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THIS ISSUE



let's go travelling

- Join Have a Go News on a day trip to Antarctica Josephine Allison in
- **Singapore** Discover Kangaroo Island
- WA Wildflowers



Josephine Allison interviews **Hungerford Award contender** Trish Versteegen



- Seniors Week Events Guide Liftout 24 pages
- Where opinions matter
- Food & Wine - reviews, recipes and more

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Age is no barrier...









Clockwise from top left; Entertainment galore is available throughout the day -There's so many activities to try at Have a Go Day Seniors Minister Mick Murray struts his stuff - Prime Movers demonstrate their moves to music

EVERYONE is invited to come down to Burswood Park on Wednesday 14 November for the premier event of Seniors Week 2018 - Have a Go Day - a Livelighter event.

Organised by the Seniors Recreation Council of WA Inc (SRC) this year celebrates 26 years of the event at Burswood Park.

The theme of 'age is no barrier' will give people the opportunity to come and have a go at many activities, visit displays and enjoy the entertainment around the park all for free and specifically targeted for older adults.

Simon Beaumont of 6PR will emcee the opening and Minister for Seniors, Mick Murray, will officially welcome everyone at 10.30am. Following the opening will be the annual walk led by the Over 55 Walking Association.

For people who love to challenge themselves physically there is canoeing on the river, the climbing wall and walking foot-

Cycling Without Age will be offering rides around the park on their specially built trishaw. The West Coast Eagle

have their Speed Kicking Cube and look out for a famous Eagle or two who often pop in for a visit.

There will be a load of entertainment throughout the day including special performances from Terry Bennetts, Wayne Pride, Phil Wilson and the WA Police Pipe Band.

The dancers who participate really show that age is no barrier to having a good time. Get to see ballroom, square, line, tap and

belly dancers in action and the Prime Movers will show that exercise to music can be lots of fun.

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, Tech Savvy Seniors will be on hand and there is the opportunity to try Seniors Exergaming and Laser Pistol Shooting.

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 have a cuppa, relax and socialise.

Channel 7 Perth and 6PR personalities will be in attendance throughout the day and John Burgess and Tod Johnston will be hosting in the Crown Perth tent.

There are a variety of food and drink outlets including the Chicken Treat catering van.

With more than 200 displays, activities and entertainment, there is something for everyone and it's free!

Please see inside the Seniors Week 2018 Events guide for the comprehensive feature including map, 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!

Think outside the box...

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From the editor's desk



I WELCOME the Federal Government's appointment of a Royal Commission into Aged Care. Over the last few years there has been much innovation in aged care and I truly believe the majority of providers work hard to ensure their residents are cared for well. The Government has also announced a further \$100 million dollars to fund home care help for older Australians. It's hoped the Royal Commission will streamline the sector to ensure all older Australians receive the quality of care they deserve.

It's hard to believe it's October and plans are full steam ahead for this year's Seniors Week 2018 which will be held from 11 - 17 November. Inside this bumper edition we present the annual Seniors Week Event Guide liftout.

The week will kick off with the AGL Seniors Week Film Festival which will be held on 10 and 11 November at the fabulous new Palace Cinemas, Raine Square. We are pleased to present an exclusive preview of Robert Redford's last film Old Man and the Gun – see the liftout on how to win

a ticket. Our namesake day Have a Go Day is on Wednesday 14 November and we look forward to meeting lots of readers then. As usual we will be hosting the hospitality tents offering free tea, coffee and water, spinning the chocolate wheel and giving away lots of prizes.

Rockingham Seniors Recreation Council ask people to mark their diary for Tuesday 4 December when they will hold their annual Christmas concert. Eddie Storm and Kelly Green will entertain the crowd and there will be raffles and door prizes. The event will be held at the Gary Holland Centre, 19 Kent Street, Rockingham. Tickets are \$12.50 and include afternoon tea. Call Valma on 9527 6660 or Carole on 0412 715 173 to book a place.

I was contacted by Colin Whittaker last month who drew attention to Adam Penn's feature story on ballroom dancer Graham Thomas. In the article it was mentioned that Graham built the Talk of the Town ballroom in Malaga and choreographed the Anniversary Schottische dance. Colin called the office to let us know he actually built and ran the Talk of the Town and was the choreographer of the anniversary dance. Apologies to Colin for this error. We look forward to sharing Colin's career and contributions to the world of dance in an up and coming issue.

Our Have a Go News Facebook page gives us the opportunity to interact with people in between editions of the paper. We have a lot of fun and giveaway extra prizes too, so don't forget to like our page. For anyone who wants to receive the paper hot off the press, subscribe to the digital issue and receive it into your inbox, email reader@ haveagonews.com.au. Our website also features great stories and updates of interest on a daily basis.

Journalist Lee Tate is available to speak to groups and clubs about his new book Awesome WA - 1001 Fair Dinkum About Western Australia. Lee provides an entertaining and interesting presentation about the book. Anyone who would like him as a quest speaker can contact him at leetate@live.com.au. The book is available from the office for \$25 and features weird and wonderful facts about our great state. It will make an ideal Christmas present and you can purchase a copy from us by calling the office on 9227 8283 or email ac counts@haveagonews. com.au

I hope you enjoy this bumper issue.
Stay well and happy.

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

Ageing research snippet

Omega-6 fats may help prevent cognitive decline

Australian-first research has found eating a diet higher in omega-6 fats to be associated with better cognition in older Australians. According to University of Newcastle's Dr Amanda Patterson, older adults with higher intakes of omega-6 fatty acids, but not other types of fatty acids, scored better across five cognitive domains, including language and attention. Her research involved 2,750 adults, aged 55-86 years, from the Hunter region of New South Wales. "Our findings suggest that a higher intake of omega-6 fatty acids, found in a range of plant-based foods including nuts and seeds, and polyunsaturated oils like canola and sunflower oil, might be protective against cognitive decline in older Australians. "Given that age-related cognitive impairment is a fast-growing problem in Australia and across the globe, finding ways to prevent or decrease it is a public health imperative," she said. Dr Patterson recommends older Australians eat nutrient-dense foods, including vegetables, legumes, fruit, good quality grain (cereal) foods, nuts and seeds, lean meat and fish, dairy foods, and plant-based oils which contain predominantly polyunsaturated and monounsaturated fats.

Funny historical fact

THE game of table tennis began as an after dinner amusement for wealthy men in the 1880s in England. A line of books formed the net, a champagne cork was the ball and a cigar box lid was the bat.

Quote of the month

"He who is of a calm and happy nature will hardly feel the pressure of age, but to him who is of an opposite disposition, youth and age are equally a burden."

Plato

Urban slang

Just Ducky - Is when one is calm on the surface but paddling like crazy beneath – it is a sarcastic way of saying everything is fine when it is not.

Great West Aussies - Did you know?

WA's Frank Treen, record-breaking jockey of 1946-84, won 2,000 races and 87 Cup events. He rode six WA winners in one day in 1967, came third in the 1958 Melbourne Cup on Red Pine and rode 250 east coast winners.

Word of the month

Sesquipedalian

Adjective formal

Characterized by long words; long-winded. 'the sesquipedalian prose of scientific journals' Mid 17th century: from Latin sesquipedalis 'a foot and a half long', from sesqui- (see sesqui-) + pes, ped- 'frot'

Have a Go News Quick Quiz

- 1. Which are WA's highest value fruit export?
- 2. Which of these do not live in Australian deserts
- reptiles, birds, mammals, frogs, and insects?
- 3. Name WA's largest lake.4. How many dams are there in the Darling Range
- -7, 9 or 11?
- 5. Who was WA Premier from 2006 to 2000 Colin Barnett, Geoff Gallop or Alan Carpenter?
- 6. Who was WA's first female Governor?
- 7. Barramundi belong to which fish family?
- 8. Mark McGowan was born in what year?
- 9. WA opera has been based for 50 years where?
- 10. Rottnest comes within which electorate?
 See page 49 for answers.



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Traversing the biggest diocese in the world with the Bishop of Broome



Bishop of Broome, the Right Rev. Christopher Alan Saunders

bus, boat, on foot and by

The son of a wartime Spitfire pilot, Bishop

Saunders doesn't fly the

church Cessna any more

- they now employ a pilot

for that - but his calling

takes him well into the

red dirt and along the

fall through the cracks

who need assistance,' says Bishop Saunders

who heads a team of 20 nuns and 14 priests plus

"I make the 15th priest.

I didn't join the church

to become a Bishop.

I joined to become a

priest," he says in his

Bishop Saunders is a

big man with big tastes

and a penchant for relat-

ing stories with dollops of

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"There are people who

Kimberley coast.

many helpers.

Broome office.

by Lee Tate

CHRIS Saunders at 68 has cruised beyond traditional retirement age but his line of business keeps him in harness until at least 75 years before he can give notice.

"Yes, I can see the horizon looming but that's years away yet," he tells Have a Go News.

As Bishop of Broome, the Right Rev. Christopher Alan Saunders has a huge challenge attending to a flock of 10,000 Catholics among a population of 50,000 spread over 773.000 km² of the desert-dominated northwest.

One of the biggest diocese in the world, it been extensively traversed by the Catholic leader in car, truck,

colour and humour.

There's a sign on his parking space: "Thou shalt not park here".

Bishop Saunders is a familiar face all over the north-west and known and respected by church leaders, politicians, business leaders and movers and shakers.

He was a close friend of late British Lord Alastair McAlpine who is credited for the sympathetic development of Broome. Bishop Saunders helped lead the service for Lord McAlpine's funeral in London.

Ordained a priest in 1976, the Right Rev. Saunders was named bishop of the Catholic diocese of Broome in November 1995 and appointed in 1996.

Since then, the affable church leader has overseen his team operating 13 schools, facilities, food and clothing for the needy including a four-day-a-week soup kitchen and support for the homeless in the north-west. He is recognised for his contribution to reconciliation between Indigenous peoples and whites.

During our interview. Bishop Saunders takes a phone call from an Aboriginal elder.

A keen ocean fisherman when he can get away, Bishop Saunders hasn't wet a line for some weeks but says the tides look good for next Thursday and maybe he can

find time to launch his little tinnie.

Someone recently phoned to ask if the Bishop had any fish but when told the Bishop hadn't been out recently, a parcel of fresh barramundi fillets was delivered to his

"I'm spoilt," says the man who has lived a life committed to his cause, often in the wilderness and treading a sensitive path between black and white customs and tradi-

The man who is trained to speak Latin, is able to communicate with tribes clans and mobs of Indigenous peoples who otherwise have limited contact with whites. He understands their issues and, clearly, they respect his views.

He meets with other bishops at the Vatican every five years and then sometimes grabs time to indulge his interest in architecture and art.

Bishop Saunders played a key role in the Vatican Museum's indigenous collection known as the Australia Catalogue. These works represent an aspect of human history through art. It began in 1925 when Pope Pius the XI asked missionaries around the world to send in works to reflect the spiritual and cultural daily lives of the people.

As a young bishop in Rome in 1998, Bishop Saunders was shown the

Australian art, taken out of storage and unidentified. He identified artefacts and supplied their Indigenous and English names, citing their purposes as tools or weap-

"The museum secretary took copious notes. It was a memorable day, he told me.

The exhibit at the Vatican Museum is the first one seen by visitors leaving the Sistine Chapel - a nod to the place of Indigenous Australians as the world's oldest continuous culture.

The Broome diocese helped fund the printing of a magnificently-illustrated book: Australia, the Vatican Museum's Indigenous Collection, edited by Katherine Aigner, ANU ethnologist and historian.

Late in his life, Bishop Saunders finally has family in his life. His brother Michael, 60, came to Broome two years ago. He assists with church duties and supplies his brother with an early morning takeaway coffee from town.

"I get up early to pray, about 5am. It's nice to have my brother (a former government school teacher) nearby. All my life I've lived on my own, savs the ever-cheerful Bishop who has thousands of supporters and

In 2016, Bishop Saunders led a group to holy sites in Israel and sightseeing in Rome. He's hoping to take a group of 10-12 Indigenous people, aged 18-25, on a similar tour in 2019-2020.

The Bishop says he'll ask Indigenous communities to nominate individuals and then make a selection.

"There'll have to be fundraising for it. It'll cost something like \$6,000-ahead," he said.

Bishop Saunders has a sideline - producing photos for his church publications. He has been a keen photographer most of his life and was given a new camera after his was lost in the water during a photographic mission in the bush.

"I love taking the photos and they can be put somewhere where they are useful," he said.

Don't miss your official quide to **Seniors Week** 2018 in this issue





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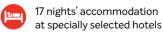
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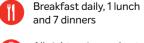
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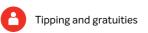
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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor.

I LOVE reading books and also like to read the paper and it would be a shame to lose any of our libraries down the track.

Reading a book using a digital or electronic devices, is not the same. It is nice to turn over the pages of a good book which can be handed down. Let's hope books and libraries stay.

I also support the setting up of a bookshop to support local authors.

> Lynda Mitchell Seville Grove

Dear Editor,

THE article headline stating "New treatment for bronchiectasis available" in your September 2018 issue is utterly misleading.

Even in the article it is stated as it is in the adjacent advertisement for volunteers that there is no cure and also that there is only a clinical trial.

A clinical trial does not provide a cure or treatment available. This is misleading and especially for people with this condition, the headline raises hope to deflate it immediately when reading the article.

More circumspection is required before headlining such a trial and sending out hope to sufferers. Kind regards

> Dr Monika Zechetmayr. Ph.D. (retired) Toodyay

Dear Editor,

Dear Editor.

required.

Thank you so very much for printing Susan Blunden's letter.

Unfortunately most people in our wonderful State are totally unaware of what is happening at Karrakatta cemetery under the guise of a 'renewal and redevelopment' program that also has the word beautification tossed around.

Slowly but surely the Metropolitan Cemetery Board is clearing many headstones in order to make new plots in between existing graves. These headstones simply disappear as does all signs of who was buried there; no identification marker of any kind is put in their place.

Can you imagine how horrible it is to go to pay your respects to family or friends only to find they

I MANAGED to get my 20-year

mortgage down to only a few

dollars about five years ago, but

I kept it open so that I could uti-

lise any equity, should it ever be

Fortunately, it was not, but I

was informed recently that I had

to discharge the mortgage on

Over those past five years,

Interest had accrued at the rate

of 0.02 cents monthly, so my

the due expiry date.

oir of the life they have

Time marches on so

In 2008, with the aid

of six other wives, who

shared the same type

of background, a small

book was written and

published. The idea was

to preserve, in writing,

lived

very quickly.

are somewhere under a mausoleum?

Or underneath a ten foot long concrete and granite edifice that is three new graves (this happened to my great grandmother and great aunt's grave).

I would suggest every one of your readers should take the time to firstly check by searching Karrakatta's website to see what is happening to the areas where they have anyone buried; and secondly go to the Facebook group #SavingFamilyHeadstonesat-Karrakatta to read and see just what it is all about.

Again thank you so much for printing the letter readers please come and join us in our efforts to have this program stopped.

can?

they like - merely because they

all the interest the lender had ac-

quired over 20 years of my faith-

ful repayments, that they might

be thanking me for my contribu-

tion to them, rather than laying

more expense at my door for

I would have thought that with

Carol Smith via Facebook

Florence M,

Ferndale

Index

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Suyin Boehm

Peter Johnston

(08) 9227 8285

Mike Roennfeldt

Jon Lewis

Lee Tate

Dear Editor, I AM writing this little note to those who have thought about writing a personal story or mem-



the type of lifestyle we lived prior to retirement. Sadly, since publish-

ing the book two of our writers and two of their husbands have died. Just by pure luck the right time was chosen to put our thoughts to print.

Not everyone intends their stories for publication. It may be just for family to read. If we desire our personal history to be read by others we must 'grasp the nettle' and put thoughts to pa-

Writing your own story can be very satisfying.

Dorothea M Morris

Dear Editor,

final payment amounted to just

I was, however, astounded at

the cost to discharge this debt.

This included \$490 for the lender

to release the title deed and a

further \$246.66 solicitor's fee for

merely registering this. In total

it cost \$736.66 to pay the final

sum of \$5.64 and complete my

Is this just another instance

whereby the big banks and in-

stitutions can charge whatever

\$5.62, which I duly paid.

mortgage obligation.

Re Child Migrants

I AM saddened by the abuse to Aboriginal children and children from the UK which has been discussed for the last 30 years.

being a loyal client.

Sincerely,

I knew about it while I was training to be a social worker in 1980s in the UK. Why was nothing done about it then?

Who are the guilty ones?

It is the people who knew and did nothing about it or cover it up - church leaders, governments and also those who worked with the children and did not

Many a young child was flogged and sexually abused and they did not help them. Those involved are either dead, retired or are in high positions now.

The children did grow up but suffered terribly emo-

They cannot forget.

Ms S Fairclough via email





Broadwater NTED TO BUY Antiques and Collectibles Deceased Estate Specialists - Estate Sales conducted We are looking to purchase the following: old paintings • Royal Doulton • Shelley China Australian pottery • Wembley Ware • medals and badges • stamps, coins and banknotes • vintage watches • postcards vintage handbags • costume and fine jewellery • militaria old advertising • sterling silver items • fountain pens • vintage cameras From one item to a house full, we buy anything old and interesting as long as we don't have to feed or water it! We are also down-sizing specialists and can organize

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Trish revisits her Dutch heritage for her shortlisted entry for the Hungerford Award



Trish Versteegen

by Josephine Allison

WHEN City Beach woman Trish Versteegen heard her manuscript had secured a place on the Hungerford Award shortlist along with five other new West Australian writers she says it was one of the most exciting phone calls she has ever received. "I have pretty much been on a high since, it's very exciting, the winner is announced at the Fremantle Arts Centre on 15 November, so I am in suspense till then, it's a bit like going to the Oscars."

Other WA writers Yuot Alaak, Zoe Deleuil, Alan Fyfe, Holden Sheppard and Julie Sprigg are also in the running for the \$12,000 prize money from the City of Fremantle and a publishing contract with Fremantle Press.

Publisher Georgia Richter said this year's award had attracted more manuscripts than she had encountered in the ten years since she became a Hungerford judge.

"What stood out for me this year was the range and depth of stories. The entries were diverse, and of a very high standard, and I am certainly contemplating that more than one shortlisted manuscript will be considered for publication," she said.

Fremantle Mayor Brad Pettitt said the rise in the number of entries confirmed how important WA's longest running manuscript award was to local writers and to the Fremantle community. Trish Versteegen's manuscript, *The Seventh Sister*, which draws on her Dutch heritage, has been a decade in the making. In that time she has raised a family of three sons and worked in her other profession as a social worker.

"I have always loved reading and words; my first degree was arts with a major in English literature," she said. "I went on to do a social work degree but I never lost my passion for literature. I started a creative writing course 10 years ago and it was fantastic, I really enjoyed it and kept on with it. I had to choose a writing project and from there my novel evolved."

Trish, who describes herself, as '50 something', says she currently works part-time as a social worker, juggling it with raising a family with her sons now aged 18, 20 and 23.

"I am lucky to have a supportive husband and family.

"My Dutch heritage played quite a role in the book. My parents grew up in Holland in the Second World War and I found that really fascinating. Their experience migrating to Australia and how they really embraced life here despite the things they suffered and lost in wartime was an inspiration for me and my story.

"My mother, Lucy, now 88, read the manuscript and loved it. In a way the finished novel is a tribute to her, she is very special to me."

Trish describes her book as a coming of age story, told through the parallel experiences of a teenage girl in Perth and her mother in the Netherlands in the Second World War.

"It's about the difficulties of growing up, especially for females with their emerging sexuality, which comes into play at that age and the problems mothers and daughters face, but don't necessarily share, between each other.

"It also speaks of the meaning of home, the value of connection and the influence of the past. It's fantastic the book has been shortlisted, it's given me the conviction to continue with my writing. I have a bunch of short stories on my desktop and I am about a third of the way through another novel.

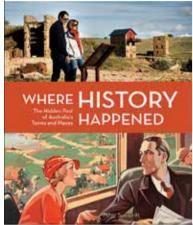
"My hope and dream is to have this manuscript published. I try to be disciplined to write in the evening, rather than sit on the couch in front of the television. I have joined a writing group and we meet regularly reading and critiquing each other's work which is so helpful and enjoyable."

helpful and enjoyable."
Outside writing Trish likes anything to do with the arts, loves movie and is a voracious reader. She says living in City Beach means she lives close to the ocean which features in her story.

"I love the WA coast and the ocean."

The City of Fremantle TAG Hungerford Award is given biennially to a full-length manuscript of fiction or narrative non fiction by a WA author previously unpublished in book form. It is sponsored by the City of Fremantle, Fremantle Press, Fremantle Library and The West Australian.

Book Review - Fascinating tale of where history happened in Australia



Author – Peter Spearritt Reviewed by Pat Paleeya

WERE you aware that Melbourne has the largest tramway system in the world by track length? Can you picture Byron Bay in the 1950s with dirty rough rundown pubs, a piggery and the all-pervading stench of rotting whale carcasses wafting from the whaling station? The bay was named after a relative of Lord Byron and before posh people breathe a sigh of relief he was a bit of a nonentity apparently (please de-stress with smashed avocado).

In a 1920s tourist brochure Rottnest Island was promoted as 'The Isle of Girls' nestling in an opal sea and not a word about our quaint quokkas. Pages 26-27 show Wiradjuri Elder Jimmy Clements sitting barefoot in the dust awaiting the opening of Parliament in 1927. He had walked barefoot from the Riverina to attend the opening. I found this photograph a powerful image of juxtaposed cultures.

Where History Happened is a gem of a book crammed full of fascinating stories of people, cities and towns around Australia, of pioneers,

rogues, leaders and not so famous characters who deserve to be included in this book.

Quite a lot of images are from the collection of the National Library of Australia, iconic 1920s and 1930s tourist posters, Frank Hurley photographs, colonial watercolours and sketches. They are a feast for the eyes.

This is an outstanding book, informative without being stuffy, Peter Spearritt writes skilfully and concisely bringing about a most absorbing portrayal of this country's hidden past.

Where History Happened is published by NLA Publishing and RRP is \$39.99 – ISBN 978-0-642-27926-

WIN WIN WIN

We have one copy to give away. To enter please email to win@haveagonews.com.au, with the book title in the subject line or write to Where History Happened, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of your envelope. Competition ends 30/10/18.









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Ladies - new research shows eating your green vegetables helps prevent falls

by Frank Smith

WE HAVE all heard the Australian Dietary Guideline recommendation for seniors to eat two serves of fruit and five of vegetables every day. But only eight per cent of seniors actually do that.

The reason, according to New Scientist last month, is that there is no apparent reason for the



recommendation.

That has now changed.

Just half a cup of broccoli a day can help older people avoid being hospitalised for a fall, new research from Edith Cowan University (ECU) has found.

Researchers from the School of Medical and Health Sciences studied the diets of a group 1485 Western Australian women above the age of 70 and counted the number of falls that resulted in them being hospitalised over 15 years.

They also collected data on their intakes of 24 vegetables and 11 fruits. Potatoes cooked in fat and tinned and frozen fruit and fruit juices were excluded.

The researchers measured grip strength and (timed up and go - the time it takes a person to rise from a chair walk three metres and return to the chair). These provide measures of upper body strength and physical perfor-

mance respectively. Higher intake of vegetables (more than three serves a day) were associated with a 26 per cent lower risk of falls, improved grip strength and faster TUG times, with cruciferous vegetables (Brussels sprouts, cauliflower, cabbage and broccoli) giving the best response.

vegetables Other have a similar, but less pronounced effect and while response to fruit consumption did not reach significance there was a positive trend to reduced falls with greater daily consumption.

Other indicators of fall risk were diabetes and increasing age.

Lead researcher Dr Marc Sim said: "We found that higher overall vegetable consumption was associated with better muscle strength and physical function in our participants, which we suspect is one of the ways they reduce the risk of falling.

Other ways in which increased vegetable consumption benefits older women may be, reduced effect of diabetes, improved eyesight from carotinoids contained in coloured vegetables and anti-inflammatory compounds present in both fruit and vegetables.

Dr Sim said suffering an injurious fall can have a significant impact on an individual's quality of

"On top of the physical impact, suffering a fall has been linked to a reduced participation in social and physical activities due to a fear of falling again," Dr Sim said.

"Additionally, falls are the leading cause of injury-related hospitalisations in people aged over 65, which is projected to cost the health system about \$789 million per year by 2021."

Dr Sim said this is why it was vital to investigate new ways to prevent people from falling.

"We wanted to find

Broccoli can help avoid being hospitalised for a fall

out what factors could help prevent people falling to allow from them to maintain their quality of life well into old age," he said.

"What we are now interested in investigating further is why cruciferous vegetables in particular seem to be so good at preventing these falls."

The results were published in the British Journal of Nutrition, last month

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Bill to expunge homosexual convictions

ON 11 September 2018, the WA parliament passed the Historic Homosexual Convictions Expungement Bill 2017.

This follows the Government's official apology, last November, to LG-BTI people adversely affected by past discriminatory laws, and allows for the expungement of convictions for actions which are no longer considered

GRAI (GLBTI Rights in Ageing Inc) chair, June Lowe, welcomed the legislation: "This is important legislation as it draws a strong line under old homophobic attitudes. In enabling people to clear their criminal records, it underscores that those historic views were wrong: people never should have convicted on the basis of their sexuality.

"Homosexual acts were only decriminalised in 1990. The old homophobic laws have had an enormous impact on the lives of older members of our community - creating stigma and shame for LGBTI people and fostering discriminatory attitudes within the wider community. This legislation, together with the apology, is an important element in reforming community attitudes as well as healing past wrongs.

"It is now very important that potential applicants are made aware of this new legislation and also how they can go about clearing their names from past criminal records. This could also include criminal records which were acquired for minor misdemeanours, escalated because the person was gay.

"This is a good piece of legislation, with an emphasis on making the access to justice as simple and quick as possible. It will be an administrative process (an application to the CEO of the Justice Department) not involving a court, or the need for lawyers or costs. Bearing in mind that applicants may be elderly, this ease of access is important," said Ms Lowe.

"GRAI is also interested in documenting people's experiences in applying for expungements, so that, when the act is reviewed, we can report how successful, or otherwise, this legislation has been in achieving its aims," she said.

To contact Grai call June Lowe, chair GRAI 0435 517 753 or email chair@ grai.org.au

Honouring our diggers



EATHEN Carruthers, history author, is making

The 34-year-old Canning resident put his heart and soul into the history of his local Town of Canning and has won hearts through the areas of Riverton and Shelley.

Eathen Carruthers a very proud Australian, his medical condition of epilepsy hasn't got a chance

He is putting things right again for the region and for Western Australia.

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He opened with a massive eruption on 28 July in Midland where he held his first book launch and film night.

His two-year research has uncovered a hidden secret of WWI and is dedicated to our Aussie diggers. He says that his tireless work writing and living history has now shaped the course of Swan forever.

So good that Midland residents are wanting him to return a second time for an encore.

The Blackboy Hill Battalions is a special tribute honouring our Austra-lian soldiers in WWI and WWII and especially the first Australian soldiers that left for overseas fighting in 1914-1918.

It will be held on 20 October at The Boab Tavern 107 Dundas Road High Wycombe from 5.30pm to 10pm.

Lisa Nelson and Eathen Carruthers urge people to dig deep and donate to Blackboy Hill Tribute Special Campaign by going to Go-FundMe.com and click on the Blackboy Hill Battalion Tribute S Campaign.

Lest we forget. Tickets are \$10 each

and can be purchased by emailing eathcodyc@ gmail.com. Call 0499 835 976 for enquiries.

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To find out more contact us on (08) 9212 4333 or visit www.cancerwa.asn.au



Slip Slop Slap campaign launched



Our SunSmart products continue to protect thousands of West Australians

Where opinions matter - public service and payment for Members of Parliament



by Lee Tate

WHATEVER happened to real public service - putting in effort for the overall good of the nation or community?

Politicians may be easy targets for critics' attacks but so they should be. Times have changed and MPs make decisions daily to take out the proverbial knife on an austerity basis - we can't afford it. Seniors must have it ringing in their ears.

OK, so can we afford to keep paying the full price of financing wellpadded politicians?

The Remuneration Tribunal, which sets MPs' remuneration, ances and expenses. noted (in granting pay rises) that public service office holders serve for the public good and pay is set at lower levels than in the private sector.

Yeah, the top end of the overpaid private sec-

The tribunal considers wage growth, pay raises given to public servants, the federal budget and the state of the economy when making decisions.

"The tribunal considers it important that remuneration for offices in its jurisdiction be maintained at appropriate levels over the longer term to attract and retain people of the calibre required for these important high level offices," it said.

"The tribunal is conservative in its approach to annual increases and in

this case is conscious of the government's policy of wage restraint for the Australian Public Service and other government agencies.

The tribunal then goes on to grant increases at a time when workers endure historically-low pay scales and very few have been given any increases. And seniors' incomes are cut-back.

The tribunal received a "notable increase in submissions" asking for pay rises "based at least in part on private sector remuneration". If they are doing it for the money, let them see what they can get in the public sector. They are easily replaced.

Of course, politicians need to be properly paid, especially leaders including ministers. But there has to be a limit for MPs who sprout about their commitment to public service.

Based in the \$1.1 billion Parliament House, 76 senators and 150 members of the House of Representatives draw down on healthy incomes and generous expenses.

Many MPs are dedicated, committed and working ridiculously-long and late hours. But the money pool is only so big. And are we getting value for our buck?

MPs' salaries and allowances are constantly changing but these are recent salary figures:

Minister: Prime \$538,000. Deputy Prime Minister \$416,191. Treasurer: \$380,662. Opposition Leader: \$375,587. Deputy Labor leader: \$319,756.

Cabinet ministers: \$350,209. Opposition spokespeople \$253,775. Greens leader: \$289,303. Backbench MPs: \$203,020.

This when the me-

dian salary in Australia is

Five former prime ministers, excluding Tony Abbott, spent \$440,000 in expenses over six months. John Howard was biggest with nearly \$150,000 worth of travel and office costs.

Serving MPs claimed tens of millions from the taxpayer for domestic and overseas travel, allowances and office facilities

Former Prime Minister Malcolm Turnbull spent more than \$500,000 on overseas travel. Then Trade Minister Steve Ciobo (Steve who?): \$417,000. Former Foreign Minister Julie Bishop: \$300,000.

Government frontbencher Dan Tehan (Dan who?) had the biggest phone and internet bill, nearly \$12,000.

Charter flights: Nigel Scullion spent \$79,000, Barnaby Joyce and Bob Katter spent \$61,000 apiece and ex-health minister Sussan Ley spent just over \$50,000.

Former MPs used the Life Gold Pass to rack up about \$115,000 worth of domestic flights during the same six months. Former Deputy PM Warren Truss spent \$11,400. Ex-Labor senator Nick Bolkus, spent \$14,100.

The Turnbull government abolished the Life Gold Pass for ex- MPs, except former PMs recently.

Political staff of Mr Turnbull and Mr Shorten saw their pay rise 32 per cent over two years to cost taxpayers \$21 million – seven times privatesector wage growth.

Departmental secretaries each earn between \$693,000 and \$879,000.

I note 144 federal MPs (64 per cent) own more than one property, three times the national aver-

At least 18 of 22 government cabinet ministers declared more than one property. Peter Dutton with seven properties. Mr Turnbull and wife Lucy had six, including a New York apartment.

At least 16 of the 22 members of Labor's shadow cabinet own more than one property. Joel Fitzgibbon with five. Mr Shorten owns just his

In the two cabinets, 44 members own 109 prop-

And 53 MPs or spouses own Canberra property, not including the four that live there permanently. Most charge taxpayers \$273 a night to stay in these, their own houses during parliamentary sitting weeks.

Nationals senator Barry

O'Sullivan owns 33 properties, Nationals MP David Gillespie, 18 and Liberal Karen Andrews 10.

Finance Minister Mathias Cormann had a stake in a vacant block in Kalgoorlie but it wasn't in the parliamentary register.

Politicians and their spouses are using familv trusts more now than in any parliament before them, 10 times the rate of ordinary Australians.

Oddly, Senators don't have to declare their spousal interests in the same way as lower house MPs. Richard Di Natale's farm is apparently declared this way.

Electoral and other allowances cost taxpayers hundreds of millions of

Longtime MPs argue that they needed to be well compensated because they wouldn't be qualified to join the private sector when leaving politics.

How many ex-PMs have found generous pay packets in industry and on government bod-

We pay not only for a government to run the country but for an Opposition to watch them.

So, politicians don't want to be left behind by the private sector. Well. companies don't duplicate their costs with an opposition. Nor need teams of advisers. And they survive only if they stay in surplus.

What do you think? Email us at info@ haveagonews.com.au.

Ed's Note: It's a pity federal or state governments don't support Have a Go News with advertising to help us further promote healthy ageing, as we have for 27 years.

KINGSLEY RETIREMENT VILLAGE

186 Twickenham Drive, Kingsley

AMAZING VALUE from \$249,000 HOME OPEN Sunday 2PM-2.45PM

Kingsley Retirement Village provides comfort, security and companionship in a pleasant, relaxed environment in the prestigious suburb of Kingsley.

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Active social club with weekly functions and events



Back to Norseman reunion

residents of the historic goldmining town Norseman are invited to attend the annual reunion in Kings Park, Perth on Sunday 4 November from 9am.

Please meet on the grassed area between the Vietnam War Memorial and the Zamia BYO picnic, name tag and any memorabilia of inter-

Anyone with a connection with Norseman is welcome to attend as there is always some interesting infor-

ALL former and current mation to impart and old acquaintances and friendships to rekindle.



LEEMING RETIREMENT VILLAGE

Theakston Green, Leeming

AMAZING VALUE from \$295,000 HOME OPEN Sunday 12.30PM-1PM



Ideally located within the Leeming Retirement Village, this beautifully presented strata villa has been newly renovated with new carpets and paint. Walk to Bull Creek Shops. A short stroll to the Village Centre where all social activities in the Village take place. Enjoy a weekly game of bingo, crafts club, snooker, fortnightly social club dinners and movie nights to name a few of the activities that take place at the Village.





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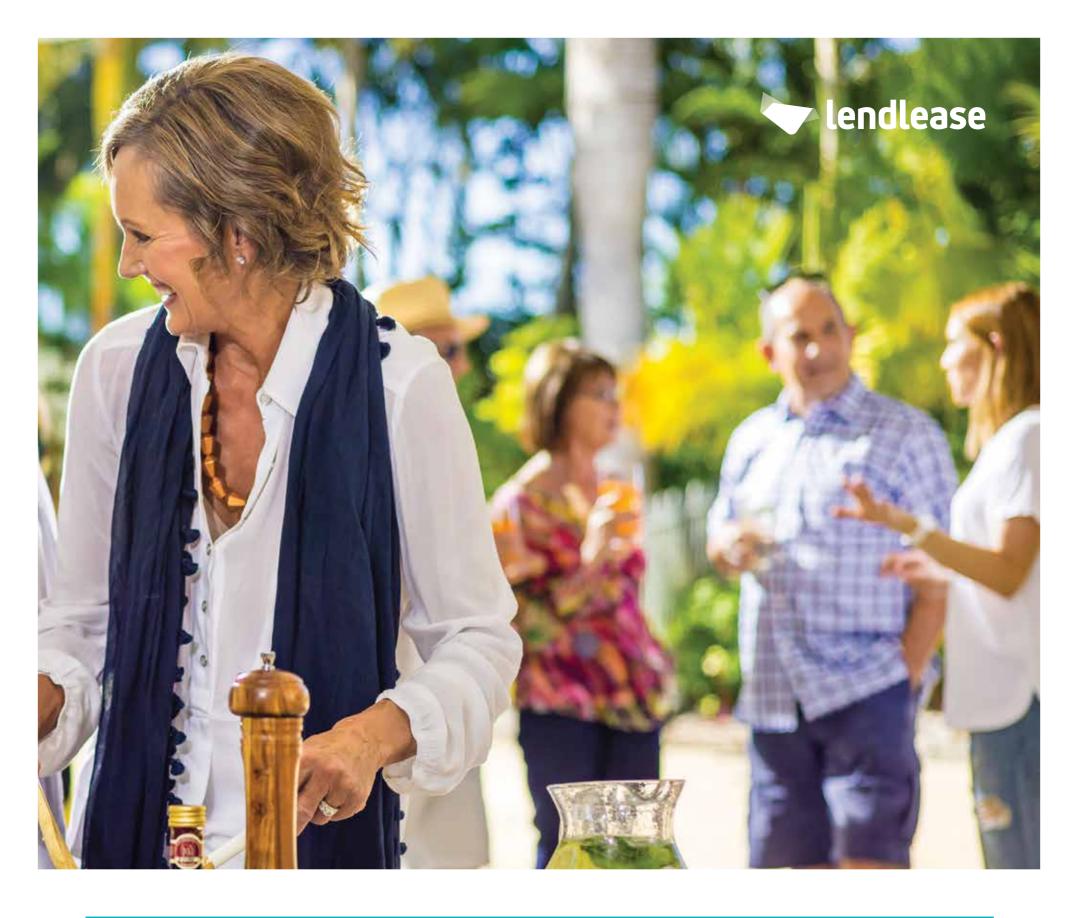
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Village	Date	Time	Event Type
The Pines 21 Ponte Vecchio Boulevard Ellenbrook	Friday 9 November	2pm – 4pm	Waltz over to our Victorian Tea Dance with tours, music and dance lesson.
Parkland Villas Woodlands 52 Liege Street Woodlands	Saturday 10 November	11am to 2pm	Explore the village and have your treasures valued at our Antiques Fair and Open Day.
Homestay Village 267 Wharf Street Queens Park	Wednesday 14 November	2pm – 4pm	Enjoy music and delicious food at our Afternoon Tea & Tours.
Parkland Villas Mandurah 2 Hungerford Avenue Halls Head	Wednesday 14 November	1pm – 3pm	Join us for afternoon tea, music and tours at our Village Open Day.
Lakeside Village 14 Lewington Gardens Bibra Lake	Thursday 15 November	1pm – 4pm	Learn a new craft and be inspired at our Crafter-noon, Tea and Tours!
Timberside Villas 10 Timbercrest Rise Woodvale	Friday 16 November	2.30pm – 4.30pm	Join us for afternoon tea, music and tours at our Village Open Day.
Woodstock West 146 Strickland Street Bunbury	Friday 16 November	11am – 2pm	Enjoy relaxed South-West vibes with music, food and tours at our Open Day .
Parkland Villas Ellenbrook 25 The Parkway Ellenbrook	Saturday 17 November	10am – 1pm	Join us for a BBQ lunch, jazz and tours at our Village Open Day.
Harbourside Village 7 Honiara Way Mindarie	Saturday 17 November	1pm – 4pm	Join us for afternoon tea, games, music and tours at our Village Open Day.
Parkland Villas Booragoon 510 Marmion Street Booragoon	Saturday 17 November	11am – 2pm	Join us for a light lunch, music and tours at our Village Open Day.

^{*} 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 October 2018. 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.

Determined and committed paddlers continue to brave the rivers



Paddlers on the Upper Canning

by Iris Mickiewicz

ALTHOUGH August proved to be one of

the wettest and coldest winter months for many years, that has not deterred the most determined and committed paddlers belonging to the Over Fifty-Five Canoe Club. We have

D

enjoyed many weeks of paddling white-water opportunities as well as some pretty strong flowing flat-water paddles.

Despite the threat of showers and dull skies, eighteen paddlers turned up at Woodbridge, Riverside Park in hope of another great paddle on the river.

The first thing to strike a discord was that the lovely sandy beach so kindly constructed by the City of Swan especially for the use of the Over Fifty-Five Canoe Club for launching, was covered in mud. Thick, slimy, gooey, gunky mud. Therefore, it was back to our original launch point down behind the shed.

The next thing of interest was the two km/ hr downstream river flow, which meant that at least one half of the paddle was to be hard

Despite this, the paddlers were warmly wel-comed and split into their preferred mainstream or

leisurely groups. With a leader and a tail ender nominated, the eleven mainstreamers headed off upstream to test the strength of the current. Having given the mainstreamers time to clear the area, the seven leisurelies followed suit with their leader and tail.

While the mainstreamers embarked on the heavy haul up against the current to Middle Swan Bridge, the leisurelies ported around the weir and continued on, circumventing a fallen tree, and on up the creek into Lake Blackadder, which was wide, serene and swollen with the recent rains.

Sharing the lake with a multitude of pelicans enjoying their newly created lake, the leisurelies paddled around the circumference to pick up the upstream entry of Blackadder Creek.

With a foot bridge over the creek at its entry to the lake, too low to get under and too high to get over, the upstream creek was ignored, and the circumnavigation of the lake continued.

With that completed the leisurelies re-entered Blackadder Creek, ported around the weir and paddled back to Woodbridge Riverside Park for morning tea.

Meanwhile, the mainstreamers, having proved the point that no two km/hr current flow was going to stop them, had achieved their objective of reaching Middle Swan Bridge, where they enjoyed some wellearned refreshments.

With morning tea break over; the mainstreamers took to the water for the downhill run at record speed, assisted by the current, back to Woodbridge.

While the leisurelies; now reduced to four paddlers, girded their loins re-launched into the Swan for the tough paddle upstream, encouraged by the thought of the ease of the return and undeterred by the opposing current, they pushed upstream to meet the mainstreamers coming down.

Determined to put a couple of kilometres behind them, the leisurelies continued on to Sandalford Wines Estate before swinging around to enjoy the current-assisted return to join the mainstreamers in Woodbridge Riverside Park for lunch.

Another satisfyingly oleasant paddle in our little patch of paradise.

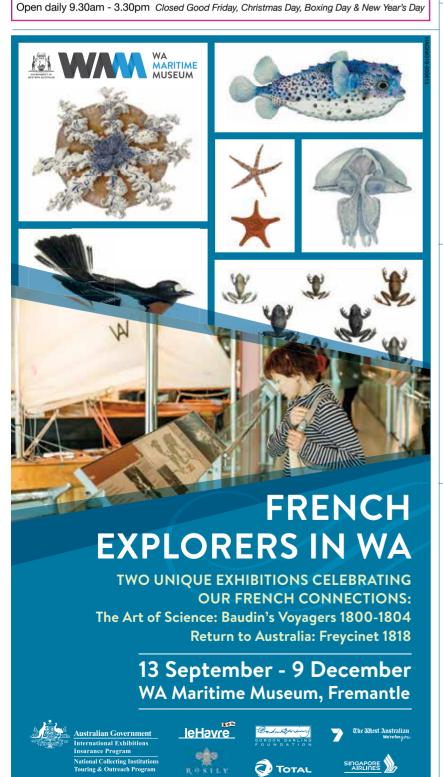
The Over Fifty Five Canoe Club can be reached by calling club secretary Ken Westover on 9447 5624 or club president Iris Mickiewicz on 0438 926 578.





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Masters swimming member hits her stride



Kim Tyler finishing seventh in the recent World Triathlon Championships on the Gold Coast

by Nadine Georgiades, **Project coordinator Masters Swimming WA**

MASTERS Swimming WA is proud to share the exciting news that Kim Tyler, MSWA Life Member, member of the MSA National Coaching committee, Masters Swimming WA coach, and Fremantle Masters member, participated in the 2018 ITU World Triathlon Championships on the Gold Coast in September.

Kim was seventh in the world in the 60-64 years age

Kim has been an integral part of Masters Swimming WA receiving her Excellence Award for 10 years of service in 2016. She is a vital part of our coaching fraternity which is the backbone of Masters Swimming.

Kim is a great reflection on what Masters clubs offer in terms of fitness not only for swimming but for any other challenges you may set yourself and obviously age is no barrier.

Masters Swimming WA is a club-based association which provides swimming for fitness, friendship and fun for anyone over the age of 18. It is a misconception that members have to be competitive swimmers.

When people join a local masters swim club they are linking up with a group of like-minded people who may. or may not, be into swimming fast; but are into getting fit and enjoying every minute of it.

Most members swim two to three times per week for fitness and health; it's certainly not all about competition. The beauty is they can make of it what they want. Set a goal and go for it.

Some swimmers sign up to a Masters swim club to get ready for an ocean swim and stay on because it's fun, social and good for their health. People don't have to be a superstar swimmer – it's about staying in shape, meeting like-minded fitness buddies and enjoying the experience.

Our Swim into Spring promotion is under way now with discounted memberships available. To find out more about Masters and the nearest club visit the website www.mswa.asn.au/





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1 - 14 October

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TV talk - Andrew Denton - funny man or solid television interviewer?



by Lee Tate

I HOPE Andrew Denton isn't going to look for silly stunts in his next series of television interviews.

Australia's shortest interviewer, as his blurbs proclaim, has long showed promise to become one of the best of Aussie TV's interview-

There's way too much try-to-be-funny-andclever interview stuff on TV now. No more,

Channel 7's launch of Denton's latest show, called *Interview*, declared: "The formula will be simple. Two people, two chairs, one conversation, no gimmicks."

Did they say, "no gimmicks"?

The respected and bookish Denton came up sadly short in his appearance with Melbourne Cup winning jockey Michelle Payne.

independent of the state of the Denton dummy dressed in jockey gear and asked Michelle about her riding injuries and proceeded to indicate with pointer on the dummy where the breaks and pains were, springing from his chair in mock delight.

It fell flat. It was a silly antic and unsuited to the subject of injuries.

Denton's professional life has taken an eventful and full course between fact and fiction: comedy and constructive programming - in front of and behind radio microphones and in front of and behind TV cameras.

Denton maybe is better suited to ABC than commercial television.

Hopefully he will fill the gap on Aussie TV of straight interviewing of people, mostly Aussies, who are fascinating and have real stories to tell. Too many programs have fallen into the trap of signing stars because, with a new movie. tour or book coming out, they are easier talent to get.

We hear about their self-promoting pro-nouncements but rarely anything new about their lives, behindthe-scenes activities and any contributions they've made to life.

Comedians are a different kettle of fish. Viewers expect comedians to be comedic, weird or off-script.

That doesn't mean interviewees have to be totally serious. Michelle Payne was bright and entertaining being herself. She's naturally

forthright and funny.

Magna Szubanski, a genuine talent, seemed to be trying too hard, appearing to be a tad over-emotional but, as always, entertaining. No gimmicks there.

Sydney-born Denton, 58, who attended Guildford Grammar School in 1977, became Sydney's top radio gag writer before getting his own segment on-air and then his own radio show.

He's perhaps best remembered for his solid interviews from 2003 when he began hosting Enough Rope with Andrew Denton, a hit for the ABC, which survived five years.

Denton was a serious businessman and

producer behind-thescenes including executive producer and script editor for ABC comedies The Election Chaser and CNNNN.

An audience development survey in 2004, showed Denton as one of the most liked and recognisable personalities on Australian televi-

Highly-intelligent, as is his bookish wife, TV host Jennifer Byrne, he appeared as a contestant on Nine's Sale of the Century and won the comedy special segment in 1993.

And he's clearly open to self-analysis.

"I did an interview with Crown Prince Frederik and Crown Princess

Mary of Denmark and it was a crap interview because I am not very interested in royalty.

accepted "Having to do the interview, I should have found a way to get myself interested.

"If I wasn't interested, why would the audience be? It's a lesson - I've learned it many times, but you always have to relearn it - just when you think you're good at something, you find out what you're not good at.

"It just reminded me, you can't ever be lazy about it. That was a areat kick up the bum for me.

Best of luck with the next TV venture, An-

Diabetes and families - living with diabetes is easier with family support



LIVING with diabetes is a lot easier when you have family support. No matter how old you are or what type of diabetes you have, being around people who 'get it' makes managing diabetes simpler.

Jean Misko from Canning Vale has type 2 diabetes and enjoys the benefits of having a supportive family, especially around meal-

"My family have been brilliant and I can't

thank them enough. They are happy to eat what I need to eat, so cooking dinner is easy. If they are having chocolate they don't offer me any - at my request. We have all found lots of new things we love, such as chick peas and other legumes." she said.

If you have someone in your life with diabetes, there are a number of ways you can support them to live well with the condition.

Here are some ideas:

Take the time to understand how diabetes affects the person you love. Everyone is different, so it's worth asking how living with diabetes impacts them.

Taking diabetes medication according to the instructions is very important. If your loved one is having trouble remembering to take their medicine, you might be able to help them find a way of slotting it into their regular routine.

Eat healthy meals together. Be prepared to try new things, and also give the person with diabetes the dignity to manage their condition their way. Saying: "should you be eating that?" is not always helpful.

Encourage physical activity. Go for a daily walk together, or find other physical activities that you can build into your routine. It not only builds your muscles, it can also build your relationship.

World Diabetes Day is on 14 November. The theme this year is diabetes and families, so it's timely to recognise the great help that families can be to people with diabetes.

Also on 14 November is Have a Go Day, a LiveLighter Event. The team at Diabetes WA is looking forward to being there again this

Community education coordinator at Diabetes WA, Jarnia Davies, says past events have included a range of fun activities and the same is expected this year.

"We love collaborating with the Seniors Recreation Council on Have a Go Day, to bring helpful information to people about active aging. You're never too old to learn something new, and our diabetes educators will be there to answer any questions you have about diabetes," Jarnia said.

If you are going to the free Have a Go Day event, come and say "hi" to the staff at Diabetes WA and get some free tips about either preventing type 2 diabetes or managing vour diabetes.



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Honesty is the best policy... but at what lengths will you go to?



Left to right; PS No 'H' in Jon - Jon Lewis

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by Jon Lewis

IT came as a surprising delight when I received a pen returned to me from my last 'HaveAQuiz' Quiz Night.

Nearly a week had passed since that lovely night. A week since the sound of a thunderous drum roll of the many happy participants pounding their tables in

unison merrily to mark the last question.

A week since we totalled up the scores and awarded the many wonderful prizes.

A week that I had not noticed a missing pen or indeed any missing pens.

Quite frankly, by the end of the night, I am somewhat used to pens 'disappearing'.

So, I think you can understand my intrigue when a pen was dropped off at 6PR's reception. I become more intrigued when I was told there was a note.

I wondered what story might be attached to this simple inexpensive black ink pen? A pen that had made its way from the northern suburbs all the way to East Perth.

The note read as follows and I might add not even with the ink of the pen, but another that was blue.

"Hi Jon, I took this pen home from the last Friday Night Quiz. My mistake! Enjoyed the Quiz! Regards, Ron."

There was no address, no phone number, not even, as many do now, an email. All I had was a beautiful note and no way of thanking the very honest person named Ron.

It would seem this fine example of honesty simply returning what was not his, regardless of the difficulty in finding 6PR, parking and then making his way to our first floor, simply to drop off a pen, mistakenly picked up after a fun night.

I thought about the honesty of Ron and whether I would have gone to the very same lengths as he has done. I then wondered about the varying levels of honesty.

For instance, I would return a wallet or a purse. I would return a mobile telephone and I would return a favour. However, would you or I return a pen?

"It's only a pen," some may say. It might be worth between 10 cents and a dollar. "They can afford it," you may say.

Are we really just making excuses?

An excuse to make us feel less guilty for what we are going to do anyway?

way?
I wonder if through this guilty process are we actually treating ourselves quite disrespectfully?

think, perhaps, we might. If I take something/anything without permission should I always return it?

What if it's too hard to return it? Will they miss it? Will they want it? Do they need it? Perhaps the effect on them is not the question. Maybe it's the quilty effect on us or me?

Ron is man with no guilt. He is simply honest.

That is the honest truth.
For leading by example
- thank you Ron!

All the best.



Always reminiscing... also a big hit for the Little River Band

by Rick Steele

"DON'T dwell in the past" – a nameless wise man once said. But it is OK to remember, and many

years later recall your embarrassments, to an unsuspecting audience. That is sort of what I do in this column.

In mid 1976 I received a letter inviting me back to NZ to record an album of my own original songs. An offer I couldn't refuse. I had been scratching a living, playing in the numerous new taverns that were opening all over Perth.

Playing solo was equivalent to a blood sport. I was like a gladiator with a guitar. People expected you to know their favourite song and would ex-

press severe disappointment if their request was denied.

A popular catch cry was: "Well, what do you know?"

I wouldn't mind a dollar for every time I sang *American Pie* or *Bobby McGee*.

By mid 1977 my original album had been recorded and we had staged a successful release party. I performed for TV appearances, radio interviews and my live show was gaining momentum.

The excitement grew when my agent called to

say I had been selected to open for the Little River Band at the Auckland Town Hall. Two sold out shows, with an audience of two thousand punters at each performance. I already knew that the quickest way to a parochial Kiwis heart was to heap cow dung on the Ozzies. I had been workshopping a song dealing with the afore mentioned incessant requesting that some, mostly inebriated. patrons of taverns, insisted on perpetrating upon my person. The song was called, Pain in the Ass.

In my worst Ozzie ac-

cent, I launched into my introduction about Dave and Mabel (a fictitious couple from outback Orstraylia).

"Hey mate, can youse play something decent, like Waltzing Matilda, or Pub with No Beer? The Kiwi audience was warming to me quickly now. Time for the punchline!

Apologies to Shake-

speare. A verse for Dave and Mabel...
"Waltzing Matilda

"Waltzing Matilda, bloody near killed her,

Stick it up yer billabong, the pub with no beer is full of queers,

Go back to bloody to the

Geelong; yer a pain in the ass."

As they say, the crowd went wild and as I left the stage the promoter shook my hand and said: "That was the best response we have ever had for a local support act. Well done. Come and meet the Little River Band. This is Glen Shorrock, the singer, he is from Geelong!"

You can please some of the people some of the time...you know how it goes.

Cheers dears.

Ps. I did not get invited to the after party.





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Age is No Barrier - Have a Go Day. a LiveLighter Event, Burswood Park, **Wednesday 14 November**

THE theme for this years' Have a Go Day is Age is No Barrier. To encourage participation there will be a wide variety of activities for people to have a go at, with some new additions on the day including Trishaws for Seniors, Walking football and Lazer Pistol Shooting. Entertainment throughout the day will be presented by the WA Police Pipe Band, country music artist Terry Bennetts and a variety of other talent. See all the details regarding Have a Go Day, a LiveLighter Event in the Seniors Week liftout included in this edition. 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 30 August and eight teams took part in the range of games developed specifically for seniors in care. Local member for Baldivis Reece Whitby MLA attended and officially opened the event. During the lunch break participants were treated to a dance show performed by Swing N Sway. SRCWA Rockingham branch president, Valma Sulk and emcee Phil Paddon presented the trophies, medals and plagues at the end of the event. The winners were The Terminators (Silver Chain Rockingham), second place winners were The Loveables (Bethanie Waters) and third place went to Dalmacia (Villa Dalmacia Aged Care) The best presented team award went to The Happy Hippies (Banksia Park) and the oldest competitor was 97-year-old Nesta Reed from the Italian Stallions. SRCWA acknowledges the Rockingham branch committee and volunteers, the team of trustees from Wooroloo, SRCWA volunteers and staff all who helped to make this event a great success. The LiveLighter Aged Care Games are sponsored by LiveLighter Healthway, Dept of Local Govt. Sport and Cultural Industries and Dept of Communities.

LiveLighter Seniors Activity Information Day Bunbury 2018

The LiveLighter Activity Information Day in Bunbury was held on Friday 14 September at the South West Italian Club. About 60 businesses and organisations provided information and activities. A wide range of activities were available including, Seated Zumba Gold, Croquet, Heart Sports and Pole Walking. Bunnings ran a pot plant workshop and Emergency Wildlife Care Bunbury brought along a few of their young charges both proved very popular. Don Punch MLA for Bunbury and Nola Marino MP Member for Forrest attended, and we thank them for their continuing support. Deb Perry entertained everyone in the afternoon by playing the spoons as well as the Serenadina Singers. SRCWA acknowledges SRCWA Bunbury branch, and president Barbara Fleay and her team of dedicated volunteers, and emcee Fiona Hinds. Thanks go to the Bunbury Regional Corrective Services staff and trustees, SRCWA staff, Southwest Italian Club, City of Bunbury, Red Cross and Bunnings. Thanks to LiveLighter Healthway, Department of Local Government, Sport and Cultural Industries and Dept of Communities for their continued support.

LiveLighter Joondalup Aged Care Games 2018



The LiveLighter Aged Care Games - Joondalup was held on 10 September at Bouncer Sports in Joondalup. More than 160 seniors making up 13 teams took part and the competition was fierce at times. Member for Kingsley Jessica Stojkovski opened the games and also in attendance was Mark Folkard MLA and Margaret Quirk MLA. Phil Paddon emceed the event and Jim Drysdale and Jenny Cole entertained participants during the event. First place was Magda's Mouseketeers (Umbrella Multicultural Community Care), in second place was Roberts Ninjas (Umbrella Multicultural Community Care) and third place was The Golden Girls (Barridale Lodge). The best dressed team was Bethanie Beachsiders who were presented with a plaque and the oldest competitors on the day were Angela De Mori (Mercy Care) and Cliff Sexton (Woodlake Aged Care) both 102 years young. Thank you to all the volunteers on the day from SRCWA, HESTA, Wooroloo Trustees, students from Kirana Rockingham Campus, Over 55 Walking Assn, the Square Dancing Assn, family and friends. The Aged Care Games would not be possible without the huge support of all the volunteers. Thank you to LiveLighter Healthway for sponsoring the LiveLighter Aged Care Games and to Dept of Local Government, Sport and Cultural Industries and Dept of Communities for their support.

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

HAVE-A-GO NEWS No. 319 OCTOBER 2018

The importance of getting a diagnosis



by Rhonda Parker CÉO Alzheimer's WA

celebrated Demen-Month Awareness during September and more specifically, World Alzheimer's Day on 21 September. The events surrounding this day seek to raise awareness and increase support for those living with dementia. During this time, my team and I had increased opportunities to hear from those living with dementia, including those caring for someone they love who has dementia.



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than remember...

Just as we will always remember the fallen,

Legacy will always be there for their families.

One issue people always want to talk about is how to have that difficult and awkward conversation when they notice an increase in memory lapses, or unexplained changes in thinking and behaviour, in themselves or a loved one.

We have all walked into a room with purpose, only to forget what we wanted. Or forgotten where we parked the car in a carpark. These are normal memory lapses that are usually due to being busy or tired.

For some people though, these lapses become more often and more extreme.

WA re-Alzheimer's cently had the pleasure of meeting Willetton resident Patrick Koo who will be participating in all three of our Walk to Remember events, in Mandurah, Perth and Albany. Patrick wants to create more awareness for dementia after his wife Clare was diagnosed with younger onset dementia.

Clare was only 49 years old, still active and still driving, but started experiencing prolonged bouts of depression.

She was an accomplished cook. However, her cooking abilities were gradually deteriorating and her memory was getting worse, but she refused to see a doctor. Patrick decided his only

option was to go to the doctor alone and discuss Clare's symptoms with the doctor without Clare.

This was to be a distressing mistake for Patrick as the doctor told him his young wife's sadness was probably due to him being an inattentive husband. I was heartbroken when I heard of Patrick and Clare's story and even more upset to hear Patrick experienced years of guilt as he blamed him-

Clare's health gradually declined and, three years on, Patrick and Clare finally obtained a referral to see a specialist. Clare was diagnosed with younger onset dementia at the age of 52.

It is so important to seek a medical opinion as early as possible. A diagnosis of dementia is a process of elimination and it can take some time to diagnose.

So how do you have that difficult conversation?

Here's some ways that may help you:

Choose the time and place. Minimise the number of people involved in the conversation and choose a time when neither person is busy, tired or distracted. The morning is usually best. Use a place that is comfortable. familiar, quiet and free of background noise and

Talk with compassion. A person experiencing these changes may not realise anything is wrong. Changes in the brain can interfere with a person's ability to have insight into memory lapses, or changes in their behav-

Talk about the symptoms not a diagnosis. It may not be dementia. There are many conditions that can cause memory loss and other symptoms that are commonly associated with dementia.

Be patient. Allow your loved one time to come to terms with the idea something might not be right with them. It may take a number of conversations for them to realise what you are saying.

Encourage them to see a doctor. If there is resistance to seeing a doctor about these symptoms then you can suggest an appointment for another reason, such as a blood pressure check or review of any medication currently being taken. Go to the appointment together so you can support each other and make sure you understand the next

steps. There are many specialised support services available to the person diagnosed with dementia, and their carer, to maintain the best quality of life and allow them to

stay at home for as long as possible. There are also treatments than can slow the progression of the disease. It is also so important for families to learn more about dementia so they can respond in the best possible way as they support their loved

Remember, a diagnosis of dementia doesn't define who a person is, however, it is life changing. Many people report that, after the shock and disappointment of the diagnosis, they feel they have some control back as they now know what they are dealing with and are able to make informed decisions.

People living with dementia can still live long and meaningful lives. Ă diagnosis is important in planning for that. Hopefully you won't go through what Clare and Patrick went through but, like them, a diagnosis will help in understanding what you are dealing with and better inform you how to do that.

If you would like to walk for Clare and Patrick and all the people living with dementia please ioin us at our Walk to Remember events in Albany Sunday, 21 October or Perth on Sunday, 4 November. Register today by calling 1300 66 77 88 or visit www.walktoremember.

Find the secret word to win a \$200 voucher

FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win

a \$200 Coles or IGA gift circled letter for the Ad voucher.

There are 11 advertisements in this issue which contain a blue

Armistice

Words promotion.

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

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

- 1. Treasured Craft Creations
- 2. Marron Real Estate West
- 3. Shire of Waroona 4. Ramons at Willow Pond
- 5. Aussie Redback **Tours**
- 6. Insureandgo
- 7. Quality Inn Railway Motel

8. Alchera Living 9. Auto Classic BMW

11. Skids Swimwear

10. Atwell Arts Centre

Entrants can enter via email win@haveagon ews.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 num-

Congratulations to Julie Heggie our July

ber. Closes 31/10/18.



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Owls like Halo need protection and help...

ticides, which work by





Above; Halo the masked owl © Linda Moyle Left; Karen Majer

by Karen Majer

HALO the masked owl can count himself lucky. There are few of his kind in south west WA, but this young male was picked up on a Margaret River suburban verge. He may have been bumped by a vehicle or be in a weakened state from eating a baited rat. After a preliminary vet check, Halo is being cared for by Fawna wildlife rescue volunteer Linda Moyle until healthy enough to be released

Many of his kind aren't so fortunate. Recent sci-

entific publications highlight increasing concern about the impact that rodenticides (rat and mice poisons) are having on our unique wildlife.

Some of the most common rodenticides on our supermarket shelves are lethal not only to their intended target but to our pets, wildlife such as bandicoots, chuditch and ringtail possums, and to birds of prey including owls and tawny frogmouths through secondary poisoning from their baited prey.

Anticoagulant

stopping blood clotting, causing life threatening haemorrhage, are commonly used to control rodents in towns and on farms. In the 1970s and 1980s, some species developed resistance, so manufacturers developed second generation poisons that are more potent and hang around for longer in rodent livers. These baits are more likely to move up the food chain and poison non-target wildlife. The rat or mouse dies slowly and in its weakened state easily falls prey to our native, natural rat catchers. Even the wisest old owl has no

illness, and eventually die. Vet and wildlife conservationist Felicity Bradshaw sees the tragic consequences too often.

way of knowing that his

dinner is a health hazard.

As the toxins accumulate,

the bird is more likely to

hunt unsuccessfully, suffer

vehicle collisions, develop

"Anticoagulant rodenticides are formulated for palatability so are also attractive to species other than rodents," she said. "If an owner is unlucky enough not to see their pet ingest rat bait, the first they may know of it is when the pet starts to actively bleed or present in a state of collapse. Vitamin K is administered as an antidote but the animal may also require a lifesaving blood transfusion.

"Second generation rodenticide poisoning may require four to six weeks of vitamin K therapy which is also very expensive."

Vets often assess and treat wildlife but sadly by the time an animal is sick, injured or weakened enough to be presented, it is often debilitated to a point where successful rehabilitation is difficult.

"Wildlife is under enormous survival pressure through shrinkage of habitat, predation by domestic and feral species as well as road trauma. These factors, coupled with the emerging evidence of rodenticides accumulating in alarming levels, greatly reduce our chances of achieving successful survival outcomes in rehabilitation," Felicity said.

The fate of Halo and other native rodent predators depends on us all playing our part to make sure that we don't unwittingly poison them.

Most of us have had experience of mice invading the house or rats scuttling in the roof. The big question is how to get rid of the rodents without endangering our precious wildlife.

Firstly, manage your property to make it less attractive to the little critters. If you have to reduce numbers, the best option is traps. These days there are several choices including a battery-operated type that kills the animal instantaneously. If you do choose to use baits, read the label carefully. Select one containing the active ingredient coumatetralyl (Racumin) or warfarin (for example Ratsac Double Strength) and carefully follow package instructions. Don't use those with brodifacoum and bromodialone. Always store out of reach of pets and children.

There are other ways to help too. You might like to donate to a wildlife rescue organisation such as FAWNA, become a member, or volunteer to care for injured animals. You could approach your local hardware shop and ask them to train their staff and inform their customers, put up clear warnings or, best of all, not stock the second generation poisons.

You could also write to your local politician about getting the regulators to control or ban the second generation poisons, as has been done in many other countries.

Masked owls mate for life and can live for decades. With luck Halo will go on to live a long life and add his progeny to our scarce south west population of this little known species.

Sleep apnoea - the dangers

SLEEP Disorders Australia will present a free public presentation on this growing health problem in the community - you are not alone. Sleep disorders can be dangerous to people's health and can be treated.

The speaker for the next Sleep Disorders meeting will be Dr Nigel McArdle, Sleep and Respiratory Physician at Sir Charles Gairdner Hospital.

Some of the areas which will be discussed will be: What is sleep apnoea and why do people get it? What are the dangers to your health of untreated sleep apnoea? How is sleep apnoea diagnosed? Why are sleep tests used and what do they measure?

What is the difference between home and laboratory testing? What are the best treatments for sleep apnoea? CPAP (Continuous positive airway pressure) or other? What are the latest advances in CPAP technology making for easier use?

To hear the answers to these questions please

come along.
Saturday 10 November at 1.30pm in the Hollywood Hospital Lecture Theatre. Enter gate 5 off Monash Avenue and park in the multi storey car park and follow the signs.

For any enquiries phone Lorraine 0419 199 744.

Are you recently retired?

ARE you recently retired and looking for some interesting social activity with heaps of variety? Look no further.

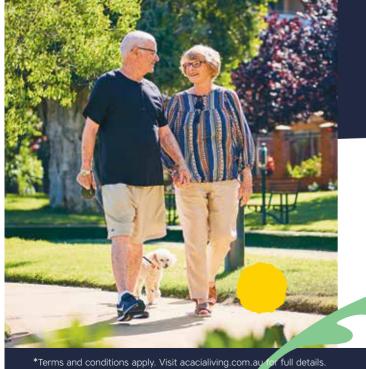
The Combined Probus Club of Attadale offers its members a program of monthly dinners, morning or afternoon teas and outings to interesting places, as well as various interest groups within the club and a speaker on a different topic

People are warmly invited to join them as a guest at one of their monthly meetings held at the South of Perth Yacht Club.

For more information, call Nadine on 9330 9664. They look forward to meeting you







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Community **NOTEBOOK**

FRIENDS GWELUP

Meeting first, third and fifth Tuesdays of the month 9.30am-11.30am.

\$2 donation includes morning tea board games, crafts, card-making and outings arranged, all welcome.

Lake Gwelup Christian Church. cnr. Karrinyup and Huntriss Rd. Gwelup. Wendy Stanford 0438 921 729

CLASSICAL GUITAR RECITAL

Don Neander Saturday 13 October, 1pm. St Paul's Anglican Church 631 Jarrahdale Rd. Jarrahdale. Adults \$20. Con \$15 Student \$10 Child under 10 free. Tickets at the door or reserve Ph. 0406 968 731

SECRET HARBOUR SPRING MARKET FAIR 21 October, 11am-4pm. Secret Harbour Primary School Oval Family friendly event featuring, school choirs, market stalls, children's activities, food vendors and more.

ACT BELONG COMMIT BONJOUR PERTH FESTIVAL

Saturday 10 and Sunday 11 November. Gold coin donation. Market Square Park. Subiaco The food the wine the fashion shine a light on French culture. www.bonjour.com.au



WUNDOWIE IRON FESTIVAL

Saturday 20 October, 9am-4pm. Wundowie Community Hall and Oval. Iron sculptures, paintings, photography, kids activities as well as the Iron Beast competition and many stalls.

ST GEORGES COLLEGE SPRING FAIR

Sunday 28 October, 10am-3pm Mounts Bay Road, Crawley 9449 5555

WEMBLEY DOWNS DISTRICT FAIR

Saturday 27 October, 8.30am-3pm More than 100 stalls, amusements and performers. Free entry

Luita Street. Reserve Wembley Downs.

PERTH INTERNATIONAL JAZZ FESTIVAL

Friday 9, Saturday 10 and Sunday 11 November Makes it's much anticipated return for one week-

www.perthinternationaljazzfestival.com.au

AUGUSTA AND DISTRICTS 2018 PEARL ANNIVERSARY SPRING SHOW

20 October 1pm -21 October 3.30pm. Cost \$5. Plenty of local exhibitions include floral art, woodwork and a multitude of other crafts. Lorraine 0407 426 900

MUNDARING HILLS OPEN STUDIOS

20, 21, 27 and 28 October 10am-5pm Free event. 41 Artists exhibiting, painting, silversmithing, printmaking, jewellery and more. www.mundaring-hills-open-studios.org.au

BETHANIE FIELDS LIFESTYLE VILLAGE

Annual fete. Saturday 13 October, 8am -12 noon. Stalls include crafts, books, secondhand clothing, plants, cakes and jams etc. Eaton Drive, Eaton. All welcome.

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

New outlet in Nedlands

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



Alzheimer's disease caused by failure of brain garbage disposal

by Frank Smith

THE brains of Alzheimer's patients appear to be cloqued up with amyloid plaques and tangle of protein called tau tangles. But we don't know whether these abnormalities are the cause of memory loss or a by product of the disease.

These abnormal proteins appear to build up gradually over many years. Until recently they could only be studied in brains after death but some progress has been made in discovering the abnormal protein by blood tests and examination of the retina of the eye.

It has proved possible to remove the plaques using drugs, but with no reduction in dementia. Moreover drugs which appear to work in mice have not been successful in humans.

Now a team at the South Australian Health and Medical Research Institute have been able to pin down the failure of a mechanism within the brain as

the probable cause of dementia. Dr Ville-Petteri Mäkinen a computational geneticist and Dr Tim Sargeant. a cell biologist, have found a link between Alzheimer's

and the endo-lysosomal system. Dr Mäkinen says the endo-lysosomal system acts like a garbage disposal service, removing and recycling damaged cells and organelles within cells

The brains of people with Alzheimer's and other dementias are riddled with abnormal deposits of molecular waste. We know that the endo-lysosomal system is less efficient in an ageing brain, and that failures in the system cause unwanted material to accumulate. But it's not yet certain if these deposits are a cause or a symptom of cognitive decline, or how the disease progresses at the molecular level."

"The exciting aspect of our research is that we've now found a genetic link between the genes that comprise the endo-lysosomal system and Alzheimer's risk. Because DNA is set at conception and stays the same, genetic variation may affect disease risk but not vice versa; that's why the genetic association we observed can be considered causal evidence. This is significant for Alzheimer's, since we now have a reason to prioritise the endo-lysosomal system as a promising target for further studies and drug development."

Understanding the mechanism that produces disease symptoms is the first and essential step in finding a cure for a disease.

Dr Sargeant says late-onset Alzheimer's disease has no known treatments that can stop or slow progression, and new ideas are desperately needed as the demographics of world populations are shifting towards

"One of the greatest chal-lenges with Alzheimer's is the lack of effective treatments, or medications to slow progress or stop progression of symptoms,"

Ad hoc testing of existing and new drugs on mice that have been genetically modified to have Alzheimer's like symptoms without this understanding is at best a long shot. In the case of Alzheimer's disease it has proved an expensive failure.

"This research is an important step in understanding how dysfunction in the brain's recycling machinery may cause Alzheimer's disease, and may be the key to unlocking new drug targets, or treatment strategies, Dr Sargeant said.

Alzheimer's disease is the most common form of dementia, affecting around 70 per cent of dementia sufferers.

Without a significant medical breakthrough, more than 6.4 million Australians will be diagnosed with dementia over the next 40 years, at an estimated cost of more than \$1 trillion to the health care system.

The research findings were published in the Oxford Aca-. demic journal Brain.

Swim for a reason for research

SEPTEMBER was World Alzheimer's Awareness month and 21 September was World Alzheimer's Day.

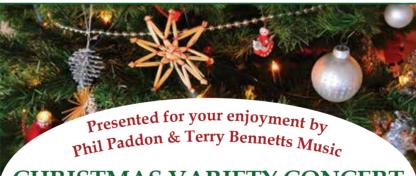
Stadium Masters Swimming Club holds an annual swim-for-a-reason to raise funds for Alzheimer's Research.

On 18 November from 9am to 1pm the club will hold a one hour mixed (any mix) relay challenge which is open to swimmers of any ability.

Clubs and groups can enter a team of four in various age groups to swim as

son Avenue, Mt Claremont. For full details email Ann-Maree Lynch at summa@westnet.com.au or phone Stuart Gray on 9381 7939.

many laps as they can in the one hour, for take home trophies. A trophy will be awarded to the team that swims closest to their predicted number of laps and a trophy will also be awarded to the team/club that collects the biggest total of donations to aid Alzheimer's research. Registration is \$40 per team plus entry fee to the HBF Stadium, Stephen-



CHRISTMAS VARIETY CONCERT



LAURA

SARAH

BROOME*



BAND OF MATES



KATHY





PHILIP REGO & KEITH LETHBRIDGE **KINGSLEY DAY**

ENJOY THIS GREAT CONCERT AT TWO LOCATIONS...

DONOHOE

Wednesday 5 December 12.30pm-5pm Morley Sport & Recreation Centre Cnr Wellington & Mangini Streets

Saturday 8 December 12.30pm-5pm **Mandurah Citizens Centre** 41 Ormsby Terrace

Refreshments at interval

TICKETS \$30 per person from Have a Go News 9227 8283 or Seniors Recreation Council 9492 9771

*Mandurah show only **Morley show only



U3A State conference



U3A members enjoying activities

UNIVERSITY of the Third Age (U3A) will be holding a state-wide network conference in Mandurah on 17 and 18 October and it's open to all.

A number of outstanding speakers will be addressing the delegates. These include a former BBC foreign correspondent, David Smeeton; former Western Australian chief scientist, Professor Lyn Beazley; current CEO of the WA Museum Alec Coles; brain games author from NSW, Professor Ainslie Lamb; heritage expert Richard Offen, and former ABC sport commentator Glenn

In addition a question and answer panel discussion will be held on the topic of, 'WA Lifestyles of the Future'. The panel will comprise; Rhys Williams (Mandurah mayor), Dr Karl O'Callaghan (security), Eric Lumsden (city and regional panning) and David Hynes (transport).

Delegates will be offered an optional two-hour estuary cruise on the Dancing Dolphin to enjoy lunch and experience Mandurah's environment.

Registration for the conference will be via Ticketebo. com at a reasonable cost of \$65 and the optional estuary cruise with lunch at \$35.

Further information can be obtained from; network resident, Peter Alcock, Ph 0421 770 444, and Mandurah president, Christine Norman 0467 242 049.

St Patrick's Anglican Church



St Luke's Patronal Festival **Sunday 14 October**

Halloween Family fun Wednesday 31 October, from 5pm

Come along and enjoy the family activities for Halloween; giant inflatable waterslide and sausage sizzle. This will be a great chance to meet neighbours and families in our local area - please consider joining us.

> Gourmet Market Saturday 3 November

All Souls **Sunday 4 November** Requiem Service 5-6.30pm

Melbourne Cup Lunch at Rectory Tuesday 6 November

> Christmas Festival Sunday 9 December

www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516

Building better pathways for older workers to continue employment...



The panel of speakers at the symposium

by Jennifer Merigan

AGEISM is one of the most socially normalised forms of discrimination. It is swept under the carpet, hard to prove and most often unreported, said Australian Institute of

Management chief executive Professor Gary Martin.

He was speaking at a mature age employment symposium hosted by COTA WA and United Way WA held at the UWA Club last month.

The symposium was

held to give an under-standing of how to implement age friendly employment strategies into workplaces.

More than 90 WA business leaders gathering to hear presentations about ageism in the workplace and particularly the impacts of ageism on older job seekers.

In the last ten years participation in the work force by older Australians has grown. The Australian Bureau of Statistics reported that in January this year, Australians aged 65 and over had a work force participation rate of 13 per cent (17 per cent for men and 10 per cent for women). A significant jump since 2006 when eight per cent (12 per cent for men and four per cent for women) was the norm.

There is also significant underemployment in the demographic. Many people who are working part time would prefer to work longer hours. Moreover once older people lose or leave a job it's very difficult for them to find another.

The event was emceed by chair of Volunteer-

ing WA, Craig Spencer. Guest speakers, in addition to Professor Martin, included director of the Centre for Social Impact at the University of Western Australia (CSI UWA) Professor Paul Flatau and Southcare's CEO Dr Nicky Howe.

Professor Martin said that the tentacles of ageism are growing with people in their 40s often considered old.

He said we had to change the language and formulate policy to promote the value of older workers to employers.

"The reality is older workers are loyal, insightful, flexible and have vast experience, enhanced skills and wide networks," he said.

Professor Flatau said that older people faced a longer wait to regain employment than any other

age group.
"They also face a reduction in wages - take less skilled positions, part-time or casual jobs,' he said.

Many women aged 55 - 64 struggle to get full time employment and often find themselves underemployed, with low superannuation holdings and often few networking opportunities.

Have a Go News has been contacted by several women in this position. One of the complaints we hear from them has been about the privatisation of employment services which do little to deliver any full-time employment opportunities.

One woman in particular said that she is lumped into a cohort which doesn't encourage full time employment. Even though subsidies

available for employers for employing mature workers she barely receives any response to the many dozens of resumés she sends out. She often receives offers of casual employment but has had no secure employment for vears.

It is a common story and one we hope will change through efforts such as the symposium.

Some tips particularly for older woman looking to return to work included to volunteer, join training programs and community groups, find short term placement and look for local government events to help in building networks.

COTA WA's Jennette Ward said that they will continue to support older workers and job seekers by looking for pathways to a better work environ-

Pressure remains on UK about frozen pensions



by Mike Goodall

THANK you to those who contacted your MP as I suggested in last month's column. It is the best way to let them know that the frozen pension is worth fighting for and to remind them that we do have a vote and will be taking the MP's reactions into consideration at the next federal election.

There is good news for those of you who have not yet reached UK State Pension Age and are paying Voluntary Class 2 contributions.

The 2015 UK Budget proposed to discontinue Class 2 National Insurance contributions from the end of the UK Tax year 2017/18. However, the HM Revenue and Customs were unable to make the necessary changes in time to meet the deadline, therefore an additional year was allowed before Class 2 was abolished. Theretore, those of you who pay Class 2 contributions will receive your last Class 2 payment request for the current tax year 2018/19 in April/May 2019.

In September the UK Government cancelled its plans to abolish Class 2 contributions for the lifetime of this Parliament, which is June 2022, unless an election is triggered prior to that

This means that, for those of you who have more years to pay will be able to continue paying at the lower Class 2 rate instead of being made to pay the more expensive Class 3 rate for the 2019/20 tax year.

John Duffy, the new chairman of the International Consortium of Brit-

ish Pensioners (ICBBP) has finalised arrangements with the new PR Consultancy, Tendo Consulting. Tendo have an excellent track record of successful campaigns of which the most notable was the Gurkha campaign in 2009 with the celebrity Joanna Lumley as a spokesperson.

They have since found that while in the UK the Gurkhas' pensions are indexed but when they return to live in Nepal they become frozen and pensioners receive no annual increases. This effectively links the two campaigns and give additional strength to the campaign.

Tendo have also compiled a new web site www.endfrozenpensions.org - to begin a new push to put pressure on the UK Government.

ICBP The have launched a petition with a difference on this website. It included an option to email your Member of Parliament if you are based in the UK or email the UK Prime Minister, if you are based overseas. The e-mail has already been preprepared so all you have to do is input your basic details and click 'send'. It will take no more than 30 seconds. Please sign as the greater the impact the more pressure is applied on the British Government.

Also, please share this petition with family and friends and on Facebook and Twitter, e-mail, smoke signal or bush telegraph or whatever other means are available to you. The nearer that the UK is to Brexit the greater the need to build the pressure as agreed with the Australian Government.

Anyone who would like to discuss the above in greater detail or need help on any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail:- mikecgoodall@bt connect.

lattitude

Resort Living for over 55s

Q: What could be better than owning your own home in an exclusive resort in your favourite part of Australia?



A: \$20,000 cashback*

Lattitude Lakelands is a very special place to live in Mandurah, itself a very special part of the world.

It boasts an unmatched resort lifestyle with a pool, bowling green, huge activities area, bar and lounge, gym and craft areas a few steps from your beautiful villa down the quiet, safe streets of this gated retirement community.

But there is one important difference to other retirement communities...

52 Bellambi Chase, Lakelands, Mandurah (near the new Lakelands Shopping Centre) retiretomandurah.com.au

At Lattitude Lakelands you own your villa just like you own your home now. And all villas are architecturally designed for easy ageing.

With our final stage now selling, our popular Dalkeith display home is ready to move in for only \$369,000 after \$20,000 cashback*.

This is a limited offer, so you'd better hurry!

Sales and Information Centre open Wednesday, Saturday and Sunday 12-4pm. Call Cath Acton on 1800 678 683.



*Conditions apply. For full terms and conditions visit retiretomandurah.com.au



Try simple spring salads for a healthy dose of fruit and veggies



by Noelene Swain

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

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

Tasty strips of char-grilled chicken or spicy marinated lamb will be sure to impress dinner guests or family. The hardest part is choosing only a couple of flavours so you don't overcrowd things. Try adding some homeroasted red capsicums, baby mozzarella balls (bocconcini) and fresh basil for a Mediterranean kick. For some Thai flavour, marinate chicken or beef in green curry paste before cooking

and add coriander leaves, fresh chilli and cucumber to your salad base. A squeeze of fresh lime juice will finish it

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

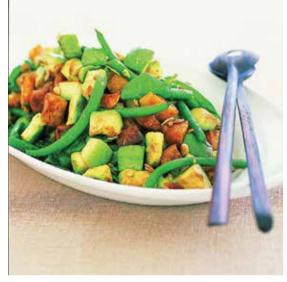
resh herbs can be incorporated into your dressing or the whole leaves can form part of the salad base. Ideal ingredients for a dressing include freshly squeezed citrus juice, Dijon or whole seed mustard, sour cream, sweet chilli sauce, olive oil or balsamic vinegar. Avoid overdressing salads as this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

Spring weather is bound to offer plenty of sunny afternoons and opportunities to entertain. Whatever . your tastes, there is a salad to suit you and your friends.

Here are some you might like to try: Brought to you by Fresh Finesse Fresh Food Promotions - www.

Roast pumpkin orange and avocado salad

Preparation: 15 minutes; cooking; 30 minutes; serves: 4



- 1 butternut pumpkin, peeled and cut into 2.5cm cubes
- 1 tablespoon ground cumin 2 tablespoon olive oil 200g stringless green beans 2 oranges, skin removed and segmented
- 100g baby English spinach leaves 2 avocados, cut into 2.5cm cubes 100g chopped macadamias, toasted

Dressing 1 tablespoon honey 2 tablespoon soy sauce

1/4 cup olive oil PRE-HEAT your oven to 220°C. Combine dressing ingredients in a jar and shake well. Combine the pumpkin cubes, ground cumin and olive oil. Spread pumpkin mixture out in one layer on a tray and roast in the oven for 20 minutes or until tender. Bring a saucepan of salted water to the boil and cook beans for two minutes, so they retain a good crunch. Refresh in cold water to halt the cooking process and ensure the bright green colour is maintained. Place pumpkin cubes and green beans in the serving bowl. Add the spinach, avocado, orange, macadamias and dressing to the serving bowl and toss to combine. Serve immediately.

Avocado apple and beetroot salad

Preparation: 15 minutes; cooking; 0 minutes; serves: 4

- 1 avocado, peeled and sliced
- 1 large beetroot, peeled and grated
- 1 carrot, peeled and grated
- 1 small cos lettuce, torn into small pieces
- 1 red onion, sliced
- 1 apple, cored and sliced
- 1/4 cup walnuts, chopped and toasted

Dressing

- 1/4 cup Italian dressing
- 2 tablespoon lemon juice
- 1 teaspoon wholegrain mustard
 PLACE all salad ingredients together in a bowl. Toss

gently to combine. Place dressing ingredients into a iar. Secure lid. Shake well. Drizzle over salad prior to serving. Serve salad with barbecued meats.

Recipe for one - glazed navel oranges

Preparation: 20 minutes; cooking: 5 minutes; serves: 1



rind of ½ navel orange ¼ cup boiling water 1/4 cup sugar 1 navel orange

2 tablespoon ricotta cheese

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

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

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

What's fresh in the market place this month...



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

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

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

Make it A Roast to Remember and raise funds



Come join our vibrant and friendly centre for 55s and over. Become a member for discounted lunches.

Services available (by appointment - members only*): Podiatry - Tuesday & Thursday 9am-12.30pm* Hairdresser - Tuesday & Thursday 8.30am-12.30pm* Meals and Wheels

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

FREE iPad classes.

31 October: Sweet Teas Seniors Concert, City of South Perth Community Hall. Bookings essential. Free event. For further information or to book phone 9474 0777.

Join us on facebook **MYSTERY BUS TRIP ONCE A MONTH!** 53 Coode Street, South Perth For bookings or further info phone the Centre 9367 9880

will soon be living with dementia, the second leading cause of death in our country. About 250 people per day are being diagnosed.

In response to these alarming figures and a need to support and educate those living with and affected by dementia, leading not-for-profit communitybased organisation, Community Vision, has developed A Roast to Remember campaign.

It encourages people to get friends and family together for A Roast to Remember this spring to help fundraise for a muchneeded community dementia bus that will offer West Australians respite, education and peace of mind.

The dementia bus will focus on the wider community who don't have immediate access to local services to trial some inno-

therapy techniques for dealing with a loved one with dementia. As well as giving a respite break to carers, those staffing the bus will be able to provide useful advice to carers and provide education to schools, to workers and those living with dementia across regional and metro locations in Perth.

Community Vision CEO Michelle Jenkins says: "At Community Vision, we see first-hand the impact that the disease has on those living with dementia, their family members, their carers and the community. A Roast to Remember is a powerful vehicle that everyone can take part in without too much effort. It's all about the community coming together, sharing food, lifting spirits and making a difference."

"For many of us, a delicious roast is the quintessential

MORE than 425,000 Australians vations such as virtual reality and shared family meal. A Roast to Remember is simply a matter of inviting friends and/or family to a meal, serving a roast and raising funds. And if you are not a meat eater, roast a whole fish or simply enjoy a plate of your favourite roast veggies and gravy," she said.

> In addition, a recipe book full of roast recipes will be sold to raise further funds to get the dementia bus up and running. The community has the opportunity to be featured in the recipe booklet by submitting their best roast recipes - trimmings and all - via the website.

> "Our end goal is to help the community at large to be more capable of dealing with those living with dementia through education, support and guidance."

> Buy your roast from Mondo Butchers - 824 Beaufort Street, Inglewood - you will receive 10



Mondo Butchers' Vince Garreffa

per cent off and Mondo's will donate 10 per cent to a Roast to Remember. For more information and to register visit www. aroasttoremember.com.au.

food & WINE ...eat, drink and be merry... ADVERTISING FEATURE



Vince Garreffa's superb meatloaf





by Vince Garreffa

SPRING time is pork time and the list of dishes you can make is only limited by your imagination. If you don't like pork replace it with another meat but don't miss out on this tasty visual winner for the family.

Ingredients to feed eight 1½ kg pork mince Sea or lake salt to taste Freshly cracked black pepper to taste

3 tablespoons of roughly chopped flat leaf parsley 1 teaspoon fennel seeds 3 tablespoons Extra Virgin olive oil 8 boiled and shelled

12 to 20 slices of flat pancetta 2 large Spanish onions Red wine vinegar

free range eggs

Mix your meat with salt and pepper, parsley, fennel seeds and extra virgin olive oil until well combined.

Line your terrine tin (the one I used is 25 cm long, 10 cm wide with a round bottom about 6 cm deep) with the pancetta slices. Now fill the pan with half the meat mixture, pressing a slight hollow in the centre. Line most of the length of the hollow with two rows of boiled eggs in a zig zag line so that no two eggs are exactly side by side. Now cover the eggs with the rest of the meat mixture and cover with any remaining slices of pancetta (if any, this is not essential). If you have no pancetta left, drizzle a robust olive oil over the meatloaf and bake in a pre-heated oven at 175°C for one and a half to two hours depending on your oven, to achieve an internal temperature of 60°C and then rest.

Slice the spanish onion and fry in a little olive oil until soft then add some red wine vinegar and stirfry for a further minute. Tip the meatloaf upside down out of the pan then serve with your stir fried onion, favourite salad, mash potato or vegeta-

Buon appetito! *Vince is the proprietor*

of Mondo's Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 8am - 6pm Saturday 9am to 2pm. Phone 9371 6350 or visit www. mondo.net.au

Brunch with T (and Dan) - it's yum cha time in Northbridge



Dragon Palace offers so many delicious yum cha dishes to choose from, something for every taste...



by Tahlia Merigan

THIS month we ventured into Northbridge to enjoy yum cha at Dragon Pal-

Yum cha in Cantonese Chinese literally means 'drink tea' and refers to the entire meal. People often refer to the experience as dim sum but this actually refers to this dishes served.

Dragon Palace opened in 1999 and offers one of the best yum cha services

We went on a weekday

and got there just after 10.30am as the place was starting to get busy.

When you step into the Dragon Palace it reminds me of a visit to a Hong Kong restaurant; all the staff are Chinese and there's lots of Chinese themed decorations. The tables are laid with white table cloths, chopsticks, bowls, small plates and chili oil. Complimentary Chinese tea is served too.

Dan and I are both lovers of yum cha and we get excited as the trolleys of steaming bamboo baskets roll up to our table.

Dragon Palace offer one of the biggest selections with 27 steamed dim sums, 11 rice flour rolls, 11 deep fried dishes, 13 congees (porridges), 18 special dishes, 23 lunch specials and 12 desserts. There are so many dishes to choose from with dumplings of various sizes and fillings, meat chicken dishes, tripe, feet, deep fried morsels and then sweet offerings, there is something for every taste.

We chose a selection of dim sum including siu mai (pork and prawn dumphargao linas). (prawn dumplings with a sesame oil flavour), cha sui bao (pork steamed buns) chilli pepper squid, prawn and coriander dumplings and our absolute favourite xiao long bao (Shanghai dumplings). The Shanghai dumplings ooze with soupy goodness when you pop one in your mouth.

It's an absolute must to finish yum cha with one of the sweets and one of our favourites is the crispy egg yolk buns.

morsels are crispy on the outside and ooze delicious sweet eggy custard, perfect with Chinese tea.

The other thing we love about a yum cha brunch is the price. The meal cost just \$54.10 for the two of us, fantastic value and you won't need to eat again all day.

We always recommend an empty stomach when you go out to eat yum cha.

Dragon Palace can seat up to 400 people so there is no necessity to book. It's like stepping into Hong Kong or Canton and the quality of food is delicious.

We gave them four spoons for their authentic yum cha experience. Dragon Palace

66 Francis Street, Northbridge 9228 2888 Yum Cha Service Mon Fri 10.30am - 3pm,

Letters to...Vince Garreffa



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

> Please include your phone number so I can call you!

T's spoon ratings

Five spoons



Inglewood night markets are back

INGLEWOOD on Beaufort Markets new season of Monday night markets has kicked off again.

Chair of the Inglewood on Beaufort community group, Damien Giudici, said head counts at the last season had revealed the 'no cook' family and dog friendly food markets were proving a big

The markets will feature around 60 vendors across the season and will run every Monday from 6pm to 9pm, except Christmas Day and New Year's Eve until 29 April.

Damien said there would be some small structural changes to the markets this year to make things a bit more comfortable for patrons, including more seating and better lighting in some areas.

As well as food trucks and stalls many of Beaufort Streets retailers will open on Monday evenings.

Dogs are welcome and even have their own vendor with the Woof Meow Tweet Squeak treat truck.

Food trucks and stalls will line both sides of Beaufort Street, running from the apartments on the corner of Sixth Avenue to Tenth Avenue.



Discover Lena Lu Bombaloni's delicious Italian donuts

WEEK DAY LUNCH **SPECIALS**

BAYSWATER HOTEL \$19.95 Seniors Buffet Mon- Fri 12-2.30pm Railway Pde Bayswater 9271 7111

CHARLES HOTEL

\$14 Senior lunch special Mon- Fri 11.30am-2.30pm Charles St North Perth 9444 1051

BENTLEY HOTEL

\$15 lunch special Mon-Thur 12-2pm 1120 Albany Hwy. Bentley 6253 4100

KALAMUNDA HOTEL \$15 & under seniors lunch 11am-9pm every day 43 Railway Rd 9257 1084

THE CRAY Seafood & Grill Restaurant \$14 pasta meals Tues-Fri 12-2.30 Sandringham Central 86 Gt. Eastern Hwy.

9479 7000

7TH AVENUE BAR AND **RESTUARANT**

\$17 Two course Senior lunch menu Mon-Thu 11am-4pm 74 Helena St Midland 9250 1099



THE HERDSMAN LAKE TAVERN \$14.50 senior lunch special 1.30am-9pm everyday 33 Herdsman Rd.

Wembley 9387 5555

THE PARKERVILLE **TAVERN**

\$17 seniors lunch special 12-2.30pm Mon- Fri 6-18 Owen Rd Parkerville 9295 4500

LEOPOLD HOTEL

\$12.95 lunch special 11.30am-3pm everyday Canning Hwy Bicton 9339 1100

WOODVALE **TAVERN**

\$15 lunch special Mon- Thu 11am-3pm Trappers Drive 9309 4288



SWEEPSTAKES - DOOR PRIZES - BEST HAT PRIZE 3-course meal \$45 per person

BOOK EARLY TO AVOID DISAPPOINTMENT





SPECIAL

Receive one free kids meal with every adult dish ordered. Offer available for children 12 and under, Monday to Thursday only.



BOOKINGS ESSENTIAL 9455 1187 459 Nicholson Road, Canning Vale www.willowpond.com.au

We don't accept any discount card with these specials, including the Entertainment card





with friends & family this Spring for dementia

Our campaign will raise funds for a community dementia bus, offering respite, education and peace of mind to individuals living with dementia.

Find out how you can help! aroasttoremember.com.au





Help minimise the risk with good Margaret River white wines...



by Frank Smith

A MUCH-HYPED report from the University of Seattle, Washington (USA) claims the risks of even modest alcohol consumption carries health

risks. The authors say governments should advise people to abstain from alcohol completely

Professor David Spiegelhalter of Cambridge University put

"Given the pleasure associated with moderate drinking, claiming there is no 'safe' level does not seem an argument for abstention," he said. "There is no safe level of driving, but government do not recommend that people avoid driving. Come to think of it, there is no safe level of living, but nobody would recommend absten-

Let's take a minimal risk with some interesting white wines mainly from Margaret River.

Brown Hill Estate Charlotte Sauvignon Blanc 2018. The colour is described as quartz white. The wine has vibrancy, liveliness and delicate, floral characteristics. It displays aromas of lychee, white peach and passionfruit with a palate of gooseberry, nectarine and

melon with a long tropical flavoured finish. RRP \$24.

Jane Brook Estate Plain Jane White Classic is a medium-dry wine made from a blend of Sauvignon Blanc, Semillon and Chardonnay. It displays tropical fruit on the nose with hints of lime, pineapple and passionfruit. The palate is rich and textured with flavours of citrus and custard apple balanced by crisp acidity. RRP \$16 per bottle but available by the dozen at \$99 (\$8.25 per bottle) with a bottle of verjuice thrown in.

Goundrey Unwooded Chardonnay 2017 is actually from Mount Barker. It is pale straw in colour with green hues. It has aromas of sweet yellow peach, citrus flower and spiced pear. The palate displays flavours of fresh peach, white nectarine and melon balanced with fresh acidity, resulting in a crisp and long-lasting finish. RRP \$14.99.

Churchview Estate Estate Range Sauvignon Blanc Semillon 2017 is pale straw with green hue. The wine is very aromatic with powerful aromas of grass, snow peas and lemon followed by pineapples, passion fruit, gooseberries and lime. The palate has powerful citrus flavours, a pleasant amount of acid and a fresh clean extended finish. RRP \$20.

Arlewood Estate Semillon Sauvignon Blanc. The Semillon dominates this wine resulting in a zippy acid structure and ripe, bright fruit aromas of lemongrass, fresh citrus and snow

pea aromas. Intense citrus flavours abound on the palate, with a refreshing acid backbone that is beautifully balanced with French oak providing structure and length. RRP \$20.

After Hours Wines Sauvignon Blanc 2017. A pale white wine with an abundance of lime aromas, followed by sweet passionfruit, citrus and a hint of gooseberry. The palate is fruity but balanced and rounds out with a fresh, crisp and clean finish, RRP \$18.

The Alchemist 2018 Twin Cellars Semillon Sauvignon Blanc is pale yellow with aromas of tropical fruits with boysenberries and a touch of grass. The palate is round and fresh with tropical fruit green apple flavours and a long citrusy finish. RRP \$20.

Knife and fork talk with the Dining Divas



Kalamunda Hotel's seniors menu's tasty barramundi and chips and steak and chips

by Pat Paleeya and Judith Cohen

FOR our lunch this month we headed for the hills. Our bus journey began at Elizabeth Quay bus station and took us about 45 minutes to reach Kalamunda where our pick this month was the Kalamunda Hotel.

Apart from stories of the hotel being haunted, one story is that for a short time during WWII it was a refuge for some prominent **Perthites** when there was a threat of Japanese invasion.

Undisturbed by invad-

ers or ghosts we settled down for our meal in a lovely old wood panelled dining room.

The hotel offers an allday every day \$15 seniors menu from which we chose barra and chips and steak and chips. Both with came with salad.

The WA Cone Bay barramundi was very tasty and moist encased in its crispy beer batter. A colourful salad accompanied the meal which was uniquely placed on faux newspaper reminiscent of times past.

The steak was a little disappointing, owing to the fact that it was a thin and a little hard to cut, but this was offset by a very generous serve of crispy chunky chips and a healthy serve of a lightly dressed

We were attended to promptly and efficiently and thought it was well worth the visit.

Three forks Kalamunda Hotel 43 Railway Road, Kalamunda 9257 1084

Festival showcases local wines



THE eighth annual twoday celebration of fine West Australian wines -UnWined Subiaco - will feature more WA wines this year than any other show in Western Austra-

With around 75 stands, up to 50 WA wineries are expected to participate, bringing with them more than 300 individual wines representing WA's major wine regions.

Food, spirits, beer and cider producers will make up the balance of the exhibitors, making it the biggest UnWined Subiaco yet.

The event on Saturday and Sunday 27 and 28 October, will again be held at Market Square Park on Roberts Road and supported by See Subjaco.

The Wine Theatre will also be offering wine and food pairing tastings for \$20 and wine tasting sessions for \$10.

General admission costs \$27, or at the gate for \$30 and includes entry, souvenir glass, live music, complimentary wine locker and complimentary wine tasting.

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

More details and tickets are available from www.wineandfood.com. au/unwinedsubiaco

WIN WIN WIN

To be in the draw to win a double pass to Unwined Subiaco on either 27 or 28 October simply email win@ haveagonews.com.au with Unwined in the subject line or call the office during business hours on 9227 8283. Competition 20/10/18.

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Kangaroo Island is a favourite travel destination for retirees and this month Lee Tate takes a visit on an escorted tour with Sealink. Read more on page 25.

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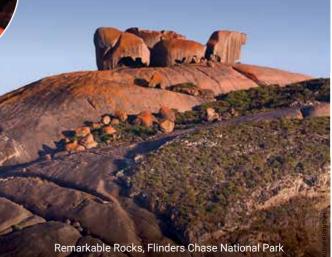
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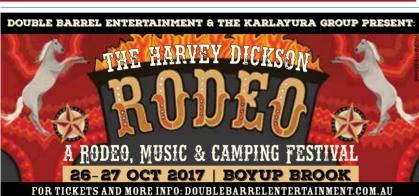


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nificant. To be part of this important

event, Aussie Redback Tours have planned a four-day tour to Albany, departing Perth on Saturday 10 November and returning on Tuesday 13 November.

The trip includes a visit to the Field of Lights - a fabulous light installation along the Avenue of Honor at Mt Clarence. The exhibition was created by Bruce Munro, the same artist who installed the light display at Uluru which has received widespread acclaim. The light installation at Albany pays homage to the ANZACs and includes 13,000 white, yellow and gold shining spheres marking

This is the last chance to book to join us on the Antarctica day trip on Australia Day 2019. We would love you to

having a claim pro-cessed? We would love

to hear from you, just email me below.

difficulty when

come along and join our group, call the office for a brochure on 9227 8283 or email me at jen@haveagonews. com.au

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

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

Happy trails

Jennifer Merigan Travel Editor



Left; Josephine Allison's funny photo Right; Jennifer Merigan

Madison, contacted me during the month after returning from a short stopover in Manila. She said that Australian seniors qualify to receive a 20 per cent discount on meals and services in many places In the Philippines. Zaara said it's best to ask first to confirm they offer the discount. She said that you will be required to show your seniors card plus some form of identification. These sorts of savings certainly can make a difference to travel costs and thanks to Zaara for sharing the

WORK IN

INCONVENIENCES CAUSED

IS REGRETTED

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OUR FUNNY photo

this month comes from

our journalist Josephine

Allison who attended

the Singapore Garden

Festival recently and

snapped this shot at

a building site in Sin-

gapore. You can read

about her visit to the

festival on page 27 in

Thanks to the readers

who contacted me with

suggestions for Tricia

Turner who was seeking

some advice about trav-

elling with medicines

which require refrigera-

tion. It's great to see so

many people willing to

help fellow travellers in

*** Another reader, Zaara

our community.

this issue.

I came across an interesting survey about travel insurance claims

information.

(28 per cent). Have you experi-

conducted by Travel-

Card during the month.

It found that 55 per

cent of travellers who

were entitled to make

a claim didn't, because

of the complexity of the

expressed in the sur-

vey were that there was

too much paperwork,

claims were only par-

tially reimbursed, and

insurance companies

take too long to settle.

In the survey the main

reason people claimed

on travel insurance was

for trip cancellations

(50 per cent), delayed

flights (32 per cent),

medical treatment (30

per cent) and lost, dam-

aged or stolen goods

process.

Grievances

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

Visit Albany to commemorate 100 years

First World War, which makes

this year's event even more sig-



REMEMBRANCE Day in Albany this year will be even bigger than it has been in the past, as it celebrates 100 years since the end of World War I.

Albany is the oldest colonial settlement in Western Australia, founded in 1826 as a military outpost of New South Wales. It was the last port of call for troopships departing Australia in the the last sight of home for 41,000 troops who departed from Albany for the Great War.

Also included in the tour are three breakfasts, three dinners, visits to the award-winning National ANZAC Centre, Princess Royal Forts, the Albany Convict Museum, the Gap, the Natural Bridge, Greens Pool, Elephant Rocks, and a Walpole Inlet cruise.

The cost is \$1,370 per person (\$1,320 for seniors) plus a single supplement of \$250 for those who would prefer single accommodation.

If you would like to book on this tour, contact Aussie Redback Tours now on 1300 662 026 or email them at aussieredback tours@yahoo.com.au.

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A rewarding visit to Kangaroo Island - nature's raw beauty at its best







Scenic magic - No fears for seals - Robyn and Lee Tate at Remarkable Rocks

by Lee Tate

KANGAROO Island (KI) as tourists quickly discover, is not just about the kangaroos. It's about nature's raw beauty: rock formations, rugged coastline, animals in the wild and islander ingenuity.

Yes, the island is heavily-populated with roos but the average tourists hardly see great mobs unless they go seriously searching. (KI roos are distinctly dark, almost black).

What tourists see, other than roos, is wonderfully rewarding.

An island in its natural state is a sure-fire tourist magnet. International visitors, especially Chinese, are hopping on to it in bigger mobs.

Where else can koalas can be seen naturally in the trees, seal sightings guaranteed - frolicking in the waves or waddling past tourists to rest and feed their young in the sand hills? All with breath-taking views and protected wilderness areas.

Kangaroo Island and Rottnest Island are chalk and cheese. On Kangaroo Island it takes an hour or two's country driving to reach key points. The island is 155km east-to-west and 55km north-to-south. It is reached by vehicle-carrying ferry from Cape Jarvis in 45 minutes. From Adelaide this little picturesque port is a scenic 110km drive down the Fleurieu Peninsula.

More than 4,000 people live, farm and create on the island. And the place is brimming with wildlife.

My wife, Robyn, and I usually prefer to do our own travel thing but for Kangaroo Island we chose a guided tour. How glad we are.

I was glad we weren't bumping over the roughest roads in our car. Coaches come into their own. Our driver and tour guide made the trip a breeze.

We didn't have to compile a mustsee list or ask for directions or get lost. On each of our four days we were fully briefed on the K.I. story.

We were picked-up from our Adelaide Hotel, driven to the dock, led onto the ferry and given information along the way. Our luggage was all the time in their hands.

We paid \$1,270 each, plus air fares

and Adelaide hotel, for our tour by Sealink which has also taken over Rottnest and Swan River ferries. With the daily outings, hotel accommoda-tion, briefings and top tucker, it was excellent value.

There's a longer K.I. trip that might appeal for \$1,895 twin share with local tour escort Shirley Tamm. It has five nights in Kingscote at the highlyrecommended Seaside Inn, overlooking Nepean Bay. It comes with five breakfasts, six lunches, five dinners and all tour entry fees, guided tours and tastings.

We were chauffeured around the island in state-of-the-art coaches with big windows, air-conditioning and cheery, knowledgeable, local

Australia's third-largest island after Tasmania and Melville Island, Kangaroo Island has six distinct regions. We dipped into them all.

English explorer Matthew Flinders landed on and named the island in 1802, just before French explorer Nicholas Baudin arrived.

Despite their nations being at war,

the two sailors exchanged information. Baudin named Vivonne Bay, D'Estrees Bay and others.

For better or worse, Baudin released hens and pigs into the wild to provide food for future explorers and navigators (the animals flourished, the Baudin Pig is genetically-unique).

There are 270 bird species around the island with a fabulous raptor recovery centre where some birds put on a show for tourists.

A magpie picks up rubbish and drops it into a bin, a hawk swoops on a wriggling false snake and a proud wedgetail eagle, resisting all attempts to release him in the wild, perches on the tourist's leather-gloved arm.

Parks and wilderness areas stretch over a third of the island. In Flinders Chase National Park are the Remarkable Rocks, truly remarkable, sculptured by the elements over 500 million years.

At Admirals Arch, long-nosed fur seals rest with their offspring among sand hills or heave themselves from the surf and, worn out from fishing, plop onto the shore.

Tourists get views that are closeup and personal with nature from viewing platforms, boardwalks and nature trails.

Island heritage lighthouses, including one that is square-shaped, can be visited and often climbed.

On the island, they grow cereals that go into Tim Tams, harvest honey, cultivate fruit and veg, fish for lobsters, abalone, snapper, octopus, scallops, King George whiting, shark, crabs, oysters and marron.

Islanders produce gin and other spirits, grow grapes and make wine. brew beer, produce cattle, sheep and top-class sheep's cheese and vogurt and harvest olives, figs, canola, potatoes and lavender.

There's horse-racing, footy teams, schools and arts: one in 10 adults produces art for sale.

Kangaroo Island is a hot, touristattracting name. Rottnest, perhaps, should be dubbed Quokka Island.

To find out more about Shirley's four and six day Kangaroo Island escorted holidays call Sealink on 131301 or visit www.sealink.com.au



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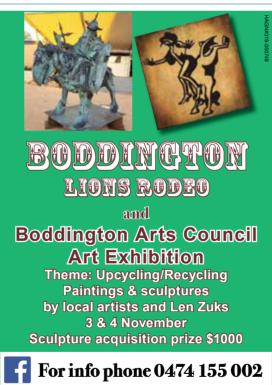
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Colourful floral fantasy comes to life in balmy Singapore





Josephine Allison in front of the bonsai display; Peranakan - inspired exhibit

by Josephine Allison

THE increasingly delicate balance between gardens, nature and urban living was on show at this year's biennial Singapore Garden Festival at Gardens by the Bay. The main show, which ran over 13 days, was spread over 10ha with more than 60.000 visitors expected.

Viewing the show for about five hours, I marvelled at the ingenuity, creativity and attention to detail of the many displays, the work of international flower designers from Singapore, South Korea, Indonesia, South Africa, the US and United Kingdom.

Local floral artist Keith Lin was the only Singapore designer invited to take part in the Floral Windows to the World competition, a festival highlight, after his gold medal win at the Chelsea Flower Show in London last year.

His installation, Possibilities, was one of three bronze medallists for the competition and took four days to setup at Gardens by the Bay. The impressive work consisted of many suspended test tubes filled with flowers and bound in gold wire, designed to maximum effect.

Winner of the professional category was Japanese floral designer Kazuhiko Tanaka who won Best Dressed Chai back design. His display featured the traditional Ichimatsu pattern, an idea that came from the checkerboard pattern of the 2020 Tokyo Olympics emblem.

Amateur winner was Muhammad Nuryasinwas, 21, of Indonesia, with his work, Balance, which looked at air pollution, street noise, congestion and population spikes as city life disturbances which must be balanced with the strength of nature.

A non-competitive installation, the six metretall cascade of flowers created by American couple Natasha Lisitsa and Daniel Schultz, won Best of Show two years

ago and was on show for the first time. Karen Hsu, of Taiwan, created comment with her work, Dolphi, in which she put together thirty geometry structures to make different shape forms. The inspiration for the image was of a dolphin or whale leaping from the ocean with flowers interwoven into the structures.

In the general display inside the big pavilion, the Asean garden implemented by Ada Tan and team of Singapore's National Parks Board showed the unity of the 10 Asean countries, depicted by

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10 pillars rising from the ground in concentric circular arrangements, symbolising harmony and strength. A variety of orchids adorned the pillars as well as a collection of Ficus tree species and other shrubs found within the Asean region.

African Thunder designed by South African Leon Kluge took home the Best of Show, Gold and Horticulture Excellence awards. Kluge looked at Africa as a place of mystery, with a vibrant culture, a place where diversity abounds, featuring aloes, impala lilies, African grass and olive trees. Orchid Fairyland by

Mark Choo and team of the National Parks Board, was set in a mystical alpine forest, consisting of five large towers, home to fairies and other mystical creatures. The display showcased more than 1,000 cool-growing orchids represented by more than 50 species.

In the Fantasy Garden section with Time is Like

Water, Japanese designer Sugishima Yoshimi looked at the concepts of birth, life and the idea that time never stops moving forward. In Precious Land, British designer Tom Massey depicted a vulnerable island filled with tropical vegetation, including rare Singaporean plants and a beautiful mature tree, surrounded by dark, foreboding water.

Inside the Flower Dome, the Orchid Extravaganza, showcased Singapore's orchids at their best, a Peranakan inspired display of more than 14,000 orchids of 120 varieties. The blooms

were found amid shophouse facades and beaded slippers. Flowers at the extravaganza paid tribute to the colours of kueh and other local desserts.

Clouds of overhanging orchids symbolised the smells and memories of shophouses that linger after leaving the neighbourhood, said the display's creative director award-winning film director Royston Tan.

An impressive finale was a tour of the bonsai display with some works as small as a fingernail. It stretched in a line of several hundred metres. showing this ancient art at its best.

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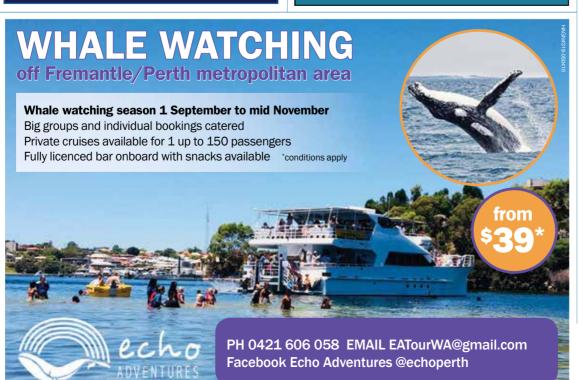
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et's go travelling travel options for the mature west australian



Play it again Sam - discovering Morocco with Back-Roads Touring









From left to right; Our guide, Hassan, relating the history - Peter relaxing by the pool in our Riad - Volubilis - Mausoleum of King Mohammed V

by Michael Osborne

HANDS up those who think that Casablanca is the capital of Morocco? Then you should join a Back-Roads Touring adventure and discover the delights of this northern African country and its history.

I began my Moroccan odyssey in Rabat, Morocco's capital. Rabat is on the Bou Regreg River and adjoins the Atlantic Ocean. It's known for architecture that salutes its Islamic and French-colonial heritage.

Our tour took us to the majestic Hassan Tower. The city's iconic 12thcentury minaret, which towers above the ruins of a mosque. Unmissable, its been the symbol of Rabat for eight centuries. It remained unfinished after the death of its founder in 1199, but its solitary splendour overlooking the river amid a wasteland of broken columns is eerily poignant.

Facing the tower is the sumptuous marble mausoleum of King Mohammed V, grandfather of the current King, who died in 1961 (free entry). Unusually, non-Muslims are permitted to visit its hallowed interior, patrolled by royal quards and draped in heraldic banners.

We were lucky enough to be there to witness the changing of the guards. The superb horses and brilliantly attired guards create a visual spectacle that really had the cameras clicking away

Next was the oldest part of Rabat - Kasbah Oudaias. Ancient narrow stone stairs between brightly painted white and blue walls of the houses. Our guide, Hassan took us on a wonderful walk through the maze of alleys, along stone paving that has been worn down by many hundreds of years of pedestrian traffic.

This special journey of discovery continued as we boarded our coach and headed east towards Fes, as the locals know it, not Fez as often seen.

Fes El-Bali is the oldest walled part of the city, a **UNESCO World Heritage** Site. You enter through the archways of the stunning Bab Boujloud (Blue Gate) and you'll get a sense of what lies ahead in the 19th-century medina.

The medina is one of the world's largest urban car-free zones. Here, mules, donkeys and pedestrians flow steadily through the streets. 'Balak - Balak' it's the cry of the porters who transport, on trolleys, all the goods to the hundreds of shops. Balak is a warning to cling to the wall as the porters make their way

Fez is also famous for its leather products and most of it comes from the leather bazaar (souq). The soug is home to three ancient leather tanneries, the largest and oldest being the Chouara Tannery, which is almost a thousand years old.

Fez's tanneries are composed of numerous stone vessels filled with a vast range of dyes and various liquids spread out like a tray of watercolours. This process is all achieved manually, and the process has barely changed since medieval times, which makes the tanneries absolutely fascinating to visit. Well, besides the odours.

The hides are first

soaked in a mixture of cow urine, quicklime, water and salt for two to three days after which tanners scrap away excess hair fibres and fat in order to prepare the hides for dyeing. They are then soaked in another set of vats containing a mixture of water and pigeon droppings. This contains ammonia that acts as a softening agent and allows the hides to become malleable so they can absorb the dye.

Our accommodation for the next three nights was in a Riad, which is like a small palace, with a central courtyard and fountains. The rooms are all en-suite and our meals were served in the courtyard, which had rewarding views over the valley and across to the Medina.

Founded in the 11th century by the Almoravids as a military settlement, Meknes became a capital under Sultan Moulay Ismaïl (1672-1727), the founder of the Alawite dynasty. The sultan turned it into an impressive city in Spanish-Moorish style, surrounded by high walls with great doors, where the harmonious blending of the Islamic and European styles of the 17th century Maghreb are still evident today.

Bab al-Mansour is the main gate between Me-Medina and Imperial City districts. It's an immense and highly photogenic structure that many experts proclaim as one of North Africa's finest examples of surviving gateways. Finished in 1732, it was built by Sultan Moulay Ismail (though completed after his reign). The intricate architectural detail on the gateway includes lavish use of tiling

and carving work. Today, the gate isn't actually open, instead you enter and exit through a neighbouring, much smaller, side gate. This allows you to fully admire the gate's artistry unheeded by traf-

The ancient Roman ruins of Volubilis are the main tourist attraction for Meknes. This is Morocco's most famous Roman remnant and for good reason. Sitting atop a hill, with the countryside rolling out below, the surviving columns and temple fragments of Volubilis are an impressive and powerfully atmospheric site.

The city's heyday was AD 24-285 when it served as capital for the Roman province, and most of the ruins date from this period of prosperity.

Michael Osborne was a guest of BackRoads

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Travelling through Scotland - over the sea to the island of Skye





Left to right; Armadale castle of the McDonalds - Scotland Highland cattle on Skye

by Frank Smith

THE island of Skye is the highlands of Scotland in miniature with spectacular cliffs, waterfalls, lochs and mountain scenery as well as being the strongholds of the McLeod and McDonald clans and romantic associations with Bonny Prince Charlie.

You may also catch a glimpse, if you are lucky, of golden eagles, otters,

red squirrels, red deer and pine martens.

We based ourselves on Portree, the capital of the Isle of Skye, a bustling port and a thriving cultural centre. Its name comes from the Gaelic Port-an-Righ, which translates as "King's Port" and dates to a visit by King James V who visited the island in 1540 with a fleet of warships to 'persuade' the island clans to support him.

The Sleat Peninsula on the southern tip of the island is the garden of Skye. It is green and wooded in contrast to the wild and rugged terrain of the rest of the isle. There were carpets of bluebells in May with rhododendrons about to bloom.

Sleat is MacDonald country. We visited clan headquarters at Armadale Castle to learn the history of the Clan. Armadale Castle was built in 1815 as the main residence of the MacDonalds of Sleat. Most of the castle is now a roofless ruin but the servants' quarters contain an exhibition of the history of clan. The castle is surrounded by 40 acres of gardens and woodland, including nature trails with fine views across to the mainland.

The Clan Donald were Lords of the Isles replacing the Vikings as rulers of the Hebrides until their power was broken in

The rest of the Island is the preserve of the Macleod Clan, based on Dunvegan castle which has been occupied by the Chiefs of MacLeod for nearly 800 years and it remains their home. Built on a rock once surrounded entirely by salt water, it is unique in Scotland as the only house to have retained the same family ownership throughout the centuries

A highlight of a visit to Dunvegan Castle the stunningly beautiful gardens with beautiful flowers, tropical plants, and waterfalls. The nearby church was burned down by the McDonalds, killing more than 60 McLeod clansmen in the 18th cen-

We spent one day exploring the Trotterish peninsular. The whole of the Trotternish Ridge

escarpment was formed by a great series of landslips; the Quiraing is the only part of the slip still moving. Sights included the spectacular rock pinnacle called the Old Man of Storr (700m) and the impressive Kilt Rock - a towering sea cliff said to resemble the vertical pleats on a kilt - nearby at

Mealt Falls water plunges

down a 60 m cliff directly

into the sea.

Further north you can see the outer Hebrides from the cliff tops on a clear day. We stopped at the Skye Museum of Island Life, a village of seven thatched dry stone built cottages formerly occupied by tenant farmers deriving a precarious living from small crofts. In the 19th century many crofters were evicted by their landlords who wanted the land to run sheep

Many highlanders took the opportunity to emigrate to better farming

and hunt deer

conditions in North America and Australia.

There are also exhibits of the crofters' rebellions of the 19th century which eventually secured them security of tenure.

The cottages used traditional building materials. Dry stone walls are up to three feet thick, with a steeply overhanging roof of thatch made from reeds. On show are a weaver's cottage, barn, smithy, and Ceilidh House with a collection of old photographs of island

Just behind the museum is the grave of Flora MacDonald. She risked her life to smuggle Prince Charles Stuart) (disguised as her maid) to Skye and eventual exile in France after his defeat at Culloden. He is said to have given the McDonalds the recipe for Drambuie in return.

was probably a fair exchange. Slàinte

Paying for travel by lay-by offers extra options for today's travellers

Jennie from British Travel explains her lay-by facility for travellers.

Layby allows you to pay for travel by interest-free monthly instalments using your credit or debit card. You can choose to pay over two, three, four, five or six months, she said.

We asked Jennie that if this is so, does it mean that travellers now don't have to apply for a loan or separate credit card.

"Correct, we don't need to see any payslips or employment details. No credit checks, its perfect for the over 55s if they are no longer working full time or retired."

Jennie told Have a Go News people use lay-by for most airline tickets, car hire, travel insurance, hotels, cruise or coach holidays as long as your last instalment is paid at least 14 days before your de-

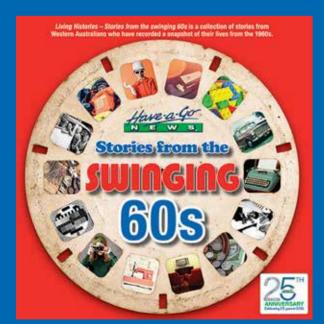
"A payment plan is available to anyone over the age of 18 years of age. Skilled workers, parent visa holders and retirees can also apply," she said.

Traditionally lay-by was limited to your wardrobe and home appliances but now the British Travel concept has been extended to travel.

'Often while saving for your dream holidays, the money ends up being spent on something else and dreams get put aside with your chance of an overseas holiday disappearing," she said.

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Tales of a Tireless Traveller - the day to day duties of life on the road









From left to right; Cool comfort - Broome's pretty face - Pindan peak - Saddling-up for frills

by Numbat (Paying tribute to our State emblem)

GREY nomads can give the wrong impression. Sitting slovenly beneath a caravan awning, slurping coffee and nattering about nothing.

But the uninitiated should know: there is an

element of activity amid the camp and caravan.

Noble nomads wake to immediate duties: Clearing-up after breakfast, unzipping canvas windows and doors of the caravan annex, sweeping away the leaves and kicking away possum poo.

While beds are be-

ing made by the ladies, portable toilets are being emptied by men. The less active, I admit, drive their cars, carrying slopping portable toilets, a few hundred yards from their van sites to the designated dump site.

Shamefully, some blokes, when leaving, even tow their caravans to the designated dump spots and leave their engines running while attending to dastardly dunny duty. However, most of us exercise our legs and avoid polluting the atmosphere with running engines.

caravanning, While there's no time for sitting around when there's clothes to be washed in the caravan park laundry, carefully timing our arrivals to avoid queues at the few washing machines. We need to juggle windy days and available space on the clothes lines and make sure we have the required coinage.

Clothes are also handwashed in caravans (some men preferring to rinse undies while showering) and hung-up on personal clothes lines. Modern vans come with inbuilt washers and dryers - too civilised for us.

Caravan and camping life might seem strange to the city slicker: sleeping under tin or canvas beside a dusty road in caravan parks, brushing-off flies, mozzies or crickets that bounce and bound about tents, awnings, annexes and toilet blocks.

Possums and wallabies wander close at night. leaving their calling cards and at some camps, as in Broome, the stillness of the night might be broken by bellowing mooing cows and barking dogs.

More parks open their gates to canines with strict instructions to pick-up after them and restrain them on leads. It's mostly work-

Owners of vans, tents and cars stationed beneath trees may have to periodically scrape up possum poo.

Caravanners might be staying for weeks or months. How on earth do they keep occupied?

Well, after the aforementioned daily duties, there's shopping to be done. With supermarkets widespread in Australia, there's no longer any point in stock-

ing-up weeks of supplies in your car and van, so regular shopping, just like home, is required.

And caravans might need some maintenance after hammering along long and dusty roads. Thankfully, mechanics service providers and maintenance men can be called-out to caravanners - for car, van and technology repairs.

holidavs. school In there's also a trend for rental fridges to be delivered to van sites, usually plugged-in outside vans.

Time for the traveller also has to be found for touring, perhaps on guided tours, for sightseeing, swimming, fishing, boating and picnicking. Try to squeeze all that in.

There will be picnic sandwiches, salads, cake and fruit to be prepared and the thermos filled. Drivers will need to study road or Google maps.

Those of us who brought bikes will need to make use of them. The ladv-of-the-van may need to have nails manicured or hair dressed in town. And there'll be shopping bargains to be looked-for. And she'll want postcards for kids and grandkids and friends at yoga or linedancing.

New arrivals need to check the tourist information centre for local happenings and make bookings for tours.

Such is life, there's no escaping daily cooking duties. There's still blokey barbecuing but the de rigeur is for the wanderer to have a Weber or similar. Recipes need to be considered, ingredients tracked-down and tucker trumped-up.

If you socialise in camping's customary happyhour, is it your turn to invite your camping neighbor? Nomads know to bring their own chairs, drinks and nibbles but hosts will have to open a bag or container of something after shoving electrical cords and wet towels of out sight.

Caravanners also endure caravan problems. But rare is the day when fellow wanderers don't offer advice - sometimes in group helpings - or a helping-hand. We're all in the same boat. Caravanning camaraderie.

We recently had a curly issue getting a proper fit between awning and annex. A neighbor pitched-in without a second thought, arriving with toolbox. After drilling holes and refitting metal legs, hey presto! Problem solved. Water leaks averted.

When I later wander over to his van with a couple of cans of beer by way of thanks, he's stunned.

'That's not necessary,' he said.

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Hotel: Grand Millennium Hotel for 1 night

DAY 3 AUCKLAND TO BAY OF ISLANDS B / D

Enjoy a city tour of Auckland, dubbed the 'City of Sails', before travelling to Matakohe to enjoy a visit and informative talk at the Kauri Museum. Travel via Whangarei to Paihia, situated in the heart of the beautiful Bay of Islands. Enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British.

Hotel: Scenic Hotel Bay of Island or similar for 2 nights

DAY 4 BAY OF ISLANDS B

Today is a left free for you to enjoy how you wish.



DAY 5 BAY OF ISLANDS

TO AUCKLAND B/L/D

This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins before returning to Paihia. Enjoy a picnic lunch before travelling south via Whangarei, call into the Parry Kauri Park to see a magnificent example of a Kauri Tree before arriving into Auckland's north shore. You will see stunning views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf. Hotel: Spencer on Byron for 1 night

DAY 6 AUCKLAND TO ROTORUA B / D

This morning travel to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook and travel through magnificent countryside of rolling hills and green pastures famous for dairying. Continue to Rotorua to visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.

Hotel: Sudima Hotel Lake Rotorua for 2 nights

DAY 7 ROTORUA B / D

Today begins with a gondola ride and breakfast at Skyline Rotorua. There is also time for a luge ride! Next stop is the Agrodome for an action packed hour of farming entertainment and education that's unlike anything you've seen before. Enjoy some free time this afternoon before travelling to Te Puia to see the boiling mud pools and awesome geysers that Rotorua is famous for. This evening experience an entertaining Maori Hangi and Concert.

DAY 8 ROTORUA TO WELLINGTON B / D

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and then continue south to the capital city of Wellington.

Hotel: James Cook Hotel Grand Chancellor for 2 nights

DAY 9 WELLINGTON B

A highlight this morning will be time to explore Te Papa, New Zealand's National Museum with exhibits that embrace both Maori and European views. Reboard your coach for an extensive city tour. Enjoy time at leisure this afternoon and the evening is also free to explore Wellington's lively food scene.

DAY 10 WELLINGTON TO CHRISTCHURCH B / D

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Join the Coastal Pacific, a truly spectacular rail journey that showcases the Kaikoura mountain ranges on one side and the rugged scenic coastline on the other. Travel through numerous tunnels and across several bridges before departing the train in Kaikoura. Travel via coach south through some of finest farmland area's to the garden city of Christchurch.

Hotel: Distinction Christchurch for 2 nights

DAY 11 CHRISTCHURCH B

Today visit the International Antarctic Centre, designed to provide an informative account of life in Antarctica. This is followed by an introductory city tour of Christchurch. This afternoon includes a journey on board the Christchurch Tram at your leisure, one of Christchurch's leading attractions. This evening is free to explore the local cuisine.

DAY 12 CHRISTCHURCH / ARTHUR'S PASS / FRANZ JOSEF B / D

This morning board the TranzAlpine, one of the great train journeys of the world. Travel over massive viaducts, river valleys and spectacular gorges as you ascend to Arthur's Pass located in the centre of the Southern Alps. Experience the romance of rail travel, the majesty of cruising and the luxury of coach on this enthralling holiday. Visit all the 'best of' attractions of the North and South Islands and be escorted by a professional Tour Guide.

Highlights include 4 spectacular rail journeys and 5 scenic cruises, with an overnight cruise on the beautiful Milford Sound. This tour includes 2 night stays in the Bay of Islands, Rotorua, Wellington, Christchurch, Queenstown and Dunedin.

Board your coach and travel to Hokitika, famous for its Greenstone before arriving at Franz Josef where time is available to experience a scenic flight (optional, weather permitting) over the spectacular glaciers.

Hotel: Scenic Hotel Franz Josef Glacier for 1 night

DAY 13 FRANZ JOSEF TO OUEENSTOWN B

See the snow-capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving into picturesque Queenstown, a year-round resort situated on the shores of magical Lake Wakatipu. This evening is free to dine at one of the many

Hotel: Copthorne Hotel and Resort Lakefront for 2 nights

DAY 14 OUEENSTOWN B / D

Today is a left free to enjoy Queenstown how you wish.

DAY 15 QUEENSTOWN / MILFORD SOUND B / D

This morning travel to Arrowtown and visit the Lakes District Museum. Continue via Te Anau to Milford Sound and board the Milford Mariner for your amazing overnight cruise. There is plenty of time to view the fjord's spectacular waterfalls, rainforest, mountains and wildlife - you're bound to encounter seals and if you're lucky maybe dolphins and penguins. As evening falls enjoy a delicious carvery buffet prepared freshly by the onboard chef. Cruise: Milford Mariner for 1 night

DAY 16 MILFORD SOUND TO TE ANAU B / D

Start the day with a hearty breakfast before heading back out to the Tasman Sea (weather permitting) to explore more of the fiord. Return back to the wharf to meet your coach and enjoy the scenic drive to Te Anau.

This afternoon enjoy a cruise across Lake Te Anau to visit the Glow Worm Caves where you will admire the incredible limestone caverns, waterfalls and mystery of the Glow Worm Grotto. Hotel: Distinction Luxmore for 1 night

DAY 17 TE ANAU TO DUNEDIN B / D

Travel via Gore and Balclutha to Dunedin. After time for lunch board the Silver Fern railcar for a journey along spectacular clifftops overlooking the Pacific Ocean and Blueskin Bay. On return to Dunedin's historic Edwardian Railway Station, board the coach for an informative city tour. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift. Hotel: Scenic Hotel Southern Cross for 2 nights

DAY 18 DUNEDIN B / D

This morning travel along the Otago Peninsula to Larnach Castle where you hear of the tragic and scandalous history on a guided tour. Enjoy time to wander around this Garden of International Significance followed by a delicious Devonshire Tea. Return to the city for some free time. You might choose to board The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail (optional).

DAY 19 DUNEDIN TO CHRISTCHURCH B / D

This morning visit Olveston Historic Home, containing treasures from a bygone era before travelling to Oamaru, famous for its limestone. This evening enjoy a farewell dinner with your new found friends.

Hotel: Sudima Hotel Christchurch Airport for 1 night

DAY 20 CHRISTCHURCH TO PERTH B 7

This morning it is time to say goodbye. You will be transferred to the airport for your flight home to Perth. Upon arrival into Perth, your driver will be waiting to take you safely home.

Tour Highlights

- ★ Tour through the North and South Islands of New Zealand
- ★ City sights tour of Auckland, Wellington, Christchurch & Dunedin
- ★ Visit the Waitangi Treaty Grounds
- ★ Overnight Cruise on Milford Sound
- ★ Sight Thermal mud pools & geysers
- * Ride on the Glenbrook Vintage Steam Train ★ See the snow-capped peaks of the Southern Alps
- ★ Cruise Lake Te Anau to visit the Glow Worm Cave
- ★ Take a rail journey on the TranzAlpine

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Mangrove jacks - tough as nails and fun to catch in the north west



Cam McPherson with a nice Kimberley mangrove jack on a Hamma lure.

by Mike Roennfeldt

ANYONE who has fished in the creeks of the north west will probably be familiar with mangrove jacks. Wonderfully pugnacious fish they are, hard as nails and capable of ripping line from your reel, almost regardless of drag setting.

They are an ambush species, generally spending their time around snags and rock bars. So enthusiastic are they that they will often snatch a lure sitting dead on the surface, but only as long as it is close to the cover of their ambush point.

Once hooked, they bolt for that same cover. And if they make it before the angler can apply enough pressure to bring the mad dash to a halt, chances are pretty good that the line will be abraded in the snags or rocks and a bust-off will follow.

They will take baits, but a much more fun way of fishing for jacks is with small to medium sized minnow lures. Something along the lines of a Tilsan Barra or RMG Scorpion 90 would be good choice for bigger fish, say between 1.5 kg and 2kg, while a Scorpion 52 or 68 works well on smaller fish.

Soft plastics are effective as well and something along the lines of a four-inch Paddle Prawn rates highly on the list of the jack's favourite tucker temptations.

While they never seem to get much bigger than 2kg in the creeks, occasionally a really big one will be caught on offshore reefs. Some of these fish have been up around 1112kg, so it would seem that the creek fish are probably juveniles, unless there are two subspecies involved. One of the most consistent places for really big jacks is in the lagoon at the Monte Bello Islands.

The best jack fishing I've struck has been in the Drysdale River estuary in the Kimberley, but they are around in most rivers, creeks and marinas down the west coast as far as Kalbarri. The interesting thing is that they seem to make their way a little farther south each year. They turn up in the Greenough River, south of Geraldton occasionally and one was even taken in Mindarie Keys marina few years back.

It was the first I've heard of in metro waters and given the way things have been going, it would come as no surprise to hear of more around Perth in coming years.

An ideal jack fishing outfit would be a single handed bait casting rod with small bait casting reel loaded with 7-10 kg braid and a 20kg leader. The heavy leader is pretty useful around the sharp edges of the rock bars and snags that jacks enjoy so much.

I'd love to see more jacks in local waters and I'm hoping that the Mindarie fish of a few years ago was just a vanguard. Some people might worry that they would compete with black bream for the available habitat and food, but if the Kalbarri experience is anything to go by, the two species seem able to co-exist quite nicely.

Bloom Festival 2018 - it's blooming huge



One of many hidden wildflower treasures on display in the Great Southern © Krystyna Borowicki

HIDDEN Treasures of Great Southern 2018 Bloom Festival, presented by Act-Belong-Commit, offers you plenty to look forward to this spring. Visitors can enjoy festivities up to 21 October with more than 80 varied and exciting

events celebrated within the northern shires of the Great Southern region.

Visitors will enjoy the incredible landscapes and natural beauty that forms the backdrop to wildflower displays, guided tours, open gardens, workshops, long

table meals prepared with local produce, art exhibitions, craft activities, market stalls and much more. There is something for everyone of all ages and fitness levels.

For the chance to win some awesome prizes hit the Bloom Passport trail to collect a stamp or sticker at each venue you visit or send in your favourite photograph taken at one of the Bloom events. For the creative among you, there is a mindful colouring competition. More information about this year's competitions can be found at the front of the festival program.

The whole family will enjoy a good old fashioned, country musical

experience when the Mucky Duck Bush Band play at the Woodanilling Town Hall on Saturday 13 October at 7pm. WA's best loved bush band with their character costumes and authentic instruments has been entertaining us since 1974. Enjoy the music or dance the night away. Don't know the steps? No worries, there's someone there to call the moves.

For a copy of the Bloom Festival Program which is bursting with information on all the events, locations and competitions visit the website www. hiddentreasures.com.au, or pick up a hard copy from your nearest visitor centre, Community Resource Centre or shire





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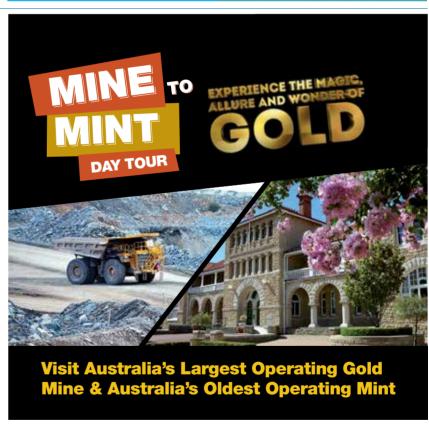












Take a journey to a working gold mine then on to the splendour of The Perth Mint. Located just 130km from Perth, the Newmont Boddington Gold Mine is a comfortable day trip and the only working mine of this scale so close to Perth, Western Australia's capital city.







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It's a memorial cruise to remember...



Left to right; Maritime Voyages' Astor and historian Neville Browning OAM

DUE to the popularity of the ANZAC themed cruise last January, Cruise & Maritime Voyages will again dedicate a five-night cruise to Esperance and Albany to a World War I memorial cruise. And there is no better ship to undertake the voyage than the intimate and classic. Astor.

Guests have the opportunity to spend their days immersing in the legends of yesteryear

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and rediscovering the ANZAC spirit, with lectures by Neville Browning, the author and authoritatively acclaimed historian on World War I, and Jon Doust of Albany, who regularly does talks on the Israel light horse charge at Beersheba, Waler horses at war along with his own family's involvement.

For those wanting to pay their respects, an early morning memo-

\$32 per night for 2 people

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rial service will be conducted onboard Astor off Middleton Beach, as well as ashore at dusk at the Mount Clarence Memorial in Albany, with the support of Albany RSL. A shuttle service will be available from the ship.

At this time Albany will be home to the Field of Light: Avenue of Honour - a spectacular solar light display by renowned artist Bruce Munro as a moving tribute to the 41,000 troops who departed from Albany for the Great War.

During the day guests will have time to visit the highly acclaimed National ANZAC Centre, the state of the art World War I museum known for its immersive and retelling of the World War I story.

For a limited time only, enjoy buy one get one half price on already reduced single, twin and quad cabins fares for the

unforgettable voyage, which departs Fremantle Sunday 6 January 2019 returning Friday 11 Janu-

Cruise & Maritime Voyages' Astor is widely regarded as a friendly and casual ship with international crew and featuring a highly acclaimed entertainment team in the show lounge with a live band and late night cabaret. Known for her intimate. country-club ambiance, she holds just 550 guests and offers a more traditional and leisurely style of cruising with fellow Western Australians.

With limited cabins available and selling fast, be sure to book early to avoid disappointment.

Chris Dagostino at Travel Tree can provide information and take bookings on 9382 5011 chrisd@traveltree. com.au

1,001 Fair Dinkum Facts About WA



WESTERN Australia wonderfully weird with.... the world's largest-ever animals (bigger than dinosaurs).... and mammals with (relatively) the smallest birthweight and largest testicles.

It had the worldbloodiest ship's mutiny... the only town in Australia beginning with X and a tree trunk containing 283 mammal

There is the world's most valuable gold coin (worth \$53 million)... and the adopted cat with its own apartment.

The world's strongest wind gust... Earth's oldest crust... world's richest diamond and gold sites... world's biggest trains... birthplace of the axe... and the upsidedown river.

There's a workplace that counted-out workers' toilet paper... and from WA comes the nation's richest person, wealthiest woman and

biggest taxpayer.

Despite being Australia's icons, the platypus, koala and kookaburra didn't live in WA. Rare honey possums live only in WA - but they aren't possums and they don't eat honey.

There was a battle. Emus v Army, which the emus won...

WA, it must be said, is staggeringly different.

Get your copy now of Lee Tate's new book Awesome WA! 1,001 Dinkum Facts About Western Australia. \$25 (plus postage). For orders phone 9227 8283 or email ac counts@haveagonews. com.au

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tour launched by Go West Tours, in conjunction with The Perth Mint and Newmont Austra-The Mine to Mint

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loads. The tour continues through the process-ing plant, where ore is ground, precious metals extracted and gold separated, ready for melting at 1100 degrees celsius and poured into

moulds. From there it's on to lunch in the picturesque Boddington township and gold panning by the Hotham River, before departing for the drive to The Perth Mint.

The Mint is where Western Australia's golden heritage comes to life. Watch molten gold being poured to form a gleaming gold bar, see the largest gold coin in the world and the second biggest natural nugget in existence. Then view precious coins and medallions being minted, handle a real gold bar and experience the spectacular jewellery at The Perth Mint Shop.

To book a Mine to Mint Tour contact Go West Tours on 9353 3671 or visit www.gowesttours. com.au.



*Stay min 2 NIGHTS to receive FREE Kui Membership (value \$28) including 10% discount

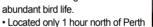
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Step back in time to visit the village general store at Rosa Brook



Left to right; Darnells General Store - Kitty Darnell and granddaughter Jessica

by Frank Smith

THE Group Settlement Scheme was an ill fated attempt to populate the south west of the state with mainly dairy farms. The scheme began in 1921 and continued until

Settlers from both Australia and the UK were paid a subsistence wage to partially clear, fence and provide a water supply for a block of about 160 acres of land. Once 12 acres were cleared they could buy the block for just the cost of the sur-

vey. They were then provided with a wooden four roomed 'groupie' house, implements and livestock with money loaned from the government or later the Agricultural bank.

In 1932 Mr Bill Darnell (senior) decided that there were enough people within a ten mile radius of Rosa Brook to start a viable general store business. The business is still operating, run by subsequent generations of the Darnell family.

Kitty, granddaughter Jessica and Dave run the store with other family members coming down to help at weekends. Billy-J (2) is the fifth generation living there.

Mr Darnell was born in the UK but came out to Australia aged 14. His family had run a small tobacconist of shops near the Ford Motor works at Dagenham.

Mrs Kitty Darnell (78) married Billy Darnell (junior) and still works in the store. She was born in Rosa Brook and attended the local one-teacher school which was started in 1934. The school has since closed and children now are bussed to schools in Margaret River some 11km away, but then only cart tracks connected the village to the town and railway line.

"The settlers either came out on their own cart or walked the seven miles to the railway at Margaret River," she said.

"Telephone wires were tacked on to trees and we had the local telephone exchange in our shop front.

"Mr Darnell used to place orders by telephone with suppliers in Perth. He sold basics

phoma Fund for re-

search. Second prize

is an exquisite rose

painting by artist Les-

lev Austin of Redtail

such as tea, sugar, tobacco jam, dried fruit and biscuits.'

Later the store branched out into hardware, especially fencing wire and fuel in 44 gal-Ion drums. Mr Darnell delivered groceries and other goods to customers weekly until the 1970s when farmers began to deal directly with suppli-

The petrol bowsers were filled with fuel from 44 gallon drums and dispensed with a hand pump during World War

shop equipped with a 32 volt generator for lighting. This was also used to charge batteries for customers.

Mains electricity came to the village only in the 1950s. At first it was available only to the shop and dairy farmers. Sheep farmers were added in the 1960s.

A doctor came from Margaret River and held a weekly surgery in the Darnell's lounge room. A dentist also visited and sometimes extracted teeth in the same room.

"Things have changed

a bit now," said Kitty.
"There are more people around but there is only one dairy farm left in Rosa Brook. Most farms can no longer support a

a living. "Our business has survived because it is family run and there are no staff costs.

family and farmers have

to work off farm to make

In addition to selling fuel, groceries and items locals are likely to run out of, Kitty works in a commercial kitchen attached to the store.

"I make biscuits, rocky road, coconut roughie, chocolate ginger and relishes. People stop by and buy snacks."

The store has a new lease of life as what was once a backwater is now on the on the newly sealed road from Margaret River to Nannup.

Visitors to the southwest who want to avoid heavy weekend traffic on the Busselton bypass and Bussel highway can take a faster, but slightly longer route, from Bunbury via Sues and Mowen Road to the tourist town, passing through Rosa Brook.

It is a good place to stop buy a snack and relax during a long drive.

Iacaranda Guest House



Centrally located in the town of Busselton, Jacaranda Guest House was the first guest house there in 1961. Nestled amongst English-style gardens with a BBQ and outdoor seating. Free continental breakfast served daily.

Ph 9751 5973 30 West Street, Busselton Email: jacarandaguesthouse1@westnet.com.au

Works of heart on show in Waroona gallery



A Hanging on the Highway photo from mezzanine of 2014 (courtesy Tracy Goldsworthy)

PATCHWORK quilters and fibre and textile artists from Waroona and surrounds will be showcased throughout October in an exhibition in Waroona Visitor Centre's gallery.

A Hanging on the Highway is open daily 9.30am to 3.30pm and features works of heart and the stories behind them.

Gallery and Visitor Centre manager, Tracy Goldsworthy says pieces on show include patchwork and quilts, felted garments and wall hangings, embroidery and cross-stitch, and knitting and crochet.

"In addition to all the beautiful works, we're excited to display a cross-stitch lovingly created by an 11-yearold girl in 1824 and handed down through the generations.

"Vintage sewing machines and related paraphernalia will add yet another dimension to the exhibition," she said. Local quilters The

Sew and Sews have created a beautiful Raggy Rose quilt and

cushions as first prize in a raffle for Charlie's Leukaemia and Lym-

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Studio. Third prize is three charity roses "A Daughter's Gift" it is the story behind this name that forms the inspiration for the raffle's theme.

While in Waroona take the time to head to Waroona Dam for spectacular wildflower displays and to see the dam at its highest in nearly 20 years. The Waroona Vintage Machinery Rally is on Sunday 21 October and for those who love to fish, the peaceful Drakesbrook Weir is benefiting from regular releases of trout (freshwater licence required).

For more information call Waroona Visitor Centre 9733 1506 or email visitorcentre@ waroona.wa.gov.au. Waroona Visitor Centre and Gallery has a Facebook page and you can visit www. waroona.wa.gov.au to download a visitor bro-



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DAY 2 & 3: TOURING KALGOORLIE

Over these two days, collect golf buggy and clubs (if required) and play 18 holes of golf on each day at the sensational Kalgoorlie Golf Course.

DAY 4: KALGOORLIE TO PERTH

Transfer to the rail station (own expense) and depart at 7.05am. arriving in Perth at 1.45pm

To make the most out of your visit, speak to the experts at KBVC for travel tips and tour bookings.

Book with Kalgoorlie Boulder Visitor Centre 9021 1966 visitors@kalgoorlie.com



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

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Tourists mixing with the biggest ships in one of Australia's busiest ports...





Left to right; Hedland harbor - Welcome to crews

by Lee Tate

DWARFED by monster ships streaming past us in the harbour, we are in the thick of things at the epicenter of WA iron ore exports, Port Hedland.

In a master-stroke for tourists, we are taken aboard a tender boat to mix with some of the world's biggest ships in one of Australia's busiest ports.

We are extras on the boats. Like everything in these productive parts of WA, they are serving a purpose – shuttling foreign ships' crews from ship-to-shore and back.

We're making use of surplus space for a reasonable fee (\$55 adults, \$30 children. Seniors, 10 per cent discount).

We're told it's the only place in the world where foreign sailors are permitted to take shore leave while their ships are being loaded. (Risks of desertion,

security breaches and diseases no doubt are issues).

Generally, the appreciative crews are ashore for just a few hours to allow for fellow crew members to enjoy the escape.

Judging by the big smiles and photo-taking by the Chinese sailors we collect at the bottom of their ship's gangway, it's a great relief for them to be heading to terra firma.

The ship's captain is among our passengers, plus a couple of engineers with broken English and polite manners.

All is explained to us before we board the tender from the Port Hedland Peace Memorial Seafarers Centre (one of 29 such centres in Australia and 300 worldwide with volunteers looking after seafarers' interests).

The mission welcomes sailors with refreshments, meals and sometimes accommodation and directions.

Security officers check every incoming sailor and frisk all bags.

We're told there's been relatively few crew desertions over the years and local businesses welcome the \$5 million-a-year extra custom.

China-based ships shut-

tle in-and-out of Hedland for hefty iron ore loads, taking a couple of weeks

sea. Upgrades continue.

The tourist become part of it all, up-close-an

each way. Crews sign-on

We are given a visitors'

brief of operations as we

cruise past iron ore being

loaded, steering away from

ships destined to supply iron ore to resource-hungry

"That's BHP's loading

section of wharf there and

beyond that is Gina Rine-

hart's and then Andrew

Business is calm and

smooth here at Australia's

cyclone capital. (The town

was virtually blown out

to sea in one memorable

blast from Mother Nature).

The port operates 24/7

except during cyclones

when port and anchorage

are totally cleared. In 1984,

BHP announced an \$87

million dredging program

to widen and deepen the

channel to accommodate

the coming monsters of the

Forrest's," says a guide.

for eight-month stints.

China.

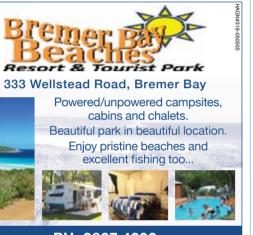
The tourist becomes part of it all, up-close-and-personal with this rich industry in a modern harbor, escorted by safety-conscious experts and helpful guides and crews.

Who would have thought so much fun could be enjoyed by tourists in an industrial port?

We extended our planned short trip to Hedland to quench a thirst for adventure when we heard about the harbour and also iron ore mine tours. And like everyone else aboard our ferry, we're glad we did.

PS: Tourists would be wise to factor-in time to drive across to South Hedland. Don't miss Spinifex Hill Studios – the area's only and splendid Aboriginal and Torres Strait Islander art studio. Tourists watch the Indigenous artists at work in their traditional ways with no pressure to purchase.

The perfect place for country music heaven at Boyup Brook



PH: 9837 4290 www.bremerbaybeaches.com.au



IT'S no wonder Boyup Brook Country Music Festival and the West Australian Country Music Awards presented by LiveLighter from 15-17 February 2019 is billed as one of the top Country Music Festivals in Australia. Why not make 2019 the year to join in the fun and the camping and you will find yourself under the magic of this fabulous WA event that brings music and friendship together under summer skies and star filled nights.

Many people's idea of heaven is spending warm February days, sitting in the shade of gum trees by the river, surrounded by the buzz of people connected by a love of music. That's the way it is at the Boyup Brook Country Music Festival. There is a cracking star filled line up people won't

want to miss.

Excitement has been high for the WA festival's full line-up, already boasting Beccy Cole, Travellin' Still – The Songs of Slim Dusty featuring Pete Denahy and The Travelling Country Band and Connie Kis Andersen to name just a few. The extravaganza of artists still to be released is seriously impressive.

Boyup The Brook Country Music Festival is known not only for its amazing headline acts, but also for its incredibly diverse line-up that always has something for everyone. Next year will deliver an array of local and national talent that country music lovers have come to expect. The West Australian Country Music Awards is presented by LiveLighter and are one of the highlights of the weekend. They have been a springboard to success for many musicians.

The Festival also offers three big days of fun with a friendly, country vibe. The street carnival and markets bustle with the hum of people and the sounds of buskers on the main street and the Boyup Brook Ute and Truck Muster provides roaring entertainment through the

streets of Boyup Brook. Campers and caravanners sleep beneath the stars over the weekend. Food stalls provide fresh food on site and the Country Music Club of Boyup Brook's retail store, Hot Country, offers clothing, music, footwear and accessories for attendees to browse or buy.

The Boyup Brook Art Awards, held in conjunction with the Festival, provide something a little different, showcasing great local talent, and the overall Festival gives ample opportunities to bootscoot your way to lighter living, even providing lessons for those whose dancing is a little rusty. There is something to keep everyone entertained, including workshops, the largest bush poets breakfast in WA, and activities for the children.

The Festival is built on the backs of its many volunteers, who work tirelessly to create a festival that has become one of the best in the country and a must visit destination for all country music lovers.

For further information about the Boyup Brook Country Music Festival, or to purchase tickets, please visit www.country musicwa.com.au.











Tracking the incredible little-known story of WA diamonds



On the diamond trail

in in trunks.

by Lee Tate

DIAMONDS, diamonds everywhere. Underground, on the ground, in creek beds and glittering in ant hills. There's been nothing on earth like it.

Among Western Australia's many mining discoveries, diamond finds have been the most dazzling.

They shook the world but WA's diamond's exdiscoverers. plorers. pioneers and their breakthroughs, tactics and adventures are barelyknown.

I am in Kununurra, holding a tiny pink diamond. gouged from the ancient, red earth south of here, out from Lake Argyle and not far from the Northern Territory border.

This speck of a gem is valued at nearly \$200,000. It came from the Argyle mine in the latest gush of gems. But also, one of the

In a short, fortune-filled era, the Kimberley discoveries upended the world's diamond culture. increased buying choices, prices and values, altered trading traditions and established a new world order for diamonds.

WA pink diamonds, the prize jewel in the world's diamond crown, were sneered at by world diamond lords, treating them as cheap gems, novelties for the low end of the market to be sold in shopping centres.

But WA's ground-breakers pushed aside De Beers, the world's diamond-dealing overlords, and established WA's unique pink diamonds as the world's most desirable and costly gems.

Now, after four incredible decades, diamonds have lost their shine for Rio Tinto. There are still diamonds under the Kimberley ground but further mining is considered too costly.

Up to 1,000 people working at the mine at any one time have been told they won't be required after the end of next year. As a result, global supply of pink diamonds will fall 90 per cent. Prices are tipped to go through the roof.

When WA diamonds burst onto world markets in the 1980s, the world's gem masters were dumbstruck.

Whereas diamonds arriving in Antwerp, the world's diamond-trading centre, came in a tiny parcels or satchel, from 1985 diamonds from WA arrived

Belgian customs officials ordered Argyle's Antwerp office manager, Laurie Fitzgerald, to rethem forthwith. move There wasn't enough storage room. Laurie found a

wheelbarrow and steered

them in relay along the

streets to his office safe. WA diamond discoveries were startling. Diamonds are usually found by identifying certain rock types and then tracing them underground in the

quest for gems. But in the Kimberley, diamonds were plucked off the red dust and unlike raw diamonds around the world which are usually dull, Kimberley gems sparkled.

In 1976, vigilant ge-ologist Frank Hughes was examining laboratory records when he noticed soil samples had not been thoroughly examined.

That year, with CRA directors, Frank went north to inspect King George River and immediately found a diamond. Later. several small gems were sighted in an ant hill. At Mt North Creek a diamond was found.

The discovery of the Argyle site was led by geologist Warren Atkinson.

Geologists, pioneers and explorers worked 14hour days, hunting, scraping and digging in one of the hottest, hardest and After just a week in WA in 1979, Maureen was flying over the north west searching for diamonds for a mining company. Her later creek findings led to the world's biggest diamond deposit. She died of a stroke in 2010, sampling for diamonds.

First soil samples from Smoke Creek turned-up two diamonds and then four.

From 1972, field assistants collected 1,600 samples in three months by helicopters over 225,000 sq kms. Results were as-

With other explorers and opposition company spies in the region, all involved were sworn to secrecy. Helicopters and research teams were sent on decoy missions in helicopters and vehicles to prevent word getting out and misinformation was put out.

It would take years before the land could be facilities conclaimed. and mining structed equipment and workers assembled.

Open pit mining finally began in 1985. When that petered-out, mining went underground in 2013 along

40 kms of tunnels at a cost of \$US2.5 billion. More than one billion tonnes of earth were removed.

A \$20 million, stateof-the-art mining village sprang up in the wilderness, complete with swimming pool, tennis courts, chef-prepared meals, a deli and 363 workers' rooms, each with ensuite and a view.

When Argyle's first 40 jobs were advertised, 12,000 people applied queuing with workers along Adelaide Terrace. Rio sought to include women and Indigenous emplovees.

Argyle was on its way to become one of the world's largest producers of diamonds and the largest supplier of naturalcoloured diamonds: white, champagne, cognac, blue and pink.

Rio expected to pull 20 million carats every year from about 2015.

Today, Rio has other fish to fry. When I try to contact Rio's communications manager, Robyn Ellison. she's just back from Mongolia attending to Rio's cashmere goat farming and copper interests.

Robyn sends me a copy

of the book Barramundi Dreaming, The Argyle Story, based on work by resources scribe John Mc-Ilwraith.

Part of the story tells of Argyle's traditional owners from the Mirriwung, Gija, Malgnin and Woolah clans. Barramundi Gap, the

Argyle site, is also a sacred women's site. Rio's amiable agree-

ments provide monies for Aboriginal trusts, indexed to Argyle's net profit with a shared commitment to east Kimberley employment, education and business development.

Between 2012 2016, royalties of \$25 million were paid to traditional owners - seven extended families comprising about 1,500 people, as well as two Indigenous trusts.

Rio will rehabilitate the area before it leaves. But with new technology and keen new explorers, plus Kimberley's track record, newcomers are just likely to start a new chapter for diamonds.

Pretty in pink

Pink diamonds are the toast of the world.

Queen Elizabeth has a 23.6 carat flawless pink diamond, the Williamson Pink, in the centre of a flower brooch.

Jennifer Lopez has a six-carat pink diamond in an engagement ring from then fiancé Ben Affleck.

Princess Mary or Denmark has an Argyle pink diamond Shamballa bracelet.

In 2010, Oprah Winfrey visited Australia and gave each of her 6,000-member audience members an Argyle diamond necklace. designed to commemorate her visit.

After the broadcast to 50 million viewers, 100 limited O-shaped Argyle pendants with 1.3 carats of pink diamonds sold out in 24 hours.

In the 1980s worldfamous jeweler Laurence Graff amassed a huge collection of Argyle pink diamonds and shaped them into "one fabulous piece".

He was due to meet the Sultan of Brunei and put the just-completed flower-shaped jewelry in his pocket. When the Sultan asked Graff if he had any interesting gems he pulled it out. It was sold in two minutes. (The Sultan has just bought the Dorchester Hotel where they were

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Back in the 1930s, geol-

ogy professor Rex Prider

noticed Kimberley miner-

als resembled those in

South Africa where dia-

monds were found and ex-

plained it to students. One

of them, Ewen Tyler, stored

away the knowledge until

he tested it, successfully,

Freshly-graduated Brit-

ish geologist Maureen

Muggeridge her husband

John Towie were among

discoverers of WA's dia-

30 years later.

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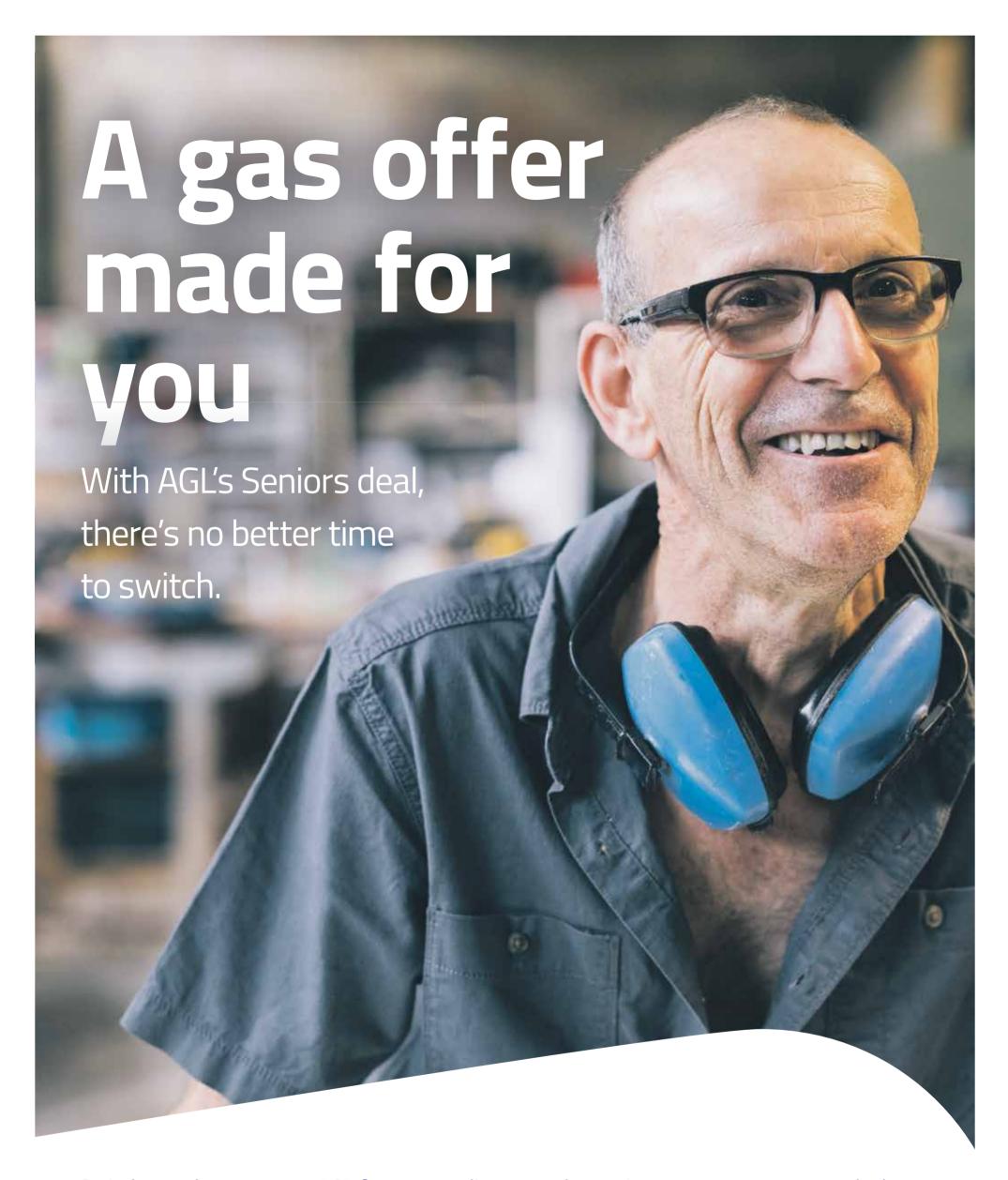
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Downsizing ADVERTISING FEATURE



If you are selling a home - it's time for a spring clean and tidy







WE'VE had a lovely taste of spring warmth and now we can throw open windows and doors to let in the fresh air and start our spring cleans.

For some it may mean a big change is about to take place by listing your home

If you are about to embark upon this journey, this is the perfect time to take

an inventory of everything you have, including knickknacks, linen and furniture and seriously cull them. Believe it or not this is

great therapy and makes packing much easier.

a lot of focus on presenting your home for sale in order to maximise its best features to attract buyers and obviously the best price.

need to do is declutter. Surfaces such as kitchen benches and bathroom vanities need to be cleared and styled up.

Cupboards will be opened in all rooms, so it is paramount that these appear tidy, organised and smell nice. Remove any smell of mustiness as this would conjure up the idea of mould. If a room appears dark, it needs to be

Above; Add items for special touches to various rooms Left; Zofia St James

I recently visited a home which appeared very dark because of the drapes, when we held them back we were surprised to see the difference in light and feel of the house. In others I have been able to instantly transform a room just by

niture and decorator items

new cushions, a rug and a print would pull the room together. The dining table needs

to be clear except for a centrepiece such as a plant, vase of flowers or

The bathroom needs to be clean, clutter free, towels neatly folded on the rack and once again add a plant in order for the room to appear fresh.

Don't neglect the laundry, the sink needs cleaning and once again all washing neatly folded and the linen closet tidy. All products need to be put away or arranged neatly with the addition of a small plant, attractive lidded laundry basket and nice fun coloured hand towel.

These small changes can add up to a big change.

Even if your house is older and new owners will renovate, rooms need to look loved. Buying a house is often an emotional decision, so having good feelings about a property is important to a

You are not just selling a house you are selling the lifestyle it offers so the interiors and garden or courtyard areas need to be clean and tidy.

should Lawns mown, and gardens weed free and any potted plants that have seen better days re-potted and placed strategically to enhance the space.

Outdoor furniture and paving should be high pressure hosed and grime

The main thing is to clean, declutter and reposition. Wth a bit of styling this can make a huge difference to the overall appearance of a house.

I hope this give you lots of ideas and inspiration. I can make myself available for those in need of further advice, hands on to reposition rooms or advise on what items to purchase which would really transform a home.

Have a wonderful start to spring.

Zofia offers an interior style consultation for readers and would like to offer one reader each month a free hour's consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. She offers a special rate for Have a Go News' readers and knows how to style on a budget. For those interested in a free hour's styling please contact Zofia on 0406 336 607 or email zofiastjames@hotmail.



by Zofia St James

lightened up. These days there is quite

The first thing you will repositioning furniture.

I find lovely pieces of fur-

in most homes that are not being utilised to their best advantage. There is so much that can be achieved initially without the need to spend money and by using what you already have.

A few items may need to bought to modernise and warm up a space or freshen up tired areas. The first thing I would suggest purchasing is fresh linens for the beds in a neutral or white colour and new towels, once again in neutral tones which complement the bathroom.

The next is to look at your living areas and to ask yourself whether they appear inviting? Perhaps



2/6 Greenmount Rise, Greenmount This is living Barry! 3 😓 2 🕮 2

Freehold 2014 built freestanding home in secure gated over 55s complex. Open plan living, AC, solar HWS, dbl gge, SS appliances, alfresco. theagency.com.au/10758

Cindy King 0411 208 202 cindyking@theagency.com.au



A stairlift from PR King & Sons



DOROTHY from the Wizard of Oz said it best: "There's no place like home."

Home is where memories are made and love and laughter live. It's really little wonder so many Australians are choosing to stay put and age in place.

One local business helping Perth residents do just that is PR King & Sons, one of Australia's longest-running and most-trusted providers of stairlifts, home lifts, and accessibility solutions.

"Not all homes are designed to accommodate the changing needs of ageing people, and stairs are one of the most common concerns for seniors," says WA state manager, Liam Furneaux.

"Our stairlifts are a safe, affordable, and long-lasting solution that give people back their independence, so they can get on with enjoying life in their home."

P. R. King & Sons is the leading Australian provider of Stannah Stairlifts, the number one stairlift manufacturer from the UK. There are chairs to suit both curved and straight staircases, as well as outdoor stairs. There is also a choice of different colours, finishes and features, meaning people can customise their stairlift to suit their décor and needs.

If the stairs are becoming an issue for you or your loved one, call Liam Furneaux at PR King & Sons today on (08) 6202 1037 for your free, no-obligation consultation and quote. For more information, visit www.prking.com.au/perth-stairlifts.



EXCLUSIVE OFFER

For a limited time only, book a personalised tour of SwanCare Bentley Park and receive a FREE five day stay*.

We are so confident you will love it, we want you to experience it first-hand. This is retirement living at its best.

*Limited places, please book early. T & C's apply. www.swancare.com.au



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Please post this to 26 Plantation Drive, Bentley WA 6102 OR call 6250 0016

Downsizing ADVERTISING FEATURE



Take a peak at Mandurah Gardens Estate at their open day



MANDURAH Gardens Estate Open Day is being held on 25 October, just a few short months after the residents celebrated the retirement village's 20th anniversary.

Providing a community lifestyle village for over 55s, Mandurah Gardens is the perfect option for those looking for a tranquil and secure retirement while still being surrounded by a community of friendly and vibrant people. The estate's peaceful and tranquil setting, home to a vibrant and friendly community of people, allows residents to enjoy a relaxed lifestyle and form new friendships.

Dawn Saint, a resident of Mandurah Gardens since it opened in 1998, moved here 20 years ago to downsize.

"My large family home had grown too big for me to manage. I feel much safer here - I can go on cruises and visit my

family without worrying about my home while I am gone.

Situated within a beautiful 17.5 ha of parkland, the estate is located on the southern boundary of the Serpentine River. As well as the beautiful, green parkland, one of the great benefits of the estate is its carefully planned design and facilities.

Offering the best in modern, affordable retirement living, the estate features 158 two and three-bedroom homes, starting from just \$170,000. Instead of paying stamp duty and council rates, residents simply pay an affordable weekly site rental, with rental assistance available for those eligible. The home is also a willable asset.

The residents at the estate enjoy a landscaped recreational picnic and barbecue area, bowling green, clubhouse and pool. The design of the estate features meandering streets between the houses which enhances the feeling of privacy

and security for each resident. As well as the luxurious amenities onsite, Mandurah Gardens Estate is conveniently located just 1.7km from Mandurah's major shopping complexes, medical centre and hospital. A community social bus for residents' use makes transport to and from the local shopping complexes easy and convenient. Many residents at the estate also spend their time volunteering in the local community.

David Templeman, Mandurah MP who spoke at the estate's 20th anniversary celebrations, said: "The people who live at Mandurah Gardens Estate are wonderful citizens of our City. I love visiting the Estate because you are always made to feel so welcome."

The estate is extending a warm welcome to everyone who are looking for a tranquil retirement, surrounded by a vibrant community to attend their open day on Thursday 25 October.

For further details on the open day contact Helen on 9586 8080 or visit www.man durahgardensestate.com.au

Mandurah mayor will update independent retirees

GUEST speaker at the next meeting of the Association of Independent retirees Mandurah Branch (AIR) will be Mandurah mayor Rhys Williams, who will update the group on local happenings.

The AIR Mandurah Branch meets on the fourth Monday of every month (except when that clashes with a public holiday).

Their next meeting will take place at 9.30am on Monday 22 October at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

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

For enquiries please ring Eva llett on 9534 5215, or Sylvia Hodgkinson on 9527 2383.

Bidets are good for the environment

BIDETS have a reputation of being expensive and require a total plumbing refit in the bathroom. The Cowav Bidet toilet seat replaces existing toilet seats and can be installed in just a few minutes and for much less.

The Bidet Shop's range offer features such as a heated seat and soft closing lid. Toilet paper is not required with its functionality.

How it works is quite simple. With just the push of a button the bidet toilet seat automatically sprays a jet of warm water and then dries with a gentle stream of warm air.

It can be ordered over the phone and delivered by mail a few days later. Have a Go News readers may qualify to have their bidet fully funded. For more information, call 08 6315 4252.

East Fremantle's George Street Festival celebrates artisan food, art and fashion for the wider community

GEORGE Street Festival celebrates the unfolding story of East Fremantle with local residents and the wider community. In keeping with the ethos of the local community there will be a strong focus on environmental sustainability. Everyone is invited to come along to the festival on Sunday 25 November from 11 am to 6 pm.

The gorgeous George Street eateries will be open as well as a selection of food vans to add to the atmosphere.

There will be a huge range of artisan stalls selling accessories, clothing, craft, gourmet food, health and wellbeing, homewares and jewellery

Enjoy great music at the solar

stage, 'bin' busking and roving performers; plus there's a rumour of special guests popping up along the street.

Prominent local artists have been invited to display art in an eclectic range of mediums to showcase local talents.

Included on the day will be festival classics including a baby animal farm, bouncy castle, face painting, healthy cooking demos, community treasure map/hunt and upcycled

There is a raft of activities including a climbing wall, virtual reality experience, interactive healthy living, dance workshop and the #eastfreo

festival themed photo booth East Fremantle's iconic George Street will provide a stunning backdrop for all elements of the festival, don't miss this eclectic day out in Fremantle on Sunday 25 November.

All traders will be supplying genuine artisan products and services that are ethically produced and the event is eco-friendly, waste-wise and a disposable plastic bag-free

Unlocking your block for retirement

With recent government policy and zoning changes around the metropolitan area to encourage medium and higher density infill housing, many larger blocks can now be subdivided creating opportunities for those looking to downsize and cash in on the excess land sitting in their backyard.

Being asset rich and cash poor shouldn't be the stumbling block to accessing the equity in your land, and one Perth company, Unlock Your Block, has come up with a unique way of unlocking the asset and returning the surplus cash to the owner without the burden of managing or financing the subdivision.

"Our first priority is to test the appetite for the unlocked block with some market

research, and provide feedback to the owner," said Fab Marion, Director at Unlock Your Block.

"If we find the demand for the block and the financial return warrants the cost of the subdivision, we encourage the owner to explore ways to fund the subdivision themselves wherever possible. We're happy to manage the subdivision project and take care of all the work," said Fab.

In the case where the opportunity for funding cannot be found Unlock Your Block will fund the works on the owner's behalf and take care of everything from start to finish while the owner remains in their home.

"It simply works like this. We lay out all the information upfront with a thorough

review of all associated costs to subdivide the block. We then calculate the potential resale value of the newly created block to demonstrate what the possible return would be back to the owner," explained Fab.

If everyone agrees that the subdivision is worthwhile, Unlock Your Block apply for the approvals and carry out all the works to create the new lot. Once the new title has been issued and the block is sold, the costs for the subdivision and a small project management fee is reimbursed back to Unlock Your Block and the balance back to the owner.

"We've been overwhelmed at how life changing the experience has been for some of our clients.

The ability to remain in the family home, albeit with a small more manageable block and the ability to access the equity in the land has provided substantial windfalls that have created a retirement lifestyle our clients had only dreamed of," said Fab.

Whether they are retiring debt or just retiring, the lifestyle change has been significant. Holidays, new cars or just helping out family members, the feedback is that unlocking their block has been the best decision their clients have made.

For more information visit www.unlockyourblock.net.au or call (08) 6161 1790.

UNLOCK THE VALUE IN YOUR BACKYARD

With over 30 years of property development experience Unlock Your Block can show you how to:

- Unlock your block with little or no upfront costs
- Unlock your block without having to build, or
- We can build you a new home by subdividing and selling the excess land to help pay for it!

The simple and safe way to unlock the value in your property, with:

- NO COST
- NO RISK
- NO HASSLE

"I UNLOCKED MY BLOCK AND WALKED AWAY WITH \$192,000"

Find out if you can unlock your block.









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1 bedroom homes from \$150,000

2 bedroom homes from \$200,000

3 bedroom homes from \$285,000

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Downsizing ADVERTISING FEATURE



Don't miss your official guide to Seniors Week 2018 in this issue

Retire in Style



Innovative Over 55s residential estate



Stage one release of Haven

\$10,000 Bonus*

Seize the opportunity to customise your apartment and create the retirement you deserve.

retirement you deserve.

<u>Choose from 36 x 2 or 3 bedroom architecturally designed apartments</u>

SALES SUITE OPEN - LOCATED NEAR THE RESERVE

Wednesday 1.00pm to 2.30pm, Cnr of Worley & Archibald Streets, Willagee

CALL DAVID GIBBONS TO LEARN MORE 0434 650 866 David Gibbons Colliers.com

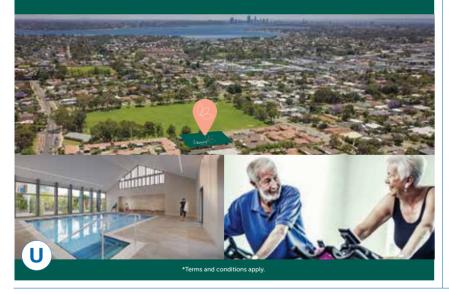
IN THE CITY OF MELVILLE



Conveniently located

Leave your car keys home with a wide range of shops and other facilities on the doorstep, including IGA, Cafés & Restaurant, Post Office, Hairdresser, Pharmacy, multiple Health and Medical Centres, local Library and Community Centre. Or enjoy the tranquillity whilst overlooking Winnacott Reserve.

The Reserve is so much more than just bricks and mortar.



AN innovative and affordable residential estate for over 55s is being developed by Southern Cross Care (WA) Inc. (SCC) in partnership with the Department of Communities and lead-

Haven, Ridgewood is believed to be Perth's first age targeted subdivision with green-titled turnkey house and land packages priced from just \$320,000.

ing property group, Pin-

Sales consultant for Pindan, Richard Nell, said the new community was a great option for buyers looking for an affordable house and land package that was well connected to amenities now and into their future.

"Haven is exceptionally well located close to existing shopping, restaurants and cafés, sport and recreation facilities, beach, parks and public transport."

Stage 1A of the release features 17 single and double-storey homes with two to three bedrooms on low maintenance green-titled lots.

"The homes are available in a range of designs and buyers are able to personalise each with a choice of interior schemes and optional extras," he said.

"They will also be fully completed with floor coverings, window treatments and full land-scaping, so buyers can

just move in."

Mr Nell said a big plus for buyers was the homes being on green titled lots.

"Purchasers will own the house and land it sits upon. There will be no monthly fees, strata fees or exit fees, which will eliminate most of the ongoing lifetime costs that are usually associated with housing targeted to this sector," he said

Errol Turner, chief executive officer SCC, said Haven, Ridgewood was an innovative project for the sector, having been developed in direct response to the demand for more affordable housing options for over 55s in the area.

"We identified the difficulty for many over 55s is to find housing that is affordable and suits their lifestyle needs.

"Our Ridgewood development is unique in that it offers affordable home ownership opportunities for over 55s looking to downsize or who may have been priced out of the property market in the past.

"Importantly, residents will also have access to the broad range of in-home health and wellness services offered by Southern Cross, if or when they need them in the future, ensuring they enjoy quality of life and remain independent and living in their own home for as long as possible," he said.

Construction of Stage 1 lots has already commenced, and buyers can register their interest by visiting www. havenridgewood.com. au or phoning Richard on 0435 741 833.

How to put health first in retirement at Alchera Living

WE'RE all aware that we need to look after our health, so why does it fall by the wayside for so many of us?

The answer may, in part, lie with where you live. For healthy habits to form, we need the right environment to encourage and maintain them.

Creating a healthy living environment was an essential element for Alchera Living when planning and developing The Reserve, their new four-storey apartment complex, located within their Weeronga retirement village adjacent to Winnacott Reserve.

Alan Marshall, CEO of Alchera Living, said for this objective to be achievable, they needed a robust mix of policy and design.

"Simply adding a gym was not going to be enough to encourage a healthier lifestyle, though it is a good place to start. We needed to

think about the overall experience of our residents and then break it down into smaller parts," Mr Marshall explained.

A strict no-smoking policy was decided upon for The Reserve to reduce the health impacts of second-hand smoke and to ensure everyone can enjoy clean air throughout the facility.

The ability to move around your home can easily be taken for granted, but as you age, and your circumstances change, it is common to face limitations which negatively impact mental and physical wellbeing.

"We want our residents to live as comfortably as possible in our apartments for as long as possible, so we made sure to include ageing-in-place philosophy into the design of every apartment and the complex as a whole, without compromising on style," Mr Marshall said.

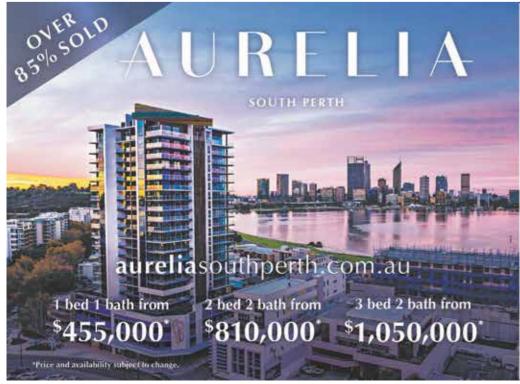
"The Reserve is a home built for your future."

Wide doors and hallways, level flooring and non-slip surfaces throughout, easy bathroom access, provision for future grab rails in the ensuite, and two lifts to take you from the basement to your apartment, make The Reserve wheelchair friendly and accessible.

To help residents commit to regular exercise, they have access to a heated indoor pool, gymnasium, or weekly yoga classes.

The Reserve's location within The City of Melville means that both essential and desirable amenities are within walking distance, so you can leave the car keys home.

To find out more about The Reserve, visit www.thereserve.net.au, and register your interest or call Alchera Living on 9314 5884.



YOUR LIFESTYLE OF CHOICE







Located within walking distance of the South Perth foreshore, Mends Street chic café and bar strip and the South Perth Ferry, Aurelia is at the centre of a well-connected suburb.

VIEW OUR DISPLAY APARTMENTS THIS WEEKEND: Saturday & Sunday 1:30pm – 3pm or by private appointment at 1 Harper Terrace, South Perth.









Downsizing



Suitable scooter lets Martie hold her husband's hand again

MARTIE, a wife, mother (to her children and dogs) and grandmother, enjoys being able to get out and about, do the shopping and keep in touch with her family.

When Martie became eligible for WA National Disability Insurance Scheme (NDIS) one of her goals was to maintain her indepen-

"I was having difficulty getting around and was finding it harder to do activities like shopping. This meant I was becoming increasingly reliant on other people to push me in my wheelchair, or I simply wasn't going to places where I would have to walk far," said Martie.

To address her mobility issues Martie began working with Independent Living Centre (ILC) Occupational Therapist Emma. Together they began the journey of assessments and trials of suitable scooters.

"When trialling assistive equipment it's very important that the person using it, and their support people, trial it in all of the environments in which it may be used," said Emma.

"With Martie, we began trialling scooters on the ILC Nedlands display floor and then moved onto trials in her home and local shopping centre.

"We decided the best option would be a scooter that could be loaded into the back of Martie's car. The Quingo Flyte scooter has its own docking system and loaded itself into the car using power from the scooters battery to dock itself.

"Martie, her husband and her support worker were all able to load the scooter into the back of the car with very minimal effort, which is what we were aiming to achieve.

"In addition it was a taller scooter so when Martie sat in it she could easily access the shelves at the supermarket and be closer to people's eye level.'

Following the trial and assessment, Emma submitted an application to have the scooter funded.

"A scooter is extremely important for Martie's independence and quality of life. She is able to safely control the scooter within a shopping centre, navigate car parks and cross the road at pedestrian crossings these are all important foundations in being a competent scooter user.

"I could not wipe the smile off my face when I found out that the funding had been approved and was able to call Martie to tell

Today, Martie is able to access the community with greater ease and more independence. Importantly she is able to hold her husband's hand on walks again.

"Growing up I never saw my mum and dad walking anywhere without holding hands. It was always so beautiful to me. My hubby and I used to be the same, until mobility aids rid us of that.

"What I love most about the Quingo Flyte is the fact that my husband and I can go on walks and I am actually able to hold his hand.

"The Quingo Flyte allows me to be on shoulder-level with him. We used to treat each shopping trip or errand as a date, rather than an errand (this is before his medical issues caused stress for him in shopping centres), but even now - just being able to look him in the eye, hold his hand whilst walking our beloved bulldog around our playpark, is incredible," said Martie.

"I am forever grateful for having independence again. Being robbed of it at my age is a very difficult situation to get used to.

I am extremely grateful to WA NDIS and ILC for the work they do and am fortunate to have Emma as my occupational therapist. She is kind, but truthful and strict about her advice and that is the best you can ask

The ILC can be contacted on 9381 0600, or to find out further information about the Centre's range of services, visit www.ilc.com.au.



Aurelia residents living the high life

NEW residents of South Perth's newest residential tower, Aurelia, John and Lorraine Dawson have settled into their new apartment and are taking advantage of the luxury amenities on offer.

The Dawsons, who are retired farmers from York, bought a three-bedroom, two-bathroom apartment on the 12th floor with views across the Swan River.

"The main reason we bought into Aurelia was to be closer to our kids and grandkids, however we have kept our family home in York as we have many friends and

community connections there, and we are currently splitting our time between the two," said Mr Dawson.

"We were initially drawn to Aurelia as we love South Perth and its picturesque and convenient location, community-feel, closeness to the river, public transport, and obviously the stunning views.

"Shortly after we moved into Aurelia I required quadruple bypass surgery. We were lucky to be close to the Mount Hospital where I've spent a lot of time. Living at Aurelia has been very convenient for Lorraine to visit me and now I'm home and able to recuperate and enjoy the facilities on offer at Aurelia," he said.

Aurelia provides residents with a range of luxurious amenities including a 25-metre solar heated infinity edge pool, fully equipped gymnasium, timber-lined sauna, resident's lounge, games room, poolside deck and cabana with barbecues.

apartments Limited still available from \$455,000. For more information visit: www.aureliasouthperth.com.au

aspen



08 9586 8080 | 445 Pinjarra Road, Mandurah | mandurahgardensestate.com.au





health options for the mature west australian



Important changes for carers from the Department of Human Services

by Hank Jongen, general manager, Department of **Human Services**

IF you are a carer currently receiving carer allowance or are considering applying for carer allowance. important changes that came in from September may affect your eliaibility.

On 20 September this year, a new income test was introduced for carer allowance payments and the carer allowance

health care card. To continue to be eligible for carer allowance, carers and their partners must have a combined adjusted taxable income of less than \$250,000 each year.

The new income test also extends to people who care for a child aged under 16 years, and currently receive or plan to apply for the carer allowance health care

The change is not ex-

pected to affect the vast majority of carers. Nearly 99 per cent of carers are likely to remain eligible.

What this means for carers applying for carer allowance and/or the carer allowance health care card from 20 September, is that they may need to provide information about their and their partner's income as part of the claim process.

Some carers currently receiving carer allowance and/or the carer allowance health care card may be required to complete an income review. We wrote to these carers in September with instructions on how to provide information about their adjusted taxable income.

If you are required to complete a review, there's still time. The easiest and most convenient way to do this is online through the myGov portal. The letter, which carers may receive through their myGov Inbox or by postal mail, provides instructions on

how to complete the income review, and you will receive confirmation once your information has been submitted.

Staff in our service centres or over the phone will be available to assist you if you have any questions.

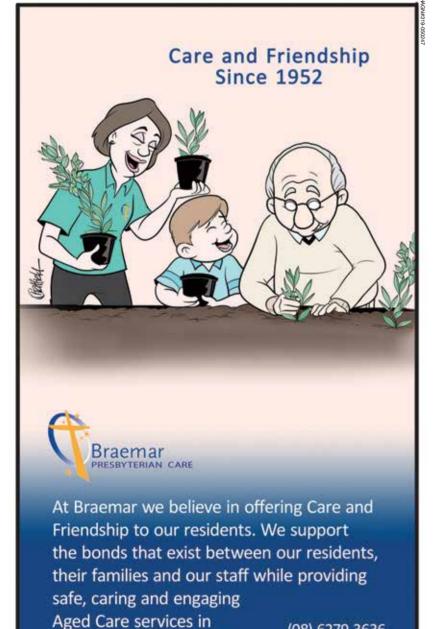
It's important to complete the review before the due date listed in your letter, or else you risk having your carer allowance and/or carer allowance health care card cancelled.

If you didn't receive a letter, don't worry - not all carers are subject to an income review or need to provide information about their income when applying for the payment. For example, you are exempt from providing your income details if you or your partner already receive an income-tested Centrelink or Department of Veterans' affairs payment, fortnightly instalments of Family Tax Benefit, or are a Commonwealth Seniors

Health Card holder. From October this year, carers will be able to access a wider range of support, including peer support, a phone counselling service, online coaching, and educational resources through the Australian Government's Carer Gateway.

Information about the new carer allowance income test can be found online at www.humanservices.gov.au/carers and details about the new range of support services for carers can be found at www.car ergateway.gov.au.

If you have a question for Hank email info@ haveagonews.com.au.



Perth's southern suburbs.

www.braemarcare.com.au

To learn more visit us at

Making the decision to be more mobile



by Kerrie Cross

BUYING a mobility scooter is a journey in itself. An emotional journey, a realisation that one has moved into another phase of life, the fear of the downward spiral, the reluctance to be defined by disability - an image problem one could say. It was a long and painful journey of approach and retreat.

This journey came to a head while staying on Darwin's waterfront. We were visiting family, spending precious time with our two-year-old granddaughter. We made the big step of hiring a mobility scooter. There were lots of smiles at the sight of (I hate to say it) an elderly man on a scooter with a child in a pusher alongside. Interestingly, it was the little kids, the boys, who were most fascinated. They would point it out to their

parents. Clearly they wanted one as a toy. Each morning as we set off for coffee in the Darwin Mall our excited little granddaughter would say: "Are you ready Poppy."

And for me and my husband it was transformative.

We had fun together for the first time in a long while. No more of (as had been our pattern travelling the world): "You go off, I really am quite happy sitting in this coffee shop while you have a look around, take as much time as you

Well, that was never going to happen - it's too unkind to leave a partner sitting there while others covetously eye the table, and the waiters try and move people on.

As soon as we came home from Darwin, we continued that journey, to purchase a comfortable all-purpose scooter. My husband was very attracted to the glamour model that I likened to a small car, but fortunately his love of supermarkets tipped the balance towards a scooter small enough to manage the aisle of our local IGA.

It was so much fun and good for both of us. I was walking again, keeping up with the scooter, always a person who needed exercise. I could see that I would soon lose the weight I needed to lose.

We weren't done there. We had a taste and we wanted more: to restore the lost experience of travel, to do things together again. Within weeks we took another visit to purchase a Luggie Travel Scooter. Recently, we took it with us all the way to the UK and France. A friend made a great wrap to protect it during luggage handling and our travel agent helped us to obtain the required airline approv-

In the UK, we stayed with family in a commuter town south of London. We could scoot to the station, take a black taxi from Charing Cross to our destination, and explore our old and favourite haunts again for the first time in years. We visited Northumbria and Uzes in Provence and many other places.

Yes, as we were warned, our Luggie has no suspension and the cobblestones were a challenge. Yes, I had to lend heft to the struggling battery when the hill was a bit steep. When we remembered to take the charger, we were able to top up while we had lunch in a cafe or a drink in a bar. No one minded sharing their electricity. I gave thanks daily to the Master of the Universe, that at 73 I could still lift the scooter in an out of the car. More often than not there were willing helpers, including my hus-

Would you believe, he still spent a lot of time sitting in coffee shops and wine bars? The town square in Uzes is an absolute delight, and he fits right in. Besides, like most men, he loathes shopping.

"Poppy, are you ready yet?" "Yes we are... on our way."

For information: further www.scootersaus.com.au



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Call us today 1300 66 77 88 alzheimerswa.org.au



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Smart Ear is not just for the TV, it's also perfect for the theatre, the cinema, parties, church, restaurants in fact any conversation. You can hear everything that is being said, even 30 metres away. No longer will you feel left out of conversations.

VERY COMFORTABLE AND EASY TO USE

Smart Ear is far more comfortable than normal hearing devices that have to be inserted in your ears. The earpieces are just like modern mini earphones – anyone will think you are

listening to music when in reality you are listening to every word and sound around you.

SMART EAR WILL CHANGE YOUR LIFE

- Easy to use
- ✓ Hears a whisper from 30 metres away
- ✓ Looks like a pocket radio
- ✓ No whistling noises
- ✓ Comfortable to wear use neck strap or belt clip
- ✓ Fits in your shirt pocket
- ✓ Portable, battery operated
- Battery supplied
- ✓ Suitable for men & women of all ages
- Amazing value

Smart Ear looks like a small pocket radio, small enough to fit in the palm of your hand. It can clip to a belt, waistband or neck strap and weighs less than 60 grams, it's so light you won't know it's there! Easily adjustable volume control. Uses only one long life AAA battery which we will supply.

"I just can't believe how well **Smart Ear** works! I can hear things I hadn't heard before... The front door bell for one... talking from the next room... even the TV at normal sound levels - that stopped my daughter complaining. It's just fantastic... I normally wear a professional amplifier that cost \$1500... but it's not as good as this new device. Smart Ear is easier to adjust without whistle. With my other amplifier at the club I get all the disturbing noises all at the same level so I have to turn it off. With Smart Ear I can hear conversations, sharp and clearly... Thanks to Smart Ear I'm back in the picture... and the conversations."

Mrs C., Southport

"I received my two Smart Ear sets just in time for my 88th Birthday. I gave one to my son who was as amazed as I was. I have an expensive hearing amplifier which cost me many hundreds of dollars but the Smart Ear is far better. I will spread the word to anyone needing help with their hearing. Thank you for your help and keep up the good work."

Basil D., Port Talbot

"Thank you for **Smart Ear** – it arrived and is all it claims to be"

P. L. Valuta, London

"Thanks to **Smart Ear**, I now hear TV without needing it to be at full" blast! So the rest of the family can watch and listen in comfort too. Also on my walks I hear birds I have not heard for years"

J. Harper, Windsor



"Now I can turn up the TV without disturbing others"

IRONCLAD MONEY-BACK GUARANTEE

Order the Smart Ear with absolute confidence. If you are not satisfied FOR ANY REASON, please return it in good condition within 90 Days of receipt and we will refund the purchase price - immediately -NO QUESTIONS ASKED! COMPLETE SATISFACTION GUARANTEED

PLEASE CUT OUT AND KEEP

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Order online at: www.cmshop.today/BSE25 **24 HR ORDERLINE** CALL NOW 1800 89 43 80 Customer Care all day, every day

Please send me the **Smart Ear** for only \$99.95

BUY TWO SAVE \$120.00

- Please send me two **Smart Ears** for only \$79.90 +
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- Please charge my VISA/MASTERCARD as follows: VISA
- Expiry / Signature_
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healthy living



health options for the mature west australian





Is foot pain holding you back?



Dr Hugo

SPECIALIST podiatric surgeon and podiatrist, Dr Hugo may have the answer you need.

Now in Subiaco, Dr Hugo practices within a modern medical suite with an onsite day surgery, only four minutes' walk from Subiaco train station and ample parking nearby.

As a specialist podiatric surgeon, Dr Hugo can diagnose and treat foot and lower leg conditions including bunions, hammer toes, Morton's neuromas and heel pain.

Unfortunately many people suffer and put up with foot pain and deformity, not knowing that treatment options are available, or they may have received bad advice from other health professionals in the past.

Foot pain is not normal, so you should seek advice from a specialist in that area. Dr Hugo has many years' experience in private practice, tertiary hospitals and currently holds a part time position as Associate Professor at the University of Western Australia.

Services include: foot surgery - correct bunions and claw toes, fungal nail laser treatment, ultrasound diagnosis and guided injections. On-site day surgery, platelet rich plasma for tendonitis and shockwave therapy. No referral is required and they are located in Subiaco. Please call for an appointment on Ph: 9382 4800 or email for any questions at info@hu gopodiatry.com.

See advert on page 9 of the Have a Go News Seniors Week Events Guide liftout.

Tackle persistent pain

WHEN you have ongoing pain with little relief, it affects your entire life and wellbeing.

Persistent pain can make it difficult to concentrate, get a good night's sleep, keep active and meet up with friends. It can exhaust us and make us feel worried, stressed and socially isolated. So, it is no surprise that people who suffer from persistent pain are more likely to feel unmotivated, depressed and anxious.

Education about pain empowers us and can lead us to feel more in control, and less anxious and worried about our pain. With the right education and support, you can improve your functional abilities, engage in valued activities and lead a full life despite your pain.

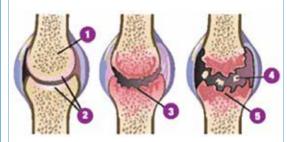
Black Swan Health's Persistent Pain Program, Turning Pain into Gain, educates and empowers individuals to better-manage their persistent pain, by providing knowledge about pain and introducing participants to pain management strategies that have been proven to work

A team of experienced allied health professionals will educate, guide, facilitate and support you for up to 12 months. This is a free service.

Black Swan Health also offer specialised counselling services for people living with persistent pain and other chronic conditions such as diabetes and cardiovascular disease.

Contact Black Swan health on 9201 0044 or visit www.blackswanhealth.com.au to start living well.

Adult stem cells



Evolution of Osteoarthritis

Diagram; 1. Bone, 2. Cartilage, 3. Thinning of cartilage
4. Cartilage remnants 5. Destruction of cartilage
© doctorramey.com

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection, but also to start the healing process. The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to the need for joint replacement surgery.

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other destroying the cartilage. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your blood-stream when you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better.

Call Sandra 0412 479 156 for more information.

New outlet in Bassendean

Have a Go News is now available from Bassendean Books, 40 Old Perth Road, Bassendean.

Great selection of secondhand soft and hard cover books. Come in and browse around you'll enjoy it.
Call 9279 3959.



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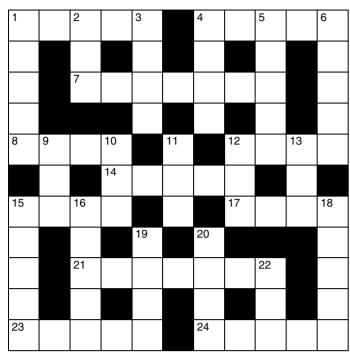




Have a Go News PUZZLES PAGE Have a Go



CROSSWORD



- STRAIGHT CLUES **ACROSS** 1. Clean (fish) (5)
- 4. Stools or benches (5)
- 7. Heating coil (7) 8. Radio code for E (4)
- 12. Upper limbs (4)
- 14. Noticed (5)
- 15. Dancer, ... Kelly (4) 17. Car bump mark (4)
- 21. Tombstone inscription (7)
- 23. Aromatic leaf seasoning (5)
- 24. Choose (5)

© Lovatts Puzzle:

DOWN

1. Flavoured topping (5)

© Lovatts Puzzles

- 2. Grow older (3)
- 3. Sight organs (4)
- 4. Plant stalk (4)
- 5. Stage performer (5)
- 6. Fruit stones (5)
- 9. Snooker stick (3)
- 10. ... & only (3)
- 11. Had food (3)
- 12. Count up (3)
- 13. ... the barricades! (3)
- 15. Jack & The Beanstalk ogre (5) 16. Poor (5)
- 18. Distinguishing feature (5)
- 19. Insect sting (4)
- 20. Promontory (4) 22. Weeding implement (3)

CRYPTIC CLUES

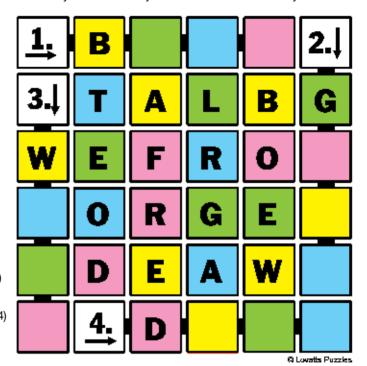
- **ACROSS** 1. Climb to musical heights? (5)
- 4. Strange that members of parliament stand for
- 7. Part of electric jug that won't break down? (7)
- 8. Sound reflected in male choir (4)
- 12. Cockney harms weapons (4) 14. Made a record and celebrated (5)
- 15. Part of Mr Hackman's DNA? (4)
- 17. Study Middle Eastern depression (4) 21. Writing that finishes with a rip (7)
- 23. Kathy mentioned some herb (5)
- 24. Vote in the lecturer (5)

DOWN

- 1. Spoke of source for gravy (5)
- 2. Stage of life portrayed in tragedy (3)
- 3. Looks at potato buds (4)
- 4. Originate from small talk? Excuse me! (4)
- 5. He pretends to work (5)
- 6. Ranked players are the pits! (5)
- 9. Prompt learner left clue (3)
- 10. It begins odd sequence (3) 11. Devoured eight, apparently (3)
- 12. Make extra inclusion involving Dad (3)
- 13. Dog's best friend is in demand (3)
- 15. Huge American soldier with picnic pest (5) 16. Sneeze idly even when requiring assistance (5)
- 18. Tendency to take directions from transit (5)
- 19. Light meal, sometimes after frost? (4)
- 20. What Superman wore to South Africa's town (4)
- 22. Tool kept hidden in shoes (3)

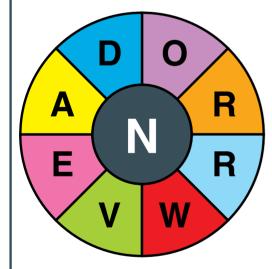
SQUARE SHUFFLE

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



#319 October edition PUZZLES - Solutions appear on page 49

Create as many words of 4 letters or more using **Wheel Words**



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.

34 Good 43 Very Good 50+ Excellent

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

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

Stories about Western Australia in two books



Awesome WA, 1001 Fair Dinkum Facts about Western Australia - Journalist Lee Tate has compiled this book about the weird and wonderful of Western Australia



Living Histories: Stories from the Swinging 60s - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s.

ORDER	Prices	Quantity
Awesome WA, 1001 Fair Dinkum Facts about Western Australia	1 book \$25	x \$25 (inc gst)
Living Histories: Stories from the Swinging 60s	1 book \$20	x 20 (inc gst)
POSTAGE: 1 x Awesome WA \$6 2 x Awesome WA \$8 1 x Living Histories \$10		
	Total	\$

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For further information contact Have a Go News on accounts@haveagonews.com.au or 9227 8283.

Providing multi-cultural aged care with a difference



RAINBOW the Multicultural Aged Care Program is an Aged Care Service with a difference. They are on a mission to fight loneliness and believe they are winning through their program.

Some of the innovative ways in which they fight loneliness for their clients includes celebrating every client's birthday, ensuring Christmas and Easter are celebrated and good old-fashioned music and dancing.

People of European origin know that music and dancing is some of the best medicine and every week Rainbow organises songs and dancing.

They also encourage exercise with special activities such as balloon fights.

Apart from these fun activities they offer services to help with personal care, jobs around the home and garden, including shopping trips or visits to the doctor.

It's often the simple things in life that make a difference. Rainbow provide services which are important to maintain people's well-being.

This means you can focus on the more important part of living. Their support workers are from backnon-English speaking grounds and are of Eastern or Southern European origin and

guage of the customers' choice. To access Rainbow's services people need to receive a Home Care Package (HCP), and must first be assessed by the Aged Care Assessment Team (ACAT),

can provide services in the lan-

The process is simple; contact a GP to ask for a referral letter

the approved authority.

to the Aged Care Assessment Team. This team consists of friendly professional people who will work out with you how you can best be helped. Then a Rainbow manager, will settle the final details of the services required.

Rainbow receive funds from Australian Government through the Department of Health and spend 70 per cent on direct assistance for their con-

Basic fees for work done by support workers is \$7 per hour, for services provided. To be fair to all consumers, each is asked to contribute according to their ability.

To contact Rainbow The Multicultural Aged Care Program phone 9271 2026, 0419 914 361, 1800 101 291 or email rainbow1@ iinet.net.au.

Laughter for world peace at the expo...

LAUGHWA are very excited to have been invited to the Conscious Living Expo in October to co-create and help achieve an Australian record for the largest participation in a Laughter Yoga session in one venue in Australia. This will take place on Saturday 20 October at the Claremont Showgrounds Exhibition Centre at 1 Graylands Road, Claremont to celebrate the 30th anniversary of the Conscious Living Expo.

You can register for a

free ticket at Eventbrite which includes free admission to the Expo. Each ticket is coded and you need to check in by 10.30am. You will receive a coloured armband and be directed to the designated areas and officially counted.

The session will be led from the main stage by Janni Goss, president of LaughWA and broadcast throughout the Pavillion. LaughWA members will facilitate laughter yoga in each of six locations including a Kids Corner for up to 20 children to participate in the laughter

What a great opportunity to experience the many benefits of Laughter - the Best Medicine to promote your health and wellbeing. Laughter reduces stress and boosts your immune system, so try a dose and turn stress into joy! They invite you to sign up www.perth.consciou slivingexpo.com.au and join them to create a re-

Denture clinic gives full service in Midland

FOOTHILLS Denture Clinic provide affordable professional services to their clients by the father-daughter team of Malcolm and Raynee McArthur.

Denture repairs can be done while you wait, and denture relines are usually a same day service.

The clinic is qualified to make all dentures including part acrylic and metal dentures and they are now registered to provide implants retained over dentures. The Foothills Denture Clinic is a Medibank Private preferred provider, HBF participating provider and deals with Veterans' Affairs, pensioner discounts and

country clients. Either Mal or Raynee will be happy to discuss any queries, free of charge. Visit shop 4, 16 The Avenue, Midland or call 9250 1733.

Speedy, simple and low cost self-publishing

SOCIETY of Women Writers WA is conducting a self-publishing workshop on Saturday 20 October from 10.15am to 5.15pm at the State Library of WA.

Speedy, Simple and Low Cost Self-Publishing, will be run by Helen Iles, editor and publisher; and author of Bitter Comes the Storm, Fire in the Heartland, and The Horse Keepers.

She will cover book design; working with templates and style sheets; front matter; legal obligations; graphics; cover design and cover images; uploading to the web for printed books and eBooks; and managing your book sales online. This is the most economical way to publish. You pay no fees.

Helen, the chairperson of The Society of Women Writers WA, says: "you can bring along your laptop, your novel or the collection of works you wish to publish, and work through the layout process, step by step.

The workshop is open to men and women. Cost is \$150 for members of the Society; \$160 for non-members. Email swwwabookingofficer@gmail. com or call 0429 116 395. Bookings are essential as places are limited.

For more information, visit the website: www.swwofwa.com.au

Antiques and collectables plus more... antiques and collectables

and the Polka Dot Vintage

Market, all conveniently

located at the one venue.

Handmade Crafts



COME ALONG to the

Treasured Craft Creations'

3 in 1 Market @ Show-

grounds fair on Saturday

10 and Sunday 11 No-

vember from 9.30am to

4.30pm where people can

visit more than 300 indoor

market stalls from across

the three-way combined event at the Claremont

The event comprises

three individual fairs which

include handmade crafts,

Showgrounds.

The craft exhibitors offer a wide variety of unique and different quality handmade crafts for sale. Enjoy a shopping experience where the person selling the product is the person who made it.

They also have a wide range of food products. Craft stalls are situated inside the Robinson Pa-

Antiques and Collectables

This fair includes antique and collectable dealers selling their wares through more than 100 stallholders. Free antique valuations are also available from 12pm to 3pm daily where customers can bring along a family heirloom.

Stalls are situated inside the Silver Jubilee Pavilion. **Polka Dot Vintage**

Market

People with a passion for vintage and retro clothing and accessories, can

browse in the 3 in 1 Market's Polka Dot Vintage Market.

Admission to the 3 in 1 Market is \$7 with children less than 10 years admit-

There will also be a chance to be in the draw to win the \$2000 door

The 3 in 1 Market @ Showgrounds is organised by Treasured Craft Crea-

For further information about the fair, phone 9457 9315 or visit www.treas uredcraftcreations.com.

WIN WIN WIN

To be in the draw to win a double pass to 3 in 1 Markets, email win@ haveagonews.com.au and include the word creations in the subject line or address an envelope to Treasured Craft Creations Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your details on the reverse side. Competition ends 30/10/18.

New technology for skin cancer detection

PERTH residents are the first in Australia to receive access to the latest in skin cancer detection, with the new technology picking up the subtlest of changes in skin lesions and moles.

National Skin The Cancer Centre (NSCC), Cottesloe, is the first centre in Australia to introduce the Canfield IntelliStudio skin imaging system, which enables NSCC doctors to detect skin cancer at its earli-

Win a \$200

shopping

voucher...

See page 16

est stage, when it's most manageable and requires less invasive treatment.

Resident NSCC Cottesloe skin cancer doctor, Dr Bob Noll, says full-body imaging technology is a pivotal tool, allowing for the most reliable tracking via the analysis of skin changes through microscopic images. Detailed sideby-side comparison is undertaken between skin checks

something as "With

serious and life-threatening as skin cancer, the earlier we detect it, the better the chances are of successful treatment. That's where the latest technology helps," says Dr Noll.

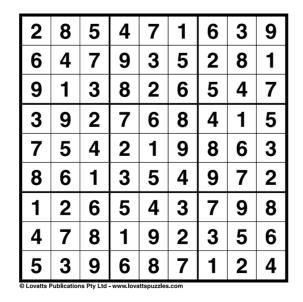
"Regular skin checks at least once a year - are incredibly important for early detection of skin cancer and can produce potentially lifesaving results.

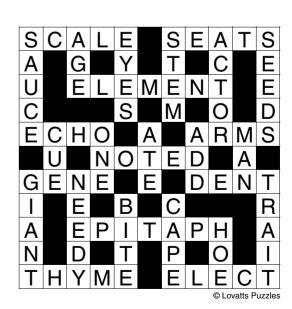
"Especially heading into spring and the warmer weather. want to ensure we're taking all the appropriate steps from prevention to

Bookings for full body skin checks using the latest Canfield IntelliStudio skin imaging system can be made via (08) 6280

National Skin Cancer Centre Cottesloe is located within the Cottesloe Medical Centre, Suite 3. 525 Stirling Highway, Cottesloe WA 6011.

#319 October edition PUZZLES Solutions





Wheel Words: Anew, Darn, Dawn, Dean, Done, Down, Earn, Nave, Near, Nerd, Node, Nova, Oven, Rand, Rend, Roan, Vane, Vend, Wand, Wane, Warn, Wean, Wend, Worn, Wren, Adorn, Anode, Drawn, Drone, Drown, Endow, Owned, Owner, Radon, Warner, Warren, Wonder, Adorner, Overran, Redrawn, Narrowed, 9-letter word; OVERDRAWN

Square Shuffle: Bear, Goat, Wolf, Deer,

Raven, Reran, Rowan, Vaned, Waned, Woven, Darner, Downer, Errand, Narrow, Onward, Vendor, Wander, Warden, Warned,

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

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

CLASSICS OF THE SILVER SCREEN

2018 Film Program presents for your pleasure Scaramouche

starring Stewart Granger, Eleanor Parker and Janet Leigh Monday 22 October Live organ music before the show Admission: Members \$6 Seniors \$9 Public \$11

Grand Cygnet Cinema, Preston Street, Como

Ph 9367 1663

Doors open 9.15am Screening starts 10am

Email: waregion@ammpt.asn.au or write to The Secretary, PO Box 5147 Dalkeith WA 6009

Preserving the rich heritage of Western Australia's Moving Image Industries

Have a Go News Quiz Page 2: 1. Strawberries. 2. They all do. 3. Lake Carnegie. 4. Nine. 5. Alan Carpenter. 6. Kerry Sanderson. 7. Sea perch family. 8. 1967. 9. His Majesty's Theatre. 10. Fremantle.

Let's GO MOTORING

Motoring made easy - electric dream



by Tony McManus

THE last few weeks have been electric in more ways than I would have imagined. And I fell in love! That's a good thing... right?

The people at BMW Australia invited me to drive the all-new i3s. I was at the time indifferent to say the least. I've read millions of words

about the advent of electric road cost, and want to (and autonomous) cars but remained a sceptic. The noise around 'the future' seemed shrill. I am now rehabilitated.

Paul from Auto Classic Perth said I would love it; he was spot on. In fairness, it was not love at first sight; it's not a pretty car. From some perspectives it is rather awkward looking. But once on the open road, the wow factor and go cart abilities kick in; and all so quietly. She goes really well, for at least 200 kilometres on an overnight charge. No petrol stations; what joy.

If you have around \$70,000 dollars, plus on do your bit, take one for a drive; you won't change our earth's environmental complications but you may hurt

On a more inexpensive note; let's talk Kia Sportage.

Kia, born and bred in South Korea has captured the imagination, for many of us, and by that I mean... me (who would have thought?).

Kia advertising, marketing, with seven-year warranty has done much to change the perception of the brand. And who would have predicted WA Police will soon be patrolling our roads in Kia Stingers?

Over the past two weeks I've driven both Kia Sorrento and Sportage.

Sorrento, with its seven-seat offering is a charm, but for mine the five-seat compact SUV Sportage is more than tempting. And this section of the market is a cluttered place, with offerings from Mazda, Toyota, Hyundai and Subaru; all around the similar price point. Much from which to choose.

The face lifted Kia Sportage is a ripper; softer, less 'edgy' with a distinct European feel. Capturing some of the best designers from Europe is now paying dividends.

Some diesel engines can still be noisy at times, (strange after the quiet of the electric BMW), but at cruising speed and listening to your favourite sound track through wonderful JBL speakers, it is fine.

The fiery red of my test car created debate. How hard to keep clean? My OCD (obsessive compulsive disorder) wreaked havoc with each spring shower over the course of a week's driving.

Sportage range starts around \$29,990; with plenty of really handy stuff, Apple CarPlay, Android Auto, autonomous lane-keep assist, high-beam assist, rear-view camera and rear parking

However did we used to manage?



Far left; Kia Sportage Above: The BMW all electric i3s is a dream to drive Below; Charging the BMW i3s.





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GREAT HOME and GARDENING



The secret to garden happiness is simple... it is all in the soil









Kick start the microbes in your garden with Richgro's Rock Mineral Fertiliser and Soil Improver - visit Amanda's garden this month - South West Rose Society's annual show is 3 - 4 November - majestic irises Parc de Bagatelle, Paris



by Colin Barlow

WHENEVER you visit a beautiful open garden here in Western Australia or anywhere around the world, you can feel the genuine love and nurturing from the owners and gardeners in tending the gorgeous flowers, climbers, shrubs, trees

and lawns that together create such an idyllic piece of paradise.

There is often much planting, pruning, weeding, fertilising and watering to be done to keep their gardens in top condition and growing well, but the rewards are definitely worth the effort.

The benefits of gardening include reduced stress, decreased risk of dementia and improved overall fitness, mental health and general wellbeing. Being in a delightful garden is guaranteed to make you feel happy.

So what is the secret that makes great gardens look so good? Is it just the hard work of the owner or are there other hidden elements

at work?

Well the secret is below the ground in the soil, where beneficial microorganisms capture nutrients and make them available to the plant's roots. These help to make the plants more resistant to pests and diseases by supporting a stronger and healthier root system.

These microbes aren't present in all garden soils but there is an easy way to get them into your garden soil. Spread two to three handfuls of Richgro Rock Mineral Fertiliser and Soil Improver per square metre around the base or drip line of your plants and trees every two to three months, and then lightly

mix it into the soil.

These microbes have been combined in granulated pellets with natural rock mineral and boosted with nitrogen, phosphorous and potassium, so that they are simple to use and apply in the garden. This natural slow release and non-leaching formulation provides all the essential elements to produce stronger plants with healthy green foliage, more flowers and tastier fruit to make your

garden a show stopper. Rock minerals are a natural mineral fertiliser made from fertile volcanic basic and sedimentary rocks. They contain trace elements and minerals vital for both plants and our own health including boron, manganese, copper, zinc, cobalt and molybdenum. Richgro Rock Mineral Fertiliser and Soil Improver helps to improve the structure, fertility and health of your soil through the interaction of the plant roots, clay, humus and microbes. Plus it can be safely used on all the plants

in your garden including

vegetables and natives. Always water the rock minerals in thoroughly after application to activate and 'kick start' the microbes. That way the microbes begin to actively seek out the minerals and nutrients in the soil so that the soil bacteria can break them down into a form that is readily available to feed vour plants.

Remember for a great garden, it is what you can't see below ground that makes all the difference. So give your plants and soil life a boost with Richgro Rock Mineral Fertiliser and Soil Improver, which is available from leading hardware stores.

Support a great cause

A favourite garden of mine, Amanda's Garden on the corner of Margaret and Matison Streets in Southern River will be open for a very important cause over the weekend of 27 - 28 October. All proceeds from Amanda's garden fête go towards meningococcal awareness, which tragically claims both very

young and older peoroses. I have adored ples lives, usually within them for many years but a very quick time frame. after visiting the Parc de This delightful garden Bagatelle in Paris I canset in the tranquil natural not do without them. setting of paperbarks is For details on the show dedicated to the memocontact Jean Waghorn ry and vibrant life of the on 9255 3957. 3. The Kalamunda then 18-year-old Amanda Young whose life was

cupied with Devonshire

teas, sausage sizzle,

plant sales, art displays,

Paddy's market and

musical entertainment.

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interesting events in WA.

1. The Cactus and Succulent Society of

WA State Championship

and Show will be held

at the Riverton Forum Shopping Centre from 18 - 21 October. This is

a great chance to add to a collection or start maybe start a new one with many different plants to

choose from suitable for beginners and experts.

Contact Bob Hunter on

Championship

borders or planted with

details.

This October it seems

foundation.org.au

and Districts Agricultural sadly taken by meningo-Spring Flower Show is coccal septicaemia. set to burst into bloom at the Kalamunda Ag-A massed display of Amanda roses is a highricultural Hall, Canning Road, Kalamunda on 20 light of the garden along October. For more inforwith many different vamation on the show go rieties of roses, perenwww.kalamundaag nials, trees and shrubs in a rural setting. The fête is open from 10am riculturalsociety.com.au or contact Pam Edwards until 4.30pm each day on 9454 5227. and entry is \$5. There is 4. The Geranium and plenty to keep you oc-

Pelargonium Society annual sale day at the Guide Hall, corner Stock and Kitchener Road, Melville takes place from 10am until 12noon on 27 October. Be early for the best selection and many varieties not available in retail nurseries. Entry is \$2 or go to www.gapswa.org.au for more information.

5. The South West Rose Society's annual rose show takes on a nautical theme when it is held at the Bunbury Power Boat Club in Bunbury on 3 - 4 November. Enquiries Margaret Addison on 0458 302 606.



6. The Altone Park Shopping Centre at 161 Altone Road, Beechboro will showcase the Epiphytic Cacti and Hoya Society Annual Show on 3 November. These ontrend plants have gained many new admirers with their ease of growing, unusual foliage and spectacular flowers. Contact Alf Gaebler on 9444 6694 or 0457 138 567 for more details and you may also become hooked.

7. The Heritage Roses in Australia 14th Biennial National Conference will be held in Albany from 4 13 November. Pre- and post conference tours are available with selected coach pick-ups from the Perth CBD. Go to www.heritageroses.org. au for more information.













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It all goes wrong for Peter Pan in this hilarious new stage show



Jay Laga'aia, Luke Joslin and Connor Crawford

PRODUCERS of the West End hit comedy Peter Pan Goes Wrong, which stumbles across to Perth in March 2019, have announced that they have managed to convince 10 incredibly talented actors - including movie and musical theatre star Jay Laga'aia - to perform in the Olivier-nominated and critically acclaimed play.

The tour follows hot on the wobbly heels of last year's Olivier Award-winning comedy hit The Play That Goes Wrong.

Seven of the actors who had audiences in stitches in The Play That Goes Wrong Darcy Brown, Francine Cain, Adam Dunn, Luke Joslin, George Kemp, Jordan Prosser and Tammy Weller have all been silly enough to sign on again with The Cornley Polytechnic Drama Society where they will once again battle against technical hitches, flying mishaps and cast disputes on their way to Neverland with hilarious and disastrous results.

They will unfortunately be joined by Jay Laga'aia, well known internationally for his role as Captain Typho in Star Wars. He is also one of Australia and New Zealand's favourite musical theatre stars, having played the principal roles of Mufasa in the hit musical The Lion King, the Wizard in Wicked and Judas in Jesus Christ Superstar. He is also known for his television roles in Home and Away, Xena: Warrior Princess, Water Rats and Play School and as a contestant on Celebrity Big

In this new take on the J M Barrie classic, Peter Pan Goes

Wrong is co-written by Mischief Theatre company members Henry Lewis, Jonathan Sayer and Henry Shields and includes highly physical comedy packed with finely-tuned farce and Buster Keaton-inspired slapstick, all delivered with split-second timing.

Mischief Theatre's Henry Lewis says: "We are amazed that actors of such high calibre are prepared to risk their careers by signing up to perform in this maniacal play.

Peter Pan Goes Wrong premiered at the Pleasance Theatre in London in December 2013 before going on to tour the UK during 2014. The production made its West End debut in 2015 for a Christmas season, returning the following year from October for another Christmas season, making it the third show running in the West End from the Mischief Theatre Company after The Play That Goes Wrong and The Comedy About a Bank Robbery.

Peter Pan Goes Wrong is directed by Adam Meggido, with set design by Simon Scullion, lighting by Matt Haskins, costumes by Roberto Surace, sound design by Ella Wahlstrom and songs composed by Richard Baker and Rob Falconer.

Peter Pan Goes Wrong will play at His Majesty's Theatre from 7 – 17 March 2019 with 14 performances only. For bookings visit www.peterpan goeswrong.com.au

Experience the most dangerous mission in history



ON the heels of their six-time Acade-Award-winning

smash, La La Land, Oscar-winning director Damien Chazelle and star Ryan Gosling reteam for Universal Pictures' First Man, the riveting story behind the first manned mission to the moon.

This focuses on Neil Armstrong and the decade leading to the historic Apollo 11 flight. A visceral and intimate account is told from Armstrong's perspective. Based on the book by James R. Hansen, the film explores the triumphs and the cost on Armstrong, his family, his colleagues and the nation itself - of one of the most dangerous missions in history.

Written by Academy Award winner Josh Singer (Spotlight, The Post), the epic drama of leading under the pressure of grace and tragedy is produced by Wyck Godfrey and Marty Bowen (The Twilight Saga, The Fault in Our Stars) through their Temple Hill Entertainment banner, alongside Isaac Klausner (Love, Simon) and Chazelle.

In cinemas 11 October. **WIN WIN WIN**

Thanks to Universal Studios we have 10 double passes to giveaway. To be in the draw to win a double pass to First Man, simply email win@ haveagonews.com.au with First Man in the subject line or call the office during business hours on 9227 8283. Competition 18/10/18.

wood is punk rock's grande dame. One-time agent provocateur, the doyenne of British fash-

DAME

ion, an eco-conscious Boudicca and one of the most influential originators in recent history. The film explores her

Vivienne West-

uphill struggle to success, looking closely at her artistry, her activism and her cultural significance. Blending iconic archive and newly shot observational footage, this era defining, intimate origins story will be told in Vivienne's own words, and through touching interviews with her inner circle of family, friends and collaborators.

The first film about the grande dame of punk

Westwood: Punk, Icon, Activist is the first film to encompass the remarkable story of one of the true icons of our time, as she fights to maintain her brand's integrity, her principles - and her legacy.

Features exclusive and unprecedented access to Westwood and touching interviews with her inner circle, including her husband and creative

director Andreas Kronthaler and Kate Moss. Westwood is in cinemas 18 October. WIN WIN WIN

Thanks to Madman Entertainment, are giving readers the chance to win one of five in-season double pass to Westwood. To be in the draw simply email win@haveagone ws.com.au with Westwood in the subject line or call the office on 9227 8283 during business hours. Closes 17/10/18.

World War I love story presented by Darlington Theatre Players on Armistice Day



Neroli Sweetman

1916: A Love Story, is an original musical play written by West Australian resident, John Beaton, and directed by Neroli Sweetman who is well known in many WA theatres including Regal Theatre in Perth.

The story begins in late 1916 in Glen Forrest and at the Midland Railway Workshops and focuses on the final month of the Australian referendum on Conscription.

Should Australian men be made to go to war or should they only be volunteers?

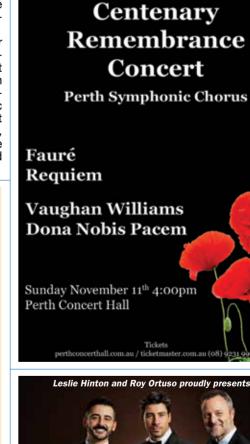
go to the moving pictures in Midland.

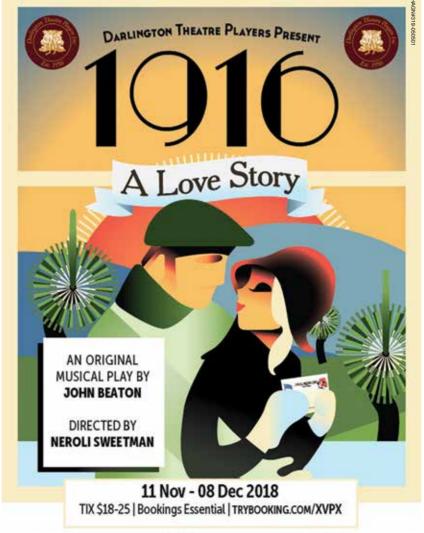
Meanwhile, World War I continued in Europe and the numbers of dead, injured and missing grew day by day.

This moving and uplifting production will open on Sunday, 11 November at 2 pm at Marloo Theatre, Greenmount.

Tickets are available trybooking.com/ XVPX or 0498 998 552.

Prices are \$25 - adult; \$22 - concession; \$18 - child/members; group bookings 10+ \$20pp.







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SATURDAY 1 DECEMBER



Australian adventure film follows young Errol on his real-life treasure hunt



Flynn and his motley crew

swash-buckled his way around film screens during the 1930s and 1940s.

He grew up in Tasmania, was educated



than planned.

Before his acting career took off, Flynn had a taste for adventure and at 18-years-old went seeking his fortune in New Guinea.

He documented much of his early adventures in his book Beam Ends published in 1937

Based on Flynn's adventures from Bean Ends comes Australian director Russell Mulcahy's new film *In Like Flynn*.

The expression In Like Flynn was said to have come about from Flynn's reputation as a hard drinking, good looking ladies' man. It's the perfect title for the film and from the

ative debut becomes

the toast of belle épo-

que Paris in Wash West-

moreland's (Still Alice)

moment the movie starts the adventure begins.

Australian actor Thomas Cocquerel plays the charming and adventure loving young Errol and brings an Aussie charisma to the screen.

The film begins in the jungles of New Guinea where Flynn is guiding a film producer from Hollywood and along the way he finds a map on a dead prospector which he believes will lead him to a fortune in gold.

Flynn returns to Sydney and rounds up a crew to sail back to New Guinea to find their fortunes.

The motley and determined crew include Rex a

and Luna Palace Cin-

emas we are giving

readers the chance

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ish Film Festival which

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October for its sixth

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ville 6901. Competition

closes 22/10/18.

Canadian ex-bootlegger, Dook an English gentleman whose family has lost their fortune but is handy with a gun and Charlie an old salt who lost his family to the sea.

The only way they can get to New Guinea is to steal an old yacht aptly named Sirocco which happens to belong to Chinese opium smugglers, providing further complications.

It's certainly not smooth sailing as they make their way up the east coast with mishaps befalling the ill-fated crew.

Mulcahy has found the perfect formula to keep the film fun, pacey and with just the right amount of comedy and action adventure to produce another iconic Australian story captured on film.

Beautifully shot and with appearances from a strong Australian cast including David Wenham, Isabel Lucas and Callan Mulvey, this all action adventure, based around one of Australia's most famous sons, will prove a box office success.

Watch In Like Flynn and get ready for an all Australian adventure film. The men will love the adventure and the ladies will love Flynn!

In Like Flynn screens in cinemas from 11 October.

by Jennifer Merigan

TASMANIAN born Errol Flynn was one of Hollywood's earliest action movie heroes. He in London and returned to Australia to complete his studies, which due to some controversy, saw him leave his grammar school earlier

British Film Festival returns for sixth year

THIS year's British Film Festival program features some of the most eagerly anticipated British films of the year including powerful true stories, literary adaptations and biographies and modern classics starring some of Britain's best known and beloved stars.

ART for ALL

In addition to the latest films, this year's retrospective features a suite of films from the Swinging 60s with a spotlight on star Michael Caine.

The festival will open with Colette, which stars Keira Knightlev as French writer Sidonie-Gabrielle Colette, whose provocmesmerising biopic, also starring Dominic West and Fiona Shaw. The festival takes place from 25 October -14 November at Cinema Paradiso, Palace Raine

and The Windsor For updates and more information, visit www. britishfilmfestival.com.au

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River (the lifeblood of our city) and what it means to

November 5-11 Pam Lockwood and Bev Johnson's

November 12-18 "Celebration of Youth" - End of year

exhibition for the children that attended Atwell art classes in 2018.

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SUNDAY 9 DECEMBER Astor Theatre TICKETS \$49.90 plus transaction fee BOOKINGS www.ticketek.com.au www.astortheatreperth.com.au

For the fallen



Dominic Perissinotto (pipe organ) and Brent Grapes (trumpet)

FOR the Fallen will commemorate and honour the 100th anniversary of the World War I Armistice in a concert of evocative poetry and music on Remembrance Day; Sunday 11 November.

Supported by Perth Legacy, the final Pipe Organ Plus concert for 2018 was inspired by James Hagan's desire to recite war poems accompanied by music.

The concert will open with a wreath laying ceremony by Perth Legacy and The Last Post by trumpeter Brent

"The poetry and music reflections for this concert are drawn from many countries to show that no matter where we come from, the effects of war are universal," Dominic said.

The concert will open dramatically with a performance of The Hollow Men (Vincent Persichetti) by Brent Grapes (trumpet) and Dominic Perissinotto (pipe organ). Originally written for trumpet and orchestra, the music is an evocative response to the poem of the same name by T S Eliot which will then be read by

The first half of the program also includes music by Frederick Kelly, George Butterworth, Benjamin Britten, Joseph Jongen and Ralph Vaughan Williams and the poetry of Rupert Brooke, Ernst Stadler, Guillaume Apollinaire and Wilfred Owen's famous Anthem for Doomed

After the interval the performers will resume their tribute to the anniversary with readings by Walt Whitman, Giuseppe Ungaretti, Anna Akhmatova, Vance Palmer and Laurence Binvon.

The program will be interspersed with the music of Paul Hindemith, Marco Bossi, Johannes Brahms, and the final piece by Brenton Broadstock - At the Going Down of the Sun featuring the pipe organ and trumpet.

This final dramatic composition by Broadstock was commissioned for Dominic in 1994. The work takes its inspiration from the Returned and Services League Burial Ritual and features trumpet and pipe organ with trumpet passages reminiscent of The Last Post.

The concert will be held at the Basilica of St Patrick, (corner Parry and Adelaide Streets, Fremantle) on 11 November at 2.30pm.

Tickets are available at the door (credit card and cash) standard \$40; concession \$35; under 18 \$20 or www.trybooking.com/TATI

WIN WIN WIN

We have four double passes to giveaway to this concert for some lucky readers. To be in the draw simply email win@haveagonews.com.au with Pipe Organ in the subject line or write to Pipe Organ Plus competition c/- Have a Go News PO Box 1042, West Leederville 6901 Competition closes 31/10/18.

Musical celebrates the life of Nelson Mandela



ENERGETIC and compelling new stage show Madiba the Musical – a Celebration of the Life of Nelson Mandela will come to Crown Theatre Perth from 2 to 12 January.

Madiba the Musical celebrates the life of the former South African leader who would have turned 100 in July this year, interwoven with stories of the fight against apartheid and forbidden love in a troubled land

Australian producer Neil Croker said an exciting line up of talented singers, actors and dancers has been assembled for Madiba the Musical. The role of Nelson Mandela will be played by Perci Moeketsi following an international search.

From a very humble background where a career in the arts was considered nothing but a hobby for a black child, Perci says he's pinching himself that he'll soon be portraying his hero and on an international platform.

The South African star of stage, television and film, Perci Moeketsi, dared to dream the impossible, encouraged by Mandela's own words: "It is impossible until it's done."

"It is beyond a dream come true," beams the triple threat from Pretoria, the South African city where Mandela was both imprisoned and later inaugurated as president - so it is fitting that a star from this area is chosen for the pivotal role.

Neil Crocker said: "Madiba the Musical is a production with both a fantastic and moving story and some truly fabulous and joyous music and dance. This cast we have assembled of such authentic and talented actors, singers and dancers will deliver to audiences a memorable night of informative, challenging and uplifting theatre.

Perci joins Tim Omaji; Tarisai Vushe; Blake Erickson; Madeline Perrone; Barry Conrad; Ruva Ngwenya; David Denis along with Courtney Bell and Riley Sutton to star in this energetic and compelling new stage show.

With music and lyrics by Jean-Pierre Hadida and the book by Jean-Pierre Hadida and Alicia Sebrien, English co-adaptors Dylan Hadida and Dennis Watkins, Madiba the Musical Australian production will be directed by Pierre-Yves Duchesne and associate director Dennis Watkins with musical direction by Michael Tyack and choreography by Johan Nus.

Sebrien and Hadida said that in creating Madiba the Musical, they wanted to tell the story of Mandela's pursuit of peace and reconciliation in his homeland. They said the musical was also timed to mark 25 years since the abolition of apartheid in South Africa, and the year that Mandela would have turned 100 if he were still alive.

The first English language production of Madiba the Musical comes to Australia following acclaimed performances in France, Northern Africa and the . West Indies.

Madiba the Musical plays at Crown Theatre from 2 to 12 January. Bookings www.ticketmaster.com.au or 136 100. www.madibamusical.com.au





A stunning evening of remembrance not to be missed



AS we approach the centenary of the end of World War I, St Mary's Cathedral hosts a candlelight concert titled Remembrance by Candlelight as the culmination of its Concert Series 2018 on Sunday 4 November at 7.15 pm.

A stunning line up of artists is headed by special guest artist Yoram Levy, principal trumpet of the Tasmanian Symphony Orchestra. Yoram is the Concert Series' first interstate guest artist and is one of Australia's leading trumpet players. Originally from Israel where he played in the Israel Philharmonic Orchestra under illustrious conductors Zubin Mehta and Leonard Bernstein, he is no stranger to Australian audiences having played with all the major orchestras in Australia (including our own WASO)

This concert features an historic narration given by Perth celebrity Richard Offen focusing on young Perth local Alaric Pindar Boor (1892-1917) who went to war at the age of 25. A bright young academic (he was a Rhodes Scholar), he was an aviator and died at the battle at Beersheba in Palestine in 1917. His memorial Mass was celebrated by Archbishop Clune at St Marv's Cathedral on 13th November 1917.

Yoram is joined by local soprano Katja Webb, the newly formed St George's College Chamber Orchestra led by Paul Wright and the Cathedral choir.

Before the concert, Miss Maud is offering patrons their famous smorgasbord at the very special concert price of \$35 – bookings essential.

WIN WIN WIN We have 10 doubles passes to giveaway to the St Mary's Cathedral concert on Sunday 4 November at 7.15pm. To be in the draw simply email win@haveagonews. com.au with St Mary's in the subject line or write to St Mary's Cathedral competition c/- Have a Go News PO Box 1042. West Leederville 6901. Closes 29/10/18.

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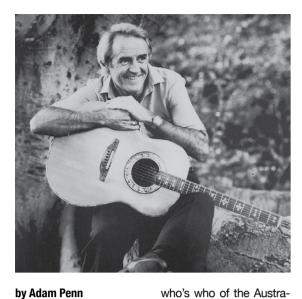
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WA country music legend Clem Croft celebrates 70 years in the business



lian rock scene of the 60s

- Col Joye and the Joy

by Adam Penn

THE names read like a

Boys, the Allen Brothers, Lucky Starr and Johnny O'Keefe. Perth entertainer Clem Croft was in the thick of it, carving his name among the great and the good as one of the country's top music legends.

Clem, born in North Perth 25 February 1936, recently celebrated 70 years in the entertainment industry. He was introduced to music early in life through his mother, celebrated WA opera singer Rosemary Mary Dorothea (Doris) Horrigan and started serious singing aged 14 at Billy Barnes School of Music. His first paid gig was at 16; he was paid three pounds and three shillings for impressions of

Johnny Ray and Al John-

Clem won the City Beach Surf Club talent quest and worked with celebrated Australian entertainer Johnny Young and Bill Blaine at the Embassy Ballroom. He also worked at the Lido Night Club in Cottesloe, Canterbury Court and the Pagoda Ballroom.

In 1960 Clem introduced the guitar to his performances, though he said he wasn't so proficient. But it would become his trusted companion on stage for many years, especially when the eastern states beckoned.

Clem started a national career in Sydney, working with the likes of popular singer Col Joye and the Joy Boys and the Allen Brothers (Peter Allen later to become an international star). He performed at the Ling Nam Night Spot in Kings Cross and auditioned for Festival Records where he gained a recording contract along with Lucky Starr. He and Starr became firm friends.

Over the next 15 years Clem toured South Australia, Victoria and NSW, performing with Johnny Dig Richards O'Keefe, and Col Joye, on Woodies Teen Time, Adelaide Tonight, the Delltones in Melbourne, Bobby Limb Show, Jack Davey Show and Bandstand.

He recorded Yeah Yeah Baby and I've Walked a Long Long Way (written by brother Tex), backed by Col Joye and the Joy Boys for Festival and later Clarion Records. He gained billing on the Rex 4 Star EP beside Candy Williams, Barry Pilkington and Ray O'Connor.

Back in Perth, Clem took top billing at many city venues, headlined as a television star. He performed a version of Jimmy Dean's Big Bad John on Teenbeat and, in 1962, shared billing with Gary Carvolth as MC for a musical evening.

A big success was a No 1 track Mule Skinner Blues, which attracted lucrative recording contracts and popular acclaim. Another big success was The Man Who Robbed the Bank, with described Clem 'Perth's own Elvis Presley,' partly due to his Presley-like stage moves.

The late 70s saw Clem take a break from the music industry, moving with second wife Maureen to Darwin. He worked in another field, but a few years later the call to return to the music industry he loved was too strong and the couple returned

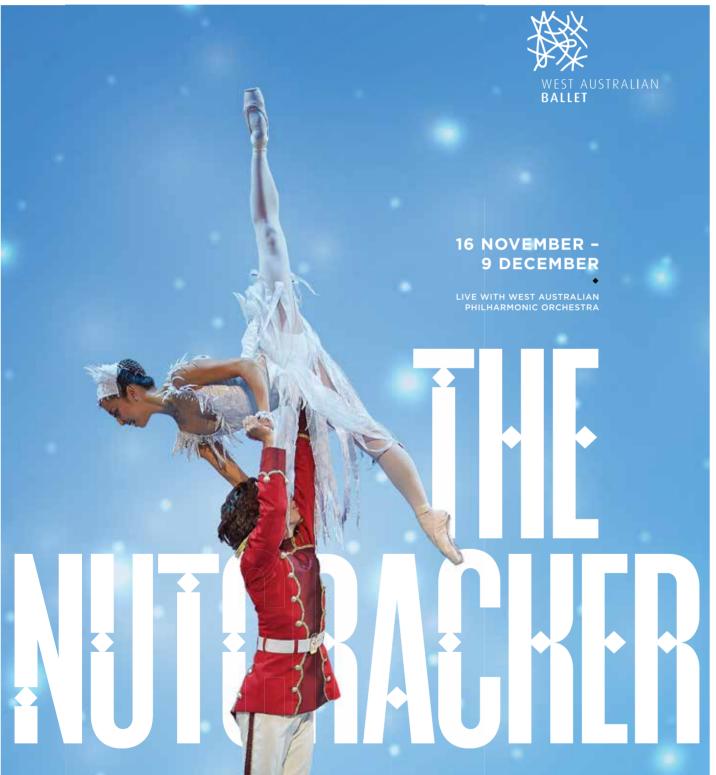
to Perth.

Clem started his One Man Band show, touring and performing through the Perth area and country regions. In the 90s he was principal artist beside Justin Iema with the Ava Go Show at Burswood Casino. The 15-year contract saw Clem help develop the careers of Chelsea Gibson, June Aronce, Adam Penn and many others.

Clem and Maureen toured the country staging shows, judging and helping foster talent. With an impressive entertainment record the musical legend was inducted into the Powerplay/Capital Hall of Fame in 2003.

A big band of friends and family gathered recently for a night of music, food and dance to celebrate Clem's 70 years in the profession. Fellow musos Kelly Green, Brenton Fosdyke, Wayne Pride, Peter Anderson (who organised the event) and Kevin 'Bloody' Wilson performed and paid tribute to a man who has helped foster many ca-

Congratulations Clem for a job well done.



Italian Tenors charm again



DIRECT from Italy, the Italian Tenors, three of Europe's most successful operatic tenors, have become a worldwide pop-opera phenomenon.

Fabio La Mattina, Sabino Gaita and Evans Tonon toured Australia in 2016 on their inaugural tour which saw the group play to sell out performances Australia wide.

The Italian Tenors signed to Universal Records, combine their classical roots with Neapolitan songs and their own blend of Italian pop, which is not only evident on their self-titled album but is sung with the flair and virtuosity that is uniquely them.

Their encore Australian tour promises all the Italian charm and vocal power of their recently sold out European tour. Together with their live band, the evening promises to be an incredible musical montage of vocal passion and entertainment excellence.

Don't miss them this year as they return to Perth. See advertisement on page 53 for details.



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BALLAJURA GENT 70 widower, ret. Engineer, educated,

Euro b'ground, kind, caring nature. Loves European

travel, fine dining, cooking sk lady 60-70 to share

auality life.

ATTADALE GENT 62 tall, handsome, well spoken, honest,

kind. Likes travel, yoga, dining out, films, cooking good

food w/ good friends, sk attr, interesting woman 50-55.

SWAN VALLEY GENT 77 fit, healthy, friendly, reliable,

happy spirited & a heart of gold. Sks a lady who has

pride in herself to be long term companion 70-80.

SOLUTIONS

GENT 65+, NS, SD, NG, GSOH, SOR. Looking for companion. I'm average, fit and well, I don't want to be on my own. I like to share things with someone, friends, companion to start, music, movies, barbecues to go, with TLC. I'm financially comfortable. If you live Armadale/Cannington. Nothing to lose. Age, nationality open. Call me. ALA. No email.

Reply Box 8014

GENT 70, creative, positive, handy, always inventive, romantic seeks lady same era to hold hands with...must be reasonably

forgetful and happy. **Reply Box 8010**

GENT 70s, lacking romantic love at home, WLTM a friendly lady having a similar lack and wish to end it. Life was given to us, it is in our hands to make it happy.

Reply Box 8007

GENT 70s, WLTM naughty lady for fun, frolics, domination and more Reply Box 8030

www.haveagonews.com.au

GENT 74, NOR, GSOH, NS, SD, enjoys movies, country drives, WLTM affectionate lady, 69-73 for friendship, possible relationship, phone chat then meet over coffee, love to hear from country lady. Reply Box 8028

□ Phone I am over 45 years of age(Signature)

...... Postcode

GENT over 70 seeks lady friend NOR for coffee and see where that leads, NS. ND, fit, well mannered guy, bit shy at first. Lady with GSOH required. I'm well travelled, now need good friend.

Reply Box 8027

GENTLEMAN 70s, well presented, GSOH, NOR, WLTM lady similar for friendship, socialising initially, let's see where this takes us. Please contact me, all replies guaranteed.

Reply Box 8034

HEY gentleman 65+, NS, GSOH, plus all other great attributes, are you looking for lady 68, NS, GSOH, plus all other great attributes. It could be me. We should meet.

Reply Box 8012

IT would be nice to celebrate the festive season and beyond with a caring, sincere gent 75+, similar interests. I'm slim, easygoing lady, fin sec, GSOH, enjoy happy times, good company, music, family, friends, prefer landline, NOR.

Reply Box 8035

LADY 70+, enjoys music, dancing, swimming, craft, sewing, gardening etc. I am a healthy vegan and WLTM a patient, kind gent in need of a friend who lives SOR near 6110 area. Please write!

Reply Box 8016

LADY 75 years young, wishes to meet similar age gentleman. GSOH, SD, NS with a view to friendship. I am a lover of the outdoors and an avid reader and enjoy music.

Reply Box 8006

LADY WLTM gent 80, loving, caring, eat out/in, coffee, travel, watch TV, cinema, NOR, NS, NG, SD, friend.

Reply Box 8036

LET us gather and reason together for a fellowship, if anything, friendship is a beautiful thing to have. Born again Christian, oriental lady WLTM people, warm personality and positive approach towards life. Middle age and over!

Reply Box 8013

REFINED educated, English lady, very pleasant, friendly, GSOH. NS. ND, well travelled, enjoys nature, art, swimming, reading, walking, music, photography. WLTM 70-80, genuine, sincere, kind, honest, fin sec, NS, GSOH, gentleman, similar interests, unattached for friendship, SOR. Coffee? Reply Box 8025

RETIRED business gent, slim, healthy, 80s, WLTM nice lady, similar for Sunday drives and lunch, western suburbs.

Reply Box 8019

SINCERE DTE lady seeking kind, respectful man in her life to share outings and visits to different venues, cinemas, live shows, country and beach areas. I am NS, SD, good humoured, just little lonely on occasion.

Reply Box 8008

Seeking a Partner

ATTRACTIVE English lady 70, size 14, well presented, feminine, educated, fin secure, Cannington area. own home, enjoys music, reading, walking and socialising. WLTM unattached gent, 65-72, Beverley, York, Northam and Hills areas for long term relationship. Let's meet for coffee. Photo appreciated.

Reply Box 8015

ATTRACTIVE happy lady, no ties, WLTM happy, contented gent, 68-76, no ties, fin sec, NS, SD, VGSOH, honest, kind, social who enjoys life, travel, boating. Me; GSOH, cartactile, generous, kind, loves cruising, boating, caravanning, Peel area. Photo please. ALA Reply Box 8009

AUSSIE male 70, interests fishing, movies, dinning out and horse racing. NS, SD, like to meet slim lady, similar interests, retired, fin sec, not a world traveller. Spearwood. **Reply Box 8022**

ENGLISH gent mid 70s, WLTM a genuine lady who is into country drives, movies, 60s music, travel, cruising and more. I am NS, NG, SD, GSOH with lots of TLC, genuine replies only please.

Reply Box 8018

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EUROPEAN gentleman 62, tall, handsome, fin sec. own home, caring, honest, GSOH. loves cooking, gardening, movies, music, walks, keeping fit, romantic, dinners, red roses, candles, TLC, WLTM lady, 60-65, same interests. Likes car door open, red roses, photo, ALA, NOR.

Reply Box 8005

GENT 56, slim, fit, looking for younger, slim, woman, SOR, SD, GSOH, DTE, any nationality. Interests; movies, barbecues, camping, fishing, sports, hotels etc. Near Mandurah Rockingham area. WLTM. Reply Box 8004

GENT 60, 6', NOR, NS, SD. Likes dancing, bike riding, movies, bush walking, socialising, well presented, dining out, GSOH, likes travel, many other interests. Seeks genuine lady, 55-65, for friendship. relationship, spend quality time with.

Reply Box 8020

GENT 67, tall, retired, happy, not bad looking, GSOH, SD, NS, likes 60-70s music, drives, fine wine and dining out, WLTM tall, fun lady, 58-66, SOR. Let's meet for coffee.

Reply Box 8011

UK/Australian, **GENT** late 60s, well presented, educated, fin sec, enjoys travel, gym, family, beach, coastal walks, usual social activities. Seeks compatible, intelligent, attractive, slimmish, easygoing lady to mid 60s, companion, travel, social activities, whatever NOR. Coffee? Reply Box 8033

HILLS gent. 66, slim build. clean shaven, 57kgs, 5'9" speaks Polish and Indonesian. Interests; different cultures and cooking, most music, gardening, travel and picnics. WLTM DTE, NS, lady, late 50s. Early 60s to embrace life with.

Reply Box 8017

LADY 65, looking for genuine, caring gent for company, friendship, if compatible, partner for social outings. NS, SD, NG, Hamilton Hill area. Reply Box 8026

LADY mid 70s, active, caring, enjoys quiet times together, social outings, family life, WLTM gent GSOH, NS, SD, NOR.

Reply Box 8021

Love the movies? See the latest movie reviews and win tickets www.haveagonews.com.au Each person may submit

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Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

WELL presented gent, young looking, 78, easygoing, active, NS, likes music, dancing, seeking lady NS, fit for friendship, relationship, long term, SOR.

Reply Box 8031

NEWS UPDATED DAILY www.haveagonews.com.au

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the ad) concerned and post to: eg. Reply Box 4100

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Send your reply on a single sheet of paper. Place in a small envelope 11B

(measures approx. 14 x 9cm).

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.



Have you met your match?

We at Have a Go News are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you?

> Our super sleuths have told us of two such people.

If you would like to share your story please email helen@haveagonews.com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901

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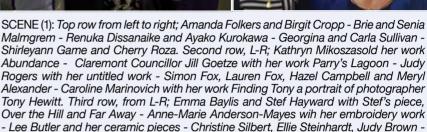






City of Nedlands CEO Greg Trevaskis said the exhibition was always well-attended and a favourite event among students and the broader community. Visitors to the exhibition, open 10am-4pm daily (including weekends), have a chance to win a \$200 Tresillian Arts Centre voucher when voting in the \$500 People's Choice Award, sponsored by Captain Stirling IGA. The Tresillian Arts Centre is at 21 Tyrell













SCENE (2): 6PR's Karl Langdon had a quick chat to an 86-year-old West Coast Eagles fan at the semi final held at Optus Stadium last month. Have a Go News was in the crowd and snapped Karl getting up close and personal!

SCENE (3): EDITOR Jen Merigan gave a talk to

members of the Victoria Park Probus Club last

month profiling our Living Histories project and

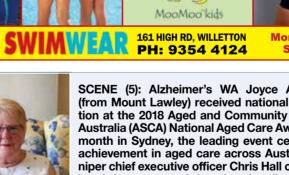
the history of Have a Go News. It was a walk down memory lane as the talk centres around

life in Western Australia in the 1950s and '60s.

The club meets Wednesdays at the Perth Foot-

Pictured members of Victoria Park Probus Club







SCENE (5): Alzheimer's WA Joyce Ashworth (from Mount Lawley) received national recognition at the 2018 Aged and Community Services Australia (ASCA) National Aged Care Awards last month in Sydney, the leading event celebrating achievement in aged care across Australia. Juniper chief executive officer Chris Hall congratulated Joyce, a much-loved and well respected multi-skilled carer/supervisor with an aged care career spanning an impressive 50 years - 45 of those years served continuously with Juniper.



ball Cub function centre.



SCENE (4): WA Carpet Bowls Association (WAC-BA) held the Have a Go News State singles championships at Swan Active formerly Altone Park Leisure Centre on Tuesday 18 September with more than 100 people competing. Have a Go News are pleased to sponsor the competition and have been doing so for more than 15 years. Congratulations to John Salamone and Nancy Renshway who took out first place in the men's and women's event respectively.

SCENE (4); Left; 1st Place - John Salamone - Nollamara (right) - runner Up - Mark Studders - Bayswater (left) Right; 1st Place - Nancy Renshaw - Balga (right) - Runner Up – Bebe Flynn – Addie Mills (left)



SCENE (6): Left to right; The 50s styled hostesses on opening night - The red carpet was rolled out to celebrate cinemas in the city again



SCENE (6): PALACE Cinemas Raine Square celebrated their grand opening with a gala event. Palace have re-imagined the cinema experience with reclining leather seats, complete with side table, cup holder, state of the art sound, screens and plush surroundings. More than 500 people attended opening night which featured a special screening of the Bruce Beresford film Ladies in Black. The complex offers eight cinemas, a roof top bar, a champagne lounge and quality food and beverage service. The homemade choc bombs were sensational. It's exciting to have cinemas back in the city.



SCENE (7): It's always a great fun morning at the Holly Wood Tuesday Morning Show which is a free community event held at the Perth Town Hall on Tuesday mornings from 11am. Every show features local entertainers or speakers and people are welcome to join the friendly group. This photo was taken last month from the stage when our editor Jen Merigan spoke to the group about Have a Go News.



SCENE (8): SEPTEMBER was Alzheimer's awareness month and Friday 21 September was World Alzheimer's Day, which is held internationally every year. The idea is to raise awareness and challenge misconceptions within communities around the world. PWC (Price Waterhouse Cooper) hosted a cocktail function for Alzheimer's WA to raise awareness about dementia within the community. Various people spoke about their personal stories of dementia in their family and the event was attended by the Minister for Health and Deputy premier Roger Cook. It was an opportunity to raise much needed funds for those with the condition and highlight the important work Alzheimer's WA carries out in this state for people living with dementia and their families.

SCENE (8): Alzheimer's WA ambassador Rebecca Hannan with Minister for Health Roger Cook MLA.

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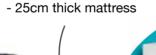
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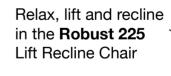


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