Seniors Card
104 Seniors Exergaming WA
30 Seniors Line Dance
90 Seniors Planet
101 Seniors Recreation Council of WA
101 Seniors Recreation Council-Branches
66 SES Canning/South Perth

32 Seven West Media
92 Shelterbox Australia
25 Shoprider Mobility
74 Silver Chain
113 Sleep Disorders Australia
155 Sorrento Croquet Club
143 Sound for Life
108 Square Dance Society of WA
3 St Ives Home Care
77 St Johns Ambulance
67 Stay On Your Feet WA
18 Taoist Tai Chi
106 Tech Savvy Seniors
124 Technology Assisting Disability WA
81 Telethon Speech & Hearing
105 Telstra Carousel
78 The End of Life Care
58 The IT Kid
88 Tin Collectables Club
23 Toilets
60 Toilets
117 Toilets
163 Tourism Malaysia
13 Trans Perth
13 TransWA
140 TravelJoy
122 Trinity School for Seniors
130 U3A Online
113 U3A South-East Metro
10 University of the Third Age (U3A)
168 UWA Medicine & Pharmacology
132 Victoria Park RSL
88 Vintage Wireless and Gramophone Club
132 Volunteer Task Force
49 WA Association of Caravan Clubs Inc
79 WA Blind Golf Assn
28 WA Cancer & Palliative Care Network
116 WA Card Collectors Society
10 WA Gerbera Society
20 WA Guild of Wood Carvers
4 WA Lapidary & Rock Hunting Club
165 WA Men's Shed Association
20 WA Miniature Accociation
34 WA No Interest Loans
118 WA Police Pipe Band
128 WA Retirement Village Residents Association
22 WA Stage School
55 Wannadoo Tours
5 Water Tank-Free Drinking Water
99 Water Tank-Free Drinking Water
148 West Coast Eagles
53 West Coast Metal Detectors Club
156 Westcoast Chordsmen
113 Western Australian Genealogical Society
20 Western Social Club Inc
154 Western Union
133 Yoga with Cherry

Have a Go Day
a LiveLighter Event
Wednesday 9 November 2016
HEALTH CHECKS

83 Alzheimer's Australia WA
11 Australian Hearing
141 Black Swan Health
161 Curtin Healthy Living
39 Derbarl Yerrigan Health Service- Daisy Petals
38 Derbarl Yerrigan Health Service- Marmun Pitstop

17 Hearinglife
9 Juniper
33 KinCare Health Service
139 NewSound Hearing Clinic
81 Telethon Speech & Hearing
168 UWA Medicine & Pharmacology



PUZZLES

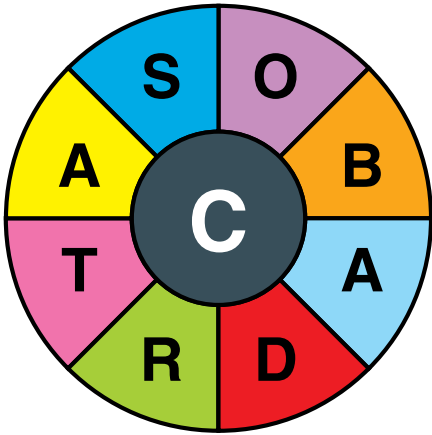
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TO YOU BY 

WORD SEARCH MONSTER - BEATRIX POTTER

P	I	G	L	I	N	G	B	L	A	N	D	R	T	Y	T
N	H	E	N	E	T	T	I	K	M	O	T	O	A	E	T
I	I	A	L	E	B	U	N	N	I	E	S	L	L	L	B
K	E	L	K	N	I	W	Y	G	G	I	T	Y	E	S	E
T	Y	O	L	H	O	U	S	E	K	E	E	P	E	R	N
U	F	L	L	U	L	R	P	I	P	T	R	O	G	A	J
N	R	T	P	L	S	I	E	P	L	M	E	L	T	P	A
L	P	E	O	P	C	T	O	T	R	I	O	Y	O	Y	M
E	E	D	C	K	A	M	R	M	T	U	G	P	W	L	I
R	N	N	L	N	S	D	C	A	C	O	R	U	N	I	N
R	I	E	G	S	U	G	Y	E	T	O	P	D	M	C	B
I	S	D	I	L	R	O	S	E	H	O	O	D	O	E	U
U	U	M	R	E	A	T	B	T	L	T	R	I	U	C	N
Q	O	R	G	A	E	N	U	R	R	P	O	N	S	B	N
S	C	O	I	R	W	A	D	M	M	N	P	G	E	S	Y
S	R	E	K	S	I	H	W	L	E	U	M	A	S	O	N

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

Wheel Words



Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

10 Good 15 Very Good 20+ Excellent



Thanks to Channel 7's HOME in WA for sponsoring the puzzle page.
Solutions will be in next month's issue.



#294 September edition PUZZLES Solutions

A	N	T	E	L	O	P	E		T	A	C	T	I	C		
D		R		E				H		S				L		
A	R	A	F	A	T			P	O	S	T	P	O	N	E	
M		N		D		C		W		R		D		A		
A	S	S	E	S	S	O	R			C	O	H	E	I	R	
N		L						M			N				E	
T	R	A	P	S				E	X	T	R	A	C	T	O	R
		T		U							U		E			
F	R	E	E	S	T	Y	L	E			T	H	R	O	B	
O				P					T				M		I	
S	C	E	N	I	C			S	C	O	R	N	I	N	G	
T		W		C		S		H		U		N		O		
E	Y	E	S	I	G	H	T			I	M	P	A	C	T	
R				O		E					B		T		R	
S	T	R	I	N	G			H	U	M	A	N	E	L	Y	

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

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Wheel Words PX 0003
Solution: Anew, Earn, Erne, Near, News, Sane, Sawn, Seen, Sewn, Swan, Wane, Warn, Wean, Wren, Arena, Newer, Renew, Saner, Sense, Snare, Sneer, Answer, Rawness.
9-letter word: AWARENESS

SUDOKU

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

Rating: ★ ★ ★ ★ ☆

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

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Do you want to know about WA's best builders,
real estate options and find great ideas
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Then don't miss an episode of Channel 7 Perth's and
GWN7's HOME in WA every Saturday afternoon.



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Ron (DINGO) Reddingius on 0417 279 103



HOME in WA Gardening expert
Colin Barlow

Watch ANYTIME
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Like HOME in WA on Facebook

HOME in WA is the longest running local television show dedicated to everything for your home in WA.



Australia's "Fred Astaire" made an impression for generations to come



Above: Robert and Shelda Wrightson
Below: Robert and Josephine Wrightson



by Adam Penn

MENTION ballroom dancing and the name Robert Wrightson AO comes to mind. A master of his craft, he left an indelible mark on dance across the country which continues today. People still speak of the magical duo of Robert and wife Shelda who captivated audiences.

Shelda Barker and Robert (Bob) were born and raised in Fremantle, but their paths did not cross until they were in their early twenties. Shelda's love of dance developed early, learning ballet from older sister Irma.

Robert's career in entertainment also started young when, aged 13, he was chosen to go to NSW with the Young Australia National Group concert party, after which he travelled with the group on a tour to South Africa. His ballroom career started with lessons with Rene Esler and Gerald McMorro. Partnering Kath Smith, Robert became WA Amateur Ballroom champion.

Robert and Shelda crossed paths on a trip to Kalgoorlie and started a life of dance together. Shelda joined Bob in the ballroom world and began lessons with Rene and Gerald focussing on the ballroom style and branching into exhibition.

At just 23, the couple married, turned professional and started teaching with the Esler/McMorro School of Dance. They also opened their first school in the his-

toric Victoria Hall on High Street, Fremantle which became an institution for learning to dance and memorable dances, often with Bob's younger brother Norm, providing the music.

The Wrightson family welcomed first child Barry (later a national and international champion dancer in his own right) and, daughter Sharon.

Continuing their competitive career, the Wrightsons won the 1950 State Professional Ballroom title and the 1951 State Exhibition title, as well as being the first West Australians to take a national ballroom title. They were chosen as members of the Australian team to go London. Competing at the British Open To The World Championships in Blackpool, the couple were the first Australians to win the 1952 British Open To The World exhibition championship.

The couple acquired their second school, purchasing the Murray Street venue from their former teachers and returned home to open it. The school went from strength to strength, coaching future champions. In 1954, the Wrightsons were invited to tour the United States as guests of Arthur Murray, visiting many of his studios and learning about the worldwide successful business. They also performed on more than a dozen television specials throughout the country.

Returning from the US the couple retired from competition in 1955 to focus on expanding and developing their school. They opened branches in Melbourne and in Hawthorn, Victoria, along with schools in Sydney and Brisbane. Also, they opened the branch that was their head office, Durham House in Hay Street, opposite His Majesty's Theatre, the largest and most versatile dance studio in the country in its time. The crown in the Wrightson empire was the opening of Canterbury Court Ballroom in James

Street, Northbridge, which also became an institution of dance and entertainment in Perth, alongside venues such as the Pagoda Ballroom in Como and the Embassy Ballroom in Perth.

Always innovative and enterprising, Robert had a dream to create an institution that would oversee the industry of dance in Australia and established the Australian Institute of Dancing, with colleagues including Sam and Ronnie Gilkison. He started negotiations which eventually led to the creation of the Australian Dancing Board of Control.

Some years after the tragic loss of Shelda to cancer, Bob married again to Josephine Ingram, an authority and international adjudicator in the hair-dressing profession. Josephine and Bob set off on a world tour to promote the upcoming world Professional Ballroom Championships being hosted in Perth, staged and managed by the Wrightsons on behalf of the Australian Dancing Board.

Top dancers and adjudicators from all over the world were invited to attend, with Tony Evans of Tony Evans Orchestra (Hammersmith Palais, London) conducting the accompanying music.

In 1981 Robert was awarded the Carl Alan award for his services to dance and the Order Of Australia in 1982. He was also inducted into the Australian Dancing Board Hall of Fame in 1988.

Josephine and Bob proudly celebrated 50 years of service to the Australian dance industry in 1991, at a gala dinner dance. Robert continued to put Perth on the international map by hosting the Asian Pacific Championships in 1992 at the Perth Entertainment Centre. In 2006 the Wrightsons celebrated 60 years of service with another special evening of dancing and dining.

Probably the greatest tribute to the Wrightson era is that some 80 per cent of the dance schools currently teaching in Perth and many other cities had their beginnings and were trained through Wrightson Dance Studios.

This influence and foundation will continue for generations to come.

If anyone has historic photos for Adam Penn's dance series, please email Adam at tophat97@optusnet.com.au or on mobile 0412 361 917.



NOW in its fourth year, the BBC First British Film Festival returns to Luna Palace Cinemas from 27 October. With a spread of international award-winners, crowd favourites, and Australian premieres, this year's films feature a star-studded line up of cinematic delights that dive directly into British culture, humour, and traditions, signalling this year's festival as the biggest one yet.

The festival will open

British Film Festival will delight audiences with its fine array of films

with the Australian premiere of Amma Asante's period drama *A United Kingdom*. Starring David Oyelowo (*Selma*) and Rosamund Pike (*Gone Girl*) *A United Kingdom* is based on the book *Colour Bar* by Susan Williams, based on the true story of young Prince Seretse Khama of Botswana (Oyelowo), who caused an international scandal when he married a white Englishwoman (Pike) in 1948.

The festival will close with *A Monster Calls*, based on the acclaimed book by Patrick Ness and starring Britain's Felicity Jones (*The Theory of Everything*), newcomer Lewis MacDougall, and Liam Neeson (*Schindler's List*) as the voice of the monster. This is a visually

spectacular film about a young boy who delves into a world of fantasy, imagination and monsters to deal with the reality of his mother's terminal illness.

I, Daniel Blake, the highly anticipated, Palme d'Or-winning new film from acclaimed British director Ken Loach is also a program highlight. Showcasing the director's signature style, the film is a complex exploration of socio-economic issues in Britain, telling the story of 59-year-old carpenter Daniel, who after working as a joiner for most of his life in Newcastle injures himself and requires help from the state. He befriends Katie, a single mother with two young children, and the two form a mutually beneficial alliance.

This is just a selection of the titles from the 2016 BBC First British Film Festival and it will take place at Cinema Paradiso, Luna SX and The Windsor from 27 October to 16 November.

Festival program. For the full program, or to buy tickets, visit www.britishfilmfestival.com.au or www.lunapalace.com.au

WIN WIN WIN

To be in the draw to win one of five double passes to the British International Film Festival simply send an email to win@haveagonews.com.au with British in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 22/10/16.

Mozart masterpiece highlight of St Mary's Cathedral special concert series

ST MARY'S Cathedral concert series continues with its third concert for the year with collaboration between the Cathedral Choir and the students from the University of WA School of Music.

Titled *Celebration of Voices and Winds* this is a true celebration of young talent in Perth.

Apart from some delightful combinations of wind instruments and small vocal ensembles, a very special feature of this program is the performance of Mozart's *Mass in c minor K139* (written when he was only 12-years old) in a never-before heard version: re-orchestrated by the composition students from UWA.

Mozart was not much older (and was in actual fact younger) than some of these students and choristers when he wrote some of his masterpieces. A prodigy who was already

travelling and performing in various parts of Europe at the tender age of five, he was opened to experiences and influences which would enrich his musical language throughout his entire life.

In a way, this project of re-orchestration of his Mass links the ingenuity of the young Mozart with the ingenuity and imagination of a new generation of young musicians as we hear familiar Mozartean phrases from a fresh perspective.

So, in a sense, this presentation of a timeless classic could be seen as a world premiere.

Also featured in the concert is the Cathedral's grand pipe organ - the Cathedral's director of music, Jacinta Jakovcevic, plays the sparkling 'Scherzo' from the 2nd organ symphony of Louise Vierne (1870-1937)

Before the concert, enjoy the fa-

mous Miss Maud smorgasbord at the Miss Maud restaurant, Pier Street, Perth for the very special concert price of \$35 (bookings essential). Limited free parking is available in the cathedral grounds.

Tickets available at ticketswa.com or telephone 6488 2440 weekdays between 12noon and 4pm.

WIN WIN WIN

To be in the draw to win one of five double passes to enjoy St Mary's Cathedral Concert Series' *Celebration of Voices and Winds* on Thursday 27 October at 7.30pm email win@haveagonews.com.au and include the word celebration in the subject line. Alternatively, address an envelope to St Mary's Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your details on the reverse side. Competition ends 20/10/16.

An animated Robinson Crusoe returns to screens...



the island is through the help of Tuesday and the other animals. It isn't always easy at first, as the animals don't speak "human."

Slowly but surely, they all start living together in harmony, until one day, when their comfortable life is overturned by two savage cats, who wish to take control of the island. A battle ensues between the cats and the group of friends but Crusoe and the animals soon discover the true power of friendship up against all odds (even savage cats).

Robinson Crusoe is in cinemas on 27 October for two weekends only.

WIN WIN WIN

Thanks to Studiocanal Australia we have five in-season double passes to the new animated adventure film *Robinson Crusoe* with a couple of DVDs to be included in the prize pack. To be in the draw to win one

of five double passes to *Robinson Crusoe* and two DVDs in the simply send an email to win@haveagonews.com.au

with *Crusoe* in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 20/10/16.



Seniors Recreation Council of WA Inc.

Christmas VARIETY CONCERT

presented for your enjoyment by: Phil Paddon and Red Dog Music



Wednesday 14 December, 12.30pm - 5pm

Morley Sport and Recreation Centre
Cnr of Wellington Rd & Mangini St Morley



Band of Mates

Terry Bennetts, Evan Platschinda and Ginger Cox
Talented guitarists and country balladeers

Kingsley Day

"Keyboard Extraordinaire"
accompanied by local drummer Phil Rego

Sharon Heaslip

Singer, songwriter and one of Australia's leading female vocalists of Australian Bush Ballads and country songs.

Justin Standley

Most popular balladeer 2016 (ICMA),
APRA/TSA New Songwriter Award 2015,
Toyota Star Maker Finalist 2014 X Factor Finalist 2012

Amber Reid

Local talent studying at WAAPA, has performed at Disneyland California, Crown Theatre and Perth Concert Hall.

Tickets \$30 each available from Seniors Recreation Council WA

Phone: 9492 9771

Refreshments at interval included

Go to see Always... Patsy Cline to hear memorable songs and you'll discover a heartfelt story that will lift your spirits." CHICAGO CRITIC

Wednesday 9 November 8pm

Mandurah Performing Arts Centre
Box office: 9550 3900
www.manpac.com.au



25th anniversary screening of love story *Miss Saigon*



MISS Saigon is the epic love story that tells the tragic tale of young bar girl Kim, orphaned by war, who falls in love with American GI Chris – but their lives are torn apart by the fall of Saigon.

Miss Saigon: The 25th Anniversary Performance was recorded live in London's West End and is in cinemas from Saturday 15 October for a strictly limited time only.

Visit the website for more information. www.miss-saigon25th.com. Tickets are on sale now, check your local cinemas for details. Screening at selected Hoyts, Event and Ace Cinemas.

WIN WIN WIN

To be in the draw to win one of five double passes to *Miss Saigon* simply send an email to win@haveagonews.com.au with Saigon in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 13/10/16. Winners must collect tickets from office at 137 Edward Street, Perth during business hours.

Stirling Players present

Midsummer Mix

A season of One-Act premiere by local writers

Stirling Theatre January 2017

Look on the Bright Side Written and directed by Sukhbir Wright

Lives That Are Parallel Written by James Forre Directed by Fran Gordon

Being Juliet Written by Yvette Wall Directed by Carol Hughes

City Stirling

Playing: January 19, 20, 21, 25, 27, 28 at 8pm Matinees 22, at 2pm

Tickets: \$20 full \$18 concession \$16 members

Bookings: Morris Newsagency 9440 1040 from December 19

Celebrating 400 years of the Bard at the Shakespeare 400 Festival



David Goodall

MARKING 400 years since the death of England's most celebrated playwright and dramatist William Shakespeare, the Shakespeare 400 Perth Festival is one of many and varied free events happening around the world this year to bring the history, education and entertainment of the Bard to audiences, both old and new.

On Saturday 22 October and staged in the glorious grounds and architecturally aesthetic buildings of UWA, audiences will be able to immerse them-

selves in a wide variety of activities and entertainment on numerous stages. There will be roving experiences and the highly anticipated Shakespeare's Globe Virtual Reality Experience from BEVIN Creative where participants will feel they have stepped into the world of The Globe Theatre through a virtual reality headset.

Mid-afternoon, anyone who has ever fancied declaring the famous balcony scene words of "O Romeo, Romeo, wherefore art thou Romeo?" can join in a community performance where participants will, in unison, follow along to the words from the script on a giant screen.

The beautiful sounds of Noongar language can be heard during the festival as Yirra Yaakin Theatre Company present Shakespeare's Sonnets.

The Well Versed performance group has a collective performance age of around 400 years. The youngest in the group is in their late 60s and the oldest is 102-year-old David Goodall.

David has featured in the pages of *Have a Go News* documenting his amazing working life as a scientist as he has entered his 100s. He has also been at the centre of some controversy of whether he should be allowed to continue to work.

David, whose memory is quite incredible, can recite sonnets on demand without notes and Well Versed will perform all 154 of Shakespeare's sonnets on the day.

Don't miss this opportunity to celebrate all that is Shakespeare in a magical afternoon of shenanigans, Elizabethan music, a host of romantic Romeos and Julietts, a sophisticated high tea, children's activities and roving performers are just some of the entertainment on offer at The University of Western Australia for the Shakespeare 400 Perth Festival on Saturday 22 October.

The Hypocrite - he is out to save your souls and all must love him



The cast of *Tartuffe*, from left: Alison van Reeken, Darren Gilshenan and Alex Williams Photo: Robert Frith

THIS revival of Molière's classic 17th Century satire is divine intervention gone mad.

Orgon is a wealthy man attempting to come to terms with middle age. Fortunately for him, and much to the dismay of his family, he meets Tartuffe – a supposed man of the cloth. Though everyone else can see Tartuffe for the fraud he really is, Orgon becomes obsessed with him, and it isn't long before Orgon won't make a decision without him.

The relationship initially appears to be harmless, however when Orgon begins promising his possessions, his home, even his daughter to Tartuffe, Orgon's

family resolves to expose Tartuffe for the swindler he is. Filled with biting satire, this adaptation of thumping English verse by Justin Fleming will keep you enthralled with its Australian vernacular and subversive wit.

Molière's *Tartuffe*, will be broadcast live in high-definition on Friday 4 November 2016 at 7.30pm from the State Theatre Centre of WA in Perth to regional WA audiences over the Westlink network.

The cast includes Jenny Davis, Darren Gilshenan, Tessa Lind, Hugh Parker, James Sweeney, Steve Turner, Alison van Reeken, Emily Weir and Alex Williams.

Playing at the Heath Ledger Theatre, State Theatre Centre of WA from 22 October to 6 November.

For tickets book at www.ticketek.com.au or 1300 795 012 or Ticketek outlets or Groups 8+ 1300 364 001.

WIN WIN WIN

To be in the draw to win one of three double passes to see *Molière's Tartuffe The Hypocrite* on Saturday 22 October in the Heath Ledger Theatre of the State Theatre Centre, send an email to win@haveagonews.com.au with the word hypocrite in the subject line. Alternatively, address an envelope to BSSTC comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse side. Competition ends 17/10/16.

Scrooge the Panto finishes Marloo's year on a fun-filled note...

THE Darlington Theatre Players at Marloo Theatre are well into rehearsal for *Scrooge the Panto*, a rollicking, family, fun-filled extravaganza which is sure to delight everyone from toddlers to grandies.

With a cast of thousands (33) and clever costumes, corny capers, Christmas characters and marvellous music, ghastly ghosts and tasty treats this is going to be a super finish to the diamond jubilee year – 60 years and still going strong. Please book early as pantomimes sell quickly.

Adults \$22, Conc/child \$20, Members \$18, Family 2ad+ch \$70. Call Gwyne on 9255 1783 or contact www.trybooking.com/MNGL

Much loved Max Kay back on stage for a fun-filled, rollicking evening



Max Kay

PERTH'S own much loved entertainer Max Kay returns to the stage at the Astor Theatre on Saturday 5 November with his own show, *An Evening With Max Kay* - just a few hun-

dred metres from his beginnings and many years running the Civic Theatre.

After a 15-year absence from the stage, Max made a guest appearance last year in the *Best of British* concert at the Perth Concert Hall. The reception he received convinced him to return to the stage with his own show including two sell-out shows at the Mandurah Performing Arts Centre and now a show at the Astor Theatre on 5 November.

"The night will be an unforgettable evening filled with nostalgia, stories, jokes and a good old sing-along. 'I'm bringing all the fun and frivolity you've

come to expect from me, plus a whole lot more," Max said. "I'm looking forward to spending the evening with everyone for a good belly-laugh and a night filled with lots of fun."

Max Kay ran the Civic Theatre firstly in Inglewood under the civic clock in rented premises and then built and ran his own Civic Theatre in Highgate for 25 years. It became a Western Australian icon and played to nearly 1.75 million theatregoers over that time.

Max left the Civic to go into politics and served nearly five years on the Perth City Council. Max has been president of the National Trust WA for more than five years, is a board member of the Perth Theatre Trust and has been awarded many medals for his service to the community and charity. His first love is entertainment.

When: Saturday 5 November, Doors open 7pm Show starts 8pm. Where: Astor Theatre, 650 Beaufort Street, Mt Lawley. Bookings: <http://astortheatrepert.com/an-evening-with-max-kay/>

Tickets: \$49.90 (plus processing fees)

WIN WIN WIN

To be in the draw to win one of two double passes to *Max Kay Live in Concert* simply send an email to win@haveagonews.com.au with Max in the subject line or write to Max Kay competition c/- Have a Go News PO 1042 West Leederville 6901. Closes 31/10/16.

LESLIE HINTON & ROY ORTUSO PROUDLY PRESENT

BACK BY POPULAR DEMAND: SONGS IN THE KEY OF MOTOWN

Transporting audiences back to the era where the *The Temptations*, *The Supremes*, *Stevie Wonder* and *Smokey Robinson* reigned supreme.

Thursday 17 November
Albany Entertainment Centre
9844 5005 www.ticketek.com.au

Friday 18 November
Mandurah Performing Arts Centre
9550 3900 www.manpac.com.au

Saturday 19 November
Astor Theatre 1300 111 369
www.astortheatreperth.com

lesliehintonentertainment.com

ICW PRODUCTIONS PRESENTS

VIVA ITALIA

A special musical tribute to the life and work for the Italian and Western Australian community by Cav. John D'Orsogna and Cav. Giuseppe Bertinazzo.

Special Guest artists
Alfredo Malabello and Emma Pettemerides,
Ronald Macqueen, Jay Weston, Jun Zhang, Elsie Gangemi.

ICW ARTS ORCHESTRA and Chorus
Conductor Ian Westrip OAM

7:30pm Tuesday 8th November 2016
PERTH CONCERT HALL

Tickets from \$49
TICKETEK 13 28 49
www.ticketek.com.au

Consulate of Italy in Perth

D'ORSOGNA

St. Mary's Cathedral

CONCERT SERIES 2016

Celebration of Voices and Winds

The students from the UWA School of Music join forces with St Mary's Cathedral Choir in a celebration of young talent.

Programme features works of Brahms, Barber and Mozart's Mass in C minor K139 in an exciting (never before heard) version re-orchestrated by our young composition students!

St Mary's Cathedral
Victoria Square Perth
Thursday 27 October
7.30pm

Tickets \$25 (\$20 concession)
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2.30pm
Sunday 6 November
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Please nominate a category for your advertisement.
Tick one box only.

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

Abbreviations used in *Friend to Friend*

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



Name Address

..... Postcode

Phone I am over 45 years of age (Signature)

Each person may submit
one entry every month.

STOP: Please read new instructions carefully
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:
Friend to Friend
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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

ATTRACTIVE Philippine lady, 63, WLTM sincere gentleman, 63-75, NS, SD, NG, DTE, GSOH. Seeking friendship, romantic walks, travel, cooking, dancing, country drives.

Reply Box 7247

AUSSIE gent, 58, fit, well off, enjoys walking, travel, movies, theatre, fun and life in general, seeking a lady companion.

Reply Box 7259

AUSSIE lady, south west, mid 60s, into travel, caravanning, fishing, cooking, homely type WLTM mature, trustworthy man's man for lifetime partner. We are a long time dead.

Reply Box 7252

GENT 66, NS, SD, NG, GSOH, WLTM lady same age, any nationality, willing to travel, also enjoy home life, no promises to draw you in. Meet me and make up your mind. I'm in a good fin position to do things. I have a bucket list but no one to help me empty the bucket. I live in Thornlie. Be nice if you live close.

Reply Box 7249

Visit *Have a Go News* online:
www.haveagonews.com.au

GENTLEMAN single, 70s, GSOH, NS, SD, have home, car, money, easy-going, dancing, travelling. Seeks lady friend for good relationship, age, nationality open. Discuss over coffee. Photo please.

Reply Box 7266

GENTLEMAN well educated, medium build, healthy, well groomed, honest, fun loving, fin sec, professional, SD, NS, NOR, wide range of interests. WLTM charming, affectionate, romantic, senior lady for genuine friendship. Age open. ALA.

Reply Box 7251

HAPPY guy, 66, seeks lady 50-60s, 5'6", medium build, loves movies, music, cooking etc. Offers fun, laughter and lots of happiness. Let me be the wind beneath your wings. Let's meet for coffee. ALA.

Reply Box 7253

LADY 74, fit, healthy, slim, looking for gentleman, genuine, NS, NOR. Enjoys life, cinema, coffee, dinner, travelling, country drives, caravanning, WLTM. SD, GSOH, English.

Reply Box 7246

LADY easy going, WLTM gent, early 70s, NS, GSOH, NOR, for happy mutual relationship.

Reply Box 7260

LADY living Mandurah, 69, Australian, blonde, attractive, NS, SD, GSOH, DTE. Enjoys animals, travel, movies, music, dancing, reading, keeping fit, seeking good friend for companionship and outings, who is gentle, caring and sincere gentleman.

Reply Box 7248

LOOKING for new members for mixed singles social group, ages 50s-60s. Meets SOR. Members choose several outings per month. Come along to our next meeting. No fees apply.

Reply Box 7261

MATURE Christian gent, European background, fin sec, NS, NG, SD, SOR. WLTM a special lady for happy friendship leading to a permanent relationship if it suits both of us. Let's meet over coffee and converse.

Reply Box 7250

MIDLAND lady, 64, 5'9", tall. WLTM genuine gent, 64-70. I enjoy music, dancing, movies and long walks. We can chat and see if we are compatible and maybe a coffee or tea.

Reply Box 7272

PETITE attractive Irish Australian lady, 62, happy, fit, healthy with many interests. WLTM gentleman for happy, fun times and see what happens. NS, SOR.

Reply Box 7268

PROFESSIONAL gent, widower, GSOH, NS, SD. WLTM honest, reliable lady. A good man, fit, 6' tall, like to laugh, I'm a good dancer, expat Canadian, speaks French.

Reply Box 7262

Seeking a Partner

ACTIVE Aussie gent, 55, medium build, easygoing, warm hearted, positive attitude, enjoys music, movies, dining out. WLTM lady, open minded for sensual relationship, age not an issue, let's start with a coffee and friendly chat.

Reply Box 7271

ATTRACTIVE Australian widow, 70plus, sensual, active, loving, sincere, own home, fin sec, love travel not alone, garden, music, animals, dining in/out. WLTM tall, slim, healthy gent, NS, for TLC, closeness, companionship, landline only please, NOR, ALA.

Reply Box 7264

ATTRACTIVE English born lady, 60s, 5'2", medium build, refined, feminine, educated, GSOH, DTE, ND, SOR. Likes good conversation, reading, walking, gardening, country drives. WLTM refined, caring, sincere gentleman, 65-72, genuine replies only, photo appreciated. ALA.

Reply Box 7256

GENT 67, retired, slim and active, SD, NS, NG, SOR 6149. Enjoys walking, dancing and travel. WLTM sincere lady with similar interests with view to a long term relationship. ALA. Let's meet for coffee.

Reply Box 7257

GENT 68, slim, 5'10", fit, seeks slim lady for good company, enjoys music, movies, dining out, I am NS, GSOH, NG, SD. I enjoy quiet times and would like to meet a nice lady for a relationship.

Reply Box 7265

GENT ex country, 70s, active, handyman, loving, caring, good conversation, fin sec, enjoys caravanning, sport, movies, markets, everything including gardening. WLTM similar genuine lady, NS, no ties for permanent, happy relationship to do whatever we decide and whenever. ALA.

Reply Box 7267

GENTLEMAN 76, fit, happy, active, NS, likes walking, movies, life in general, TLC, seeking a NS lady for friendship, relationship SOR.

Reply Box 7255

LADY 59, very well presented, NS, SD, SOR. WLTM gent who enjoys music, long walks and having fun. Let's get together for coffee and see if we enjoy each other's company.

Reply Box 7270

LADY late 60s, still working, vivacious, intelligent, caring, compassionate, many interests, mid south coast. WLTM responsible, respectful, happy, intelligent man, similar age, who's likewise seeking a permanent relationship if we're compatible. NS, SD only please.

Reply Box 7258

LADY NOR, good appearance, modern, NS, SD, GSOH, enjoys outings, music, dancing, walks, family, own home. WLTM sincere, well groomed gent, 65-70, similar interests for company and fun to be with. Genuine replies please. ALA.

Reply Box 7269

LADY WLTM NS, SD, guy, 65-70. Interested in travel, open to explore future with slim, fit lady. Lets meet and discuss interests etc over coffee. View to exploring mutual happy relationship and take it from there.

Reply Box 7254

SINGLE gent, 63, NS, ND, NG, TLC, seeks Asian lady, 50-60, view to marriage, NS, ND, NG. Let's meet over a coffee.

Reply Box 7273

Seeking a Travel Companion

FEMALE 60s, WLTM lady to share cost in twin share cabin for 11-day Christmas cruise, Fremantle to Fremantle, Astor, departing 19 December 2016. Have a change for Christmas.

Reply Box 7263

Do you need a companion or friend?
Don't be lonely in October.
Let *Have a Go News* help you through our Friend to Friend page.
Get writing and send in your coupon.

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

To reply to the advertisements in *Friend to Friend* nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100
c/- Friend to Friend,
PO Box 1042, West Leederville, WA 6901.
(example only)

Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards or bulky items. All replies will be forwarded at the end of each month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.



Five top goals for having a healthy and happy long life



concentration and 33 per cent felt their memory had improved. Standardised testing showed that there was a 30 per cent improvement in the group average scores for balance.

In the study group clinic based sessions, Sound for Life incorporate specific exercises that target the vestibular system which is situated in the inner ear and is responsible for keeping people upright.

The Integrated Listening System provided further stimulation to this sensory system through an additional speaker (bone conductor) positioned in the headphones. Having difficulty hearing with background noise is a common problem as people age.

The Integrated Listening System program incorporates filtered classical music which is recorded in such a way that it stimulates these two small muscles and improves their function of filtering sound.

Come and try the Integrated Listening System program by dropping into tent 49 at Have a Go Day at Burswood Park or book into one of the free information sessions on Thursday 17 November at 10am or Tuesday 6 December at 7pm located at Sound for Life premises 2/45 McCoy Street Myaree.

Phone Gillian on 9329 9900 to register attendance or email soundforlife@westnet.com

SOLUTIONS MATCHMAKING

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MANDURAH LADY 67

slim, youthful, fit & active, happily ret, blue eyed blond, loves fishing, camping, cooking, music & c'van travel (has own). Kind , generous sk d.t.earth gent any area 65-75.

TOODYAY LADY 65

country girl, 164cm, med build, blue eyed blond, e/going, nicely spoken, pride in herself, has known hard work, loves farm life, bush o/doors, sk sincere, clean living gent 70-80.

SORRENTO LADY 68

cute, funloving brn eyed brunette, now retired, look forward to sharing life w/ honest family man & be involved in each others lives. Loves the garden, music, c'van travel & her dog. Sk gent 65-75.

SUBIACO LADY 70

beautiful Japanese, extremely young, aftr, slim, petite, fit & healthy, well spoken, very well travelled, kind, gentle, feminine. Enj nature, painting, cooking gd food & loves Australia. Sk refined gent w/ moral values 70-80.

SWAN VALLEY LADY 60

very pretty widow, natural, soft features, lovely smile, fair hair, blue eyes, slim, petite, well grmd, warm & gentle w/ old fashioned values. Sk sincere, intell, aust/euro gent 58-65 w/ family values.

KINGSLEY GENT 60

Div, 176cm, fair w/ blue eyes, Eng, well grmd, good humoured, confident w/ who he is, values family & friends. Hd working, well est, sociable & true to his word. Sk funloving, d.t.earth lady w/ pride in herself 50+.

COTTESLOE GENT 66


wid, educated, articulate, polite, very well travelled, semi ret, prof, Sk smart, warm, loving woman w/ a bright & positive o/look 55-65, view perm r'shp.

MURDOCH GENT 72

dedicated, sincere, caring, casual, "happy", generous towards others , community minded, likes to interact, has a country mindset & familyminded. Likes to travel. Very tidy, well grmd. Ready to meet lady 63+ & move forward.

VIC PARK GENT 65

Wid, good looking, trim, well grmd, quiet, e/going, respectful, well mannered, intelligent. Enj travel, concerts, theatre, golf, dining out, sport, homelife. Sk honest, happy, level-headed woman 57-67.

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SCENE SOCIALLY



SCENE (1): THE *Duyfken* set off from Sardine Harbour in Fremantle for her sail of the century as she tracks the coast of WA to arrive in Shark Bay for the 400th anniversary of Dirk Hartog's landing this October. She was waved off with much fanfare. This month she will be in Dongara and Geraldton and then on to Denham. To visit the ship during her voyage visit www.duyfken.com to find a port nearby. Seen at her farewell were:



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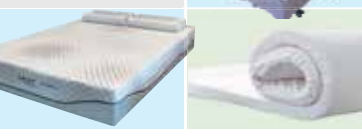
With a specific range of exceptionally supportive bedding designed to reduce pressure on painful joints and aching muscles you can expect years of deeper, more restful sleep.

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SCENE (2): THE Western Australian Carpet Bowls Association held their *Have a Go News* State triples competition at Altone Park on Tuesday 20 September. *Have a Go News* has had a long association with the group and was proud to sponsor the event again this year. The winners of the competition were:

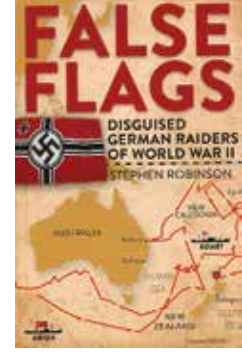
SCENE (2): Top row from left; 1st place, Nollamara, John Salamone, Dawn Ribbans, Gavin Daye and *Have a Go News*' editor Jennifer Merigan - Middle row from left; 2nd place Addie Mills, Sonia Vunak, Ivan Vunak and Sheila Russell. Third row from left; 3rd place Rockingham, Geraldine Howe, Robert Carlyon and Jacqui Carlyon.

SCENE (1): Top row from left: Beverley Pietersen and Barry Griffin - Bob Meredith and Frank Talen - Alisa Reitzenstein, Bonnie Bonda, Nel Ottenhof and Ludwig Bonda - Steve Clark and Jill Millman - The *Duyfken* crew. Second row from left; Nanne and Ria Sjerp - *Duyfken* Master Robin Chester - Graeme Cocks and Alec Coles - Ron Reddingius, Bill Marmion MLA and Netherlands' Ambassador Erica Schouten.



SCENE (3): THE Probud Association of Western Australia celebrated their 40th anniversary at a special Probud past presidents' lunch on 31 August with its patron, Her Excellency, the Honourable Kerry Sanderson AC Governor of Western Australia as the special guest at the South of Perth Golf Club. The first Probud Club in Western Australia was formed in Thornlie in 1982 and the Probud Association of Western Australia was established two years later to promote Probud and support the growing number of clubs in WA. Today there are 105 clubs in WA, spread from Esperance in the south to Kalgoorlie in the east and north through Perth. Seen here is The Governor chatting to members of the Association at the anniversary lunch.

Vivid story of WWII and how Nazi pirates brought the war to our doorstep



MANY Australians think of WWII as a conflict fought on foreign soil and in remote oceans. The newly released book *False Flags* turns that assumption on its head, telling a spine chilling tale of how disguised German raiders brought the war right to our doorstep.

close to shore, mining the approaches to our major ports and shutting down shipping lanes while the Australian Navy hunted them across the Tasman Sea, Bass Strait and the Great Australian Bight. Author Stephen Robinson studied Asian history and politics before working at the Department of Veteran's Affairs researching British atomic weapons tests and as a policy office in the defence department. An officer in the Australian Army Reserve he has also instructed at the Royal Military College. While researching the book he conducted extensive archival research of German, British, Australian and New Zealand naval records uncovering never before accessed eyewitness accounts and declassified intelligence reports. Beautifully written and illustrated with historic photographs, this book is a vivid and freshly told

story of how Nazi pirates brought WWII to our doorstep, attacking our harbours and sinking unsuspecting merchant ships while masquerading as harmless freighters. This book provides the complete and dramatic story of this naval campaign for the first time. *False Flags* is available from www.exislepublishing.com.au or wherever good books are sold and is RRP\$39.99. **WIN WIN WIN To be in the draw to win one of two copies of False Flags simply send an email to win@haveagonews.com.au with Flags in the subject line or address an envelope to False Flags - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 31/10/16.**

Fun for all as Halidon Primary celebrates 30 years

COME and help Halidon Primary School celebrate 30 years at their anniversary fete on Saturday 19 November from 10am-3pm. This is a community event not to be missed, with something to satisfy all ages and entry is free. There will be an array of sensational stalls including Christmas craft, popcorn, photo booth, op shop stall, playdough, book store, lolly bags, face painting, crazy hair, mystery jars, sideshow alley games, plant stall, cake stall, high tea, dunking machine and chocolate toss game. Also, there is a great selection of delicious food to satisfy the tastebuds - coffee van, ice-cream van, pizza van, sausage sizzle and soft drinks, pulled pork rolls, hot chips. Don't miss the games, rides and fun for all ages - pony rides, baby animals petting zoo, giant blow up slide, bucking bull, bouncy castle, basketball game and a climbing wall. It is the 30th anniversary year for the West Coast Eagles too and they have kindly donated an Eagles kicking cube for the kids and adults to test their skills. People can have their photo taken in an ambulance, fire engine or police car. There will be plenty of entertainment, music, dance displays, raffles and silent auctions. Halidon Primary School is located at 38 Halidon St, Kingsley. To keep informed of the latest exciting announcements and for competitions leading up to the fete, LIKE their facebook page <https://www.facebook.com/HalidonPrimarySchool30thAnniversaryFete2016/?fref=ts>



SCENE (4): IN LATE September the Silver Taps dancers' Carole Metcalf and Judi Grant competed in the West Coast Dance Festival, performing a Michael Jackson tap dance routine choreographed by Amanda Boardman. There were six competitors in their section, and against all of the younger tap dancers, tap duos and trios, 18 years and over, they took out second place, receiving a standing ovation by the judge. Go Seniors! Contact the Silver Taps on 0416 191 043.

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www.haveagonews.com.au
3,319,648 hits in 2015



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