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To help you make the most of your 2018 holidays this event will feature free travel presentations and lots of displays. There will also be experts on hand to assist you in planning your dream holiday.

Villa Gold Club members will be rewarded with 20 villabucks just for attending. If you are not a villa Gold Club Member, join when you RSVP and start earning villabucks. FreeCall 1800 066 272 for details.

Why not bring friends and family and make a day of it!

Villa Travel Expo Tuesday 24 October 2017

Venue: Perth Convention and Exhibition Centre RSVP: By Friday 20 October 2017
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FREE TRAVEL

Wednesday 29 November 2017

Held in the Kalyenup Studio (Albany Entertainment Centre) For more details, please contact us at travel@villa.com or FreeCall 1800 066 272

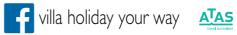
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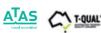


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Cherry Season is Almost Here!

In December, join villa for a wonderful cherry tour. Choose from a 3 or 5 day holiday staying at the delightful Abbey Beach Resort in Busselton or the Best Western in Pemberton. Highlights for these holidays include Margaret River, Blackwood Valley and Dunsborough. There is also a dedicated solo traveller departure available! The 3 day Cherry Time Getaway departs 4 December, the 5 day Manjimup Cherry Harmony Festival tour departs 7 December, and the 5 day **South West Cherry Time** holiday departs 11 December 2017. Villa's solo Just for Singles Cherry Time Getaway leaves on 13 December 2017. On every tour receive a kg of premium chernies!*



3 Incredible Rail Journeys on Offer

The Ghan and the Indian Pacific are great Australian icons. If you have always wanted to travel on one of these amazing rail journeys, now is the time to book your spot. Villa has a great range of holidays on hand that feature both of these rail journeys.

Begin with a trip to Adelaide to join the PS Murray Princess for a wonderfully relaxing 4 night cruise before some time in historic Hahndorf then join the Legendary Ghan for the rail journey to the heart of Australia, Alice Springs. Villa's Adelaide to Alice and the Mighty Murray departs Monday 7 May 2018 and is the perfect combination of rail and cruise adventure.

Can't decide whether to do the Ghan or the Indian Pacific rail journeys? No worries, villa has a tour that combines two of Australia's great rail experiences in one fantastic holiday. Begin in Darwin before stepping on board the Legendary Ghan for the north - south traverse of Australia. Off Train Experiences will include Katherine, Alice, Coober Pedy and Rawlinna. Then enjoy 5 nights relaxing in Adelaide with touring opportunities including the giant Pandas of Adelaide Zoo and the Barossa Valley. Refreshed and relaxed, join the Indian Pacific to cross the Nullarbor on your journey home to Perth. The Ghan and Indian Pacific Expedition departs Tuesday 5 June 2018.

The Ghan and Top End is a classic villa adventure. Departing Sunday I July 2018, you will enjoy time in the Top End including Darwin, the Adelaide River and Litchfield National Park before 4 days and 3 nights enjoying all inclusive Gold Class service on your journey from Darwin to Adelaide. This is not just a train trip, it's all about the off train experiences which include Katherine, Alice Springs and Coober Pedy.

Magnificent

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Travel from Broome to Darwin on the Kimberley to Kakadu road trip featuring Geikie Gorge, Fitzroy Crossing, Kununurra, Katherine Gorge, Kakadu National Park and delightful Darwin. Along the way you will see Lake Argyle and the Ord River, enjoy breakfast overlooking Katherine Gorge, be amazed by jumping crocodiles and see the sights and sounds of both Broome and Darwin. Departing 18 June 2018, this will be an amazing adventure.

Start your Discovery Top End and Kimberley Wilderness Wonders adventure in amazing Darwin before beginning your journey to Broome. This small group adventure features the Territory Wildlife Park and Litchfield National Park with a highlight of a sunset cruise along the Nitmiluk Gorge. Departing the Northern Territory, make your way into WA and Kununurra. On a scenic flight, see the amazing Bungle Bungles and Lake Argyle. Your next highlight is a journey down the famous Gibb River Road and into the raw beauty of El Questro Wilderness Park. Your last few days are spent in beautiful Broome. Broome Hovercraft offers an experience that is truly unforgettable to finish off your holiday. Departing on 4 July 2018, this will be an incredible Kimberley adventure.



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15 Days | Saturday 11 to Saturday 25 August 2018 Price \$9795 pptw | Single Option \$1995

auritius for Solo Travellers



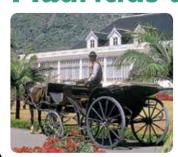
Solo travellers, welcome to paradise! You will enjoy spectacular scenery and find yourselves with so much to see and do on this amazing holiday! The warm sun, crystal clear seas, white sandy beaches, spectacular mountain scenery, delicious food and a diverse range of natural, historical and cultural attractions set the scene for an unforgettable holiday.

8 Days | Sunday 6 to Sunday 13 May 2018

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Mauritius and



Join us as we experience the volcanic mountain backdrops, colonial houses, botanical gardens, tea plantations and rare fauna and flora. You will also delight in the Mauritians fusion of French, Indian, Creole and Chinese cooking and enjoy the local's warm hospitality. Next Reunion Island is developed as a French colony, a richly multicultural society. This ethnic diversity is reflected in wonderful cuisine and colourful traditions. Add to that some unique and spectacular scenery including coral lagoons and rugged volcanic calderas.

> 11 Days Sunday 7 to Wednesday 17 October 2018 Price \$6730 pptw | Single Option \$830

Two Incredible Cruises from Holland America and Villa

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Tallinn, Estonia Overnight St Petersburg, Russia Helsinki, Finland Overnight Stockholm, Sweden Copenhagen, Denmark Warnemunde (Berlin), Germany

Jewels of the Baltic Sea Grand Voyage | 19 Days | Wednesday 13 June to Sunday 1 July 2018 Staterooms from \$10270 pptw Single Option \$2565 FreeCall 1800 066 272 for more cabin options

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Highlights | Amsterdam Guided Tour | Bergen, Norway | Shetland Islands | Overnight Reykjavik, Iceland Prince Christian Sound, Greenland 3 Ports of Call, Iceland 2 Ports of Call, Greenland St John's, Newfoundland Halifax, Nova Scotia, Canada Boston, USA 6 Days at Sea

Transatlantic Viking Passage Cruise 25 Days Wednesday 27 June to Saturday 21 July 2018 Staterooms from \$12975 pptw Single Option \$3385 FreeCall 1800 066 272 for more cabin options



Find out how you can combine these two incredible cruises into one super cruise of a lifetime aboard the magnificent ms Rotterdam!



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VOLUME 27 NO. 03 ISSUE NO. 307 OCTOBER 2017

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let's go travelling liftout

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- WA Wildflowers



Have a Go News' editor, Jennifer Merigan catches up with Rhonda Burchmore



- Seniors Week Liftout Amanda Muggleton interview
- Food & Wine
- reviews, recipes and more
- Downsizing

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Have a Go Day celebrates its 25th anniversary in Burswood Park

THIS year Have a Go Day, a Live-Lighter event, celebrates its 25th anniversary in Burswood Park.

Everyone is invited to come down to the riverside on Wednesday 1 November from 9am to 3pm for the premier event of Seniors Week 2017.

Organised by the Seniors Recreation Council of WA Inc this year's event will be bigger and better than ever and it's free.

Have a Go Day provides people with the opportunity to come and 'have a go' at many activities, visit displays and enjoy the entertainment around the park.

The official opening ceremony will be at 10.30am followed by a walk led by the Over 55 Walking Association.

For people who love to challenge themselves physically there is canoeing on the river and the climbing wall to attempt.

There will be exercise demonpetanque, strations. electric bikes and disc bowls to try and two angling clubs will offer practical advice and demonstrations.

The West Coast Eagles will be on the grounds again this year with their Speed Kicking Cube and look out as a famous Eagle or two pops in for a visit.

Entertainment will include the Police Pipe Band, a huge variety of dancing including ballroom, square, line, tap, belly dancing and demonstrations from the Prime Movers exercise to music group.

Budding chefs will not want to miss the Bethanie Bake Off finals or the cooking demonstrations on offer.

There are a variety of health checks available including hearing tests, blood pressure and blood sugar testing.

For those who want to become more savvy with technology, the Tech Savvy Seniors tent gives people the opportunity to try Seniors Exergaming. Samsung is offering demonstrations of a virtual reality experience there too.

People with a smart phone can use its GPS to 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 every half hour with great prizes available. Visitors to the hospitality tent can play giant jenga, relax and socialise.

Channel 7 Perth and 6PR personalities will be in attendance throughout the day and John

Burgess will be in the Crown Perth tent from 11am to 2pm.

There are a variety of food and drink outlets around the grounds. Buy lunch or bring along a picnic and enjoy the riverside view.

The day finishes up with a concert at the main stage from wellknown country singers Laura Downing and Terry Bennetts.

With more than 200 displays, activities and entertainment, there is something for everyone at the 25th anniversary of Have a Go Dav in Burswood Park.

See inside the Seniors Week 2017 Events guide for a comprehensive list of features including a map with all the activities, listings of stallholders, major prize entry form and everything you need to have fun at this year's Have a Go Day.

See you there!

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From the editor's desk



WE HAVE now launched our new look website which offers visitors lots of good news and information in between editions of the paper. Check it out at www. haveagonews.com.au - there is something for everyone there.

Seniors Week runs from 29 October to 5 November and there are some great events happening during the week. Inside this paper we have the exclusive Seniors Week Events Guide liftout where you will find a listing of all events, information about Have a Go Day, great competitions and more. Fairway Villages - The Green presents the Seniors Week

Film Festival with two exclusive previews of films including Loving Vincent, a lovely film about Vincent Van Gogh and Ben Elton's Three Summers which is a comedy set in WA. Loving Vincent will screen on Sunday 29 October, the opening day of Seniors Week and Three Summers will screen both days of the following weekend to close off Seniors Week. See inside the liftout for more details and how you can win a double pass. Thanks to Fairway Villages - The Green for sponsoring the event.

I had a very interesting chat with the CEO of Connect Victoria Park, Luke Garswood, during the month about his new project - Connect Victoria Park Village Hub which starts in January 2018. It will provide people aged 55 and over in the town of Victoria Park help to age well with a variety of resources, connections with organisations, and other infor-

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Awareness

month

Some of the assistance provided will include advice and help for independent living and access to affordable activities that support community connections and

healthy ageing. The program will provide a link to local volunteers. employment, referrals to aged care and specialist providers, access to discounted health services and a local community discount scheme.

The idea is based on similar models in the USA and is a proven approach to help people live and age well. If you would like to know more about the project contact Luke at Connect Victoria Park Connect on 9361 2904.

If you would like us to speak to your group about our Living Histories program please contact me on the email below or call the office on 9227 8283. We will have a display in our hospitality tent at Have a Go Day as well as Stories from the Swinging 60s for sale for the special price of \$20. Come along and say hello, we look forward to seeing readers at Have a Go Day.

I wish you a happy and a healthy month.

Jennifer Merigan, Editor jen@haveagonews.com.au

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Ageing research snippet

Keep the caffeine up...

A STUDY published in the journal Nature Medicine from Stanford University's Institute for Immunity, Transplantation and Infection found that older people with low levels of inflammation, which is the driver of most major diseases, had something in common; they were all caffeine drinkers. "The more caffeine people consumed, the more protected they were against a chronic state of inflammation and there were no boundaries," said study author David Furman. Time to put the kettle on and have a tea or coffee!

Word of the month

Urban slang

IF you're keeping it

100, you're acting in

a way that's true to

yourself and aligned

with your values, as

well as being respect-

Keep it 100

ful to others.

mumpsimus

noun

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'.

Funny historical fact

Great West Aussies

- Did you know?

THE first gold strike in WA wasn't in Kalgoorlie but

near Toodyay in 1849 by John Hole Duffield of Fre-

mantle. Fearing an outbreak of prisoners if they

heard the news, authorities kept the find secret.

Details of Duffield's secret golden site died with

IN 1978 after a ten-year effort, the highly contagious and infectious disease smallpox was finally eradicated. It was the first disease to be wiped out by human efforts.

Have a Go News **Quick Quiz**

- 1. What is the world's longest fence?
- 2. Who was WA's Golden Girl?
- 3. Who's Crown Casino's major owner?
- 4. What train travels Darwin-Alice Springs?
- 5. Who is Australia's Deputy Prime Minister?
- 6. Who hosts SBS program Insight?
- 7. Name Dockers captain of 2017.
- 8. Who operates WA's rural emergency aircraft service?
- 9. Australia has how many species of native plants (54,000 or 38,000 or 24,000)?
- 10. What is Australia's biggest outback city? See page 34 for answers.

Gardening solutions for a healthy river

JOSH Byrne presents Your Garden seminars providing residents with ideas and inspiration to create a successful garden while doing their bit to help the Swan and Canning Rivers.

The seminars will be held on Wednesday 25 October at the Royal Perth Yacht Club in Crawley, Wednesday 1 November at the Centenary Park Community Centre in Belmont and Wednesday 8 November at the Centenary Pavil-

This is a free event but bookings are essential visit www.riverguardians.com/education/ gardening-workshops or call 0488 311 090.

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Muggleton takes on the big role of operatic diva Maria Callas in Master Class



Amanda Muggleton

she chuckles. She took

The Book Club to the

Kings Head Theatre in

London this year where

it was a big hit, Muggle-

ton being voted Best Ac-

tress in an Independent

But back to Master

"Adam Spread-

Class as Muggleton ex-

Head Theatre's artistic

director who, after see-

ing The Book Club, went

to the producer Andrew

Kay and said, 'I really

want to work with this

the producers when I

played Maria Callas before and he told Adam:

'If you think she is good

in The Book Club wait

till you see her in Master

a nut case for opera and stages operas known as

pocket operas at Kings

Head, he has big hits

with them and people

can't get a seat. When

he heard I had done Master Class he wanted

to direct it and so that's

what we are doing with a

The original Master Class was a costly Syd-

ney Theatre Company

production but this time

round it is more intimate

with Muggleton almost standing and sitting next

to the audience as she

teaches students as Ma-

national tour."

ria Callas.

"Spreadbury-Maher is

"Andrew was one of

bury-Maher is

Theatre.

plains:

Class."

by Josephine Allison

WELL known Australian actor Amanda Muggleton is used to playing strong women who have made their mark in history. She pulled out all stops for the role of famous opera singer Maria Callas in a brand-new production of Master Class opening in Perth next month.

"I have always played strong women which I am so lucky to do," says Muggleton speaking by phone from the Blue Mountains in NSW which she is visiting with a Perth friend on her day

"I'm in another show at present, Lip Service, which is about the legendary Helena Rubinstein who was Australia's first millionairess and who revolutionised women's makeup. The other strong woman I have done is Diana Vreeland, the original Devil Wears Prada, the predecessor to Anna Wintour, the Vogue and Harpers Bazaar editor.'

Muggleton has visited Perth on many occasions, a few years ago appearing in The Book Club when she displayed her best 'the show must go on' style, acting in an orthopaedic boot after breaking her foot.

"The audience thought it was part of the show,"

a sensational career that saw her become the undisputed star of the world's greatest opera houses. Callas takes centre-stage one more time as she passes on to her students and the audience the experiences and lessons of a life-time. There is passion and commitment and the uniqueness of a great talent as she cajoles and lecture her students, delivering wisdom and insults in true diva style.

Muggleton has immersed herself completely in the role of Callas, having studied a box full of DVDs and books on the famous woman who, rather unfairly, is often remembered as the girlfriend of Aristotle Onassis and not for her superb operatic career.

'She did have a brilliant career, ironically had a sister named Jackie (Onassis of course married widow Jackie Kennedy)," Muggleton says. "Her mother was a bit of a bully and didn't want to leave Greece but dragged the family to New York where Callas was born.

"One thing I have learnt about Callas is she was a chameleon who spoke beautiful Italian like the natives, wonderful French and amazing English. Depending on who was interviewing her she could adopt the country's accent. The accent I use is quite extraordinary as Callas takes a smidgin from all these accents."

Callas became extremely insecure after Onassis dropped her for Jackie Kennedy and she lost all her confidence. Leading up to that other singers hated her because she would never hold back in rehearsal where she would sing full voice. She did it because she believed that unless conductors heard her this way they would not know how to conduct her.

"Callas really wrote the book on how to perform opera. Until she arrived, singers were extremely wooden on stage while she would think nothing of throwing herself to the floor when she played Tosca, begging for her lover's life. She was the first opera singer to weep because music would affect her so much."

Apart from her dramatic makeup for Master Class. blonde Muggleton transforms herself with a specially made black wig which she also wears as Helena Rubinstein in Lip Service. The popular actor is booked to perform until mid next year.

With such a busy life and hopes that Master Class may be taken to Britain next year, Muggleton tries to keep fit and healthy. Her tips for ageing gracefully: "Keep the body moving in any way, shape or form and if you do this you can drink and eat what you want. It also keeps the brain active. None of us are getting any younger and I notice

various aches and pains but I'm not going to let it beat me.

Muggleton her London based father Charles (92), as a wonderful example of being sprightly and sparkly-eved. walking everywhere. He has been to Perth on several occasions to see his daughter perform and she has a photo of him on Cottesloe beach, but these days he prefers to remain closer to home.

Amanda Mugaleton performs in Master Class at Subiaco Theatre Centre from 16 November to 2 December. Tickets on sale at Ticketek

WIN WIN WIN To be in the draw to win one of five double passes to see Master-Class at 3pm on Saturday 18 November simply send an email to win@haveagonews. com.au with Master-Class in the subject line

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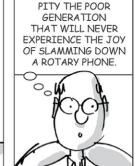
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Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor,

Every day we read of the demarcation disputes between races whites against blacks, blacks against whites.

Racism has raised its ugly head again.

What many people need to understand is, that it is not the colour of my skin nor the colour of my blood (which in any case

is the same as yours), it is the thinking man's brain that cannot distinguish between a moral and an immoral society.

We as humans (Homo sapiens) need to accept that we all have an opinion and are entitled to freedom of speech without fear. We must accept that each of us have different thoughts and beliefs and that we should

be allowed to express this freedom.

If we are to progress into another millennium of growth as a species then we must accept these differences and move on to a more friendlier path.

Kindest regards,

Terrance Weston Secret Harbour

Dear Editor,

I do enjoy all the classic TV comedies but would dispute Lee Tate's view that it takes a team to be funny. Look at the many series written by Roy Clarke.

The current shows I enjoy are The Big Bang Theory and The Middle (not to be confused with Malcolm in the Middle, which I didn't like) and I never miss Judge Judy.

I also like quiz shows, some satirical comedy and look forward to the return of Gruen. Best wishes,

Ann Austin

Dear Editor,

I agree with Lee Tate's article TV Talk in last month's Have a Go News whole-heartedly.

I watch ABC or SBS mainly for their interesting programs but I would love to see more English comedy especially The Two Ronnies. I love Morecombe and Wise and I have a soft spot for Benny Hill - sexist or not you had to love him - cheeky devil! I would love to see a Dave Allen show again. So hilarious. Those English comedy programs were just wonderful. I also watch Channel 72 where they are showing or re-showing English mysteries. You can't beat them.

Sincerely,

Joy Hutchings

Edmund DuCane - Swan Colony engineer

ROYAL Western Australian Historical Society (Inc) presents an interesting talk by Phillippa O'Brien detailing the life of Edmund DuCane.

DuCane came to Western Australia in 1851 with the Royal Engineers and constructed roads, bridges and buildings with convict labour, making a substantial contribution to the life of the colony.

By the time he left in 1856 he had acquired a wife and recorded the essence of colonial society in his often witty drawings and paintings.

The talk will be held on Wednesday 25 October at Stirling House, 49 Broadway in Nedlands. Tickets \$10 each with bookings essential on 9386 3841 or email admin@histwest.org.au.

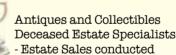
Bassendean Melody Club Special gala day

THE Bassendean Melody Club's Special gala day will be held on Friday 10 November at Community Hall, Old Perth Road, Bassendean from 10am to 2.30pm. Come along to enjoy a morning of song by Men in Harmony followed by a beautiful luncheon, and an afternoon being entertained by Caversham Primary School Choir and afternoon tea.

Tickets must be obtained prior to the event. RSVP by 3/11/17.

For more information contact Moira Wilson 0407 752 227 or Margaret McCarthy 0411 431 300 from the Bassendean Melody Club.





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columns

Let's Go

Travelling

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Great Home

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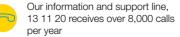
51 Scene Socially

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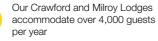
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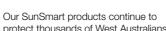




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Is there alien life in the cosmos? A definite perhaps for this retiree planet hunter



'Planet hunter' Mr Thiam-Guan (TG) Tan with his 12" optical telescope

by Frank Smith

WHAT do you do in retirement? Take up golf, play bowls, solve crosswords, grow vegetables, join Probus?

That's what most of us

do, but not Mr Thiam-Guan (TG) Tan. Before retirement he worked for Shell as an engineer for 36 years, now he finds new planets, round stars (exo-planets).

TG and wife Janet

bought their Mount Claremont home because it has a wide field of view over the sky. He has installed a 12" optical telescope in a shed in this back yard. The shed slides away to reveal his

telescope and computer. "Perth is a great place for astronomy," he says. "But not in winter when the clouds obscure the stars. In summer there are great starry nights.

"Light pollution is not an important problem for my work. I'm looking for brightness."

Štars with planets periodically dim as the planet comes between the earth and the star, provided the planet's orbit in the same plane as the earth.

that the planet is orbiting its star fast enough to observe several passes. Otherwise it would take many years to confirm the star's dip in brightness. It also needs to

"It is also important

block enough light." TG can observe a star dimming by as little as

0.5 per cent.
"The size of this dip tells you how big the planet is," he says.

He passes the information on to major observatories that use much bigger telescopes to measure the 'wobble' in the star as the planet goes around it. This allows astronomers to cal-

culate its mass.

findings are TG's confirmed by spectrographs - instruments that separate light into a frequency spectrum and then record the signal using a camera. The HARPS (High Accuracy Radial velocity Planet Searcher) spectrograph at the European Southern Observatory in Chile confirmed TG's initial discovery of the most exciting exoplanet yet found in the search for alien life.

"It is a small planet go-

ing round a small star. The planet is 1.6 times as big as the earth and its star, a red dwarf, only produces 13 per cent of the light of our sun.

"At just 40 light years away it is the closest earth-like planet found so far."

The planet is named LHS 1140b. It appears to have a dense metal core, like the earth and this suggests it might have once had an ocean.

"The first planet was identified in 1975, we now know there are many more," TG said.

Earlier planet finders could survey only a small section of the sky. Now wide area surveys are providing lots of data on over one million stars.

"There are 100 billion stars in the Milky Way (our galaxy) alone and billions of galaxies in the universe.

NASA The

pler space telescope launched in 2009 is designed to find earth-like planets orbiting a star and has so far discovered more than 1200, including several earth like rocky planets orbiting their star in the goldilocks zone - not too hot and not too cold for liquid water.

"We estimate that on average each star has at least one planet, so there are 100 billion or more planets in our galaxy. It is also harder to find small planets so the number of earth-like planets could be an under-estimate.

"My personal view is that there is probably life of some sort on at least some planets. We can detect lots of earth-like planets and we know water, which is essential for life, is plentiful on them.

TG has co-discovered 28 planets so far in his seven years of searching the heavens.

"The first discovery was big news, but it's now less so as the rate of discovery increases. A new find is only reported if it is special enough, he said. But it is special to think

that a retired Perth engineer may have found the first hint that we are not alone in the universe.



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Discover the dinosaurs in Perth



ARE you ready for a Rawrsome day out? Western Australian Museum is bringing back its incredibly popular Dinosaur Discovery: Lost Creatures of the Cretaceous exhibition at the Perth Convention and Exhibition Centre.

It took Perth by storm in 2014 and it's back bigger and better than ever before with more incredible animatronic creatures.

Dinosaur Discovery features 23 life-size animatronic models of some of the most extraordinary creatures ever to walk the Earth, including

two magnificent Tyrannosaurus rex.

There is plenty to keep kids entertained for hours with cutting-edge augmented reality experiences, a digital dinosaur track encounter, a fun play zone and dedicated kids' activities to encourage learning and discovery.

Prepare for a close encounter of the Cretaceous kind as these magnificent beasts, made to scientific specifications, come to life with thrilling accuracy.

This amazing family day out, which has been developed by the Western Australian Museum, is at the Perth Convention and Exhibition Centre until 31 January 2018 and tickets are selling fast.

Book now at the WA Museum's website www.mu-

Adoption apology anniversary get together

ARMS (Association Representing Mothers separated from their children by Adoption) invite people to join them for the seventh anniversary of the West Australian Apology for Forced Adoptions.

The event will take place on Thursday, 19 October from 11am - 1pm, at Piney Lakes Reserve, Murdoch Drive, Winthrop,

Cool drinks, refreshments, coffee will be provided. Please bring a folding chair. Contact Carmel on 0410 192 733 for further information.

Back to Norseman 40th anniversary reunion

CALLING on former and current residents of the historic gold mining town, Norseman, to attend the 40th annual 'Back To Norseman' reunion to be held in Kings Park, between the Vietnam War Memorial and the Zamia Cafe on Sunday 5 November from 10am.

BYO picnic, chair, name tag and any memorabilia of interest for this special oc-

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SRCWA President's Jottings



Have a Go Day, a LiveLighter Event, Celebrating 25 years in Burswood Park, Wednesday 1 November

Wednesday 1 November

Have a Go Day, a LiveLighter Event is a free activity/information event for over 45s and last year attracted 15,000 participants and 220 exhibitors.

The theme this year is Have a Go Day - celebrating 25 years in Burswood Park and we invite you to come along and enjoy a variety of activities to have a go at! There are hospitality tents providing free tea, coffee and bottled water for people to relax and socialise in as well as entertainment throughout the day. 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.

LiveLighter Aged Care Games Rockingham

The LiveLighter Aged Care Games - Rockingham were held at the Baldivis Recreation Centre on the 31 August and seven teams enthusiastically took part in the games developed specifically for seniors in care. Local member for Baldivis Reece Whitby MLA officially opened the 2017 SRCWA Rockingham LiveLighter Aged Care Games and we thank him for his support. The participants were treated to a dance show performed by Swing and Sway at the lunch break and SRCWA Rockingham branch president, Valma Sulk and MC Phil Paddon presented the trophies, medals and plaques. The winners were Super Silver Crusaders with 303 points, coming second was Banksia Park Bandits with 289 and third was Italian Stallions with 263 points. The best-presented team plaque was presented to The Hopefuls, Silver Chain Fremantle. SRCWA thanks and acknowledges SRCWA Rockingham branch committee and volunteers, the staff and students from Rockingham Kirana campus, SR-CWA State volunteers and staff who all helped to make this an enjoyable event.

LiveLighter Seniors Activity Information Day – Bunbury 2017

The LiveLighter Seniors Activity Information Day held in Bunbury attracted a large crowd of around 500 people. There were 45 metro and regional clubs, and businesses and organisations provided a range of information and activities on the day. A big thankyou goes to the South West Italian Club who hosted the event. Activities to try included Zumba Gold, carpet bowls croquet and pole walking. Bunnings ran a pot plant workshop and WA Police were on hand to provide up-to-date advice on current road rules. Thanks to the SRCWA Bunbury Branch volunteers who organised the day and to Bunbury Regional Corrective Services staff and trustees for their assistance and to our sponsors LiveLighter Healthway, City of Bunbury, Bethanie, South Western Times, Dept of Local Government, Sport and Cultural Industries and Dept of Communities.

LiveLighter Joondalup Aged Care Games 2017

The LiveLighter Aged Care Games - Joondalup was held on 11 September at Bouncer Sports in Joondalup and more than 120 seniors from eight teams took part in the competition. In first place was RAFFA Red Devils with 315 points, in second place was Italian Aged Care with 293 points and in third place was The Pink Ladies with 273 points. The best-dressed team was Bethanie Beachsiders who were dressed as cowboys and cowgirls and the oldest competitor was Hilda Kemp who was 101 years young from the Pink Ladies team. Thank you to all the volunteers from SRCWA, students from Kirana Rockingham Campus, walkers and square dancers. Thanks to sponsors Live-Lighter Healthway, Dept of Local Government, Sport and Cultural Industries and Dept of Communities

SRCWA Christmas Variety Concert

Presented by Phil Paddon and Red Dog Music. When: Wednesday 6 December. Venue: Morley Sport and Recreation Centre, 12.30pm to 5pm. Cost: \$30pp

Artists: Band of Mates, Kingsley Day, Phil Rego, Johanna Hemara, Justin Standley and Kate Hindle.

Come along and enjoy an afternoon of entertainment and fun. To purchase tickets or for further information phone Kate Chetwin on 9492 9771.

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



HAVE-A-GO NEWS No. 307 OCTOBER 2017

Masters Swimming WA's new Open Water swim



by Samantha Noall

MASTERS Swimming WA has introduced a new Open Water 10km swim that will be used by swimmers wanting to gain a qualifying time for the Rottnest Chan-

nel Swim and Port to Pub open water events.

This is a very exciting new addition to our calendar. It will take place on Sunday December 17 at Coogee Beach, Cockburn. Our event will be unique in that swimmers can have their paddlers follow them around the full course.

Registrations for this inaugural event will open on Wednesday 1 November and entry fees will be \$60 for both swimmer and paddler. This event will also

form part of the 2017/18 LiveLighter Open Water Series.

The LiveLighter Masters Swimming WA Open Water Swim Series is provided for registered members of Masters Swimming WA participating in events conducted by MSWA Clubs and some Swimming WA events.

No entry form is required – members' results swum as individuals in OWS events conducted by MSWA Clubs are collated from the results provided by

event organisers to the MSWA OWS Series coordinator.

Masters Swimming WA caters for all levels of open water swimmers from the new 10km swim for experienced swimmers to our 400m novice events.

Those of you just starting out in open water swimming why not come and try our Live-Lighter Novice 400m non-competitive event, the first of the year at Lake Leschenaultia on Sunday 12 November. It is open to swimmers

nine years of age (on the day) and over.

Or try our LiveLighter 500m swim at the Fremantle Ports Swim Thru at South Beach on Sat-

urday 9 December.

Both are a great way to introduce yourself to open water swimming in a friendly non-competitive environment.

To check out the full 2017/18 LiveLighter Open Water calendar please visit our website www.mswa.asn.au or go to our Facebook page MastersSwimmingWesternAustralia.

More fast water and spills for the Over 55s Canoe Club



Briefing at Bells

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Would you like to know

by Jeremy Haslam

WHAT a varied month this has been. While the rain poured down and beach lovers despaired, the kayaking brigade watched as our wonderful rivers rose higher and higher. From the Avon to the Murray there was action to be found.

The end of August saw a bright sunny Thursday where we all gathered at Shelley Beach for a gentle outing on the Canning. A brisk little breeze came up to stretch the muscles a bit, giving all a good workout before heading back downstream. No doubt the fast water enthusiasts were putting a brave face on things, but of course it was all smiles and good conversation. With our biggest and strongest member acting as tail-end Charlie there was no room for misbehaviour.

The last Thursday in

August saw 21 members gather at Bells Rapids - with a choice. Go in above Bells and take your chances there, or go below Bells and take your chances with Bol-Íands Elbow. Did I say choice? The brave went above, and with a couple of duckings did well. The braver (ie less sure of themselves, but taking it on nonetheless) tackled Bollands Elbow and surprised themselves with their skill and flair (and a couple of river bottom inspections). The trip was full of action - and surprises. One of our most experienced members flipped over; in the ensuing rescue another member became so enamoured of a ti tree he clung to its branches and wrapped his legs around the trunk. Sensing this sort of behaviour might be misinterpreted, he was persuaded to let go and join the others on the bank.

Cold immersions can do strange things to people. Meanwhile a spate of rescues was completed successfully with lots of use of blue ropes and throwing lines. Then a torrent of heavy rain drenched those not already soaked. What an outing.

The next two weeks required split trips — Bells for the enthusiasts and outings to Riverton Bridge and Deep Water Point for those wanting calmer paddles. Everyone enjoyed themselves — which after all is the point. There is little to report of course from the more leisurely outings, but continual high action from those up on the rapids.

Sensing the season was about to run out, those desperate for the fast water took themselves off for a couple of Mondays down at Dwellingup and had good fun.

By now you cannot wait to join us — whether a keen fast water paddler or someone looking for a more gentle social time. The club will run a 'Try Out' course for prospective new club members on Thursday mornings over the first three weeks of April, 2018. To participate in the course or for other enquiries phone club president Kate (9526 2168) or secretary Ken (9447 5624).



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Lots of sparkles, gold and glamour at the Holly Wood Tuesday Morning Show



Enjoying the fun at the Holly Wood Tuesday Morning Show

by Michelle Davies

HOLLY WOOD Tuesday Morning Show was entertained by a group of standout divas in September - The Razzle Dazzles who sung a variety of favourites in solo, duo, barbershop and a cappella format. They were fabulous and very colourful with their sparkly costumes.

The group are in demand and visit nursing homes, retirement villages, senior citizen's groups and birthday parties. Phone 9272 2996 or email: Allisoniemma@hot mail.com for bookings.

Maureen Felton, our fund organiser, raffled two baskets of goodies - both of which were well-worth winning. The money raised from the raffle will go to children who were victims of land mines through Wheelchairs for Kids.

We look forward to our Tuesday Concerts, which are FREE, thanks to City of Perth and Have a Go News. They run at

the Perth Town Hall every Tuesday from 11am to 12noon with a variety of entertainment each week. Drop in for some great camaraderie, entertainment and morning tea prior to the show 10 to 10.45am.

Bernard Carney will compere all the shows. Coming up:

17 October - Jay Weston - in our special Remembering Holly Show, Jay Weston will provide a beautiful entertainment drawn from the Italian arias to musical theatre, romantic love songs and popular ballads. His shows have included opening for Sir Cliff Richard and singing for Her Majesty the Queen on the Perth Foreshore. We are very pleased he can join us again this year.

24 October - Blue Diamond - Our good friends Bobby Adams and Moira Jo Scott combine to feature songs from such famous duos as Sonny and Cher, Johnny Cash and Patsy Cline, Neil Diamond and Barbara Streisand in a great entertaining show.

31 October - Adam Penn who has been performing since the age of twelve and has had the pleasure of performing on all of the major stages throughout Melbourne and Perth, notably the roles of Prince Chulalongkorn in the 1984 production of The King and I and Javert in the 2001 production of Les Miserables.

Joanna Andrew, the assistant manager of the City of Perth Library will talk about the building, the collections and all the great services the library offers to the

7 November - No show due to Melbourne Cup.

14 November - Perfect Storm - Wayne and John are a fun and entertaining vocal duo, who will entertain people with their favorite songs from the 50s onwards.

Jennifer Merigan from Have a Go News will update readers on the news, events and competitions in this month's issue.

Come and try croquet in Mandurah

MANDURAH Croquet and Recreation Club Inc. was established in 1986 as a sporting and social club to promote the sport of golf croquet and to provide an alternate activity for community members, who may not be able to participate in other traditional sporting codes, to enjoy.

The club also provides social interaction for members who are mostly seniors. A number of members live alone, so the friendship and comradeship offered by the club is very important to them.

When a member becomes ill or needs assistance, the support offered by other members is invaluable.

The club is a not-forprofit organisation and it seeks to attract new 21 and 28 October from members.

Interested people are welcome to come along to the annual spring 'Come and Try the Sport of Golf Croquet' days. These will be held at 70 Thomson Street, Mandurah on Saturday 14, 9.30am to 11am.

All equipment is provided by the club but participants must wear flat soled shoes. This is a FREE event.

For more information contact 9535 5563 or 9581 5242.

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and Saturday 9am - 12noon and a sundowner game

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t: (08) 9374 0355 Unit 3, 4-10 Farrall Rd Wembley

t: (08) 9387 3911 182-184 Harborne St Willetton t: (08) 9354 3111 Unit 1/30 Gympie Way



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David Strassman's puppets' hilarious take on our technology attuned society

by Josephine Allison

INTERNATIONALLY acclaimed American ventriloquist David Strassman has come a long way since his much-loved puppets Chuck Wood and Ted E Bare first appeared on stage in the 80s. The world was more simple then, with rotary telephones and cheap petrol, Strassman says a little nostalgically from his home in Los Angeles.

These days it's an upward battle for Strass-

man to disengage Chuck and Ted E Bare from their iPads, snap chat, text messaging and email, Facebook, Twitter and Instagram. It lays the foundation for Strassman's new show iTed E - which uproariously parodies our technology-laden lives - coming to WA this month.

"In my show I hold up a very comical and funny mirror," Strassman says. "We are all guilty of being addicted to our screens. When you are standing in the queue at Coles or Woolies no one speaks to each other anymore, they are all staring at their screens. The iPhone has killed small talk and my show is a comical look at this phenomena.

"I am not telling anyone it is wrong, I am just pointing out a very funny mirror to our society. I am able to do this with a bunch of puppets. After all I am a grown man who plays with puppets, this is what I do for a liv-

"One thing I have always done is that my puppets have the same parameters as would in a stage play. My characters have hopes and fears, dreams, foibles and neuroses and back stories, so when I do my show, it's not why did the chicken cross the road but what problems are you having today.

"That's what gives them the depth of character, so that it's not just a daggy guy with a bunch of puppets, it's amazing reality.

Los Angeles born, Strassman has a long love affair with Australia and WA in particular and visits here often.

"Perth is the jewel of our touring, we absolutely love Perth and it is one of the few cities where I am successful enough to have two weeks of shows.'

A visit to Disneyland as a child prompted Strassman to ask his father to buy some professional magic tricks that he performed for local neighbourhood children. He took a ventriloquism class in junior high school as an elective and discovered he was good at it and could make money from his performances.

studied Strassman acting at the American Academy of Dramatic Arts in New York but returned to ventriloquism, busking in that city's Central Park and London's Leicester Square and Marble Arch with a brief stint in Paris. His award-winning edged avant garde style has lifted ventriloquism into the 21st century.

Strassman says his current show is the hardest he has done.

"This show has taken the most out of me, there are some stuffups which are quite hilarious and I have a puppet call me out if I make a mistake.

"The first half of the show harks back to when I started off with the Comedy Club in New York and back then you had to get a laugh every 10 seconds or you wouldn't be invited back. From the moment it starts it's full of hilarity.

"I operate my puppets first off with the traditional hand-up-the-bum ventriloquism, with buttons and levers. Ted E Bare is a simple soft puppet which is quite amazing, just my hand in his head.

"In the second half I operate five puppets in a six-way conversation, giving a Ted talk, an international lecture series on innovation, technology, entertainment and design with instructions on how to cure cancer, global warming and elements of neurological discoveries it is fun and informative.

"The puppets are my experts and chime in. All five puppets sit in a chair and in my hand is a hand-held wireless device which operates the mouth of each puppet through wireless and robotically, it really is mindblowing

"My thesis is that with



David Strassman

all this technology we use our phones for everything. If you want to find out who won a rugby match five years ago you don't go to your brain, you look it up on Google. I love technology and embrace it but I am also fearful we could be experiencing a new age where we don't know trivial things which may or may not be important to our daily lives. For instance, no one has

paper maps anymore." Strassman is also touring regional WA, his crew driving a six-tonne truck between most one-night stands, taking hours to set up stage elements, backdrops, sets, lighting, music and robotics to the same standard as his Perth shows.

After WA he returns to the US to see his son start high school, and then next year tours Victoria, NSW, ACT ACT and Queensland. What does he do to relax after

a show?

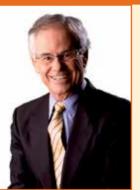
"These days it's a diet Coke with the crew and off to bed," he laughs.

iTed E plays at the Regal Theatre from 17 October-29 October, Geraldton 10 October. Kalgoorlie 11 October, Esperance 12 October, Albany 13 October, Bunbury 14-15 October and Mandurah 31 October-1 November. The performance is rated MA and children aged 12 to 15 years must be accompanied by parents or a guardian. Tickets at www.ticketek.com.au

WIN WIN WIN

To be in the draw to win one of five double passes to opening night in Perth on 17 October at the Regal Theatre simply email win@haveagonews. com.au with Ted in the subject line or call the office during business hours on 9227 8283. Competition closes 14/10/17.

COTA WA Annual General Meeting



The Annual General Meeting of the Council on the Ageing (Western Australia) Inc. will be held in the Wesfarmers Lecture Theatre at the Perron Centre, 61 Kitchener Avenue, Victoria Park at 2pm

on Tuesday 24 October 2017.

Peter Kennedy will be giving an address at the AGM on the political landscape as it impacts on older West Australians.

Members are invited to join the Board, staff and volunteers for afternoon tea following the AGM.

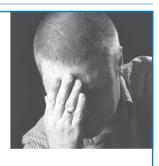
Nominations are also called to fill four (4) vacancies for a three (3) year term on the Board of Directors by Monday 2 October 2017. If you cannot attend the AGM you may nominate a proxy.

For nomination forms for the Board of Directors positions, proxy forms and to RSVP for catering purposes, please contact Flyura Pak on 9472 0104 during business hours, by emailing admin@cotawa.org.au or by writing to PO Box 923 Victoria Park 6797.



Enlarged Prostate?

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Approval Code: CHC36089-10/06

"Thank you for sending out Magnus Shield. I really believe they have been a great benefit to me. Before Magnus Shield, I was going to the toilet 3 or 4 times a night, now using Magnus Shield I've been going once a night, sometimes not all" John W. Benalla, VIC

"Nine months ago, I have tried Magnus Shield for prostate medication made by Graminex Australia, I can say that it helps me mainly in reducing my night time urination, a year ago, I used to wake up 6-7 times a night, and now I only wake up once or twice, and during last Christmas, I had 1 beer during the party, and I got up 3 times. Thank you for Magnus Shield and I definitely will recommend this product" Mike B., St Johns Park, NSW

"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

Magnus Shield™ is available at good pharmacies and health food stores. Consult your pharmacist or call 1300 760 627 for more information

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Shop 50 - 53 Dianella Plaza Shopping Centre DIANELLA 6059 **Sanderson Road Pharmacy**

St James New Start Pharmacy 16A Chapman Rd, ST JAMES 6102 **Stay Healthy Belmont**

Kenwick Pharmacy

Thornlie Naturopathic Centre 32 Selby St, THORNLIE 6108 Rostrata Avenue Pharmacy

Health Kick Melville

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Shop 82B Belmont Forum Shopping Centre BELMONT WA 6104

Cnr Belmont & Kenwick Rd KENWICK 6107

Unit 1 / 42 Rostrata Ave, WILLETTON 6155

Shop 10B Melville Plaza Shopping Centre 390 Canning Highway, MELVILLE 6156

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Celebrating the songs of ABBA - the vivacious Rhonda Burchmore returns



Rhonda Burchmore enjoying a great read

by Jennifer Merigan

WELL-LOVED Australian star of musical theatre Rhonda Burchmore and her partner in crime Lara Mulcahy return to Perth for a one night only show at Crown Perth Theatre.

They will have us dancing in the aisles as they relive the songs of Abba in the smash hit live show Abba-solutely Fabulous on 25 No-

Growing up diehard ABBA fans Rhonda Burchmore and Lara Mulcahy will bring 22 ABBA songs to life in this hilarious two-hour

"We are two women of a certain age who celebrate girl power and celebrate friendship the two of us were in the original Mamma Mia in 2001. We became besties there and have been besties ever since," Rhonda Burchmore told Have a Go News on a recent visit to Perth.

"We found out it's been 40 years since ABBA came down under and we thought what a great idea to get with your bestie and get out and sing ABBA," said Rhonda.

The show is a hilarious romp about two girls growing up in opposite sides of the country, (Sydney and Perth) who are both singers and dancers who never got to that ABBA concert

"We are kind of like the Patsy and Eddie

(Ab Fab characters) of Australia in the theatre world and we always have each others' back it's an amazing chemistry that you can't make up," said Rhonda.
"We don't try to be Frida and Anna from

ABBA - were just two girls having fun.

"We encourage everyone to sing along - a lot of people dress up and we get the audience to get their phones out on flashlight for our rendition of Fernando.

"We have a very young band, the average age of them are 22 - I call them my cougar band - they had never played an ABBA tune in their lives but they love them and do it so well." she said.

Rhonda has been performing since the age of two and she says that show business is the only thing she has ever wanted to do.

'My Mum taught me the business of show – if you go out you should be glamorous - it was instilled in my sister and me that you should dress up and look glamorous when you perform and I love that part of show business,"

At the interview Rhonda is perfectly groomed in a stunning flowing long green silk dress, she is a glamorous woman who is warm, entertaining and believes her secret to looking good is her positive attitude to life.

"I don't see age as a reason that you should stop doing something

"I never see myself retiring - I believe that just because you're at a certain age that you shouldn't stop - there's no limit - if you love doing what you're doing, keep doing it," said

Abba-solutely Fabulous is perfect for all ages, there's no swearing in the show, there's lots of laughs, lots of wonderful ABBA songs and Lara and Rhonda finish the show doing a meet and greet with the audience.

Relive the songs of ABBA with these two fabulous women and as Molly Meldrum says, "Do yourself a favour and catch my favourite Dancing Queens.

Abba-solutely Fabulous plays Crown Theatre 25 November, tickets through Ticketmas-

New program connects people living alone



An older resident enjoys a social activity

VOLUNTEERS are needed for a new community service aimed at assisting socially isolated older people to connect with relevant activities, services and interests.

pilot program called Hand to Heart is a collaborative project between the Cities of Melville and Belmont, ConnectGroups Befriend, in response to data indicating an increasing number of older people are living alone.

The service is due to

launch in late October and will be coordinated by ConnectGroups in Melville who will match suitable volunteers to older residents who may benefit. The volunteers' role will be to provide information, support and encouragement to empower those who have become isolated to 'reconnect' back into the community and rebuild social connections.

City of Melville Mayor Russell Aubrey said the Hand to Heart project

commitment to an Age-Friendly community by ensuring everyone had access and opportunities to participate.

"With 25 per cent of the City's residents over 60, many are living alone and have been impacted by the loss of a spouse, had their lives changed due to injury or ill health or experience barriers due to a culturally diverse background. Any one or more of these factors can cause a well-functioning and independent older person to become isolated and reduce their quality of life," he said.

'Feedback collected during the development of the City's Directions from Older People Plan 2017-2021 has indicated older people living an isolated life are at risk to both their physical and mental wellbeing - Hand to Heart aims to connect those at risk with services and activities that are meaningful to them.

"This is a wonderful opportunity for volunteers to make a real difference to the lives of our older residents and be part of this rewarding program which is one of its first in Western Australia.'

The project is funded by a Department of Com-Age-Friendly

Communities Innovative Implementation and is guided by a steering group including experts in the fields of older adult mental health, pharmacists, GP's and agencies that work with culturally diverse groups.

Local council staff including rangers and community safety officers, as well as external groups such as Meals on Wheels Neighbourhood Watch will help identify residents who may benefit from a connection into the Hand to Heart program.

To find out more about the project and the volunpositions available. ConnectGroups on 9364 6909 or email info@ connectgroups.org.au.



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New location for Belmont Seniors Centre

BELMONT Seniors Citizens Club has moved to 39 Elizabeth Street in Cloverdale. The club holds a variety of activities for seniors including bootscooting, tai chi, carpet bowls, darts, snooker, bingo, canasta, bridge, cards, an Italian Club and regular coach trips.

It also holds a special function for Melbourne Cup day.

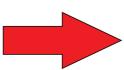
People are made most welcome and can call 9478 1808 for further informa-

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With a Seniors Week event at nine WA Lendlease communities, it's the perfect opportunity to come and take a tour, enjoy some hospitality and discover a village near you. Bring your family or invite a friend to explore the grounds, homes available for sale and resident exclusive amenities.

Register today on 1800 550 550 or visit retireinwa.com.au for more details.





Village	Date	Time	Event Type
Lakeside Village 14 Lewington Gardens, Bibra Lake	Friday, 27 October 2017	4pm - 6pm	Twilight Tours & Night Markets
Parkland Villas Ellenbrook 25 The Parkway, Ellenbrook	Sunday, 29 October 2017	10am - 2pm	Village Over 55's Expo
The Pines 21 Ponte Vecchio Blvd, Ellenbrook	Sunday, 29 October 2017	11am - 2pm	Village Open Day
Parkland Villas Booragoon 510 Marmion Street, Booragoon	Monday, 30 October 2017	3pm - 6:30pm	Twilight Tours and Jazz
Parkland Villas Mandurah 2 Hungerford Ave, Halls Head	Wednesday, 1 November 2017	10am - 2pm	Village Over 55's Expo
Homestay Village 267 Wharf Street, Queens Park	Wednesday, 1 November 2017	2pm - 5pm	Entertainment Afternoon Tea
Woodstock West 146 Strickland Street, East Bunbury	Thursday, 2 November 2017	11:30am - 1:30pm	Village Open Day
Parkland Villas Woodlands 52 Liege Street, Woodlands	Thursday, 2 November 2017	2pm - 4pm	Afternoon Tea and Tours
Harbourside Village 7 Honiara Way, Mindarie	Saturday, 4 November 2017	12pm - 2pm	Jazz Lunch

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

^{*}Individual dwelling features and information regarding services and facilities may vary and are subject to change. The information contained in this publication was correct as at September 2017. Whilst Lendlease endeavours to ensure that the information in this publication is correct, no warranty, express or implied, is given as to its accuracy. Prospective purchasers must make and only rely on their own assessments and seek their own professional advice in all respects.

TV Talk: it's all aboard the television express



by Lee Tate

HOW many train stories can we cop on TV? Plenty, it seems. Frankly, I have a low tolerance level for anything that suggests hectoring on the history of rail. At least I did

Along comes ex-British politician Michael Portillo, slick and pol-

ished and in a different, bold-coloured jacket, popping-up each week for a series on train trav-

Many Brits must have felt the same yawn - a whole series on rail. I looked-up the reaction in the UK to Portillo's first series on Great Railway Journeys.

One British reviewer said Portillo looked: "lacquered, dressed like an early 1990s game show contestant.'

But Portillo was carrying an undeniable weapon that works so well on television - passion. Along with his rail history book, Brad-shaw's, (George Brad-

shaw's 1913 Continental Railway Guide) that he clutches like a treasured bible. Which, of course it is. A train lover's bible.

"To watch Michael Portillo on a railway program - addressing the camera as if he's trying to order dinner in the world's noisiest restaurant, done up like Mr Blobby at a job interview - is to peer directly into the soul of the man,' says the reviewer.

I love it. So true. But what a lot of viewers clearly like are comfortfeeling, non-threatening, informative programs with lovely, changing scenery, beautifully filmed

Great Railway Journeys slipped under our guard initially when there wasn't much on offer on all the other channels.

But it was delightfully entertaining. It wasn't just about trains. It was about towns, history, colourful facts and people connected to the towns or trains.

The test of the value of the series is probably this. Has it made you consider jumping

on a train, looking out the window at the passing world and perhaps flicking through colourful background material, wining-and-dining as you ride the rails? You

Portillo's background is fascinating and, with his colourful history familiar to most Brits, no doubt helped draw early viewers.

Portillo, with a Cambridge first class degree in history, worked in the Conservative research department and at the 1979 general election and was responsible for briefing Margaret Thatcher before her press conferences.

A British MP from 1986 until 1997, he was a whip, Parliamentary Under Secretary for Social Security, Minister of State for Transport and Minister of State for Local Government and Inner Cities.

As a cabinet minister he was Chief Secretary to the Treasury, Secretary of State for Employment and Secretary of State for

The man was seen as

the Conservative heirapparent.

Happily married, Portillo sailed through controversy after revealing past gay flings and reinvented himself as a polished TV performer with appeal to international audiences.

"I get upset when people say: I don't watch your program because I'm not interested in railwavs." Portillo savs.

"It's not about railways, it's about social, industrial and political history. The key to the program is the rollercoaster ride we take people on."

The series has become an SBS staple and has spread from Britain to the US and Canada with China and Japan being considered and perhaps, says the host himself, Australia, although that would be at least a couple of years away.

Portillo has a few trains to catch first.

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

NBN connection issues? Free help is available

GERALDTON resident Jim Cain* tried for two months to have an NBN landline and internet service connected at his home.

He took annual leave to be at home on the first installation date but no one came to install the ser-

Jim's landline and internet provider told him there was an error in their system and the booking had not been put through. Jim was given another date for the installation to proceed but the installer once again failed to turn up. He was then given a third date for the installation but by this time Jim had lost confidence that the provider could fix the problem.

He contacted the Telecommunications Industry Ombudsman for help. After hearing Jim's story the Telecommunications Industry Ombudsman referred the complaint to his provider advising they had 10 business days to resolve the issue.

After five weeks Jim returned to the Telecommunications Industry Ombudsman because he and his provider had failed to reach a resolution and his services were still not connected.

He also said that his existing broadband service had been disconnected and he had accrued approximately \$300 in mobile excess data charges due to the connection delay.

The Telecommunications Industry Ombudsman sent out a conciliation notice to Jim's provider. The notice set out the details of Jim's complaint including possible entitlement to compensation under the Customer Service Guarantee (CSG) because of the delay in the connection of the landline service.

After receiving the conciliation notice the provider investigated further and got to the bottom of the technical and operational issues that prevented the orders from being actioned. The provider told Jim that the line to his house had to be reconfigured.

The provider calculated eligibility for compensation under the CSG standard and offered Jim an amount in excess of \$3,700. Jim accepted the offer and the Telecommunications Industry Ombudsman closed the case.

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

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

*Name changed to protect privacy

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> To register, please email readers@haveagonews.com.au



Can you please help best friends?

IF YOU can, volunteer to 'shake a can' for Best Friends Animal Rescue. Last month we featured a story on Jeane Howe from Best Friends Animal Rescue about building her new shelter to home animals.

They are running a Street Appeal on Friday 27 October and are desperately looking for volunteers to shake a can at various locations.

Anyone who is available to help should contact Jeane on 0415 779 610 or go online to www.bfarescue.com.au/volunteer.

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

The Telecommunications Industry Ombudsman can help.

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

Call us: 1800 062 058*

Go online: www.tio.com.au

Interpreting sevice: 131 450



www.relayservice.gov.au

For more information, visit





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

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

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

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

- 1. Scooters Australia
- 2. Belswan Open Day
- 3. The Diamond Club
- 4. The Telecommunications **Ombudsman**
- 5. UWA Podiatry Clinic
- 6. Patsy Durack Rose Garden
- 7. Australian Holiday Centre 8. Waroona Visitor Centre
- 9. Banksia Tourist Park
- 10. Hetherington Funerals
- 11. Atwell Gallery

Entrants can enter via email win@ haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/10/17.



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by Rhonda Parker

Leadership can be such a defining element in the success of an endeavour, whether it's a sporting club, a business, a family or international relations.

The campaign to raise awareness and increasing the understanding of dementia is no different. Perhaps the most striking example of leadership in the dementia space has come from former UK Prime Minister David Cameron. During his time as leader of the government, he made a personal commitment to improve the response to dementia across the spectrum of the health and care system.

The PM's leadership was significant. It changed the profile and the momentum of the dementia response. It ener-

Leadership and dementia gised activity across the system, top to bottom, far and wide. Around the world. David Cameron's

other leaders. Dementia advocates around the world wished for such invested leadership on their own turf.

leadership was a shining

light and a challenge to

Recently, here in WA, witnessed leadership on dementia in action. It was World Alzheimer's Day, 21 September. I was a guest at Government House for an early morning forum and discussion. The Governor, Her Excellency Kerry Sanderson, AC, had gathered a small group of key people together to use their collective expertise and experience to tackle a key challenge facing Western Australians. The subject? Younger onset dementia.

Clinical specialists, advocates, innovative local governments, a housing specialist, a magistrate, aged and disability providers and family members were led through a discussion to identify the key challenges facing those whose world is turned upside down by a diagnosis of younger onset dementia. Most commonly, this occurs during their 50s, while they are still at work.

I will leave a report on the issues and strategies going forward to another time. However, Ms Sanderson's interest and energy to facilitate a discussion and bring about consensus on actions required for such a difficult situation was welcomed bv all.

Younger onset dementia sits at the interface between a number of worlds

between aged and disability care systems, between neurology and geriatrics, in an age group where behaviour change is most likely to be attributed to depression or mid life challenges.

In June 2018, the NDIS will be the system that will deliver the care response for those with a diagnosis of younger onset dementia. However, the NDIS roll out in WA won't be complete until 2020, leaving many without access to support navigating the world and the dementia experience after the diagnosis. These are some of the glaring gaps in the system for which there are currently no answers.

With such significant challenges for the about 2,000 West Australians under 65 with a diagnosis of dementia, one of the most valued interventions is that of leadership. Leadership cannot produce miracles. But it can change the dynamic, and drive change. It can change the public consciousness and mobilise people.

With so many challenges facing those with younger onset dementia, I and those in the room welcomed Ms Sanderson's foresight in bringing people together to drive change. We look forward to the days ahead and hope that key players can continue to collaborate and devise a better response from a system that is currently so poorly equipped to respond to those under 65 living with

Have a go - join WA Carpet Bowlers for fun and friendship

WESTERN Australia Carpet Bowls Association (WACBA) is looking for bowlers and clubs to join them.

They offer low fees and 11 WA compétitions every year. These are played on the third Tuesday of each month except December.

Retirement villages are encouraged to enter. You only need a mixed team of four people to form a team.

Anyone is welcome to come along to one of the competitions to see what they offer and make new friends.

Teams from all parts of the metropolitan area travel to the Altone Park Leisure Centre in Beechboro each month for the competition. The remaining games for this year will be held there on 17 October and 21 November.

WACBA sponsors including Have a Go News, Seniors Recreation Council, Ken Peachey Caravans and Burswood Trophies.

The Association is also looking for interested persons willing to join the committee. The annual general meeting is held on the second Saturday in October but they can co-opt members at any time if they have vacancies.

They look forward to hearing from anyone who is interested in joining a warm and friendly club. For further details contact president Jean Tierney on 0413 974 293 or secretary Barbara Price 9344 3215.

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Celebrating the Day of the Dead and the pagan festival of Halloween



Left; Rick Steele Right; Taipan aka David Green



by Rick Steele

THE Day of the Dead.

The purpose is prayer and remembrance of bers who have died.

Two months ago when I booked the fourteenth annual Perth Blues Club Memorial Show, it never occurred to me, that I had booked our In Memoriam show on the same day as Americans, and increasingly now Australians, apply themselves to the pagan festival of Halloween.

Shock, horror I thought! Surely I must reprogram. However, after rethinking and reevaluating in the privacy of my own mind, I decided this was actually a win/win situation.

We have plenty of blues club members, who will relish the chance to dress up, paint up the faces, or whatever and dance, sing, celebrate the lives of our lost brothers and sisters.

I have always thought it somewhat remarkable that the blues genre of music, from the other side of the planet, and from such humble beginnings, would bring together fans from such diverse nationalities and occupations.

Indeed we have members and/or performers from many foreign lands and our deceased brethren reflect this.

We will remember David Green a Vietnam veteran, twice decorated, by the US for his bravery, known to us as Taipan (after the call sign of his gunship platoon). During the Tet offensive, he was shot down three times and on the third occasion in 1968 he was badly injured, flown home to Australia and discharged.

In civilian life, he drove trucks before starting a Sydney electronics company manufacturing radar detectors.

He moved to Perth in 1985 and became an owner/driver taxi driver for ten years. He was a long serving member of the WA chapter of the Vietnam Veterans Motor cycle club, and an active member of Legacy. On a motorcycle club run in NSW in 2001 he hit a kangaroo near Broken Hill and died in Adelaide Hospital a week later. RIP Taipan.

Based at the Charles Hotel, North Perth, the Perth Blues Club is celebrating its 25th year and over that period of time we have lost more than 30 people who have made significant contributions to our club and the music that belongs to everyone.

"Most people who play the blues will tell you that you have had to live it as well. It is a kind of music that energises people in their lives while reflecting on life itself," said Bob Gordon.

"The blues is both a beautiful and ungainly beast. It is the moan of the downtrodden and the howl of the horny-atheart."

The show this year will be as usual; an uplifting night of rhythm and blues with a large cast. We like to feature as many performers as possible on this special night of nights, and engage the audience with a wide variety of styles.

Throw in the Halloween factor and this just maybe a night, never to forget. PS. Abstinence is a

good thing, but it should always be practised in moderation. Cheers dears.

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Volunteers needed for a study on the effects of a dietary antioxidant supplement on blood vessel function

The University of Western Australia, School of Medicine & Pharmacology at Royal Perth Hospital, is assessing the effects of a flavonoid dietary antioxidant supplement on blood vessel function and blood pressure.

We are seeking non-smoking men & women aged 50-75 years, who are **not** taking blood pressure or cholesterol lowering medication, to participate in a short study. The study will require two morning visits to the research centre at Royal Perth Hospital.

For more information please contact Nicola on:

9224 0342 or

nicola.bondonno@uwa.edu.au

Approved by the UWA Human Research Ethics Committee

by Jon Lewis

I WONDERED if I was

tired or just not interest-

ed. My darling wife start-

originally of Spanish origin, has been celebrated in Mexico now for about five hundred years. It is held over three days, beginning 31 October.

friends and family mem-

Creating energy through interest – one step at a time

ed the day with a burst of energy as always. I was more than a little behind, in fact I hadn't started at all.

I just could not find the energy to start my day. I wondered if I lay in bed a little longer perhaps that would give me the energy.

In my heart, I knew this was not true.

So where had my energy gone?

I imagined if there was

a big enough incentive my energy might well return in a flash. For example if it was my birthday. the shops were open or I was being threatened with a sharp stick. Yes, I am embarrassed by the first one and - what can I

say? I love shopping.
I wondered if I could start my day with energy and without an incentive. Perhaps I do have the energy and just don't realise it.

So I decided to simply test my theory and get out of bed. The experiment was far from conclusive as I still felt tired.

Then I gave myself a

task of tidying up the room, just tidying. In a matter of moments the room was

tidy and clean and I was standing tall with energy. I could not quite believe

Avoiding or putting off work can, surprisingly,

can take more energy than actually doing it.

In imagination donning my scientific white clipboard and coat. freshly sharpened pencil, I purposely pondered... perhaps energy follows interest. If you can create the interest. then interest can create the energy.

I got a lot done that day and I had a good night's sleep.

All the best.

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New UK laws on tax information



by Mike Goodall

IN July 2014, the Organisation for Economic Cooperation and Development (OECD) developed in an international Common Reporting Standard (CRS),

response to a G20 request.

This allows tax authorities to exchange key information (such as profits, taxes paid. employees and assets of each organisation) multinational companies and Individuals. This allows them to make risk assessments about international funds transfers.

CRS is a global standard for the automatic exchange of tax and financial information to combat tax evasion and

money laundering. Initial reporting from financial institutions in the UK started in September.

Readers of this column might ask what has this to do with me?

Many expats (non UK Residents) still have bank accounts in their home countries and they may soon be approached by their UK financial institutions to authorise them to provide information to HM Revenue and Customs (HMRC). If you hold more than one account you could receive a different request from each of your financial institutions.

If you have your UK state pension paid into your Australian bank account it will not be affected by these regula-

You do not need to take any action unless your bank contacts you. However, if they do, you need to respond in writing. Some of the information requested will be personal information like tax file numbers or in the case of the UK national insurance numbers.

Most national tax authorities have recently updated their rules regarding tax residency. It is important that you are clear as to your tax residency status in the country where your account is held. Australian citizens and permanent residents should only be paying tax in Australia.

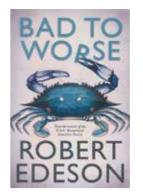
Please be aware that scammers may email you pretending that they are contacting you on behalf of your bank or financial institution and requesting personal information which could compromise your identity. Do not respond to emails as your financial institution should only be writing to you at your home address.

This month is party conference month in the UK, so there will be no action on the campaign to uprate expatriate pensions, because the parties will all be concerned about their own specific policies and BREXIT. However, we will keep updating the Australian MPs as information becomes available.

Anyone who would

like to discuss the above in greater detail or require guidance and help on any other aspects regarding their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via email: mike cgoodall@btcon nect.com

Bad to Worse - a must read for book clubs...



Bad to Worse by Robert Edeson Reviewed by Pat Paleeya

WALTER Reckels survives an air crash in a classified area in the Arizona Desert but is being pressured into denying his story of hitting a drone. Unbeknown to him he has unintentionally exposed a secret that the Mortiss clan would prefer to keep under wraps. To save his reputation he enlists the help of intelligence analyst Richard Worse (think spooks) which awakens an old feud between the Worse and Mortiss families.

In the meantime in a cave in the Ferendes, ancient hieroglyphs found on the wall of the cave are prov-ing indecipherable to Edvard Tøssentern. Nicholas Misgivington has found quartz that

glows and in the deep recesses of the cave lives a grotesque giant bi-ped crab that crushes the neck of Glimpse a Neanderthal thug that the Mortiss clan had sent to kill Nicholas. Why did they want him dead? Why was Glimpse called the Prospector? Why did a Mortiss member of the Board of Inquiry want the drone incident covered up? Why did the Mortiss empire need the Camelline cruise ship casinos to fund their lawless and diabolical business?

There are plots and subplots and cunning plans galore in this highly original novel which sent my brain into overdrive.

Forget a lazy Sunday read, this tale demands your full attention lest vou miss a small clue or allegory sneaking into a single sentence. Foot notes and appendices and abundant and don't even think of skipping these as they are integral to the whole story.

I never thought it possible to be completely baffled, bemused and bewildered at the start of a novel vet absolutely captivated by its uniqueness and ingenuity at the same time.

Bad to Worse show-

cases Edeson's skilful storytelling, super imagination, originality, intelligence and wonderfully wicked black humour. His vast knowledge of poetry, philosophy, chemistry, science and maths (oh! So much of the last two went over my head) is astounding. His characters are fabulous, some seem to be spoofs of comic book heroes and villains, others suave and sophisticated even when putting a bullet between your eyes.

Put this on your book club list, it will generate prolonged polemic and passionate verbosity. It is a gem, don't miss it.

Bad to Worse is published by Fremantle Press and is available at all good book stores or at www.fremantlepress. com.au for \$29.99

WIN WIN WIN

We have one copy to giveaway to a lucky reader. Simply email win@haveagonews. com.au with Bad to Worse in the subject line or send an envelope to Book Review - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include vour name, address and phone number on the reverse side. Competition closes 31/10/17.





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Reminiscing on wartime 1942 to celebrate Remembrance Day

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WAYNE Gardiner OAM, a military historian and assistant manager of the Army Museum of Western Australia will be the quest speaker at the next meeting of Floreat and Districts Branch of National Seniors Aus-

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The meeting will be a pre Remembrance Day occasion with a focus on what happened 75 years ago in wartime 1942.

Mr Gardiner was awarded the medal of the Order of Australia in this year's Australia Day Honours - for service to

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military history, veterans and their families.

President John Dingle said: "We are honoured to have Mr Gardiner to speak and remind us of many significant wartime events that occurred in 1942. Close to home were the bombing

of Darwin and Broome, and Kokoda.

"He has had a lifelong fascination with the armed forces and veterans' combat experiences, which he continues to share with many.

"We are looking forward to an informative, interesting and entertaining presentation. I hope that many will join

Melinda Tognini will also speak on her book about war widows of WA Many Hearts - One Voice and copies will be available for sale at \$33.

The meeting is timed for 9.30am for 10am at Mt Claremont Community Centre. Montgomery Avenue on Thursday 9 November. The cost is \$5 for members of National Seniors Australia and \$7 for non-members, including door prizes.

It is open to all and a warm welcome is guaranteed by the 130 or so attendees. A feature of the event is a splendid morning tea. Car parking is available.

As well as remembering how fortunate we are as a result of the sacrifice of others, it will be a great time of fun and fellowship

Floreat and Districts Branch meets on the second Thursday of each month from February to November, with a Christmas lunch on Thursday 14 December at Seaview Golf Club. For more information, ring John on 0414 963

In a cave, a long, long time ago





Above; Jewel Cave Karen Majer

by Karen Majer

'A LONG time' can mean many things. 'It's a long time since breakfast!' or 'a long time since our last holiday'. Cave Guide Andrew Green from the Margaret River Busselton Tourism Association brings a whole new dimension to the phrase. To Andrew, it's measured in millions of years.

"Jewel Cave was formed approximately a million years ago, he told our group. "A sample of flowstone taken from the cave's Camel Cavern has been dated at 466 thousand years. The oldest dated formation on the Leeuwin Naturaliste Ridge is from Moondyne Cave, next door to Jewel. It's 627 thousand years old. The cave limestone is older than that."

"The first person to explore the cave, Cliff Spackman, was lowered in on a rope through a solution pipe in January 1957. He wasn't the first to drop in. A brush-tailed possum skeleton has been radio-carbon dated at 400 to 500 years old. Thylacine – Tasmanian tiger – skeletons have been found here too. We don't know exactly how old they are but the youngest recorded Tasmanian Tiger in Western Australia is a specimen from a cave on the Nullarbor dated at around 3200 to 3400 years old."

As Andrew turned off the lights and we stood silently in inky black-ness, I could imagine the frightened creatures falling in from the

forest floor and leaving scratch marks that can still be seen on the rocks where they tried to climb out of the water, deep in the cave. Apart from the water level and a few centimetres of growth on the stunningly beautiful formations, not much will have changed since then.

The water was still there in the 1950s when one of the first explorers stepped up to his waist in the still pools. The water level in Jewel Cave remained relatively steady from 1957 until the mid-1980s. However it has dried up in recent years.

"We don't fully understand why," Andrew said. "It may be that climate change has caused a different rainfall pattern - we are getting fewer episodes of really heavy rain that last long enough to soak the soil and drain down.

"It doesn't really matter. The lack of pools doesn't harm the cave, and it may still be here in another million years."

And that's a long time. Jewel Cave is open 9am - 5pm daily. Guided tours only: 9.30am, 11.30am, 10.30am, 12.30pm, 1.30pm, 2.30pm, 3.30pm and 4pm. Closed Christmas Day.

Find out more: www. margaretriver.com/ members/jewel-caveaugusta/

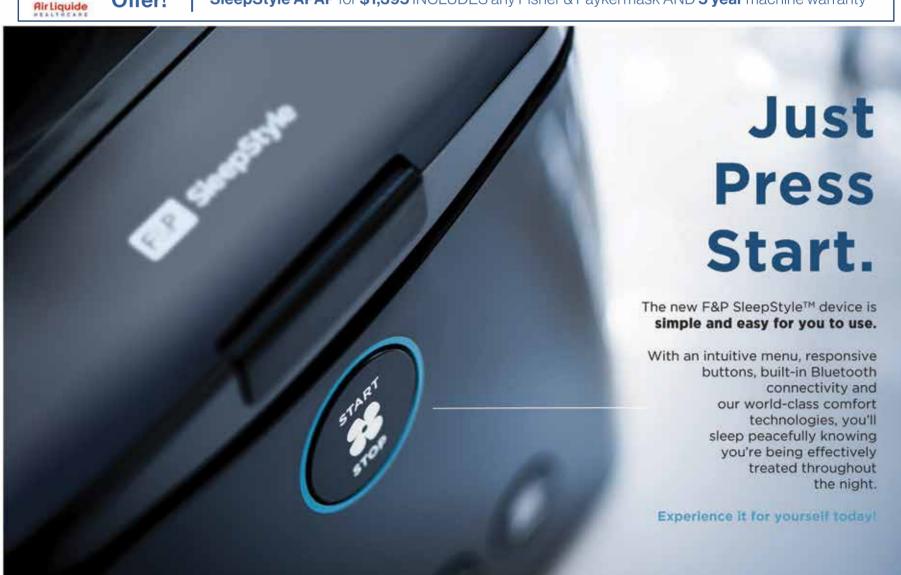


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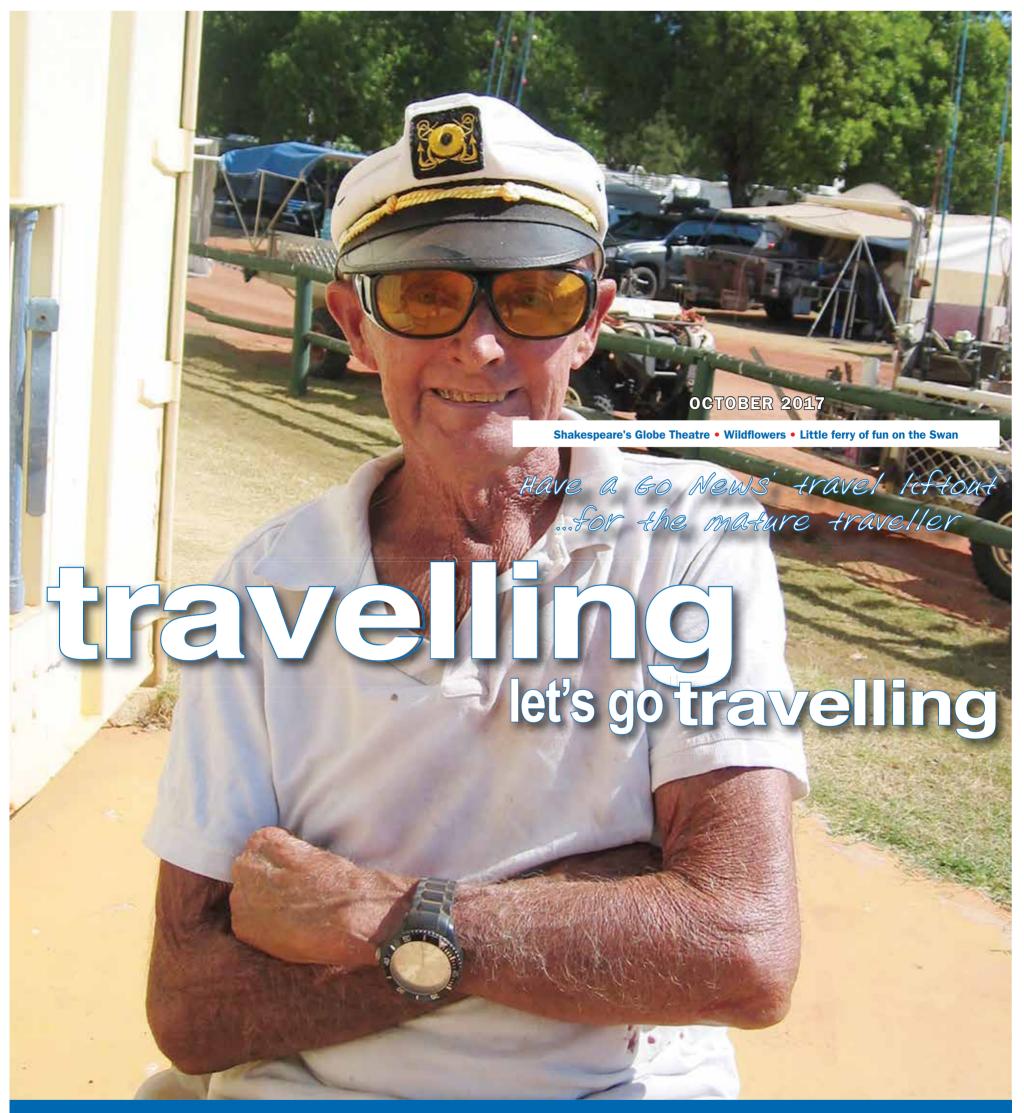


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Meet Billy Moore, he's a volunteer coast watcher in Broome where Lee Tate made his acquaintance. Read his story on page 22.

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- · Group coach transfers* from Busselton, Bunbury and Mandurah

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et's go travel options for the mature west australia





the great things about travelling is the interesting people you meet along the way. Journalist Lee Tate came across Billy Moore (featured on the front cover of this section) on his travels up north and what an interesting character he is, dedicating much of his life to being a volunteer coast guard. At 78 Billy is another wonderful example of age being no barrier to living life to the fullest.

Also in the pages this month we have a great story on heading out and making the most of the wildflower season. There are some great tips about places to visit close to home and further afield. Due to excellent rain throughout the year the wildflowers are prolific. Don't miss a chance to enjoy the spring blooms.

Some new research has found that Australian fortable seats to be the most annoying part of air travel. A survey from Trip Advisor Air Travel, which polled 4,800 people, revealed that 70 per cent complained about uncomfortable seats and lack of legroom. The survey also found that nearly half of fliers were unwilling to pay extra for more legroom. On a positive note travellers said inflight entertainment and streamlined check in processes had improved the most over the last five vears. Would you pay for more legroom if you had the option? Let us know what you think...

Protec-Consumer tion has issued an alert for the public about the dangers of using power adaptors that don't meet Australian standards. The warning comes after two consumers reported receiving electric shocks after using an unsafe international adaptor. They recommend only buying from recognised Australian stores and not from overseas suppliers. If you have purchased one overseas they recommend that you dispose of it immediately. For more information contact Energy Safety on 6251

tection on 1300 30 40 54. ***

Another survey from travel insurance comparison service comparethemarket.com.au found that 36 per cent of Australian travellers who are aged between 55-64 said that not having a television in their hotel room was the most annoying thing for them when away, but for 25-34 year olds not having internet was their idea of holiday hell. Other complaints included loud or drunken behaviour and children running wild. What annoys you on holidays? Let us know... ***

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 www.face book.com/Haveagone

Happy trails

Jennifer Merigan **Travel Editor**



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

Age no barrier when you love to travel







Eric Taylor through the years

piano every day.

Eric has continued

to travel regularly and,

in 2001, was in Detroit

airport about to return

home when the twin

towers went down in

New York. He ended up

staying for a month with

his cousins in Canada,

before returning to Aus-

tralia. He said it was such

a traumatic experience

he didn't want to travel

ERIC Taylor's love of started when he travel joined the navy at 18 back in 1943 during WWII. At the time he was working as a clerk in the pay office for a railway company.

He lived in the North of England had never even been to London before joining the navy. His first assignment was a writers course in London.

After the writers course he sailed from Liverpool, became a writer on a small aircraft carrier HMS Reaper and spent three and half years looking after 10 ships with 200 sailors on each ship.

They would sail down

to navy bases along the Pacific Coast and visited Panama and Brazil. They also made trips to Scotland and three more Atlantic sails.

Following the war he returned to his position at the railway company.

Eric never married and spent many years looking after his parents.

His first trip to Australia was in 1975 when he brought his father to visit his sister. He subsequently made another two trips with his father and after his parents passed away in 1996 Eric decided to come and join his sister and live in Australia.

Eric has enjoyed living to America again. in Perth and his love of At 92 years young, Eric music and playing piano has a zest for life and

has seen him an active travel and has enjoyed member of the Uniting four trips organised by Church in Kalamunda: Kings Tours and Travel until recently he played with his favourite being a the organ regularly for tour to South Africa. them. He still plays his

He tells us he loves learning about the customs of other countries and is keen to visit China.

He has decided that he wants to experience a cruise and his next trip will be cruising from Fremantle stopping at ports in Singapore, Malaysia, Thailand and Indonesia.

Eric is a wonderful example that age is no barrier to travelling.

The beauty about travelling with Kings Tours and Travel is they ensure that people are well looked after at any age with all their travel plans.

If you would like to know more about a Kings experience contact them at www.kingstours.com. au or call them on 9380 6656. They have three locations in Mandurah, West Leederville and Marmion.

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let's go travelling travel





Pondering the changing face of travel





Left to right; Off the Kimberley coast - Sepik River Photos by Michael Osborne

by Dallas Sherringham

WHEN people find out you are a travel writer, the question inevita-bly arises: What is your favourite place to visit?

I used to give a detailed rundown of my favourite places, blurting out the joys of unspoilt Hawaii in those days or fun times I had in North Queensland as a younger man, but these days I am much more likely to recommend an experience rather than just pick a place.

You see the world changes and so do travellers. Today's mature traveller is much more likely to want to do something on holiday rather than just watch the water dancing at their doorstep.

They are known by several names, but soft adventures seem to be the best way to describe the holidays that older Australians are taking overseas.

If you can photograph the sun coming up over Bora Bora, feed a few sharks before lunch, dive on a coral reef after lunch and watch the sun go down while munching on a lobster washed down by a Marlborough Sounds Sav Blanc... well you get the idea.

Mature travellers are often seeing the world again in a new luxurious light after first visiting the destinations as backpackers in their

This means you have to adjust your writing style accordingly to allow for travellers who have already been to the place you are describ-

I have found out that today's mature traveller is much more likely to have experienced the joys of watching wildlife in Alaska or walking the mountains around Machu Pichu long before I arrived.

I learn far more from a conversation amongst experienced travellers than I ever give out. So what we try to do in our weekly nationwide travel feature is to give our readers a more detailed experience and to find places and experiences they may have missed.

How many times I have heard the saying: "We stopped there on our bus trip but we didn't think much of it"

Inevitably they have spent two hours in a spot like Prague where there is at least a week's worth of great things to do. Or their cruise ship spent a day in Fiji's Yasawa when on a seven day Captain Cook cruise of the area, leaving you wanting more.

So, for what it's worth, my two favourite experiences amonast the trips I have done worldwide are the adventure cruise I took to New Guinea, the Solomon Islands and Vanuatu backed up by the second best which is an expedition cruise to Australia's Kimberley region.

I found the journey from Rabaul to the Sepik and then Milne Bay and on to the Solomons to be totally out of this world, in more ways than one.

It was a unique chance to experience a lost, virtually untouched region inhabited by the most friendly people I have met anywhere. They really enjoyed our visit and we went to places that had never seen a tourist group before.

The tourist brochures and resort bound TV shows can never capture the true colours or the joyous sounds you will hear. They can never really capture the thrill of seeing native dancers in full cry or

2018 Tour destinations: India & Sri Lanka - Greece - Croatia & the Balkans - East Africa - The Kimberley

watching a mock spear charge by screaming warriors where you are the target.

Backed up by great meals and camaraderie on board the cruise boat and you had the perfect holiday in my book. 'Awesome' is a much over used word to describe experiences these days, but it doesn't begin to explain this adventure: it was 'awetastic'.

Australia's Kimberley is my second favourite destination: it has everything the Great Australian Adventure requires. Nothing I can write here would begin to do it justice.

My advice to you is to save up your pennies and invest in a cruise from Darwin to Broome just once in lifetime. I have never met a person who did not return starry eyed from this totally untouched and largely unknown region.

Mv third favourite spot may surprise some people as I am not a city person. However, San Francisco is a great place to visit because I love riding like a big kid on the cable cars and the heritage street cars. I also enjoy the morning cruise out to the Golden Gate Bridge, with its ever changing, ever evolving light.

Combine it with a trip to nearby Yosemite and you have the perfect combination of a great city and perhaps the world's most dramatic and stunningly beautiful valley.

I lived near Yosemite for a while in my younger days and I always remember that time in the snow filled forest with misty eyes. Going back to the valley is always exciting, always breathtaking.

I also cruised from San Francisco to Hawaii, Tahiti, Samoa and Sydney and I would rate it the best major cruise ship experience on

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This special departure is on the 24 April 2018 and includes an exclusive seasonal discount of \$995 per couple. This fully inclusive tour covers all

sightseeing and pre-paid attractions of both the North and South island including such highlights as thermal mud pools and geysers, Waitangi Treaty Grounds, Hobbiton movie set tour and lunch, Maori Hangi and Concert, four cruises, all hotel porterage and travel on-board Air New Zealand's extraordinary new Boeing 787-9 Dreamliner, a revolutionary aircraft with a focus on cabin

comfort. This 20 day Showcase Tour including airfares is priced at \$6324 per person twin share.

Clive and Jane Busch. long time owners of Au Revoir Travel, have escorted numerous tours to Europe, Vietnam, Canada and Alaska and more, with more than 40 years' experience in the travel industry. They are delighted to invite you to join them on this once in a lifetime journey of New Zealand.

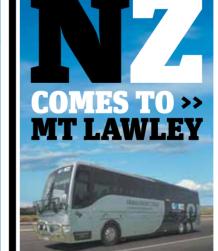
In 2018 Au Revoir Travel will be celebrating 50 years of providing a trusted and reliable travel service to both the Mt Lawley area and wider community.

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Free wheeling Billy, colourful character of the north west volunteer coast watch patrol



Billy Moore's novel abode in the north west

by Lee Tate

BILLY Moore, driving a quad bike he's fashioned with parts from a local rubbish tip, hurtles along hard-sand beach south of Broome, his eyes fixed out to sea watching for intruders

Day or night, it's part of

a 30-year routine for Billy, a Coast Watch volunteer patrolling hundreds of kilometres from his selfmade rustic home on the other side of the sand hills

Billy lives in a couple of modified sea containers, linked by a cambered canvas roof, giving the impression of a small aircraft hangar, at 80 Mile Beach, 354 kms south of Broome. Bachelor Billy is

Among the north-west's most colourful characters. Billy lives a rough life, but he has all the creature comforts he desires. And the creatures.

Billy's bolt-hole backs onto the Great Sandy Desert. His flow of visitors includes death adders, king browns and other venomous snakes.

"I just steer them away. They're not coming to live with me," he says.

There are kangaroos and wallabies, too, now separated by a wire fence across Billy's back border.

Curious campers are bemused by Billy's neat, novel abode with big flapping Aussie flags and his array of quirky quad bikes lined-up outside.

Billy might lend one

of his quad bikes, fully loaded with beach fishing rods, plus a trailer fitted with discarded beach chairs, to a regular camp-

"The stuff people throw out, They come camping for the first time, don't like it and dumn their stuff? says Billy in his trademark boat captain's hat.

Billy has modelled his camp home of 40 years to his tastes. There was an indoor above-ground pool but it was removed to make way for a dance floor. Billy reckons it will add a bit of fun for backpackers. And him.

He's installed an indoor spa where he sits to sip

Every couple of weeks Billy heads-out, hurtling over the bumpy, dusty road to the highway and 250kms into Port Hedland for supplies.

On his list are food, beer for his fridges and fuel for car and quad bikes which, for his patrols, he maintains and operates at his own expense.

"In the 1980s a bloke in a club in Port Hedland bought me a beer Turns out he's a customs officer. He asked if I'd be interested in voluntary coast watching because the government couldn't afford more officers," he

They sent a list of things to look out for: illegal immigrants, drugs, flora and fauna movements, contraband and illegal fishing.

Billy looks for boat movements, car tracks through the sand hills to the road and even footprints on the beach. They are all reported to Coast Watch.

Twenty-six illegal immigrants were once sighted just down the coast.

"I got a phone call from Ron the roo shooter," says

Billy.
"They had landed in a boat with a 16-year-old Indonesian captain. They were all rounded-up by authorities.

Billy, having endured wind storms and cyclones, built his natural fortress home from sea containers, converted to

"Even a cyclone won't blow them over," he said.

Tropical cyclones don't come much worse than Category 5 cyclone Laurence in 2009. Billy made early evasive arrange-

"I watched it on television in Perth," he laughs, having flown south to

"The place gets flooded by cyclones but it all dries

Billy, born in England's Sherwood Forest, abandoned school to work on a building site.

He said his family split after his grandparents gave their eight pubs to four of their eight kids.

"Four kids got two pubs each and the other four got none," said Billy whose family missed out.

He set off to explore the world and in Australia worked to lay the foundations for rail tracks, developing an expert's eye for surveying.

Later, Billy signed-on with a mining company in Port Hedland. On his time-off he towed a caravan to 80 Mile Beach and when he retired, became a permanent resident.

His regular task is precision-clipping all the caravan park's border hedges.

'There are 21 hedges. So as soon as I've finished, I have to start on them again," he laughs.

After Billy registered with a government-run voluntary clean-up your beach program, he went over 80 Mile Beach with a proverbial fine-tooth comb.

"The very next day, the program's inspector arrived and I won bestkept beach in WA. I got a certificate for it," he says.

Billy, who never mar-ried ("there just weren't the women around where I worked"), believes in the good Christian life despite there being no churches for hundreds of kilometres.

"You don't have to go to church to be a good person," he said.

Hospitals aren't handy either. But Billy, who has a Coke with his breakfast and his first beer before lunch, takes it with the ter-

"I had terrible back pain recently and Judy (his resident) neighbouring drove me to Port Hedland hospital. They couldn't find a thing wrong," he

"Laughter is the best medicine."

Billy, sitting under a wall sign reading "Always Have a Plan B. Spare Beer in the Shed Fridge" cracks a third can of beer during our talk.

"My life is magnificent," he says.

While living at the famous fishing beach, Billy is no fishing tragic.

"There's a fine line between being a fisherman and standing on the beach looking like an idiot. When I wasn't catching anything I went under water where people were fishing to see how the fish reacted and what bait appealed to them. I learnt a lot from that.

"But what am I going to do with a lot of fish? They are huge here," he said.

Billy says he avoids taking anything too seri-

"You have to be content with what you have. People feel they need something bigger and better every day.

'Just be good and be kind. But do it first," says free-wheeling Billy.









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It has seen tensions between early settlers and the Aboriginals; the establishment of convict-based settlements: its proclamation as a separate colony in 1856; major loss of life and property in the 1976 Tasmanian fires; the Port Arthur massacre in 1996, and the Beaconsfield mine collapse in 2006.

It is also known for the extinction of the Tasmanian tiger - a stripe-backed marsupial which resembled a wild dog. Whilst there is a lot of bad history, the state of Tasmania has used the adversity to establish itself as a major tourist destination, and tourists flock there ev-

Aussie Redback Tours has a tour tailored for seniors to Tasmania in November and there are still seats available.

They have carefully planned the tour so that passengers take in many of the best sightseeing spots at a leisurely pace, with lots of extras thrown in.

The tour runs from Wednesday 1 to Sunday 12 November (12 Days), and is competitively priced from \$4,370 per person (or \$4,320 for seniors).

The price includes flights Perth-Hobart-Perth, Port Arthur, Wall of Wood, Lake St Clair, Russell Falls, Gordon River Cruise, Wineglass Bay cruise, Bridestowe Lavender Estate, motel accommodation. most meals, and much more.

To receive a full itinerary, phone Sharon or Renata at Aussie Redback Tours on 1300 662 026, email them at auss ieredbacktours@yahoo.com.au, or visit their website - www.aussieredbacktours. com.au.

See their ad in this issue on this page for more 2017 tours, including a two-day Manjimup Cherry Festival and Gnomesville Tour, an art tour to the south-west of WA, and a Christmas Lunch Mystery



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et's go travel ing travel options for the mature



An authentic Elizabethan experience at London's Globe Theatre



Globe Theatre © Pawel Libera

by Frank Smith

IF YOU love Shakespeare you must see a play at the Globe Theatre for an authentic Elizabethan experience if you are visiting London.

The modern globe at Bankside, near London Bridge is a re-

construction near the original site of the Globe Theatre built by Shakespeare's company of players - The Lord Chamberlain's

The original globe was built in 1599, burned down in 1613 and rebuilt the following year.

The first Globe Theatre went up in flames during a performance of Henry VIII. A theatrical cannon, set off during the performance, misfired, igniting the wooden beams and thatching. According to one of the few surviving documents of the event, no one was hurt except a man whose burning breeches were put out with a bottle of ale.

It was closed, as were all London theatres by the Puritan-led government in 1642 and demolished a few years later.

The modern reconstruction was inspired by American actor Sam Wanamaker, who moved to the UK after being blacklisted in Hollywood due to his early pronounced liberal sympathies.

In 1971 he founded what was to become the Shakespeare Globe Trust, dedicated to the reconstruction of the theatre and the creation of an education centre and permanent exhibition. After 23 years spent tirelessly fundraising, advancing research into the appearance of the original Globe and planning the reconstruction with the Trust's architect Theo Crosby, Sam Wanamaker died in 1993. By then the site having been secured, the exhibition undercroft structurally complete and a few timber bays of the theatre in place.

Three and a half years later the theatre was completed and opened by the queen.

The modern Globe was built as closely as possible to the original design based on drawings and descriptions of the original buildings, with the addition of a museum depicting the history of the building, costumes worn by the players and Shakespeare's life and times.

Small changes have been made to ensure safety and meet modern fire regulations. These include additional exits, illuminated signage, fire retardant materials and some modern backstage machinery. Thatched roofs are not considered safe in modern London, so the thatching is supplied with sprinklers to deal with any fire.

Tours begin every 20 minutes and include a session in the theatre itself, usually during preparations for a performance.

Elizabethan audiences mainly stood in the pit during performances with the moderately wealthy given hard benches in three tiers surrounding the pit. Boxes at the side of the stage were designed for the occupants to be seen by the audience rather than for them to see the show.

The most prestigious seats were on the actual stage itself.

Shakespeare's plays and occasional works by other playwrights, are performed on most days but be warned, tickets are in great demand. Book well in advance or risk having to stand for more than two hours in the pit.

Discover the delights of Canada and Alaska on a fully escorted holiday



Rice Travel's ever popular fully escorted holiday to Canada and Alaska departs 10 May

Insight Vacations will host the private group tour through the picturesque national parks, icefields, and towns of the glorious Canadian Rocky Mountains plus the beautiful city of Victoria, on Vancouver Island, home of the world famous Butchart Gardens. At this time of year, the Gardens are bursting with colour.

Guests then enjoy seven nights cruising the Alaska Inside Passage onboard the Silversea Silver Shadow, a luxury small ship accommodating only 382 guests. Spectacular scenic cruising highlights each unforgettable day in Alaska. Visit charming coastal towns born of the gold rush, see magnificent iceblue glaciers and amazing wildlife, and enjoy the accommodation, entertainment and facilities of your luxury home at sea.

International flights are included with Cathay Pacific as well as return coach transfers from Bunbury, Busselton and Mandurah to Perth International Airport for guests on group flights.

travellers For who would like to travel closer to home, Cathie Rice Travel has a special departure to Norfolk Island, departing 17 May 2018. This holiday coincides with the 25th Norfolk Island Country Music Festival. The tiny island paradise will have much to offer for holidaymakers and country music fans

The package includes seven nights at the South Pacific Resort Hotel, located close to Kingston. the main town on the island. Car hire has been included for you to explore the island's 80km of lanes and tracks. weaving along cliffs and beaches, and around crumbling ruins. As well, there are historical tours, 4WD tours, fishing trips, birdwatching tours, boat cruises, glass bottom boat trips, and bush-walks - the list of things to do is endless.

For those who wish to join the country music hoedown, the week will offer plenty of opportunity to join the party and mingle with performers. Country Music Festival passes are available with reserve seating and entrance to all of the shows, or you may wish to just go to only one or two performances.

Call Cathie Rice Travel on 1800 177 788 for more details about these exciting holidays.

Join like minded women and tour the world



ARE you a lady who wants to travel the world but can't find someone to travel with you?

Girls On Tour is your answer.

Founder and Tour Escort, Judy Polkinghorne is passionate about providing a vehicle for her clients to travel in the company of other like-minded women to exciting places, ticking off those bucket list destinations.

Girls On Tour proudly provides well-organised, fully escorted, content rich, small-group international tours as well as their very popular camping safari to The Kimberley in Australia.

Whether you're single by choice or by circumstance, whether your significant other can't or just doesn't want to travel or you just want to escape, travelling with other women is a great way to make your travel dreams come true. Single, widowed, married or divorced, Girls On Tour is for you.

"Our tours combine a good mix of group activities such as cooking classes and guided tours, whilst allowing ladies free time to do some explor-

ing of their own," says Judy.
Celebrating 11 years of touring in 2017 and boasting over 25 per cent return business, Girls On Tour welcomes seasoned or first-time travellers.

"As one of the women who recently returned from the Girls on Tour Kimberley tour I would like to report that we all had a wonderful experience with Judy and the tour guides from Adventure

"Everything was well organised for us by Judy from the word go. Even our flights were organised for us. It was the top of my bucket list and it was an amazing experience which I will cherish forever. So many wonderful memories. Thanks Judy and I hope to travel with Girls On Tour again sometime,

Girls On Tour will host a free information day in Perth on 28 October. For more information contact Judy on 0409 057 417 or visit www.girlsontour.





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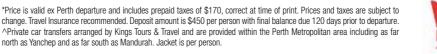
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let's go travelling travel options for the mature w



All aboard the little ferry of fun which quietly hums along the Swan



by Chris Parry

WHAT a difference people make to our travels. The experiences had when we travel are always made better by the people we meet along the way. Those who greet us, escort us, serve us and manage our expectations turn a good time into a great

Skipper Kevyn, the owner and operator of the Little Ferry Company,

may not be as pretty as his two little vessels but he's a man of passion for his craft and his river.

The Little Ferry Company operates two electric vessels on the Swan River. The design of the boats is inspired by the Gatsby era of the 1920s. A brass bell, curved windows and elegant cedar trim are decadent maritime styling. Stepping aboard brings a wonderful feeling of comfort and nostalgia.

Casting off from Elizabeth Quay is a bit confusing for the ears. Expecting a chug-chug from the engines there is nothing to hear. It's quieter than a Prius. It's also more fun.

The two German electric motors operate on lithium batteries. The Germans learnt how to make electric marine motors for their U-boat fleets of World War I and World War II. It's a long way from the North Sea to the Swan River but the heritage is clear to see, hear and smell. These are vessels that are void of vibration, fumes and noise.

As we make our way out of Elizabeth Quay, we turn to port and make our way up river. Sticking with the river channel boat traffic, there's no getting away from the fact that these boats attract a lot of attention. Perth boating traffic is always a bit friendlier than the road variety and the smiles and waves are evidence of how attractive these vessels are to

Skipper Kevyn gives an impressive commentary ranging from the past, the present and the future. He talks passionately about the history of the Western Australian Rowing Club building and the new arrivals, such as the remarkable Ku De Ta restaurant site on Point Fraser and the imposing Perth Stadium on the eastern bank opposite Claisebrook Cove.

For all passengers, there are windows to stick heads out of, plenty of comfortable seats and a skipper who's only too happy to give any aspiring sailor the opportunity to ring the brass bell as we enter Claisebrook Cove.

Claisebrook Cove provides an opportunity to grab a coffee from the numerous cafes or a beer and a meal from the Royal Hotel. Doing a walk around the precinct, including Trafalgar Bridge which spans the inlet, takes about 15 minutes and stretches the legs nicely before the return trip back to Elizabeth Quav.

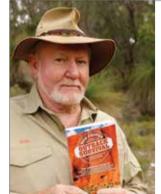
There's a great feeling of optimism about Skipper Kevyn and his Little Ferry Company and an opportunity to travel in vessels that are comfortable and to connect people with this

Plan Your Escape

Two vessels cruise the Swan Rover every day between 10am and 5.30pm and are located in Elizabeth Quay. The ferry can be boarded one way or return from Elizabeth Quay or Claisebrook Cove in East Perth. The daily services now stop at On The Point. allowing guests to access Ku De Ta and surrounding businesses via the river. Single fares for adults are \$12 while a return fare is \$22. A family fare return is \$58. For Little Ferry Company special offers and news call Kevyn on 0488 777 088 or check out the website on www.littleferryco.com.au

WIN WIN WIN

To be in the draw to win one of five return ferry trips from Elizabeth Quay to On The Point simply email win@haveagonews.com.au Ferry in the subject line or send an envelope to Little Ferry - 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 31/10/17.



Join a women-only survival course and learn tips from an expert

ONE of the world's leading outback survival experts is for the first time launching a survival course for women in WA in November.

Bob Cooper, the bestselling author of Outback Survival, has been helping teach people to survive the perils of the outback for 30 years.

He says as more women embraced an outdoor lifestyle it was critical they honed their survival skills.

The women's survival course is designed as a 'campfire classroom' for women of all ages to become fully qualified in bush survival skills and empower their decision-making so they can venture out on their own and take a leading role in a crisis situation.

Mr Cooper said female

grey nomads were particularly at-risk because travelling at older ages could pose extra challenges.

"What happens if the man or men you're in the outback with aets injured or becomes unwell?" he said.

"And dehydration is more likely as people get older so the potential for dehydration dementia, which can lead to poor decision-making, is very real."

The course covers topics including: psychology of survival, how to use a compass, sun and stars for navigation, water procurement and management, edible and medicinal and useful plants, avoiding poisoning by toxic vegetation, modern and traditional survival skills, snake awareness and snake bite treatment, alternative fire-lighting methods, emergency and distress signals, knowing how/when to assert your knowledge, and many more useful lessons to make your outings safer.

The first women's course begins on Friday 3 November near Chidlow.

Bob also runs mixed survival courses. Head to www. bobcoopersurvival.com for details.

Make friends around the world - enjoy the Friendship Force



Members of the Austin (USA) club saying hello to one of Australia's iconic native animals.

Friendship Force club

are currently in Japan for

three weeks where they

will be shown around by

two Japanese clubs. Ac-

tivities include trying out

a kimono, touring a local

Suzki factory, being pre-

sented to the president of

the local prefecture and

visiting ground zero at Hi-

WE all like to travel, to see foreign sights and explore new places. But for the members of one Perth club this is just an excuse to make friends around the world. When they travel to foreign places they don't just see the sights, they also meet the locals, stay in their homes and make friendships that can last a lifetime.

How does this work? Amazingly it is quite easy. Friendship Force is a network of hundreds of clubs around the world where members of one club will travel as a group to another club where they are hosted by the local members in their homes. The local club will show their visitors the sights, organise activities and generally entertain them. All done by volunteers and not for profit

It sounds like a cheap travel club but the club's president, lan Cook, says it is much more than that.

"Our members get to meet all sorts of people and make great friends around the world - travel and seeing the sights is just the medium by which they meet.

"As an example, fifteen members of the Perth

will be a unique opportunity to experience life in Japan and make new friends by staying with Japanese families and living as they do.' The club also hosts

roshima. But the highlight

clubs visiting Perth and Ian says this is just as much fun as travelling overseas.

"We host our visitors in our homes, show them the sights of Perth and organise events where the members of both clubs can mingle and meet each other," he said. "Activities might include a trip to the Pinnacles, introducing them to the Lord Mayor of Perth (the patron of our club) and fish and chips on Cottesloe beach.'

In Australia there are 24 Friendship Force clubs with two in Western Australia (Perth and Albany) and they also have an active social calendar for their members. For the Perth club this includes events such as a Christmas in July dinner, a Melbourne Cup lunch, theatre outings, tours and groups simply getting together for a meal and a chat. All this is non profit and organ-

ised by volunteers. The club welcomes new or prospective members. The best way to see how it works is to contact Colin Allen, the Perth membership officer membership@friend shipforceperth.net and ask about attending a future event where you can meet some of the club members. You can also visit the Friendship Force Perth website at: www. friendshipforceperth.net.

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6 Days, 20 to 25 March 2018	\$3,500 SINGLE
Ultimate Tasmania	\$5,490 TWIN
13 Days, 2 to 14 March 2018	\$6,590 SINGLE
Easter Norfolk Island	\$4,350 TWIN
10 Days, 28 March to 6 April 2018	\$5,250 SINGLE
Easter in Adelaide & The Murray Princess	\$4,190 TWIN
8 Days, 30 March to 6 April 2018	\$5,050 SINGLE
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5 Days, 15 to 19 April 2018	\$3,890 SINGLE
Autumn Leaves of Victoria	\$4,650 TWIN
12 Days, 24 April to 5 May 2018	\$5,490 SINGLE
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9 Days, 26 April to 4 May 2018	\$4,695 SINGLE
Kimberley Cruise	\$9,990 TWIN
12 Days, 10 to 21 May 2018	\$18,895 SINGLE
Lord Howe Island	\$5,390 TWIN
9 Days, 11 to 19 May 2018	\$6,450 SINGLE

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Winter Masterpieces and Winter Wonderlights 6 Days, 15 to 20 July 2018	\$3,350 TWIN \$3,950 SINGLE
Winter Escape – Far North Queensland	\$4,250 TWIN
8 Days, 30 July to 6 August 2018	\$5,200 SINGLE
Cairns and The Great Barrier Reef Cruise	\$4,990 TWIN
9 Days, 2 to 10 August 2018	\$5,590 SINGLE
Evita – Sydney Opera House	\$2,690 TWIN
4 Days, 2 to 5 October 2018	\$3,065 SINGLE
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19 Days, 11 to 29 October 2018	\$7,480 SINGLE
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\$7,350 SINGLE

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11 Days, 22 July to 1 August 2018	\$6,090 SINGLE
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11 Days, 5 to 14 August 2018	\$6,790 SINGLE
Bohemian Delights & Scandinavian Sights 21 Days, 9 to 29 August 2018	\$9,690 TWIN \$11,890 SINGLE
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30 MARCH TO 6 APRIL 2018

EASTER IN ADELAIDE

& THE MURRAY PRINCESS

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- ✓ Breakfast daily, 6 lunches and 7 dinners



15 APRIL TO 19 APRIL 2018

LABOHÈME ON LORD H SYDNEY HARBOUR ISLAND

- √ Sydney Harbour Story cruise
- ✓ Dinner in the revolving restaurant at Sydney Tower
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- ✓ Premium Seats at Opera on the Harbour's, La Bohème
- ✓ Exclusive Tour of Sydney
- √ 4-nights at the ParkRoyal Darling Harbour
- ✓ Breakfast daily, 3 lunches and 2 dinners



11 MAY TO 19 MAY 2018

LORD HOWE

- ✓ Chase 'n' thyme half day Island tour
- ✓ Craft Activity at Ginnys Shed
- ✓ Morning tea at a home of a local
- ✓ Glass bottom boat cruise
- ✓ Cruise around the Island
- Exclusive Tour of Sydney & Lord Howe Island
- 2 nights' accommodation in Sydney at Sir Stamford Circular Quay
- 6 nights' accommodation on Lord Howe Island at The Blue Lagoon
- Breakfast Daily, 4 lunches and 6 dinners

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5DAYSonly\$3,390

9DAYSonly\$5,390'



30 MAY 2018 10 JUNE 2018

KIMBERLEY RANGES

- ✓ Spirit of Darwin for a Sunset Dinner Cruise
- ✓ Tour of Darwin including lunch
- ✓ Mindil Beach Sunset Markets
- ✓ Breakfast with the 'crocs'
- ✓ Sunset Dinner at Cullen Bay
- Premium tour with luxury coach travel & professional driver
- √ 11-nights deluxe accommodation withprivate
- ✓ Breakfast daily, 7 lunches & 10 dinners



2 AUGUST TO 10 AUGUST 2018

CAIRNS

& THE GREAT BARRIER REEF CRUISE

- ✓ Cruise on the beautiful volcanic crater lake, Lake Barine
- ✓ Scenic ride on the historic Kuranda Train and Rainforest Cableway
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- Shangri-La Hotel 4 nights' onboard Coral Expeditions II
- ✓ Breakfast Daily, 6 lunches and 8 dinners



4 APRIL TO 16 APRIL 2018

SRI LANKA

- √ Visit the magnificent Sigiriya Rock
- ✓ Explore the Polonnaruwa Ancient City
- ✓ Experience a local farm house lunch √ Take an adventurous Jeep Safari Trip
- ✓ Experience traditional village life at Hiriwadunna
- ✓ View the Dambulla Rock Temple
- ✓ Stay for two wonderful nights at the superb Amaya Hills
- √ 11 nights deluxe accommodation
- ✓ Breakfast daily, 7 lunches, 6 dinners
- ✓ Tipping for the local guide and drivers



26 MAY TO 11 JUNE 2018

SUMPTUOUS SOUL OF AMERICA

- ✓ Visit the Country Music Hall of Fame in Nashville and get a private behind the scenes look at the song writing process with a local songwriter and singer.
- ✓ Luxury tour with deluxe coach travel & professional driver
- √ 13-nights luxury accommodation
- ✓ Breakfast daily, 1 Lunch & 8 Dinners
- ✓ Hotel and restaurant tips are included
- ✓ Complimentary coach and hotel Wi-Fi

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9DAYSonly\$4,990

14DAYSonly\$6,350

17DAYS from \$11,990'

9 AUGUST TO 29 AUGUST 2018

✓ Cruise beneath the semi-ruined castles and

terraced vineyards in the Rhine Valley.

√ 11-nights deluxe accommodation with

Premium tour with luxury coach travel &

Breakfast daily & 6 dinners whilst on tour

√ 7-night Norway Cruise on-board Holland

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America

& SCANDINAVIAN SIGHTS



4 JUNE TO 25 JUNE 2018

NORTHERN SPAIN

& MEDITERRANEAN CRUISE

- ✓ Sightseeing tour of Madrid Enjoy a Flamenco show and dinner
- ✓ Full day tour of Toledo √ Visit the Alcazar
- ✓ Guided tour of Burgos
- ✓ Lunch and wine tasting at the famous winery Margues de Riscal
- Premium tour with luxury coach travel & professional driver
- ✓ 11 nights' accommodation in 4 star hotels
- √ 7 nights' onboard the Norwegian Epic ✓ Breakfast Daily, 12 lunches and 13 dinners



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- National Orchid Garden ✓ High Tea at the Fullerton Hotel
- ✓ Breakfast with the orang-utans
- ✓ Entry into the Singapore Gardens Festival ✓ Exclusive Tour of Singapore & Kota Kinabalu
- √ 5 nights' accommodation in Singapore at Hotel Jen, Orchard Gateway
- at Shangri-la Tanjung Aru Resort ✓ Breakfast daily, 3 lunches, 1 high tea and 4

✓ 5 nights' accommodation in Kota Kinabalu



4 AUGUST TO 14 AUGUST 2018

FIJI ISLAND CRUISE

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Heritage and Natural Beauty

CHARLES Darwin has always been one of my science heroes. Almost Shire of Lake Grace single handed this shy, self-effacing but meticulous private researcher created the logical framework for much of biology in the face a

eral truth of Genesis. When in the south of England we visited Down House, the home of Charles, his wife Emma and their ten children, for 40 years.

determined opposition

from believers in the lit-

by Frank Smith

This gave us a deeper insight into this great man who was not your typical Victorian father but broad-minded, loving and thoroughly engaging with his many children and considerate to his servants.

From a young age their children were encouraged to express themselves freely.

"We were always free to go where we would and that was chiefly the drawing room and about the garden, so that we were very much with both my father and mother", recalled the Darwins' daughter Henrietta Litchfield.

In all, Emma Darwin bore ten children, of whom three died young. The surviving five boys and two girls flourished at Down. They had each other as playmates, as well as many cousins from the Wedgwood branch of the family.

After his marriage Darwin bought the plain square original threestorey Georgian building, adding a further three-storey bay in 1843, new, and by Victorian standards luxurious, servant's quarters in 1846 and a two-storey extension of 1858 that provided a drawing room and extra bedrooms above.

Down House is maintained by English Heritage and is little changed. The ground-floor rooms of the house have been recreated to look as they did in Darwin's time, with the help of photographs taken in the 1870s and many original artefacts. The rooms are filled with family portraits, furniture and personal possessions, while the study contains his writing desk, chair and many objects connected with his work.

In particular Darwin's Study was restored to the original 1870s arrangement and decoration in 1929, when the house became a museum. Darwin spent up to six hours a day in his study, examining specimens, dealing with correspondence and writing his books.

ground-floor The rooms are crowded with the family's furniture and paintings. The first-floor rooms now house an exhibition about Darwin's life and work, but in his day were bedrooms and studies.

Charles Darwin's life and career are also represented by the extensive array of scientific

Frank Smith outside Down House

paraphernalia that form the Down House collection. These include an assortment of instruments and notebooks from his Beagle voyage, various specimens from his studies at Down, correspondence

between Darwin, his family and friends. All of these help to form a valuable insight into the man and his family.

The gardens have been restored to their appearance in his time and some of his experiments on plant and insect life are recreated in the garden and greenhouse.

Closest to the house is a lawn, which was not just a place for recreation but where Darwin carried out various experiments, such as identifying species in one plot of lawn, and observing the activities of worms.

Beyond the lawn is kitchen garden, which is walled on three sides, with hedging on the south to let in sunshine. A wide range of vegetables is grown there today, many of them Victorian varieties noted by Darwin.

In the late 1850s Darwin took over a corner of the kitchen garden for his experimental beds, where his investigations into plant evolution led to several key discoveries. Some of these beds have been replicated in the present planting.

Bordering the north wall are Darwin's greenhouses, which provided the specialised growing environment he needed for experimentation. It was here that he made revolutionary discoveries about the reproductive behaviour of plants. They are now stocked with many of the same plant specimens that Darwin cultivated, including orchids, carnivorous plants, wild cucumber and passionflower.

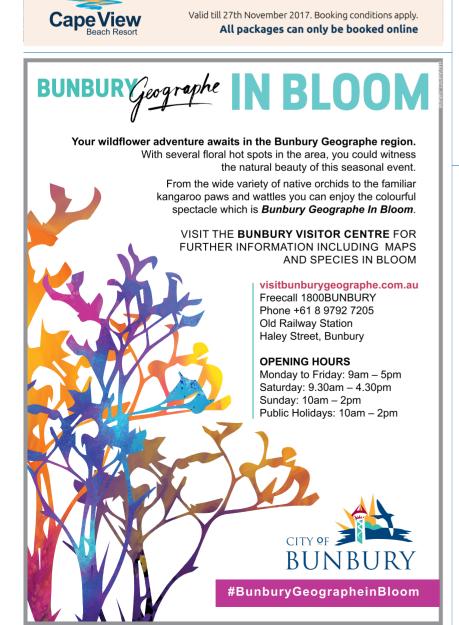
At the outer edge of the property, beyond the walled kitchen garden, Darwin laid down the Sandwalk, a quartermile stone and sand path that formed the basis of his regular daily walks. It was a place for meditation, known as his 'thinking path'.

We left the house feeling we knew the great man personally.

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CENTRAL









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the nature playground,

various cafes and walk-

ber to November.

to see. Enjoy the wild-

flowers but try and enjoy

something else to go

home.

Some of the wildflowers to discover

by Chris Parry

WHEN I was a kid growing up in the country there was a time of year when I wasn't allowed to spend the weekend with my mates, playing cricket or football or lazily riding our bikes around town looking for sources of adventure - like stealing mulberries from a tree and flinging them at passing cars.

It was that time of year, the only time of year, when Mum wanted to go bush. That one time of year when we went bush and didn't take a chainsaw to chop up firewood - wildflower season.

I look back now and picture in my mind the sheer rolling hills of my childhood, a mass of pink everlastings that changed the colour of the landscape so greatly that even the snow gums picked up a pinkish hue from the reflected colour

of this explosion of flora. I didn't enjoy it as a kid. You've seen one hill of everlastings and you've seen them all. Hunting for orchids was Softly walking through the bush in search of something I can't ever recall finding. The others found them. Eyes down, concentrating and walking slowly. I was more intent on filling my bucket with kangaroo poo to later throw at my friends, if I was ever allowed to play with them again.

I guess that's how it is with some kids. I now take my own children on bushwalks of varying distances and they love it, but I don't know that they're really interested It's about in flowers. climbing to the top of a big rock or finding a big spider or finding their own animal poo to have fun with and then stopping in a country town for a Peters Drumstick.

If you love wildflowers and you want to share them with people who don't love them as much as you do, then build a trip that includes a lot more than petal-spotting.

Pick a direction to head in and just go for it. How long is your trip

going to be? A day trip? A weekender? Let's spin the bottle and pick a few destina-

tions that mix it up for everyone in the car. The Bibbulmun Track has a lot of opportunities that can be explored for periods of time ranging from a few hours to a few weeks. For a day trip, a drive up to the Kalamunda hills will put you in beautiful country for wildflowers and the fresh green growth of our own Perth hills. Kalamunda has a great range of art galleries, mountain bike trails and of course the Kalamunda Hotel for lunch and a

cold refreshment or two. If you feel like heading north for a daytrip then Nambung National Park, home to the iconic Pinnacles, is an ideal wildflower daytrip with plenty of time to see plenty of other sites. As well as the Pinnacles, there are the dunes of nearby Lancelin and the township of Lancelin itself with good beach walk-ing and swimming.

To turn this day trip

into a gorgeous weekender, head east to Carnamah, Dandaragan and the Coomberdale Wildflower Farm just to the north of Moora where wildflowers are picked, boxed and shipped all over the world. From there you can make your way back to the coast by travelling through the Coalseam Conservation

tember to November is simply a carpet of wildflowers that stretches to the horizon. From there it's just a short drive for an overnight stay at Dongara.

Further east and an absolute WA bucket list is to get stuck into the Goldfields and do a tour of the region. It's not that far away and bursting with more colour than the Perth Skyshow. More than a daytrip, more than a weekender, give yourself at least a week to travel throughout this region that is full of history and remarkable people and landscapes. Adjacent to Kalgoorlie-Boulder is the Karlkula Bushland Park, comprised of 200 hectares of bushland and very popular with bushwalkers.

An easy day trip from Kalgoorlie-Boulder is to head 133 kilometres north to the small town of Menzies and then travel 50 kilometres west to Lake Ballard where the 51 statues by artist Antony Gormley are located.

For a south, maybe south-western spin of the bottle, head down the Albany Highway to a part of the world I'm proud to have grown up

golden canola, dusky dryandra and fields of wheat that might bring on a few sneezes will also bring out the photographer in you. Dryandra Woodland,

164 kilometres southeast of Perth and just to the north of Narrogin, is a wonderful land of wildflowers, emus, kangaroos and even the elusive numbat. There are a number of wellmarked trails to explore and the Dryandra Lions Woodlands Village manages a number of woodcutter cottages, if you want to turn an easy day trip into a very relaxing weekend.

For those in your group who are bored sitting by the fireplace or walking through the bush then you can arrange to visit Barna Mia, in the heart of Dryandra, where you can do a night time tour of the sanctuary for all sorts of wildlife that you can watch under the stars.

Finally, if you can't leave Perth there is one of the greatest wildflower displays in Western Australia right in the heart of Perth. Kings Park is so renowned for its annual wildflower display that there's a risk of complacency because

Fast Facts

For further information on local tips to find wildflowers, best places to stay and local attractions, have a look at the following websites or contact Chris through chris.parry@westnet.com.au or his website at www.chrisparrywritesforus.com

For Kalamunda walk trails and wildflower locations check out: www.perthtourism.com.au/Trails

For Nambung National Park and Coalseam Conservation Park check out the Department of Parks and Wildlife website at: www.parks.dpaw.

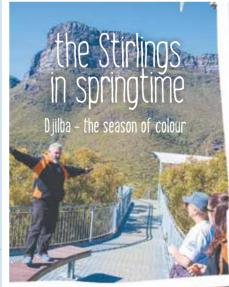
For everything Goldfields, including the best spots for wildflowers, visit: www.kalgoorlietour ism.com or call 9021 1966.

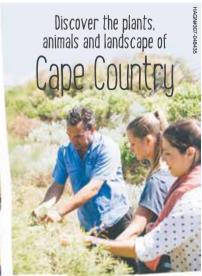
For accommodation at Dryandra Woodland look at: dryandravillage.org or call 9884 5231

To find out what's going on at Kings Park look at: www.bgpa.wa.gov.au or call 9480 3600.

Please remember that however you choose to travel make sure you are safe and prepared. Much of Western Australia is remote and you should always carry what you need to survive including medications, water and suitable clothing. Be aware that mobile telephones may not work in some country locations.









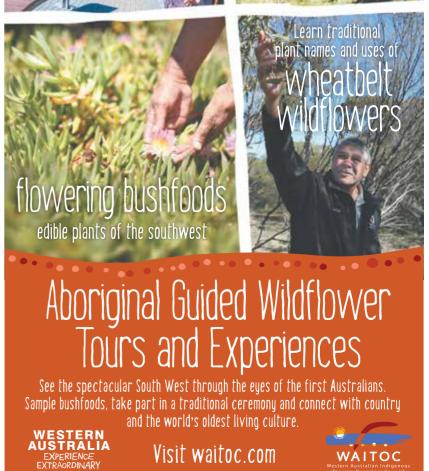


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Escape to the Geographe region this spring



Pink fairies orchid (Caladenia latifolia) © Tourism WA

IF you're looking for a picturesque getaway this spring then why not head south to Bunbury?

Bunbury is located in the scenic Geographe region, home to a vast array of wildflowers including more than 30 different types of orchid. Stunning parks, forest and bush trails abound and there is an abundance of places to relax for a night or two as you make your way through the region.

Manea Park is Bunbury's premier reserve and includes the 2.2km Pultenaea Loop Trail which is easily accessible and is full with kangaroo paws, donkey orchids, white spider orchids and more. As well as wildflowers the reserve is home to tuart, jarrah and banksia trees and native wildlife such as brush-tail wallabies and endangered western ring-tail possums.

After perusing Manea Park make your way over to the Tuart Walk located at the end of Ocean Drive between Bunbury and Dalyellup. There you can view native wisteria, pink fairy orchids and purple tassels. As the name suggests the walk is through tuart forest and is breathtakingly picturesque. The bitumen path is also easy to access and caters to all abilities.

If you're after a true nature experience, Crooked Brook Forest in Dardanup (30 minutes from Bunbury) is a must-do with a range of trails catering for all levels of mobility, and a picnic area for when you have finished exploring. Wildflowers spotted in the area include pink myrtle, white heath, yellow candles and blue hovea.

Call into the Bunbury Visitor Centre on Haley Street to find out more.

It's time to look at Geraldton for a short stay getaway



GERALDTON is the gateway to the Midwest and Murchison's world class attractions. From the colourful seasonal wildflowers and the spectacular coastal cliffs and gorges of the Kalbarri National Park. to the internationally renowned Pink Lake and Pinnacles, Geraldton Bus Tours offers day tours to the region's best attractions.

Geraldton has a wide variety of accommodation options. Staying a few nights in this seaside city provides an opportunity to enjoy the region and all it has to offer.

Geraldton Bus Tours is a niche tourism company that provides a variety of locally guided tours from Geraldton out into the regional areas. Visitors no longer have to rush through Geraldton on a tight schedule as Geraldton Bus Tours travel twice weekly to Kalbarri National Park and the Pinnacles and offer half day tours which uncover Geraldton's historical past as well as something the whole family can enjoy - our Clown Fish Hatchery Tours and evening Astronomy Tours.

Geraldton Bus Tours also has in its 2018 program, the ever popular Wooleen Station Homestead Stay as well as **Aboriginal Culture Tours** to Cue (April to October) and during the Wildflower Season (July to September) twice weekly Guided Wildflower Tours.

Geraldton is a unique place to visit. For a short get away choose Geraldton and Geraldton Bus Tours to showcase the region's finest attractions. For more information and bookings visit the webpage www.geraldton bustours.com.au/ or give them a call on 0408 932 454 or 9938 2836.

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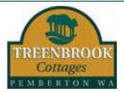


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The Wagon is a comfortable, romantic hideaway for a couple. Both chalets are fully equipped, immaculate and ready to provide a memorable holidaying experience. Uhuru Chalets have been the winners of the most dog-friendly holiday accommodation in Western Australia for many years and welcome well-behaved dogs

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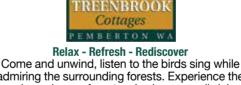
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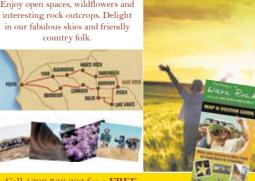






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A fisho's fancy for spring fishing in the Swan and Canning Rivers



Flathead are the ever reliable standby species for the Swan in spring and summer.

Swan River prawns make

any sort of comeback af-

ter the State Government

backed restocking efforts

of recent years. Dragging

a prawn net around in the

Swan shallows is part of

our heritage. My parents

used to talk about the

good old days when the

banks of the Swan on a

warm summer evening

were dotted with small

fires as people boiled

kerosene tins full of water

so they could cook up a

feed of freshly dragged

prawns. A bit hard to

imagine that sort of thing

being allowed the days.

but it does conjure up a

The deep water of Mos-

man Bay is still the best

early season spot to try for mulloway if you have

a dinghy. They can be anything from 40cm long

to well over a metre, it just

depends on the season. I

love sitting out there in the

calm of a spring twilight, listening for the distinc-

nice nostalgic image.

by Mike Roennfeldt

IT'S that time of vear again. You know, springtime, when a keen young fisho's fancy turns to flathead, bream, mulloway and giant herring. Not that I'm trying to pretend that I'm young any more, but I still get that sense of anticipation at this time, knowing that for the next few months I'll have plenty of opportunities to get out and enjoy our beautiful Swan/Canning system.

It's funny how things change. Not so many years ago flounder were an important part the Swan River summer mix but you hardly ever see them in there these days. Tailor were usually small and confined to the lower reaches but each year we seem to hear of bigger fish and they appear to be making their way farther upstream.

I'll be keen to see if the

tive croaking sound of mulloway communicating with each other down below. The hull of a tinny is a good amplifier and you can't miss the sound if they are around.

Then there are those elusive giant herring spectacular fish that can be up around a metre long but are more likely to be just 40-50cm. Finding where they are hanging out in the river in spring is a bit like striking gold. If you find them, don't be too noisy about it or you will likely have your own gold rush on your hands. The best suggestion I can make is to spend a lot of time casting metal lures along the lines of a 20g Halco Twisty. Try shallows alongside slightly deeper gutters. Favoured areas include Maylands. Claremont, Applecross and behind the casino.

Finally, spring heralds the start of the flathead season and these fish are the ever reliable standby of the river. Grab a light spin outfit and small hard bodied lures or soft plastics and start walking, covering as much of the shallow sand flats as you can. Mud or sand patches adjacent to weed beds are prime territory and most fish come from depths around 1-1.5m.

Above all, enjoy the great weather after the trials of winter and even more importantly, enjoy the fishing.

Ross River and Barmah Forest virus disease risk warning for travellers to the south-west

DEPARTMENT of Health reminds residents and travellers in the south-west region of Western Australia, including the Perth metropolitan area, to take precautions to avoid mosquito bites over the coming months.

The warning follows the first detection of mosquitoborne diseases in the region for the 2017/18 mosquito season.

Managing scientist of Environmental Health Hazards, Dr Michael Lindsay said the mosquito and virus surveillance program undertaken by the Department of Health had detected Barmah Forest virus (BFV) for the first time this season in the south-west.

"The detection coincides with increases in mosquito numbers in coastal areas of the southwest linked to the recent warmer spring weather,' Dr Lindsay said.

"Notifications of human cases of Ross River virus (RRV) have also been relatively high over recent weeks in residents of the Perth metropolitan area, indicating that the virus is

BFV is similar to RRV although it is generally less severe. Symptoms of both diseases include painful or swollen joints, sore muscles, skin rashes, fever, fatigue and headaches. Symptoms can last for weeks or months and the only way to properly diagnose the viruses is by having a specific blood test.

There is no cure for RRV or BFV so it is very important that people take care to prevent being bitten by mosquitoes. In the southwest of WA (including the Perth metropolitan area), the viruses are generally most active in late spring and summer.

Dr Lindsay said that mosquito management was being undertaken by local government authorities in collaboration with the Department of Health in areas with a recognised risk of RRV and BFV infection.

"However, it is not realistic to rely on mosquito management programs alone to control mosquitoes - individuals living in or travelling to the region also need to take their own precautions to avoid mosquito bites," he said.

People living or travelling in the south-west region should adopt the following simple measures:

- · avoid exposure outdoors particularly around dawn and dusk when mosquitoes are most active

loose-fitting, light coloured) clothing when outdoors

- apply a personal repellent containing diethyltoluamide (DEET) or picaridin evenly to all areas of exposed skin empty or cover any standing water around the home or holiday accommodation to reduce mosquito breed-
- ing · ensure insect screens are installed and remain in good condition
- use mosquito nets or mosquito-proof tents when camping or sleeping outdoors
- ensure infants and children are adequately protected against mosquito bites, preferably with suitable clothing, bed nets or other forms of insect screening.

With summer approaching, it is also a timely reminder for residents to minimise mosquito breeding around the home by taking some simple steps to remove or modify breeding

- · dispose of all containers which hold water
- · stock ornamental ponds with fish and keep vegetation away from the water's
- edge · keep swimming pools well chlorinated, filtered and free of dead leaves
- fill or drain depressions in the ground that hold water • fit mosquito proof covers to vent pipes on septic tank systems. Seal all gaps around the lid and ensure leach drains are completely covered
- screen rainwater tanks with insect proof mesh, including inlet, overflow and inspection ports
- ensure guttering does not retain water
- · empty pot plant drip trays once a week or fill them with sand
- · empty and clean animal and pet drinking water bowls once a week.

For more information on how to prevent mosquito bites visit: healthywa. wa.gov.au/fightthebite



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150th anniversary of the Causeway Bridge



1843 Causeway Bridge

HEIRISSON Island sits in an important area for Noongar people. It once comprised a small chain of islands and surrounding mud flats in an area known as Matagarup, which refers to the place where the river is only leg deep.

However, the shallow flats around the island were a real impediment to river navigation in the early days of the Swan River Colony. It meant only flat-bottomed boats could make the transition to deeper water upstream and cargo had to be man-handled across the muddy flats. They also made land transport between Perth and Guildford impossible, so, not surprisingly, bridging the Flats with a causeway was discussed quite early in the colony's history, but lack of funds prohibited its construction for several years.

In 1839, the Roads Board Trust met and a motion was passed allowing for the erection of a bridge and causeway across the flats at Perth. The first tenders were called the following year and a design was pre-pared by Surveyor General John Septimus Roe and modified by Henry Superintendent of Works. This bridge consisted of two timber spans and associated roadway over the Heirisson Islands. The final cost was £1,814.10s and the Bridge was officially opened on 24 May 1843 by J. W. Hardey, the chairman of the Road

Toll roads, also known as a turnpikes, are not a

new concept and almost everyone who crossed the Causeway, including pedestrians were charged for the privilege. The cost ranged from one penny (1d) for a person on foot to 6d for a horse-drawn cart, however, all officers and soldiers in 'proper' uniform and their horses, plus all mail carriers were exempted from the charge. The tolls were later removed and this appears to have been the only toll road in Perth.

With the construction of the Causeway, a better connection between Guildford, the Upper Swan, York and Fremantle was established and consequently the bridge was heavily used. By the 1860s however, the bridge was in a moribund state. It was weakened

by heavy use, almost completely submerged the 1862 floods (which also caused severe disruption on Mounts Bay Road) and was often bumped by heavily laden boats. Accidents involving horses and carts were common, as were delays on the bridge. As a result, a new bridge was built by convict labour and designed

and supervised by the Superintendent of Public

Works, Richard Roach

Jewell. The bridges were constructed of jarrah, but, because of lack of funds, much material from the original bridge was reused. When the piles of the old bridge were drawn, they proved to be in extremely good condition and Jewell reported they were: "as sound as when first used, upwards of 25 to 30 years; showing the superiority of the Swan Jarrah for engineering purposes of this kind over other

known timber".

bridge The new opened for traffic in August 1865. This second causeway was to have been officially opened by Prince Albert, Duke of Edinburgh, however the Royal Navy ship HMS Galetea on which he was travelling failed to berth in WA and simply continued its journey to Sydney. This did not deter the locals and a rather grand, pompous affair went ahead, with the bridge being officially opened by Governor Hampton on 12 November 1867 – 150 year's ago next month.

Although much better than the original, the new structures were quite weak, uneven and narrow and had to be widened, altered and repaired many times during their lifetime. It was widened for a tramway in 1904, and again widened another ten feet in 1932. By the mid-1930s, the bridge was in poor condition, below standard in strength and had limited traffic capacity. Once again, the subject of a new causeway was discussed.

Vehicle traffic had almost doubled from 1930 to 1939 so the need was great, however WWII delayed the construction. In 1949 work finally began to build the new two-bridge, composite steel and concrete structure we see today. Despite the western bridge not being complete the new Causeway opened for traffic on 19 September 1952.

If you want to know more about the history of Perth bridges, the annual Perth Heritage Days take place over the weekend of Saturday 14 and Sunday 15 October. One of this year's talks is a presentation by Lloyd Margetts: Over the other side: a history of Perth bridges. If you are lucky you may still be able to book a seat but if not, there are many other fascinating walks, talks and open doors over the weekend.

All events are FREE but some require advance booking. more information about Perth Heritage Days, visit www.heritageperth. com and follow us on www.face Facebook book.com/HeritagePerth twitter.com/heritage perth





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Celebrate 40 years of Wine Show of **Western Australia**



© Jeff Atkinson

THE WINE Show of Western Australia began in 1978 as part of the Mount Barker and Districts Agricultural Show.

It started with six classes in that first year and has now grown to 43 classes with 21 trophies, including the prestigious Singapore Airlines Trophy for Best Wine of Show.

There will be a strong focus this year on acknowledging the show's rich history and the vast number of contributors who have been integral to its success.

The show attracts national and international judges. In 2017, chief judge lain Riggs will be joined by Dave Brooks, Sarah Pidgeon and Cath Oates as panel leaders, along with judges Damien Hutton, Severine Logan, Andrew Cherry, Michelle Bouffard (Canada), Patrick Haddock and Dave Johnson.

The WA Wine Show continues to innovate and demonstrate its progressive nature. In 2014 it adopted the 100-point system under the guidance of Mr Riggs.

With the assistance of WA Wine Show founders such as Pam McGregor, secretary for the inaugural 1978 show, the event's organising committee has been delving into the rich history of the show and these elements will be highlighted during related WA Wine Show Events.

WA Wine Show committee chairman Joanne Bradbury said the show would continue to highlight the world class of Western Australia's wine, but now with more efficient judging.

"We have taken another positive step in the show's future by introducing innovative applications to collate judging information," Mrs Brad-

Digital scoring will streamline the judging at the Wine Show of Western Australia this year as it marks its 40th anniversary.

Judges at this year's show will enter scores on handheld tablets, rather than the pen and paper that have been used since the event began.

As part of the celebrations for the Wine Show of Western Australia's fortieth anniversary several events are being held. These are:

Top 50 tasting at II Lido in Cottesloe on 20 October from 1pm. Sommelier Daniel Wegener, a long-time supporter of the show, will host the

A canape style lunch to give wine enthusiasts an opportunity to taste, compare and discuss the 2017 show's top 50 medal-winning wines. Tickets for the lunch cost \$80.

The Wine Show celebrations culminate with a Gala Wine Show dinner at the Hyatt Regency in Perth on Friday 27 October from 6.30pm.

The trophy winning wines of this year's show will be announced at the black tie dinner with a menu designed to match the wines.

The prestigious Singapore Airlines Trophy for best wine of show will be announced at the gala

Tickets are \$185 or \$1750 for a table of 10.

More details are available at www.wineshowwa.com.au or on Facebook www.facebook.com/ wineshowofwesternaustralia/ and Instagram www.instagram.com/explore/tags/wineshowof-

WIN WIN WIN

One lucky reader has the opportunity to win tickets for two to the Gala Wine Show at the Hyatt including an overnight stay at the Hyatt.

To be in the draw to win this prize simply send an email to win@haveagonews.com.au with Wine Dinner in the subject line or an en velope to Wine Dinner Competition - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 21/10/17.

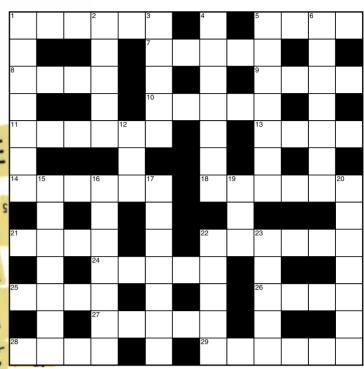
PUZZLES

SUDOKU

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

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CROSSWORD



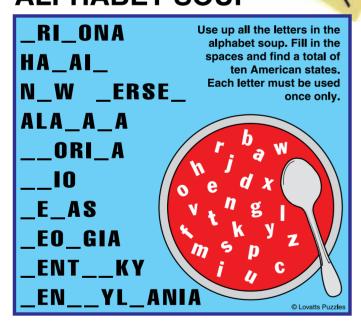
ACROSS

- 1. Material
- 5. Muscle rupture
- 7. Encourages 8. Leave, go ...
- 9. Make well
- 10. Mushrooms and toadstools
- 11. Marsupials 13 Chessman
- 14. Union Army combatant
- 18. Beauty queen ribbons
- 21. Took to court
- 22. Dejectedly
- 24. Protracted, ... out 25. SW Pacific nation
- 26. At what hour?
- 28. Eagerly expectant 29. Leafy fences
- 27. Head supporters

DOWN

- 1. Earnestly 2. Majestic
- 3. Sleeve edges
- 4. Great pains 5. Casual tops (1-6)
- 6. Prized shellfish
- 12. Beer 15. Maltreating
- 16. Teasing
- 17. Improve
- 19. Sicken
- 20. Proverbs 22. Grind (teeth)
- 23. Single

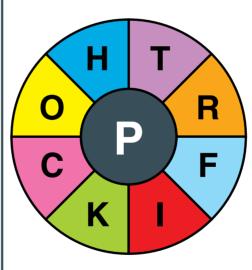
ALPHABET SOUP



#307 October edition PUZZLES

Solutions appear on page 34





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.

8 Good 12 Very Good 16+ Excellent

		_



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#307 October edition PUZZLES Solutions

2	8	1	9	3	6	7	4	5
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9	1	4	2	8	3	6	5	7
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Wheel Words: Chip, Chop, Crop, Pick, Pith, Pock, Pork, Port, Topi, Trip, Chirp, Optic, Picot, Pitch, Porch, Prick, Topic, Photic, Profit, Tropic, Trophic. 9-letter word: PITCHFORK

Alphabet Soup: Arizona, Hawaii, New Jersey, Alabama, Florida, Ohio, Texas, Georgia, Kentucky, Pennsylvania. Have a Go News Quiz Page 2: 1. The dingo fence (5531km, Qld-SA). 2. Betty Cuthbert. 3. James Packer. 4 Ghan. 5. Barnaby Joyce. 6. Jenny Brockie. 7. Nat Fyfe. 8. Royal Flying Doctor Service. 9. 24,000. 10. Kalgoorlie-Boulder.

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Community **NOTEBOOK**

U3A SW METRO REGION

Members and visitors are invited to attend our next Melville Lecture.

Eric McCrum will be speaking on "The Amazing Orchids of WA".

Friday 20 October at 2pm. Cost \$4 incl afternoon tea

Melville Recreation Centre, Cnr Canning Hwy and Stock Rd.

ZUMBA GOLD

Classes held Wednesdays at Lynwood Wandarrie Hall, and Thursdays at Corinthian Park (Tennis Club) Hall, Riverton. Both classes start at 9.30am. Come 10 minutes early with towel and water. Cost \$10. Meet new friends have a fun morning.

QUIZ NIGHT TO BENEFIT CHILDREN

OF EAST TIMOR

Friday 13 October at 7pm. \$15 entry. Tables of 8. Pay at the door or online at www.trybooking.com/ RDHN. Prizes galore, raffles and auctions Bring your snacks but no BYO as there will be a licensed bar.

Belmont Sports and Recreation Club, Cnr Abernathy Rd Belmont Details phone Joyce 9358 3770.

BENTLEY PARK SHOW

Saturday 28 October 10am-5pm. Official opening and presentation of trophies

Devonshire teas 10-4pm. Sausage sizzle 11-2.30pm. Raffle 4.30pm.

Sandra Dale ph. 6250 0538 The Swancare Auditorium. 26 Plantation Drive, Bentley.

GOOSEBERRY HILL ARTS AND CRAFT GROUP

Exhibition and sale of work by local artisans. 14 and 15 October 10am-4pm both days. Free entry. Agricultural Hall 48 Canning Rd. Kalamunda Eng 0427 260 252.

MUNDARING SWAP MEET

7am-12pm Sunday 15 October.

SELLERS Gates open 6am. \$10 for first bay \$5 each additional bay.

BUYERS 7am-12pm. Entry gold coin donation. Mundaring Recreation Grounds, Mundaring Weir Rd,

Fund raiser for Sawyers Valley Volunteer Bush Fire Brigade Inc.

CHESS CLUB

53 Coode St., South Perth.

The club is a mixed group and meets each Monday from 12.30pm-4pm Afternoon tea provided. Come along and join us in a friendly game. Call Greg 0438 088 132.

WEMBLEY DOWNS DISTRICT FAIR

Saturday 28 October from 8.30-3pm. Entertainment, stalls stage performers and more. Luita St Reserve, Wembley Downs.

MOUNT HAWTHORN COMMUNITY FAIR

Saturday 28 October 12pm-6pm. Food, entertainment, amazing art. Over 50 stalls showcasing handmade items from students, local artisans and businesses. 1 Killarney St Mount Hawthorn.

ETENIA LATINA FESTIVAL

Sunday 22 October 11am Multicultural food and entertainment. Curtin University Undercroft Kent St Bentley Martha Ramirez O. 0487 641 034 etnialatina@hotmail.com

TOODYAY BUSH POETRY FESTIVAL

Friday 3 and Saturday 4 November 9am-9pm. Sunday 5 November 9-5pm Memorial Hall 117 Stirling Tce Toodyay Contact Bill Gordon 0428 651 098.

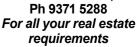
AUGUSTA AND DISTRICTS

29TH ANNUAL SPRING SHOW Saturday 21 October, 1pm-5pm. Sunday 9am-3.30pm. Contact 0407 426 900 or 0403 831 702 Augusta Centennial Hall, Alnutt St.

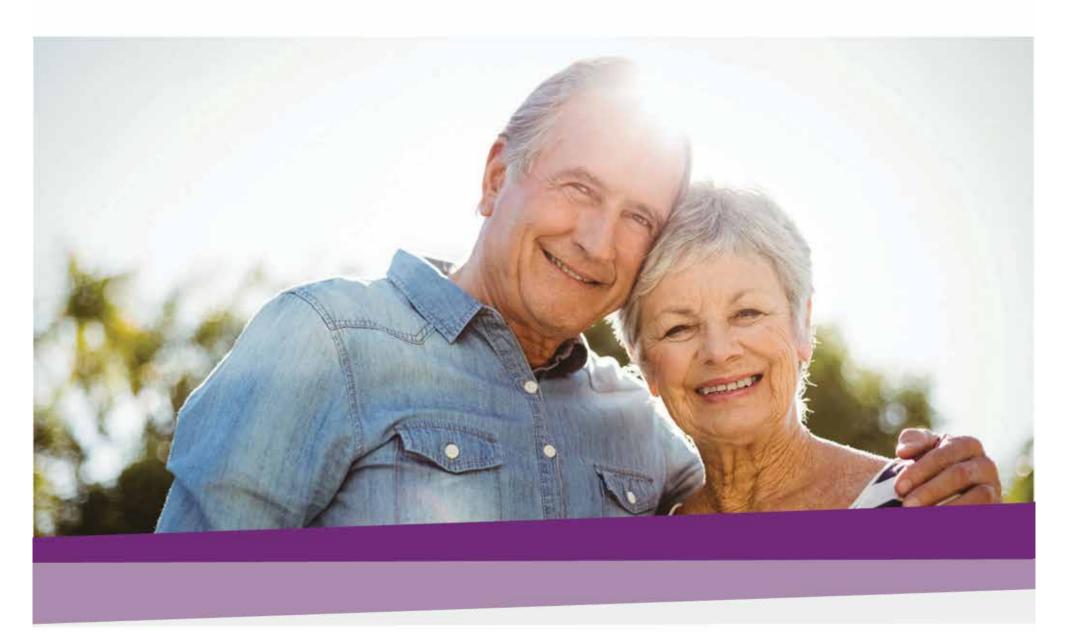
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October's Garden Shows, new plants and time to rock on in your garden









Clockwise from left; Discover easy to care for Fittonias - October is show time...check out blooms, cacti, gardens and more on display - Richgro Rock Mineral Fertiliser and Soil Improver



by Colin Barlow

SOME of you may have heard of rock dust and rock minerals but what are they and what do they do? Rock dust is usually left over granite crusher dust, this has little mineral value. Rock minerals are mined from igneus and sedimentary rock and contain trace elements and minerals vital

for plant health including boron, manganese, copper, zinc, cobalt and molybdenum.

These natural rock minerals are sustainably obtained from volcanic bedrock buried deep beneath the surface in Queensland, where they are covered by layers of soil and decaying organic matter. The rock minerals are then impregnated with beneficial microbes and additional nitrogen, phosphorous and potassium and formed into 'prills' or pellets to make them easy to handle and

When applied to the soil in a prill, these microbes will become activated by moisture. This allows them to work within the soil to capture nutrients and make existing ones more available to the roots of the plant. This encourages a stronger and healthier root system and makes the plants more resistant to pests and diseases. It also improves soil structure and health as the roots and microbes interact in the soil.

Richgro Rock Mineral Fertiliser and Soil Improver is a natural slow release formulation that provides all the essential elements to produce robust green healthy foliage, bountiful flowers and fruit over a three-month period. It has been used extensively for more than 20 years in home gardens, broadacre farming, turf industry and amenity horticulture, such as parks and gardens, with outstanding results. Plus it can also be used safely on natives.

Richgro Rock Mineral

Fertiliser and Soil Improver is available from leading hardware stores and selected nurseries. All you need to do is sprinkle a couple of handfuls per square metre every three months and water it in to get your soil and plants rocking along.

Fit for a King!

Every year when I am lucky enough to be leading tours to Europe, I love seeing what new and interesting plants are available at the top horticultural shows and exhibitions. I often drool at the exquisite plants and wonder how many years it will be before we get them here in WA. One such collection of plants I first saw at Kew Gardens in London is finally now here and it is the perfect species for your home.

The South American rainforest plant genus Fittonia, also known as net leaf, nerve plant, snakeskin plant or mosaic plant, has been bred to produce a huge number of dwarf cultivars with strikingly marked foliage. Their rich green leaves are overlaid with bright red, pink and white veins to provide a stunning impression in small pots, hanging baskets and terrariums. The colourful variegated foliage would make a complementary companion to ferns. Álternatively use it to contrast with the foliage of rex Begonias and the colourful flowers of African violets or moth orchids in a mixed bowl or terrarium.

Fittonia is easy to care for in low to medium light or filtered sunlight. Avoid hot sunny windows unless they are covered with blinds that can filter the light. Fittonia prefer a moist soil but allow the soil to dry out slightly between watering and keep drier during cooler winter months. These plants love humidity, so regular misting, gravel trays, double potting and terrariums are perfect to keep them in top condition. A liquid feed once a month or controlled release indoor plant food once a year will improve their overall colour and

Some of these exciting new cultivars of Fittonia introduced into WA by Flora Plant include Forest Flame, Purple Snow Anne, Burning Cloud, White Star, Skeleton, Purple Anne, White Anne, Snow Anne, Star Star and Jade. Look out for them at most leading hardware stores, nurseries and garden centres and some selected florists.

Gardening delights

Every October in WA is show time for gardening enthusiasts like me, with a plethora of plants and gardens on display. So take some time out to stop and smell the roses or pick up an unusual plant at one of the many events below:

Riverton Forum Shopping Centre will host The Cactus and Succulent Society of WA annual show on 19 - 21 October. Whether you are a novice grower or a collector there will be lots of rare and interesting easy-care plants to choose from. For further details call Bob Hunter 0438 906 229.

Check out the vibrant flowers at the WA Gerbera Society's Spring Show at the South Perth Community Centre on the corner of Sandgate Street and South Terrace, South Perth on the 21 October. These South African beauties are well suited to Perth's climate and make ideal cut flowers. Contact Helen Hollett on 9364 7175 for more de-

Amanda's Garden Fete is on from 21 - 22 October: This picturesque garden is set in the tranquil natural setting of paper barks at the junction of Margaret and Matison Streets in Southern River. The fete runs from 10am until 4.30pm each day and entry is \$5. Call 9398 7275 for further information or go to www. amandayoungfounda tion.org.au

If you have wondered how to get the best out of your orchids, why not check out to The Orchid Society of WA potting workshop on 22 October at the Manning Senior Citizens Activity Centre, 3 Downey Drive, Manning. There will be a small charge of \$5 to repot your orchid with help from the experts. Refreshments will also be available. Contact Rosemary on 0401 508 667 or go to www.orchid societywa. net.au for further details.

Grab a bargain at The Geranium and Pelargonium Society annual sale day at the Guide Hall, corner Stock and Kitchener Road, Melville on Saturday 28 October. From 10am until 5pm there will be a range of unusual cuttings and plants many of which are not available in retail nurseries. Go to www. gapswa.org.au or call 9384 7885 for more information.

If you love roses, and you are heading down south, take in the beautiful blooms and intoxicating perfume at the South West Rose Society's Show at the Stirling Arts and Craft Centre, Stirling Street in Bunbury on 4 – 5 November. Call Margaret Addison on 9797 1809 for further details.

The Epiphytic Cacti and Hoya Society annual show is on at the Altone Park Shopping Centre at 161 Altone Road, Beechboro on 4 November. These wonderful plants with spectacular flowers and unusual foliage are perfect for hanging baskets or containers and gardeners of all levels of experience. For further information contact Alf Gaebler on 9444 6694 or 0457 138 567.







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Downsizing FEATURE

Boutique living with South Perth sophistication at one elegant address

DOWNSIZING or rightsizing from a house to an apartment these days doesn't mean people need to downgrade their lifestyle nor do they have to choose apartment developments so large they will likely never get to meet everyone who lives in the building.

Boutique luxury is rare but with the newly launched Reva Apartments by Finbar, a small number of people will have the opportunity to significantly up-scale their lifestyle by the Swan River's edge.

Reva Apartments is located on Harper Terrace in the leafy and prestigious inner-city suburb of South Perth. The nine-storey development comprises 42 luxury one, two and three bedroom apartments and a stunning rooftop pool deck and entertaining area offering spectacular views across the Swan River to the city.

The apartments have been thoughtfully designed to maximise space with high ceilings and extensive windows to take advantage of beautiful river views. Attention to detail is a key focus with this development with apartments featuring exceptional fit-out quality, Miele appliances, engineered timber floors and a selection of elegant colour schemes.

Chief operations officer, Finbar Group, Ronald Chan says interest in this development has been incredibly high.

"Reva was officially launched to the market on the 16 September with more than 60 groups attending the weekend launch. More than 40 per cent of apartments have already been sold. Purchasers are recognising that Reva comprises the perfect combination of outstanding quality and prime location.'

Just 120 metres from the South Perth foreshore, Reva is perfectly located to take advantage of everything South Perth has to offer. Residents can enjoy acres of prime recreation space with a spectacular city skyline backdrop and the array of cafés, restaurants and attractions only minutes away including Atomic Café, Mends Street Café, Coco's, the historic Windsor Hotel, Perth Zoo, Royal Perth Golf Club, and the South Perth Bowling Club.

The Mends Street precinct, running parallel to Harper Terrace, is also set for future redevelopment, making the South Perth peninsula one of the most sought-after inner city suburbs. The recently revitalised riverside promenade, pristine beaches, and reinstatement of the historic riverfront lagoon, Miller's Pool, will soon be joined by a piazza adjacent to the ferry, confirming

the location as an iconic Perth beauty spot.

Reva is also conveniently located with direct freeway access for rapid transit north or south, complemented by ample buses, a proposed train station at the end of Richardson Street, and the popular ferry service leaving Mends Street Jetty (300 metres away) providing easy, traffic free passage to the Perth CBD and Elizabeth Quay.

Apartments start at \$439,000 for a one-bedroom apartment, \$560,000 for a two-bedroom apartment, and \$1,150,000 for a three-bedroom apartment.

Construction is due to commence in November with estimated completion in 2019.

For more information call 08 6211 3388, register online at revasouthperth.com.au for a private appointment or visit the sales office on-site Sat and Sun 1.30pm - 4pm.

Location... Location... Location - finding the dream home for retirement



Barbara and Len Cockman

WE'VE heard about the importance of location many times, but Rangeview Village exemplifies what this statement means for over 55s retirement villages.

Located adjacent to the High Wycombe Shopping Centre, residents are a short five-minute walk to your local Coles store, pharmacy, restaurant, tavern, post office, hairdresser, café, flower shop, bottle shop, bakery, medical offices, physical fitness gym, travel agent, newsagency, various fast food outlets, with public transport just across the street and a large green belt with playground and pond for the grandchildren to enjoy. It does not get better than this.

Rangeview Village itself boasts the very best in construction, beauty and comfort. Each villa is detached, double brick and tile with dual glazed windows, high-ceilings, extensive tile work, caesarstone counter tops, reverse cycle airconditioners, intruder alarms, dishwasher and covered private alfresco areas. This secure and gated community is in stage three of construction with a number of brand new villas available. It features a fabulous clubhouse for the use of all the residents with regular social activities including exercise classes, sundowners and Friday night social club din-

There are two and three-bedroom villa options available with one or two bathrooms and lock up garages attached. All communal areas are maintained and people have the freedom to enjoy life to its fullest. Whether you stay and enjoy the social atmosphere of the village or travel the world, life is splendid at Rangeview Village.

"We moved into Rangeview Village 14 months ago knowing that it is a developing, boutique, over 55's retirement village. The village's residents were found to be very welcoming and friendly, with a willingness to help one another when necessary. The new clubhouse has taken the offerings of the village to another exciting level for existing and future residents. We feel the village offers what we want in our future years of growing older together," said Rangeview residents, Barbara and

Rangeview Retirement Villages offers residents a lifestyle of companionship, comfort and security in a friendly and relaxed environment.

For more information about Rangeview Village visit the village for its home open on Wednesday and Fridays between 10am and 2pm or telephone village management on (08) 9355 3400.

Rangeview Village is located at Denver Rise, High Wycombe, visit www. villagesolutions.com.au for more infor-

Everything you need to know about divorce, real estate and the family home

AUSTRALIAN Bureau of Statistics tells us 48,500 divorces were granted in 2015. Almost 50.000 households break up every year and with the average price of a family home being \$500,000, \$24 billion of housing is potentially being carved up in divorces.

For most couples, the biggest assets they share are real estate. So, when a marriage or partnership breaks down one of the biggest issues that needs to be resolved is what's going to happen to the house? This then leads to a tedious, often stressful and emotionally draining, process of mediation and negotiation.

It's not uncommon for one partner to walk away from a property as they think this means a clean ending for the relationship without fighting and lawyers. However, this means potentially walking away from money that's

rightfully yours.

Dividing up assets fairly after a separation does not have to be a bitter process.

Peter Taliangis and Christine Weston combine their expertise to deliver everything you need to know about divorce and real estate in their book Separation & Divorce Involving Real Estate - 100 Expert Tips.

Not only do they offer practical advice on property management, but they also guide you through the sensitive journey of participating in mediation, managing your emotions and progressing stalled or complex negotiations.

"Divorce is a very hard time for my clients and I try to make it as much as possible about achieving the best price for the sale of the home (if we go down that path) and trying to keep the emotions out of the transaction'

explains Peter.

"Getting even over the sale of a house isn't a concept that I believe is worthwhile or logical. What's more if the neighbours know you are getting divorced, chances are the buyers will find out too and that will cost you tens of thousands of dollars more.

Peter Taliangis is a licensed real estate agent operating in Perth WA, selling and managing millions of dollars' worth of property. He has seen the ins and outs of divorce in real estate, from the amicable break up, to the bitter dispute.

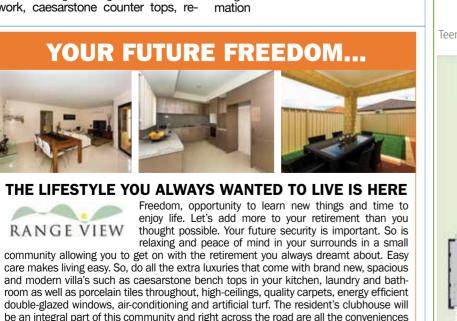
He has acted as arbiter on numerous occasions, being focused on getting the best results possible for both parties.

Christine Weston is the creator of www.divorcere source.com.au, designer of the Split Kit (Australia's first divorce management software program) and author of the invaluable resources book, The First Steps Through Separation & Divorce.

Taliangis and Weston combined their professional expertise to not only help future clients achieve a better result from their divorce, but thrive through the process of separation.





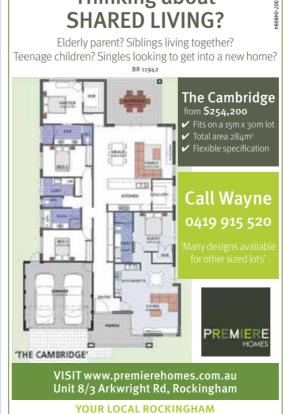


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Downsizing ADVERTISING FEATURE



Spring is the time to breathe some new life into those outdoor spaces



Left; Zofia St James Right; All accessories are available at Domayne City West

HELLO everyone, I hope

that September was a

The warmer months

are upon us now and that

brings longer days and

opportunities to entertain

Whether you have a

balcony, courtyard or

backyard, your alfresco

area is a very important

in your outdoor areas.

by Zofia St James

great month for all.







er to consider ways to breathe new life into these spaces, so that it

excites you to share it with others.

One of the first things to look at is the plants you have and whether it would modernise the

space by re-potting them

into larger white pots.
Instead of lots of little pots try to combine some plants together to create a lush look for visual impact.

I love the sight and especially the sound of a water feature but obviously its not possible for everyone. For years I have had this very large granite bowl on my balcony with goldfish, it nestled between a very large potted plant and a medium one in a corner and provides a lovely focal point. That's my water feature and its nice to see my fish each morning waiting to be fed.

It really doesn't matter how big or small your space is, it can be made beautiful with potted colour around the base of larger plants and with accessories that compliment the colours and add style.

If you have a balcony then accessorise it as an extension of your internal living area decor.

If you have more space outside you can go to town with outdoor sofas

and colourful oversized cushions in colours that coordinate with the outdoor dining place settings.

You can have so much fun with this as there are some great products which make a style and colour makeover entirely affordable.

Maybe you need to update your outdoor setting? Depending on your budget Domayne City West have a great range of products for different needs called Rooftop Bliss.

The urban style table with long bench seats was great to see and appealed to me. They also have a range of tables that extend, which is fantastic when you have a large group coming over.

Kmart has a great range of accessories and pots and Target always have great napery and outdoor dining plates and glasses, all unbreakable. And with outdoor gas heating towers it extends the time we can enjoy these areas year round.

Don't forget though to bring the season inside as well.

It's always a great time of the year to open up doors and windows and like I said last month do a bit of spring cleaning. Treat your living room and kitchen to a beautiful orchid, lkea stock them for the best price, or some indoor greenery to add some life to a sad corner.

Peace Lilly's and palms are my favourite indoor plants. A new business called The Living Decor Co (located in South Guildford) sells beautiful mature lush plants all potted in quality ceramic pots at very affordable prices.

If you are not confident of green fingures or your room lacks light, Adair's sells the best faux plants on the market.

Succulents are all the rage at the moment and a shallow bowl with a mixture of small varieties could crown your new outdoor table. Or try two larger pots to grace either side of your front door. Who knew Mother-in-Law's Tongue and Jade would ever be so hip?

Have a really wonderful October and happy planting.

Zofia offers an interior style consultation for readers. She may be able to assist with de-cluttering, restyling, choosing what pieces of furniture to take and of course personal styling. She offers a special rate for Have a Go News' readers and she knows how to style on a budget.

For those who would like to contact Zofia call her on 0406 336 607 or email zofiastjames@hotmail.com



A bidet solves problems for arthritis sufferers

BIDET SHOP® customer Mabel suffers with arthritis and a painful back condition but has found a bidet has made the every-day task much simpler.

"It's marvelous! I've always wanted a 'paperless' bidet in my bathroom and I wish I found it years ago!" Mabel said. "The bidet simply replaced the existing toilet seat and automatically cleans without toilet paper. The friendly staff explained that the bidet toilet seat has many health benefits as well as the comfort factors of a heated seat and other features."

The bidet can be used in two simple steps. Press the bottom/feminine wash button and the bidet provides a stream of warm water to clean thoroughly. Then with just the push of another button, warm air gently dries without the need for toilet paper.

Mabel said that although The Bidet Shop offered to send out a brochure pack, she

decided to order a bidet straight away. It arrived a few days later.

"It is the best investment I have made in my personal health and hygiene in years and no longer finds going to the toilet an issue".

"Give it a go!" She says. "I did and I couldn't be happier".

For more information about how to qualify for a fully funded bidet or to purchase call The Bidet Shop on 08 6315 4252.

















RAAFA's development is set to go above expectations for its residents



The staff and clients at RAAFA's Merriwa Estate have plenty to be happy about with the opening of a new \$2.6M dementia wing

RAAFA's major \$2.6 million redevelopment at Karri and Tuart Lodge residential care home in Merriwa is complete, with the first residents due

to move in during October.

This redevelopment on Hughie Edwards Drive, will provide much-needed accommodation and care for an additional 32 of the community's growing population of people living with dementia.

The new wing, called Jasmine House after the simple flower with an intoxicating fragrance, will see the implementation of a 'person-centred approach' to care being offered to residents. This aims to empower physical and emotional well-being along with promoting independent decision making within a positive, social envi-

RAAFA facility manager, Julie Exeter, says Jasmine House has been specially designed to support people living with dementia and will implement a person-centred model called R.E.A.L

"The R.E.A.L care experience is an exciting and contemporary model that will operate very

differently to traditional aged care services," she explains.

"Staff will support residents in choice and decision making around their daily routines, preferred activities and care provision, all within a positive social environment.

"This is an amazing time for Karri and Tuart Lodge. RAAFA has a real opportunity to implement this new model to make a real difference in the lives of people living with dementia.'

General manager - residential care, Carol Bartlett, adds that in order to achieve the best resident outcomes within the R.E.A.L experience, RAAFA is committed to only recruiting staff who can demonstrate they live and breathe a person-centered approach.

"We are very excited that our hand-picked team will create a homelike and welcoming environment for our new residents and help support people to live well with dementia," she savs.

"RAAFA has been caring for elderly West Australians for many decades and we are committed to providing quality residential care facilities in our community.'

Jasmine House includes a number of relaxation rooms, a sensory garden and alfresco area, as well as café style dining.

For further information or if readers and their family are interested in coming to live in Jasmine House at Merriwa, please contact Julie Exeter on 9400 3800.

RAAFA supplies homecare to the community through a range of home care programs via RAAFA Connect.

They also run the Aviation Heritage Museum at Bull Creek, which is home to thousands of unique artefacts telling the story of Australia's civil and military aviation history. The museum is open to the public from 10am to 4pm every day.

For general details about RAAFA, please call

Alert - Take care to avoid being scammed when buying or selling property

CONSUMER Protection has issued an urgent alert to the WA real estate and settlement industries, as well as to buyers and sellers of properties, after three cyber-attacks recent resulted in almost \$590,000 being stolen in property-related scams.

In the worst case, an 83 year old property buyer in Perth's western suburbs lost \$557,000 after the fraudsters intercepted email communications between her son, who was acting on her behalf, and their settlement agent. It is not yet known if the scammers hacked into the email account of the buyer's son or the settlement agent or both.

September the ln buyer's son received an email from someone who he thought was his mother's settlement agent asking him to deposit the final payment on a property amounting to \$558,000 into a new bank account. This he did.

When the fraud was discovered, he contacted the bank involved but it was too late, all but \$1,000 had already been withdrawn from the ac-

count. The buyer may face further financial losses as the settlement could not go ahead as planned.

In the second case, two clients of another western suburbs' settlement agency lost almost \$26,000 after the agency's email account was hacked and three payments towards property purchases from the clients were directed to a different bank account set up by scammers.

In the third case, a western suburbs' real estate agent/property manager had her email account hacked and three prospective tenants received emails from scammers purporting to be the agency.

The tenants had already been told by the agent that their rental applications had been successful. The scam email requested them to deposit their bond payments into a new bank account. More than \$7,000 had been transferred to the bank account before the scam was discovered. Luckily this scam was detected early because the property manager's father was one of the tenants

who received the email and he became suspicious.

Officers from Con-Protection's sumer **Property** Industries Branch and WA ScamNet are investigating all three incidents. The Australian Cybercrime Online Reporting Network (ACORN) and the WA Police Major Fraud Squad have been notified. It is not clear if the three incidents are linked but it appears they have all been carried out by overseas criminals.

Commissioner Consumer Protection David Hillyard said there is now an urgent need for everyone involved in property transactions in WA to be on high alert.

"Buyers, sellers and tenants need to double check any email purporting to be from their real estate or settlement agent requesting funds be sent to a bank account," Mr Hillyard said.

"As the scammers could have hacked into the client's or the agency's email server, it may appear genuine. To be safe confirm any changes with a phone call to the agency's previously

known number. Don't reply to email or use any phone numbers provided in the email as you could be communicating with the scammers.

"The same applies to agents. Clients' email accounts could have been hacked and payments may be inadvertently diverted to the hacker's account.

"For the property industry, it is imperative that all real estate and settlement agencies use the highest possible security software to protect the integrity of their computer systems and email servers.

"The hacking may have occurred as a result of accessing email accounts via public wifi and consumers and industry professionals are cautioned about the dangers of using your email on open networks such as these when arranging important transactions.

"Regular changing of passwords for email and bank accounts and independent verification of requests for changes to bank or contact details should be normal practice, especially in the wake of these recent cases. This advice applies to all businesses, not just the property industry.

"With large amounts of money often involved. property transactions are always going to be a lucrative target for scammers who will attempt to intercept the payments, so we all need to exercise extreme vigilance," he said.

Ed's note - it may be prudent to move back to bank cheques for large transactions. It is well worth a discussion with settlement agents of

the safest and most secure way to transfer the funds.

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TRANSITION TO RETIREMENT







Join us at "The Fine Art of Organising & Rightsizing Your Home" Village Open Day being held on Sunday, 15 October 2017. The day will include a guest speaker for people looking to downsize from the large family home, whilst still enjoying a boutique household and garden setting. Village and facility tours will be on offer and a BBQ lunch to mingle with like-minded and friendly neighbours. All visitors, friends and family welcome.

Leederville Gardens Estate, is one of the very few affordable retirement villages in such close proximity to Perth CBD. This over 55's community backs onto the lush lawns of Britannia Road Reserve for exercising, strolling or walking your pooch, you'll forget that your just minutes from the city, shopping centres, churches, medical facilities, public transport and much more. Refurbished villa style homes and apartments are currently available starting from \$315,000.



Contact Sigrid Adams on 0408 610 602 or via email sigrid@villagesolutions.com.au to register your interest or make an appointment

MOW \$193,000 **RSL**car

Three new display homes coming soon!

There is even more on offer at Jurien Bay Village with three new smaller homes available soon starting from just \$193,000. The Village offers superb facilities including an indoor pool, library and gym plus we are expanding our on-site health support facilities. Come and join the many residents who are already making the most of the wonderful lifestyle that Jurien Bay Village has to offer.

Visit jurienbayvillage.com.au or contact Chris Shearwood on 0447 253 440 or chriss@rslwvh.com



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

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

This means not only looking at what people need to live on until the end of their days, but rather the experiences they would like to have with family and the life they want to be living.

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

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

The current system has not taken into account the increase in lifespan, and whilst there have been noises from both sides of politics, no government has been brave enough to come out and say what we all know is coming – we will be living longer on average, and NEED to be able to answer the question "Am I OK – can I live the life I want?"

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

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

Call Coral Horizon on 9417 8211. Ed's note - Coral Horizon's were recommended

to the paper by a regular reader.



beckons.
The SAFE network includes ten regional branches across WA and a new SAFE Metro branch to launch in Perth later this year.

Nita's current foster dog is Stella, a Jack Russell (pictured) cross who comes with a special trick: "When asked, Stella will jump into my arms from a standing start... she's great because I don't even have to bend down to pick her up," says Nita.

Stella is aged around two to three years and awaits adoption to a loving permanent home.

MEET Nita Schmidt, a fos-

ter carer for SAFE Inc, WA's

animal rehoming service.

For Nita, caring for ani-

mals on a temporary basis

is a perfect fit for her as

she wanted to have dogs

and cats in her life but also

wanted to be free to travel.

walk the Camino Trail in

Spain for two months and

will resume foster caring

when I get back. The re-

wards are enormous", says

Nita who has been volun-

teering for SAFE for four

Animal foster care is

perfect for grey nomads.

They can foster an animal

when they're at home in

the knowledge that SAFE

will arrange an alternative

"I'm heading off soon to

volunteer-based

largest

vears.

Sometimes people are hesitant to become foster carers, thinking they will get too attached to a dog or cat.

For Nita, part of loving each animal in her care also means letting them go to a new permanent home when the time comes.

"It's not as hard as people think... it's the satisfaction of helping so many animals which makes it so rewarding."

"It is a privilege to take a dog in, love them, play with them, encourage them to trust humans again and watch them develop and grow. We get emails, phone calls and photos from their new families showing how happy the animals are and I always say that's a job well done."

"We get to understand the personality of each animal we foster so I can tell the new family exactly what the dog is like."

SAFE invites people to give animal fostering a go, even if it's just a one off or short-term stint. In many ways, it's not that different to minding someone else's pet because the dog or cat will have a home to go to, says SAFE founder Sue Hedley.

"We provide support for our foster carers whether they are caring for an animal for three days, three weeks or three months."

SAFE is proudly an age-friendly organisation, championing the bond between older people and pets and the positive benefits it brings to both.

Pets bring well documented health benefits and reduce social isolation for people, while animals in home-based care experience less stress than those confined in animal shelters.

"No matter how well a shelter is run, it is simply not like a home," says Nita. SAFE foster carers save hundreds of animals lives every year, with no costly shelter facilities to run. The foster care model is low-cost thanks to the passion of volunteers providing care in their own homes until permanent homes are

found.

"It's very satisfying to be part of a joint effort to help homeless animals that doesn't involve shelter stress. Many people say they simply cannot face sad-looking animals in cages at animal shelters", says Sue.

In foster care, pets are viewed on SAFE's website and potential adopters get to know a pet's personality by discussing it at length by phone and through photos and videos. Meet and greets are arranged between the foster carer and prospective adopter if they are in the same area. Many animals are flown to their new homes across WA or to other states.

Picture this – relaxed animals in regular homes, finding their feet, gaining confidence and not confined in cages in shelters.

Reliable information is gathered about each animal, community connections are created and

animals for adoption enjoy unlimited exposure via the web across Australia. As a result, the euthanasia of healthy, adoptable animals is avoided – everyone wins.

The ideal foster home for dogs is a fully fenced property and a carer who is prepared to include the dog in their daily life. For cats, indoor containment with access to a cat enclosure is ideal.

If you can help, SAFE would love to hear from you, whether you can offer a temporary foster home, or you are interested in adopting. SAFE offer a range of volunteer roles, all helping to ensure quality of life for homeless pets. If you are interested in sharing your expertise to coordinate air transport of animals, home visits, fundraising, grant writing, education or research, there are many rewarding roles in these areas.

To sign up as a foster carer or to enquire about other volunteer opportunities, email SAFE Inc at safehq@safe.asn.au or phone Anne on 0423 924

To enquire about adopting Stella (located in Perth) email carnarvon@safe.asn.

Come along to Unwined Subiaco - a relaxed and enjoyable celebration of WA wines



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paint a picture of the differences

SEVENTH annual twoday celebration of fine West Australian wines, UnWined Subiaco, will be the biggest yet with 67 exhibitors.

Exhibitors will include more than 40 of WA's best boutique wine producers. There are nine new exhibitors. Tapas style food is available to purchase on site.

Last year's successful introduction of a Club Lounge is being expanded. It retains its elevated spot and includes complimentary wine and food with a fantastic selection from the Great Southern. With undercover and

garden courtyard areas available, it will host up to 100 guests each day with tables and seating for comfort and convenience.

Guests will be free to 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.

Live music will come from artists, The Prefix and Arthur King.

The Club Lounge ticket includes event admission, a premium Plumm souvenir glass, complimentary wine from the

Club Lounge Bar and gourmet barbecue during the afternoon. Cost is \$115 (pre-purchase only) for an afternoon of indulgence. For groups of 10 or more the cost is \$99 per person.

For those looking to take their wine tasting to a higher level, the organisers are again offering a premium souvenir Plumm wine glass for the event. The Plumm Tasting Ticket is available for pre-purchase for \$36 and at the gate for \$40.

General admission costs \$26 for pre-purchase or \$30 at the gate and includes entry, souvenir glass, access to wine sessions and cooking theatres, 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.

The event on Saturday and Sunday 28 and 29 October, will again be held at Market Square Park on Roberts Road. It will be open from 11.30am to 5.30pm on both days.

UnWined Subiaco is supported by the City of Subiaco.

More details and tickets are available from www.wineandfood.com. au

WIN WIN WIN

To be in the draw to win one of five double passes to Unwined on either Saturdav 28/10 or Sunday 29/10 simply email win@haveagonews.com.au with Unwined in the subject line or send an envelope to Unwined - 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 23/10/17.



food & WINE MERTY... ADVERTISING FEATURE DEPARTMENT AND BE WERTY... ADVERTISING FEATURE

It's now the perfect time to fire up the barbecue



by Noelene Swain

THE first sunny days, where you can smell the flowers in bloom and feel a fresh breeze on your face, bring anticipation of longer days and warm evenings. Do days get any better than this? Spring is here and what a treat we are in for.

Barbecues certainly spring to mind and can be memorable social events with a little planning and simple preparation. If the bar-

by is looking a little dusty from neglect over winter it is prime time to spruce it up and be ready for lots of outdoor dining ahead. Tackle dust and cobwebs with a hand brush then get it hot and use half a cut lemon to rub over the barbecue plate – it will come up a treat.

There is no end to the delicious foods you can throw on to a barbecue. Steaks and sausages are certainly traditional fare, but outdoor menus have come a long way since. A variety of chopped, colourful vegetables is a welcome addition to char-grilled chicken breasts and home-made hamburger patties are unbeatable, despite being extremely easy. Chicken and turkey mince makes a great burger mix. Mix in crumbled feta cheese, chopped sun dried tomatoes, diced green and black olives, lemon juice, lemon rind and some fresh breadcrumbs to make a tasty small pattie. When serving wrap a fresh basil leaf around the pattie and secure with a skewer.

Time spent marinating ahead has a practical side as not-so-tender cuts of meat will be flavoursome and moist. All kinds of fish,

poultry, red meat, vegetables and even fruit absorb flavours from the marinade ingredients. Most supermarkets stock ready-made marinades for your convenience, otherwise, why not try to make your own marinade?

Experiment with various ingredients in your pantry when making your marinade. Wine, lemon juice, garlic, ginger, chillies, plum sauce and Chinese five spice, tandori paste and yoghurt, mustard, honey are just some suggestions for using in a marinade.

Barbecuing on an outdoor hot plate is an ideal way of cooking small tender vegetables. Asparagus, flat mushrooms, onions, capsicum, eggplant, zucchini and partly-cooked potatoes can be tossed onto an oiled hot plate to benefit from a gentle char-grill and to absorb the smoky flavours.

Plenty of fresh crusty bread, a range of salads and a fruit-based dessert round out a meal that is sure to be a success. These recipes are perfect for a spring barbecue, but will work just as well in the kitchen:

Brought to you by Fresh Finesse Fresh Food Promotions – www.freshf.com.au

Vince's artichoke bread



by Vince Garreffa

THIS is another family recipe from *The Flesh in My Life* which outlines the love of family and some of the wonderful recipes which have shaped my life. Visit my shop at Mondos Butchers at 824 Beaufort Street, Inglewood. Call first on 9371 6350 as I am happy to personally sign a copy for you.

This bread is wonderful with artichoke broth or served with olives and cheese.

Ingredients 3 eggs

150 g plain flour

7 g dry yeast 60 ml olive oil

100 ml warm milk

80 g Spanish manchego cheese, grated 200 g artichoke hearts in oil, drained and blotted 50 g leg ham, finely diced

WA lake salt

freshly ground black pepper

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

c/- Have a Go News

West Leederville 6901,

or email your question to

number so I can call you!

vince@haveagonews.com.au.

Please include your telephone

Vince Garreffa

PO Box 1042

Combine the flour, yeast, and warm milk in a bowl, the set aside in a warm place for 15 minutes.

Add eggs and cheese, mixing them in, then slowly pour in the oil and warm milk until everything is well blended.

Add artichokes and ham, and mix well.

Pour into a prepared greased loaf tin and bake at 180°C for about 45 minutes.

Cool and slice. The bread is great as an accompaniment to any soup or antipasto platter.

Letters to...Vince Garreffa

Orange and fennel salad

Preparation: 5 mins; cooking: nil; serves: 4

THIS classic flavour combination makes a wonderful spring salad

1 tablespoon white-wine vinegar

2 tablespoons olive oil Coarse salt and ground pepper

5 navel oranges

3 fennel bulbs, ends trimmed, quartered lengthwise, cored, and thinly sliced,

¼ cup roughly chopped fennel fronds (optional) 3 radishes, ends trimmed, finely sliced

Whisk together vinegar and oil in a large bowl and season with salt and pepper. Using a sharp knife, slice off both ends of each orange. Following the curve of the fruit, cut away the peel and white pith. Halve or-

ange from top to bottom and thinly slice crosswise. Transfer oranges, along with any juices that have accumulated on your work surface, to the bowl with the dressing. Add fennel and, if desired, fronds. Toss to combine. Serve.



Grilled chilli lime chicken tenderloin skewers

Preparation: 5 minutes +; cooking: 20 minutes; serves 1

- 1 tablespoon oyster sauce
- 1 tablespoon sweet chilli sauce 1 tablespoon lime juice
- 4 chicken tenderloins
- Fresh lime half, to serve

Freshly chopped coriander, to serve Combine all ingredients except chicken, lime halves and coriander, in a shallow dish. Mix well. Add chicken. Cover. Refrigerate overnight. Remove chicken from marinade. Thread onto

a shallow dish. Mix well. Add chicken. Cover. Refrigerate overnight. Remove chicken from marinade. Thread onto skewers. Cook under a hot grill until golden brown and cooked through. Serve on a platter with lime halves, sprinkled with coriander.

No cook Mondays - Inglewood Monday night markets are back...

STROLL down Beaufort Street from 7th Avenue to 10th Avenue every Monday night for the perfect opportunity to enjoy a variety of food vans and interesting stalls at the return of the Inglewood Monday night markets.

From 6pm to 9pm every Monday night until April come along and soak up the atmosphere at this fabulous community event. A variety of stall holders sell fresh produce, gifts, candles, honey and of course just about every cuisine from all over the world as well as regular entertainment are on offer every Monday night. See you there!

Fortified wines provide an ideal end to a great meal...



by Frank Smith

TRADITIONALLY fortified wines are served at the end of a meal with cheese, nuts and dried fruit and they make a very satisfactory conclusion. However some people prefer to use them as aperitifs served cold prior to the main meal, especially in summer. It doesn't really matter as long as you enjoy the experience.

Recent name changes, to avoid clashing with EU regulations, can be confusing. For tawny read tawny port, Muscat is unchanged as it is the name of the grape rather than a place where the wine style is made and Topaque used to be

called Tokay although quite unlike that traditional desert wine from Hungary.

De Bortoli 8 year Old Fine Tawny is made from Shiraz and Grenache grapes allowed to stay on the vine until very ripe. It is medium tawny in colour with aromas of ripe dark fruit and nuts with barrel aged characters. The palate integrates fruit, almond, chocolate and nutty flavours combined to give a persistent flavour. Bottle 750ml RRP \$25.

This wine is widely available in Perth Liquor stores, often at discount-

ed prices.

Stanton & Killen

Wines Rutherglen Muscat is a blend from up

to four years of vintage. Made from very ripe Muscat á Petite Grains Rouge grapes the wine is light amber in colour with aromas of crushed rose petal, lavender and orange blossom. The palate displays rich raisin and Turkish delight characters with a smooth, velvety palate and a lingering finish. Bottles 500ml RRP \$22.

Stanton & Killen Wines Rutherglen Topaque is made from Muscadelle grapes from several different years. The wine is pale gold in colour with aromas of quince jelly, cumquats and dried fruit. The palate flavours are of lemon zest and butter menthol combined to provide a fresh, silky finish. Bottle 500ml RRP \$22.

Stanton & Killen wines can be bought on line at www.stantonandkilleen. com.au

Liebich 750ml Classic Old Barossa Tawny is a classic Barossa style made from Grenache grapes with a touch of Mataro and Semillon. This is an old style blended port with complex raisin, cinnamon and nutmeg characters. The palate displays concentration of flavours and sugar

with excellent rancio and tawny characteristics. It was barrel aged for 10 years and is ready to drink now. Bottle 750ml RRP \$25

Liebich 500ml Classic Semillon is a sweet blend of liqueur Muscat from a selection of vintages over a 20 year time span. Ageing in old barrels for 10 years provides a unique burnt honeyed toffee character. It is deep gold in colour the aroma is of dried apricots, aromatic musk and candied citrus follow through to a

luscious honeyed palate. Ready to enjoy now as an after dinner treat. Alcohol 18 per cent. Bottle 500ml RRP \$25.

Liebich Ron's Blend:
A smooth, young, threeyear-old tawny with fruit overtones ready to enjoy or age further in your own barrel. \$8/litre This must be the wine bargain of the year

Liebich specialise in fortified wines from the Barossa Valley. They can be bought on line at www.liebichwein.com.





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Brunch with T - Sophia's at Akora is a treat









by Tahlia Merigan

THIS month has been a busy one with the Seniors Week Event Guide included in this paper and the launch of the new website. Check it out at www.haveagone ws.com.au.

Nevertheless I did manage to get our editor, Jen, out of the office as she was keen to try Sophia's at Akora which is located in the heart of many of the retirement villages in Bentley.

Walking in you are made to feel very welcome and there is a lovely friendly, atmosphere with owner Paul greeting you and inviting you to take a seat. The modern comfortable décor is very pleasant and there is a television to keep you up to date on the news and a selection of newspapers to read.

I ordered a peppermint tea (\$4.50) and Jen ordered a latte (\$4). I loved how the tea was served on a tray with a turquoise teapot and matching cup and saucer. Jen said her coffee was perfectly creamy and no bitter taste at all.

For brunch, there was a good range of both breakfast and lunch choices that offered

value for money. I ordered scrambled eggs on toast (\$13) and added mushrooms (\$3) and salmon (\$3) and Jen ordered the pancakes (\$13.50). As we waited, which wasn't long at all, we saw the chef making the pancake mixture fresh in the kitchen.

My mushrooms were an amazing flavour bomb with garlic. They were crispy and unlike any other mushrooms I've had. I would come back just to eat them again. The salmon was cooked pieces and not cold smoked and added another flavour burst complementing the creamy scrambled eggs.

Jen said her pancakes were the lightest and fluffiest ones she'd ever had and the cream. maple syrup and berry compote complementing these perfect pancake morsels. She said she would return to eat these again as they were seriously good.

everything Overall was absolutely delicious. With the lovely service and value for money we give Sophia's at Akora four spoons.

Sophia's at Akora 2 Adie Court, (cnr of Adie Court & Jarrah Road) Bentley. 6150 7817

Open: Tues - Sat 9am



T's spoon ratings

Three spoons

Two spoons

reasonably good food and service but could make some

Knife and fork talk with the Dining Divas



by Pat Paleeya and Judith Cohen

THIS month we thought we would kill two birds with one stone and visit Wanneroo Regional Museum and drop in to the Wanneroo Tavern for lunch.

From the busport we caught the 389 which was direct and relaxing. The museum and the tavern were both well worth the visit.

On entering the tavern we found ourselves in a very spacious saloon-like room decorated with vintage collectables: metal signs, wood stoves and a Golden Fleece petrol bowser, creating an interesting and welcoming place to have our lunch.

We chose a seniors rump, a 200g graziers medallion steak with chips and a choice of sauce from the \$12 seniors menu which is served every day 11am-

The steak was cooked to our requirement (medium). It was nicely seared on both sides and with just the right amount of pinkness when cut through. It was so tender and moist the steak knife wasn't needed.

Chips were plentiful and for an extra dollar a small bowl of salad was provided.

Our other choice was the seniors rissole which was a beef rissole with mash, greens and gravy.

The chunky beef rissoles that were tasty and meaty and layered on an assortment of cooked greens consisting of broccolini, asparagus and bok choy. The mash was creamy and sur-rounded by a red wine sauce which complemented everything. Very delicious and well worth the trip to Wanneroo.

3 forks Wanneroo Tavern, 18 Dundebar Rd., neroo 9405 2777



What's fresh for fruit and vegetables in the market place

Sugar snaps: The soft and tender edible pods of sugar snap peas are crisp, sweet, and succulent and are often served

Aussie Tucker to match!

Salt 'n' Pepper Squid

Wood fired pizza (small)

Chicken or vegetarian baquette

Spring rolls with sweet chilli sauce

1 glass of wine or cup of tea or coffee

PLUS 1 middy of beer/cider or

Come and relax in our beer garden and enjoy our handcrafted

award winning naturally brewed beers and ciders with great

Your choice of one of the following;

Fish and chip basket with tartare sauce

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 Seniors' Special: Meal and a Middy \$15* and is fully rounded, with (Wednesday to Friday - bookings of 5 or more) thick pod walls that retain

their natural plumpness. Asparagus: paragus 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.

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 are some of WA's best and 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

Knife and fork talk ratings

Five forks - excellent food and service Four forks – overall good food and service

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

Two forks – food and service needs improvement

One forks - would not recommend



WEEK DAY LUNCH SPECIALS*

*Present seniors card

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Tai Chi, Heartmoves and Zumba. FREE iPad classes. Scrapbooking and beads on Fridays. Singercise on Wednesdays.

Meals on Wheels: delivered daily, \$10 per person, soup, main course and sweets

7 November: Melbourne Cup lunch, 3 course meal, \$20 per person. Book early to avoid disappointment



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

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\$12 Seniors meal Everyday 11am-3pm 18 Dundebar Rd 9405 2777

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\$14.90 Seniors menu

Mon-Thur 11.30-2.30pm 2149 Albany Hwy 9398 2224

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\$10 Lunch special Mon-Fri 12-2.30pm 2 South Tce, Fremantle 9335 2428

HERDSMAN LAKE

TAVERN \$14.50 Seniors meal Everyday 11am onwards 33 Herdsman Pde

9387 5555

RANDMOTHER of five and retired nurse Mary Johnson has always led an active life. She is a rambler, regularly attends art classes and is generally a very busy person! However, rather unexpectedly, she was diagnosed with urinary incontinence and in just a few months it took away all her confidence and freedom, it was ruining her life!

"When I retired from nursing I was looking forward to doing all the things I loved. I joined a local walking group, took up a fine art course and I loved picking up the grand-children from school and looking after them, but then everything changed", she explained.

She described her first embarrassing moment caused by incontinence. "I was about to leave my art class when one of the other students pointed out that there was water on my chair. He suggested, rather kindly, that maybe my water jug had spilt. It was only then I realised that I was rather damp. I wiped the chair clean then rushed to the toilets and found that I had wet myself and had a wet patch on my trousers. Ι embarrassed walking home, I prayed that I wouldn't bump into anyone I knew."

"A few weeks later I had another 'accident' during the Sunday morning service at Church, but this time I was wearing a pad, but it wasn't great, it didn't give me the security I needed. Needless to say I couldn't leave the church fast enough when the service finished."



Retired nurse takes back control of her life with super-absorbent Securi-Briefs!

By FIONA LLOYD

Mary started to have more regular 'accidents' and it really started getting her down, to the point that she worried terribly about leaving the house. "I tried all kinds of pads, but they didn't provide enough protection, so I started to wear disposable incontin-ence briefs".

Unfortunately for Mary, disposable briefs weren't the answer. "At first it was a relief to have better protection, but they were so bulky, noisy and uncomfort-able. I am sure people could hear their rustle when I walked. I hated them, and felt like an old woman. It was such an awful time, I was paranoid that I smelt, and felt like a prisoner in my own

"Then one day my doctor told me about Securi-Briefs. She told me that they look and feel just like ordinary briefs yet they provide super absorbent protection, so I ordered a pair straight away."

We asked her how she got on with them. "I can honestly say that they completely changed my life. It was true, they did look just like ordinary briefs. At first I only wore them at home, just to be on the safe side, but there was really nothing to worry about. They worked! They felt very comfortable and despite my 'accidents,' they kept me dry all day long and with no odour problems.

"I ordered extra pairs for when they are in the wash in different colours, different styles and different levels of absorption. It's marvellous, sometimes I order them either by post or on the phone, but usually I order online and they are here in just a few days, so I don't have to face embarrassment of ordering over the counter. And no more embarrassing rustling!

"I tend to suffer more at night, so I wear the super absorbent briefs, and they have been a life-changer for me, I no longer have to change my bed sheets every day"

Since then she has been able to take back control of her life. She's rejoined her walking group and gone back to her art class having regained her confidence.

"I feel like I've got my life back on track, I'd highly recommend them!"

(For privacy purposes we have used a model's photo for Mary)

Mary Johnson says Securi-

Briefs kept her

long and with

dry all day

no odour

problems

Securi-Briefs are available exclusively from Century Mail for \$49.95 for a pack of two. However, as part of a national promotional campaign, they are giving away two free pairs and you pay just \$12.36 each when you order 6 pairs! Customers can order on their freephone 1800 83 84 89.

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It's care with a purpose

CATHOLIC Homes is a not-for-profit, Christian based organisation. Their care model 'Care with Purpose', is based on Montessori principles. The aim is to encourage people to remain active and busy for as long as possible and to continue to do the things that bring them joy.

Catholic Homes have been caring for Western Australians as they age for more than 50 years. Their first priority is happiness and wellbeing and are committed to creating an environment of love, trust and respect.

Their services range from care at home, retirement living, residential care and comfort care (end of life care). Any profits, proceeds or contributions that they may gain are funnelled directly back into their residential living and care services.

Their values are joy, love and hospitality. Through services they seek to promote and enhance the spiritual, physical and emotional journey of each person. Their innovative approach to aged care has won them numerous awards and this is testimony to their dedicated approach to positive ageing.

For further information on any of the services Catholic Homes provide, please phone 1300 244 111 or visit www.catholichomes.com.

Building balance the key to staying on your feet

STAY On Your Feet® is WA's falls prevention program for older adults living in the community. Their current campaign, Build Your Balance is underway and looks at the importance of building and maintaining balance to prevent slips, trips and

Balance is essential for carrying out everyday activities such as walking, climbing stairs, putting your shoes on and shopping for groceries.

Falls are preventable, and building your balance is the best way to avoid a fall. Good balance will give you the confidence to go about your usual activities, so you can stay healthy, independent and in your own home for longer.

How to maintain or improve your balance:

Challenge your balance daily.

Activities such as tai chi. tennis or lawn bowls which involve leaning forwards, backwards or to the side can help build your balance.

Do strength and balance exercises for 30 minutes each day to prevent falls.

Add balance challenging exercises to the activities you are already

Speak to a fitness professional, physiothera-pist or GP about how you can challenge your balance.

The Stay On Your Feet team have put together a new Build Your Balance exercise video where you can learn to do simple balance exercises in your own home, and as your balance improves use the progressions to do more advanced exercises.

For a free copy of the exercise video, or for more information contact Stay On Your Feet at www.stayonyourfeet. com.au or call 1300 30

uted via art and craft groups and older adults from the community. SCALES are seeking assistance

PURPLE ROAD is a community

awareness campaign about elder

abuse - this initiative is brought to you

by SCALES (Southern Communities

Advocacy Legal and Education Ser-

vice) community legal centre and the

Older Peoples Rights Service (OPRS).

communities Purple Road to match

the northern suburbs one that can be

The three-metre-long purple road

(pictured above) created by their

partners in the north, the Northern

Suburbs Community Legal Centre

(NSCLC), is made up of hundreds of

seen in the photo.

SCALES hopes to create a southern

from people and groups in the Kwinana and Rockingham community to contribute handmade purple flowers for their very own Purple Road. They will use the Purple Road as a

hand-made purple flowers - contrib-

conversation starter and part of the awareness campaign on the very serious issue of elder abuse. It will be displayed locally in libraries, other community facilities and at events.

Purple is the colour of age. Every flower represents someone's story or a conversation relating to the very important, yet sensitive, subject of elder

Elder abuse is a violation of a person's human rights and can prevent someone from ageing positively.

SCALES expect their own local Purple Road to commence its journey in the Cities of Rockingham and Kwinana in October starting with the Seniors & Carer's Expo in Rockingham. It will continue to grow as more people leave their handmade or written contributions along the way.

Help raise awareness of elder abuse and older people's rights by contributing a flower. Flowers can be knitted, crocheted or made of fabric - be as creative as you like. Please phone Bruce or Nancy for patterns or to learn how to become further involved.

If you would like more information about The Purple Road please contact: Bruce Carstairs at SCALES: 9550 0400.



HEALTH @ 520

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9317 4777

Web: www.health520.com.au Email: info@health520.com.au

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- ✓ Continence and Women's Health Issues
- ✔ Pilates
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- ✓ Exercise Physiology (Hanna Taddei) ✔ Podiatry (Jeff Peters and Carmen Mok)
- ✓ Speech/Language Pathology
- (Jennifer Britten)
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healthy living advertising feature



health options for the mature west australian





If they are not your hearing aids they should not be in your ears

by Angela Mack **Senior Clinical Audiologist**

AS a practising audiologist for more than 30 years I often hear from people that they have tried their friend or partner's hearing aids to see if they helped.

Unfortunately, today it's easier than ever to try someone else's hearing aids. Many styles of hearing aids have a standard ear tip rather than a custom made ear mould or are small enough to fit into anyone else's ears.

Hearing aids are prescribed for a person's hearing loss at each sound frequency or pitch. The audiologist also makes sound measurements in the ear canals with the aids in place to ensure that the sound levels are set correctly, thus accounting for the size, shape and natural resonance of the ears.

Modern hearing aids have many features that can be set to optimise the listening experiences based on the lifestyle and preferences of the wearer. Listening through someone else's hearing aid is like trying on their spectacles, with next to no chance that they will be suitable. You therefore can't expect to put someone else's hearing aids on and hear better - especially in challenging listening environments or background noise.

I am concerned about the very real possibility of hearing damage from aids that are too powerful or whistle because they are a poor fit. When setting up hearing aids audiologists check how the aids respond to loud sounds and are very careful when setting the maximum sound levels. They also ensure the aids are a good fit and run specific software with aids in the client's ears to ensure that they do not whistle when in use.

More worrying is the risk of ear infections caused by putting someone else's aids in your ears. We all have bacteria living in our ears. This natural flora varies depending on our age, diet and where we live. If this natural safe state is disturbed or a pathogen is introduced we are at risk of infection. Putting someone else's ear moulds or tips in your ears is like wearing their dentures, not only will they be uncomfortable but they are likely to cause infections. Not a pleasant thought.

If you want to see the benefits of wearing hearing aids Attune offer free hearing screening and no obligation hearing aid trials. All our staff have a Masters degree in Audiology and are fully accredited by Audiology Australia so can provide eligible clients with hearing aids with no out-of-pocket charges. Attune do not pay staff commission and are an independent audiology company and therefore fit all brands of hearing aids. Staff are encouraged to give independent advice based on the most appropriate aid for each client. Private health insurance policies may fully cover the cost of hearing aids.

People with a pension card are entitled to hearing assessment and hearing devices funded by the Office of Hearing Services. Attune are a registered provider of these services. Contact your local clinic to find out if you are eligible. Our helpful reception staff can arrange an assessment or trial appointment for you with an audiologist. There is no need to risk your ear health or hearing by wearing aids that have not been set up and adjusted in your ears.

Attune Hearing www.attune.com.au Alkimos 9223 2400, Jandakot 6174 5300, Joondalup 9223 2400, Mt Lawley 6278 5500 or Murdoch

Holistic ways to live well at the Conscious Living Expo



Naturopath, Stuart Morick is one of many exhibitors at the Conscious Living Expo

MAINTAINING health and wellbeing as we age is all about discovering new ways to live a fulfilled life. To continually expand our ideas and embrace ways to live a healthy life is an important part of our golden years.

The Conscious Living Expo held in November each year showcases many ways to take charge of our physical, mental, emotional and spiritual health.

Public health advocate, Dr Peter Dingle, speaks about the toxic ingredients in personal care and cosmetic products that directly influence our health. These chemicals are linked with estrogen overload and normone imbalances breast and prostate cancer, weight gain and thyroid function.

Simon Cairns, the creator of Bowel Restore speaks about how to heal the gut, auto immune diseases, chronic inflammation and digestive disorders.

Dr Melissa O'Shea addresses insomnia with practical ways to get the sleep our body deserves and naturopath, Suzanna Wallace talks about the healing properties in plant medicine. A panel of experts is on stage each day answering questions about healing, wellness and life purpose. More than 20 practitioners will provide natural therapy treatments to alleviate pain and stress. With over 100 ex-

hibitors, more than talks, 32 free daily workshops, meditations, psychic readings and delicious healthy foods, spending a day at the Expo will expand your knowledge and reveal new ways to create health and better wellbeing. There's discount tickets for seniors and free travel by train, ferry or bus to Elizabeth Quay.

Don't miss the Conscious Living Expo from 3 - 5 November at the Perth Convention and Exhibition Centre. Visit www. consciouslivingexpo. com.au for tickets.

ξ **Δ**



body's immune system, has been developed by researchers from the Harry Perkins Institute of Medical Research and The University of Western Australia. Many tumours be-

come resistant to the body's immune system by creating a barrier of tangled blood vessels that feed the tumour, while locking out immune cells that would attack cancer cells.

Professor Ruth Ganss (pictured above, far right), head of the Perkins Cancer and Cell Bi-

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ology Division, said the new treatment worked by generating more normal blood vessels and lymph-node-like structures within the cancer, which together enabled immune cells to better reach the cancer core.

"Lymph nodes, a vital component of our immune system, normally only exist outside of the cancer and work to filter cancer cells and generate white blood cells that fight infection," Professor Ganss said.

"Our drug strengthens the immune response against tumours by inducing these lymphnode-structures together with normalised blood

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vessels, producing immune cells that infiltrate deep into the cancer. There are currently no single treatments available which can produce these two features in cancers '

There is a new drug to supercharge immune cells

"Our research shows that once our drug has triggered the lymphnode-structures within the cancer, current immunotherapies can work more effectively," Professor Ganss said.

"We've tested our treatment on pancreas and lung cancer models, which are particularly difficult to treat, and have had very promising

"We envision that a combination of our drug and existing immunotherapies, greatly enhance the outcomes for patients in the future."

Perkins Director, Professor Peter Leedman. said the treatment was a novel approach to overcome the challenge that occurs when tumours become resistant to the body's immune system.

"Immunotherapy is an exciting new area of research, whereby the immune system is amplified to support the body's natural defenses to help fight cancer." he said.

"Professor Ganss and her team are building on this groundbreaking work, to develop combination therapies that could deliver the best outcomes for patients."

The research was published in the journal Nature Immunology.







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healthy living ADVERTISING FEATURE



health options for the mature west australian







Clinical exercise physiologist Marianne Garvey with David, the first patient to exercise in the new cancer patient exercise clinic at GenesisCare in Wembley

Exercise during cancer treatment benefits patients

CANCER patients undergoing radiation therapy in Wembley can now incorporate the scientifically proven benefits of exercise into their overall treatment plan with the convenience of an onsite exercise

As part of a recent total building refurbishment, GenesisCare's treatment facility in Wembley has integrated an in-house exercise clinic into patient care. Staffed by exercise physiologists from Edith Cowan University's Exercise Medicine Research Institute, the exercise clinic is available to all GenesisCare patients free

Professor Rob Newton, Associate Dean of Medical and Exercise Sciences and Co-Director of the Exercise Medicine Research Institute at ECU said: when it comes to cancer and exercise, the old idea of encouraging patients to rest and do very little activity has been totally rejected by recent research.

"Exercise during and following cancer treatment provides many benefits to cancer survivors; exercise reduces the impact of cancer symptoms and treatment-related side-effects, including fatigue and nausea. We can also maintain or increase muscle mass and bone mineral density, which can be greatly affected by some cancer treatments, improve immune function, cardiovascular fitness, strength, flexibility and mood. Ongoing research is also showing that exercise may have an impact on survival and disease recurrence, and we are currently investigating this further.'

However, it's not about just putting someone on a bike or a treadmill.

"All patients are assessed in conjunction with their treating cancer specialist. Based on the cancer treatments they have received or are receiving, we devise what is essentially a tailored exercise prescription. This prescription is then carried out under the supervision of our exercise physiologists who are highly experienced in working with cancer patients," he said.

Clinical exercise physiologist, Marianne Garvey, has been working with cancer patients at GenesisCare's treatment centre in Joondalup for the last two and a half years. She welcomes the expansion of the exercise clinic into the Wembley centre where she has also begun conducting personalised sessions.

"The most common comment from participants is that they feel better after an exercise session and that it's great for morale. It doesn't matter if a patient has never exercised before, as our specialised program encourages people to progress at an individual pace, recognising that some days may be better than others."

Dr Chris Harper, Medical Director at GenesisCare Wembley, sees major advantages for patients in having the exercise clinic on-site.

"Exercise for many people doesn't ome easy. Imagine battling cancer, come easy. coming in for daily treatment sessions, and then being asked to go and exercise elsewhere. It means an extra trip, which isn't easy for many people, and is far less motivating. With our new in-house exercise clinic, patients can come in for radiation therapy in their exercise gear and then walk just a few metres into the exercise clinic.

The exercise clinic at GenesisCare Wembley will initially operate on Mondays from 2 - 4pm, Wednesdays from 9 - 11am and Thursdays from 2 - 4pm.

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pendence. Your home is a cherished part of your life: a place to welcome your family and friends, to entertain, enjoy and simply re-

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ors will allow you to see what sets Acorn Stairlifts apart from any other stairlift company. After assessing your needs, the surveyor will instantly be able to give you the peace of mind of knowing exactly how affordable an Acorn Stairlift can be.

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of the stairlift industry. They have led the way with design and innovation and always strive to deliver their products with you, their customers in mind.

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Don't miss St Mary's Cathedral's Candle Light Symphonia



ST MARY'S Cathedral's Concert Series concludes for 2017 on Sunday 5 November at 7.15pm with a concert bringing together young students and their teachers from across Perth to join the Cathedral Choir and form an orchestra and choir in a very special event.

Titled Candle-light Symphonia this one hour event is the continuation of a tradition of candle-light concerts at the Cathedral and presents concert goers with a unique and ethereal atmosphere - the sound of beautiful music coupled with the glow of candles emanating from its chapels gently illuminating its arches and vaults.

It is interesting to try and imagine buildings such as the Cathedral with only candlelight for lighting – yet this was part of everyone's everyday existence for centuries until, relatively recently, gas lighting and later electricity came into use.

The program of music dates from the romantic period featuring Faure's prayerful Cantique de Jean Racine and Smetana's VItava with its soaring melodies and flowing accompaniments transporting all present into a very special atmosphere a truly sublime experience.

Also in this program is a new work, Sanctum written by young Canadian composer Sarah Quartel. Scored for treble voices, it is a very peaceful, reflective piece inviting all present to enter into its stillness. It begins with the text Requiem Aeternam – a prayer for those who have died, reminding us that we are very close to the observance of Remembrance Day (November 11). And indeed, for some Christian traditions, the whole of the month of November is dedicated to remembering those who have gone before

The concert also includes some larger scale pieces from the romantic period of music including Liszt's monumental oraan piece Prelude and Fugue on Bach as well as Parry's I Was Glad and Jerusalem with some very resonant, grand sounds emanating from the choir and orchestra, making this an experience which enables us both to think, reflect and be still for a little; as well as enjoying grand sounds from the Cathedral's pipe organ, choir and orchestra truly transporting everyone into another realm.

Tickets for the concert are available at www.ticketswa.com (phone 6488 2440 between 12noon and 4pm weekdays).

Before the concert, Miss Maud's are offering concert patrons their famous smorgasbord dinner at the restaurant in Pier Št, Perth for the very special concert price of \$35 with bookings essential, phone 9325 3900

WIN WIN WIN

To be in the draw to win one of five double passes to St Mary's Cathedral's Candle-light Symphonia concert on Sunday 5 November at 7.15pm, email win@haveagonews. com.au and include the word 'cathedral' in the subject line. Alternatively, address an envelope to St Mary's Cathedral Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse side. Competition ends

British films on screen at festival



EXCLUSIVELY at Luna Cinemas, the British Film Palace Cunard Festival is back for its fifth year with a blockbuster line-up featuring a spread of British cin-

ematic delights from sweeping romances and beloved book adaptations, to intriguing music documentaries and pulse racing thrillers - all featuring a variety of British cinema royalty, as well as the next wave of British talent - lighting up the screen.

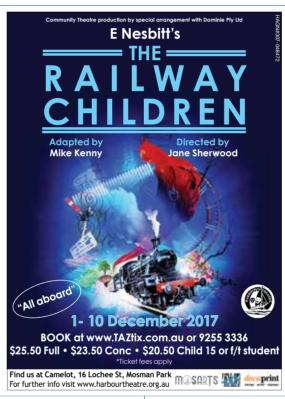
The Cunard British Film Festival presented by Palace Cinemas and Luna Palace Cinemas comes to Perth from 26 October to 15 November at Cinema Paradiso, The Windsor and Luna on SX.

For updates and more information, visit www. britishfilmfestival.com.au

WIN WIN WIN

Thanks to Luna Palace Cinemas, we are giving our readers the chance to win 10 in season double passes to this years Cunard British Film Festival! Simply email win@haveagonews. com.au with British in the subject line or call the office during business hours on 9227 8283 to be in the draw. Competition closes 22/10/17.

WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 14 for details.





British 70s hit makers at Astor Theatre

ABSTRACT Entertainment is proud to present the music from three of Britain's highly-successful pop groups of the 70s, touring Australia together in November for the first time.

These artists include: Richard Gower's Racey, whose hits included Baby It's You, Lay Your Love On Me, Some Girls, Boy Oh Boy, Runaround Sue and Such A Night.

The Rubettes with original member Alan Williams. The group had a worldwide no.1 hit with their hugely famous pop classic Sugar Baby Love, followed by a quick succession of hits including Tonight, Juke Box Jive, I Can Do It and Baby I Know to name a few.

Paper Lace, featuring Phil Wright are an original 70's group rounding out this impressive line up. They launched themselves on the entertainment scene and started recording singles until 1974, along with two albums that achieved more than 30 million UK record sales. Some of these hits include Billy Don't Be A Hero, The Night Chicago Died, The Blackeyed Boys, Hitchin' A Ride 74 and So What If I Am.

With a catalogue of hits, this show is sure to be a night of classic and memorable hits from this decade.

The Seventies Hitmakers plays Astor Theatre on Thursday 16 November.

For bookings visit www.astortheatreperth.com or phone 1300 111 369.





THE SEVENTIES HITMAKERS Richard Gower's RACEY Runaround Sue Boy Oh Boy Lay Your Love On Me Some Girls

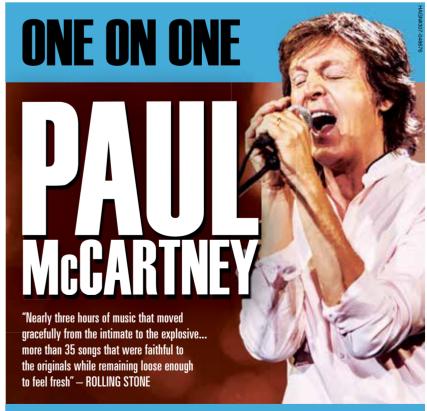
Original 70s PAPER LACE featuring PHIL WRIGHT The Black-Eyed Boys The Night Chicago Died Billy Don't Be A Hero

THE RUBETTES featuring ALAN WILLIAMS Sugarbaby Love Juke Box Jive

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Birds of Lumos © Destination NSW James Horan

BACK for its second year, Kaleidoscope is set to transform the Joondalup City Centre into an electrifying and energetic wonderland from 9 to 12 November.

It has been confirmed

that the 2017 program will include Will-o-the-Wisps, the Birds of Lumos and Science Wonpreviously announced artists: Fantastic Planet (by Amanda Parer), All You Need Is Love (by Carla O'Brien) and Face-Off (by David Jones).

derland. They join the

The inaugural festival was recently named WA's Best New Event and Best Cultural, Arts or Music Event at the 2017 Australian Event Awards.

Judges said the northern corridor of Perth had been crying out for a big event like Kaleidoscope that it could call its own and that its successful delivery had cemented the City of Joondalup's reputation as the entertainment capital of the region.

Under the guidance of highly acclaimed and internationally renowned creative director, Drew Anthony, Kaleidoscope has secured more thought-provoking and otherworldly attractions that have never been brought to Western Australia before. Mr Anthony is determined to make this year's festival even bigger and better.

Mr Anthony says, "The program has been curated based on the following statement: You have to find what sparks a light in you so that you, in your own way, can illuminate the world. All of the artists we've secured so far are bringing extraordinary and inspiring installations to Western Australia. We're really excited to showcase these to the general public, the art will appeal to all ages."

The final program will be announced soon.

New romantic comedy starring Reese Witherspoon



REESE Witherspoon stars in Home Again, a romantic comedy from the producer of The Holiday, The Intern and It's Complicated.

Recently separated from her husband, Alice (Witherspoon) decides to start over by moving back to her hometown of Los Angeles with her two young daughters. During a night out on her birthday, she meets three aspiring filmmakers in need of a place to live.

Alice agrees to let

the guys stay in her guesthouse. But their arrangement takes an unexpected turn. Soon, Alice is juggling a brand new home life, a new career and an unlikely new romance. Then suddenly, her ex-husband shows up, determined to win her back.

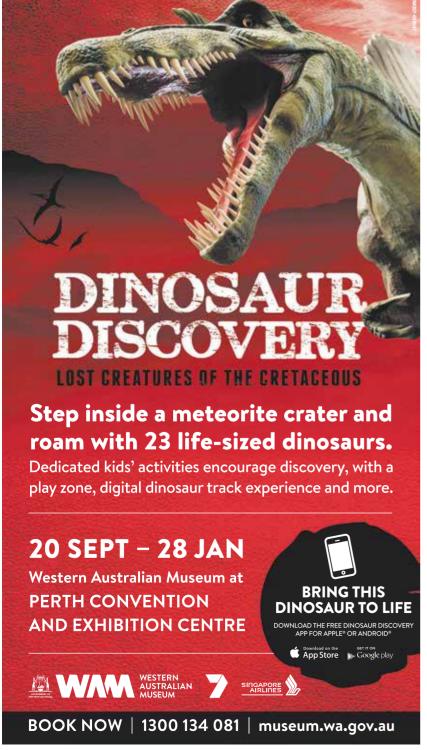
Co-starring Candice Bergen, Michael Sheen and Nat Wolff, Home Again is a funny, uplifting story of love, friendship, the families we create, and one very big life lesson: Starting over is not for begin-

In cinemas 19 Octo-

WIN WIN WIN

To be in the draw to win one of ten double passes to Home Again simply send an email to win@haveagonews. com.au with Home in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 19/10/17.

ART for ALL October 2 - 13 Pop-up Exhibition - pop in and see what the artists have popped up October 14 - 22 'Glorious Mud' Pottery The South of the River Potters Club October 30 - November 5 Wadjuk Dreaming Festival ATWELL GALLERY AT ATWELL ARTS CENTRE Riverside location on bus route - Plenty of parking - air conditioned 586 Canning Hwy, (Cnr North Lake) Alfred Cove Ph: 9330 2800 www.atwellarts.com





Favourite children's story comes to the big screen



MY Little Pony: The Movie brings the Mane Six to the big screen for the very first time for their most exciting and spectacular adventure yet.

When the menacing Storm King invades Canterlot with plans to steal the magic from the ponies, the very future of Equestria is at stake. In never before seen adventures, the ponies will embark on an action packed heroic journey that takes them beyond the borders of their homes for the first time ever in search for help across magical mountains, undersea worlds, and even a swashbuckling flying pirate ship.

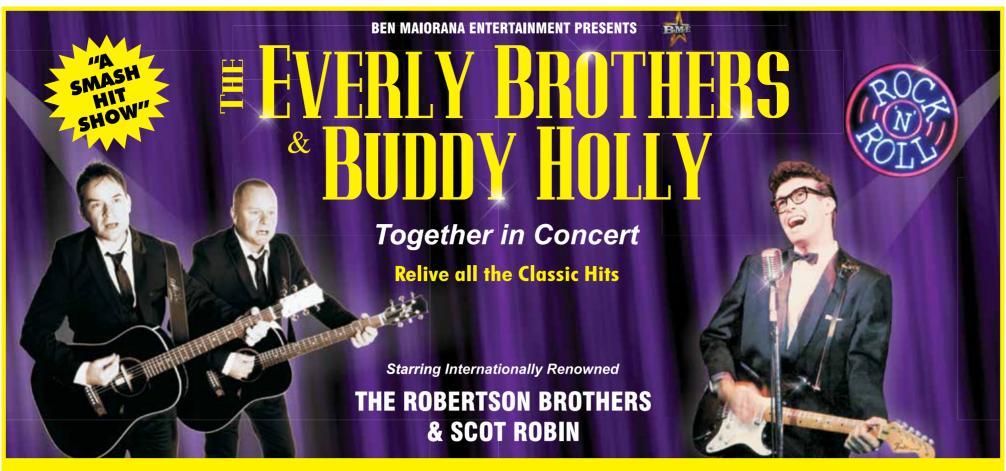
With an A-list voice cast including Sia, Emily Blunt, Zoe Saldana, Live Schreiber and Michael Peña, plus original music and songs performed by Sia, Saldana, Chenoweth and Blunt; My Little Pony: The Movie is a cinematic experience that brings the whole family together to see the beloved ponies embark on exciting adventures, travel to never before seen worlds and meet new friends.

My Little Pony is rated (G). It is in cinemas 2 November.

_ WIN WIN WIN

Thanks to Madman Entertainment we're giving away 10 in season double passes to My Little Pony: The Movie. Simply email win@haveagonews. com.au with Pony in the subject line or call the office during business hours on 9227 8283 to be in the draw. Competition closes 29/10/17.





Riverside Theatre PCEC - Fri 3 November Book - 132 849 / www.ticketek.com.au





Each person may submit one entry every month.

ND: Non drinker

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Reply Box 7644

EXCEPTIONALLY healthy, active, fit, happy, adventurous lady, postcode 6076, WLTM healthy, active, lifestyle, gent with respect. Compassion and old fashioned values for friendship. bushwalking, camping, laughter, fun and adventure. Company enhances the enjoyment

Reply Box 7635

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ROCKINGHAM LADY 65 funloving blonde, wid, tidy app,

d.t.earth, easy to talk to, prefers country life. Honest &

reliable, enj reading, movies, camping, caravanning,

great cook! Sk gent 63-73.

NEDLANDS LADY 69 looks 59. Very pretty, petite brunette

w/ a healthy glow, very well spoken, kind, feminine, so-

ciable, old fashioned values. Loves cooking for friends/

family, dancing, theatre, travel, sk refined gent 65-75.

EAST PERTH LADY 70 slim, fit, healthy, vibrant, fashion-

able, very attr blond, enj golf, biking, walks, theatre,

travel, bridge...believes life's for living. Sks gent 65-73 w/

OCEAN REEF LADY 67 youthful, wid, British, slim, petite,

blue eyed brunette, very well presented, fun, e/going,

intell, indep, music lover esp. jazz, enj festivals, cinema,

travel, dancing, bowls, sk openminded gent 65-75.

SOUTH PERTH LADY 67 lovely, slim, petite, refined, attr,

well grmd, relaxed, easy to talk to. Likes keeping fit,

dining, travel, family, friends, cricket, reading, current

affairs. Sk gent 65-72.

MANDURAH GENT 70 wid, nice looking man w/ confi-

dent, easygoing nature. Has young o/look, loves music

(does play), travel & keeping fit. Looking for long term

partner to enjoy retirement & doing all the fun stuff

ELLENBROOK GENT 69 wid, 182cm tall, tidy &well grmd,

intell, GSOH, can be reserved, enj art (painting), read-

ing, dancing, overseas travel, sport, grandchildren. Sk

caring, natural, organised lady w/ morals 60-70.

CLAREMONT GENT 75 wid. ret. Professional, 175cm, fit,

active, intell, GSOH, sociable, eni swimmina, water

sport, boating, fishing, sunshine & o/doors, travel, family

is very important. Sk sociable, funloving, refined lady

65-75

SOLUTIONS

We have your partner

GENT 67, NOR WLTM lady any age who enjoys outdoor activities, Christian preferred. Reply Box 7656 **GENT** 70s, NS, SD, GSOH, tall, slim, educated, good appearance. WLTM attractive lady. Must like dogs, able to travel overseas and Australia, not cruising, no baggage or obsession about grandkids, must be

fit and healthy. ALA. Reply Box 7639

GENT tall, retired, not bad looking, happy, GSOH, SD, likes 60s to 70s music, sportscars, fine wine. WLTM fun, tall lady, 55-65. Let's meet for coffee.

Reply Box 7660 **GENT** UK/Australian late

60s, well presented, educated, financially secure, enjoys travel, gym, family, beach, coastal walks, usual social activities. Seeks compatible, intelligent, attractive, slim, easygoing lady, to mid 60s for companion, travel initially. Who knows? NOR. Coffee?

Reply Box 7659

NEW WEBSITE Visit Have a Go News online: www.haveagonews.com.au

GENUINE lady, widow, 76 years, 5'10", medium genuine build. WLTM gent, GSOH, NS, SD, TLC, SOR, Rockingham, surrounding areas to Mandurah for outings. movies, drives in country

[⊥] Phone I am over 45 years of age(Signature)

walks along beach. Reply Box 7649

GOOD looking man, 60, young looking for Asian lady for friendship and more. Age not important.

Reply Box 7637

GUY 66, medium build, 5'6", WLTM lady to 60. Likes movies, music etc. Will have an instant happy man. Come on ladies see for yourself over a cuppa. ALA. Life is too short. Reply Box 7648

HAPPY mature gent widower, sincere, caring, no ties, fin sec, SOR, DTE, GSOH, SD, NS, WLTM compatible, mature lady for friendship, companionship. Let's meet for a coffee and a chat for starters.

Reply Box 7645

HI fellas! Lady 70, young at heart. Interests; theatre, dining out, socialising, reading, swimming, gardening, NS, SD, GSOH, WLTM gent who knows how to treat a lady, preferably NOR, chat over a coffee. ALA.

Reply Box 7640

LADY 60s seeking a dancing partner gentle-GSOH, friendship man. only. Mandurah Pinjarra area. A country girl at heart.

Reply Box 7646

LADY postcode 6280, slim, stylish, intelligent, classical music, cryptic crosswords, beach (with dog). Own home (but not rich), still looking for 70ish prince. Kind, gentle, empathic man. Friends first then who knows.

Reply Box 7641

LADY 68, English/Australian would like to experience love again with a partner who is caring and kind. He needs to have various interests such as dining out and movies or even quiet nights at home. Reply Box 7655

MIXED friend group betwen 60-80 and have bbq kiosk. Look for the blue wishing well with red flowers on the table. Male and female.

NICE guy, 60, seeks a NS, SD, lady. I am well presented, intelligent and financially comfortable. Looking forward to your reply.

Reply Box 7643

NOR lady, youthful, fit, active with wicked sense of humour, who likes movies, theatre, being outdoors, longing to meet interesting good fun gent.

Reply Box 7653

WIDOWER 75, Mt Barker, WLTM lady to enjoy life together. GSOH, SD, NS, TLC.

Reply Box 7636

WLTM lady, 70 plus for travel, outings, cards. friendship. Me; female, senior, NS, SD, NOR, GSOH, get on well with most people. Love to hear from you.

Reply Box 7652

Seeking a Partner

ATTRACTIVE lady, 68, UK born, medium build, educated. feminine. well presented, fin sec, SS, ND, DTE, VGSOH. Enjoys music, reading, walking, gardening, conversing. WLTM sincere, unattached well presented gentleman, 65-72, City of Canning area. Genuine replies only.

Reply Box 7638

AUSSIE male, 70, NS, postcode 6163. Interests: boating, fishing, horse racing, dining out, movies. Seeks slim lady, similar. not a world traveller. SOR. Reply Box 7632

GENT 80, NS, NG, ND, pensioner, postcode 6054. healthy, widower, respectful of women. pets, grandchild duties all ok. Medium build, WLTM compatible lady. My interests are flexible. See how we get along. Could become a relationship given

Reply Box 7634

GENTLEMAN, eligible, good character, fin sec, NS, NG. WLTM educated, attractive, genuine, born-again Christian lady. GSOH, kind hearted, independent, varied interests for wholesome, platonic, long term partnership. Preferred age 60 plus.

LADY 57 years young, 5'8", NS, ND, NG, attractive and cuddly. Into walking my dog, reading, card games, movies, markets. WLTM NS, caring gentleman and would like to have someone to practice speaking German with, if possible.

Reply Box 7647

LADY 70s, active, WLTM gent with GSOH, NS, SD for social outings and quiet times together. Reply Box 7657

NICE English lady, well mannered, educated, creative, likes nature, swimwalking, reading, ming, music etc. WLTM kind, caring, sincere, honest, fin sec, gentleman for longterm friendship/relationship, 70-80. I'm 5'3", medium build, NS, Melville area.

Reply Box 7633

NICE lady wanting gent mid 70s for friendship and company. NS, SD, NOR, DTE. Come on guys give me a call for coffee and chat.

Reply Box 7661

RETIRED small business owner, 69, widowed, seeking permanent relationship with a DTE, slim, healthy, outdoors Australian lady, 64 to 70, Perth metro area. ALA.

Reply Box 7642

WIDOW slim, petite, blonde, vouna looking, Christian beliefs. WLTM single, well presented gent who is genuine, kind and caring, 68-73 for friend, partner if compatible, NS, SD, NG, no country gents please. NOR.

Reply Box 7654

Seeking a Travel Companion

GENT 61, NS, SD, WLTM lady to accompany me on Alaska cruise May 2018 and go away with single supplement. Good conversationalist and reasonable fitness essential. ALA and age nationality.

Reply Box 7650

LADY mid 70s, widow, slim, fit. WLTM gent for cruise Fremantle Darwin Ghan to Adelaide Indian Pacific home NOR. Reply Box 7658

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

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of

the ad) concerned and post to: eg. Reply Box 4100 c/- Friend to Friend,

PO Box 1042, West Leederville, WA 6901. (example only)

Send your reply on a single sheet of paper.

Place in a small envelope 11B (measures approx. 14 x 9cm).

No greeting cards, bulky items and photos. All replies will be forwarded at the end of each month.

All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.

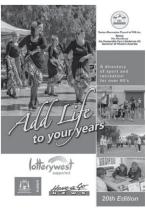




WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 14 for details.

Add life to your years...

A directory of sport and recreation for over 50s



To obtain a free copy of the 20th edition Add Life to your years directory please contact Dawn at the Seniors Recreation Council on 9492 9773 or email info@srcwa.asn.au

SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995

on the last Sunday of every month at Tomato Lake, Oat Street, Kewdale, byo. Next meeting 29 October, 10am to 12 noon, near

Reply Box 7651

graceful.

Reply Box 7631



SCENE SOCIALLY













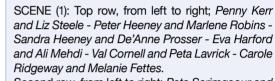








SCENE (1): THE Mothers, Daughters, Sisters and Wives lunch was held at the Grosvenor Hotel in early October with part proceeds being donated to Perth Legacy. Entertainment on the day included our resident columnist Rick Steele, Sue Bluck, Todd Johnston and Elle Deslandes. The lunch was fully booked and everyone enjoyed the dulcet sounds of these fabulous local entertainers. Rick Steele and Peter Heeney will be hosting one of these lunches every two months with part proceeds going to Legacy – we will keep you posted on the next event.



Second row, from left to right; Peta Scrimgeour and Adrienne Wills - Kath Bluck and Kim Sweeting - The entertainers; Todd Johnston, Sue Bluck, Rick Steele and Elle Deslandes.











SCENE (2): Top row, from left to right; Kelly Gentle and Simona Willis - Sabrina Hahn entertains the crowd. Second row; stalls and information. Third row, a large crowd enjoyed the day. Left; Leisure Marketing coordinator, City of Swan, Larissa Chalmers

SCENE (2): MORE than 700 people turned out to this year's Ageing Disgracefully event, held at the Altone Park Leisure Centre in September. The annual event was created to celebrate life and provide helpful advice to those in or entering the golden years and has grown more popular every year. Guest speakers on the day included exercise physiologist Dr David Beard who provided some great tips on how to stay sharp, savvy and supple, while gardening guru and radio star Sabrina Hahn shared her own stories on ageing disgracefully and motivational speaker Peter Dingle spoke about how to stay healthy and grow older in style.







SCENE (3): WELL know personality Max Kay donned his kilt and did the plunge down the side of Central Park building in the city to raise funds for the Prostate Cancer Foundation of WA of which he is a board member. "It was scary to say the least! Not whilst I was doing it but the first leap into space. So next year 'Everest'...NOT!" he told *Have a Go News*. We send our congratulations to Max for his amazing bravery while raising important funds! (Ed's note - I don't think I would be as brave as you Max!)



SCENE (5): MARITIME historian, author and contributor to this paper Chris Frame shares his love of cruise liners and especially the QE2 with residents at Braemar Village.



SCENE (4): THE members of the Western Australian Carpet Bowls Association celebrated their annual lunch at the Bayswater Hotel in early September. More than 100 members enjoyed the buffet lunch and camaraderie with a great selection of raffles and prizes available to win on the day. *Have a Go News* has been sponsoring WACBA tournaments for many years and we are always pleased to attend the annual lunch. Seen there were:

SCENE (4): Top row, left to right; WACBA committee, Kaye Costa, Jean Tierney and Barbara Price - Joyce Wryniker, George Waghorn, Margaret Van Gennip Rex McCamish and Jean Mason. Second row, L-R; Kath Bradshaw and Johanna De Almeida - Mary Ball and Aileen Moore - George and Celine Laffrey. Third row, L-R; Vili and Vera Fras - Mal and Jackie Hedges - Xavier and Pauline D'souza. Left; David Langley with his raffle prize.





SCENE (6): HAVE a Go News attended the Western Australian Carpet Bowls Association (WACBA) Have a Go News State singles competition on Tuesday 19 September. The competition saw teams attend Altone Park Leisure Centre from all over Perth and surrounds. Seen there were:

SCENE (6): Left; Winner, Dick Peterson, Carramar (right) - Have a Go News editor Jen Merigan (centre) and runner up, Mark Studders, Maylands (left).

Right; Winner, Geraldine Howe, Rockingham (right) - Have a Go News editor, Jen Merigan (centre) and runner up, Johanna de Almeida, Balga (left).



A friendly visitor makes all the difference

The Community Visitors Scheme (CVS) is a free service, connecting caring and enthusiastic volunteers with people who live in their own home, don't have regular contact with family or friends, and are receiving services through a Home Care Package.

Through regular social visits the volunteer provides companionship and friendship, which may include sharing a chat and cuppa, reminiscing, reading or listening to music.

Anna and Jodie met through the Red Cross Community Visitors Scheme (CVS).

Anna lives on her own and was looking for someone to visit regularly and have a chat.

Jodie is a CVS volunteer – she visits Anna once a fortnight and together they enjoy a chat and a cuppa, and their love of card making and reading.



For more information about the Community Visitors Scheme please call the Coordinator on 9225 8848 or 9726 6766*

*South West and Great Southern areas





The Best Outback Adventures Are Here!

Join villa on this holiday to outback Queensland. Featuring Longreach, Ilfracombe, Winton and the incredible Carnarvon Gorge, this is the perfect way to see outback QLD in comfort and style.

Highlights include visits to the Stockman Hall of Fame Museum, the famous North Gregory Hotel and the Qantas Founders Museum. Travel to the magnificent Carnarvon Gorge Wilderness Lodge where you will spend two amazing days discovering the Camarvon Gorge National Park before a rail journey on the Spirit of Queensland on your way to sunny Brisbane. Villa's 9 day **Discovery Heart of Outback Queensland** tour departs 7 May 2018 and will be the adventure of a lifetime.

The Northern Territory and South Australia are truly magical places. Villa's Discovery Outback South Australia and Red Centre tour will tick all the boxes for outback adventure. Beginning in Alice Springs, you will explore the Red Centre with your highlight being sunset and sunrise over the 'Rock'. Uluru is magnificent, and until you see it for yourself you will never truly know it's beauty. Travelling on, we join the Oodnadatta Track stock route through the Painted Desert and into Coober Pedy. You will travel through the Ikara-Flinders Range and the Arkaroola Wildemess Sanctuary, around the edge of the Strzelecki Desert to Port Augusta and into the beautiful Clare Valley and onto Adelaide. This 14 day adventure departs 21 April 2018 so book now to join this small group adventure.

Why not fly directly to Alice Springs and explore the heart of Australia on villa's 7 day Alice, Uluru and the Red Desert holiday. Spend a few days in Alice visiting the RFDS, the Pioneer Women's Museum and the School of the Air before departing into the West MacDonnell Ranges to witness spectacular scenery unique to central Australia. You will visit Standley Chasm, Ormiston Gorge, before travelling to Yulara, the gateway to Uluru-Kata Tjuta National Park. Spend a day enjoying all that Uluru has to offer. On the return to Alice you will call into Curtin Springs Station to discover the charm of outback hospitality. Departing 18 May 2018, you will be telling everyone about your journey to the red heart of Australia!





Victorian Flowers,

Festivals and High Country

Victoria is well known for its variety of things to do and villa has a wonderful range of tours to suit.

The Melbourne International Flower and Garden Festival is on again in 2018 and villa can take you there. Along with the festival you will enjoy touring delights through Daylesford country and into the Macedon Ranges with a trip to the haunting Hanging Rock. This 7 day holiday departs 21 March 2018 so there is still time to book your spot.

Another festival that has everyone talking about, is **The Man From Snowy River Festival**. Held at the foothills of the Snowy Mountains, Corryong plays host to the festival that celebrates Australian country living. Watch in awe as local bushmen chase some of the wild horses down the mountainside as they re-enact some of the Man from Snowy River poem. Other highlights include the XPT rail journey Melbourne to Albury and a tour to the Hume Dam. This adventure departs 3 April 2018 and will fill fast.

The **Australia's Alpine and High Country** 10 day holiday features the Great Alpine Way and Snowy Mountain Drive and will delight you with its eye popping scenery. Departing 9 April 2018, travel from Melboume, through rural Victoria into the ACT and finish in Canberra. Along the way you will enjoy the Yarra Valley, Dandenong Ranges, the Puffing Billy Steam Train Journey, Mount Hotham, historic Bright and Beechworth and get up close to the Snowy Mountains Hydro Electric Scheme. The scenery will be truly amazing as you travel through the Snowy Mountains Drive, a must do Australian touring route. Finish your high country adventure travelling to Tumut, Cooma and finally a full day in Canberra seeing the sights.

Trace Ned Kelly's Footsteps! Australia's most famous bush ranger is Ned Kelly and villa's 8 day Kelly Country in Autumn tour will take you to the iconic bushrangers known haunts from Wangaratta to Glenrowan. Begin in Melbourne to discover the Old Melbourne Gaol where Ned met his fate before you set out to see the rural Victorian countryside on your way to Wangaratta. In Glenrowan, a local guide will join the coach and highlight all of the significant sites. You will enjoy a guided tour of the Beechworth Gaol to hear the stories behind the events that finally brought the Kelly era to an end. Departing 27 April 2018, this will be an unforgettable journey into Australian folklore.

FreeCall 1800 066 272 or email holidays@villa.com.au now for itineraries on all of these amazing villa holidays.

Beautiful Borneo

Situated on the northern tip of the island is the Malaysian state of Sabah.

Still a relatively undiscovered tourist destination, Sabah is a lush green tropical paradise offering an amazing array of experiences. Relax on tropical islands, interact with diverse ethnic cultures, explore lush rainforests and marvel at the menagerie of unique and endangered wildlife. With experienced tour guides leading the way on river cruises and rainforest trails, keep your eyes open and camera on the ready for sightings of endangered orangutans, pygmy elephants, proboscis monkeys and a huge range of birds including the mighty hombills. This tour will get you out of your seat and in touch with an environment of unparalleled diversity and beauty.

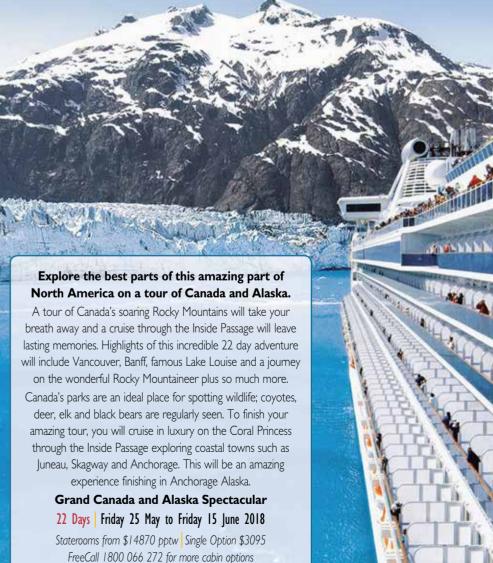
Highlights | Spectacular Wildlife Viewing | Endangered Orang Utans | North Borneo Railway Award Winning Rainforest Eco-Lodge (2 Nights) Kinabatangan River and Wildlife Sanctuary Mount Kinabalu | Mari Mari Cultural Village

Discovery The Best of Sabah Borneo 13 Days Saturday 9 to Thursday 21 June 2018

Price \$5925 pptw | Single Option \$1170



Head to Spectacular Canada and Alaska



Villa holidays are fully escorted, depart Perth and include courtesy home collection*, airfares and taxes, gratuities*, attractions and entrance fees, quality accommodation and most meals. *Terms and conditions apply.



















Villa conducts a wonderful range of holidays within Australia and overseas exclusively for single and solo travellers. This is a fantastic way to travel with likeminded travellers in safety and comfort, as well as a great opportunity to meet new friends. These single solo traveller holidays are easily identifiable as Just for Singles holidays. Feel free to come by yourself, bring a friend or alternatively villa can even assist you in finding a travelling companion to share a room. A lot fun and very social, what

are you waiting for? The Just for Singles holiday range is delighting hundreds of travellers every year.



Western Australian Just for Singles Holidays

Balingup Small Farm Field Day

Highlights Balingup Small Farm Field Day Bridgetown Harvey Dickson Country Music Centre Harvey Dam Farewell Lunch in Waroona

3 Day Friday 20 to Sunday 22 April 2018

Guaranteed Single Room \$1105 | Share a Room and Save \$165

West Coast Wonders

Highlights | Shark Bay World Heritage Area | Monkey Mia Dolphins Francois Peron Peninsula | Shark Bay Cruise | Exmouth Yardie Creek Cruise | Cape Range National Park

7 Days Friday 8 to Thursday 14 June 2018

Guaranteed Single Room \$3795 Share a Room and Save \$510

Australian Just for Singles Holidays

Grand Tasmania Experience

Highlights | Western Wilderness Railway

Tarkine Wilderness River Cruise

Wall in the Wilderness | Cradle Mountain

Port Arthur and the Tasman Peninsula | Salamanca Markets Beaconsfield Mine and Heritage Centre Launceston and the Tamar Valley

14 Days Friday 2 to Thursday 15 March 2018

Guaranteed Single Room \$7370 | Share a Room and Save \$995

Cairns Getaway and Far North Queensland

Highlights | Kuranda Railway and Skyrail Atherton Tablelands Produce and Scenic Touring | Green Island Great Barrier Reef Marine Park | Paronella Park Tjapukai Dinner and Show | Hartley's Crocodile Adventures Port Douglas | Cairns Harbour Cruise

8 Days Thursday 5 to Thursday 12 July 2018

Guaranteed Single Room \$4265 | Share a Room and Save \$505

International Just for Singles Holidays

Norfolk Island

Highlights Island Tours Convict Settlement Tour Guided Walking Tours | Scenic Feasts | Local Produce Tastings Glass Bottom Boat Tour | Theatre and Entertainment

9 Days | Thursday 15 to Friday 23 February 2018

Guaranteed Single Room \$4955 | Share a Room and Save \$565

Colours of Mauritius

Highlights | Coloured Earths of Chamarel | Sugar and Tea Estates Pamplemousses Royal Botanical Garden Rum and Vanilla Manufacturing Waterfalls and Volcanic Craters | Mauritian Traditions and Feasts

8 Days | Sunday 6 to Sunday 13 May 2018

Guaranteed Single Room \$5490 Share a Room and Save \$495



FreeCall 1800 066 272 or email holidays@villa.com.au now for itineraries on all of these amazing villa holidays.

Tick Tasmania Off Your Bucket List Now!

Experience the majesty of Tasmania and its incredible natural attractions.



Christmas in Hobart

Christmas Festivities in Hobart Featuring | Salamanca Markets | Bruny Island Touring Mawson's Hut Replica Tour Tahune Airwalk Huon Valley Richmond and Old Hobart Town D'Entrecasteux Channel Cruise

9 Days | Monday 18 to Tuesday 26 December 2017

FreeCall 1800 066 272 for comprehensive itinerary and prices

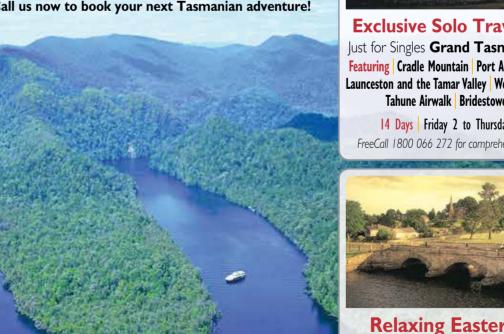


All the Best Bits of Tassie

Grand Tasmania Experience Featuring Tarkine Wilderness River Cruise Cradle Mountain Wall in the Wilderness Salamanca Markets Tamar Valley Mawson's Hut Replica Port Arthur Beaconsfield Mine

14 Days Friday 9 to Thursday 22 February 2018 FreeCall 1800 066 272 for comprehensive itinerary and prices Whether it's a Christmas or Easter break or a grand tour of the Apple Isle, villa has a fantastic range of holidays to choose from. Depending on the holiday you chose, marvel at iconic vistas like Cradle Mountain Wilderness, the Tamar Valley, Bruny Island, the scenic Midlands, beautiful north west coast and so much more. Experience the famous Salamanca Markets, historic Port Arthur Settlement, river cruises, rail journeys, museums and delightful produce. Tasmania really does have something for everyone so what are you waiting for?

Call us now to book your next Tasmanian adventure!





Exclusive Solo Traveller Escape

Just for Singles Grand Tasmania Experience Featuring | Cradle Mountain | Port Arthur | Tasman Peninsula Launceston and the Tamar Valley Western Wilderness Railway Tahune Airwalk | Bridestowe Lavender Farm

14 Days Friday 2 to Thursday 15 March 2018 FreeCall 1800 066 272 for comprehensive itinerary and prices



Relaxing Easter Getaway

Easter in Charming Hobart Featuring | Richmond and Old Hobart Town | Hobart Heritage **Bruny Island Touring and Produce Salamanca Markets** D'Entrecasteux Channel Cruise Free Day in Hobart

9 Days Tuesday 27 March to Wednesday 4 April 2018 FreeCall 1800 066 272 for comprehensive itinerary and prices

Villa holidays are fully escorted, depart Perth and include courtesy home collection*, airfares and taxes, gratuities*, attractions and entrance fees, quality accommodation and most meals. *Terms and conditions apply.















