





LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

PRINT POST 100022543

VOLUME 26 NO. 04 ISSUE NO. 296 NOVEMBER 2016

IN THIS ISSUE



let's go travelling 16 page liftout

- Perth 4WD and **Adventure Show**
- Visit the Blue Mountains
- Cruising



Josephine Allison speaks with John Paul Young



- Seniors Week Focus
- Black Swan State Theatre Company's 2017 overview

- reviews, recipes and more Great Home & Gardening

COMPETITIONS/GIVEAWAYS

Tutankhamun Exhibition Singin' in the Rain Metropolitan Symphony Orchestra Poldark DVD Duyfken Bad Santa 2 La Belle France - Book

Visit www.haveagonews.com.au Like us on facebook



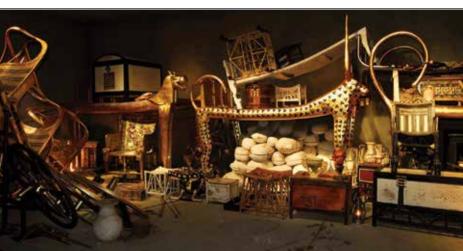
SUPPORTING SENIORS' RECREATION COUNCIL OF WA (INC)

Established 1991 Celebrating 25 years in 2016



The Pharaoh's arrived









Clockwise from top left; Inner gold coffin - antechamber - coffins - canopic shrine

by Jennifer Merigan

WHEN world-renowned archaeologist Dr Zahi Hawass is the scientific advisor for an exhibition you can be assured it has captured the essence of ancient Egypt.

Dr Hawass has dedicated his life to the study of Egyptology with numerous scholarly articles and books on the subject, various major discoveries in Egypt over the course of his career and many research programs.

He is the former Egyptian Minister of Antiquities, and Director of Excavations at Giza, the Valley of the Kings and other areas.

His extensive knowledge has also seen him make numerous television appearances. He received an Emmy in 2006 for a special television show on ancient Egypt.

Dr Hawass was in Perth recently for the launch of *Tutankhamun* - His Tomb and His Treasures exhibition which is on display at the Perth Conference and Convention Centre until January.

The exhibition follows the ar-

chaeologist Howard Carter who discovered Tutankhamun's tomb.

This is one of the first tombs discovered which was scientifically recorded with Carter's plans, diaries, drawings and photographs providing the narration.

Dr Hawass took time out of his busy schedule to visit the Have a Go News' office.

"People are fascinated with Ancient Egypt because they have things that don't occur in any other civilisations - if you ask anyone they will mention four things; the pyramids, the sphinx, the mummies and the final thing is the golden boy who became a king. His tomb was found intact containing origional 5398 objects," said Dr Hawass.

Dr Hawass says that people can learn a lot from Ancient Egypt especially justice and the concept of the national project.

The ancient Egyptians followed the concept of Maat - the goddess of justice and truth - the building of pyramids and tombs were national projects and it made all Egyptians think about art, astronomy, architecture and justice.

"I think one of the fascinating things about Tutankhamun is that every year there is something new to find out about him.

"I wrote 13 books about him and four scientific articles, I am a pyramid guy, I stayed all my life working on pyramids and one of the reasons I became fascinated with Tutankhamun was when I received a CT scan machine as a gift from National Geographic.

"I thought I should examine this mummy because many people thought he was murdered I scanned the mummy and I found out that he wasn't murdered," he said.

"I've written two books for the exhibition, one for children The Golden Boy: History for Kids and one called the Discovery of Tutankhamun from Howard Carter to

"This exhibition has a very important scientific story and it helps educate people about the pharaohs," he said.

More than six million people

have seen this exhibition world wide, it utilises exact replicas of the treasures found in the tomb which have been hand crafted by Egyptian artisans with the idea of recreating a virtual archaeology experience.

Dr Hawass says it makes him happy to travel to city after city and see the impact of how people receive this exhibition as it gives the visitor a taste of the magic and the mystery of Ancient Egypt.

"I'm also telling the people of the world that Egypt is safe and I urge tourists to come back to my country, a visit to Egypt provides archaeology, adventure and a cruise down the Nile is amazing", he said.

At 69 he doesn't see himself every retiring. He says he feels more energetic than he did at the age of 20 and says he works harder now than he ever has and loves it.

Dr Hawass urges the people of Perth to visit this amazing exhibition and learn about Howard Carter and his discovery of the tomb of Tutankhamun.

continued on page 3



IT'S HARD to believe that Christmas is just around the corner. What a busy year we have had in the office celebrating the 25th anniversary of this paper.

I hope many of our readers participate at events during Seniors Week, especially at *Have a Go Day* and take up the opportunity to attend our inaugural Seniors Week Film Festival. See further details on page 47. I look forward to catching up with many of our readers during the week.

 $\star\star\star$ The ethos of this news-

From the editor's desk

paper promotes healthy ageing through activity and each edition we promote many and varied activities for readers to enjoy participating in some sort of sport or recreation.

Curtin University recently published research which has found that exercisers are more likely to keep exercising if their fitness instructor adopts a positive communication style rather than a 'no pain, no gain' approach to motivating them.

Personally I'm not surprised with these results, as I have always found positive reinforcement works the best when dealing with people.

★★★
St Mary's Cathedral is hosting the Illuminations concert on 20 November

PERSONAL TOUCH

CAR DETAILING

satisfaction at your home or workplace.

services at a range of affordable prices.

Vehicles brought to showroom standard.

Quality products and latest equipment.

Lovalty card discounts for regular clients.

• Two cars at one venue 10% discount.

three or more 20% discount.

Pensioner rates.

Call Josh 0416 272 472 Email PTCD@bigpond.com

WA Implants

Your Permanent Dental Solution

Are your teeth letting you down?

We have the perfect solution for you. All your teeth

replaced on as few as four implants, giving you back

more adhesives required.

Dr. William Reidy B.D.S. (Ireland)

1300 660 367

the ability to enjoy food and smile with confidence. No

Choose from a range of personalised

Cars cleaned to your personal

which will shine a light on acts of mercy in our community. The program will feature Lauridsen's Ave Maria, O Magnum's Mysterium and Lux Aeterna conducted by Jangoo Chapkhana.

MercyCare have joined together with four Catholic schools to present the concert to raise funds for the New Arrivals Learning Centre at Aranmore in Leederville. This centre assists with students from overseas who require preparation lessons before joining mainstream schooling. Tickets are \$35 or \$25 concession and can be purchased at www.mercycare.com.au/illuminations

 $\star\star\star$ A recent survey conducted with 1028 Australians regarding nutrition has revealed that three quarters of those aged 60 and above are regularly skipping meals. According to the research being too busy was one of the reasons people skipped a meal, with a further one in seven saying it was a hassle to prepare healthy meals and nearly one in ten claiming it was pointless to cook for one person.

Skipping meals puts people at risk of malnutrition and it's important to have a range of foods including proteins, fresh fruit and vegetables and dairy on a daily basis. There are lots of options available these days to ensure you eat well.

Knitted Knockers are holding a Big Day at the Spiers Centre in early December. This registered charity makes free prosthesis for women who have had a mastectomy.

The Big Day will include crafts items for sale, raffles, a quilt display and refreshments.

Come down and support this charity at 2 Albatross Court in Heathridge from 10am to 4pm on Saturday 3 December. For more information about the Big Day or how you can help the charity contact Therese on waller_62@hotmail.com or Pam on pam45@myacn. net.au

Thank you to the many people who have contributed their stories for Living Histories where we asked people for their recollections about what life was like for them in the 1960s in WA. We should have the book ready for sale in early December and it will make an ideal Christmas present. Further details will be published in the December issue, and on the Have a Go News facebook page.

In the lead up to the state election, COTA WA will be hosting focus groups covering topics on health, housing, transport and other issues in early December to ask people what concerns they want their politicians to be aware of. This is a great opportunity to have your say. The focus group will be held on Tuesday 6 December at City West Receptions from 10am to 12.30pm. Call 9472 0104 or email policy@cotawa.org. au to register your place.

I wish you a happy and nealthy month.

Jennifer Merigan Editor

jen@haveagonews.com.au Like us on facebook or follow us on twitter!

Funny historical fact

KING George V of England died on 26 January 1946 at 11.55pm. His doctor gave him a lethal injection so that he would die before midnight and his death could be announced in the morning *Times* instead of in a less prestigious afternoon newspaper.

Quote of the month

"Old minds are like old horses; you must exercise them if you wish to keep them in working order." John Adams

Word of the month

Pantagruelian

adjective Definition - Enormous:

Origin

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

Urban slang

Selfie

Bromance — 1) as a noun or adjective, two heterosexual males with such a close relationship they appear to be romantically involved; 2) as a verb, the act of attempting to become closer to a fellow heterosexual male usually through acts similar to romancing a woman, such as flattery, gifts and spending alone time.

Ageing research snippet

LET'S get physical... According to a recent study published in the BMJ (British Medical Journal), people who achieve total physical activity levels several times higher than the current recommended minimum level have a significant reduction in the risk of breast cancer, colon cancer, diabetes, ischemic heart disease, and ischemic stroke events.

Diabetes research group urges stressing less

WA'S PEAK diabetes research funding group is urging people with all forms of diabetes to place a focus on reducing their stress levels, including considering art therapy to help better manage their condition.

Diabetes Research WA has released two colouring pages as a simple way for those with diabetes - and those without - to take time out and boost relaxation and mindful-

"Emotional distress is believed to impact as many as four in every 10 people with type 1 and type 2 diabetes stress hormones can wreak havoc with blood glucose levels," said Diabetes Research executive director Sherl Westlund.

"On top of this, it can sometimes spark behaviours that can affect blood glucose levels – things such as drinking more alcohol, not eating as well and exercising less, but mindful art therapy has been shown to help people with diabetes manage stress, anxiety and depression.

"For those that aren't as keen on artistic time out, we'd be urging them to look around and find any activity that helps them relax – it could be walking in nature, swimming, meditating, playing with their pets, it doesn't matter really, as long as the end result is that they feel better able to cope with life."

Ms Westlund said when blood glucose levels weren't properly controlled the health effects could be significant.

"High blood sugar levels can lead to issues such as damage to blood vessels, which increase a person's risk of heart attack and stroke, and it can also lead to problems with the eyes, kidneys, feet, sexual organs, teeth and gums, and nerves, so it's incredibly important people are helped to avoid complications,' these she said.

The colouring pages are available for download on Diabetes Research WA's website www.diabetesresearchwa.com.au - and Ms Westlund urged community groups to contact the organisation

sent out.

They will also be available at the group's World Diabetes Day event in Wembley: Diabetes Research WA: Making Extraordinary Discoveries in Diabetes Research, to be held on Friday 11

November at 10am.

if they wanted copies





TWO HOURS AGO, YOU WERE ARGUING ABOUT... SOMETHING.

Remember those holidays you used to take where pleasures were a lot simpler? They still exist and you only have to drive a couple of hours north to enjoy them. Take a break from the stresses of city life and visit Jurien Bay.

JURIENBAYTIME.COM

Enjoy a little Bay Time

John Paul Young caps off a busy year with his magical music show



John Paul Young and The Allstar Band The Vanda and Young Songbook plays at the Astor Theatre this month

ones written for me but

we have all of those too.

We also have the wonder-

ful Evie trilogy written for

Steve Wright, Falling in Love Again for Ted Mulry

and Walking in the Rain

which was a big hit for

Grace Jones in Europe.

There's some Easybeat

songs as well and there

is also a tilt at the impor-

tance of Young and Vanda

So far, Young has taken the show to north

Queensland, around New South Wales, to Crown

Casino in Melbourne ear-

lier this year and to the En-

more Theatre in Sydney all

to almost sellout crowds.

loved it as we feel as if we

are on a winner," Young

says. "Next year, we will

start touring again, prob-

ably around February -

March. Audiences love

the songs and it's exciting

to see young people in the

audience having a great

time because you really

don't expect it. For older people, I'm always told

after the show how grate-

"Audiences absolutely

in AC/DCs career.

by Josephine Allison

IT seemed quite fitting that the day I spoke with popular Australian singer John Paul Young his much-loved rendition of his 1978 worldwide hit Love Is In The Air had just played on radio. The day before his Keep on Smilin' also set the right mood.

The Scottish-born singer comes to Perth this month with his much acclaimed show John Paul Young and the All-star Band - The Vanda and Young Songbook and Young is quick to explain how it evolved.

"It kind of happened through my keyboard player playing a flash-inthe-pan song one day and it sounded really good," Young says. "I thought maybe the band should do it and we did and then a few months later we thought we should be expanding on it and include a lot of the works of George Young and Harry

"These are not just the

derful memories."

ful they are for me having brought back these won-

The past year has been busy for Young who visited friends in South Africa between various work commitments. He has just completed a cruise to Noumea entertaining with John Farnham on board the ship Radiance of the

Young (JPY or Squeak) who was born in Glasgow, had a 1978 worldwide hit with Love Is In The Air. His career was boosted by regular appearances as a performer and guest host on ABCs 1974-1987 series Countdown. He had top ten success in Germany and the Netherlands

with Standing in the Rain. In 2009 Young was inducted into the Australian Recording Industry Association (AŘIA) Hall of Fame beside Kev Carmody, The Dingoes, Little Pattie and Mental As Anything. He also appeared in the Australian production of the rock musical Jesus Christ Superstar for more than two years. Love Is In The Air became a hit again in 1992 when it was used on the soundtrack to Baz Luhrmann's film Strictly Ballroom. In 2012 Young received an Order of Australia (OAM) for his services to charity and the music industry.

Young, who lives in Lake Macquarie, south of Newcastle with wife Lynette, says he tries not to let his work impact on his

Handmade Crafts

Antiques & Collectables

Polka Dot Vintage Market

private life too much.

"It's been a great ride and a definite privilege to be in the entertainment industry. It's not really work. I always feel for people who have to get up at 6am five days a week. I used to do that for a little while but it's not something I would look forward to going back to in any way.

Young says one of the most enjoyable parts of his show is that he has a chance to talk and explain to audiences between songs about the one they have just heard or are about to hear with a slide show projected behind.

"It kind of brings it all home that I was there and half my band was involved in those days. The band as a name and entity has been has been together for 42 years which is quite amazing. Of course, I don't have all the original members but I have two of the originals, Warren Pig Morgan, a Perth boy, and Rockwell T James who had a couple of hits back in the 70s on Countdown.

"All the new boys have been with the band for around 30 years so we know what we're doing."

John Paul Young and The Allstar Band The Vanda and Young Songbook plays at the Astor Theatre, Mount Lawley, Saturday, 26 November at 8pm. Other shows will be held in Albany and Mandurah.

3 in 1 Market

@ SHOWGROUNDS

The Pharaoh's arrived



Dr Zahi Hawass at the Tutankhamun - His Tomb

and His Treasures exhibition WIN WIN WIN a double pass to Singin' in the Rain at the

Enjoy table tennis for the Over 55s

Have a Go News Seniors Film Festival

See page 47 for details

THE Autumn Centre at 18 Kerry Street, Dianella would like to invite new members to join their happy club.

They start at 6.30pm on Monday evenings, usually finishing around 9pm. The cost is only 50 cents and this includes tea and biscuits.

For more details please ring Anita on 0400 194 839.

WIN WIN WIN TO BE in the draw to win a double pass to see the Tutankhamun - His Tomb and His Treasures exhibition simply email win@ haveagonews.com. au with King Tut in the subject line or send an envelope to Tutankhamun- C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 30/11/16.



Use it or Lose it!

Don't let your dental benefits get away...

As at December 31, all your dental benefits will expire.

We are offering an amazing introductory offer for new patients.

SAVE OVER \$1,000 on your first Dental Implant!

(excludes abutment and crown)

Or get \$599 off any other major dental service*

TIME IS RUNNING OUT!

DON'T DELAY: Call us today for your FREE consultation (normally \$89)

Appointment times are filling fast!



322 Vincent St, Leederville 6007

Phone: 9242 4400



CONSIDERING AGED CARE NOW OR

Regis provides high-quality residential care including ageing-in-place, dementia, palliative, supported and respite care. Our Nedlands site also has a Day Therapy Centre.

1300 998 100

regis.com.au

regis.com.au/northfremantle



IF YOU OR A LOVED ONE IS IN THE FUTURE, REGIS IS THE SUPPORT YOU NEED TO LIVE THE LIFE YOU WANT.

REGIS NORTH FREMANTLE NOW OPEN





St Ives Kallaroo Retirement Village

- Quality, private and well-appointed villa
- · Resort-style facilities and activities in the village Split system air-conditioning plus gas heating
- Huge master bedroom with large walk in robe
- Spacious second bedroom with large triple sized robe
- Bathroom with shower, basin and toilet Convenient, separate second toilet
- Large kitchen with ample storage cupboards
- Huge open plan dining and living room Security screens and doors fitted throughout
- Over-sized garage with remote control door
- Pitched patio entertaining with extensive paving
- Reticulated, low maintenance gardens Walk to beach and major shopping centre

Call me for your private viewing! **Travis Tompkin 0431 645 111**



WIN \$2,000 CASH (door prize)

Saturday 12th & Sunday 13th November

CLAREMONT SHOWGROUNDS

• FREE antique valuations (12pm-3pm daily)

Over 300 indoor market stalls

• Trains stop INSIDE showgrounds

9.30am - 4.30pm

Entry \$7 Children under 10 FREE www.treasuredcraftcreations.com.au www.facebook.com/3in1market

Food & Wine • Club News • Healthy Living • Property & Finance Caravan & Camping • Let's Go Travelling • Arts/Reviews • Scene Socially

Copy & Advertisement Deadline – 25th of the month prior to publication

The Have a Go News DECEMBER edition will be published on Friday 9/12/16

Publishers: **Concept Media** Street address: 137 Edward Street Perth WA 6000

PO Box 1042 Postal Address: West Leederville

WA 6901

Tel: (08) 9227 8283

Fax: (08) 9227 8293

ase address all correspondence to the Editor Email the editor/travel editor: jen@haveagonews.com.au Email to production: production@haveagonews.com.au

Website: www.haveagonews.com.au

Printers

Founding Editor Editor /Travel Editor

Journalists

Rural Press

Judith Treby Jennifer Merigan

> Josephine Allison Frank Smith **Brad Elborough** Lee Tate

Columnists

Colin Barlow Jon Lewis Karen Majer Jemma Aldridge Tahlia Merigan Mike Roennfeldt **Hugh Rogers**

Contributors

Noelene Swain Vince Garreffa Jeanette Woolerton

Lisa McMahon Admin Production/Graphic Artist Suyin Boehm

Advertising sales:

Advertising Sales Manager **Peter Johnston**

Direct Line: (08) 9227 8285 Email: peter@haveagonews.com.au

Features Co-ordinator

Tammy Scott

Business Development Executive John Leskiewicz







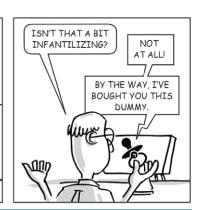
The attention of advertisers is drawn to the Trade Practices Act 1974 and the provisions in the Act which apply to advertising. Warranty & Indemnity: Advertisers and/or advertising agencies upon and by lodging material with the publisher for publication or authorising or approving of the publications of any material INDEMNIFY the Publisher, its servants and agents against all liability claim or proceedings whatsoever arising from the publication and without limiting the generality of the foregoing so indemnify each of them in relation to defamation, slander of title, breach of copyright, infringement of trademarks or names or publication titles, unfair competition or trade practices, royalties or violations of rights of privacy and WARRANT that the material complies with all relevant laws and regulations and that its publication will not give rise to any rights against its servants or agents. All advertising material submitted for publication will be accepted only on the understanding advertising material submitted to publication will be accepted only of the understanding that the material provided is not in contravention of any provision of the Trade Practice Act and Trade Descriptions and False Advertisements Act (W.A.) and the publisher may rely on that understanding. Although every care is taken the Publisher shall not be liable for clerical or printers' errors or their consequences however caused and no responsibility can be accepted by the Publisher where publication is delayed or prevented by factors beyond the control of the publishers. The Publisher reserves the right in its absolute discretion to alter in whole or in part or to withdraw from publication any advertisement. No advertisement in whole or in part or to withoraw from publication any adversisement. No adversisement undertaken by a client shall be reliant on supporting editorial. All editorial submissions shall be used at the Editor's discretion. All editorial submissions published in this newspaper remains the property of the publishers and cannot be reproduced without written authority. The editorial views expressed in this publication are not necessarily those of the











Letters to the Editor

Submissions may be edited for clarity and space.

DFAR Editor

I was very interested in Lee Tate's editorial about cooking shows

You either like them or you hate them. I am 84 years old and love cooking all foods - cooking to me is a challenge. I also love entertaining, but my husband is not into cooking at all.

We are rather selective with these shows, though I must say our favourite is Master Chef which we never miss. It has more professionalism about it and many of the recipes I have replicated at

We watched My Kitchen Rules but it's emphasis was more on celebrities, and lifestyles of the contestants. And the bad eating habits of the judges are sickening.

We are very keen on Heston's in Search of Perfection which is so very interesting by improving the diet of people in unusual circumstances, such as astronauts, submariners and schoolchildren. He is a very clever man.

I don't like watching chefs that swear on TV, there is no need for

We have watched Zumbo's Just Desserts which is purely a fun show I think. One can never take seriously a single dessert that takes two to three hours to make, but it's light entertainment.

Rick Stein is a favourite of mine. especially when he travels all over Asia learning how they cook their

There are a lot of cooking shows, and some people don't like any of them, but it all boils down to: you don't have to watch, there is always an alternative.

Kind Regards,

Marion Girdlestone, Gosnells

DEAR Editor.

A RECENT ABC 7.30 Report highlighted more university research confirming increasing beneficial results of nostalgic music to alleviate many debilitating conditions associated with old age.

An earlier episode of Catalyst featured a separate study program which reached the same conclusions.

They established there is a refreshing alternative to the drug industry culture of promoting expensive chemical cocktails to ward off the natural deterioration of the human body.

The adage: 'music soothes the savage beast' has been put into practice since 2002 when a group of local senior citizens set up a volunteer based community radio station to provide programs which included music to remind its audience of their peers of their earlier happy days.

Now Capital Community Radio 101.7FM and similar stations are faced with restrictions to their operations by proposed cutbacks to federal funding.

Not only is the therapeutic effect of the music at risk, but also the opportunity to learn of local news, something that is increasingly rare in the days of media takeovers and views expressed in line with editorial policy. The choice of what we hear, watch or read is be-

coming severely limited.

value my local radio station and its connection with the community. More importantly, I would not like to lose my own musical fountain of youth.

> **Daryl Binning** Winthrop

by Mike Goodall

I HAVE received several enquiries recently about UK expat pensioners who are still paying tax in the UK. If you are in receipt of an occupational pension as well as a state pension from the UK most of you will be paying too much tax and this overpayment could be increasing year on year.

The UK Government stopped all transfers of occupational pensions for civil servants (teachers, NHS workers, council official, armed forces, firemen and police) on 5 April 2015. As a result many who have reached and are reaching UK state pension age might be trapped into making excessive payments unless they take appropriate action.

Many of you will be making additional voluntary contributions to enhance your UK state pensions. There are currently two classes of National Insurance Contributions (NICS) that eligible expats in Australia can to pay. However, if current planned legislation changes takes effect, from April 2017/18 tax year the cheaper Class 2 contributions (one fifth of the Class 3

rate) will be discontinued. If you meet certain criteria and have less than 30 years of NICS on your record you are still eligible to make additional contributions for past years that you have not made contributions for.

While this will not affect those of you who are six years or more past state pension age it could affect your children and if action is not taken now there could be a huge loss of opportunity to help secure a better pen-

Are you paying tax in the UK?

Additionally those who have worked nine years or less in the UK will lose their entitlement to a UK State Pension. This could be your pension that is being lost.

sion in retirement.

For those of you who are UK citizens Prime Theresa May Minister has confirmed that a Bill will be introduced into the UK Parliament to remove the current 15 year rules on overseas voting limitations and allow votes for life.

During the last two weeks I have been inundated with calls about 'Life Certificate' letters from the UK. The main concerns have been about the eigh -week deadline stated in the letters which have taken five weeks to arrive. I have confirmation from a manager at the International Pension Centre that there is 'flexibility' around the deadline with regard to Australia. Please, however, do not forget to return them duly signed and authorised because eventually pensions will be stopped. If your pension is stopped there could be many other reasons why and a call to the IPC on +44 191 218 7777 can easily sort out the problem. If you have not received a CF-N-701 12/13 leaflet with your letter please contact me.

Anyone who would like to discuss the above or any other aspects regarding their UK state pensions, is welcome to contact Mike Goodall, BPiA's coordinator in Western Australian on (08) 6364 0859 e-mail: mikecgoodall@btcon nect.com or British Pensions in Australia on 1300 308 353.

Index



1-19 Early General News and columns

20-22 Food & Wine

23-38 Let's Go Travelling

39-43 Downsizing

44 Great Home & Gardening 45-46 Healthy Living

- Aged Care

47-50 Seniors Week Focus

51-52 International

Volunteer Day 53 Puzzles

54-57 Arts

58 Friend to Friend 59 Scene Socially

www.parliament.wa.gov.au

WANTED TO BU

Furniture, China, Books, Records, Tools, Coins, Bank Notes, Watches, Toys, Costume Jewellery, Tobacco Tins, Enamel Signs and **all collections bought.** Lic No. 1115

Jones of Guildford PH: 9378 2065 Police Cleared & Licensed - OPEN 7 DAYS



Parliament of Western Australia Public Tours

10.30am Monday and Thursday (except public holidays).

Tours run for I hour. No bookings required.

Group Bookings also available

phone 9222 7259.

Dan and Carleen Foley - Western Australia's renovation team



Dan and Carleen Foley

by Brad Elborough

YOU only have to mention the words home renovations to some people to set them off on a tirade of expletives and profani-

While the end results of months of planning, budgeting, managing, demolishing, building, painting and decorating are usually fascinating – the labour pains that come from getting from point A to point B are often excruciating.

Many people swear they'll never put themselves, nor their family relationships, through one

The fact that Dan and Carleen Foley choose to continually buy and renovate homes while they live in them, makes them quite remarkable people.

Add a competition where you pit yourself against couples from around the country, the lure of potentially hundreds of thousands of dollars in prize money. as well as TV cameras in your face most of the day and night, no running water and a strict timeline of when rooms have to be completed each week, and you have something completely different.

You have The Block.

ninth renovation.

Western Australia's own Dan, 55, and Carleen, 52, were promoted as being the oldest contestants to have competed on reality TV show, ever, when they took up the challenge in the latest version of the hit Channel 9 series.

That challenge was to turn part of the derelict former headquarters of a historic Australian soap and candle factory into luxury apartments in Melbourne's inner-city suburb of Port Melbourne.

Despite the restrictions and the demands on them personally, the couple say that the extra years that they had over their competition was an advantage.

"It was a challenge, on the mind and the body," Dan said.

"And I suppose it was an advantage being a little older. I didn't feel the panic as much as some of the younger contestants.

"It was not worth stressing over the smaller things. There was plenty of pressure to get the rooms up,

better with inner

drawers from Easy

but things seemed to flow. "There were time con-

straints, a lack of sleep and because we had to build a room each week we were at it as soon as we woke up.

"We'd just settle down, get stuff done."

For this married couple of 30 years, with three grown-up sons, their own health and wellbeing remained a priority. One night they even chose to go to bed early and catch up on much needed sleep, rather than work through the night to complete a room.

The result was the lowest score in the history of The Block, receiving just 11/30 for their apartment's hallway, laundry and powder room renovation.

But it didn't faze the pair and they recovered later in the competition to score an almost perfect 29/30 for their master bedroom.

Not that there weren't some challenges.

Dan lost 14kg in the 10 weeks that he was on The Block because he didn't stop working and Carleen said that maintaining

a healthy dietary balance was one of the biggest challenges.

"I had to stay hydrated," she said. "I had a lot of bottled water. It was a priority for me because I de-

hydrate easily.
"They provided a room with food, but there was a lot of sugar. When you suffer from a lack of sleep you go for sugar."

The pair said they lived off toasted sandwiches while on site and made the most of Melbourne's iconic pub meals.

"We lived off carbs," Carleen said. "I was intent to stay healthy so I had a lot of vitamin pills; multivitamins and a Berocca here and there.

For the Foley's, The Block was not a true representation of how they go about their renovations.

In this instance, they had no time to prepare as they were notified of their involvement on the show only 10 days in advance of filming.

Usually, they are well prepared for any hurdle that might come their way.

"Our call came three

days out to Bali for a friend's birthday," Carleen said. "The holiday wasn't what it was planned to be. We were a bit stressed on that holiday and then we jumped on a plane straight to Melbourne and we were into it.

"That's the way it works, so you can't plan, and you're under pressure.

"We had to get our own builder, while being in Melbourne and being from Perth, was daunting.

"But because we have been married so long, we get on well."

Some renovating tips from Dan and Carleen

Dan says that the pair have learned how important it is to get help and then to trust the people who are helping.

"You can't know everything, so you need to employ someone to help out," he said.

Carleen said that while you can do a lot of the work yourself, certain things, such as electric work and plumbing, require professionals.

"Anyone can complete a renovation," she said. "You do need to do your homework. We would have struggled if we didn't have trust in our tradies they do know what they are doing.

"Trust the designers you get in and keep your ex-

pectation realistic. Dan says that you should do your shopping in person, not online.

'Carleen is a good visual merchandiser. She will go out look at shops,' he said. "People who buy online stuff things up and often don't realise the space it will fill."

LADIES

CALLING ALL ...who

are looking to the

future **READY** and

MOTIVATED

seeking a

FRIEND ...LOVER

...SOULMATE?

Contact Maureen

@ The Love

Detective

seven days 11-7

(without obligation).

WA based successful

dating service



Memories are made of this - enjoy this U3A concert

IF you remember the 1950s then you remember the wonderful stage shows from that golden age of musical theatre.

The talented Agelink Theatre cast will charm people with an hour of the famous numbers and stories from a variety of shows - whether your favourite music is from the Deadwood Stage of Calamity Jane and the wild west, the enchanting music of Borodin that was borrowed for the romantic Kismet, the Cockney streets of London pluckiness of Me and My Girl or the New York City energy of Guys and Dolls and West Side Story, there is something for everyone.

Join the U3A Mid-North at the Church of Christ Community Hall, 68 Waverley Street, Dianella on Monday 5 December from at 1.30pm to 2.30pm. Tickets cost \$15 per person. Seating limited. Book now online at www.ticketebo.com.au/u3aconcert. Door sales may be available.

Is it hard to see what's in your pantry?

To fix your pantry, Call Brett Gaffin. The Inner Drawer Specialist at Easy Access Kitchens.











BEFORE & AFTER DOUBLE DOOR PANTRY

t doesn't have to be





Innovative Mobility Solutions!

www.amemobility.com.au

Visit our showroom 40 Resource Way, Malaga Ph: 9249 8868

FREE NO OBLIGATION HOME TRIAL ON SCOOTERS

Meet the columnists and contributors



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



Mike Goodall

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



Jon Lewis

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



Karen Majer

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



Samantha Noall

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



Rhonda Parker

Rhonda is the CEO of Alzheimer's Australia, WA. She is a former Minister in the Western Australian Government. She led the development of the first national healthy ageing strategy in 2000, and was

Australia's first Federal Aged Care Commissioner. Each month she writes about issues affecting Alzheimer's patients and their carers.



Mike Smits

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



Rick Steele

Rick came to Perth in 1971 and taught at Eden Hill School before launching into the "never ending story" of playing and singing country, rock n roll and the Blues.

40 odd years later he is known as veteran musician, a senior, and a grumpy old ... But he says, "I still got most of my faculties...! think!" Rick

will share updates on the local music



Jeanette Woolerton

scene each month.

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

is passionate about health and eco

Obesity linked to increased brain age



by Rhonda Parker

COMMON knowledge says that good health habits, such as a nutritional diet and moderate exercise, can enhance both body and mind. New research has now put a different spin on this message finding that obesity may actually speed up brain shrinkage, thus increasing brain age and put you at an increased risk of neurodegeneration.

This interesting result

Journal Neurobiology of Ageing by researchers from Cambridge University in the UK. The research team analysed data from 527 healthy individuals aged between 20 and 87. Participants were grouped by body mass index, categorised as lean, overweight and obese. Along with this information, MRI brain scans of all participants were undertaken. MRI brain scans can measure brain mass and matter and identify brain atrophy (or shrinkage).

was published in the

Based on this data-set the researchers found that those participants who were identified as obese had a greater degree of brain atrophy, and less white matter in their brain. This was particularly apparent in middle-aged participants, with the researchers noting that obesity increased brainage by 10 years.

"As our brains age, they naturally shrink in size, but it isn't clear why people who are overweight have a greater reduction in the amount of white matter... we can only speculate on whether obesity might in some way cause these changes or whether obesity is a consequence of brain changes," said study leader Dr Lisa Ronan from the Department of Psychiatry at the University of Cambridge.

Adding further interest to this result though was that the researchers did

not find any correlation between cognitive abilities of those who were overweight or obese, as measured by using a standardised IQ test. It's interesting, as I have said in a previous column, that there is a link between health issues like obesity causing diabetes and then dementia but there is yet to be an absolute direct link with obesity and dementia. Although there are a great many studies that say the healthier you are the lower your risk.

Professor Paul Fletcher who was also involved in the trial said: "we're living in an ageing population, with increasing levels of obesity, so it's essential that we establish how these two factors might

interact, since the consequences for health are potentially serious.

"The fact that we only saw differences from middle-age onwards raises the possibility that we may be particularly vulnerable at this age. It will also be important to find out whether these changes could be reversible with weight loss, which may well be the case," he said.

So while there are still a few more questions to answer, the study does suggest that at a population level obesity may increase the risk of neurodegeneration and gives further emphasis to the message of a healthy body can equal a healthy brain and mind

Don't throw out those old hearing aids...they can be used overseas

THE Lions Hearing Aid Bank of WA was established five years ago and distributes hundreds of refurbished hearing devices to help people with hearing difficulties globally.

The project focuses on countries where there is a prevalence of hearing impairment but a low

level of care access including the Philippines, Indonesia and Kenya.

Through this practical progam the Lions Hearing Aid Bank is helping many children and families to access hearing aids that would not have been otherwise available.

Hearing aids can be dropped of to Lions hearing clinics in Subiaco (level 2, 1 Salvado Road), Mount Lawley (67a Third Avenue), Joondalup (10/189 Lakeside Drive), Winthrop 143-147 Somerville Blvd) and Bunbury (2/14 Rose Street).

Downsizing inspiration - build small and smart to simplify your life



Above; Karen Majer Right; Jane Hilton at Honeyeater House, Margaret River

by Karen Majer

SOMETIMES, especially when I'm dusting our treasures, I dream of a simple life in a small beautifully-designed solar passive home.

That's exactly what Jane Hilton has created at Honeyeater House in Margaret River. With just 79 square metres of floor area, this is an exercise in pared-back sustainable living.

Jane welcomed more

than 200 people into her home on Sustainable House Day in September, eager to share her experience.

"I designed this home with the intent to live simply and affordably," Jane said. "My point of reference was the quint-essential Aussie shack / New Zealand bach, both of which I admire for their unencumbered and free-spirited nature.

"I questioned what features I might be grateful



for in a similarly humble dwelling and, more to the point, what could I do without. Any elements that did make the cut also needed to serve multiple functions, for example the woodstove provides winter heating, clothes drying

and cooking.
"There are no storage solutions – storage isn't a problem as I choose to have minimal stuff. Things I do have are either used or enjoyed regularly/sea-

sonally, displayed artfully, repurposed or given

"Ruthless? Absolutely, and enormously liberating too!"

What remains is a rigorously-considered space with purpose and beauty dictating the overall aesthetic. Jane says that it is a hugely enjoyable home to live in.

"It's seasonally warm/cool, light-filled, uncluttered and adaptable, while allowing for meaningful home-making, ease of maintenance plus abundant time for everything else I enjoy... small truly is beautiful."

Jane says the benefits of downsizing can include a reduction in building and living costs, minimising consumption and impact on resources, and freeing ourselves up for everything else in life that matters.

"My own build operated on a shoestring budget so the sustainable features I opted for saved me a considerable amount of money.

"I would encourage anyone wishing to downsize to ask themselves: What will simplify my life?"

For more information: www.facebook.com/sus tainablehousedaymar garetriver/, joshshouse.





Hearing, tinnitus & balance clinic

- ✓ Affordable hearing aids from all leading manufacturers
- ✓ Independent audiologists
- Providers of fully subsidised hearing services under the Australian Government

Ph: 9481 0912

West Perth | Edgewater | Manjimup www.isaudiologist.com.au



Masters Swimming WA LiveLighter All Club Challenge 2016



by Samantha Noall

MASTERS Swimming

WA members flocked to HBF Stadium for annual LiveLighter All Club Chal-



Above; Executive officer Masters Swimming, Samantha Noall Left: Some of the winners of the Masters LiveLighter challenge

lenge on Saturday 15 and Sunday 16 October.

More than 200 mem-

bers and supporters filled the stands and warmup pool in readiness for the event to commence. Teams from Albany, Geraldton and Busselton travelled to Perth to make the most of the weekend along with the 20 plus Clubs from the metropoli-

Members were keen to gain points for their club which are all collated at the end of the event to see which club takes out the highly sought after Top Club Award, Top Country Club and the Handicap trophy which

tan area.

is awarded to the club scoring the most points according to members participating.

This year the Top Club winners were Claremont Masters, the Top Country Club were Geraldton who had a fantastic cheer squad in the stands and the Handicap Award was won by Rockingham who are one of the fastest growing clubs. The Vorgee Male Swimmer of the Meet award went to City of Perth's Paul Blackbeard and the Vorgee Female Swimmer of the Meet went to Siobhan Wilkins.

At the conclusion of the event the club also awarded the Have a Go Encouragement News' Awards which have been presented at this event for 14 years. We were lucky enough to get editor extraordinaire Jen Merigan, on hand to present the awards to our very deserving winners: Angelika Sorensen from Swan Hills, Sharon Galliers from Busselton, Joanne Wells from Belmont and Tony Casella

from Somerset. Another highlight on the weekend was to see our Superfins disabled team finish seventh overall, beating more than 13 clubs. A sensational effort.

A huge thanks to all our volunteer referees, officials and time keepers who do such a professional job across the weekend.

If you would like to join a Masters Swimming WA Club you don't have to be an expert swimmer, as long as you can swim from one end of the pool to the other and are over 18 you are suitably qualified. Further information can be found at www. mswa.asn.au.

Eddie Storm to perform in Mandurah this month

LESLIE Street Centre presents their final concert for the year featuring entertainer Eddie Storm OAM.

Eddie was made a Member of the Order of Australia this year for his service to the entertainment industry over the years.

This concert includes soprano Gwen Uren and Eddie singing All I Ask of You, songs from the 60s and 70s, and Kerry Pettit and her Happy Tappers.

The show starts at 1.15pm on Wednesday 16 November. Ticket prices are \$8 for non-members and \$6 for members.

Leslie Street Community Centre is located at 7a Leslie Street, Mandurah.

For bookings contact Vee on 0401 832 195

are looking to the future **READY** and MOTIVATED seeking a

FRIEND ...LOVER ...SOULMATE? **Contact Maureen**

Detective seven days 11-7 (without obligation). WA based successful

dating service

0409 763 638

Paddling around some Islands with the Over 55 Canoe Club



by George Gouteff

SEEMINGLY with the arrival of spring, after one of the coldest winters on record, the idea of visiting Islands appeared on the club agenda.

Joy and Glenn, using their intimate knowledge of the Mandurah waterways, investigated and selected a paddling course that would be both interesting and involve an island.

So on a beautiful spring day, with Joy as leader and Glenn as tail end Charlie, a fleet of kayaks set out from Keith Holmes Reserve

THE

CAVERSHAM WILDLIFE PARK

SITUATED in Whiteman Park (off Lord St or Beechboro Rd)

Phone 9248 1984 Email sales@cavershamwildlife.com.au

near the Mandurah Marina to paddle upstream towards the Peel Inlet with destination Boundary Island.

The course to Boundary Island involved keeping clear of the construction work on the new Mandurah Traffic Bridge and paddling under the Old Traffic Bridge and the Bypass Bridge. Morning tea was had sitting on the Boundary Island jetty. A quick inspection of the island confirmed there were no castaways and no sign of human habitation.

The paddle back to Mandurah had its moments as the fleet took a course close to Channel Island unaware of the large sand bank and very shallow water. So shallow was the water that many of the pad-dlers decided to exit their kayak and walk the couple of hundred metres to deeper water

MEET THE WOMBAT

dragging their kayak. From a distance the scene gave the appearance of a group of people walking on water

dragging canoes. Closer to home a paddle to Heirisson Island, East Perth, from Maylands Yacht Club drew a large fleet. On the way the fleet put into Claisebrook Cove for a rest and then continued on past the construction site for the yet unnamed stadium foot bridge. The fleet put ashore in the cove on the North West side of the island for morning tea. Paddling is restricted to the waters on the western side of Heirisson Island as the eastern side is a water ski area. In other words circumnavigation of the

After two weeks of having my new Bidet, I wondered

Once I am finished I simply press a button and I get a

08 6315 4252

warm water wash and a stream of warm air dry.

Sylvia Ross

TV

Installs in

how I had ever survived previously without it. All I have to do is sit down on my nice warm seat and go to the loo.

island is not permitted. While on the subject

of islands, club president Peter, who also happens to be a volunteer watch leader on the STS Leeuwin, sailed on her to Dirk Hartog Island as part of the commemoration of the first known landing of a European on WA soil on 1616. No doubt he regrets not taking a star picket and a pewter plate emblazoned with the club logo on the vovage.

For senior men and women who might be interested in joining the club, three new members' days will be held at Kent Street Weir in April 2017.

More detailed information will appear in issues of Have a Go News.

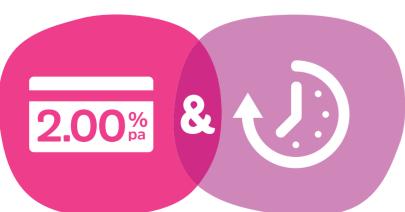
For further information visit our web site, www.over55canoeclub. org.au/ or telephone club President Peter on 9409 3813.







FARM SHOW GENTS KANGAROOS @ The Love



A competitive with card access.

& Retirement Account

An interest rate higher 2.00%p.a. variable rate than our standard 3-month **Term Deposit rates.**

& Retirement Term Deposit

Perfect retirement partners

If you're over 55, you can reward yourself in retirement by partnering our competitive & Retirement Account with our equally generous & Retirement Term Deposit.

See pnbank.com.au/retirement for details.

The power of &

The eyes have it...or not



Above; Rick Steele Right; Rick Steele with his brothers and his 1939 Austin circa 1966



by Rick Steele

LAST Wednesday, I arranged a meeting with my regular seeing eye doctor. Nothing serious but I was having a little trouble reading the time on TV and I had scratched the lens on my glasses while pruning in the garden.

Time for an update I thought, and it has been two years since my last visit.

Back in my rugby playing days, at boarding school, I played fullback, which was the last line of defense, and required you to take a high mark at times. I was always competent and played in the top team, until some dastardly fiend late tackled me, while in the air, and damaged my back in such a way that I could not play for the rest of the season.

The next season, when I returned, I was bordering on embarrassing. I was missing the high marks constantly and was transferred from my position.

Two years later and I am studying to be a teacher at Auckland Teachers College and have become sweet on the beautiful blonde in my section who happens to live 20 kms away.

I know, I'll buy a car. In 1966 a 1948 Morris 8 Series E could be purchased for about a hundred pounds. Done Deal.

"Lynne, I'll pick yer up bout 8:30."
Then it dawned on me that I didn't have a driving licence. No problem, I'll drive down to the local police station, and pick one up this arvo. In those days the local policeman could test and issue all in one hit. Mr. Plod was a friend of my father, and she'll be apples. Round the block, a bit of

parking, and inside for the eye test and the paper work and I'll be on my way.

"Well son, close one eye and read the chart from the top."

I could read the big one at the top and maybe a couple after that, but then seriously blurry. I tried rubbing my eyes, shaking my head, standing on my head, but no good. "Sorry son, but I'm gonna have to fail you! How did you get here?"

Whoops, I rang my sister and ignominiously got driven home, in my new(old) car, only to have to cancel my date.

Fifty years later, and I'm sitting in a chair, while they shine the light in my eyes and ask, "does this look better than that?" etc and the man tells me.

"I'm sorry sir, but you have extreme increased pressure in your eyeballs, with a very real chance of glaucoma developing, which could send you blind very quickly. I am arranging you to see a specialist this afternoon.

"You will need someone to drive you, as they give you drops which may alter your vision."

I rang my daughter, and history repeats. Apparently I have cataracts in both eyes and will need to have them removed, but it is not likely to be fatal. Thank you Lord. I mean there has always been a number of old bluesmen that have been blind, and I'm not far off it now, but you don't have to call me, "blind man Steele" just yet.

I'll be playing at the Bridgetown Blues Festival 11 – 13 November.

As Molly Meldrum would say, "Do your-self a favour..."

Cheers dears.

Winthrop Hall to resound to the skirl of bagpipes



by Josephine Allison

WINTHROP Hall in Crawley will be the elegant setting for the award-winning WA Police Pipe Band when it performs a program of classics and contemporary works on Friday 2 December as part of its big 50th anniversary celebrations.

Band officer-in-charge Sgt lan Stewart says the audience will be treated to a varied program of traditional pipes and drums, spanning the band's 50 years, as well as some new tracks written by the band for this special occasion.

About 20 band members will be on stage in the beautiful confines of Winthrop Hall.

"Come see the band perform their brand new music concert, mixed with the swirling sound of bagpipes, drums, guitars and keyboards and various other musical instruments played in a way you have never heard before," Sgt Stewart said.

The Scotch College Pipe Band will open the program along with Presbyterian Ladies' College Pipes and Drums. Dancers from the Scottish Highland Dance Academy will set toes tapping. Also on the program is Fiona Davidson playing the fiddle and Victoria Murray on the accordion with strings backing from Churchlands Senior High School.

The WA Police Pipe Band, which was founded in WA in

1966, has chalked up an impressive list of successes down the years, winning various world and national titles. It has released 11 albums since the 1970s.

The band's Perth performance comes after its big success in the biennial national competition in Sydney recently when it took the grade one title for the third successive occasion as the best pipe band in the country. About 35 members made the trip to Sydney, funded by its supporters association whose members work hard with band fund-raising.

"We brought back to WA trophies for grade one pipe band champions, best drum corps, best street march and best dressed band," Sgt Stewart said.

Earlier this year the band performed at the world famous Royal Edinburgh Military Tattoo in Melbourne, playing five sold-out shows in three days to almost 200,000 people and reaching a television audience of 100 million people around the world.

The capacity for the Winthrop Hall concert is strictly limited, so get your tickets now and don't miss out. Tickets from ticketswa. com/event/jubilee or from www. ticketmaster.com.au/WA-Po lice-Pipe-Band-presents-Jubi lee-tickets/artist/2290309?tm_link=edp Artist Name

Book review: The Queen's Corgi By David Michie

Reviewed by Pat Paleeya

THE Grimsleys are unethical dog breeders, only the perfect pooch is worth money to them, the imperfect are done away with in 'the shed'. Nelson, a corgi born into the unsavoury place happened to sport a floppy ear and a corgi with a floppy ear would be a handicap to the Grimsleys money making business. Luckily Nelson's saviour was a person

who had very noble connections, actually Queenly connections, who rescues him and takes him to Windsor Castle to join the Queen's corgis.

What follows is a delightful tale of Nelson's observations of the royal household. There are many visitors to the castle, and one in particular is warmly welcomed at any time day or night whenever Queenie has a tough problem to solve. As we are never enlight-

ened as to who this mysterious confidant is, the astute reader will work this out as the story progresses.

Now, would you think that a story of a cute corgi could be deep and meaningful? This one is. David Michie has skilfully woven life lessons into this profound and insightful book about human behaviour, which may have us questioning our own way of life. With a hint of Buddhism and ancient beliefs this simply told tale packs a big punch, read it and be doggone delighted.

Copies are available from all good book stores, and online through Booktopia, the RRP is \$18.99.

WIN WIN WIN
We have a copy to
give away. To enter

please email to win@ haveagonews.com.au, with the book title in the subject line or write to The Queen's Corgi Competition, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name, address and telephone number on the back of an envelope. Competi-



COTA WA NEEDS YOU

The WA State Election is on March 11, 2017

What concerns do you want our politicians to hear about? COTA WA wants to hear about your burning issues.

COTA WA is hosting a morning of State Election Focus Groups on health, housing, transport and much more.

Why Focus Groups?

COTA WA will be holding a forum in February 2017. Candidates from the major political parties will be invited and we will be telling them what you have told COTA WA and seeking answers - should be quite a show! So come and join us at our Focus Groups – it's free and there will be a delicious Christmas morning tea!

Tuesday 6 December - 10am to 12.30pm

City West Receptions

45 Plaistowe Mews, West Perth

(free parking or easy access by Green Cat or Fremantle train to City West Station)

Contact us today and register – hurry as there are limited places.

Call 9472 0104 during business hours or

Email: policy@cotawa.org.au



Write your book a family history, poetry, a story from bound books to e-books, five copies or 500, according to your needs and budget. Books are designed and produced here in Perth by a family business with 30 years experience offering a personal service. For more details and samples of our work go to www.allinonebookdesign.com.au or phone Steve and Fran Barwick 9447 0743 or 0435 579 065

SPECIALISING IN ALL YOUR PLUMBING AND GASFITTING NEEDS

JTM Plumbing and Gas is your local plumbing and gas fitting service that is on time every time...guaranteed! Pensioner discount available



PENSIONER DISCOUNTS ALWAYS AVAILABLE ON OUR ALREADY GREAT PRICES









Social Senior or Super Gran?

Either way AQWA's got you covered this November!

Super Gran

Caring for grandkids during the week? You and your under 4 year old can both visit, 4 times in a year, for just \$10.75per visit with an AQWA OFF PEAK Ocean Pass

Lunch & Entry Combo \$37

Enjoy a unique day out with friends. Discover something new then relax with a meal and a drink in our cafe.





by Mikel Smits

IN the context of the history of mankind, I find it difficult to believe that the existence of the island continent of Australia was unknown to western civilisation until 400 years ago. Up until then, it had apparently been theorised there must be some immense land mass in the Southern Hemisphere of our planet simply on the basis it had to exist in order to physically counterbalance the known great land masses across the Northern Hemisphere.

It was not until the 1500s through early 1600s, following the rapid rise of the seafaring nations of Spain, Portugal and Holland, which were in pursuit of expanding their empires and in search of comopportunities and trading partners, that Europeans first discovered the lands and riches of South America, South East Asia and eventually the not so bountiful, as it appeared back then, shores of Australia.

The first documented landing on Australian soil was by Willem Janszoon in the ship, the Duyfken (Little Dove).

A history lesson

the British.

By placing on the is-

land a flattened, pewter plate nailed to a post

with text detailing the

ship, its arrival and de-

parture dates, the cap-

tain and senior crew,

Hartog also ensured he

gained the further dis-

tinction of having left

behind the first physical

evidence of Europeans landing in Australia. In tribute of these histori-

cal milestones, the Royal

Australian Mint has re-

leased a commemora-

tive 20¢ coin while the

Perth Mint has issued

a silver proof 1oz coin

- the same coin design,

struck in aluminium

bronze is also available

within a Australia Post

philatelic cover bearing a

special edition \$2 stamp.

Phillip E. Playford

Acknowledgement:

He was a captain serving for the Dutch East India Company. In 1606, he landed on the western shore of Cape York in Queensland however he thought the 320km of coastline that he charted was a southern extension of New Guinea.

Ten years later on 25 October 1616, another Dutch East India Company captain, Dirk Hartog, accidentally came upon and landed on the largest and most western island off the W.A. coast while on route to Batavia (Jakarta) hav-ing travelled from Amsterdam via Cape Town. This 80km long, 620 km² island off the Gascoyne coast near Shark Bay is of course Dirk Hartog Island.

Hartog's landing had a major impact on world cartography. Previously the almost mythical, unknown and uncharted land mass had been referred to as Terra Australis Incognita, meaning Unknown Southern Land. It then became detailed on maps as a major land mass called Landt van de Eendrach (the Land of Eendrach), named after Hartog's ship, the Eendrach which when translated means Unity. And so following Hartog's discovery the race was on to chart the territory with exploratory voyages extending the charts of it's coastline with the new continent then being renamed Hollandia Nova

Find your balance at Mandurah's Seniors Exercise Park (New Holland) by the Dutch and Australia by



Left to right: Community Care manager Kathryn Devereux and Have a Go News' Quentin Smythe having a go at Silver Chain Peel region's Seniors Exercise Park

by Quentin Smythe

ON a recent visit to Mandurah, I had the privilege of trying the new Silver Chain Peel region's Seniors Exercise

Park with Community Care manager Kathryn Devereux. We all know the basic rules to follow as you get into your mature years. These which include eating well, keeping your mind active and maintaining physical fit-

One of the most important activities as you age is to

keep your balance, in other words stay on your feet.

Two years ago I had a complete knee replacement and I can tell you the physiotherapists were very forceful about helping me getting my balance and confidence back in working order.

It has taken me some time to get back on my feet and I still have issues with balance although I work hard to keep up my balancing exercises.

That's where the Seniors Exercise Park comes in. It is the first of its kind in Australia and will officially launch on 10 November.

The park has purpose built equipment from Europe and is specially designed to improve strength, balance, co-ordination and flexibility in a fun and challenging way.

The park will provide Silver Chain physiotherapists with more options to improve people's ability to cope with activities of daily living and maintaining independence in the community.

"The future vision is to open the park to the community as a fun, sociable activity to improve physical and psychological well-being," said Kathryn.

I had some foot issues at the time I visited but I still managed to try all the features at the park. It provided me with a few challenges but it was fun and I really enjoyed the experience.

Well done to Silver Chain on this outstanding new

The new park is located at Silver Chain Peel, 72 Lakes Road, Greenfields.

KINGSLEY RETIREMENT VILLAGE

186 Twickenham Drive, Kingsley

\$299,950

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

The village is divided into exclusive cul de sacs with individual features and landscaped gardens.

Your beautiful home will offer you freedom and security without restricting your lifestyle.

Active social club with weekly functions and events

Sunday 2PM-2.45PM





by Mikel Smits LAST month we introduced John Walter Scott, the stamp dealer and catalogue publisher called the Fa-**HOME OPEN** ther of American Philately.

Scott issued his first one-page stamp pricelist, essentially a listing of his stock, in 1867. The following year he released a multi-page catalogue, A Descriptive Catalogue of American and Foreign Postage Stamps which he eventually evolved into the Scott Standard Postage Stamp Catalogue. It is still published to this day, comprises several volumes, and is the most popularly used catalogue in

The history and future of

stamp collecting: Part 9

He is said to have held the world's first stamp auction, conducted in New York City in 1870. At the time he sold some rarities for as much as \$75 although he considered others he retained in his own collection to be worth no less than double this amount.

Invariably other auction houses were established, yet by comparison to what was to come years later, they achieved modest total realisations of just several hundred dollars. Recognising the opportunity and potential, Scott also opened an office in London in 1872 and began conducting auctions on both sides of the Atlantic.

In 1888 he sold his business including stock and catalogue rights to the Calman Brothers although he retained a minority share in the company which was then renamed the Scott Stamp and Coin Company. Four years later, Scott sold his shareholding to the brothers and established J. W. Scott and Company. The Calmans sued him for using the name 'Scott' however the New York Superior Court ruled in his favour.

Scott soon re-established himself as a premier trader and auctioneer and by 1893 conducted what became regarded as the first truly major stamp auction. It was held for the sale of the F. de Coppet collection and realised \$29,000. Prior to this sale, Scott predicted another first, that being, \$1000 would be paid for a singular stamp. Sure enough, a prominent collector named Charles B. Corwin paid such for an 1850 British Guiana 2 cent which he apparently onsold just four years later for \$1700. Today this stamp is catalogued at half a million dollars.

Scott held 120 auctions before retiring in 1917, two years before his death, aged 73. In 1941, the American Philatelic Society, the foremost stamp fraternity in the USA, inaugurated its Hall of Fame into which Scott was inducted for his service to philately.

LEEMING RETIREMENT VILLAGE

2 Theakston Green, Leeming

\$349,950

2 bed 1 bath



Ideally located within the Leeming Retirement Village, this beautifully presented strata villa has been newly renovated with new carpets and paint. Rear lock up garage. 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.



Rhett Marron 0421 631 116 or 9386 8614

rhett@marron.com.au



134c Stirling Hwy, Nedlands Visit us online www.marron.com.au



Dreamed of downsizing to a low maintenance home to a friendly over 55's community in the neighbourhood you already love?

Make your move for a chance to win \$50,000*

Whether it's a sea change or a tree change, or the perfect downsize in the neighbourhood you love, there has never been a better time to move into a Lendlease over 55's community.

Plus, for a limited time only, simply reserve your home by 15 December 2016 and settle by 14 February 2017 for your chance to **win \$50,000*.** Imagine \$50,000 to spend on anything you like... a new car, holiday or a house of new furniture.

Why not call us today and take a tour of homes available for sale and exclusive resident facilities.



VISIT US AT 10 WA VILLAGE LOCATIONS

North	Call for a tour	Address
Harbourside Village, Mindarie	Call Deborah on 9407 8231	7 Honiara Way, Mindarie, WA 6030
Parkland Villas Ellenbrook	Call Louise on 9296 7322	25 The Parkway, Ellenbrook, WA 6069
The Pines, Ellenbrook	Call Wendy on 9296 9914	21 Ponte Vecchio Boulevard, Ellenbrook, WA 6069
Timberside Villas, Woodvale	Call Lorraine on 9403 8101	10 Timbercrest Rise, Woodvale, WA 6026
Parkland Villas Woodlands	Call Mandy on 9446 5584	52-54 Liege Street, Woodlands, WA 6018
South	Call for a tour	Address
Homestay Village, Queens Park	Call Pilar on 9458 7742	267 Wharf Street, Queens Park, WA 6107
Parkland Villas Booragoon	Call Paul on 9330 3711	510 Marmion Street, Booragoon, WA 6154
Lakeside Village, Bibra Lake	Call Malcolm on 9417 5879	14 Lewington Gardens, Bibra Lake, WA 6163
Lakeside Village, Bibra Lake Parkland Villas Mandurah, Halls Head	Call Malcolm on 9417 5879 Call Laura on 9535 2414	14 Lewington Gardens, Bibra Lake, WA 6163 2 Hungerford Avenue, Halls Head, WA 6210

Freecall **1800 550 550**, or visit **retireinwa.com.au** to find out more details or book your village tour today.

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



DIRECT FROM THE USA MAX PELLICANO IS

THURSDAY 10 NOVEMBER

CROWN THEATRE PERTH

BOOK AT TICKETMASTER.COM.AU OR CALL 136 100

WHAT'S ON AT CROWN THIS MONTH



GET YOUR GROOVE ON!

Wednesday to Sunday

Grab your friends and enjoy your favourite classics at Groove Bar & Lounge. Enjoy free live entertainment five nights-a-week, right in the heart of the action and excitement of the Casino.

Visit crownperth.com.au for the full line-up.

Conditions apply. Groove is an 18+ venue.
Visit crownperth.com.au for opening times and details.



\$13.95 VALUE MEALS

Sunday to Thursday, until 24 November

Try a chef prepared lunch at Market & Co, and lunch or dinner at 88 Noodle Bar or Junction Grill and enjoy delicious selected mains for only \$13.95 for members (non-member price \$16.95).

Enjoy a tasty great value meal today.

Conditions apply. Members must present their membership card to redeem the offer. Not valid on public holidays or in conjunction with any other offer or discount. Selected meals only. 88 Noodle Bar and Junction Grill are 18+ venues. Visit crownperth.com.au for full terms and conditions.

A FULL DAY OF FUN FOR JUST



HOP ABOARD THE BUS

Daily

Members can ride the Crown Bus for just \$10*. You'll get transport to and from Crown, a buffet lunch at Carvers plus bonus vouchers for a bit of fun.

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

Conditions apply. *Member price. \$15 for non-members. Visit crownperth.com.au for full terms and conditions.



HUGE JACKPOT UP FOR GRABS!

Every Thursday

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

Be there for your chance to win.

Conditions apply. You must be present to win. Active contactable members only Visit crownperth.com.au for full terms and conditions.

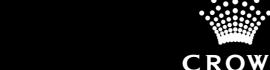
▼ responsible drinking

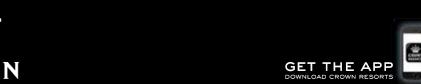
• (II) responsible gambling Helpline 1800 858 858 gamblinghelponline.org.au













by Jeanette Woolerton

motivation LEARNING, and reward are complex neurological entities and although research has made some headway in understanding their roles, many questions have remained unanswered - until now.

Paradoxically, according to a latest study, how we are motivated to find rewards seems dependent on forgetfulness, (to a certain extent) and the neurotransmitter, dopamine, is involved.

Dopamine helps to control the brain's reward and pleasure centres. It also helps to regulate movement and emotional responses, and enables us to not only recognise rewards, but to take action toward attaining them.

Dopamine deficiency results in Parkinson's Disease and people with low dopamine activity may be more prone to addiction.

The current study educates us on how dopamine translates to reward and how this information is processed in the brain.

This discovery adds to information realised in previous work, which demonstrated how foraettina might actually aid certain forms of learning.

important theory within this field of neuroscience is known as reward-prediction-error (RPE). This appears to

Forget it...

form the neurological basis of how the brain assesses rewards and drives an organism towards a goal.

dopaminergic neurons in the brain have been shown to fire in situations where a task is being carried out and a reward is at stake. If a received reward is expected, these neurons do not fire. however, if the reward is not expected, they do fire. However, rather than coding whether a reward is received or not, our brain splits the difference between expectation and reality ie: reward prediction error

However, other studies have shown that the dopamine response can sometimes remain high, even when working toward a predictable reward in certain tasks - for example, remaining optimistic, excited and enthusiastic at work despite having a predictable task and wage.

Researchers believe that this 'long-lasting dopamine signal' may represent moti-

The current study, published in PLOS Computational Biology, set out to better understand how this dual action of dopamine might work.

To investigate this odd conundrum, Ayaka Kato and Kenji Morita, from the University of Tokyo in Japan, summoned the power of mathematical modelling.

They created a model that involved solving a puzzle through a series of de-cisions (a computer-based maze) to incorporate a degree of forgetfulness.

They programmed the

tions between neurons to gradually weaken over time. Once the model had been designed, they ran the trial hundreds of times

and analysed the results. Contrary to general expectations, inbuilt forgetting actually enhanced motivation and increased the speed with which the goal was achieved.

In a nutshell, a little bit of forgetfulness helped keep motivation high and increased the speed at which the model reached the goal.

'Nietzsche said. 'blessed are the forgetful.' Well, our computational study shows this may indeed be the case, even if for a different reason, said Professor Morita.

Put simply, in that brief moment of forgetting, we place our focus on remembering or revising a situation in order to reach our goal. This inevitably increases our dopamine levels, which, in turn, creates an added boost of motivation toward attaining the perceived goal.

Simple things, such as forgetting where you placed your keys at work for example, may enhance your work capacity, as the dopamine level rises and motivation sets in. The motivation will last long after your keys have been found, so it can be utilised to create an enhanced professional outcome overall.

Better understanding of the dynamic nature of our biological value-learning systems will hopefully contribute to clinical strategies against conditions such as Parkinson's Disease, that may be independently associated with dopamine.

Get festive with Swan Harmony Singers



ALREADY drawing up Christmas lists? Then it's high time to pause, slow down, and let Swan Harmony Singers ease you into a relaxed, upbeat mood at its festive sea-

The program features a lovely selection of jazz, pop and classical songs spanning the decades, ranging from the 1937 evergreeen All the things you are to Bill Withers' 70s hit Ain't No Sunshine, written when he was working in a factory making toilets seats for jet aircraft.

Also on the program will be the beautiful theme song from the Robert Redford/Barbara Streisand film The Way We Were, and the love song The Last Night of the World from Miss Saigon, which is currently celebrating its 25th

The concert will be followed by a delicious afternoon tea which will be served by choir members.

For advance bookings contact Mundaring Community Bank 9295 6411 or Anna on 9299 7249.

Don't miss this afternoon concert from 2pm on Sunday 4 December at the Salvation Army Church, 371 Morrison Road (opposite. Swan View Primary School), Swan View.

Tickets (including afternoon tea): Adults \$20, Concessions \$15, groups of 10 or more \$150 and children under 10 free.

Swan Harmony Singers look forward to welcoming new members at the start of 2017. So if you enjoy singing, call Anna on 9299 7249.

Be diabetes aware this month



by Jemma Aldridge

DIABETES is a serious and complex condition which can affect the whole body. There are three types, Type 1, Type 2 and gestational diabe-

Typically diabetes is caused when the body cannot maintain a healthy level of glucose in the blood. Glucose is a form of sugar which is a main source of energy for our body. Unhealthy levels of glucose in our blood can lead to long and short term health complications.

A hormone called insulin is vital to convert the glucose from the food we consume into energy for our body. In people with diabetes insulin is no longer produced or not enough is produced. If glucose stays in the blood this results in high blood levels it can damage our vital organs and the circulatory system.

Diabetes is a growing concern for all those involved and affected by the disease; it seems that our busy lifestyles are not doing great things for our health. Currently two 2 million Australians show signs of type 2 diabetes.

In type 2 diabetes the pancreas produces enough insulin but the body cannot use the insulin effectively. This leads to a build up of glucose levels in the body. Most (85-90 per cent) of diabetics have type 2 diabetes

There are certain risk factors for contracting type 2 diabetes:

Over the age of 40 years Carrying a few extra kilograms and wearing clothes 1-2 sizes bigger than you should

Family history of diabe-

Exercise for less than 30 minutes three a week

Stressful lifestyle.

Giving birth to large babies - over 4 kgs (gestational diabetes)

Often the symptoms of type 2 diabetes are associated with getting older and often we do not know that the damage caused by diabetes has already started. Here are some clues:

Being more thirsty than

Passing more urine Feeling tired and lethar-

Always hungry

Having cuts that take a long time to heal Itchy skin infections

Blurred vision Unexplained weight loss (type 1)

Gradually putting on weight (type2)

Mood swings Headaches Feeling Dizzy Lea Cramps.

Every day 280 Australians develop diabetes. That is one person every five minutes.

Go online to the Diabetes Australia website and do the Diabetes risk calculator, 11 questions and less than five minutes for a diabetes

Treatment options for type 2 Diabetes include a good healthy diet, regular exercise, medication to control glucose levels, stress relief and control and regular monitoring of blood glucose levels.

Call 1300 760 627

Do you suffer from these symptoms?

- Frequent urination
- Painful urination
- A weak stream
- Constantly feeling that your bladder isn't empty

1 in 3 Australian men above 50 will suffer from an enlarged prostate.

Magnus Shield™ contains Cernitin™, the Swedish pollen extract proven in extensive clinical trials to support a healthy prostate and treat the symptoms of an enlarged prostate.

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

> John W, Benalla, VIC 18 Jan 2010

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

Paul E. Ormond 22 April 2008

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

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

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

> Gordon M, Rochedale, QLD 4 December 2009

Now available

Magnus Shield™ is available at good pharmacies and health food stores.

Consult your pharmacist or call 1300 760 627 for more information, if our lines are busy please call again.

Clinical Studies

To read about the comprehensive clinical studies visit magnusprime.com

Consultation hotline: 1300 760 627

Approval Code: CHC36089-10/06

Enlarged Prostate? Magnus ShieldTM stockists **Health Kick Perth**

> **Emslies Floreat Pharmacy Osborne Park Pharmacy Health Kick Karrinyup**

Pharmacy 777

Health Kick Whitfords

Health Kick Joondalup

Greg's Discount Chemist Pharmacy 777

Optimal Pharmacy Plus

Sanderson Road Pharmacy St James New Start Pharmacy **Stay Healthy Belmont**

Kenwick Pharmacy

Thornlie Naturopathic Centre Rostrata Avenue Pharmacy Health Kick Melville

Leighton Beach Pharmacy Kardinya Health Foods Health Kick Spearwood

Health Kick Rockingham

Leda Community Pharmacy Wizard Warehouse Pharmacy

Health Kick Mandurah Bunbury Drive-in Pharmacy Terry White Chemists Bunbury

Priceline Pharmacy

Northam Pharmacy

Shop T102, ENEX 100. 100 St Georges Terrace, PERTH 6000

445 Cambridge Street, FLOREAT 6014 207 Main St, OSBORNE PARK 6017

Shop G93, Karrinyup Shopping Centre 200 Karrinyup Road, KARRINYUP, 6018 Shop 42, Whitford City Shopping Centre

Whitfords Ave, HILLARYS 6025 Shop 234, Whitford City Shopping Centre

Whitfords Avenue, HILLARYS 6025 Shop T101, Lakeside Joondalup S/C JOONDALUP 6027

243 Great Eastern Hwy, MIDLAND 6056 Shop 17, Centre Point Shopping Centre Great Eeastern Highway, MIDLAND 6056

Shop 50 - 53 Dianella Plaza Shopping Centre DIANELLA 6059

Shop 15, 35 Sanderson Road, LESMURDIE WA 6076 16A Chapman Rd. ST JAMES 6102

Shop 82B Belmont Forum Shopping Centre BELMONT WA 6104

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

32 Selby St, THORNLIE 6108

Unit 1 / 42 Rostrata Ave, WILLETTON 6155 Shop 10B, Melville Plaza Shopping Centre

390 Canning Highway, MELVILLE 6156 108 Stirling Highway, NORTH FREMANTLE 6159

Shop 4, Kardinya Park S/C KARDINYA 6163 Shop 7, Phoenix Shopping Centre, 254 Rockingham Rd, SPEARWOOD 6163

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

Shop 8 & 9 Leda S/C, Feilman Dve, LEDA 6170 Shop 12, 175-179 Mandurah Tce, MANDURAH 6210

Shop 78, Mandurah Forum, MANDURAH 6210 55 Forrest Ave, BUNBURY 6230

Shop 6, Bunbury Plaza Shopping Centre Spencer Street, BUNBURY WA 6230 Shop 6, Spencer Park Shopping Centre, Hardie Rd, ALBANY, WA 6330

Shop 17 Boulevard S/C, NORTHAM 6401

For a complete list of our authorised stockists please visit our website at www.magnusprime.com or call our hotline 1300 760 627

If your family doesn't know what to get you for your

Christmas,

how do you expect them to know what you want for your

Funeral?

Some things are so tough to express to your family, you just never do. That's why we created the *Family Records Portfolio*. Here, in one place, you can tell your family the things that are important to you. All you have to do is complete the booklet and put it some place convenient for easy retrieval in the future.

At the same time, and just as important, this booklet gives you one place to record the location of your will, your insurance records, safe deposit box, and other critical documents. This way, your family won't be left desperately searching for your papers at a time when their grief and stress are already overwhelming.

Filling out a *Family Records Portfolio* isn't just an act of wisdom, it's an act of love. You can request your obligation free copy delivered to your front door by calling 9459 2846. Do it now. Information this important shouldn't be kept to yourself.



9459 2846 all hours



Live in a brand new 2, 3 or 4 bedroom home from as little as \$159,390*

Sterling New Life builds homes suitable for retirees, seniors and over 55s. Sterling New Life homes are situated in existing and new communities close to amenities including shops, medical facilities, parks etc.

- ✓ No weekly Facility Fee
- ✓ No Council Rates

✓ No Exit Fees

- ✓ No Water Rates
- ✓ No Refurbishment Costs ✓ No Building Insurance Cost





Meet me at the following expo:

Have A Go Day: 9th November, Burswood Park
"The best retirement solution I have ever seen"

Gary Carvolth – 101 Business Radio









Call us now for an obligation freechat on 1300 665 890

#conditionas apply

Email: offer@sterlingfirst.com.au www.sterlingnewlife.com.au U23/397 Warnbro Sound Avenue, Port Kennedy WA 6172 PO Box 7299, Secret Harbour WA 6173 T: 9523 5800 F: 9523 5811 Sterling First Projects Pty Ltd ACN 162 801 425 (licensed real estate agentT/CWA68744) trading as Sterling New Life



November 9 is Have A Go Day - so this month celebrate by trying something new - have a go!!





TRI WALKER

Compact rollator with 3 large castors that provide easy manoeuvrability Height adjustable. hand brakes, tray basket and bag. Load capacity 100kg.



PYRAMID WALKER

Height adjustable. foldable, extra sturdy with wide base. Aluminium frame. With or without wheels.

PACER

NOVA DELUXE



COMFORT PLUS WALKING STICK

FLIP STICKS Lightweight high strength Aluminium. Adjustable and folding models available. Load capacity

THERA-**BANDS**

Colour coded resistance exercise bands



PEDAL

EXERCISER

AIRGO FUSION

or car. Portable and easy to use.
The swivel function prevents strains on knees, hips

and back while the non-slip underside prevents the

user from sliding out of position. Capacity 150kg

EASYTURN CUSHION

Soft swivel cushion makes it

easier to get in and out of bed

Lightweight side-folding rollator and transport chair in one. Padded seat and full backrest for superior comfort, Swing n' Lock footrests, dual armrests, ergonomic handgrips and removable reflective washable soft basket. Load capacity 136kg. Total weight 7.76kg (without accessories).



All the standard features with bigger all terrain

wheels. Adjustable arms, locking cable, hand brakes, under seat compartment. Available in

3 seat heights - Low 51cm, Standard 56cm

HANDY BAR Get in and out of your vehicle stretching and easily by simply inserting into car door post and using it as a handle support.

C1 PETITE POWERLIFT RECLINER

Smaller seating size. Quiet and smooth lift system, large



REDGUM WHEELCHAIR CARRIER Easy to operate self-propelled wheelchair carrier No lifting, just roll the wheelchair into the cradle tilt and latch, then secure the chair with straps. Weight capacity 40kg. Total weight 12.5kg. Folded weigh 9.0kg. You must have a secure tow hitch fitted to



PATHRIDER DX SPORT

Handbrake, front and rear suspension feather-touch disassembly, wraparound delta tiller, high-visibility automatic brake lights and an LED kerb light. Load capacity 159kg.



889 ALL ROUNDER

High back black airflow, sliding/ rotating seat, adjustable steering tiller, pneumatic tyres, width adjustable and fold-down armrests, anti-tip wheels. front and rear lights, looped handle bar for finger steering, front and rear suspension. Load capacity 155kg



GO-GO ULTRA X

Auto-latching lockup mechanism, maximum stability, disassembles into 5 lightweight pieces, battery pack can charge on or off board Load capacity 117kg



GETABOUT SCOOTER

Fasy fold seat and base Multi position tiller, flat free tyres. travel handle and unidirectional castors. Load capacity 90kg.



DRIVERS FRIEND

For the car. Designs to provide

both lumbar and lateral support.

The ultimate economical folding power chair. Anti-tip wheels, compact frame for smooth manoeuvring. High-tensile carbon steel frame, folding back, height-adjustable armrests, adjustable back height, swing in/out leg rests, manual wheel locks. 250 watt DC motor. Load capacity 113kg.



DVA PREFERRED SUPPLIER

OTs and Physios call us for a DVA Catalogue

MAGNETIC

INSOLES



TWOMEY'S SPORT'S & **ARTHRITIS CREAM**

HAIRBRUSH AND COMB

Available in 2 lengths - Regular

Arnica flower extract, Rosemary leaf and Eucalyptus Oil. 60g.

oetac.



Vitamin E enriched pain relieving gel in an Aloe Vera base. Easy to apply and greaseless, 118ml and 470ml sizes.



TOE WASHER

BODY WASHER

With removable

wash cloth.

For washing and drying between the toes, bendable handle. Long handled sponges also available



LOTION AND CREAM

APPLICATOR Apply cream and massage your skin with this long handled applicator. Rotating balls ensure even distribution. Dishwasher safe



New container of Pride Lift Chairs arriving 10 November.

D30 POWERLIFT RECLINER Three-section T-Back cushion backrest for added comfort and support. Hardwood/ Laminate

frame construction. Load

capacity 170kg.



MAGNETIC BELT CLIP

Easy to wear, clips onto tops of trousers, skirts, etc. May relieve back and hip pain.

MAGNETIC PULL ON KNEE BRACE





independence through a completely hands free solution. We carry a range of Bidets to suit all

budgets and needs. Very simple to install. We offer an installation service in the metro area

HAIR WASHER

MULTI PURPOSE GRIP Easy to use handle. Ideal for holding nail files, shaving razors and tooth brushes

SHOWER FOOT WASHING



AQUA JOY BATH LIFT

Lightweight, innovative fixed-back powered seat gently and safely lowers and raises users smoothly. Fits almost any style of bath maximising legroom and separates into 3 pieces for easier moving and handling. Suitable for adults and children



MAGNETIC AND COPPER BRACELETS & NECKLACES

May relieve arthritis, aches and pains. Large range of designs and finishes for men and women



It Daily Living Products, it's our pleasure to make your life easier - any way we can." OBLIGATION FREE METRO DEMOS FOR INTERESTED GROUPS All your mobility aids to hire or buy AND we will come to you



DAILY LIVING **PRODUCTS**

BAYSWATER Unit 1, 514 Guildford Road 6278 3406 COCKBURN Cockburn Integrated Health Centre 9/11 Wentworth Parade, Success 9499 4136 JINDALEE 2/6 Jindalee Boulevard (Corner Marmion Avenue) 9563 1149 **LEEMING** Suite 4, Cnr Calley Drive & South Street (Opp Bullcreek Shopping Centre) **9312 1700** MIDLAND Corner Ferguson Street and Great Eastern Highway 9374 0577 SHENTON PARK 17 Lemnos Street (Located in Arthritis WA) 9388 8800 **WANNEROO** Shop 6, 771 Wanneroo Road **9206 2391**

Jindalee, Leeming, Midland, Shenton Park & Wanneroo: Monday to Friday 9am-4pm Saturday 9am-12noon • Cockburn & Bayswater: Monday to Friday 9am-4pm Closed Saturday



The general post office in Forrest Place which opened 26 September 1923

Community NOTEBOOK

JACKADDER'S MUSIC CLUB

Third Sunday of each month 3pm-5.30pm The WA Folk Federation offers musical entertainment for the family. Woodlands Reserve Hall, Woodlands

NORANDA TENNIS CLUB

Play mixed tennis on Tuesdays and Thursdays, 8.30am - 11am Morley-Noranda Recreation Club Contact Marilyn Kettell 9276 5213 or 0418 834 546

MANDURAH JAZZ CLUB (DIXIE LAND)

RSL sub branch 22 3rd Avenue Mandurah Third Sunday of each month. 2-5pm. Featuring the band *That's Jazz* Contact Harry 9534 8120

KUI SOCIAL CLUB (INC)

Christmas celebration dance Tuesday 13 December Dancing from 8pm -11pm. Live band. Visitors welcome Bookings tables of eight. Elizabeth 9447 6777 elizabethbic@westnet.com.au

THE CWA ASSOCIATION of WA

Christmas Theme street stall.
1176 Hay St, West Perth
2 December 9am-3pm.
Home made preserves, hand crafted articles, artwork and much more.
Enq 9321 6041
info@cwaofwa.asn.au

ROTARY JACARANDA FESTIVAL

Saturday 26 November 10am-3pm
Applecross Rotary, Ardross St. Applecross
Community family friendly day.
More than 130 stalls including gourmet food and a unique line up of entertainment.
Gold coin donation.

JOONDALUP TWILIGHT MARKETS

18 November to 16 December Friday evenings, 5.30pm-9pm. Central Walk, Joondalup City Centre Food, fashion, arts and crafts, entertainment, plus children activities. For info 9400 4926.

KALAMUNDA YOUTH SWING BAND

Sunday 20 November, 2-5pm Reunion Gig at Lesmurdie Club. Walliston Featuring three bands. Entry gold coin. Meals available. Marion Shanley 0408 066 555

DONNYBROOK FOOD AND WINE FEST 2016

Amphitheatre Donnybrook.
Saturday 26 November 10am-5pm.
Family friendly day with stalls,
entertainment and more.
Free entry
Phone 9731 0590

PINJARRA CHRISTMAS FAMILY MARKET

Sunday 3 December, 10am-2.30pm Get presents sorted while supporting local business. Civic Centre Pinjarra, 1915 Pinjarra Rd

ROCKINGHAM LIONS COMMUNITY FAIR

Sunday 20 November, 10am-4pm Family fun day, carnival, stalls, exhibits and fundraisers etc. Village Green cnr Patterson and Flinders

Village Green cnr Patterson and Flinders Lane Rockingham.

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



Heritage Corner:

A mailbag of memories of our postal service

a prison for refractory servants, a colonial store and, our first post office which was established 4 December 1829.

The business of the first post office was conducted by Daniel Scott as postmaster for the colony in addition to a position he already held as deputy harbour master at Fremantle. One year later Lionel Samson whose firm, Lionel Samson & Son is the oldest continuina family business in Australia, was appointed as postmaster-general and remained in that position until 1832. Whilst it was not a lucrative appointment, it did earn Lionel a high standing position in the colony and led to him being appointed to the board of the Bank of Western Australia.

In 1834 the first postal legislation, '5 William IV No.5', was enacted and by October the same year there were post offices in Guildford, Albany and Augusta. These offices only operated part-time so a more professional approach was deemed necessary. In March 1840 Governor Hunt appointed Edward Pickering as Postmaster for Perth. That title was later changed to Postmaster General (PMG).

Post offices were not officially established until 1846 so in the interim

many post offices continued to operate out of private residences, shops and hotels, while others were in government buildings and even police stations.

The work of moving mail around at that time was tasked to unsupervised Aboriginal prisoners. They travelled between Fremantle and Bunbury, and also from Perth to Guildford and through the Avon Valley. The economy was stimulated by the arrival of convicts in 1850 and the number of letters posted increased more than four-fold. The increased volume of mail made it an impossible task for Aborigines to cope on foot and as a result their role in our postal service was phased out.

Purpose-built post offices with residential quarters began to appear in the mid 1880s, thanks to the 'superintendent of the Public Works Department of the Imperial Service in Western Australia', George Temple-Poole.

The architecture varied but did include elegant designs as seen in the Claremont Post Office on Bay View Terrace, Pinjarra Post Office which stopped operating in 2008, and Gingin Post and Telegraph Office which opened in 1886. This building still func-

tions as a post office to-

Á new general post office at the corner of Barrack St and St Georges Terrace was opened for business on 29 August 1890. This is the beautifully restored building we now call the State Buildings.

Some grand post offices have been built around our State but none grander than the general post office in Forrest Place which opened 26 September 1923. Whilst it is now a well-known heritage landmark building in central Perth, but its construction was fraught with difficulties.

The Commonwealth

Government bought the 1.2 hectares of land opposite the railway station in 1911. The State Government's principal architect, Hillson Beasley, worked with commonwealth architect John Smith Murdoch to design the new building. The tender document for the building appears to have provoked some controversy, with the Operative Stonemasons' however eventually the construction contract with C. W. Arnott was signed on in July 1914, at a cost of £232,700.

Groundwork commenced soon after the contract was signed and initially experienced a delay due to sandy soil on the site and it was not until October a year later, the foundation stone was eventually laid by Minister for Home Affairs W.O. Archibald.

Not unexpectedly, the outbreak of World War I led to a significant delay in the building's construction as steel required for construction became subject to an embargo by the British Government. Finally the general post office opened after nine years of protracted construction. The total cost was £400,000, running over the quoted budget by £168,000.

Now for the first time in 126 years, Perth is without its most central post office. It was vacated in July to make way for a Swedish fashion retailer called H&M. There are still post offices in the City of Perth on St Georges Terrace, Cloisters Square and in Northbridge.

For more information about Heritage Perth, visit www.heritageperth. com and follow us on Facebook www.facebook.com/HeritagePerth or twitter.com/heritageperth



TV talk with Lee Tate - it's just a game



WE have seen many

changes to our postal

service in its 187 year his-

The colony's first post

office was in fact in the

hulk of the sixth ship to

arrive at the Swan River,

The Marquis of Angle-

sea. The ship carrying

from Cornwall landed on

23 August 1829 following

a 101 day journey from

Despite being secured by three anchors, on 4

September a fierce gale

drove the ship onto the

rocks. Fortunately all pas-

sengers and the majority

of the cargo had already

been unloaded but the

beyond repair. The hull

was subsequently sold

to local merchant George

Leak for £170. He in turn

leased it to the govern-

ment who used it as the

governor's residence, the

harbour master's office,

was

vessel

damaged

Plymouth, England.

passengers mainly

HOW would you rate your chances on one of TV's quiz shows?

Try this. Who was the second Donald Duck nephew: Huey, Dewey or Louie?

Surely it's Dewey. But if we heard it right, the answer on Seven's *Chase* was Huey. But the contestant, like us, was convinced it was Dewey.

However, Huey won. Luckily a million dollars wasn't riding on it.

Game shows are going

strong and their value is two-pronged: They are the all-important lead-ins to the networks' evening programs and also worth tens of millions of dollars in advertising revenue.

Channel 7 struggled with Million Dollar Minute but The Chase Australia, from 5pm, turned things around and put real pressure for the first time on Channel 9's Millionaire Hot Seat and host Eddie McGuire.

The Chase's debut episode drew 520,000 for its first half-hour and 720,000 for its second half-hour. The last time we checked, the Chase won easily over Millionaire Hot Seat nationally, 596,000 to 464,000 view-

ers, although the figures are skewed by Seven's overall dominance in Perth and Adelaide.

**Hot Seat gave away \$6 million in prize money last year. One report said: between 1 and 10 February, Millionaire Hot Seat contestants won \$245,000. In that same time period, the Chase Australia handed out \$40.000.

Aussies, like Brits and Americans whose game shows we adapt, get fixes from quizzes.

McGuire says: "It is human drama. Viewers get the opportunity to barrack for someone. We don't often see real Australians on television.

"We'll just keep doing good shows. There are a lot of people wanting to watch quiz shows and that is great for both of us."

Even the ABC got in on the act with British quiz show *Pointless*, leading into its 7pm bulletin.

South Australia retiree Edwin Daly becomes the first million dollar winner on *Hot Seat*. The show had reached the million dollar question seven times in its history but it had never been won. McGuire gave away the top prize in *Who Wants to Be a Millionaire?* – twice.

Andrew Skarbek on *Million Dollar Minute* is the top earner on \$1,016,000 last year.

What's it like for contestants behind the scenes?

Reporter Candice Barnes went along to the Hot Seat audition: "My supporter and I boarded a flight to Melbourne on a Monday afternoon and were shuttled to a Docklands hotel with the other interstaters.

"There are make-up artists and wardrobe people at the studios but each contestant had to supply their own clothes – three options of outfit – and apply their own basic make-up."

Six episodes are filmed on each shoot day - 36 contestants in the Hot Seat format. Candice says there was also a spare contestant, in case someone didn't show up or fell ill.

"After a quick makeup and wardrobe check, it was time for rehearsals. This was the most eye-opening part for me. There's a fake Eddie. His name is Michael.

"Sure, he looked different, but if you closed your eyes you would swear you were talking to Mr McGuire himself. Same energy, same mannerisms, similar sense of humour. We were even told to call him Eddie.

"Fake Eddie proved to be just the thing to ease our pre-show nerves. He told us where to walk and affirmed that many people even manage to get that wrong in the heat of the moment.

"We watched the other contestants win, lose, pass and switch until it was my turn at the plate. Episode five of the day – and I was first in the chair.

"The real Eddie and I had a bit of banter, most of which was cut out of the broadcast, and I started to feel confident. Questions two and three

came and went, but at the \$500 question, I came unstuck.

"I had a Kawasaki keyboard as a kid, and it was the only option I knew had anything to do with music, so I picked that. Buh-bow. I was out of there and was soon shuffled off to the shuttle bus back to the airport.

"I fancy myself a bit of a trivia whiz, but that question simply fell outside of the information contained in my grey matter," she said.

Candice revealed that all contestants fill in a four-page document detailing their strengths and weaknesses when it comes to trivia. Why?

Surely quizzes are

open to all-comers? Not always! Barry Jones, the legendary quiz champion from *BP Pick-a-Box* was approached about competing on a top US game show.

After TV producers checked out Barry's (superior) TV and intelligence credentials the talks went cold. Barry never had his moment in the Yankee sun.

We feel certain Barry would have known about Huey, Dewey or Louie. He probably even knew the ducks' real names (as revealed on one of their cartoons).

They are Hubert, Deuteronomy and Louis.

Keep that tucked away. You never know when it'll come in handy.

Your view: Let us know your TV views. Email leetate@live.com.au or post to TV Talk, 30/132 Cockburn Rd, Munster 6166.



Relive your past by stepping through our doors...

We sell specialised vintage items and collectables from the 50s, 60s and 70s

Records Pedal cars Furniture And everything in between

Open daily from 10 to 5

Phone: 6161 3210 815 Beaufort Street, Mount Lawley www.rocka-billysretro.com

PERFECT GIFT FOR CHRISTMAS



Love holds our Family together PERSONALISED RING

Sparkling with a Genuine Diamond

Sterling Silver

FREE **Personalised Engraving**



Personalised with Each Family Member's Name and Birthstone





A Fine Jewellery **Exclusive from The Bradford Exchange**

A Remarkable Value... Available for a Limited Time

This ring is an exceptional value at \$179.95, which can be yours in 5 instalments of \$35.99, plus \$19.99 postage and handling. Backed by our 120-day money-back guarantee. Available in whole and half sizes from 5-12, it arrives in a presentation case along with a Certificate of Authenticity. This gorgeous personalised ring is only available from The Bradford Exchange. So don't miss out! To reserve, send no money now; just mail the coupon or go online at www.bradford.com.au and search for "Love holds our family together".



the love your family shares!



The "Love Holds Our Family Together"

Personalised Ring is an exclusive design

exquisitely hand-crafted in sterling silver.

The ring's unique design features a centre

ribbon—engraved with the word "LOVE"

wrapping around more bands, which are

engraved with each precious family member's

name and set with his or her crystal birthstone. A genuine diamond sparkles at the centre of the

word "LOVE." It's a beautiful way to express



















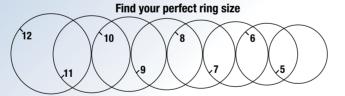






All personalised rings come with full and half sizes available.

est for accurate measuring). A half size is indicated when your ring falls between two of the circles.



For quickest delivery, order online: www.bradford.com.au Quoting promotion code: 88890

©2016 The Bradford Exchange Ltd. A.B.N. 13 003 159 617

PAY NOTHING NOW

THE BRADFORD **EXCHANGE**

Please Respond Promptly

YES! Please reserve the "Love holds our Family Together" **Personalised Birthstone Ring** for me with up to 6 names and birthstones. I understand I need pay nothing now.



Print name in block letters. Limit of 6 total names (max. 10 characters) and corresponding birth month below.

Names to engrave				Birth Month				
For Christmas delivery, order online or call by Friday, 9th December 2016. If responding by mail, we must receive this coupon by Friday, 2nd December 2016 and your first instalment				g size is:				

and reservation acceptance. Credit criteria may apply. Our privacy policy is available online at www.bradford.com.au. From time to time, we may allow carefully screened companies to contact you. If you would prefer not to receive such offers, please tick this box. \Box

M	ly rin	g siz	e is:	
				<u>U</u>
				<u>0</u>

Mr/Mrs/Miss/Ms	First Name:		
Surname:			
		De ete e de	
Phone:			
Email:			
Reserve yours to	odav. 3 easy options:	!	

se	erve yours today. 3 easy options:	
	1. MAIL no stamp required, to: The Bradford Exchange, Reply Paid 86369 Parramatta NSW 2124	

	2. PHONE: Toll-Free 1300 725 103
•	2.1.110112.1011.1100.1000.720.100
	8am-5nm F S T Mon — Fri

3. ONLINE at www.bradford.com.au quoting promotion code: 88890







Brunch with T - spring sunshine in Subiaco...





Above, left to right; Stimulatte's scrambled eggs with salsa verde. mushrooms and vegan cashew haloumi - avocado smash with poached egg Left; Tahlia Merigan

per smoothies; I ordered the Acai (\$12) which was

nice and thick and had a

lovely summer berry taste.

Giorgia ordered the Man-

go Lassi (\$12) which took

a lot longer to come out -

but she said it was worth

it as it was creamy with a

delicious fresh flavour and

was thoroughly enjoyable.

avocado smash (\$18.50)

and added a poached egg

(\$3). The avocado was

precisely ripe so it was

nicely creamy. It came

with a mixture of herbs

and lemon which added a

I ordered the scrambled

eggs with salsa verde (\$12.50) and added the

perfect spring flavour.

Giorgia ordered the

by Tahlia Merigan

THIS month with the weather finally warming up, my friend Giorgia and I ventured into Subiaco for a nice spring brunch.

Stimulatte in Hay Street offers patrons a shabby chic eclectic vintage look, paired with some amazing photographs on the wall and tables both inside and outside. The service was also very friendly.

One of the main reasons we chose Stimulatte was they serve brunch till 12pm which is always great for finding time to catch up with friends.

As it was a warm day we decided to try their su-

could make some improvements.

One spoon – would not recommend.

mushrooms. one of my weaknesses (\$6.50) and I also wanted to try the vegan cashew haloumi (\$7). The mixture of flavours was fresh and lovely and went perfectly with my mushrooms. And I really loved the cashew haloumi as it was something new to try.

Although I must have bad luck as yet again I found hair in my food though they staff were amazing and sincerely apologetic, they replaced my meal as fast as possible and even made me a special smoothie.

Besides the lovely comprehensive brunch menu they also offer an amazing selection of savoury rolls, croissants and some amazing looking sweet muffins at the counter.

Overall we gave them 3.5 spoons.

Stimulatte, 361 Hay St, Subiaco. Open Monday to Friday 6:30am-3pm, Saturday 7.30am - 1pm and Sunday 8am - 1pm





Masters of Menu recipe book to aid cystic fibrosis



IN celebration of Menu Magazine turning 10 years old, publisher Scott Arnold-Eyers has marked the milestone by putting together a second book featuring recipes from some of the best cafes, bars and restaurants that have featured in the magazine over the years.

Masters of Menu Recipe Book Two contains 51 recipes from wellknown chefs and venues throughout WA, as well as a few from families affected by cystic fibrosis.

Cystic fibrosis (CF) is a disease of the respiratory system but has lesser known effects on other organs of the body.

Whilst most people would recognise a food pyramid with vegetables and grains at the bottom and protein at the top, the

pyramid is turned upside down for children with CF. They find it difficult to absorb nutrition from food;

children living with CF require a very high calorie diet and many will take up to 40 enzyme tablets a day to aid digestion.

High calorie meals can also be delicious for anyone wanting to include – in moderation of course.

"In 2008 my wife gave birth to a beautiful girl named Jade. Shortly after her birth she was diagnosed with cystic fibrosis and since then we have done what we can to help raise money for this cause.

"The first edition of Masters of Menu was a great success which is why we decided to do it again with new chefs, venues and recipes. All profits from this book once again will be donated to helping those with cystic fibrosis," Scott Arnold-Eyers explains.

Masters of Menu is available from all good book stores, your local cystic fibrosis shop or go to www. menumagazine.com.au/mastersofmenu/ for more stockists.









award winning naturally brewed beers and ciders with great Aussie Tucker to match!

Your choice of one of the following: Wood fired pizza (small) Chicken or vegetarian baguette

Salt 'n' Pepper Squid Fish and chip basket with tartare sauce Spring rolls with sweet chilli sauce PLUS 1 middy of beer/cider or

1 glass of wine or cup of tea or coffee

The Valencia Complex, 55 Benara Rd, Cavershan Phone 9377 4400 OPEN Wed to Sun www.ironbarkbrewery.com.au







T's spoon ratings

Five spoons - excellent food and service - you must go!

Four spoons - overall good food and service well worth

Three spoons - reasonably good food and service but

Two spoons - food and service needs improvement.



Seniors Lunch Buffet ONGOING SPECIAL \$19.95

Includes soup, extensive hot buffet and salad bar **BONUS filter tea/coffee**

Dinner Buffet from \$26.95

Bookings & Enquiries 9271 7111 Bistro • Lounge Bar • Accommodation FAMILY • FRIENDS • FUN

LUNCH Mon-Fri 12 Noon - 2.30pm

DINNER Mon-Fri 6pm - 9pm

...your Bayswater 80 Railway Parade, Bayswater www.bayswaterhotel.com.au





Come join our vibrant and friendly centre for 55s and over. Annual subscription \$15

SERVICES AVAILABLE: Meals on Wheels, Hairdresser, Podiatry

FREE iPad classes

LIFESTYLE ACTIVITIES: Scrabble, Bridge, Bingo, Rummicub, Chess, Mahjong, Indoor Bowls, Yoga, Tai Chi, Heartmoves and Zumba. Ipad classes. Craft class including jewellery, scrapbooking and beads on Mondays. Mystery bus trip twice a month!

Russian Group perform, incl. lunch: 8 November St. Columbia's Primary School perform, incl. lunch: 29 November - from \$10 per person* **Christmas 3-course luncheon incl entertainment:** 6 December - BOOK NOW from \$25 per person*



53 Coode Street, South Perth For bookings or further info phone the centre 9367 9880

*conditions apply, advertised prices are for members

The Dining Divas lunched at the **Brass Monkey Hotel**



Left to right; Brass Monkey Hotel's fish and chips and chicken parmigiana

by Pat Paleeya and Judith Cohen

THIS month we visited the Brass Monkey Hotel in Northbridge. Originally called The Great Western Hotel and designed by Michael Cavanagh, the hotel was built in 1896.

It was one of the most lavish hotels constructed in Perth in the gold boom period. Original features are still evident. After restoration and renovations in 1989 it was officially opened on the 16 March of the same year at the Great Brass Monkey's Ball.

We chose from the \$12 lunch menu. The fish and chips were plated well and ample for the price. The chips were quite chunky and well cooked; the salad was very fresh and tasty. Unfortunately the fish let the meal down. Although the batter was crisp and not at all oily there was far more batter than fish, which was disappointing.

The chicken parmigiana was nicely presented with a mixed salad and crispy chips. The crumbing on the chicken was dark brown and over cooked around the edges. It had an unpleasant taste and texture which regrettably spoiled the whole meal. This Diva would probably choose not to order the parmigiana again. The accompanying garden salad was flavourful, consisting of sliced tomato, cucumber, onion and mixed salad greens.

The staff were pleasant and friendly, the service efficient, but we can only award 2.5 forks at this

\$12 Lunch special. Monday to Friday 12pm-3pm

Brass Monkey Hotel, William St. Northbridge. Phone: 9227 9596



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

ROD EVANS

special

12 noon

COMMUNITY CENTRE

Monday-Friday

LEOPOLD HOTEL \$11 Lunch special

11.30am -3pm

9339 1100

12-2.30pm

Railway Pde,

Bayswater

9271 7111

Monday to Friday

BAYSWATER HOTEL \$19.95 Seniors Buffet

Monday to Friday

Canning Hwy. Bicton

\$15 Three course lunch

160 Hay St East Perth 9461 3920

Midweek **SENIORS** LUNCH **SPECIALS**

STEEL TREE (ROCKINGHAM)

\$10 spring lunch special Monday to Friday Shop 3/7 Railway Tce Rockingham 9527 1777 Booking advised

COCO CUBANO \$9.90 lunch special Monday - Friday 12

-2pm Lakeside Joondalup **Shopping Centre** Ground level 9300 9772

THE BROOK BAR **AND BISTRO** \$18 Senior lunch

special Monday-Friday 12-3pm 11 Main St. Ellenbrook 6296 5699

CHARLES HOTEL \$14 Seniors Lunch

Special Tuesday to Thursday 12-2.30pm Charles St. North Perth 9444 1051

HERDSMAN LAKE TAVERN

\$13.90 Seniors Menu 11.30 -9pm every day 33 Herdsman Pde. Wembley 9387 5555

Spring into summer oranges

by Noelene Swain

THE local citrus industry is breaking new ground. Over recent years, extensive citrus orchards have been planted in the rich soils of the Mid West where traditional broad acre farming has long been the tradition. Towns of Moora and Dandaragan are now home to vast acres of citrus trees gradually moving into full production. Not only is this fantastic for local communities, it's great news for citrus lovers too.

Together with these new regions for orchards, new varieties are also changing the face of the Traditionally industry. popular winter varieties now have some warm weather competition. The late season Summer Orange is a pièce de résistance and ensures we end the local citrus season with a zesty bang.

Whilst Navel orange varieties are available only in the winter months, the Summer Orange is a unique Valencia variety which gives orange lovers the opportunity to enjoy fresh, local citrus right

up until Christmas. Midnight Summer Oranges are virtually seedless and unmistakably juicy, making them ideal for juicing as well as for eating.

Midnight's skin colour can be a little fickle though. If picked just at the right time, they turn from green to radiant orange. If left a little longer on the trees, they tinge to green again. Orchardists keep a close eye on these summer beauties to ensure they're picked, packed and delivered to local consumers right on time to maximise flavour and juiciness. A slight tinge will indicate an extra sweetness from being ripened in the warmth of the summer sun.

With warmer days at last, freshly squeezed Summer Orange juice is the perfect addition to breakfast to add a bounce to your day. Top it up with some ice, fresh mint and the sparkle of a few bubbles with equally refresh and revive as the sun goes down.

Look for fruit that is heavy for its size to guarantee that it will be full of

Citrus fruits should generally be firm.

Oranges are picked mature and ready to eat and do not ripen after picking.

Store citrus in the fridge, especially in summer.

Much of the citrus flavour comes from the aromatic oils in the rind

Use a zester or microplane grate to remove just the oil rich zest, avoid the white pitch which is bitter Frozen oranges are a refreshing snack or addi-

tion to fruit smoothies. Orange juice prevents the browning of the cut surfaces on fruits and

vegetables Try orange segments served with fish instead of lemon. Sprinkle segments with a little black pepper and olive oil and allow to

marinate for 30 minutes. When extracting juice, roll fruit on the bench to release the juice more easily.

Be sure to get your healthy summer glow with local summer or-

Prepared by Fresh Finesse promotions www. freshf.com.au

Orange marmalade



SUMMER oranges are a perfect choice for marmalade to enjoy through the summer or to gift to a special family and friends for Christmas.

Marmalade sets best if fruit is not too ripe.

4 Navel oranges 1 lemon 200 mls water

Preparation: 15 minutes; Cooking: 20 minutes; Makes 3 - 4 cups

Thinly slice fruit. Place in two litre microwave safe jug or bowl. Add water. Microwave on high for 10 minutes to soften the fruit. Add sugar. Stir to dissolve. Microwave on high for 10 minutes then medium high for a further 10 minutes. (Watch carefully to ensure it doesn't boil over).

Test to check marmalade had reached gel point. A teaspoon of marmalade on an icy cold saucer should set. If not set, cook a minute or so more and retest until a firm gel is achieved. Cool slightly. Pour into sterilised jars. Cover and label when cool.

Variations: Get creative and try any other citrus fruit. Replace oranges with three pink grapefruit or six lemons or 1.5 litres of cumquats (quartered). For cumquat marmalade: Remove the seeds from the cumquats and soak them overnight in the 200ml water to extract the pectin. Add the pectin water into the fruit before cooking.

Beetroot and orange rocket salad



3 summer oranges, skin removed, cut into segments

4 - 6 Lebanese cucumbers, sliced ½ cup chopped roasted walnuts 1/4 cup coriander leaves, chopped

3 cups rocket leaves 1 beetroot, cooked, peeled sliced

1 tablespoon sweet chilli sauce, 1 tablespoon light soy sauce

Juice of 1 lime Fresh lime wedges, to serve

Combine orange segments, beetroot, cucumber, nuts, rocket and coriander in a bowl. In a screw top jar combine sweet chilli, soy and lime juice. Pour over salad. Serve with lime wedges.

Seniors Recreation Council of WA Inc

Katica Martinovich's risotto



by Vince Garreffa

MY MOTHER-IN-LAW Katica was a great Croatian cook. She now cooks in heaven for the angels. We always make enough risotto for two meals but my kids eat it cold out of the fridge and take it to school in an iced lunch box, so I miss out on leftovers.

Ingredients for eight persons Stage 1

2 x finely diced onions 4 x chopped gloves garlic ½ bunch of diced Italian parsley

Stage 2 50ml olive oil 1kg fine beef mince

100ml olive oil

Stage 3

2 x tablespoons paprika

1 x tablespoons nutmeg 1 x tablespoon cinnamon

salt and pepper 2 x tablespoons tomato paste

4 x cans pureed peeled tomatoes 4 x cups of beef or chicken stock

1kg Arborio or short grain rice

Stage 5 Extra stock on hand 100g Butter Pecorino cheese to taste (minimum half a cup)

Method

In a big pot sauté in olive oil stage one ingredients until soft. Then, add stage two ingredients and at a high heat mix stir fry until meat is well cooked. Now add stage three ingredients, stir well, and bring to boil, then lower the heat so it simmers on low for one and hour, stirring constantly so it doesn't stick.

Now add your rice and a cup of extra stock and stir well. It is very important to constantly stir the mix so it doesn't stick to the bottom of the pot and when the rice absorbs the stock, add more stock one cup at a time. Don't add too much at a time otherwise it will stew like a soup and it's too easy to stir which means that your arm doesn't get sore from stirring. Katica used to say if your arm is not sore then the risotto is no good.

The final step is to cook until the rice is tender then remove it from the heat and add 100 grams knob of butter and stir it through. Add half a cup or more of grated pecorino cheese and stir it through. It will look and smell great. Serve with freshly grated pecorino cheese on the side for greedy people.

Dobar-Tek (Croatian dinner blessing)

Gingered citrus strawberries cups



THIS is a great way to start the day with a dollop of creamy yoghurt and some granola. Or serve in an elegant glass for a stylish dessert. ½ orange, peeled and diced ½ punnet strawberries, hulled 1/4 cup fresh orange iuice ¼ teaspoon grated fresh ginger 2 teaspoon honey

Preparation: 10 minutes + 30 minutes marinating; Serves: 1

Combine orange juice, honey and ginger in a serving bowl. Fold through chopped orange segments. Cover and refrigerate until 30 minutes before serving. Before serving, gently fold in strawberries. Serve in orange shells (or glass serving bowls) with yoghurt or ricotta blended with orange juice and honey.

Abracadabra Plumbing Gas & Hot Water

Blocked drains

Hot water systems

Leaking taps and cisterns

Burst pipe detection & repair

Gas installations & servicing

Phone 9341 8486 or 0417 957 026 www.abcplumbing.com.au



Plumbing & Gas www.tapdoctor.com.au

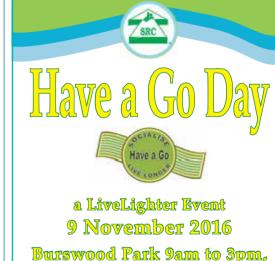
CALL NOW

1300 130 827 or 9335 1552



PENSION

ISCOUNT



Burswood Park 9am to 3pm, **Great Eastern Hwy**



Great new area designed for displays

Theme: Socialise, Have a Go, Live Longer

Free activities, tea, coffee & bottled water

All day - chocolate wheel with great prizes Giant chess and giant jenga

Come, bring a friend and have fun Have a Go Day is a FREE event for the general public to attend

Some of the new activities to enjoy at Have a Go Day 2016; **Red Tappers - dance group** Geocaching

- using your own gps or android phone Canoeing - will be on the river

SPONSORED BY









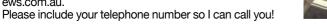
All enquiries contact Seniors Recreation Council of WA Phone 9492 9771

www.srcwa.asn.au

| 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@haveagon-



Letters to... Vince Garreffa





LiveLighter Aged Care Games Peel Branch

SRC WA conducted the Peel LiveLighter Aged Care Games on Tuesday 11 October at the Serpentine Jarrahdale YMCA Community Recreation Centre. What a fantastic day it was with more than 180 seniors in care excited by the opportunity to spend the day taking part in specifically designed

The member for Darling Ranges, Tony Simpson MLA opened the games with students from Byford Secondary College singing the National Anthem and We Are Australian.

A special mention and thank you to LiveLighter Healthway, ALCOA and Shire of Serpentine Jarrahdale for their generous support of the games.

Congratulations to Alzheimers WA for taking out first place with 245 points, Bedingfeld Golden Oldies who came second with 242 points and Bright water Sharks who came third with 227. Also congratulations to Quambie Park for winning the best presented team plaque. The oldest participant was Bill Taylor who is 100 years young.

Have a Go Day 2016 a LiveLighter Event, 9 November at Burswood Park,

Great Eastern Highway, 9am to 3pm Have a Go Day, a LiveLighter event is an activity/ information sharing event for over 45s. The theme this year is Socialise, Have a Go, Live Longer and there will be a wide variety of activities to have a go at and hospitality tents providing free tea, coffee and bottled water for participants to relax and socialise in. The official welcome is at 10.30am at site 118, Simon Beaumont from 882am 6PR will be MC and the Hon Paul Miles MLA will officially welcome everyone to the event.

Further information is available by calling 9492 9771.

SRCWA Christmas variety concertPresented by Phil Paddon and Red Dog Music.

When: Wednesday 14 December 2016. Venue: Morley Sport and Recreation Centre, 12.30 to 5pm.

Cost: \$30pp

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

Tickets must be pre purchased as there are no

door sales and tickets are selling fast.
To purchase tickets or for further information phone Kate Chetwin 9492 9771.

Seniors Recreation Council's Annual General Meeting 2016

SRC held its Annual General Meeting at the end of September. The meeting was attended by members of the board and accredited volunteers. The annual report was distributed giving all attendees an opportunity to find out what SRC State office and branches have done in the past 12 months.

Board appointments:- Phil Paddon was re-elected vice president for two years and Graham Bennett was elected accredited volunteer representative for two years

Branch presidents reported on the activities conducted in their branches, it is pleasing to note how busy our regional branches are. Very informative presentations were made by Glen Morley and Gemma Barrett from DSR and the SilverSport pro-

Livelighter Aged Care Games - Joondalup

The LiveLighter Aged Care Games - Joondalup was held on 15 September, 10 teams competed for the perpetual trophy, gold, silver and bronze medallions and the best presented team plaque. Entertainers Jim Drysdale and Jenny sang lots of favourites for the crowd. To book them call 9249 7316. The winning team was RAAFA Red Devils with 291 points second place went to Rainbow Rebel with 290 points and third place went to Woodlake Warriers with 272 points, the best presented team was Barridale Lodge. Congratulations to all participants and thanks to all the SRCWA volunteers and Wooroloo Trustees who helped make this a wonderful event.

LiveLighter Aged Care Games Southwest Capes Branch

On 23 September SRCWA held the Southwest Capes LiveLighter Aged Care Games in the Margaret River Cultural Centre.

The winners were Mirrambeena with 325 points, second place went to William Carey Court with 268 points and third place went to Ray Village with 188 points and best presented team was awarded to William Carey Court, the oldest participant was Kim McEown. Congratulations to the Southwest Capes branch volunteers who not only set up the hall but also provided morning tea and a delicious lunch for all participants.

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





Wine to put a spring in your step



by Frank Smith

SPRING is traditionally a time for renewal so I'm suggesting some original tasting wines for a new start to the drinking sea-

First from the Hunter Valley we have 2016 Gartelmann 'Stephanie' Pinot Gris. This wine is made from fruit sourced from the cool climate of Orange NSW. The result is a fresh easy drinking wine with hints of pear and melon. Drink it as an aperitif or matched with seafood or spicy food such

as Thai green curry. RRP \$25.
From the same winery comes 2014 Gartelmann 'Joey' Merlot. This wine is purple in colour with a bouquet of blackcurrants. This is a complex wine featuring rich, bold black fruits layered with dense, invit-ing oak. It has great length and is balanced with velvet tannins giving structure to a soft and rounded palate. Flavours of cassis consistently flow from the nose to the palate. Ideal with red meats and mature cheeses. RRP \$25.

Also from New South Wales is 2015 Angullong Pinot Grigio. The wine is pale straw in colour with a greenish hue. It shows vibrant cool climate flavours of pear and apple with gentle acidity and balance, and a fresh, crisp finish. RRP \$20.

The 2015 Angullong Sauvignon Blanc, is a wine with vibrant cool climate flavours of citrus and passionfruit. Lovely length, natural acidity and balance, with a fresh, crisp finish. RRP \$20.

And now for something entirely different. Saperavi is a variety from the former soviet republic of Georgia.

Hugh Hamilton of McLaren Vale has produced one of the few Saperavi vintages in Australia. Saperavi Oddball is the deepest red you are likely to find. The bouquet is a fascinating amalgam of aromas including spices, blackberries and Morello cherries. The more you sip the more you taste. Saperavi also has super intense tannins producing an astringent and savoury palate. Best with red meat, the rarer the better. Alcohol is a massive 15.5 per cent. It is out of my normal price range at \$50 but for a once in a lifetime experience I'll save up

For those who like their wine a little tamer Mr Hamilton has made a Shiraz/Saperavi blend called Black Ops. The result is a deep purple wine with a bouquet of a mixture of the red- and black-berries of Shiraz with a whiff of liquorice, plus exotic, floral hints of potpourri. Look for the spices underlying the liquorice of the Shiraz and an ever-sosubtle hint of chocolately oak.

He says the palate displays voluminous fruit, spice, roundness and suppleness. That's why you can drink it now. Each variety is pulling its weight in contributing to a very successful combination. RRP \$32.50.

Mr Hamilton suggests you try an adventurous food match; something out of the ordinary such as kangaroo with dukkah crust or redcurrant glaze; or maybe roast pork brushed with soy and black bean.

*Reach us online www.haveagonews.com.au 3.319.648 hits in 2015





Wednesday 14 December, 12.30pm - 5pm

Morley Sport and Recreation Centre ngton Rd & Mangini St Morl

Band of Mates

Terry Bennetts, Evan Platschinda and Ginger Cox Talented guitarists and country balladeers

Kingslev Dav "Keyboard Extraordinaire"

accompanied by local drummer Phil Rego

Sharon Heaslip

Singer, songwriter and one of Australia's leading female vocalists of Australian Bush Ballads and country songs. .lustin Standlev

Most popular balladeer 2016 (ICMA), APRA/TSA New Songwriter Award 2015,

Toyota Star Maker Finalist 2014 X Factor Finalist 2012

Amber Reid

Local talent studying at WAAPA, has performed at Disneyland California, Crown Theatre and Perth Concert Hall. Tickets \$30 each available from Seniors Recreation Council WA

Phone: 9492 9771

Refreshments at interval included

What's fresh for November



Honeydew melons: This delightfully named melon is distinguished by its smooth, creamy skin and sweet green flesh. It's not that easy to tell when they're at their peak; look for melons that feel heavy for their size and a stem end that gives a little when gently pressed. The skin will also feel waxy, not fuzzy, on a riper melon.

Hass Avocados: A record crop of local Hass Avocados is predicted this year, with people Australia-wide being able to purchase these high-quality WA grown fruits. Use finely diced avocado to create a base for a rustic, fussfree salsa; be inspired by Latin flavours and add chilli, lime and coriander, or hit the Mediterranean and go with tomato, fresh oregano and sea salt. Both pair marvellously with a range of grilled meats and seafood. Avocado is also an immensely nutritious first food for babies and easy to spoon straight out of the skin: no preparation necessary.

Valencia Oranges: A great way to give your day a glowing start is with a glass of freshly squeezed orange juice and an excellent way to detox, post Christmas feast. All citrus fruits give a more generous yield of juice if they are at room temperature when squeezed - rolling them firmly with the palm of your hand also helps. Valencia oranges are ideal if you like your juice chilled as the juice keeps well in the fridge, ready for that morning burst of energy and Vitamin C.

Sweet Corn: The corn arriving now from the northwest is of excellent quality and best cooked and eaten as soon as you can after buying, as fresh corn is most definitely the juiciest. If keeping for more than a day, parboil the corn for a minute (this will help slow down the conversion of sugars) before refrigerating or freezing. Nutrients in vegetables are frequently best in their raw state but in this case, cooked sweet corn has significant antioxidant activity, which can substantially reduces the chance of heart disease and cancer.

Cauliflower: Beautiful and wellpriced cauliflowers from the south west have tight snowy white heads that are an excellent source of vitamin C, particularly when served raw. Try them broken into tiny florets as a substitute for cabbage in your favourite coleslaw recipe, or steam or grill and dress with a mixture of good extra virgin olive oil, mustard and fresh herbs.

Claremont Over 60s social club welcomes members

JUST FRIENDS Incorporated is a Claremont based Social Club for unattached single people aged over 60.

The membership year is coming to a close and as the warmer weather approaches the club invites prospective members to join them.

The club is a not-forprofit organisation and organises social events for people who just want to meet similar people in a non-threatening environment.

The club meets at 7.30pm every second and fourth Tuesday of the month at the Claremont Yacht Club for a Mix and Minale night.

Visitors are welcome and may attend three functions before having to join the Club.

Visitors pay a \$10 fee for Mix and Mingle.

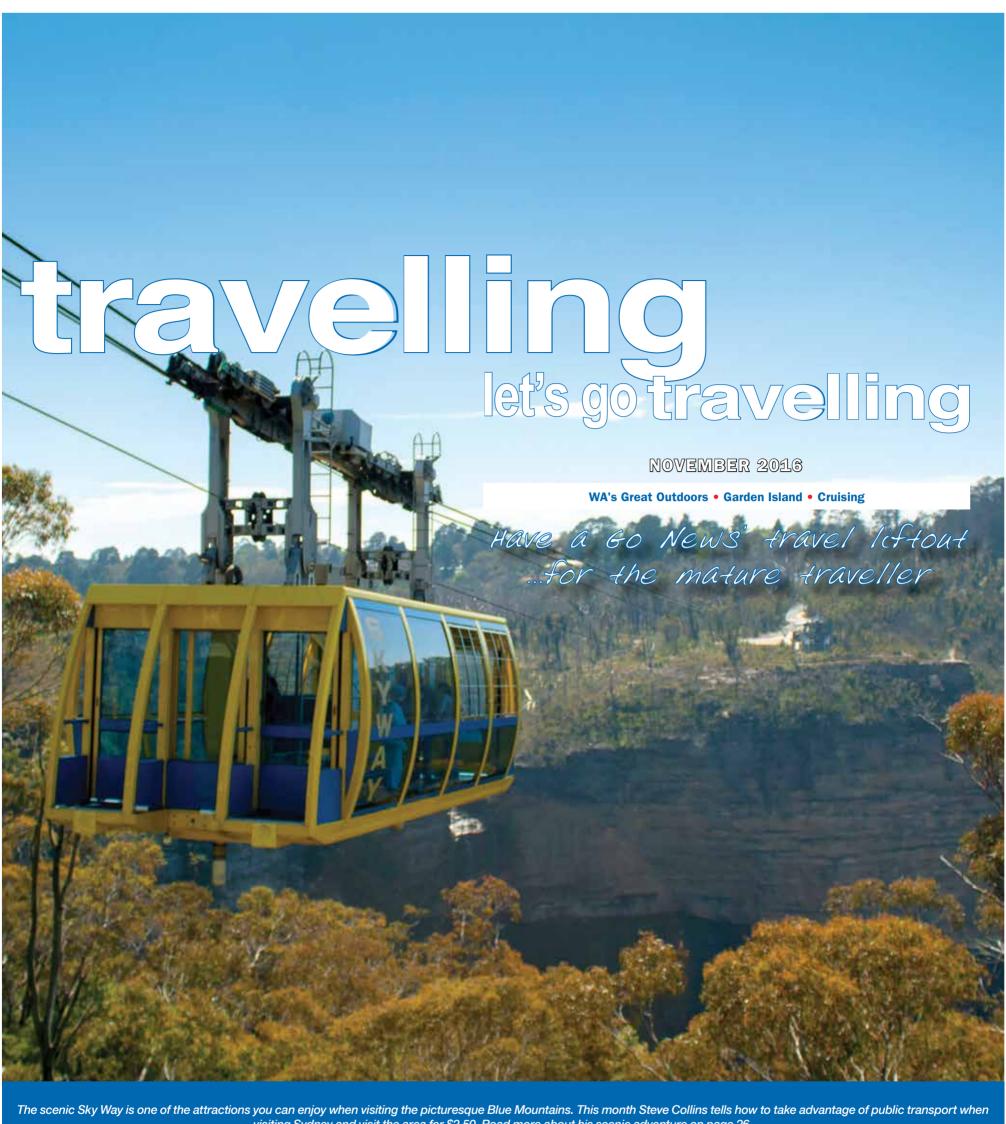
The membership fee is \$80 per annum and this fee applies from 1 January 2017 to 31 December 2017.

Membership of the club also entitles you to social membership of the Claremont Yacht Club.

Although the majority of the functions are dinners. they do try and mix it up with other events such as dinner dances, concert going, picnics and house parties and even a twilight sail

People that have been thinking they are stuck in a rut and sitting at home every day, should give this social club a try, and make long lasting friends. They especially appeal to all the men out there, to come and have a go.

If you would like more information about the club please ring Margaret, the secretary on 0438 841 357 or just turn up at Mix and Mingle you will be made most welcome.



visiting Sydney and visit the area for \$2.50. Read more about his scenic adventure on page 26.



let's go travelling











L to R; Jennifer Merigan - Jenny and Bronson Franceschi outside their new concept travel story Northern Beaches Travel and Cruise - One of the teachers in Burma, Margot Clarke, Johanna Sanders, Pam Waskey and Yvonne Bishop.

CONGRATULATIONS to Kings Tours and Travel's Jenny Franceschi who has taken the leap and opened a new travel and lifestyle store at Marmion Village shopping centre -Northern Beaches Travel and Cruise - which offers people the opportunity to book all their travel requirements including Kings Tours. The new concept store also stocks travel items such as cases, wallets, towels and lots more items. They have a wonderful range of travel fashion for the ladies. I attended the opening last month and picked up a fabulous new wallet. Pop in and see them at Marmion Village, 19 Sheppard Way in Marmion, phone 9246 1222.

I love hearing from readers about their travels and this month Margaret Clarke from South Bunbury dropped me a note and some photos about her and three friends, Margot Clarke, Johanna Sanders and Yvonne Bishop's charitable efforts for children in Burma.

"We four old girls go to Burma (Myanmar) each year and have three orphanages that we help. "All year we knit and make things to sell for our children over there," said Margaret.

Anyone who would like to help the ladies with this altruistic project are welcome to contact Margaret on

Barry Green from Western Tourist Radio 87.6fm popped into the office for us to let readers know that his local radio station which covers Bunbury, Busselton, Cowaramup and Dunsborough provides people with a great way to discover more about WA. People can find out local information about things to do and hear stories of the people and places of the south west of WA, including local music, stories and events. Just tune into 87.6fm when you are down south.

As Christmas is drawing closer it's the last chance this month to book for tours during the festive break. Many of our advertisers are offering tours around WA. For those looking for a nice break over New Year, Elite Tours have a lovely three-day break to see in the New Year. See page 36 for details.

If you have a travel issue, enquiry or would like to share some information, don't hesitate to contact me on the email below. If you're a facebooker than like Have a Go News at www.facebook.com/Haveagonews.

Happy trails



Jennifer Merigan Travel Editor

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

Lots planned at Aussie Redback

AUSSIE Redback Tours would like to thank all passengers, new and old, for their amazing support as this year draws to a close.

"It has been a wonderful year for us with tours to the red centre, the stunning Kimberley, our wonderful WA and of course the wildflowers," said owner Sharon Ker-

Next year is also shaping up to be a busy one, with many bookings already flooding in for tours to the Tamworth Country Music Festival, Murray River Cruise, Norfolk Island and the Gibb River Road.

Aussie RedBack are particularly excited about visiting the Tamworth Country Music Festival in January.

The 2017 Festival will see a line up of Beccy Cole, John Williamson, Troy Casser-Daly, and Lee Kernaghan to name just a few. The tour will include Broken Hill and Lightning Ridge to make it a 14-day trip to remember. Guests will enjoy country music, opals, art and a part of the great Australian outback all in one package.

Aussie Redback Tours also specialises

in art tours around Australia with world renowned tutors, and next year's tours are already filling fast.

Artist Greg Allen will be tutoring the 11 day Kimberley Landscapes, Ross Paterson will tutor the eight day Paint the Pilbara, Leonie Norton will tutor the seven day Namatjira Country and Herman Pekel is tutoring the nine day Hans Heysen Trail in the Flinders Ranges.

There are also a number of inclusions such as flights, boat cruises, helicopter rides, museums and entries to national parks and most attractions, in many fares.

As one of their passenger's recently commented: "Aussie Redback Tours do not treat their passengers like sheep with

Please call them for their new 2017 brochure which is now available.

It's not too late to book their 12 day Tasmania Tour departing 15 November or their two day Manjimup Cherry Festival and Gnomesville Tour departing 10 December. For details contact Aussie Redback Tours on 1300 662 026.



LOCAL water colourist turned photographer Susan Moss has added author/publisher to her resumé.

France has been a favourite destination for her travels and she always has her camera on hand looking for images she can reference for fu-



She had many requests for copies of her photographs from her travels and this inspired her to publish a small hardcover book titled La Belle France.

This lovely book includes 96 photographs with a brief explanation of the town or the subject of the photograph and is peppered with sayings appropriate to the page.

A map on the last page identifies the areas she has visited and included in the book.

At \$25, it makes an ideal Christmas present for the Francophiles in your life.

For further information or to purchase a book visit www.susanmoss artandphotography.com or call Susan on 0409 086 694

WIN WIN WIN

We have one signed copy of La Belle France to give away to a lucky reader. To enter simply email win@haveagone ws.com.au with Belle in the subject line or write to La Belle competition, Have a Go News, PO Box 1042, West Leederville 6901. Competition closes 30/11/16.

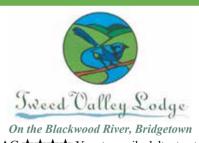






Day Tours Extended Tours Mystery Tours Interstate Tours Overseas Holidays Single members welcome

bookings@hireabus.com.au Phone 0473 514 944 Facebook Perth Seniors Travel Club



RAC ★★★★ Your tranquil adult retreat in a picturesque riverbank setting 2 kms from Bridgetown CBD featuring

- Spacious, self-contained, luxury accommodation
- Stunning riverside location
- · Bird lovers' paradise with late afternoon feeding
- Unit for disabled available with King size or twin bed configuration

View our website and/or give Julian and Jenny a call

Tel: 9761 2828

www.tweedvalleylodge.com.au

THE BEST **OF SOUTH AUSTRALIA**

11 NIGHTS **DEPARTS TUESDAYS**

Air travel. Perth to Adelaide • 5 nights accommodation in Adelaide • City Tour • Barossa & Hahndorf Tour • 2 day Kangaroo Island Tour including 1 night accommodation • 3 night Murray River Cruise inc: transfers and all meals on-board • Rail travel on the Indian Pacific, Adelaide to Perth in Gold Service includes meals, drinks and off train experiences.

FROM ONLY \$3999 per person twin share

OUTBACK ADVENTURE

7 NIGHTS SET DEPARTURES **DEPARTS TUESDAYS**

Air travel, Perth to Darwin • 3 nights accommodation in Darwin • 2 day/1 night Kakadu and East Alligator River Tour including touring and overnight accommodation · Charles Darwin Sunset Dinner Cruise • Rail travel on the SPECIAL 3 night Ghan EXPEDITION, Darwin to Adelaide in Gold Service inc:meals, drinks and off train experiences • Air travel, Adelaide to Perth

ON SALE FROM ONLY \$4999 ppts

3 CITIES & 3 TRAINS

11 NIGHTS **DEPARTS PERTH ON SUNDAYS**

Rail travel on the Indian Pacific, Perth to Sydney in Gold Service cabin, includes meals, drinks and off train experiences • 3 nts in Sydney • Sydney Harbour Story Cruise • Rail travel on the XPT, Day Service Sydney to Melbourne • 3 nights in Melbourne • City tour and river cruise • Rail travel on the Overland, Melbourne to Adelaide • 2 nights in Adelaide • Adelaide City Sights Tour • Air travel, Adelaide to Perth

GOLD \$3450 per person twin share PLATINUM \$5620 per person twin share

DARWIN AND THE TOP END

7 NIGHTS **DEPARTS SATURDAYS**

Air travel, Perth to Darwin • 3 nights accommodation in Darwin • 2 day Kakadu and East Alligator Tour including 1 nights accommodation · City Tour · Rail travel on The Ghan, Darwin to Adelaide in Gold Service inc:meals, drinks and off train experiences • 1 night accommodation in Adelaide · Air travel, Adelaide to Perth.

ON SALE FROM ONLY \$3830 per person twin share

AROUND AUSTRALIA BY RAIL

18 NIGHTS **DEPARTS PERTH ON TUESDAYS**

Air travel, Perth to Broome • 3 nts in Broome • Town Tour • Air travel, Broome to Darwin • 2 nts Darwin • City Tour • Air travel, Darwin to Cairns • 3 nts in Cairns • Rail travel on the Spirit of Queensland, Cairns to Brisbane (Rail Bed) inc meals • 1 nt Brisbane • Rail travel on the XPT, Brisbane to Sydney • 2 nts Sydney • City Tour • Rail travel on the XPT, Sydney to Melbourne (First Class Seat) • 2 nts Melbourne • City Tour • Rail travel on the Overland, Melbourne to Adelaide • 2 nts Adelaide • City Tour • Rail travel on the Indian Pacific, Adelaide to Perth in Gold Service inc meals

GOLD \$5590 per person twin share

PLATINUM \$7680 per person twin share

LAST CHANCE SALE ENDS 30 NOVEMBER: EARLY BIRD RAIL HOLIDAY SALE TRAVEL IN 2017 AT 2016 PRICES - BOOK NOW!

australian **HOLIDAY** centre

www.australianholidaycentre.com.au

email: perth@australianholidaycentre.com.au



The New South Wales Gold Opal issue

by Steve Collins

IF you have a valid concession card, such as a WA Seniors Card or a Commonwealth Health Care Card, you should be able to access concession fares on any state or territory public transport system in Australia.

However, when visiting New South Wales if you think that you can just arrive and use your concession card, you will be unpleasantly surprised. You will have to pay full price to travel on their buses, trains and ferries.

New South Wales has recently introduced its Opal Card, which you now must use on public transport. There is a concession card called a Gold Opal, but it is only available online, and must be purchased no earlier than two weeks before you intend to travel to New South Wales.

Even though Sydney Kingsford Smith International Airport is Australia's busiest passenger airport, they don't cater for seniors' public transport concessions. Rail ser-

vices operate from both international and domestic terminals. After arriving on a flight recently, I went to the airport station, showed my concession card and was told that I couldn't buy a Gold Opal

over the counter. A Gold Opal is very handy. With one of those you can travel all day across Sydney, the Blue Mountains, Central Coast, Hunter, Illawarra and Southern Highlands for a capped price of just \$2.50. But there is a \$12 Sydney Airport Access Fee for Gold Opal holders, if your journey begins or finishes at the airport.

There is no charge for a Gold Opal, but you do have to put some credit onto it before you can travel

Topping up a Gold Opal is easy; you can do that over the phone, online, at newsagencies, train and bus stations, ferry wharves and elsewhere.

To obtain a card you must complete a form that is only obtainable online, so if you don't have a computer and the internet, you are not able to travel on public transport in New South Wales on a concession fare. That is my major concern.

The Gold Card is used mainly by seniors. Many seniors who neither possess a computer nor feel comfortable downloading a form, printing it, filling it in, scanning the completed form back into the computer and emailing it back. Also, if you are a senior and possess a card that entitles you to concession fares anywhere in Australia but need to fly to NSW for an emergency, you can't get the Gold Opal, so miss out on your right to access concession fares

Travelling on public transport using your concession anywhere else in Australia is relatively easy. These options are available in all other states and territories:

Victoria has its Myki Card and you can buy a concession visitor pack upon arrival at many outlets there.

For Queensland you can use a +Go card which you can get at many outlets, such as 7-Eleven stores, train and bus stations, etc. or you can also purchase paper tickets when you board

your transport. South Australia has a Metrocard but it may be better just to use your Seniors or Health Care Card when using public transport as you will probably get a better concession.

Tasmania has a free Greencard for seniors travelling on public transport, or you can use your concession card when boarding.

The Australian Capital Territory has a MyWay Card. To purchase a Concession MyWay card you will need to present your concession card to a My-Way Recharge Agent or Access Canberra Shopfront.

The Northern Territory accepts concession cards on its buses and mainly issues paper tickets. If you intend to make any local bus trips you can get a Tap and Ride Card which costs \$7 for a concession card holder and gives unlimited trips over seven days.

Luke's magical Melbourne





Left to right; Jeanette Woolerton - award-winning magician, Luke Hocking

by Jeanette Woolerton

THIS is a magical time of year. Fairy lights adorn the streets and animated window displays share the promise of an impending Christmas with every passer-by. The overall mood is one of keen anticipation.

It is also the time to treat yourself or your loved ones with something unique, special and unforgettable. Impossible Occurrences, one of Melbourne's most exclusive attractions, possesses all of those qualities and more.

Be prepared to be blown away by award-winning magician, Luke Hocking, as he intrigues and amazes you with astounding displays of magic, illusion and mind reading.

What is unique about this performance is that it is set in a private dwelling at Melbourne's Five Star Marriott Hotel. The intimate show sees Luke astound guests with his state of the art conjuring, impossible feats of magic, illusion and mind reading. Each performance is exclusive as audience sizes are strictly limited to ensure the intimacy of the show.

Upon arrival at the Marriott Hotel, guests will be escorted into private quarters to view the one hour performance.

To add to the sophisticated atmosphere guests are encouraged to adhere to the smart dress code. Children aged ten years and over are welcomed to view the show.

Luke loves his work, his workplace, his audience and his employees - and it shows. An extract from his recent blog gives us an insight into the magic.

"I have been performing Impossible Occurrences for almost eighteen months at the Melbourne Marriott Hotel and have performed the current show over one hundred and forty times, for around eight thousand people," he said.

"I love it and feel that I have the best job in the world every time I do it. After performing it so many times one would think that I am used to it and it becomes second nature. I can honestly tell you that it doesn't work that way. It's a strange thing because every audience is different and therefore unpredictable in the way they act and behave. So I find you can never really become completely relaxed with what you are doing, but at the very least you do feel that you know your material well," he said.

Impossible Occurrences will run on Friday evenings at 7.30pm and 9.30pm now extended until the end of December.

Use the discount code IMPOSSIBLE to get 20 per cent off your tickets (limited time only). To purchase a ticket, visit events.ticketbooth.com.au/event/ImpossibleOccurrences and select your preferred date and

General booking enquires can also be directed to 1300 762 344 or info@impos sibleoccurrences.com.au.

Enjoy the Cherry Festival in Manjimup

FUNSEEKER Tours once again will be taking a tour to the Manjimup Cherry Festival this December.

This three-day package includes a home pick up and return, ensuite single or twin share accommodation in the newly refurbished Bayview Geographe Resort on the stunning bay at Busselton and two course evening meals, cooked breakfast

MTours

Hanoi, Halong Bay, Hoian,

Hochiminh City, Saigon, Mek

Nha Trang, Danang & Hoi An

Saigon, Cu Chi Tunnels,

Phnom Peh&Siem Read

Cu Chi Tunnels, Dalat,

Victoria Cruise on Three

Gorges & Hong Kong

Cruise, Chongqing,

16 Days Vietnam and Cambodia Delight

15 Days The Best of Vietnam

16 Days Mighty Yangtze & Hong Kong

15 Days Natural Wonders of China

Zhangjiajie, Tian Men Mt, Yichang, Yangtze Rive

tesy of National Geographic/Lindblad Expeditions & Contours Trave

Shanghai, Nanjing, Wuhan, Fengdu, Chongo

morning teas and picnic lunches.

Departing Perth on Friday 9 December the coach travels to Mandurah for morning tea and onto Bunbury for lunch before arriving in Busselton for the next two nights.

Travel to Manjimup for their 2016 festival and to enjoy activities including - cherry pip spitting heats and final - red vehicle vin-

CHURES

BRO

FREE

~

6

Fully inclusive From \$4,685

Asia Travel 2017-2018

SALE ON NOW

tage and classic car procession - decorated shop windows - photography competition - southern belle fashion parade - log chop events - town hall displays including fine furniture - quilts and photography, and of course delicious ripe red cherries to take home with vou.

Call Sharon on 1300 660 668 for more information.

Toll Free: 1300 842 688

E: sales@mwtravel.com.au

W: www.mwtravel.com.au Mandarin World Tours

mandarinworldtours

20 Days Japan, Korea, Taiwan Triple Indulgence

15 Days Japan Cherry Blossom & Garden 2017

Delhi, Agra, Bharatpur, Ranthambore, Jaipu

14 Days The Spirits of India with Camel Fair

Taipei, Kaohsiung, Kenting, Seou Moon Lake, Busan, Andong,

Mt.Sorak, Tokyo, Kyoto&Osaka

Kvoto, Nara, Hiroshima

Miyajima, Kobe, Osaka

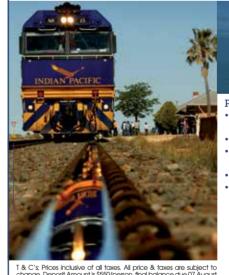
Jodhpur, Udaipur

Pushkar & Delhi

14 Days Colourful Holi Festival

Kolkata, Varanasi, Aara, Fatehp

17 DAYS Perth to Melbourne RAIL & CRUISE 9 to 25 November 2017



acts as a travel agent in booking or arranging travel related services on your behalf. Therefore the contracted responsibility and liability to provide or deliver those services is always that of the relevant services.

Package inclusions:

- · 8 Day cruise with Holland America Line
- Fremantle (Perth) to Melbourne
- 4 Nights accommodation in Melbourne
- · 1 Day rail journey Melbourne to
- Adelaide on board the Overland
- 2 Nights accommodation in Adelaide
- · 3 Day all inclusive rail journey Adelaide to Perth on board the Indian Pacific

from \$4,684 per person twin share

GREAT SOUTHERN RAIL



Western Australian Visitor Centre 55 William Street, Perth

Australian

FREECALL 1800 812 808

We provide a free booking service for Great Southern Rail, accommodation, car hire, tours and much more.



18 DAY EXCLUSIVE SMALL GROUP FULLY ESCORTED TOUR • DEPARTING PERTH 6 APRIL 2017

on our exclusive adventure of a lifetime for all ages.

An absolute must for wildlife enthusiasts, and professional and amateur photographers alike.

• Experience the endless magic and mystery of the Galápagos Islands onboard National Geographic Endeavour II

Fully inclusive From \$4,995

- Discover the undersea and snorkel with penguins, sea lions & sea turtles
- Hike pristine islands. Zodiac cruise and kayak peaceful shorelines
- Visit the Sacred Valley of the Inca
- Explore the magnificent ruins of Machu Picchu

Bookings now open – limited numbers.



CALL FOR MORE DETAILS AND A BROCHURE PHONE 9721 9588 OR FREECALL 1800 177 788 LICENCE NO: 9TA00495



In Sydney? Then see the Blue Mountains for just \$2.50









Left to right; Enjoy the scenic railway to the Jamieson Valley floor - Katoomba Falls - Three Sisters - Paragon Cafe

by Steve Collins

GET your Gold Opal concession card before your next trip to Sydney. With it there is a great day's outing that will cost you just \$2.50 in fares using public transport, and you will relish some of the best views you can enjoy in Australia. My advice would be to

leave early, because it is going to be a long day.

First step, catch the train to Katoomba.

The trip takes about two hours from Central, depending on whether it is an express train or not. If you

are staying in the western suburbs you can also board at Strathfield, Parramatta, Blacktown and Penrith. The train is comfortable and there are toilets onboard. If you've not been to Sydney before, you will be amazed at its size as you whizz through the suburbs. Blacktown is now the geographical centre of Sydney, and there are a lot of high-rise

At Emu Plains you cross the Nepean River, which is a tributary of the Hawkesbury River, and then begin

apartment blocks between

Central and there.

your climb into the moun-

The landscape changes as you enter fairly dense bushland. Much of this bushland was lost to the terrible fires that raged through several years ago, but given the good rains the area has received since then it is hard to believe that most of it was charred stumps such a short time ago.

The train passes through some iconic towns, such as Blaxland and Springwood. Between these two towns are some of the steepest gradients on the line. As you leave Leura station prepare to disembark, as Katoomba is the next stop.

From the station it is a short walk to the grand Carrington Hotel on Katoomba Street. The Carrington was very popular in the early 1900s and still retains its old world charm. It is worth wandering inside to have a drink before making the return trip to Sydney. Bus No. 686, which you will take to Echo Point leaves from right outside the Carrington, but for a real treat wander down the street a little to the Paragon, a true art deco café that is still in its original, and mint, condition. Stop for a beverage and a snack and wander through the café to admire its décor.

The local buses will accept your Gold Opal card, so there is no more to pay.

Alight at Echo Point to admire the majesty of the Jamison Valley, particularly the famous Three Sisters, which are very close to the lookout. If it is a good day, you will enjoy stunning views from here. There are a couple of walking tracks you can take to more fully appreciate the valley. Some of the tracks are quite easy to negotiate, whilst others meander down the hill to the valley floor.

Choose your own time to leave, and then catch the 686 to Scenic World. Echo Point is free, but there is a charge to enter Scenic World. The concession price is \$35 for an unlimited discovery pass, but the fee is well worth it.

There are good dining and shopping facilities at Scenic World, but you really want the adventure, and the best way to start is to take a trip on the Scenic Skyway, which is suspended above the valley at a height of 270 metres. If vou are a little squeamish about heights, try not to look down through the glass floor. are outstanding.

With 360° views, the 720 metre journey provides the best views of Katoomba Falls, the Three Sisters, and Jamison Valley stretching to the horizon.

For a real thrill, take the scenic railway to the valley floor. This is the world's steepest railway and you descend at an angle of 52 degrees, although you can adjust your seat for a 64 degree ride if you are extra brave. After entering a tunnel you emerge into an ancient Jurassic forest as you rush towards the bottom. Upon alighting your carriage there is a really pleasant forest walkway, which leads past the original coal mine

You can return to the top of the cliff by the railway. or take the cableway, which is a much gentler ride than the train, with views that

Visiting both Echo Point and Scenic World will take a couple of hours. If you take the 686 back to the Carrington you can connect with a 685 bus that will take you to Leura, which is the prettiest village in the Blue Mountains.

There are many interesting shops and cafes in Leura Mall, with Bygone Beauty's Treasured Teapot, which has the best collection of teapots and tea paraphernalia that I have ever seen, just one block away.

Leura is a comforting place in which to end your Blue Mountains tour. The station is close to the shops, so you can wander up the hill for your return train to Sydney.

For a \$2.50 concession fare, it's one of the best trips you will ever make.

Celebrate New Year's Eve in Margaret River



Bring in the New Year touring beautiful Margaret River, staying at the Quality Inn and fully escorted by Elite Tours.

Day 1 - On tour to Margaret River includes lunch and dinner

Touring via Pinjarra with morning tea on the way and then a picnic lunch at Harvey Dam. Driving through the scenic Ferguson Valley with a stop at Gnomesville. Then driving onto a stop at Donnybrook and on to our destination at Margaret River. Overnight: Quality Inn Margaret River.

Day 2 - Touring Busselton and Augusta includes breakfast, lunch and dinner

Enjoy a fun day exploring Busselton including the Jetty and a guided tour of the Underwater Observatory. Enjoy a picnic lunch in the park before a visit to Cape Leeuwin Lighthouse. Enjoy a delicious dinner in Margaret River. Overnight: Quality Inn Margaret River.

Day 3 - Enjoy a farm tour and some great stops around the area includes breakfast, lunch and

A great day touring the area includes a visit to The Flying Wardrobe, Cape Naturaliste Light House and a picnic lunch at Canal Rocks. Enjoy a visit to the Shearing Shed for a great show and visits to the Margaret River Cheese Factory before heading back for a New Year's dinner. Overnight: Quality Inn Margaret River.

Day 4 - back to Perth includes breakfast and

Returning to Perth, travel via the Old Coast Road stopping for Morning Tea in Australind and a lovely picnic lunch in Mandurah. Arrive back in Perth about 3pm.

> Cost: \$1150 per person twin share \$300 Single Supplement **Departs: Thursday 29 December 2016 Returns: Sunday 1 January 2017**

Includes: All meals, accommodation, morning tea each day, Entries as per itinerary, lunch each day, luxury 5 star coach travel.

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

Baltic & St Petersburg

including magical St Petersburg,

25 Mar to 1 Apr, 2017

Stockholm and Copenhagen.

En route to Asia, the Dutch

\$1,850



Message on dish transcribes to: 'arrived here on 25 October 1616. East India Company captain, Dirk Hartog, veered off course and so discovered the west coast of Australia. Dirk Hartog dish 1616 © Rijksmuseum

TRAVELLERS and Traders in the Indian Ocean World is a ground-breaking exhibition developed by the Western Australian Museum in partnership with the British Museum to showcase the significant role the Indian Ocean has

DAY TOURS

Tastes of the Swan Valley

| Elvis Presley Birthday Tour

EXTENDED TOURS

2 days from \$400pp

14 days from \$4,200pp

12 days from \$4,320pp

Christmas Lunch Mystery Tour

2016 Seniors \$85pp Adults \$90pp

Includes morning tea and lunch

2017 Seniors \$90pp Adults \$95pp

| Amazing Tasmania 15-26 November

Manjimup Cherry Festival/Gnonesville

Albany to Esperance 7 days from \$1,805pp

The Wet Northern Safari 6 days from \$3,250pp

Fully accommodated tours - Air con vehicles - most meals

Call 1300 662 026 Email aussieredbacktours@yahoo.com.au

Tamworth Music Festival/Lightning Ridge/Broken Hill

Christmas Lunch Mystery Tour

Travellers and traders in the Indian Ocean world

played in WA's rich history and its connection with the rest of the world for thousands of years.

More than 100 precious objects from international and national museums have been carefully selected for their ability to tell multi-

27 November

17 December

18 December

8 January 1

layered stories. These include exquisite art, sculptures and archaeological artefacts, 24 of which have never before been seen in Australia, including the Rijksmuseum's Spice Box from c.1600 and the View of Batavia, oil on canvas, 1640 - 1676.

One of the many highlights of the exhibition is the Rijksmuseum's Dirk Hartog dish, the oldest known European object ever found on Australian soil, which will be on display beside the Willem de Vlamingh dish from the WA Museum's collection. Given the fragility of the Hartog dish this may well be the last time it travels to Australia.

Discover the profound influence of the Indian Ocean region, its vibrant stories and hidden treasures, and how those who live around and across this body of water have been connected for thousands of years - often in surprising ways.

Travellers and Traders will be on display at the WA Maritime Museum until 23 April next year.

2016 TOURING PACKAGES



December

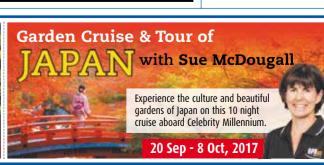
23 Fri-27 Tues

CHRISTMAS BY THE BAY



PH 1300 660 668 (24hrs)

nseek@iinet.net.au Visit www.funseek











Opera, Concerts, Outdoor Events and Field Days in the South West

Leeuwin Concert Featuring James Taylor



Iconic singer-songwriter James Taylor and his all-star band will perform at the 33rd annual Leeuwin Concert on Saturday February 18 2017. The easiest way to get there is with villa! Book this three day tour including two nights accommodation, tickets to the concert with a picnic hamper and transfers. Enjoy yourself and let villa do all the work.

FreeCall 1800 066 272 Limited spots available!

Opera at Jalbrook Estate

Performing in the rose garden at Jalbrook Estate and with champers in hand, the South West Opera Ensemble will delight and a complimentary picnic hamper completes the night.

Jalbrook Wine, Women and Song

An Evening with the South West Opera Ensemble

3 Days | Friday 17 to Sunday 19 February 2017 Price \$980 pptw | Single Option \$160



Australia Day Celebrations



Come with villa and relax as you enjoy four glorious days touring in the magnificent South West. Highlights include wonderful Australia Day celebrations including fireworks and a special dinner, a Collie River cruise and fantastic sightseeing in and around the Bunbury district.

Highlights Dwellingup Forest Train Journey Collie River Cruise Bunbury Skyfest Australia Day Fireworks | Ferguson Valley Dolphin Discovery Centre | Bunbury Wildlife Park | Plus more Australia Day in Bunbury

4 Days | Wednesday 25 to Saturday 28 January 2017 Price \$1325 pptw | Single Option \$165

Balingup Small Farm Field Day

Set amongst the colourful deciduous trees, brooks and rolling hills of Balingup, the annual Balingup Small Farm Field Day is a truly wonderful "day in the country". People from small farms and cottage industries exhibit and sell their produce and products and scarecrows appear all over the village!

Highlights | Balingup Small Farm Field Day | Bridgetown | Harvey Dam Harvey Dickson Country Music Centre | Farewell Lunch in Waroona **Balingup Small Farm Field Day**

3 Days Friday 21 to Sunday 23 April 2017 Price \$920 pptw | Single Option \$165





Cherries for Everyone in December!

If you are looking for a relaxing getaway to the south west, then why not jump on board with a 3 day relaxing cherry time break with villa!



Cherry Time Getaway

3 Days Tuesday 6 to Thursday 8 December 2016 Price \$765 pptw Single Option \$95

Just for Singles Cherry Time Getaway Exclusive Solo Traveller Holiday

3 Days Wednesday 14 to Friday 16 December 2016 Guaranteed Single Room \$850 Share a Room and Save \$95

There's Still Time to Book Your New Year Celebration Holiday!



New Year in Pemberton | 5 Days | Thursday 29 December 2016 to Monday 2 January 2017 | Price \$1525 pptw | Single Option \$260

Just for Singles New Year in Busselton Exclusive Solo Traveller Holiday

4 Days Friday 30 December 2016 to Monday 2 January 2017 Guaranteed Single Room \$1350 Share a Room and Save \$140



Tantalizing Tasmania is Waiting for You!

Tasmania is one place that most people include on their bucket list.

Villa's Grand Tasmania Experience tour enjoys the cultural delights of Hobart, colonial history of the south and the breathtaking scenery of the north and west and includes all of the iconic sights.

Highlights | Cradle Mountain | Wall in the Wilderness | Port Arthur | Wilderness Railway | Tamar Valley | Plus more **Grand Tasmania Experience**

14 Days | Friday 10 to Thursday 23 February 2017 | Price \$5810 pptw | Single Option \$1115

Just for Singles Grand Tasmania Experience Exclusive Solo Traveller Holiday

14 Days 3 to 16 March 2017 | Guaranteed Single Room \$6625 | Share a Room and Save \$965



Rail. Craters and the Great Ocean Road

Featuring the Indian Pacific Perth to Adelaide

Step aboard the iconic Indian Pacific and travel from Perth to Adelaide before joining your luxury coach for the journey along the Great Ocean Road to Melbourne. This is simply the best way to travel across Australia.

Highlights | Mount Gambier | Adelaide | Mary MacKillop Penola Centre | Flagstaff Hill

10 Days | Sunday 12 to Tuesday 21 March 2017 | Adult \$5075 pptw | Single Option \$280



All Villa Carlotta Travel holidays are fully escorted, depart from Perth and include courtesy home collection (Perth and Mandurah metro only)*, airfares, taxes, insurance*, gratuities* and most meals. ltineraries are subject to change. Terms and conditions apply. FreeCall 1800 066 272 for details.









find us on facebook





Peter French

by Jennifer Merigan

A LOVE of travel inspired a long-term career in the travel industry for Peter French.

Originally from the UK, Peter travelled to Australia in the early 1980s. He returned to the UK and did the obligatory backpacking

New man at the helm for Perth's longest running travel expo

trip around Europe.

Then he started his first job in corporate travel in London in 1985, after that stint he found the call to live in Australia was too strong and he returned to live in Sydney.

In Sydney he landed a great job with United Airlines and spent more than five years living and breathing airline travel.
"When you work for a

big airline you get access to a lot of travel and working for one of the US's major carriers United Airlines meant I travelled all around

"The more I travelled the

more I loved it and travel opens you up to a new way

of thinking," said Peter. After his long stint with the airlines he moved to Western Australia with his family. Perth has now been his home for more than 25

In the mid 1990s Peter began working with Star Cruises and worked there for 15 years.

"Star Cruises re-invented people's love of cruising," he said. "The Star Gemini which many of Have a Go News readers would be familiar with became WA's favourite ship and literally thousands of people sailed on her and this helped develop the voracious appetite Australians now have for cruis-

When the SARS virus hit Asia, Star Cruises brought the Star Virgo to Western Australia and the Star Leo to

Peter said that the first weekend the Virgo went out on a weekend cruise from Fremantle they ran out of beer within 24 hours.

He said they had to make a few adaptations for the Australian market.

The three-month stint in Australia was a groundbreaking exercise, it gave

Western Australians a taste of balcony cabins, alternative restaurants, no meal seating times and the freestyle cruising which Star developed.

'Star Cruises were trail blazers in their approach to cruising and Australians loved it," said Peter.

It also paved the way for the formation of the WA Cruise Committee and this committee really helped develop the regular visitation of the many ships which visit WA shores each year.

Peter's love of travel and long-term experience in the industry has now seen him take up a new opportunity by taking over Pat Strahan's long running Holiday and Travel Expo.

"I had participated each year in Pat's expo when I worked with Star Cruises, it always attracted a great crowd and in the last year Pat made it clear she was ready to retire.

"I saw this fabulous opportunity to take over this quality expo and really iniect a new era and make it the best travel expo in Perth.

"We have rebranded it to the Perth Holiday and Cruise Expo and we have a new floor plan for exhibi-

"The expo returns to

Crown Perth and takes advantage of their state of the art rooms which will provide more seminars and product presentations throughout the weekend.

"We've added a dedicated cruising element and of course visitors will receive terrific show deals from suppliers, enjoy the superb surroundings at Crown and have the opportunity to win some fab-ulous prizes," said Peter.

The Perth Holiday and Cruise Expo will be held on 11 and 12 February and will be a holiday haven for people to plan their adven-

Take a look at some of the best cruising deals and get ready to set sail...

by Brad Elborough

Journey to the land of the long white cloud

CRUISE across the Tasman to New Zealand on board Azamara Journey for 15-nights from just \$4392 per person. The cruise heads south to Melbourne and then onwards to Hobart for an overnight stay and a visit to historic Port Arthur. Visit NZ's two islands and ports including Dunedin, Akaroa, Tauranga and an overnight stay in the art deco city of Napier before arriving in Auckland.

This cruise departs from Sydney on 19 February 2017. The above price is valid on a twin share basis only for an inside stateroom. Fares include meals. selected standard spirits, beers and wines, pre-paid gratuities, 24-hour room service, a complimentary evening event, port charges and gov-. ernment ťaxes.

Visit www.azamaraclubcruises.com/en-au

Rock 'n' roll with P&O and Ross Wilson

Rock and roll on P&O's Pacific Dawn later this month, with renowned Australian singer-songwriter Ross Wilson headlining a 26 November departure from Brisbane. The three-day return cruise from Brisbane will feature the former front man for Daddy Cool and Mondo Rock who will perform in two dedicated concerts, supported by Hullabaloo. A Q&A session hosted by radio presenter Rosie Beaton will also give guests a fascinating insight into an Aussie rock legend. Rugby League legend Eric Grothe will also be on board with his band The Gurus and Danny Black. Passengers can attend songwriting workshops, rock karaoke and music trivia sessions. Fares start from \$379 per person quad share, with on board credits up for grabs. Visit www.pocruises.com.au, call 13 24 94 or see a licensed travel agent.

Disnev heads to new port

The Disney Cruise Line has recently opened sales for its 2018 season and has also announced it is expanding its itinerary with the introduction of a popular Caribbean destination - Bonaire. There will also be opportunities to cruise with the line to Puerto Rico, California and Florida.

The seven-night San Juan to Southern Caribbean, including Bonaire, cruise departs Puerto Rico on 28 January. Located just north of the South American coast, the Dutch Caribbean island of Bonaire has an arid climate and sunny weather

Visit disneycruise.disney.go.com

For those a bit more active Not all cruises are about laying around eating and drinking. How's this - while travelling from Linz to Budapest on board the luxurious Avalon Luminary, take an early morning walking tour (includes a private viewing at the Museum of Fine Arts in Vienna), bike to an ancient border defence fort near Mauthausen, take a jogging tour around Europe's cobblestone streets, or attend a medieval knights' tournament in Visegrad. The eight-nights cruise along the Danube is priced from \$5219 per person, with multiple departures in 2017 to choose from. And there are no single supplements to pay on bookings made prior to 30 November. Visit www.avalonwaterways.com.

Australia Day on the mighty Murray

Is there anything more Australian than cruising down the Murray River? Well, Captain Cook Cruises is offering that chance on its four-night Australia Day in 2017, on board the Murray Princess. While cruising between Mannum and Swan Reach, in South Australia, guests will also be able to take part in activities such as two up, thong throwing and a Captain's Australia Day dinner. The cruise departs on 23 January, 2017 and prices start from \$1076pp.

Visit www.murrayprincess.com.au, call 1300 729 938 or visit your travel agent.

Christmas, with all the trimmings

Carnival Cruise Line has itineraries departing Sydney for the South Pacific this Christmas from just over \$100 a day. Guests on Carnival Spirit and Carnival Legend's Christmas cruises will enjoy a day of festive family fun at sea on 25 December, with all the trimmings of Christmas including Santa, snow, prawns, pudding, caroling and crackers. Carnival Cruise Line ships feature a decorated Christmas tree and snow in the atrium. photos with Santa, a Christmas door decorating contest, Christmas movies, religious services and special Christmas menus. Visit www.carnival.

com.au or your travel agent. All prices and details were correct as supplied at time of going to print. Conditions apply on all





BUDAPEST TO AMSTERDAM

River Cruise 2 APRIL 2017 - 15 DAYS



INCLUSIONS:

- Return airfares Perth to Budapest & Amsterdam to Perth
- •15 Days onboard a Premium River Cruise
- 14 Breakfasts, 13 lunches & 14 dinners
- · Daily bottled water, tea & Coffee
- · Soft drinks, beer & local wine during lunch & dinner
- Explore up to 16 towns, villages & cities
- Services of a Cruise Director and local guides
- Transfers, port charges & tipping#





INCLUSIONS:

- Return airfares Perth to Siem Reap & Ho Chi Minh to Perth
- 8 Days onboard a Premium River Cruise
- 7 Bréakfasts, 7 lunches & 7 Dinners

Coach

Cruise

Stay (No. of nights)

• International wine, local beer & spirits included with lunch & dinner Soft drink included at all times during your Lower Mekong cruise

Kampong Chhnang

Prek K'dan

Phnom Penh

- Services of a Cruise Director & Local Guides
- · Airport transfers, port charges and tipping

TRIP HIGHLIGHTS:

- Receive a traditional Buddhist blessing by monks in Oudong
- Enjoy an ox-cart ride in the Kampong Tralach district
- Explore the small silver and copperware manufacturing village of Koh Chen and visit a number of home-workshops, maybe picking up a souvenir or two.
- Visit Phnom Penh's magnificent Royal Palace and the splendid Silver Pagoda.
- Take a rickshaw tour of the small island of Tan Chau.
- Visit a rice paper manufacturer to learn how rice paper is made

Please Call US on 1300 789 567 for a day-by-day itinerary & more information

Mekong River Cruise 7 FEBRUARY & 21 FEBRUARY 2017 – 8 DAYS

Cambodia

RV La Marguerite

Koh Chen

Sa Dec

Vietnam

Ho Chi

Minh City

PLEASE CALL US ON 1300 789 567 FOR A DAY-BY-DAY ITINERARY & MORE INFORMATION

River Cruise 31 MARCH 2017 - 15 DAYS

AMSTERDAM TO BUDAPEST 5 STAR LUXURY



INCLUSIONS:

- Return airfares Perth to Budapest & Amsterdam to Perth
- 15 Day Luxury River Cruise from Budapest to Amsterdam
- All inclusive meals & select drinks onboard
- Tour Director & Local Guides

TRIP HIGHLIGHTS:

- Dine at Namedy Castle
- Private Rail to Salzburg
- Attend a private classical concert in Vienna

PLEASE CALL US ON 1300 789 567 FOR A DAY-BY-DAY ITINERARY & MORE INFORMATION

HIGHLIGHTS OF VIETNAM & CAMBODIA

River Gruise 25 FEBRUARY 2017 - 13 DAYS



INCLUSIONS:

- Return airfares Perth to Siem Reap & Ho Chi Minh to Perth
- 3 nights at a 5 Star Siem Reap Hotel
- 7 nights onboard Luxury River Cruise • 2 nights at a 5 Star Ho Chi Minh City Hotel
- 31 fine meals, including two exclusive Luke Nguyen dining experiences on your cruise
- Select drinks onboard cruise
- Enjoy unique moments and exclusive access to local attractions beyond the tourist trail
- Tour Director & Local Guides
- TRIP HIGHLIGHTS:
- Ho Chi Minh City Degustation Angkor Wat
- · Cruising the Mekong River visiting homes, temples & monasteries in tiny villages

PLEASE CALL US ON 1300 789 567 FOR A DAY-BY-DAY ITINERARY & MORE INFORMATION





OPENING TIMES OPEN: MONDAY-FRIDAY 8AM-6PM

IN STORE 299 VINCENT ST, LEEDERVILLE. WA 6007 ONLINE

REMEMBER YOU CAN SEARCH & SHOP ONLINE 24/7 SENIORSPLANET.COM.AU

 ENQUIRE SEND US AN EMAIL TO HAVEAGO@HOLIDAYPLANET.COM.AU





20 Day NZ Rail, Cruise & Coach Holiday



FULLY INCLUSIVE

- Return airfares from Perth including taxes
- · Meet & greet on arrival in New Zealand
- Return airport transfers in New Zealand
- HIGHLIGHT Milford Sound Overnight Cruise
- 17 nights superior hotel accommodation with 6 two night stays
- Luxury Coach travel throughout the tour
- Professional Coach Captain and Tour Guide in New Zealand
- 19 breakfasts including 1 specialty breakfast
- 15 dinners including 4 specialty dinners • 1 specialty lunch
- 2 delicious morning teas
- Prepaid activities and attractions including Kauri Museum,
- Skyline Rotorua Gondola, Agrodome, Thermal mud pools & geysers, Larnach Castle and more.
- Enjoy 4 rail journeys Glenbrook Vintage Railway, the Coastal Pacific, the world famous TranzAlpine and the Taieri Gorge Limited. • Relax with 5 cruises including Dolphin / Hole in the Rock Cruise in the Bay of Islands, the vintage steamship TSS Earnslaw and the Milford Sound Overnight Cruise.

Experience the romance of rail travel, the majesty of cruising and the luxury of coach on this **L**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 - Glenbrook Vintage Railway, the Coastal Pacific, the world renowned TranzAlpine and Taieri Gorge Limited. Relax on 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.

DEPARTS 25 March 2017 > **ADDITIONAL DATE SELLING FAST!**

>> ITINERARY

(B) Breakfast. (L) Lunch. (D) Dinner. (SD) Specialty Dinner.

DAY 1: Depart Perth

Today you will be transferred from your home to Perth Airport for your overnight flight to Auckland.

DAY 2: Arrive Auckland (Free Day) (B,D)

On arrival in Auckland you will be met by a Grand Pacific Tours representative and transferred to your hotel. Early check-in and breakfast have been included at the hotel this morning. The remainder of the day is at leisure.

DAY 3: Auckland - Bay of Islands (B,D)

Hotel Rendezvous Grand Hotel Auckland

Today enjoy an Auckland city sights tour before travelling to the Continue through Whangarei to the Bay of Islands. This afternoon 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 Islands (2 nights)

DAY 4: Bay of Islands (B)

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. The remainder of the day is a free day. Choose from the many optional activities available. This evening is also free and you may like to enjoy a relaxing dinner cruise (optional).

DAY 5: Bay of Islands - Auckland (B,D)

Farewell the Bay of Islands and drive south via Whangarei and Dargaville to Matakohe where you will enjoy a visit and informative talk at the Kauri Museum. Continue to Auckland's north shore for some time at leisure. Why not take a stroll to the nearby beach for views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf. **Hotel** Spencer on Byron

DAY 6: Auckland - Rotorua (B,L,D)

Depart Auckland and travel to Glenbrook Vintage Railway for a nostalgic 15 km 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 to Longlands Farm & Restaurant. Enjoy a delicious home cooked lunch hosted by a rural NZ family. Continue to Rotorua and visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout. Hotel Sudima Hotel Lake Rotorua (Superior Room. 2 nights)

DAY 7: Rotorua (B,SD)

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 - 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 along the Kapiti Coast to the capital city of Wellington for an extensive city tour.

Hotel James Cook Hotel Grand Chancellor (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. Enjoy free time at leisure this afternoon and this evening is also free.

DAY 10: Wellington - Christchurch (B,D)

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Join the Coastal



- ✓ Return home pick-up by private car to Perth Airport with professional and caring drivers <a>Pre retour get together including a scrumptious morning tea and gift
- ✓ Kings Tours Rep at Perth Airport on departure ✓ Meet and assist service for connecting flights in NZ
- ✓ Early hotel check-in on arrival inc breakfast
- ✓ Touring Jacket & Cap ✓ NZ Travel Guide & Travel Diary ✓ Simple Booking process with a low deposit

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 the finest farmland areas to the garden city of Christchurch.

Hotel Quality Hotel Elms (2 nights)

DAY 11: Christchurch (B.D)

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.

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. 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 (Douglas Wing)

DAY 13: Franz Josef - Queenstown (B)

GRAND PACIFIC TOURS

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 fine restaurants. Hotel Mercure Queenstown Resort (Lakeview Room. 2 nights)

DAY 14: Queenstown (Free Day) (B,SD)

Today is a free day for you to explore Queenstown. Your Tour Guide and Coach Captain are available to assist with the many options available. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. Sit back, relax and enjoy a gourmet barbecue dinner which the chef will prepare in front of you at the Colonel's Homestead. After dinner enjoy a short farm tour then reboard the TSS Earnslaw for a sing along by the piano on your return cruise.

DAY 15: Queenstown - Milford Sound Overnight Cruise

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 fiord'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. Overnight Milford Mariner

DAY 16: Milford Sound - 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





> SUPPLEMENT \$1700

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 (Deluxe Room)

DAY 17: Te Anau - Dunedin (B,D)

Travel via Gore and Balclutha to Dunedin for an informative city tour including a visit to Olveston House, a prestigious historic home. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift. Hotel Scenic Hotel Southern Cross (2 nights)

DAY 18: Dunedin (B,SD)

Travel along the Otago Peninsula to Larnach Castle for a guided tour. Next visit Glenfalloch Restaurant for a delightful morning tea. Return to the city for some free time before boarding The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail. On return to Dunedin's historic Edwardian Railway Station your coach will transfer you to your hotel.

DAY 19: Dunedin - Christchurch (B.SD)

This morning visit Olveston House, a prestigious historic home before travelling to Oamaru, famous for its limestone. This evening enjoy a farewell dinner with your new found friends. **Hotel** Sudima Hotel Christchurch Airport

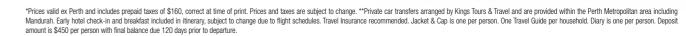
DAY 20: Depart Christchurch (B)

Time to say goodbye. You will be transferred to the airport for your flight home after a memorable New Zealand holiday.

Get on board with the **Escorted Travel Specialists** (08) 9380 6656 or 1800 677 760 (Country Callers)











Brian Delamont

by Lee Tate

THE TIDE has truly turned 52-year-old Brian Delamont as he ventures into the latest fascinating chapter of a remarkable. eventful life.

On the day of his interview with Have a Go News, the father-of-three has ridden his bicycle out of Rockingham, up over the 4.2kmlong causeway high above Cockburn Sound, coasting down the other side to take charge of Garden Island.

Brian is the island's new commanding officer and WA's most senior active Navy officer.

With \$1.35 billion to be spent upgrading and strengthening the Australian Navy's strategic western base, a lofty former landlubber from Bowral, NSW, has been handed the

And he's here to stay. "We've bought a house in Rockingham, fides the captain.

Captivated by the coast's pristine beauty and the re-

gion's leisurely lifestyle and affordable property, Brian follows in the wake of the two previous commanding officers of the heritage-rich island.

"They retired both around here," smiles Brian who has served the navy at some of the world's most exotic, remote and warring hotspots.

In the coming years, Garden Island with its existing military and civilian workforce of 3,500 and 500 resident sailors, will see its defence and training roles substantially strengthened. The submarine fleet will be doubled and another 1,000 personnel are to be based at HMAS Stirling.

But not at the expense of the island's unique bush, thousands of rare tammar wallabies, countless carpet pythons and deadly tiger snakes, sun-baking seals or seabird breeding ground (90 species of land and sea birds nest or rest at Garden Island).

Seventy per cent of the island is in its original bush

Captain Delamont rides in to take reins as the new Garden Island guardian

state and Brian says the navy happily honours its protective, landlord obligations. More than 50,000 trees and shrubs have been planted to stabilise the soil and enhance the habitat.

'Compared with other islands with open public access, Garden Island is largely in its original and rare state as the colonists found it," says Brian.

The island has its own ranger and veterinary facilities to treat every injured or sick animal.

As we walk towards a submarine, a pair of seagull chicks and their parents wander worry-free about the commanding officer's legs. A wallaby - one of 4,000 - grazes on grasses outside his office

But that's not to say the public isn't welcome - in organised pre-booked Word-of-mouth groups. has led to the island becoming a growing outing for seniors and community groups

"We are happy to provide a guide for groups who book a tour and come in their buses," said Brian.

Boaties are also permitted to land on the island's northern beaches, provided they depart by nightfall.

"Obviously there are health and safety issues," Brian said, providing his car and driver to show Have a Go News around facilities. There are weapons, am-

munition. fuel storage, submarine and frigate wharves and state-of-the-art maintenance and training areas.

The Army and the RAAF both have a presence on the island which is also the base for the international mission hunting for lost Malaysian aircraft MH370.

We come across a group of south east Asian admirals and senior officials observing a submarine escape training facility. In a flurry of bubbles, sailors in sealed suits burst to the surface of the water in the deep tank.

Submarining is a serious business and HMAS Stirling, at the cutting edge of safety, is happy to spread its knowhow.

The island also has an Olympic-size swimming pool, squash courts, gymnasium and playing fields.

A plaque is embedded at the Cliff Head memorial site and lookout where WA's pioneers, led by Captain James Stirling, established the colony's base and directed the founding fathers' Garden affairs. Named Island by Stirling in 1827, it was his personal property under a land grant but eventually was returned to government.

The island was central to military activities in both

world wars: the army was positioned there in WWI with coastal gun batteries and submarine training was conducted in WWII.

Brian, in his crisp, allwhite uniform and cheery manner, has quickly become full-bottle on all aspects of the island and its place in the community.

"We engage with the public over hundreds of events every year. I really enjoy it," says Brian who points out that the thousands of sailors currently spend \$100 million a year on homes, supplies and services in the Rockingham, Mandurah and Baldivis communities.

'There aren't many coastal suburbs in Australia so close to navy bases where sailors can get access to reasonably-priced homes," he said.

Brian's wife Robin quickly settled into a teaching job with their two daughters at the same school and their son is studying at Notre

Dame University. Brian believes his family won't want to move from Rockingham when he retires at 60 although he's likely to be given one more navy posting before then. His family would hold the fort while he's stationed away.

The boy from Bowral joined the Navy in 1981,

graduated from HMAS Creswell with a Diploma of Applied Science, became an Officer of the Watch at HMAS Parramatta and trained for assignment to the Defence Intelligence Organisation.

Back at sea, his first love, Brian became Communications Officer onboard HMAS Swan and completed the Principal Warfare Course with specialist qualifications as Signals Communications Officer at HMAS Melbourne and Canberra.

He was posted as Chief Communications Officer at the Multinational Head-Integrated Air quarters. Defence System at Butterworth, Malaysia. He returned to the Directorate of Naval Warfare with responsibility for fleet communications before moving to America as the RAN's man at the Coalition Interoperability Council.

He returned as Warfare Officer onboard HMAS Sydney and was deployed to the Arabian Gulf in support of Operation Iraqi Free-

Brian was posted as Executive Officer, HMAS Success, then joined the Fleet Battle Staff as Communications and Operations Officer. His deployments included Battle Watch Captain and Communications

Officer with Task Force 158 (Commander Iraq Maritime Forces).

Following another Iraq deployment Brian was selected for exchange duties with US Central Command in Florida, designing the communications, command and intelligence network for US forces in Afghanistan

In 2011 he deployed to Bagram to lead a team of US engineers fielding a new network with combat outposts, being awarded the US Joint Service Commendation before taking command of HMAS Sirius.

In 2013 Brian was promoted to Captain and Director General of Navy Communications and Information Warfare.

Brian relished his assignment to international teams based in two US Navy ships, the 1,000-bed hospital ship Mercy and fast catamaran Millinocket, taking medicine, specialists, doctors and nurses to remote islands in Kiribati, Fiji, the Solomon Islands. Papua New Guinea, Micronesia, the Philippines and Vietnam.

He's taken it all in his enormous stride but says now he couldn't be betterplaced in his new posting.

"It's the best iob in the Navy," says the guardian of Garden Island.

INSUREANDGO Unlimited overseas Cover up to 100 **All medical** conditions considered years of age medical expenses 10% off travel insurance!

Promo code: haveaGo10 P:1300 550 396

insureandgo.com.au

Mitsui Sumitomo Insurance Company, Limited, ABN 49 000 525 637, issues InsureandGo Travel Insurance (the insurance). Please read the combined product disclosure statement and financial services guide available at www.insureandgo.com.au/policy-wordings.html to decide if the insurance is right for you.

Take the guess-work out of travel insurance thanks to CHOICE



AUSTRALIA'S leading consumer advocacy group CHOICE, has recognised InsureandGo's Gold one-trip policy as two of the seven recommended travel insurance products for 2016.

InsureandGo were reviewed amongst a panel of 115 travel insurance policies from 41 providers with the goal of recommending the best travel insurance packages for Australian consumers. This analysis highly focused on value for money, price, claims performance and policy benefits.

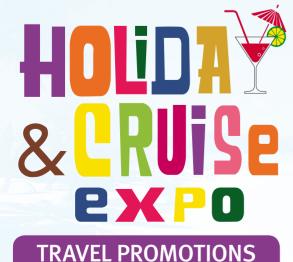
In addition to the benefits mentioned by CHOICE, some of InsureandGo's most appealing policy benefits include:

- · Unlimited overseas medical expenses cover
- · Consideration of ALL pre-existing medical conditions
- · Free cover for children and dependents with any adult policy
- 24-hour emergency assistance and easy claims · Cover up to the age of 100 and

Are vou wanting to take the guess-work out of travel insurance? InsureandGo are offering all Have a Go News readers 10 per cent off any travel insurance policy. Simply purchase your insurance online at: www.insureandgo.com.au or speak to an agent on 1300 552 623 and mention the promo code: HAVEA GO10 to save!

Mitsui Sumitomo Insurance Company, Limited, ABN 49 000 525 637, issues InsureandGo Travel Insurance (the insurance). Please read the combined product disclosure statement and financial services guide available at www. insureandgo.com.au/policy-wordings.html to decide if the insurance is right for you.

Mark your diary for the new look...



and

GREAT PRIZES TO WIN

SATURDAY 11 AND **SUNDAY 12 FEBRUARY 2017**

GRAND BALLROOM CROWN PERTH

SEMINARS, SHOW DEALS **DEDICATED CRUISING SECTION**





WA's GREAT Outdoors CARAVANNING · CAMPING · ACCOMMODATION



There is plenty to do at the Perth 4WD and Adventure Show













Clockwise from top left; Engel Aquatank Fishing Show - Tough Dog Extreme 4x4 Show - find the latest camping gear and so much more at the show the Fourby Forum will feature different topics and presenters - check out new products and/or take advantage of specials

THE 4WD and Adventure Shows are famous for being the place to go for all the latest gear.

Camper trailers, caravans, new model SUVs 4WDs, camping gear, 4WD accessories, fishing gear and so much more. Plus it's fun for the family with heaps to see and do.

Show director Peter Woods said the 4wd and Adventure Show focussed on finding everything people needed for their outdoor adventure, all in the one place.

"The show is designed so that people can spend the day checking out all the new products and grabbing themself a bargain; but at the same time there's a huge variety of entertainment to keep them busy." he said.

The Engel Bush Camp Stage will again host a line-up of special guests, who will all be at the show to tell their stories of adventure in the Aussie outback

The Engle Bush Camp Stage will have other quest presenters throughout the weekend, as well as information and new product reviews, camp oven cooking demos and more.

It wouldn't be a 4WD and Adventure Show without some, "adventure," and Peter said the show definitely has that covered

"Team D Max stunt drivers are back at show this year," Peter said.

the best and most popular stunt driving team in Australia. Visitors can stand back and watch as the stunt drivers coast along on two wheels, and take on some mind-boggling inclines and descents -or if they're game can get in for a free ride," he said.

The Shannons Tough Dog Extreme 4x4 Show is back, with some of Perth's best drivers taking "Isuzu Team D Max is their custom rock climb-

ers and buggies over the massive obstacles. Always a show highlight, visitors can watch these champion drivers as they take their vehicles to the top of the rock walls, over sea containers and more -all while trying to stay

The 4WD test track at the show is used to demonstrate new vehicles. Show visitors goers can watch the new vehicles take on the track, or can experience the ride themselves (with a demonstration driver).

Peter said in addition to the test track, show visitors could also get in a brand new Land Rover and experience the Twin Terrapod - which is at the show for the first time.

"This is an exciting way to experience the full Land Rover capability. The Twin Terrapod gives people the opportunity to experience the

Land Rover's off - road abilities articulation, traction control, Terrain. The unique Twin Terrapod takes the vehicle up, over and around, all in the comfort of the latest model Land Rover vehicles," Peter said.

The 4WD Show has three main stage areas, all with a full schedule of presenters, interviews, information and entertainment

The Fourby Forum will again be a Show highlight. Headed up by Western 4WDriver magazine's Nick Underwood, the Fourby Forum will feature different presenters and topics including setting up a vehicle, how to use recovery gear and

The Engel Aquatank Fishing Show will have fishing demos, advice on fishing and the latest on the best fishing spots in

The Engel Bush Camp stage hosts the show's special guests.

There will be water ski demos on the Swan River thanks to Water-Ski WA, plus people can test out new release products from Getaway Outdoors including the new Hobie Mirage Eclipse.

The Perth 4WD and Adventure Show is on 11-13 November at Mc-Callum Park. Tickets are \$18 adults, \$14 concession. \$9 children and \$40 for families. More information can be found at www.4wdshow.com.au























WA's GREAT Outdoors CARAVANNING · CAMPING · ACCOMMODATION



Visit and uncover the many hidden delights of Outback Australia









Left to right; Kimbell's Baker & Pastrycook, Wellington NSW - Sabre Jet, Darwin Aviation Museum - Bradshaw rock paintings, Bigge Island - Broome sunset

by Dallas Sherringham

TOURING Outback Australia is one of the great adventures of the world with surprises to be had in virtually every town and city along the way.

It is simply a matter of taking the time to find those surprises and to seek the advice of locals who are only too willing to give you advice on what to see and how to get there. Outback Australia can be daunting to the inexperienced, but it is also a friendly place if you want it to be.

Having spent many years travelling the length and breadth of our great nation, I never cease to be amazed by what I discover along the way.

Wellington NSW

Wellington's great claim to fame is the fact that it is the second oldest inland centre in Australia. John Oxley discovered the beautiful setting at the junction of the Macquarie and Bell Rivers in 1817 and next year "Wello", as it is known to the locals, will celebrate its bicentenary.

The town is an outstanding place to explore because of its great old buildings which are strung out along Namina Crescent adjacent to the equally stunning Cameron Park

However just out of Wellington along the Mitchell Highway is another amazing surprise: Wellington Caves.

The caves have been drawing visitors for over a century with the enchanting Cathedral Cave always the jewel in the crown. Recent explorations have found more than 20 caves in the area, some of them offering excellent cave diving opportunities.

Broome WA

Sitting at Cable Beach watching the sun go down

over the Indian Ocean is one of the great attractions of visiting Broome. Camels parade by carrying happy travellers and out to sea traditional sailing ships full of tourists pass across the setting sun.

However it is after dark that Broome's greatest surprise comes to life. The outdoor Sun Pictures cinema is the oldest "picture gardens" in the world, having opened in 1916.

When it opened locals would catch a horse tram from the town jetty along Carnarvon Street to get there for a night out. It is believed to be the only cinema in the world subject to tidal fluctuations with patrons having to lift their feet above the water to avoid getting wet.

While outdoor cinemas disappeared quickly around the world, Broome survived mainly because it was ideal for the tropical climate.

Darwin NT

The northern capital of Darwin holds many surprises for the visitor. However two major events are almost inescapable when visiting.

The first is Cyclone Tracy which ripped the city apart in 1974 and the bombing of the city by Japanese aircraft in 1942. Few cities in the world have faced the devastation which befell the city in those two events.

Darwin Museum, situated in the Gardens just out of town, has a moving display featuring Cyclone Tracy. The highlight is a chilling sight and sound experience featuring a tape capturing the full fury of the storm.

Inside the display, you are totally blocked off from the world in darkness and the sound of the cyclone attacks all your senses. Museum staff

told me that some locals who lived through Tracy still cannot enter the display; it is too haunting for them.

Darwin Aviation Museum has a collection which includes a B52 Bomber, an F111, a Mirage Fighter and a Sabre Jet. The aircraft are in pristine condition and I recommend people if visiting the Top End, spend half a day at the museum.

Bigge Island WA

The great attractions of the Kimberley region of WA include Mitchell Falls, Montgomery Reef and the Horizontal Waterfalls. However a little known place well worth a visit by boat is Bigge Island situated in the Bonaparte Archipelago.

Bigge Island has colourful rock formations that take your breath away. Set against the sparkling Timor Sea under a blue sky, Bigge Island is a photographer's delight.

We beached our explorer boat on an unspoilt beach and explored nearby caves which contained haunting Wandjina Man staring back at you from the walls. They were painted by indigenous locals centuries ago and are freshened up occasionally by present day custodians.

What makes Bigge Island really unique is the fact that you can also find the mysterious Bradshaw rock paintings there. These paintings date from up to 40,000 years ago nobody knows who painted them.

Lying on my back looking up at those ancient drawings, painted by someone before the dawn of time, made me realise just how full of surprises Australia really is and how much there is to see and do.

So surprise yourself and go see outback Australia.



WA's GREAT Outdoors CARAVANNING · CAMPING · ACCOMMODATION et's gotravelling

Looking for characters in Coober Pedy...



Welcome to the Opal capital

by Dallas Sherringham

COOBER Pedy is one of those places that has a mystical attraction for many Australians.

Mention the very name and your mind drifts into a dream of a frontier "knock 'em down and drag 'em out" kind of place straight out of the Wild West.

I had visions of a rollicking saloon with desert beaten bearded faces bragging about their latest find of the legendary Black Opals.

Literature and web sites promised the real outback, with characters galore and a way of life far removed from city life. I soon found I was one of literally thousands of people wandering the streets looking for a genuine min-

However it proved a big disappointment in this regard. People in Coober Pedy tend to keep very much to themselves. They live underground mostly and you rarely see anyone as you drive around the many kilometres of mullock heaps and abandoned mining junk.

No-one in Coober Pedy ever throws anything away; they just park it out the front. The desert air ensures that it stavs in good shape.

I finally decided I'd meet some locals at the IGA supermarket. The girl stocking the aisles told me you could tell who was doing well chasing opals by the size of their shopping trolley haul.

Finally a genuine character appeared outside the supermarket pushing a trolley load of goodies. He had a Kenny Rodgers mountain man beard, a battered hat and

a limited supply of teeth.

I pulled out my camera to get a shot, along with half a dozen fellow tourists. He smiled and said in a very British voice: "I'm terribly sorry, but I'm just a visitor."

So my character quest failed. Even the local tourist office was a dismal failure, never responding with a phone call to my requests for assistance in my visit.

There may be much more to be discovered in Coober Pedy, but they have decided to keep it a secret from us

This is not unusual in South Australia or the Northern Territory where public relations managers and tourist offices have much more to do than worry about pesky media people.

Having said all that, Coober Pedy has a lot to offer and you certainly need at least two days there. The underground shopping centre, bar and opal mining display

The opals, which have lain dormant just underground for up to 70 million years, look amazing when you see them mounted in gold and presented as quality jewellery. This tends to send lady visitors to Coober Pedy into

a buying frenzy, while worried husbands and partners pace and down clutching their wallets. I soon realised that you have to put your hand in your

pocket for at least a small amount in order to escape unscathed for the remainder of your trip. Along with most visitors, I stayed at the Opal Inn resort complex which has a hotel, a quality motel and a

campground. Ah, the Opal Inn bar! This is the place where I will finally track down a few characters.

I walked inside ready for a rowdy session with the locals and my shoulders slumped. The bar was as modern as any you would see in the city and the only people around were seniors dressed in baseball caps and those ridiculous "mock Akubra's" and Crocodile Dundee hats made out of fake leather and plastic croc-

The adjacent restaurant was offering a special on Indian satay chicken which was considered to be the best meal in Coober Pedy. And it was superb.

Coober Pedy is a photographer's delight and the views of the more than 100km of mullock heaps and orange red roads are unique anywhere in the world.

However may I suggest you go there to discover the exciting world of opals, not to find an Aussie version of the old Wild West. And make sure your credit card is well charged.



WHEN it comes to exploring, Honda's EU20i Generator is made for getting the most out of the great outdoors. Portable power is integral when you're on the road, and with \$300 off for a limited time, there has never been a better time to get your hands on a Honda EU20i.

EU20i features The microcomputer controlled sinewave inverter quarantees commercial-quality electricity making it ideal for use with

Get into the great outdoors with Honda

frequency-sensitive electrical equipment such as laptops

The EU20i also features an Eco-throttle which adjusts the engine speed to meet the load demand. This improves fuel economy whilst also reducing noise, as the engine doesn't have to work as hard.

environmentally friendly with low emissions, less noise and low fuel consumption compared to its two-stroke counterparts, and can run up to 15* hours of continuous operation on a full fuel tank. Lightweight (21kg) and whisper-quiet (from 53dB(A)+), the EU20i the flagship generator

of not just Honda, but the

portable power industry.

Powerful enough to be used in a wide range of home, recreational and professional uses, the EU20i is backed by Honda's extensive 4-Year* Domestic Warranty, and Commercial 12-Month Warranty.

So wherever you are, Honda's got you and your EU20i covered. Peace of mind never sounded so aood

To find out more, visit http://powerequipment. honda.com.au/Super Qui et/EU20i. or contact your local Honda Power Equipment dealer on 1300 1 HONDA.



SALES AND INSTALLATIONS OF

- ON AND OFF ROAD GPS NAVIGATION
- DASH CAMERAS
- SPOTLIGHTS
- UHF SYSTEMS
- EXHAUST UPGRADES

Unit 2/5 Milford Street, East Victoria Park

Ph: 9470 4233

sales@autotainment.com.au www.autotainment.com.au





Get into your specialist Honda dealer today and ask us about the full range of savings. Call 1300 1 HONDA or visit powerequipment.honda.com.au



WA's GREAT Outdoors CARAVANNING CAMPING ACCOMMODATION



Perth's cow parade is going to be a moo...ving event



CITY OF PERTH is to host the largest public art event in the world – CowParade Perth 2016 – with 40 life-sized cow sculptures to be magically transformed by Western Australia's most exciting fashion designers at various locations in the city.

WA's emerging and established fashion designers - Poppy Lissiman, Ae'lkemi, Empire Rose, Elle Campbell, Megan

Salmon, and Katherine Dunmill have all been commissioned by the City of Perth, in partnership with the Perth Public Art Foundation, to create unique artworks on the cows.

The life-sized fibreglass, reinforced steel sculptures of cows weighing 60-180kg become the models for our designers' stylish creations.

Visual artists across sculpture.

urban art, painting, drawing and mixed media have also been commissioned to paint and/or draw, and potentially even deconstruct the cows into works of art for the parade.

Local artists Abdul-Rahman Abdullah, Arif and Audrey Satar, Liam Dee, Olga Cironis, Paul Caporn. Peter Ellis, Elizabeth Marruffo, Gregory Pryor, Peter Farmer, Alister Yiap, Penny Coss, Helen Smith, and Clare McFarlane have been commissioned to decorate the cows.

CowParade Perth 2016 will run for six weeks from 31 October to 11 December, with cows to be exhibited in malls, parks, iconic buildings and precincts.

To enhance the CowParade experience, the City of Perth is hosting Amazing Grazing where participating restaurants, cafes, bars, retailers and hotels are offering cow-themed dishes and special offers – from succulent beef and black bean dumplings to brie, pear and cranberry toasties, triple donut shakes, and 'say cheese' gift hampers.

Digital, interactive maps with ideas about the best journeys for viewing the cows will be made available, providing new and fun ways to explore the City and to get up close to the State's most exciting artists and their creations

COWPARADE PERTH 2016 free www.visitperthcity.com

Cows will be exhibited in malls, parks, iconic buildings and precincts, with some auctioned at the 2016 Lexus Ball for Telethon, raising money to support child health research.

AMAZING GRAZING 31 October – 11 December www.visit-perthcity.com

Grab the bull by the horns with an array of cow-themed dishes and special offers to enhance your CowParade Perth 2016 experience. From succulent beef and black bean dumplings to brie, pear and cranberry toasties, triple donut shakes, and 'say cheese' gift hampers, a smorgasbord of specially-designed treats awaits you in the City for six weeks.

Going fishing - it's springtime in the Swan



Springtime on the Swan. So many fish, so litle time.

by Mike Roennfeldt

WHAT a great time of year this is if you love fishing in the Swan River. Not only does spring get the garden moving again but it gets fish moving as well.

The lower reaches of the Swan offer plenty of opportunities as small tailor move in from the ocean, often accompanied by mulloway of all sizes. The deep water of Mosman Bay is a renowned early season spot for both of these species.

Finding tailor is often as simple as spotting the seabirds getting excited over a chop-up of baitfish and trolling a small lure through or past the area of activity.

Mulloway are a bit more difficult and most are caught within a metre of two of the bottom, often in 15m of water or more in the Mosman Deep. Fishing a half mulie on a single or two-gang rig and as light a weight as you can get away with is as good a way to go as any. Remember though, the current rips through places like Mosman on an outgoing tide and it's better to concentrate on periods of less water movement. Apart from anything else, berleying with half mulies is a great mulloway attracting tactic and it's much more effective without the strong current. Some successful mulloway fishermen I know love to fish for them on a full moon and enlist the assistance of a small chemical light near the bait.

Then there are the flathead that spend summer in the Swan each year. This is usually the month where they start to show up in shallower water. It's one of my favourite fishy things to do around Perth, wading the flats in knee to thigh deep water and covering as much ground as I can with a small minnow lure or saltwater fly. Everyone has their own favourite lure for the job (mine is an RMG Scorpion 52) but on the fly side of things the almost universal popular pick is a Clouser Minnow in sizes around No.4-1/0.

If we're really lucky this spring/summer, giant herring will make an appearance in the Swan. They are such flighty fish and so hard to pin down, but if you strike a patch of them you are in for one of the most awesome fishing experiences of your life. These wildly jumping, lightning fast fish are masters of throwing hooks as they jump. Don't expect to land even half of those you hook. But the heart stopping sight of close to a metre of silver sided herring exploding through the surface makes up for a lot of disappointment.

And then there are the black bream. This is the time when they begin to spread out and plenty of fish push well upstream, bringing opportunities to kilometres of river that have been relatively unfishable over winter.

So many fish. So little time.

Discover Wildflowers in the Southern Forests

The southwest corner of West Australia is known to be a biodiversity hotspot with a wide variety of unique orchids and flowers native to this region.

For info on trails, tours, events and maps, contact our Visitor Centres:

Manjimup 9771 1831 www.manjimupwa.com

Pemberton 9776 1133 Northcliffe 9776 7203 Walpole 9840 1111

www.pembertonvisitor.com.au www.northcliffevisitorcentre.com.au www.walpole.com.au

Blooming Wild Festival 3 Sep - 20 Nov 2016
Facebook: Blooming Wild-Southern Forests and Valleys
Website: www.bloomingwildflowers.com.au

www.southernforests.com.au



SOUTHERN FORESTS MANJIMUI



We cater for all, as we have cabins, cottages, glamping tents, caravan/ tents sites and beautiful natural unpowered sites all in bush setting.

We are two minutes drive to the lake where you can swim, enjoy water sports, relax and even camp the night under the stars.

Come and see us, we look forward to meeting our old and new friends.

147 Invarell Road, Waroona Ph: 9733 3000 Email: linda@navarino.com.au www.navarino.com.au

Celebrate New Year's Eve in Margaret River

BRING in the New Year in style touring beautiful Margaret River with Elite Tours.

Getting away for New Year's Eve provides a wonderful opportunity to soak up the best of the south west with a three-day break to see in 2017.

Elite Tours offer five star luxury coach travel to and from the area and three full days of touring.

During the tour guests will visit Gnomesville, the Underwater Observatory at Busselton Jetty, visits to both Cape Leeuwin lighthouse and Cape Naturaliste, a shearing demonstration at the Shearing Shed and visits to Augusta, Donnybrook and Margaret River townships.

The tour price of \$1150 per person twin share includes all meals, accommodation at the Quality Inn Margaret River, entries per itinerary, morning teas and luxury five star coach travel, Single supplement is \$300

Bookings must be made before the end of November, contact Elite Tours on 9314 2170.



Servicing • Repairs • Spare parts Insurance work • Accessories

Solar Systems • Alterations • Awnings

We also manufacture composite panels
For all your Caravan, Motor home, or Camper
trailer needs. Secure indoor accommodation
if your van needs to spend the night.
PHONE 9206 4933

Unit 13/21 Warman St, Neerabup WA 6031 admin@joondalupcaravanrepairs.com.au







3645 Dumbleyung-Lake Grace Rd, Kukerin PH: 9864 6054 MOBILE: 0437 341 679 EMAIL: info@marysfarmcottages.com.au WEB: www.marysfarmcottages.com.au





Located in the town centre. Just a stroll to shops, supermarkets, restaurants, cafes and beach. Outdoor pool, heated spa and bbq. FREE In-house movies plus WiFi now available.

Just ask our friendly staff.

Rooms ranging from Standard Motel style rooms to our Luxurious Spa Suites.

STAY ANY 3 NIGHTS SUNDAY TO THURSDAY & RECEIVE 10% OFF

Includes complimentary bottle of wine.

*Not valid 22/12/16 to 31/01/17 (Excludes long weekends).



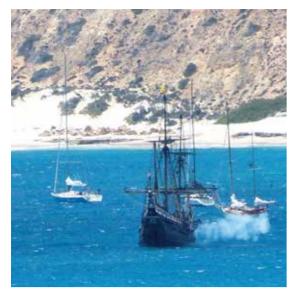


PHONE: 9756 7711
50 Dunn Bay Rd, Dunsborough WA 6281
Email: reservations@dunsboroughmotel.com.au
Web: www.dunsboroughmotel.com.au



WA's GREAT Outdoors





Duyfken on the calm waters of Turtle Bay, Dirk Hartog Island firing the cannon

A big ceremonial salute on Dirk Hartog Island

THE ceremonial cannon aboard the replica sailing ship Duyfken resonated across the calm waters of Turtle Bay, the northern most point of Dirk Hartog Island at 11am on 25 October. This concluded the commemoration of the 400th Anniversary of Hartog's accidental encounter with the West coast on the same day back in 1616.

To those here in the west this marks a day in our history that saw us move from purely an Aboriginal story to one that now recognised the earliest European contact. It was known as the Great Unknown South Land, until Hartog acknowledged that this was the new continent that had been talked about for so long and renamed it Eendrachtsland after his sailing ship.

Unlike those on the east coast who are somewhat comatosed by the Cook story, seeing the European narrative of this great land beginning with Cook's arrival in 1770, the tapestry of history that evolved with the Dutch mariners that were visiting our shores from the early 1600s is one that is rich in colour and story, a story that we should proudly tell as it puts a clearer perspective on the transition of history from 1595 till the present day.

So Dirk Hartog we salute you, as it is you who provided the first tangible piece of evidence that Europeans had ventured ashore onto The Great South Land in 1616, and so with this piece in the puzzle combined with the details provided by Wilhelm Janszoon, the captain of the original Duyfken we have a place to begin in understanding the evolution of Australia over the past 410 years.

And with this salute, it is time for Duyfken to sign off as the ambassador for the Duyfken 2016 Dirk Hartog 400th Anniversary Voyage and Exhibition program, a journey that has taken this ship from Fremantle to Bunbury, Mandurah, Hillarys, Jurien Bay, Dongara, Geraldton and Denham over the past ten weeks.

In that time in more than 35,000 members of the WA community have visited the *Duyfken* and the land based exhibition.

As this journey ends, another begins with Duyfken to relocate to Elizabeth Quay from 23 November where she will go on public exhibition until mid-April 2017. Don't forget we are looking for tour guide volunteers - see our advertisement on page 51.

WIN WIN WIN

To coincide with the opening of the Duyfken Elizabeth Quay exhibition we are offering readers of Have a Go News the opportunity to win one of 20 double passes (valued at \$25) to view this exhibition.

For your chance to win a double pass simple email your details to info@duyfken.com. The Duyfken Team look forward to seeing you at Elizabeth Quay.

Dee's in touch with life on the road with Villa Carlotta

VILLA CARLOTTA Travel pride themselves on their exceptional customer service. On the front line are Villa's professional team of tour leaders.

One such person is Dee Nufield. After nearly six years out on the road touring the globe including most of Australia and some amazing overseas destinations like South America, Mauritius, Reunion Island, Norfolk and Europe, she has an excellent idea of what happens when on tour.

When asked what are her favourite things to do when touring, she said it was the joy of walk-

places she would not have known about if they weren't featured on tour and learning about other people's reality, where and how they live and what they love about where they live.

Dee recently came back from villa's Ghan and Top End tour which featured time in Darwin and Adelaide and three nights aboard the Ghan. She said there were many highlights but three really stood out for her, the wide open spaces of Australia, the brilliantly coordinated surprises organised in the middle of nowhere by the friendly and efficient Ghan crew and the wonderful group of travellers who just made the experience.

"The best thing about travelling is being in the moment, as there is nothing else like it. When travelling with Villa you can expect great energy from the Villa crew and office staff, new and unique travel experiences and the opportu-

nity to revisit old favourites. "Travelling with Villa, you get to meet new friends and renew acquaintances from previous tours and most importantly, the freedom to enjoy and not do any of the planning before your holiday - other than choosing one," she said.

Villa has a great range of holidays coming up in 2017 from amazing east coast adventures to Melbourne for the Australian Open Tennis and Cirque Du Soleil's latest show Kooza, a tour through rural Victoria during beautiful autumn on the Kelly Country and the Man from Snowy River tour departing in January and March respectively.

Head further east to historic Norfolk Island with departures in March and April or why not see your

Quiet, comfy, lovely garden setting. Free Wifi. Fully self-contained well-equipped units.

Only a 2 min walk to beach and Marina. **COACH PICK-UP AVAILABLE**

WEEKLY RATE \$600 unit, \$700 chalet

Ph 9927 2177 Email: lazylobster@westnet.com.au

Visit www.lazylobster.net.au

own backyard with an adventure to Bremer Bay to see the Killer Whales of Bremer Canyon departing in March?

If you are still looking for an end of vear holiday. Villa's New Year getaways are still available to book but you had better get in quick as they are filling fast.

For more information on any of Villa's great range of fully escorted holidays, FreeCall 1800 066 272, travel@villa.com. au or visit their website at www.villa.com.au

LAZY LOBSTER

Holiday Units/Chalets,

PORT DENISON/DONGARA



- FREE continental breakfast daily
 FREE wireless broadband internet, FOXTEL
 FREE tea, coffee and biscuits in your motel room
 FREE welcome drink when clining at the Seasons Restaut
 CENTRAL town location opposite the bay
 POOL, restaurant, cocktail bar, BBQ & guest laundry
 Stubiect to availability booking essential same black out de
- **Best Western Hospitality Inn Esperance** 44-46 The Esplanade, Esperance 9071 1999

or a great place to have a BBQ or picnic.

the top with a picnic area at the base

esperance@hospitalitvinns.com.au

www.hospitalitvinnesperance.com.au



www.hospitalityinnkalgoorlie.com.au

BW

Best



- FREE continental breakfast daily
 FREE wireless broadband internet, FOXTEL
- FREE tea, coffee and biscuits in your spacious motel roon
 FREE welcome drink when dining at the
 Katherine Station Restaurant
- POOL, restaurant, cocktail bar, BBQ & guest laundry

Best Western Hospitality Inn Kalgoorlie 560 Hannan Street, Kalgoorlie

kalgoorlie@hospitalityinns.com.au





PAY 2 STAY 3 NIGHTS*

- · Kalbarri Motor Hotel offers budget style accommodation with ocean views
- Located in the main part of town
- · Close to shops
- Short walk to river and beaches
- Restaurant premises mouth watering menu. Asian cuisine and gourmet pizza

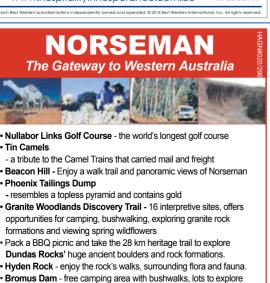
*Excludes school holidays



Ph: 9937 1000 Email: kalbarrihotel@wn.com.au



Your TransWA driver stays at this resort with you!



• Mt Jimberlana - 5km east of town, offering spectacular views from

· Phoenix Park - educational, historical and is close to the town centre

Community Resource Centre

Very local connection

Park in your City's car parks. Help fund great things.





That's because a significant portion of your parking fee funds important services and infrastructure such as roads, footpaths, waste services, parks and major City projects.

You also contribute to many great initiatives, including:

- Free CAT bus services though the City.
- Concessional parking for Disability Parking Permit holders.
- The new City of Perth Library.
- Green initiatives such as solar panels, rainwater harvesting, low energy lighting and electric vehicle parking trials.
- Planting of 340,000 trees to offset CO².

So always choose a City-owned car park and know you're making a difference.

Your City. Your Car Parks.



For more information visit cityofperthparking.com.au

FIND REALTIME AVAILABILITY

AVAILABLE ON:







Downsizing Downstrising Feature



How to access the equity while enjoying life in your own home

by Frank Smith

A RECENT survey by the Australian Institute of Health and Welfare reported that 76 per cent of older Australian own their own homes. Thirteen per cent are still working and fewer than one third access any aged care services. Best of all most are living healthy lifestyles. Fewer than seven per cent smoke, 51 per cent are fully vaccinated and 41 per cent meet health guidelines for activity.

But therein lies the rub; most seniors are healthy and active, own their own house but have a low income – they live poor and die rich.

No wonder many are looking at ways of accessing the equity, an average of nearly \$500,000, that is sitting idle in their homes.

There are at least four ways to do

Reverse mortgage

Commercial lenders will lend money on your home at interest, which is allowed to accumulate until vou sell the house or die. Beware that this can build up over time to a considerable sum.

Most reverse mortgage products offer a guarantee that you will never end up owning more than the house is worth, but read the small print carefully as any breach of conditions, for example failure to repair your gutters, may void the guarantee.

Lenders may agree to quarantine part of your property so you leave something to your heirs for a fee of around \$250

They consider reverse mortgag-

es risky and charge a high interest rate of around 6.5 per cent. To calculate how compounding affects your equity download a reverse mortgage calculator from Australian Securities and Investment Commission (ASIC) website www. fido.asic.gov.au/fido/fido.nsf/byheadline/Reverse+mortgage+calculator?openDocument

Pension loan scheme

Centrelink will lend money to seniors on the security of your house and you don't have to pay it back until you die.

The Australian Valuations Office will value your property free of charge and Centrelink will register a charge with the state Land Titles Office on the title deed of the property you offer as security.

Centrelink will then lend you up to the difference between your actual pension and the full age pension in fortnightly instalments. Unlike a reverse mortgage there is no option of taking a lump sum.

Loan payments from Centrelink are not income, so they are not subject to income tax, nor will they affect your existing Centrelink ben-

Centrelink charges 5.25 per cent interest and this Interest is compounded. As with reverse mortgages loan amounts build up surprisingly rapidly and you could end up owning little or none of your property.

Centrelink say the formula they use to calculate the maximum amount you can borrow is designed to ensure that you never end up with negative equity in your property. They will also agree to quarantine part of your property at

Sell and lease back

Another option is to sell your home to a property company and take out a life-time lease at no rent. There are a wide range of options. too many to discuss here, but be careful to read the small print and take professional advice before signing up.

If one or more of your children are independently wealthy it may be possible for them to buy your property and grant you with a lifetime lease. They then have the benefit of any capital gains as property values increase over time.

Downsizing

The preferred option for most people is downsizing. You sell our home and move into something cheaper and probably smaller. But remember removal costs, stamp duty, estate agents fees and advertising take a bite out of the equity realised.

Centrelink will also add the proceeds to your assets for means test purposes.

There are many ways to access the assets in your home and the best one for you may not be best for someone else.

It is a major decision and needs to be explored thoroughly, with professional help, before you take the plunge.

If done well you will release enough money to have a little luxury and comfortable lifestyle in retirement and that is never a bad

Trust is the key for customer-owned P&N Bank



WE hear a lot these days about global influences on commodity prices such as iron ore and petroleum, and West Australians are more acutely aware of the consequences to the local economy than most.

But there's one commodity that doesn't get talked about too much. It arguably matters even more and appears to be in very short supply right now: Trust.

Choose any public medium in Australia and it's evident that old fashioned reliability and trust seem to be on the wane.

It's not unusual to hear consumers lament that self-interest from political and big business environments makes them feel like they're locked outside in the cold.

And, in particular, there seems to be increasing cynicism towards the big banks.

CEO of WA's P&N Bank, Andrew Hadley, says that a lot of people don't realise there's an alternative banking model, where trust and superior customer satisfaction form a key part of their offering year in, year out.

"Unlike listed banks, a customer-owned bank or mutual bank is owned by its customers; those who bank with them. There are no third party shareholders demanding a return on their investment," he said.

"This lack of tension allows customer-owned banks to focus purely on their customers, sometimes referred to as members, by offering competitive banking products, rates and fees together with an excellent customer experience."

In Australia, customer-owned banking organisations have attracted more than four million people and in Western Australia, the largest customer-owned bank, P&N has more than 90,000 active members.

Regulated to the same high standards as the major banks, and covered by the same government guarantee, P&N Bank was the fastest growing mutual bank in Australia in 2016 with more and more West Australians discovering the benefits of customer-owned banking.

"Trust and customer satisfaction are high on the list of things that differentiate P&N from the majors, with P&N often topping the table in the monthly Roy Morgan Customer Satisfaction Monitor. The gap is further evidenced by P&N's high Net Promoter Score (NPS), a global measure of customer advocacy and a customer's willingness to recommend an organisation to their family and friends.

"P&N's NPS is far superior to that of the major banks because our members are at the heart of everything we do. Our staff are very proud of the service they provide and I know our members appreciate the relationship they have with us," Mr Hadley said.

With a network of 15 branches, a Perth based contact centre and an innovative range of products, including the new Retirement Rewards & Bag account, the popularity of customer-owned P&N Bank looks set to increase as more people look for trust and good old-fashioned service combined with a modern banking experience.

For more information please visit www.pnbank. com.au



Lovely Augusta - why not move to a pristine area of the West!

The Augusta Retirement Units are administered by a small group of volunteers. One of our superb self-contained and air-conditioned units has just had a complete a 'makeover', and is 'as new', and again is available for occupation in a Lifetime Tenancy.

> 'ONE UNIT LEFT \$230,000' A two bedroom, one bathroom unit with roller door at the side.

There is a small weekly maintenance fee of \$50 which covers all rates, water, external lawns and gardens.

For enquiries, contact **Judith Childs 9758 1257** email: judithachilds@gmail.com

Falcon Seniors group welcomes new members

COME along and have a go... at Falcon Seniors Recreation Group. People aged 55 years and over are welcome to join their friendly group.

From 1pm every Monday and Wednesday they play carpet bowls.

On the first Monday of each month they host scrabble, upwords, cards and rummiking as well as a variety of social outings.

Afternoon refreshments and birthdays are celebrated on the first Monday of the month with a scrumptious afternoon tea and the group plays bingo every

Come along to the Falcon Pavilion in Lynda Street, Falcon.

For more information please contact Margaret on 9581 2978 or Gladys on 0413 656 878.

Yanchep

SEARCHING FOR THE IDEAL RETIREMENT?

At Bethanie, you'll be spoilt for choice.

With over 60 years' experience, Bethanie will welcome you into a warm, social and engaging environment at one of our village locations.

At Bethanie, we value providing outstanding accommodation, care and support for over-55s. Our qualifications and extensive expertise in creating friendly, social communities have resulted in 12 high-quality retirement and lifestyle villages from Yanchep to Bunbury – with a new development on Lake Gwelup due for completion March 2017. Each epitomises a friendly, vibrant retirement.

Relax and meet new friends as you enjoy social groups, bowling greens, clubhouses, men's sheds and a host of convenient amenities.



Fremantle Port Kennedy Mandurah Eaton Bunbury!

Joondalup

To find out more, call us on 131 151 or visit bethanie.com.au

Downsizing ADVERTISING FEATURE





Baptistcare Yallambee Village residents Margaret and Derek Lickfold enjoy a good balance of relaxation and community

RETIREMENT is a time for you to reap the rewards you deserve from years of work and enjoy a lifestyle that offers independence within a pleasant community setting. Baptistcare offers a

Living the good life

wide range of lifestyle village options located in some of WA's premier locations, including Margaret River, Busselton, Albany, Rockingham, Salter Point, Lesmurdie, Mundaring and Byford.

Baptistcare Retirement Living manager Lidia Dawkins says, "Many people don't realise just how affordable a retirement village lifestyle really is. Each of our villages offers something unique and we have something for everyone's budget and aspirations."

Margaret and Derek Lickfold have been enjoying life at Baptistcare's Yallambee Village in Mundaring for the past two years.

"We love our secure surroundings away from the traffic and bustle of our previous dwelling and we're pleased to be away from the risk of house est break-ins.

"Now we have the sounds of the bush with all the bird life. We no longer have the worry and expense of maintaining a house and garden too large for our lifestyle; lawn mowing and major gardening are a thing of the past.

"Financially we're better off than before and living here is more relaxing and less worrying, freeing us up to do the things we enjoy like spending time with our grandchildren and travelling.

"The location is ideal. There's also the proximity of shops, library, medical centre and all the other facilities. Before moving we realised that as we grew older, we'd still be able to access shops at this location. The lease terms and fortnightly service charg-

es appeared affordable and we liked the unit's layout and design.

"We've made friends with fellow residents who are both cheerful and friendly, and we feel part of the community. The village staff are friendly, approachable and consistent in looking after the wellbeing of the residents. Nothing is too much trouble. We're very pleased we chose to live here."

As residents' needs change over time, Baptistcare's specialised At Home Services are ideally placed to provide flexible assistance for independent living. The villages are also co-located with Baptistcare residential aged care facilities.

For more information, email villages@bap tistcare.com.au or call 9282 8650.

Enjoy the South Perth lifestyle

SINCE the end of the mining construction boom the media has taken a blanket negative view on property in Perth, however a recent report by RP Data – Mapping the Market (October 2016), shows that the property market across the metropolitan area is more sophisticated than a short sound bite and sweeping generalisations suggest.

Some Perth suburbs have actually seen a rise in the median value of prices in the last 12 months where the market has identified a demand for location and amenity. One of these is the heritage suburb of South Perth, which has seen an increase in house values of five to 10 per cent.

It is not surprising that values have continued to rise while other areas have stagnated. South Perth offers a location alongside the scenic Swan River, numerous cafes and restaurants, a selection of leading schools and a mesmerising vista of the lights of Perth at night. It is only minutes from the vibrant CBD whether by ferry to Elizabeth Quay, bicycle or car.

With a median property price of \$1.1 million it may be difficult to purchase a house in the area with surplus equity but there are now opportunities to invest in a brand new apartment at a range of price points that still enables leveraging of the obvious advantages on offer.

Using equity in the family home to buy another property is not a new idea. It offers a way of leveraging wealth to increase assets. But be cautious when choosing what and where to buy.

when choosing what and where to buy.
One South Perth apartment development that stands head and shoulders above all others is Civic Heart by Finbar. Located at the epicenter of the affluent lifestyle of South Perth, this project is unique.

It's ground floor retail mall offers a Woolworths supermarket and a range of cafes and shops that epitomise convenient living. There are also sweeping city and Swan River views as well as leading resort amenities. Civic Heart will set a new benchmark in apartment living for one, two and three bedroom apartments and could be your investment to greater financial independence.



Health and Wellbeing Expo

BENTLEY neighbours Juniper and SwanCare are joining forces to host their annual Seniors' Health and Wellbeing Expo.

Exhibitors will include a range of leading health and lifestyle-related organisations and businesses including Alzheimer's Australia, Continence Advisory Service of WA, Stay on Your Feet WA, Telethon Speech and Hearing, Nutrimetics, and LifeCare Physiotherapy.

There will be free hearing checks, reflexology trials, physiotherapy demonstrations as well as light refreshments, entertainment and giveaways.

Those looking for mobility equipment such as adjustable beds and scooters will also be able to have a look at the latest products available.

The Expo will take place at SwanCare's auditorium at 26 Plantation Drive, Bentley, between 9.30am to 11.30am on Wednesday, 30 November. Entry is free.

Coming soon









The best move you'll ever make

Akora, SwanCare's stylish architect-designed apartment complex, is about to open its doors.

Bright, secure, low maintenance and central to everything, Akora offers the ultimate in retirement living. Spend your days relaxing or catching up with friends in the residents' lounge or spectacular mezzanine area, or join in one of over 40 activities on offer.

With almost 50% sold before completion, get in quick.

Contact Harry Pearson on 6250 0016 or harry.pearson@swancare.com.au

2 Adie Court, Bentley WA akoraapartments.com.au







The Smarter Way to Retire From \$159,000 to \$175,000

Why Buy at Willow Creek Mews?

- Capital Expense is around half that of comparable retirement villages
- High spec, luxury finished two-bedroom villas ready to move into
- NO EXIT FEES when selling!
- Keep ALL the Capital Growth accumulated over the years
- NO Stamp Duty NO Settlement Agents fees
- A LOW \$16 weekly fee for garden and village maintenance
- Spacious friendly recreation centre
- 7 Star Energy Rating for low heating and cooling bills
- Village Scheme qualifies for rent assistance on the land lease fee and concessions on council and water rates (subject to conditions)
- Receive Security of Tenure through the Retirement Villages Act
- Safe, pet friendly village living among like-minded people
- Designed for access, mobility and for 'ageing in place'

BEFORE BUYING ANYWHERE... ASK YOURSELF...

Why buy a retirement home and lose up to 45% when selling in EXIT FEES? Why pay HIGH WEEKLY FEES?

Why pay Compulsory Management Fees you have little or no control over?

★★ Get Smart so YOU get the best out of YOUR retirement **★**★

Willow Creek Mews. Legend Cres. Greenfields. Mandurah

Contact: Stephen May 0419 042 300 www.willowcreekmews.com

we'll app our price by up to \$50,000*

At National Lifestyle Villages (NLV) we pride ourselves on bringing you an environmentally sustainable, affordable lifestyle and downsizing solution so that you can enjoy a great lifestyle.

Life in a National Lifestyle Village means enjoying the fun of your active social life, the security of your private and welcoming community, the freedom to pack up and go as you please, and year round access to facilities that are so close they're practically in your backyard!

At NLV we believe that everyone should have the chance to live the Life of Riley, regardless of income or trends in the real estate market. We try and help as much as we can, and are dedicated to taking as much of the stress and expense out of your move as we can.

That is why, for a limited time, we will be dropping our price if you drop yours!

If you drop the price of your home to meet the current real estate market, we will drop the price of any of our new NLV Home and Lifestyle Packages by up to \$50,000 to match!

That's \$50,000 to help you move into your new home, and start enjoying your pre-tirement.

Don't delay, spring into action and take the plunge with us, see if you can go as low as we can!

This offer is only available on new homes across NLV communities, however, some of our established home sellers are willing to help potential buyers make the move - if you drop your price, they'll drop theirs. To find out more, call one of our NLV Lifestyle Consultants today.

*Terms and conditions apply. See the website for details.



call: 1300 45 55 65 • email: info@nlv.com.au • visit: nlv.com.au

Downsizing ADVERTISING FEATURE







Take the plunge and get the house of your dreams with Sterling New Life



BRAD DAWSON PROPERTY GROUP

Easy Care Lifestyle Complex over 55s

'Villa 28' 11 Petterson Ave, Samson

Well located within 'Garden Parklands'

• 2 bedrooms (main bir), 1 bathroom/laundry

• Freshly painted - Just Move Straight In!

· Low maintenance villa style home

'Villa 28' is Beautifully Presented

SYLVIA and Ray Staples couldn't be happier since they moved into their Sterling New Life Home in Mandurah.

"We owned a park home in the hills and were paying \$160 per

really wanted to live in

"We had looked at all the options including lifestyle villages and retirement homes, but all of these alternatives in-

week in fees and we Mandurah," said Sylvia.

> kids," she said. Sterling New Life offers brand new homes in a variety of suburbs around Perth and Mandurah.

> > They offer their clients long-term leases which can be for 20 years with options to extend.

> > cluded ongoing weekly

fees. We couldn't afford

to buy in Mandurah with-

out spending every cent

"Sterling New Life of-fered a far more cost

effective concept for us

and with this we still have

something to leave the

The Staples sold their park home far more quickly than they expected and their new house wasn't going to be ready for them to move into.

This didn't prove to be any problem as Sterling New Life moved them into another house in Meadow Springs in the interim and charged them a very minimal rent while they were there.

Once their new home was ready, Sterling New Life then paid for them to be moved into the new home in Mandurah. They didn't have the hassle of two lots of moving costs. and are happy to tell other people to 'take the plunge'.

"We knew it was for us and that was it, we went for it," Said Sylvia.

"We are so happy here, the canals are only a couple of minutes away, our children are a lot closer and we have no ongoing fees for our lovely new home.

"The only thing you pay for is your contents insurance and utilities; it means we have more cash on a weekly basis.

"The other thing that impressed us about Sterling New Life is they go out of their way to ensure everything is right for you, including organising forms for Centrelink so that you can claim rent assistance," she

"Sterling New Life makes life easy, it may sound too good to be true, but there is no catch," said Sylvia.

Sylvia said it really is a win-win situation and she is happy to talk to anyone about the process and recommend Sterling New Life.

For more information about Sterling New Life

Arthouse hits the mark with strong demand by downsizers



Aerial view of Arthouse apartments

RESORT-STYLE apartment living is proving a popular choice among downsizers in Perth's northern suburbs with Joondalup's Arthouse apartments registering strong demand.

Since the 17-storey Arthouse was launched in March this year 40 apartments have been sold.

"We are really pleased with the results to date and especially the level of acceptance and enthusiasm Arthouse is generating in the local Joondalup community," says Edge Visionary Living's managing director, Gavin Hawkins.

"Buyers are also really attracted to the high-levels of amenity, and for downsizers the ease and security of a lock-up and leave lifestyle.

'Joondalup is really on the move with an estimated \$1 billion in new investment, and we are really thrilled at being part of Joondalup's vision as the City of the North.'

ping centre, the hospital and the university is what is attracting purchasers.

"Arthouse's two and three bedroom apartments are proving the most popular followed by the penthouse apartments and the one-bedroom options," he says.

"And what is really encouraging is that the majority of our purchasers are owner-occupiers so they are really looking to making Arthouse their home.

"The State Government plans to relocate up to 800 public servants to Joondalup by 2019 so we are expecting even further strong demand for people wanting a convenient and low-maintenance lifestyle.

"With the City of Joondalup set to double its population to more than 700,000 people by 2050, Arthouse will without doubt be a jewel in Perth's City of the North over the coming years."

Arthouse is scheduled to be complet-

For further information please contact



- Putting Green
- BBQ Facilities
- Steam Room
- · Games Room
- Boardroom

Make the ultimate lifestyle choice and secure your investment at today's prices.







civicheart.com.au

Visit the on-site sales office open Sat & Sun 1pm - 3pm 1 Mends Street, South Perth or contact a selling agent for more information.

Neil Kay 0439 687 688

Mal Dempsey 0417 932 615

Ian Tan-Kang 0488 833 333

finbar *Price & availability subject to change. Artist impression is conceptual only

Developed by:

DEMPSEY REALESTATE

COLLIERS INTERNATIONAL

LIMITED OFFER! 5% rental guarantee for up to 2 years!



APARTMENTS NOW SELLING!

An exciting new development in iconic Scarborough consisting of luxurious 1, 2, and 3-bedroom apartments.

Secure your chance to enjoy the perfect blend of beach and cosmopolitan life, all within 12 km of Perth CBD.

- Sky Terrace and Lounge
- Stunning ocean views
- 300m to Scarborough Beach
- European appliances and stone benchtops
- NBN ready

1 Bed from \$449,000

2 Bed from \$595,000

3 Bed from \$995,000

BUY NOW and MOVE in EARLY 2017!

DISPLAY SUITE NOW OPEN!

Unit 10, 10 Scarborough Beach Road WEDNESDAY & FRIDAY 12pm to 1pm SATURDAY 10am to 4pm (Other days by appointment)







All information is current at time of printing. Refer to sales agents for full conditions.



Paul Kettle 0403 177 680 paul.kettle@peard.com.au



Enrico Pennacini 0411 152 885 enrico@residentialrealty.com.au



Set to it this month and start sowing the seeds of success







Left to right; Mr Fothergill's Roll 'n' Grow Garden mat range makes growing vegies or flowers easy - select from three seed varieties: salad vegetables, superfoods or cottage flowers - Roll 'n' Grow Garden products are versatile for pots too

by Colin Barlow

I LOVE anything that makes life easier, par-

f Connect with Facebook

ticularly when it comes to growing vegies and flowers. Now no matter what your age or experience there is a perfect solution to growing your own garden from seed and it only takes a few minutes to

ardens

reators of Paradise

horticulturist - Colin Barlow

www.gardensfromeden.com

LANDSCAPE design, Construction, Consultancy

and Maintenance AWARD winning gardens

designed by professional designer/qualified

Mobile: 0422 212 327 Ph/Fax: 9354 4176

Email: gardensfromeden@iinet.net.au

achieve. Some gardeners will be familiar with seed tapes, which make sowing small seeds or straight lines easy, now the next generation is the seed mat, The new Roll 'n' Grow Garden mats from Mr Fothergill's.

The two metres by 50cm mats are made of biodegradable paper that is pre-sown with a mix of seed varieties so all the hard work of planting seeds is already done for you. There are three types of gardens to choose from: salad vegetables, superfoods and cottage garden flowers, with each type containing five different varieties of seeds.

The Roll 'n' Grow Gardens contain the following seeds in a mat:

Salad Vegetables – beetroot, lettuce, carrot,

spring onion and radish.

Superfoods – broccoli, kale, spinach, beetroot and rocket.

Cottage Flowers – Alyssum, forget-me-not, Shirley poppy, heartsease and Lobelia.

The seeds are evenly spaced in straight rows, minimising the need for thinning later. Each variety has its own row, and they are clearly labelled on the Roll 'n' Grow Garden mat.

The first step is to rake the site and soil level and remove any stones or sticks. Spread some compost or soil improver over the garden bed and gently mix into the top 10cms of the soil with a fork, hoe or rake.

All you need to do then is just roll out the seed mat. The mat can be cut to any size, to suit smaller gardens or to plant in succession for a continuous crop. Just lightly cover the seed mat with fine soil or compost and then water in well with a watering can or a hose with a fine spray. When the seeds germinate they are all in perfectly spaced rows so there is no wastage.

There's also no excuse not to grow vegies and flowers even if you don't have a lot of space. With smaller gardens and block sizes, pots and containers are ideal. First select a suitable pot or container. Lightweight pots with a diameter of 50cm or larger troughs are best for a bumper harvest of vegies or a spectacular floral display. Fill with a premium potting mix to just below the rim and then gently tap the pot to settle the mix. Next add a fine layer

And here is the easy part, the new Roll 'n' Grow Garden mats from Mr Fothergill's are perfect for creating your own pots of flowers and vegies. All you have to do is cut it to size and keep the rest for planting after the first harvest, then finally cover with a fine layer of compost.

of seed raising mix.

Water the pots well with a fine spray and place in a sunny spot. Keep them moist and weed free and within a couple of months until you will be ready to enjoy a bountiful harvest and floral feast. All you have to do is Roll 'n' Grow your own with Mr Fothergill's.

For more growing inspiration for your garden and how to sow seeds for success, go to www. mrfothergills.com.au or find all the details at www. homeinwa.com.au.

Southern shows

If you are heading down south during November, why not taken in some of the local agricultural shows, you might even learn a thing or too.

The Albany Agricultural Society show is on from 13 to 14 November at the Albany Leisure and Aquatic Centre and surrounds in Albany. There will be sheep dog trails and livestock displays as well as crafts, fashion parades, cooking, photography, rides and entertainment. For further information call Paul Higginson on 9841 4003.

Take in some traditional log chopping and equestrian events at the Bridgetown Show on 26 November. There are lots more to do with livestock and wool competitions, displays of arts, crafts, cooking, photography, vintage cars and machinery. Stalls and a sideshow alley along with free entertainment including a fireworks display ensure that it will go off with a big

Never clean your gutters again with FOUR SEASONS Gutter Protection







BEFORE

RE AFTER

20 YEAR UNCONDITIONAL GUARANTEE

LOCALLY OWNED AND OPERATED

MADE FOR AUSTRALIAN CONDITIONS



- ✓ Stops overflowing gutters
- Prevents birds, possums and vermin
- ✓ No more roof and ladder injuries
- ✓ Fire protection from ember attack
- ✓ Maximise quality water collection to your rainwater tank
- ✓ Stop leaves and debris in your gutters





CALL TODAY 1300 30 25 23

www.fourseasonsgutterpro.com.au

Offer expires 30/11/16. *Valid on the day of quote only. Not to be used with any other special.





health options for the mature west australian





Unnecessary treatment in hospital often prevents death with dignity

by Frank Smith

HEROIC, but pointless and often invasive treatment of dying patients is carried out often contrary to their wishes.

This occurs in hospitals world wide according to a review published in International Journal for Quality in Health Care and written by Dr Mag-Cardona-Morrell of the University of New South Wales' Simpson Centre for Health Services Research.

Cardona-Morrell said rapid advances in medical technology have fuelled unrealistic community expectations of the healing power of hospital doctors and their ability to ensure patients' survival.

"It is not unusual for family members to refuse to accept the fact that their loved one is naturally dying of old age and its associated complications and so they pressure doctors to attempt

heroic interventions," she said.

She said when unnecessary medical treatments are given to elderly people with terminal illness these often prolong suffering rather than survival. They can cause harm and are unlikely to improve the person's health or quality of remaining life. Moreover they are sometimes given against patients' wishes.

"Doctors are torn by the ethical dilemma of delivering what they were trained to do, save lives, versus respecting the patient's right to die with

One third of elderly patients with advanced, irreversible chronic conditions were admitted to intensive care or given chemotherapy in the last two weeks of life. One quarter of those who had asked not to be resuscitated were still given (cardiopulmonary CPR resuscitation).

study found The

ing was carried out on 50 per cent of people with do-not-resuscitate orders. In addition 33 per cent were given antibiotics, cardiovascular, digestive or endocrine medicines; another third received chemotherapy in the last six weeks of life and 30 per cent

blood tests and imag-

last days of life. These made little or no difference to the outcome, but could prevent a comfortable death for

received dialysis, radio-

therapy, transfusions and

other life support in the

patients. "Our findings indicate the persistent conflict about what treatment is deemed beneficial and a culture of 'doing everything possible'," Dr Cardona-Morrell said.

Last year UNSW researchers published an assessment tool to help doctors and caregivers more accurately identify elderly patients whose death is imminent and

unavoidable at the time of hospital admission.

"We hope hospitals can monitor these indicators during their quality improvement activities. Dr Cardona-Morrell said.

"People arrive in hospital with no Advanced Care Directives or say them have them but produce no documents in 20-30 per cent of cases. Even if they have them they are often ignored."

The study was the largest systematic review of the care of elderlv patients hospitalised at the end of their life. It included an analysis of 38 studies over two decades, based on data from 1.2 million patients, bereaved relatives and clinicians in 10 countries including Australia.

As the elderly and frail population grows, the number of attendances to emergency rooms and admissions to acute hospitals is also expected to

"As a community we

come too ill to have that must also stop shying away from the topic of death. Start a discussion now with your elderly earlier loves ones about their

end of life care prefer-

conversation.

"The absence of an conversation about dying causes many problems."

The study was not able

to identify the costs of unnecessary interventions, but these must have been considerable.

Over time we will do additional analyses," she



Help antibiotics keep their power so please always handle with care



ANTIBIOTIC Awareness Week is an annual, global event that encourages people around the world to use antibiotics responsibly.

This year the theme is 'handle antibiotics with care' and takes place from 14 to 20 November.

The aim of the campaign is to raise awareness about the serious public health issue of antibiotic resistance, and create behavioural changes that drive down inappropriate prescribing in Australia by health professionals and the misuse of antibiotics by consumers.

The development of antibiotics was one of the most important advances in medicine, but bacteria can evolve resistance to protect themselves from an antibiotic. Then antibiotics that previously would have killed the bacteria, or stopped them from multiplying, no longer work, making bacterial infections that were once easily cured harder to treat.

Antibiotic resistant bacteria can spread to your family members and other contacts.

The World Health Organisation has warned that antibiotic resistance is one of the greatest threats to human health today. Antibiotic resistance could lead to an extra 10 million deaths a year worldwide by 2050, with a financial cost to the world of up to USD \$100 trillion accoding to a prediction from

Momentum is building. Addressing the seriousness and scope of the situation, at the United Nations 2016 General Assembly, global leaders committed to fight antimicrobial resistance together, agreeing agreed on sustainable, multidisciplinary approaches to addressing this health issue.

Australia has one of the highest

antibiotic prescription rates globally, with around 29 million prescriptions issued annually. The more antibiotics are used, the more chances bacteria have to become resistant to them.

Antibiotic resistance is already present in our community. You can help preserve the miracle of antibiotics by being part of the solution there are simple actions individuals can do to help stop the spread of antibiotic resistant infections.

You can help prevent antibiotic

- resistance if you: · don't use antibiotics when you don't need them
- · don't use old packs of antibiotics for a new infection
- never share antibiotics among friends or family
- · always take antibiotics other than as your doctor prescribes, including the right amount and at the right time.

You can help prevent #AntibioticResistance with NPS MedicineWise. To learn to handle antibiotics with care, visit www.nps.org. au/aaw2016

SOCIALISE FOR GOOD HEALTH

It's no secret that socially active people live longer and healther lives.

Our Social Club at Woodvale is an ideal place to stay engaged, meet new friends and enjoy activities such as:

- # Laughter Yoga and Thai Chair
- # Art and Music Therapy
- #6-week iPad training # Excursions
- # Poetry corner
- # High need/dementia groups # Weekday, afternoon and Saturday services available



What matters to you, matters to us!



Call Tania or Sue at Woodvale Social Club on 9409 2347 email woodvale@communityvision.asn.au www.communityvision.asn.au



*FREE CPAP Service

A good night's sleep is critical to our long term health and quality of life. Your CPAP equipment needs to be looked after to make sure it is looking after you!

Air Liquide is offering free service and maintenance on your therapy equipment:

- · Machine Download and Data Interpretation
- Mask and tubing check
- Pressure Test
- Equipment Clean Filter Change
 - *Hurry! Offer valid until 30/11/16

FREE! CPAP **Equipment Check Up** and Service*

Time to get your equipment checked?

Call now to secure vour appointment!

Ph 6389 1199 Email ALWASleep@airliquide.com 51 Hampden Road, Nedlands





Retirement & Aged Care Association (Inc)

Units for sale under a retirement village lease scheme. Walking distance to shops, library and pool.

FOR SALE

Coral Estate (Unit 34) 1 Anzac Place, Mandurah

- · 3 bedroom, 1 bathroom · Large built in robes · Resident can select new in main bedroom
- Lock up garage under main roof with room for storage
- Canvas blinds front windows and rear patio
- dining/lounge
- Spilt system in

Freshly painted

- Split system in bedroom
- floor coverings to living

\$280,000 ono

\$165,000

POA

- area and bedrooms. Floor tiles
- kitchen/dining area Solar panels installed

FOR SALE

Mandurah Village (Unit 14) 22 Third Ave, Mandurah 2 bedrooms

- (double robes to main bedroom)
- 1 bathroom newly renovated Freshly painted, with new carpet

double robes to main bedroom)

- Ducted air conditioning Storeroom. Front and rear courtyards
- Free standing lock up garage at rear of
- property

FOR SALE

Newly renovated kitchen,

laundry and bathroom

Freshly painted, with all

new floor coverings

Mandurah Village (Unit 21) 22 Third Ave, Mandurah

- Ceiling fans
 - Storeroom
 - Front and rear courtyards
 - · Free standing lock up garage outside front door

Contact Cheryl 9535 0200 · Mon-Fri: 9am-3pm

46

healthy living AGED CARE

Carole's timely advice in new book



LIFF is as much a reality as death, but most people don't want to think about the latter, let alone talk about it.

They keep avoiding the subject and just get on with living, which is very understandable. But what happens when one day the inevitable happens; possibly when least expected?

What have you done to ensure that the person

left behind to deal with everything will be able to grieve in peace and not be stressed out from being I charge of your personal affairs.

How about this happening to you?

With some forward thinking action this can be avoided.

Whether people are still working, have retired or are in the much later stages of life, for many there are conversations and actions you can still take that will make a very meaningful difference to those close to you. These conversations

should include the obvious like wills, advanced care directives and guardianships, passwords, access codes and pins, to the less obvious, that include explaining the intricacies of a financial portfolio and what needs to be done, where to find all legal documents and what to do with them.

What about very personal wishes around what they would like to leave to people that is not included in their will?

There is so much people can do now that will make a meaningful difference later.

Following the death of her husband, Sidney, and having to deal with all the bureaucratic red tape that

followed together with her learning experiences from that journey, Carole Sandberg decided to write a book- The Gift of Preparation - in the hope it would help others to be fully prepared, create peace of mind for them now, and avoid stress later following the death of a loved one.

"Everyone should have a copy of this thoughtful, immensely practical and useful book. It tackles endof-life issues that people need to confront now, in a sensitive and loving way. Author Carole Sandberg has done the community a great service in showing how best we can cope when someone close to us dies," wrote Ita Buttrose in the foreword in the second edition

The Gift of Preparation is available from www. giftofpreparation.com or by emailing Carole at info@ giftofpreparation.com

Marita...a top dancing life in **Australia and overseas**



Marita and Keith Withers

by Adam Penn

LIKE many top dancers, Marita Probert started at a young age, first in tap and classical dance, moving to ballroom aged 10. She was born in Kent not far from Crystal Palace, starting at Peggy Spencer's School of Dance where she asked to join the formation team.

Working through her medal exams Marita aimed for a competitive career, partnering Keith Withers, the pair cutting a fine figure on the dance floor. They competed in local championships, winning numerous county events in Latin.

The couple married in southeast London in 1959 and turned professional in 1968 after the arrival of sons Michael and Kevin. Both sons went on to become champion dancers. In 1969 the family emigrated to Australia at the invitation of Arthur

Cornwell in Sydney. There, the couple met Perth dancers Robert and Shelda Wrightson who Marita recalls as being very welcoming and friendly. After a brief stay in Sydney, the family moved to Perth at the invitation of the Wrightsons.

Marita remembers working for several years with Miss Mac at the Embassy Ballroom in Perth. She and Keith then opened their own studio in Perth, training later world champions Jason Gilkison and Peta Roby and Nic and Tonia Kosovich in the early 70s.

"We taught Jason and Peta both the "dead- I com man's drop" and the action the "pot stirrer," later to become the Gilkison-Roby trademark," Marita recalls.

Apart from training the future generation of champions, the Withers continued to compete, taking the South Pacific Latin championship title in 1973 where they won the professional Latin section. Their sons also won juvenile and junior Latin titles. In 1981 the Withers

took the first West Australian adult formation team to London where they competed in the United Kingdom championships at Royal Albert Hall. They took the title and, in 1985, the standard and Latin formation at the open British championships

§

in Blackpool with team

members Jason Gilkison

and Peta Roby winning

the youth Latin title.

After 10 years in the city, Marita and Keith moved their school to Carlisle in 1983. The premises, formerly a roller skating rink, became the New Embassy Ballroom.

Apart from her success with champions Jason Gilkison and Peta Roby and Nic and Tonia Kosovich, Marita says she is proud to have been involved in the development of such champions as Paul Richardson and Paul Green and Karen Rufus who won the 1994 world Ten-Dance title.

As well as coaching, Marita has adjudicated throughout Australia, Asia and Europe. A highlight of her adjudicating career was adjudicating the 1983 world amateur Latin, world Ten-Dance and professional Latin event.

In 2007 the Withers returned to Britain to coach and adjudicate there and in Europe. Six years later they returned to WA to continue their coaching careers.

Marita has been three Brolga awarded awards for her contribution to the development of Latin American dance in Australia and her work in developing_numerous champions. The Perth formation team was inducted into the Australian Dancing Hall of Fame in 1985 for its international achievements.

Marita says she looks forward to continuing her role in the development and promotion of dance and dancesport.

If anyone has historic photos for Adam Penn's ongoing dance series, please contact Adam at tophat97@optusnet.com. au or on mobile 0412 361

Prostate problems may be a thing of the past

NEARLY one in three men aged over 50 have benign prostatic hyperplasia (BPH) commonly known as an enlarged prostate. This number rises to nearly 80 per cent of men when they reach the age of 70.

While BPH is not fatal like prostate cancer, it can cause a lot of pain and inconvenience.

Common symptoms are frequent and painful urination, and in some cases sexual performance is affected. For those who have approached their doctors for advice, more often than not, an effective treatment is quickly and conveniently available.

Surgery is usually the last-resort due to the unpleasant side-effects such as incontinence and impotence. Most cases can be adequately treated with orally

taken over-the-counter medication such as the popular Magnus Shield, developed and distributed by Graminex Australia.

Spokesperson for Graminex Australia, Mr Indra says men in general tend to be tight-lipped about their current condition.

"Its normal for men to feel uncomfortable talking about their prostate and their symptoms (of BPH), that's okay, we understand," he says. He personally answer questions from individual call-

ers and has spoken to many concerned wives whose husbands are reluctant to acknowledge the issue. The key to this problem, he believes is to slowly en-

courage a culture where men should not feel ashamed to talk about their medical condition, especially if it concerns their personal equipment. "Eventually we hope to get more men to come for-

ward and share about their prostate issues. This is our way of showing our support for this common condition", says Indra.

To join a prostate support group, visit www.mag nusprime.com for more information.

For enquires about Magnus Shield, call 1300 760 627.

Hellenic Community Aged Care Residential Aged Care Ageing in Place All single rooms with ensuite 2 Hellenic Drive, Dianella

PH 9376 5830 www.hcwa.org

Aged Care placement services • In home service, residential care in your desired location Education and assistance with forms

- Power of attorney / Legal Guardianship information. Waitlisting and view of facilities can be arranged.
- Asset management process ACAT process
- RADS and DAP information
- 28 years recognition of excellence in Aged Care

"Ian has received Federal Recognition for his 28 years of Excellence in Aged Care Provision"

To arrange a confidential consultation in your home please contact Ian Daly 9291 3064 or 0488 776 602 info@empathycare.com.au www.empathycare.com.au

Early detection can save you!

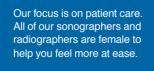
Why request Women's & Breast Imaging?

Women's & Breast Imaging has been serving the WA community for more than three decades and is completely committed to providing quality diagnostic imaging and related services, specifically for women.

Our team of specialists are highly skilled technical staff who are dedicated to delivering the highest level of clinical excellence and accuracy possible.

Women's

& Breast



- 2D & 3D MAMMOGRAPHY
- BREAST ULTRASOUND
- IMAGE GUIDED BIOPSY
- GYNAECOLOGICAL SERVICES

Freecall 1800 632 766 T 9383 2799 E info@wbi.net.au A 103 Forrest Street, Cottesloe www.wbi.net.au

Early detection saves lives

WOMEN's and Breast Imaging (WBI) clinic is continuously adopting cutting-edge technology for the earliest possible detection of breast can-

They are the first breast clinic in Australia and the only on in WA to use Volpara Breast Density tool for the last three years, helping the specialists improve the early detection rate.

WBI clinic will also be the first clinic in Australia and WA to adopt new breast analytic software.

The new mammogram machines equipped with 3D-Breast Tomosynthesis, utilise Volpara Breast Density tool and Volpara Enterprise breast analytic software and this allows breast specialist staff and radiologists to help women of WA to detect breast cancer at the very earliest possible stage.

Early detection saves lives.

For further information, contact Women's and Breast Imaging on 9383 2799 or see ad on this page.

SUBSCRIPTION:

*Reach us online

www.haveagonews.com.au

3,319,648 hits in 2015

\$29.95 for 12 months

o	Have a Go					
	N	E	w	S		

Have a Go News is available on a 12 month or 24 month subscription. This will ensure the delivery to your home of a copy of each issue as well as chances to enter our monthly competitions.

\$29.95 for 12 months or \$59 for 24 months, covers postage and packaging from your first delivered copy. Simply fill in your details, cut out and send to:

'Subscriptions' Have a Go News, PO Box | 1042, West Leederville WA 6901 or email payment details to accounts@haveagonews.

. com.au.
Name:
Address:
l
1
Phone:
Email:
Signature:
Payment (please circle):
Cheque / Credit Card / Money Order
CREDIT CARD DETAILS:

CREDIT CARD DETA	AILS:

| EXPIRY:







SENIORS WEEK FOCUS





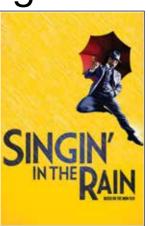
Last chance to book for inaugural Film Festival











Left to right; Contact Have a Go News' Tahlia Merigan to book tickets for the Seniors Film Festival - Enjoy exclusive preview screenings and great movies during the festival - Be in the draw to win the lucky door prize, tickets to the musical Singin in the Rain

BOOK a ticket for this inaugural Seniors Week Film Festival.

Guests to the inaugural Have a Go News Film Festival are in for a treat. Each person receives a lolly bag thanks to Kings Tours and Travel, a bag of popcorn thanks to Lendlease Retirement Living and a bottle of water as well as the chance to win a door prize. all for \$10. The lucky door prize for each movie is a double pass ticket to the fabulous musical Singin in the Rain at Crown Perth from 31 December. See the film choices below and book your ticket now by calling 9227 8283 or email tahlia@haveagonews.com.

Screenings are held at The Backlot Cinema, 21 Simpson Street West Perth.

Sunday 6 November 1.30pm - The Light Between the Oceans - special preview thanks to **Entertainment One**

The Light Between the Oceans is a beautiful yet heart-breaking story of love and sacrifice. Tom (Michael Sherbourne Fassbender) is a young lighthouse keeper on a remote island off Western Australia. The only inhabitants of Janus Rock, he and his wife Isabel (Alicia Vikander) live a quiet life, cocooned from the rest of the world. That is until one April morning, when they rescue an abandoned baby from a adrifting rowboat. Only years later do they discover the devastating consequences of the decision they made that

day, as the baby's real story unfolds and the couple's morality and love is tested. Only a few seats left book now!

Monday 7 November 1.30pm - Woman in Gold

Sixty years after fleeing Vienná, Maria Altmann (Helen Mirren), an elderly Jewish woman, attempts to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele:

\$12

\$ 2

Lions Christmas cake prices;

Gustave Klimt's Portrait of Adele Bloch-Bauer I. With the help of young lawyer Randy Schoeberg (Ryan Reynolds), Maria embarks upon a lengthy legal battle to recover this painting and several others, but it will not be easy, for Austria considers them national treasures

Tuesday 8 November 1.30pm - Keeping up with the Joneses - special preview thanks to 20th Century Fox.

An ordinary suburban couple (Zach Galifianakis and Isla Fisher) finds it's not easy keeping up with the Joneses (Jon Hamm

and Gal Gadot) - their impossibly gorgeous and ultra-sophisticated new neighbours - especially when they discover that Mr. and Mrs. Jones are covert operatives. Come along and enjoy this comedy film.

Wednesday 9 November 1.30pm – Woody Allen's Café Society

Looking for an excit-ing career, young Bobby Dorfman leaves New York for the glitz and glamour of 1930s Hollywood. After landing a job with his uncle, Bobby falls for Vonnie. a charming woman who happens to be his employ-

er's mistress. Settling for friendship but ultimately heartbroken, Bobby re-turns to the Bronx and begins working in a nightclub. Everything falls into place when he finds romance with a beautiful socialite, until Vonnie walks back into his life and captures his heart once again.

Thursday 10 November 1.30pm - Love and Mercy - SOLD OUT

Friday 11 November 1.30pm – *A Royal Night* Out - SOLD OUT

Saturday 12 November 1.30pm - Hunt for the Wilder People

Raised on hip-hop and

BEAT the FEET combines dance and physical activity in a special class for over 50s · Easy to learn dance steps

 Great music Perfect for the deconditioned body and raw beginner

Cost is only \$8 per class

Mondays 9.30am-10.30am **WA Stage School**

Unit 1/388 Victoria Rd. Malaga

For enrolment and more information phone 9249 8558 or email reception@wastageschool.com.au









foster care, defiant city kid Ricky gets a fresh start in the New Zealand countryside. He quickly finds himself at home with his new foster family: the loving Aunt Bella, the cantankerous Uncle Hec. and dog Tupac. Equal parts road comedy and rousing adventure story, director Taika Waititi masterfully weaves lively humor with emotionally

honest performances by Sam Neill and Julian Dennison. A hilarious, touching crowd-pleaser, Hunt for the Wilder People reminds us about the journey that growing up is (at any age) and those who help us along the way.

Closing Day Sunday 13 November 1.30pm

Disney presents Queen of Katwe - SOLD



stamps and much more... Come visit us at Have a Go Day, Wednesday 9 November STAND 88 For info phone Loraine, Peel Collectors Club 0403 006 871



- 1. Works anywhere on 3G network (indoors/outdoors)
- 2. Two-way voice communication
- 3. GPS location on demand
- 4. Fall detection built-in
- 5. No monitoring fees

Call 6336 9448 www.MobileAlert.com.au

See us at Have a Go Day, stand 86

Mini cake 80gms

Pudding 900gms

LIONS Cancer Institute Mobile Skin

Screening Clinic will be soon in your area...

For bookings please contact:

Melanoma Week

14-17 November COTTESLOE walk-in 26-27 November ALBANY

Phone Marian Little 0428 412 825

For information visit

www.lionscancerinstitute.org.au

1kg

- · Live with comfort, security and dignity.
- Complete daily activities with less effort.
- Retain your independence.
- Get up, out and about

Let us help you enjoy more everyday living in every day

MOBILITY solutions for all life's seasons Enjoy more everyday living in every day

Seating

Bathroom and Toilet





Beds and Bedroom



Stairlifts



Wheelchairs



Walking Aids





Mobility Scooters



And aids to assist in many everyday activities such as bathing, eating, cooking and dressing.



Mandurah

Bibra Lake 5 Sobek Pass 45 Reserve Drive

6555 4222 9535 1411

Sales, Hire and Service www.emprise.com.au





SENIORS WEEK FOCUS





Meet the Big Bethanie Bake Off finalists at Have a Go Day



Western Social Club Inc

Don't be alone for the festive season

Social Club for 45's and over

Parties

Events

Junches

Tunctions

Weekends Away

http://www.westernsocialclub.org

Check out our Facebook page

Telephone 0427 425 229

CHILDREN and seniors from across the state have been busy finessing their family recipes as Bethanie, one of Western Australia's most well known not-for-profit aged care and retirement living providers, prepares for the upcoming Big Bethanie Bake Off. The entries were judged

by top cooking profes-sionals and marked on creativity, appeal of dish, nutritional content, and the story behind the entrant's family recipe before a group of four finalists from each category were chosen to compete in the live bake off at Have a Go Day on Wednesday 9 November.

The 2016 Big Bethanie Finalists are:

Bethanie Finalists Joan Edmonds, Bethanie Mt Claremont Social Centre - golden syrup dump-

Marjorie Ugle, Bethanie Maali Social Centre – kangaroo patties

Melba Wallam, Bethanie Maali Social Centre damper

· Robin Juniper, Riversea Mosman Park managed by Bethanie on behalf of Curtin Care - cheese scones

School Student **Finalists**

· Jess Higgins, Trinity College - patty cakes

 Mikayla Richardson, Orana Catholic Primary School – melanzane con

· Joshua Wenz, Whitfords Catholic Primary School -Oma's pancakes 2-ways Naw Bee Be, Hospitality Group Training - chicken

Bethanie CEO Chris How said the selection process for finalists was not an easy one.

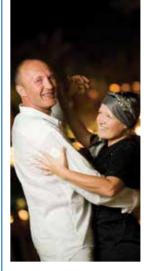
"Now in it's third year, we have had some fantastic entries for the Big Bethanie Bake Off but the competition really seems to keep stepping up," he

said.
"This year we have sepassionate cooks with fascinating absolutely stories behind their family recipes. From the aspiring chef Naw Bee Be, who will be making her authentic Thai chicken laska to Aboriginal Elder Marjorie Ugle, cooking her kangaroo patties that have been passed down through generations - it's definitely not going to be easy to pick a winner on

"I'm delighted to bring this fun, family day out back for another year to our valued WA seniors and students. We are passionate about good food and creating happy, healthy memories at Bethanie, and the Big Bethanie Bake Off has proved to be a great opportunity to reignite the importance of learning about family histories and creating new memories in our children across WA," Chris said.

For further information please visit www. bigbethaniebakeoff.com or contact Bethanie on

Baby boomers still booming



WHERE were nanna or pop last Saturday night? Playing cards with friends? Watching ABC TV? Well, some of them were raging at the Western Social Club (WSC) and having a very good time thanks, dancing to the sounds of the '60s, '70s and '80s.

The club, originally formed in 1971, was called the 'No Name Club' until 1979 when it changed to Western Social Club. A milestone has been reached as the club is now celebrating 45 years of fun and social activities and still going strong.

"There is lots of life

president, Pat Marshall. The club provides a place for mature singles, male and female, and couples to meet and have a good time.

left in the over 50s," say

Every Saturday night in the summer, and fortnightly in the winter, parties are held at private homes for its members and visitors as well as occasional weekends away. Some parties are themed and there is a chance to wear fancy dress - Mad Hatter parties, St. Patrick's Day, Valentine's Day and Australia Day are just a few of the special parties organised.

On Sundays some members meet for picnics and barbecues.

"I separated from my partner in my late fifties and for the year following I was a social hermit. I eventually realised that the world wasn't going to come to me so looked around and found the WSC. Since joining I've been to dozens of parties and had some really great weekends at venues outside of Perth. Along the way I've made new friends and acquaintances and I've always got somewhere to go on a Saturday night," said Jack M, a member for six years.

"Women particularly like coming to the club. Not everyone likes the pub scene and it is a safe venue," says Pat Marshall.

"People who are anti-social or drink too much don't last long in our club.

"Our parties are held both north and south of the Swan River so there is always somewhere easy to get to.

"For those who have lost their partner through separation, divorce or bereavement - getting back into the social scene can be daunting. Our parties, functions and events are a great way to have fun and meet new people. We've even had some new romances start from people meeting at the club.

"Naturally we are all looking forward to our big reunion party in January next year to catch up with long lost friends."

Being a member of a social group like the Western Social Club also provides another benefit - you may live longer. A recent study by University of Queensland researchers found that people who joined social groups after retirement lived longer.

New members and quests are welcome. Information about parties and functions can be found by telephoning 0427 425 229 or check out the website at www. westernsocialclub.org or Facebook.

Membership is currently \$30 per year with entrance to parties \$10 (\$15 for non-members).



Patsy Durack's Rose Gardens 33 Parke Rd, Gooseberry Hill Tel 9293 2719 patsy@patsydurackrosegardens.com

www.patsydurackrosegardens.com

Antibiotics are a precious resource



Visit nps.org.au/aaw2016 or call 02 8217 8733 to learn more







It's time you enjoyed what's really important

No matter what your lifestyle preferences, our range of retirement villages offer a variety of options to suit your aspirations and budget.

Secure village homes featuring great community, convenience and relaxation are now available for sale. We'll organise all your house maintenance so you're freed up to focus on the things you

As things change, make the most of our flexible At Home Services tailored to your unique needs for independent living. Each village is also co-located with a Baptistcare residential aged care facility.

- Margaret River
- Busselton
- Albany
- Rockingham
- Lesmurdie Salter Point
- Mundaring Byford

Call us today on 9282 8650 baptistcare.com.au



Join us online: Have a Go



Have a Go SENIORS WEEK FOCUS





A decade of mall walking celebrated at Karrinyup



Mayor Giovanni Italiano presented 21 Walkers with Supreme Achievement Awards for 10 years of walking

KARRINYUP Mall Walking Group celebrated its 10th vear of mall walking in style at Karrinyup Shopping Centre last month. There were 88 walkers in attendance for the celebration, along with, Member for Carine Tony Krstecevic MLA and Mayor for Stirling, Councillor Giovanni Italiano.

Mr Krstecevic presented centre manager Tim Richards with an award for their continual support of the Mall Walking group and Councillor Italiano presented 21 walkers with a Supreme Achievement certificate for their 10 years of continual involvement.

COTA Active Ageing Manager Phil Airey explained the history of the walking group and the sianificance of the awards.

"Today is 10 years and one day since the first ever walk at Karrinyup took place, and we celebrate all of the efforts that have made the group the dynamic success that it is.

"For any group to reach

this milestone is significant - but the fact that this group is run chiefly through the efforts of volunteers is particularly fan-

"Both the centre and the group should be very proud of making such an enduring impact on the seniors community," he said.

Walk leader Maureen Banham was presented with a special bouquet for her efforts, and the group shared a commemorative cake in honour of the day.

Phil Airey also thanked the City of Stirling for their promotion of the group, and Stay on Your Feet WA for their help establishing the program in 2006.

The group meet every Tuesday and Friday at the Coffee Club in the Central Court of Karrinyup Shopping Centre at 8am.

For more details call COTA on 9472 0104.

Reverse Mortgages Are you looking for a quick and easy way to access the equity in your home? Look no further! MONEY QUEST Rob Barton | Finance Specialist C 0499 658 710 moneyquest.com.au/Rob.Barton

Reverse Mortgages can provide you with a number of benefits:

- ☑ Unlock the equity in your home
- ✓ Increase your retirement income
- ✓ No repayments until house is sold
- ☑ Enjoy a lump sum to spend
- ✓ Consolidate your debts ✓ Take that dream holiday

Call me today on 0499 658 710 to create the lifestyle you want and deserve!

Robert Barton is a Credit Repr of ratesonline.com.au Pty Ltd. Australian Credit Licence 384404

Collectables in all their glory on display at Have a Go Day

THE fabulous collectors display this year at Have a Go Day is not to be missed.

Two collectors clubs of Western Australia, the Tin Collectables Club from Ardross and the Peel Collectors Club from Mandurah have joined together for a terrific display of vintage items entitled The Toy Shoppe.

The clubs have been part of the displays at Have a Go Day since its inception and each year they have excelled themselves making the displays bigger and better. They know that members of the public look forward each year to see what they have put together.

Past displays have included, Getting Ready for Christ-mas, Pretty in Pink, Australian Made Items and the very popular Western Australian Made

This year's A Toy Shoppe

theme will display toys dated up until the 1950s.

The Tin Collectables Club began in 2006 after the Antique Collectors Club closed down, this club meet at the Veteran Car Club premises, 6 Hickey Street, Wireless Hill in Ardross, on the first Tuesday of each month at 7.30pm and welcomes new members.

The Peel Collectors Club started in Mandurah in 2003 after there had been a split with another club. They meet at the Lion's Club, Park Road Mandurah on the fourth Sunday each month at 1.30pm and they too welcome new members.

Don't miss this event on 9 November. Both of these clubs go to a lot of trouble to exhibit one of the biggest displays of collectables in Western Aus-

We're here to give you a helping hand.

If you need some help to live well at home, give Bethanie a call. We can give you a hand with just about anything, and we're more affordable than you might think.

Our aged care and at home services include:

- Day therapy
- Meals
- Gardening
- Respite
- Cleaning
- Transport
- Social centres
- Nursing & personal care

Bethanie also offers an extensive range of residential aged care, dementia services and retirement villages.

To find out more, or make an appointment, call 131 151 or visit bethanie.com.au





SENIORS WEEK FOCUS





Seniors Week Events - Late listings

SUNDAY 6 NOVEMBER REGIONAL

Wheatbelt - Dandaragan

Telling Tales Over a roast with all the trimmings, reminisce on days gone by. These stories will then be given to local school children to draw their ideas and exhibited at public event on 13 November. Dandaragan CRC, 3468 Dandaragan Road.

11am - 2pm Cost: \$5 per person RSVP by 4 November 2016 Contact: Andrea Gray - Dandaragan CRC 9651 4071 or office@dandaragan.net.au

> **TUESDAY 8 NOVEMBER METROPOLITAN**

Grandparents raising Grandchildren

A networking and performance by Perth Playback Theatre

Jacaranda Community Centre (JCC),

146 Epsom Avenue, Belmont 10.45am - 1.15pm Cost: Free RSVP by 7 November 2016 Contact: Arlene Quinn 0402 272 868 or perthplayback@gmail.com https://www.eventbrite.com.au/e/seniors-week-grandparents-raising-grandchil-

dren-tickets-28322146302

FRIDAY 11 NOVEMBER METROPOLITAN

Care Options Day Centres Open Day Open days at both Day Centres, with activities, entertainment and morning tea to celebrate Seniors Week

1 Lemans Elbow, Port Kennedy & 16 Vermont Avenue, Meadow Springs 10.30am - 2pm

Cost: Free - Open to the public Contact: Mischa Matthews 9550 7888 or matthewsm@careoptions.org.au

VisAbility and Advocare are coming together to host a Lifestyle Expo for vision impaired clients during Seniors Week.

The event is designed to promote and encourage healthy lifestyles and wellness opportunities for seniors. It will include free massages, lunch, raffle prizes, information stalls from service providers and presentation relevant for seniors. Perron Centre, 61 Kitchener Avenue, Victoria Park (Opp Victoria Park train station, street parking or \$2 car park fee).

10am - 3pm Cost: Free - Open to the public Contact: Jenna Aziz 9479 7566 or jennaa@ advocare.org.au

SUNDAY 13 NOVEMBER METROPOLITAN

Matters of the Heart

An evening filled with poetry and music organised for the community by seniors for migrants from the Indian subcontinent.

Manning Senior Citizens Centre 3 Downey Drive (off Ley Street) Manning Cost: Free - Open to the public RSVP by 10 November 2016 Contact: Dr. Zarrin Siddigui, Pakistanis in Australia 0434 841 705 or piaincorporated@gmail.com

Talking Generations

This is a free, cafe-style event, giving Perth's LGB-TI communities a unique opportunity to connect across the generations. Younger and older generations will share our LGBTI histories and present-day experiences, build understandings and foster friendships. Enjoy great conversations and afternoon tea. Bring an open mind and a warm heart. Sponsored by Seniors Week, Lotterywest, COTA, Dept Local Government and Communities and The Court Hotel.

The Lounge @ The Court Hotel, 50 Beaufort Street, Perth

2pm - 4pm

Cost: Free – Limited spaces – tickets available through: Talking-Gens.eventbrite.com RSVP by 10 November 2016

Contact: June Lowe, GLBTI Rights in Ageing 9383 7753/0435 517 753 or june_lowe@hotmail.

Eating more fruit and vegies can help prevent middle age spread...

Curtin University's Dr Christina Pollard

A 24-YEAR study of 124.00 American men and women, published in the British Medical Journal has shown those who eat more fruit and vegetables are less likely to gain excess

by Frank Smith

Dr Monica Bertola and her team at Harvard Medical school calculated the weight change of participants every four years and related that to their self-reported diet and

lifestyle habits. Increased consumption of blueberries, apples, pears, prunes, strawberries, grapes, capsicums and celery was associated with less weight gain.

Men gained an average of one kg and women 1.3kg over each period.

The researchers related this to the amount of flavonoid compounds, chemicals naturally occurring in most fruit and vegetables, consumed. Men had a median intake of 224 mg/day of total flavonoids and women of 247 mg/day.

Increased dietary fibre intake was also associated with reduced weight gain.

Dr Bertola said the results suggest that choosing high flavonoid fruits and vegetables, such as apples, pears, berries, and peppers, may help with weight control independently of dietary fibre.

"It's difficult to disentangle fibre from flavonoids since both are components of fruits and vegetables and we eat the whole fruit or

vegetable," said Dr Bertola.
"Our statistical models look at the association between flavonoid intake and weight. and they adjust for daily fibre intake, meaning that we are looking at the association between an individual's flavonoid intake and their weight, independent of daily fibre intake," she said.

"The only way to really separate the effect of fibre intake from flavonoid intake is to run

"My co-authors Drs. Aedin Cassidy and Eric Rimm are running a blueberry clinical trial right now. Some study participants consume real blueberry powder (which contains quite a bit of fibre naturally) and others consume a placebo powder that has the same amount of fibre but no blueberry flavonoids.

These results are still in the works but they'll help tell us the effect of blueberry flavonoids separate from fibre.

Most flavonoids in participant's diets was derived from citrus fruits and juices rather than whole fruits.

"Citrus juice (mostly orange) is the main source of flavonoids for this population, however juices generally have a lower flavonoids content than whole fruit as the white spongy portion and the membranes separating the segments are richest in the

Dr Christina Pollard of Curtin University

said people who routinely eat diets high in fruit and vegetables are protected against weight gain, hypertension, diabetes, heart disease and cancer.

"Most people do not eat enough fruit or vegetables for good health," she said. There are important benefits from eating even one additional serve of fruit and vegetables. Variety is important, an extra serve of blueberries could help maintain weight.

"Even losing a small amounts of weight improves health, and for most people this is achievable.

"There are synergistic relationships between foods and across the whole diet. However, at the end of the day our focus should be on choosing a diet high in a variety of different fruits, vegetables and grains.
"The findings also suggest to limit fruit

iuice intake to avoid weight gain. Fresh whole fruit or vegetables are best," Dr Pol-











Live it up north from \$239,000.

It's official: this is the life! Move up to Jurien Bay Village and you will enjoy resort-style retirement living at its very best.

Join this vibrant community of over-55s and you can take advantage of the Village's superb facilities, in addition to the enviable Jurien Bay lifestyle. And it's all just an easy two-hour drive from Perth.

Contact Chris Harrison on 0413 120 631 or chrish@hhde.com.au and live it up north!

Corner Bashford St and Nineteenth Ave, Jurien Bay jurienbayvillage.com.au







International Volunteer Day Monday 5 December 2016

End of era in the **Royal Show's** cookery pavilion



Left to right; Gaena Duncan and Anette Gifford

AFTER 23 years as chief steward of the cookery competition at the IGA Perth Royal Show, Gaena Duncan is hanging up her white coat for good.

Anette Gifford, of Ferndale, will replace her. Anette has been involved in cake decorating for about 40 years and has been helping Gaena as a steward for many years.

Anette Gifford said Gaena had done a lot to make the competition the benchmark of cookery excellence that it is today and she has big shoes to fill.

"It is very daunting but very exciting," said Anette. "The other stewards have been here a long time and are very familiar with the show so that makes it

Ms Duncan's involvement with the Royal Show dates back 32 years ago to 1983, when she first joined the cookery committee.

"I have thoroughly enjoyed every bit of my time at the show," said Gaena.

"The best part was meeting so many people and encouraging them to come along and exhibit their

Gaena, who worked as a home economics teacher before retiring at 60 years old, particularly enjoyed it when past students turned up during the show to say hello to her.

One year one of my students won the plum jam category, which was really nice," she said.

Another highlight was when former ABC radio announcer Russell Woolf won first prize for his rum

"Every year something different happened and a different theme emerged," said Gaena. There were nearly 1000 entries in the cookery

competition this year and Gaena said the quality of

jams and preserves was exceptional.

'The fruitcakes and puddings were also excellent, and a new steam punk category in the decorated cake section had attracted entries of a world class standard," she said.



Old valve radios (pre 1955), any condition, surplus valves and other parts. Also other valve era items Private collector/hobbvist. Call NEIL 0407 448 331

Volunteering is good for your mental health

by Frank Smith

VOLUNTEERING middle and older age is linked to good mental health and emotional wellbeing, according to a survey of 5000 British adults.

The researchers, Drs Faiza Tabassum, John Mohan and Peter Smith mined responses to the British Household Panel Survey (BHPS), which is conducted every two years on a representative sample of adults living in Britain

The survey included a wide range of questions on how participants spend their leisure time and a battery of questions to measure mental wellbeing.

Around one in five respondents (21 per cent) said they had volunteered. Women tended to volunteer more than men. Almost a quarter of those aged 60 to 74 said they volunteered, but only 17 per cent of the youngest age group.

No association was seen between volunteering and mental health in people under 40.

The mental health scores were better (lower) among those who volunteered than among those who had never done so-10.7 vs 11.4-

Supporting your choice, dignity and

independence in the Gosnells/Armadale area

social support/shopping
 respite/carer support

across the entire sample, irrespective of age. The average score was the best (lowest) among those who were frequent volunteers and worst (highest) among those who never volunteered.

A positive association between volunteering and good mental health and emotional wellbeing became apparent at around the age of 40 and continued up into old age (80+).

The researchers speculate that volunteering at younger ages may just be viewed as another obligation, while social roles and family connections in early middle age may spur people to become involved in community activities, such as in their child's school.

The researchers were not able to gauge the extent of 'informal' volunteering, such as helping out neighbours, so couldn't capture the full spectrum of voluntary activities.

"Volunteering might provide those groups with greater opportunities for beneficial activities and social contacts, which in turn may have protective effects on health status. With the ageing of the population, it is imperative to develop effective health pro-

home care packages

day excursions

dementia care

motion for this last third of life, so that those living longer are healthier," they write.

Previous research indicates that people who volunteer are likely to have more resources. a larger social network, and more power and prestige, all of which have knock-on effects on physical and mental health, they point out.

"Volunteering mav also provide a sense of purpose, because regular volunteering helps maintain social works, which are especially important for older people who are often socially isolated," they add.

Curtin University research professor Sim-one Pettigrew said the British results almost certainly also applied to Australia.

"There have been some studies showing a relationship between volunteering and well-being among older Australians, mainly by Jeni Warburton from La

Trobe University.
"Our (Curtin's) dom controlled trial that is close to finishing is aiming to test exactly this in WA by looking at both the physical and psychological predictors and consequences of volunteering among older people (60+ years).

'I'm hoping we'll have some interesting results to share with you in due course," she said.



-the ----

CLOSET REVOLUTION

QUALITY RECYCLED RETRO. VINTAGE AND DESIGNER WEAR

SHOP HERE AND HELP CREATE BETTER LIVES FOR CHILDREN.

Bring along this advert and receive 10% off your purchase when you sign up to our loyalty program.

NEW STORE OPEN

Good Quality Designer Clothing

775B Canning Hwy **Applecross**



WE ARE A VOLUNTEER ORGANISATION.

"A BIG thank you to all our volunteers"

• home maintenance • private care Quality care, based on client and carer needs. 9490 2393 WANTED TO BUY 23 Astley Street, Gosnells email: admin@astleycare.com.au www.astleycare.com.au **VOLUNTEERS NEEDED**

• domestic assistance

personal care

transport

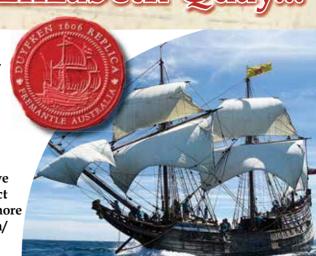




Duyfken is heading to Elizabeth Quay from late November. If you're looking for an exciting volunteer opportunity then this could well be for you! Opening hours will be from 1-5pm

Wednesday through Sunday. We require volunteers who can fill a regular weekly or fortnightly time slot. All guides will be provided with on-site training, and a team uniform.

If you enjoy interacting with people and would love to be part of the Duyfken family, then make contact with Pic Lee at administration@duvfken.com for more details or apply online at http://www.duyfken.com/ volunteers



For further information phone 0427 160 606 or visit www.duyfken.com

International Volunteer Day Monday 5 December 2016

Volunteers launch new walk trail in the footsteps of the ANZACS in Guildford



Barbara Dundas (centre) with members of the Avon Valley Tenth Light Horseman Memorial Troop at the walk trail launch earlier this year

VOLUNTEERS in Guildford are behind a recently launched ANZAC Walk Trail, which provides an ideal way to commemorate Remembrance Day.

About 100 residences and buildings have been identified in the historic area of Guildford and South Guildford as being places where ANZACŠ

serve in WWI.

The owners of these pre-1918 homes have been presented with a brass and enamel poppy plaque to display prominently outside their homes and feature on a website gives the military history of the ANZACS who once lived in these homes.

Visitors to Guildford can follow the poppy plaque trail, enjoy the area's picturesque heritage homes and learn about the fate of the soldiers who once lived in them.

Many of the soldiers' names appear on the town's honour rolls and war memorials. Now the story behind the names are easily accessible.

The project was organised by local ratepayer

sociation Inc and funded by a Federal Government Centenary of ANZAC Grant through the Department of Veterans Affairs.

Guildford Association vice president Mrs Barbara Dundas led the project, spending countless hours researching and writing up the history of the soldiers who lived in the area.

"The ANZAC trail offers residents, tourists and schools the opportunity to learn about the Anzac soldiers who lived in these homes, both through their iphones as they walk around the town or through the website," she said.

"Following the poppy plaque trail is a fantastic way to commemorate Remembrance Day.

"The historic ´ town of Guildford is already known as the most intact town of first settlement in WA and is an important tourist drawcard for WA."

Gunners' Day will be held in Stirling Square, Guildford, on 6 November from 11am. Gunners' Day is a regimental march unique to Guildford developed after the end of the Great War, with the first day being held in 1928.

For more information www.quildfordan zacs.org.au

Having a go at volunteering



Left to right; Wanda and Jim receive their National Volunteer Week 2016 awards

VOLUNTEERING has many benefits. Volunteers experience greater health and happiness by making new friends, having a purpose, and being physically and mentally active.

"It's great that we have a number of retired couples who choose to volunteer with us," says Michelle Williams, Volunteer Task Force (VTF) volunteer services supervisor. "We also encourage people to come and volunteer in a group or with a friend."

Jim and Wanda Bennett have volunteered with VTF for more than 14 years and show that no matter what age you are, you have something to give.

Once a week the couple volunteer their time to VTF to give back to their community, assisting with gardening to people who are elderly or have disabilities so that they can remain independent at home.

VTF offers Jim and Wanda flexible volunteering options, including not gardening during the very hot weather, so that they can continue to volunteer.

Jim and Wanda's volunteering is an inspiration to VTF's younger volun-

"It's good that older people can get out and volunteer," says Wanda.

VTF offers a wide range of volunteering and services to people requiring support including gardening, shopping, companion services and community outings. VTF boasts a team of more than 100 staff and nearly 500 volunteers to deliver a high quality service to more than 8000 people every year in the Perth metro area.

To find out more contact: email: info@volunteertaskforce.org.au or call

ROTTNEST IS thanking our volunteers

The Rottnest Island Authority wishes to thank all volunteers for their valuable contribution.

For information on volunteer projects on Rottnest Island please visit www.ria.wa.gov.au/volunteering



Volunteers needed for community support in Gosnells

ASTLEY Care, formerly Gosnells Community Support Service, has been proudly serving the local community of Gosnells and Armadale for more than 30 years.

The community is indebted to a small band of volunteers who founded the service in 1984. Today the service has grown, employing about 100 staff, but still relying on volunteers to provide many of its services.

Volunteers are the lifeblood of the service at all levels from the board of management who give their skills and time freely, to the office, day club and transport/shopping volunteers who all play a large part in improving the quality of life of seniors and people with disabilities in the area.

People who wish to feel part of the community by joining the team and assisting clients with transport, shopping, in the day clubs or working in the office should phone 9490 2393.

MAKING A DIFFERENCE



Volunteering and services for Seniors throughout the Perth metro area



Volunteer Task Force make such a difference to my life, they help me to get to important appointments, with gardening and jobs around the house that I can no longer do. I look forward to their visit and feel like they are my extended family.

Volunteers and staff have been assisting Irena from Como to remain independent at home for five years.

I enjoy volunteering with Volunteer Task Force, it is one of the best organisations I have come across. I have dementia and volunteering has had such a positive impact on me by getting me out of the house and interacting with others. I feel happy as I am giving something back to the community and I really enjoy the jobs we do.

Andrew from Melville volunteers three days per week for Home Maintenance. Volunteering is flexible to suit your free time and interests.

To find out more visit stand 132 at Have-A-Go Day on Wednesday 9 November in Burswood Park.





(08) 9318 5700 info@volunteertaskforce.org.au www.volunteertaskforce.org.au



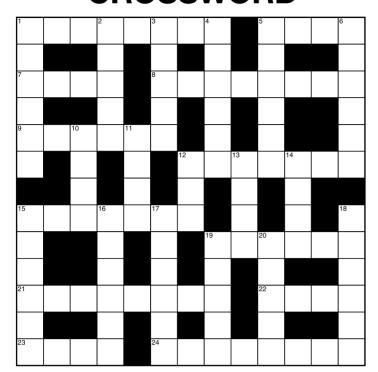


PUZZLES

PROUDLY BROUGHT



CROSSWORD

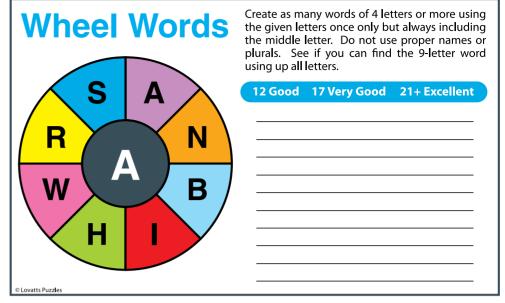


ACROSS

- 1. In similar fashion
- 5. Bee nest
- 7. India/China continent
- 8. Sprang (from)
- 9. Barons & dukes
- 12. Blind alley (4,3) 15. Non-intellectual
- 19. Legendary
- 21. Sang alpine-style 22. Canada's ... Scotia
- 23. Social misfit
- 24. Monday to Friday

DOWN

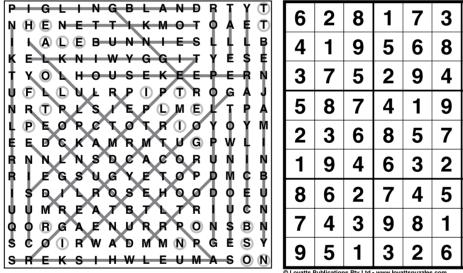
- 1. Ascertains
- 2. Electronic message
- 3. Objects
- 4. Pass (of time)
- 5. Stacked
- 6. Curled (of smoke)
- 10. Make (beer)
- 11. On any occasion 12. Droplets on lawn
- 13. Zone
- 14. Tea, ... Grey
- 15. Tripoli native
- 16. Slay by guillotine
- 17. Criminal
- 18. High standards
- 19. Soft confection
- 20. Filleted



Thanks to Channel 7's HOME in WA for sponsoring the puzzle page. Solutions will be in next month's issue.



#295 October edition PUZZLES Solutions



Word Search Monster - Beatrix Potter Solution: The Tale Of Little Pig Robinson

6	2	8	1	7	3	9	5	4
4	1	9	5	6	8	7	3	2
3	7	5	2	9	4	8	1	6
5	8	7	4	1	9	2	6	3
2	3	6	8	5	7	1	4	9
1	9	4	6	3	2	5	8	7
8	6	2	7	4	5	3	9	1
7	4	3	9	8	1	6	2	5
9	5	1	3	2	6	4	7	8

Wheel Words PX 0004

Solution: Card, Cart, Cast, Coat, Coda, Cord, Cost, Crab, Orca, Scab, Scar, Scat, Taco, Torc, Actor, Bract,

Carat, Carob, Coast, Cobra, Castor, Scarab, Acrobat. 9-letter word: BROADCAST



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

J. 🗮	X)	<u> </u>	<u> </u>				
							6
			3			9	7
1				6	3		5
		5	8		2		
	5		2		4		1
	2		6	4			
	6	3				1	
7			9				
	1	1 5 2 6	1	1 5 8 5 2 2 6 6 3	1 3 1 6 5 8 2 4 6 3	1 3 3 1 6 3 5 8 2 5 2 4 2 6 4 6 3 6	1 3 9 1 6 3 5 8 2 5 2 4 2 6 4 6 3 1

© Loyatts Publications Ptv Ltd - www.loyattspuzzles.com



Do you want to know about WA's best builders, real estate options and find great ideas for your home and garden?

Then don't miss an episode of Channel 7 Perth's and GWN7's HOME in WA every Saturday afternoon.



If you would you like to feature your business on HOME in WA then contact executive producer Ron (DINGO) Reddingius on 0417 279 103



HOME in WA Gardening expert Colin Barlow

Watch ANYTIME at www.homeinwa.com.au



Like HOME in WA on Facebook



Season two of Poldark is an anticipated drama

POLDARK returns home following his arrest in the finale of series one.

He soon faces a new fight for freedom when George Warleggan tries desperately to steal his mine and have him hanged as a revolutionary.

Crippled by debts, Ross and Francis strive to heal old wounds by joining forces in a new venture, while buried passions threaten to bubble to the surface once again. Amid catastrophic losses, significant triumphs and shattered relationships, they must learn to settle their differences once and for all, but at what cost?

Released on DVD and Blu Ray on 30 November.

To be in the draw to win one of ten Poldark Season 2 DVDS simply send an email to win@ haveagonews.com.au with Poldark in the subiect line or write to Poldark DVD competition c/-Have a Go News PO Box 1042, West Leederville 6901. Competition closes 30/11/16.





or online www.oldmilltheatre.com.au/tickets

Black Swan Theatre's 2017 season debuts with new artistic director and new horizons

by Josephine Allison

IT WAS a time to farewell outgoing artistic director Kate Cherry, reflect on her eight-year tenure and introduce new artistic director Clare Watson when the Black Swan Theatre Company launched its 2017 season at the Heath Ledger Theatre.

Ms Cherry, who is moving to Sydney to take up a position with the National Institute of Dramatic Art as its director and CEO, told the packed theatre she was sad to leave the garden she had so lovingly tended.

"But I know I leave behind a theatre that is rich in talented artists," she said. "And so the 2017 season is a plethora of possibilities, a joyous garden running wild but nurtured with love and shaped by experience.'

She said the 2017 season celebrated WA artists who have had a significant impact on theatre for more than 25 years, including Jenny Davis, George Shevtsov, Geoff Kelso and Steve Turner; emerging artists such as talented WAAPA graduates Sophia Forrest, Will McNeill and Giuseppe Rotondella and multi-talented associate directors Stuart Halusz and Jeffrey Jay Fowler, both outstanding leaders in the WA arts sector.

One of the past year's most exciting events was the Black Swan's first international collaboration with the National Theatre of China featuring The Caucasian Chalk Circle. Chair Mark Barnaba said in 2017 the company would explore new horizons globally with a potential tour to China with the play.

Black Swan's 2017 season kicks off in March with Michael Gow's Once in Royal David's City, directed by Queensland Theatre's new artistic director Sam Strong. It is a life-affirming story about family, loss, purpose, politics and the endless possibilities of art.

A highlight of the year April is the new work and world premiere of The Lighthouse Girl by the company's resident writer Hellie Turner and based on the novels by Dianne Wolfer. The play, which premieres in Albany 21-22 April before its Perth season, focuses on Fay, a sweet young girl who lives an isolated life with her lighthouse keeper father on Breaksea Island in the Great Southern region of WA. She finds purpose in transcribing Morse code messages from soldiers stationed off shore.

Fay's life intertwines with Charlie in rural Victoria who is off with a mate to join the Light Horse Brigade.

In May, Samuel Beckett's Endgame directed by Black Swan founding director Andrew Ross tells the story of four characters locked up in a refuge. The tragi-comedy reveals the constant duel between tyranny and submission and the need and desire to break free of the cycle.

June sees emerging Melbourne playwright Lally Katz's Perth debut. The play was an award-winning hit at the New York International Fringe Festival and explores the nostalgic childhood of orphaned siblings Abalone and his sister Gerture.

From the daring and imaginative mind of Will O'Mahony comes Coma Land in July. It's a magical story about a 15-yearold boy genius who finds himself trapped in a world between life and death. The play celebrates children, difference and the depths of parental love

Jenny Davis brings her considerable talents to the August season of Switzerland about the late writer Patricia Highsmith (The Price of Salt recently released as the film Carol starring Cate Blanchett, *The Talented Mr* Ripley and Strangers on a Train), Highsmith lives a reclusive life in the Swiss Alps until a young man intrudes into her space.

I Am My Own Wife in October directed by Joe Lui is an examination of the life of German antiquarian Charlotte von Mahlsdorf who killed her father when she was 12, was sentenced to four years in a juvenile prison and survived the Nazi and Communist regimes in plain sight as a transvestite.

The season ends in November with Jack Thorne's Let The Right One In with Clare Watson making her Perth directing debut. The myth and coming-ofage story is a deeply moving and enigmatic tale of friendship, of promises made and bonds



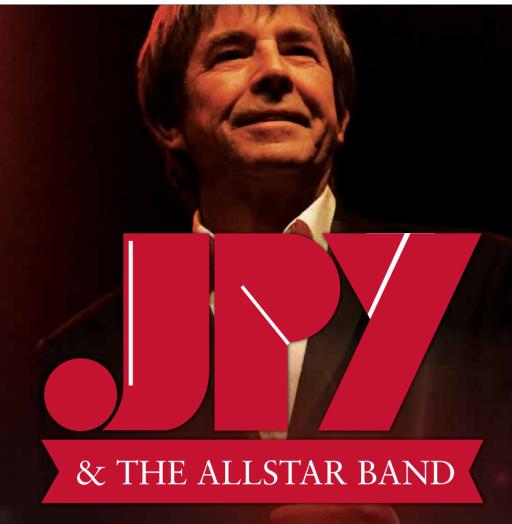


Above: Black Swan State Theatre's 2017 season opens with Once in Royal David's City, actors Adam Booth and Jason Klarwein - Switzerland starring actor Jenny Davis © Robert Frith

DON'T MISS PERTH'S BLOCKBUSTER SUMMER MUSICAL!



Limited season from 31 Dec - Crown Theatre - SINGIN.COM.AU



"The show is incredible - we had a blast!" Anglea Bishop - Entertainment Reporter.

"...the songs, the stories...we laughed and we cried - Just Brilliant!" Molly Meldrum.

THE VANDA YOUNG SONGBOOK

THURSDAY 24 NOVEMBER

MANDURAH PERFORMING ARTS CENTRE MANPAC.COM.AU

FRIDAY 25 NOVEMBER

ALBANY ENTERTAINMENT CENTRE TICKETEK.COM.AU

SATURDAY 26 NOVEMBER

ASTOR THEATRE, PERTH ASTORTHEATREPERTH.COM

PRESENTED BY ABSTRACT ENTERTAINMENT AND TEAMWORK PRODUCTIONS



FRIDAY 16

Bunbury Regional Entertainment Centre

SATURDAY 17 DECEMBER

Astor Theatre, Perth

"Start spreading the news the Kings of Swing are back".





Gifted young pianist to play at MetSO's December concert



GIFTED young pianist Shuan Hern Lee (pictured above) will perform Liszt's Piano Concerto No. 1 with the Metropolitan Symphony Orchestra, also known as MetSO.

People who have attended Met-SO's concerts over the years will have seen, enjoyed and appreciated his enormous talent. His performance of this concerto will be equally as thrilling.

Shuan has won many top prizes at international piano competitions, has appeared regularly on the media and produced his debut CD album in 2011.

Raymond Yong, who is also a recognised pianist, will take on a different role as conductor for this concert. He is a graduate of the University of Melbourne where he studied piano under Stephen Mc-Intyre and conducting under John Hopkins. Raymond Yong was a Young Visiting Artist at the Australian National Academy of Music in 2003 and 2004, and has been a guest lecturer and piano teacher at the University of Melbourne Conservatorium of Music. He is currently based in Perth, Western Australia where he is Music Fellow at St George's College, University of Western Australia.

The concert will include the popular Peer Gynt Suite and Dvorak Symphony No. 8.

Metso is a leading community orchestra. Established in 1977, the orchestra has performed regularly ever since, providing a musical home for keen amateur musicians with an age range from 17 to 70s.

The next concert will be held at 3pm on Sunday 4 December, at the John Inverarity Music and Drama Centre, Hale School, Unwin Avenue, Wembley Downs.

Bookings are available by phone (call Andrea on 0435 174 550) or online (www.trybooking. com/Event/EventListingURL. aspx?aid=10540). A limited number of tickets will be available at the door. The regular price of entry (\$25 adult, \$20 concession, group tickets available) also includes afternoon tea.

More information about the Metropolitan Symphony Orchestra is available at www.metso.asn.

WIN WIN WIN

The Metropolitan Symphony Orchestra is giving away five free double passes to its next concert, to be held at 3pm on Sunday 4 December, at the John Inverarity Music and Drama Centre, Hale School, Unwin Avenue, Wembley Downs. Entrants can email win@haveagonews.com. au with MetSo in the subject line or call the office during business hours Monday to Friday on 9227 8283. Closes 25/11/16.

Kerry's life-long love of acting and her many different roles



Kerry Goode by Josephine Allison

EFFERVESCENT Kerry Goode first trod the as a primary boards school student in a pantomime; she was the prince to future television personality Tony Barber, then a boy soprano.

Kerry, later to become a well-known thespian in Perth's community theatre, had her first taste of theatrical life and was hooked.

"Му acting career started at school when my mother, Judy, enrolled me in a speech and drama class at St Joseph's School in Fremantle across the road Princess May,' Kerry recalls. 'We had to do an end-of-year panto with CBC Fremantle and that's how I met Tony Barber. I was the prince because I was taller than Tony.

Kerry's mother also encouraged her daughter to enrol in ballet classes. Kerry's love of theatre continued, culminating

in 2014 when, at 74, she received the Best Actress award in the annual Finley awards for WA community theatre for her role as Miss Matty in Garrick Theatre's Cranford. The role was made popular on television by Dame Judi Dench and Kerry lists it as one of her favourites.

Kerry took a decadelong break from acting while she and husband Tom raised four children, two sons and two daughters. In between she spent more than 40 years as a copy taker and secretary at The West Australian

She left school at 15 and got a job in a typing pool, entering advertisements for Charles E. Blanks film advertisements and slides used in movie theatres

"They would use my hands with rings to advertise Mazzuchelli's,' she said. "I would write the copy and also wrote copy for radio."

The lure of the theatrical world persisted and Kerry enrolled with drama teacher Colleen Clifford in Hay Street, finishing work to walk to classes. She did chorus work for a Clifford production of Oklahoma and learnt to be part of an ensemble and chorus.

Kerry joined the Therry Society and, in 1960, performed in A Quiet Weekend. Also in the cast was a young teacher, Tom Goode. The rest, as they say, is history. After famcommitments lightened, she did a one-act play for the Garrick Theatre but later joined Oliver's Old Time Music Hall in Guildford where she took part in Friday and Saturday night shows for 15 years, doing comedy, drama, jokes and melodrama.

Her professional debut came when she worked with Igor Sas in The Butcher at the Blue Room and with Jenny McNae in Dramatic Vignettes. She worked as a choreographer for musicals Fiddler On The Roof, Showboat, My Fair Lady and Irma La Duce. She also works

front-of-house in various theatres when needed.

Saying she made the most out of every scene, director and actor Ray Omodei declared her "Dame Kerry" of Perth community theatre when he adjudicated her in The Rape of Bunny Stunce.

Community theatre across Perth over the years has seen Kerry perform at Playlovers in Floreat with highlights Lost In Yonkers and The Queen and I in which she played the Queen Mum complete with wrinkled stockings (the play had to be withdrawn when Princess Diana died) and the Kalamunda Dramatic Society in roles in Evermore Shall Be So, Outward Bound and Quartet.

At the Garrick Theatre in Guildford she has appeared in many plays including Agatha Christie's And Then There Were None, The Wild Duck and Midsummer Mink. Last year she took part in Garrick Salutes Gallipoli, falling back on her music hall performances to enchant audiences. She took on a different role as Lily Mortar in The Children's Hour at UWA's Dolphin Theatre.

Acting is very much a family affair with appearances from husband Tom, daughter Colleen Bradford and sister Colleen Hopkins. Not even a knee replacement last December deterred Kerry and her slightly wonky gait was written into the play, attributed to a few too many gin and tonics.

"Acting has been up there as part of my life," Kerry says. "You meet an awful lot of people and establish a camaraderie that is special. For instance, all of the cast from And Then There Were None went to Northam last month to see cast member Les Lee in a play for the Northam Theatrical Society.

Youthful looking, blue eyed Kerry says: keeping treading the boards until someone says, 'you're past it'. I'm still doing it to help prevent Alzheimer's and winning the Finley Award a few years ago was great I was so glad I got it before I died.

Kerry is currently in rehearsal for Limelight Theatre Wanneroo's Lionel Bart musical, Blitz! which runs from 24 November to 10 December. Bookings 0499 954 016 or online at www.limelight



Anti hero Billy Bob Thornton returns for Bad Santa 2

BAD Santa 2 returns Billy Bob Thornton to the screen as everyone's favourite anti-hero, Willie Soke. Fueled by cheap whiskey, greed and hatred, Willie teams up once again with his angry little sidekick, Marcus (Tony

From Sir Arthur Conan Doyle's

famous story adapted by Steven Canny and John Nicholse

Cox), to knock off a Chicago charity on Christmas Eve. Along for the ride is 'the kid' - chubby and cheery Thurman Merman (Brett Kelly), a 250-pound ray of sunshine who brings out Willie's sliver of humanity

when the pair are joined by Kathy Bates, as Willie's horror story of a mother, Sunny Soke. A super butch super bitch. Sunny raises the bar for gang's ambitions, the while somehow lowering the standards of criminal behaviour. Willie is further burdened by lusting after OUR THEATRE INC the curvaceous and prim Diane (Christina Hendricks) the charity director with a heart of gold and

rlock Holm

With A Twist

In cinemas 24 November.

libido of steel.

Mommy issues arise

WIN WIN WIN

To be in the draw to win one of ten double passes to the Bad Santa 2 simply send an email to win@haveagonews. com.au with Bad in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 22/10/16.



ART for ALL



Exhibition features the work of a group of nine artists with a passion for painting and life. Opening night, Tuesday 8 November 6.30pm-9pm, light refreshments

 November 14-20 Celebration of Youth End of year exhibition for the children that come to our

November 25 - December 16 **Our members' Christmas Bazaar**

ATWELL GALLERY AT ATWELL ARTS CENTRE 586 Canning Hwy, (Cnr North Lake) Alfred Cove Ph: 9330 2800 www.atwellarts.com

ICW PRODUCTIO with The ICW ARTS ORCHESTRA and Chorus Leader ASHLEY ARBUCKLE Conductor IAN WESTRIP OAM PERTH CONCERT HALL 15th December 2016, 7:30pm Max Kay AM with Perth Highland Pipe Band, Emma Pettemerides and Michael Loney. ing your flags, banners, costumes and best patriotic vo Be ready for FREE giveaways, flag and programm Bookings: www.ticketmaster.com.au Ticketmaster Phone: 136 100

BRITISH

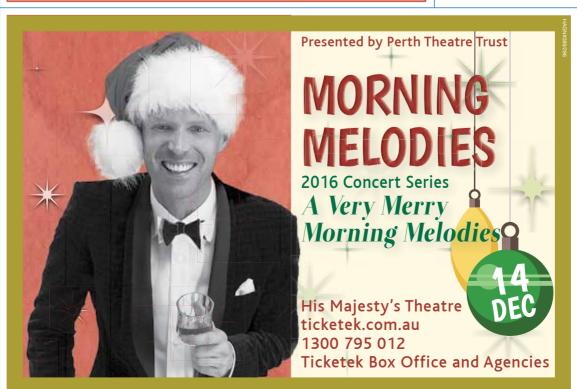
2, 3, 5, 7, 8, 9 & 10 December 2016 at 7.30pm

Matinees: 4 & 11 December at 2pm

BOOK @ www.TAZtix.com.au or 9255 3336 \$25.50 Full | \$23.50 Conc | \$20.50 F/T student or child <15yo | Ticket fees apply

Find us at Camelot, 16 Lochee St, Mosman Park MOSARTS Will document

For further info visit www.harbourtheatre.org.au



Splash out and see Singin' in the Rain at **Crown Theatre**



Singin' in the Rain's Rohan Browne © Darren Thomas

of aspiring actress Kathy

Selden will be played by

the extraordinary Gretel Scarlett, star of Grease.

Wicked and Mamma Mia.

With high-energy per-

formances, a superb score

and a joyous story, Singin'

in the Rain showers you

with everything you could

Five lucky readers

have the opportunity

to win a double pass

for the New Year's Day

(1/1/17) matinee at 3pm

at Crown Theatre. To be

in the draw simply email

win@haveagonews.

com.au with Rain in the

subject line or write to

Singing in the Rain competition. C/- Have a Go

News PO Box 1042, West

Leederville 6901. Com-

petition closes 10/12/16.

wish for in a hit musical.

WIN WIN WIN

THE LONG awaited musical Singin' in the Rain opens at Crown Theatre on 31 December.

This spectacular production is based on the iconic 1952 MGM movie of the same name starring Gene Kelly and Debbie Reynolds. It is packed full of the charm, romance, comedy and Tinseltown glamour of the muchloved movie and features all the songs from the glorious MGM score including Good Morning, Make 'em Laugh, Moses Supposes and the classic Singin' in

the Rain. To achieve the famous Singin' in the Rain scene, the production uses more than 800 metres of flexible pipe work, a 9000kg water tank and a water system that creates a downpour from above as well as flooding from below the stage, in total 'raining' over 12,000 litres of recycled water per performance. Some audience members may leave the theatre a little wetter than when they arrived

Set in 1927, it tells the story of the first Hollywood musical, when the silver screen found its voice and left silent movies - and some of its stars - behind. Don Lockwood is a silent movie star with everything he could want - fame, adulation and a well-publicised 'romance' with his co-star Lina Lamont. But Hollywood is about to change forever. There is rumour in the studio of a new kind of film, where the actors actually talk...and sing...and dance. Can Don and the uniquely voiced Lina make the transition and will chorus girl Kathy Selden fulfil her dream of stardom and capture Don's heart along the way?

Star of stage and screen Adam Garcia will play the lead role of Don Lockwood in this production marking his return to the Australian stage, not having performed in a musical here since 1992 in Hot Shoe Shuffle. Joining Adam as his sidekick Cosmo Brown is the dynamic Jack Chambers. The role

Songs in the key of Motown - enjoy the music of the 60 and 70s



DIRECT from the US comes the encore Australian tour by popular demand of Songs in the Key of Motown, a spectacular live concert production that takes you on a journey through the fabulous songs of Motown records.

Songs in the Key of Motown features Spectrum, a first-class vocal quartet that draws upon the talent of four radiant voices and diverse personalities

They have spent seven stellar years recreating the sound and style of The Four Tops in Las Vegas' multimillion dollar production shows American Superstars and Legends in Concert, the group has developed the versatility to credibly cover the music of groups from The Platters to The Temptations to Boys 2 Men.

It is this versatility that has propelled them to the status of headlining their own shows in which they perform stirring renditions of all the best cover tunes.

They have teamed up with Radiance, a talented vocal quartet formed specifically to pay tribute to the Disco and Motown era and especially to the music of The Supremes, Martha and The Vandellas, The Crystals, The Marvelettes and other female artists from that amazing musical era.

Together they have created Songs in the Key of Motown, a spectacular show transporting audiences back to an era of music that formed a major cornerstone in American music of the 60s and 70s. Together they provide an array of talent that is the best in entertainment that will leave audiences wanting more.

The costuming, the choreography, the harmonies, the energy and excitement are second to none.

Don't miss the Songs in the Key of Motown which will be performed at the following venues during No-

Thursday 17 November: Albany Entertainment Centre 9844 5005 www.ticketek.com.au

Friday 18 November: Mandurah Performing Arts Centre 9550 3900 www.manpac.com.au

Saturday 19 November: Astor Theatre 1300 111 369 www.astortheatreperth.com

For further information contact Leslie Hinton Entertainment on www.lesliehintonentertainment.com.

Hound stages a makeover

Director Trevor Dhu

says, "This production is

played at a frenetic pace

and the actors have to play numerous charac-

ters realistically and in

quick succession as well as keep the action going

and working with the au-

dience. Only extremely

talented and quick wit-

ted actors could deal with

such a pace and I am

fortunate enough to have

Featuring the award

winning Cameron Leese

such a cast.'

2016.



The Hound of Baskervilles features Cameron Leese as Sherlock

WHEN Sir Baskerville is found dead on his estate with a look of terror still etched on his face and the paw print of a gigantic hound beside his body, the celebratdetective Sherlock Holmes is summoned from Baker Street, with Dr Watson in tow, to unravel the mystery and to investigate the ancient curse of

A score to remember

THIS year the Chuchlands Choral choir celebrates its 20th anniversary and will be performing a concert of its favourite music on Sunday 27 November at 2.30pm in the Churchlands Concert Hall, 20 Lucca St Churchlands. The choir will be joined by a previous accompanist,

4402 or email tickets@

as Sherlock, John Gray as Dr Watson and Mithe Baskervilles. So begins this madcap. chael Dornan as Sir hilarious take on Sir Arthur Conan Doyle's best Charles Baskerville, these known Sherlock Holmes three actors with their story - The Hound of quick costume changes Baskervilles – presented by Harbour Theatre for and slapstick comedy routines make the most their final production of

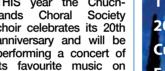
> ic bliss The Hound of Baskervilles plays at Harbour Theatre on 2, 3, 5, 7-10 December at 7.30pm with matinees on Sunday 4 and 11 December at 2pm.

popular of the Sherlock Holmes stories pure com-

Bookings on 9255 3336 or www.taxtix.com. \$25.50 Full/\$23.50 Conc/\$20.50 F/T Student or child under 15yo (t/f apply)

Harbour Theatre is at Camelot, 16 Lochee Street, Mosman Park WA





Jee-Yeoung Lee who will perform a solo piece and the Fremantle Chamber Orchestra. Churchlands Senior High School is a major sponsor for the choral society.
For tickets contact Colleen Harland on 9446

ccs.joli.com.au.





Fancy singing in a chorus with the choir? Please contact alisonbnnn@gmail.com

	Please nominate a category for your advertisement. Tick one box only.		,			
Friend to Friend	☐ Travel companion	ALA: All letters answered DTE: Down GSOH: Good sense of humour NI	ND: Non di NG: Non gi NG: Non gi NOR: Norti TLC: Tende			
FREE For over 45's only	☐ Pen friend ☐ Seeking a friend ☐ Seeking a partner	NS: Non smoker NO				
		STOP: Please read of Write your advertiser print clearly in ink using Send the completed of Friend to Friend PO Box 1042 West Leederville Water Complete to Reply Box entry:	new instrument in the ing only coupon to A 6901.			
I I I	Postcode	Please include two C5 envelopes. These 23x16cm and are obt Entries not accomp	e envelop tainable fr panied by			

Each person may submit one entry every month.

ND: Non drinker NG: Non gambler NOR: North of River TLC: Tender loving care

STOP: Please read new instructions carefully Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

AN easygoing, slim, honest lady, NOR, WLTM gent special interests, music, dance, travel companion, GSOH, fin sec. long term if compatible, it's celebration time and beyond prefer landline. Reply Box 7285

ANNA seeking her king. WLTM Yul Brynner look alike. Must be tall, GSOH, 70-75. Shall we dance? Reply Box 7290

A SLIM gent 59, fit and healthy, likes travelling, walking, outings WLTM an active lady.

Reply Box 7287

SOLUTIONS MATCHMAKING

"A safe, reliable way

to meet genuine people"

9371 0380

MORLEY LADY 67 Very pretty blue eyed blond, retired,

honest, loyal, friendly, intelligent, indep. Social but likes

quiet times too. Enj reading, some sport, cooking,

theatre. Would love to do some travel either caravan

or a cruise..sk tidy, caring loving gent 62-72.

YOKINE LADY 65 Attractive, slim, "alive", fit & healthy,

areat attitude to life, still working & loves it, very young

o/look, country girl at heart, likes golf, cooking, mov-

ies, sk healthy, self respecting gent 58-68

WEMBLEY LADY 68 Slim, gd looking wid, refined

elegant, feminine, happy, active, funloving w/ GSOH.

Is free of ties & commitments so has time for a r'shp.

Enj concerts, dining out, tennis, golf, holidays,

the football. Sk gent 65-73.

MT PLEASANT LADY 68 gorgeous, interesting, warm

hearted, personable, caring & d.t.earth. Slim, grn

eved natural blond, intell & very comfortable in her

in life 66-74.

INGLEWOOD GENT 62 Tall, 183cm, trim & fit, very well

grmd, handsome, intel, approachable & very

supportive, very at ease w/ who he is, enjoys a good

laugh. Sk feminine, well grmd, level headed lady

who is relaxed & e/going 50-60ish.

BAYSWATER GENT 72 Good looking, educated, ret

professional, 178cm, slim, well grmd, quiet, well spo-

ken, determined, loyal, enj renovating, travel, theatre,

the garden, interaction, being active. Sk genuine lady

65+ view perm r'shp.

ROCKINGHAM GENT 72 Loving, helpful, caring to-

wards others, christian spirit, well travelled, peaceful,

disciplined & happy in his life. Country gent at heart &

happy to relocate. Sk lady 65-75 w/ christian values.

He is happy to travel to meet.

KINGSLEY GENT 61 Sincere, confident, gd humoured,

as honest as they come. A gentleman who treats la-

dies w/ respect. A wonderful family man. Hd working

(works away), gd career, well grmd & a realist. Sk lady

similar 50-60ish.

SOLUTIONS

We have your partner

Sk gent w/ some interests who participate:

AUSTRALIAN

WLTM DTE, genuine honest, caring, gent, age 59-66, for companionship, who likes music, movies, walks, dining out, quiet nights at home, country drīves, NS, SD, lives SOR Reply Box 7292 **BOHEMIAN** gal wants to I BELIEVE I'm a happy move elsewhere off the grid with fellow, free thinkers, our animal pals, magnificent trees, unending skies and glistening seas. Loves beach shacks. surfing, sheds, rhythm and groove, resourcefulness, initiative, innovation, imagination, natural living, cultures. A can-do why-not attitude and independent micronations.

Reply Box 7296

GENT 71, NS, SD, fit, active, likes fishing, dining out, movies, golf, travel, WA coastal travel, Thailand, live SOR. WLTM lady similar or couple Reply Box 7306

Visit Have a Go News online: www.haveagonews.com.au

GUY late 50s WLTM other guys, 50-60 for friendship. 50-60, occasional meetings, coffee, chat etc. Prefer within 10kms of 6148 and NS, SD

Reply Box 7293

ganised, caring, trustworthy, a quiet achiever, loves to laugh. Seeks a gentleman respectful of women

62-69, varied interests. Reply Box 7279

INTERESTING gent, mid 70s, slim and healthy seeks a happy, caring lady living NOR for fun, friendship and travel, sharing expenses

and healthy lady, well or-

sharing similar attributes,

Reply Box 7286

LADY 68, it would be great to find a companion at this stage. Me, 5'5", med build, attractive, GSOH, positive attitude, you on quieter side, genuine, refined, respectful, outings, good conversation, movies, meals in/out. Reply Box 7275

LADY 69 5'2", medium build, Australian, NS, SD, own home, car, WLTM gentleman. Likes caravanning, fishing, travel, music, gardening, active, outdoors, movies, no ties, honest, romantic, affectionate for lasting relationship, not into boat cruising, SOR, ALA.

Reply Box 7274

LADY GSOH, WLTM gent 75+ for friendship, outings, movies, dining out etc, NOR. Lets meet for coffee.

Reply Box 7300

LADY mostly good. sometimes bad, seeking gentleman, 65-75, fun, virile, warm, caring, honest, spontaneous, NS, SD. Me; no ties, into all life's pleasures. Sincere metro replies please, with a zest for life. Be my best friend/lover

Reply Box 7284

NOR lady late 60s, slim, youthful, fit and active, friendly, well spoken, kind, DTE, independent, seeking easy going, intelligent man, who loves life and is not too old for romance.

Reply Box 7304

WIDOW lady, 78+, WLTM DTE, caring, sincere gentleman, NS, NG, GSOH, SOR. Enjoys music, movies, home, garden, walking, outings, travel. WLTM over coffee.

Reply Box 7277

Do you need a companion or friend? Don't be lonely in November. Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.

Seeking a Partner

ASIAN Australian lady, slim, attractive, enjoys current affairs, travels, drives, music and everything in general. I'm loving, caring, affectionate, extremely loyal. Seeking genuine gent, 70+, NS SD, similar attributes and interests for lasting partnership if compatible.

Reply Box 7278

ATTRACTIVE lady 67, 6107 area, UK born, medium build, educated, refined, positive attitude, DTE, GSOH. Interests; music, reading, walking, gardening, good conversation, current affairs. WLTM. Genuine replies. Photo appreciated. ALA. Reply Box 7283

AUSSIE gent 68, Bunbury area, genuine, medium build, GSOH, organised, quiet lifestyle. Enjoys intelligent conversation, outdoors, travelling Australia, comfortable camping, not into pubs, smoking, religion. Seeks similar, easygoing, DTE, TLC, relationship oriented, tidy country lady.

Reply Box 7281

ENGLISH Australian lady, 68, young at heart. Looking for gent the same, all rounder, DTE, who is top class, family man, educated, loving heart, kind, caring, adventurous, own home, Pommy sense of humour, spiritual person. Reply Box 7276

GENT 59, 6'1" tall, Australian, NS, SD, SOR. Interests; AFL, cricket. bike riding, meeting new people, movies, dancing. Likes music from 70s, 80s, dining out, country drives. WLTM lady, 55 to 62 for friendship, view to relationship. ALA. **Reply Box 7307**

GENT 60s semi retired, NS, GSOH, 5'10" tall, active, loves old rock'n'roll songs, enjoys outside, caravanning, gold prospecting, NOR, west east, good conversationalist, have hobbies, love old time movies. WLTM reasonably active, young at heart with similar interests for coffee.

Reply Box 7291

GENT 64, fit and active, medium build, well presented, GSOH, easygoing, enjoys movies, music, dining, NS, WLTM caring, affectionate lady for mutual relationship and TLC, age open, let's start with a friendly chat.

Reply Box 7302

GENT 65, live NOR, WLTM lady, 50-60, NS, SD, loves dancing, movies, travels, dining out, would like photo of you. Let's meet for coffee and have a chat.

Reply Box 7294

GENT 69, WLTM lady same age, same type. How do you know? You read the advert. You read between the lines then meet for coffee. Who knows.

Reply Box 7282

GENT UK/Australian, 67, 180cm tall, presentable, educated, VGSOH, SD, NS. interests, gym, coastal walking, beach, family, travel, seeks compatible, attractive lady, to 65, living northern suburbs initially as companion, maybe relationship later. Coffee?

Reply Box 7301

LADY 60s, blonde, medium build, ND, NS, NG, NOR, its hard to describe oneself, genuine, honest, unpretentious, friendly, not into single scene. WLTM companion to share simple things in life. Genuine replies only. No smokers.

Reply Box 7288

LADY 68, slim, well presented, well balanced, creative, capable, various interests; travel (anytime anywhere), NS, SD, caring, happy, affectionate, own home, SOR. WLTM sincere, intelligent gentleman, similar values, interests, as best friend, relationship if compatible. Reply Box 7298

LADY living in metro area, petite, sincere, positive attitude, reliable, enjoys music, movies, dining out, dancing, seeking a gentleman's company, GSOH, NS, SD, DTE, who is looking for the same as above, age 60-65. ALA.

Reply Box 7289

Visit Have a Go News online: www.haveagonews.com.au

LADY SOR WLTM caring, affectionate, fin sec gent, 75-85 to share life, home, family, happiness and problems. Me: quiet. patient, caring, clean and tidy, GSOH, DTE, loves reading and cooking.

Reply Box 7280

Friend to Friend:

When replying to an entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of

the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901.

(example only) Send your reply on a single sheet of paper.

Place in a small envelope 11B

(measures approx. 14 x 9cm).

No greeting cards or bulky items.

All replies will be forwarded at the end of each month.

All replies are strictly confidential and are not

Replies must be in response to reply boxes no older than three months.



PARTNER wanted well presented, mid 70, fit, active lady, living life with zest. Wishes to share life with bright, cheerful, enthusiastic gentleman, no couch potatoes, NS, GSOH, eastern suburbs, hills area.

Reply Box 7297

STUNNING size 8, brunette, green eyes, beautiful smile, 45, 5'6", elegant, educated, poised, fin sec, well-travelled, fun, active, outgoing, confident, enjoys, boating, golf, travelling, car clubs, comedy, music, art, wining and dining, cycling, seeks single professional, business man, generous, loyal, kind.

Reply Box 7295

SEEKING Australian lady, DTE, slim, fit, healthy, without pets, ties, for permanent relationship with active, healthy, 68, widower, smoker, SD, offering security, love, Australian travel, fishing, music, movies, friends and enjoyment of life Midland.

Reply Box 7303

Seeking a Pen Friend

LADY 68, slim, well presented, well balanced, creative, capable, various interests; travel (any time any where), NS, SD, caring, happy, affectionate, own home, SOR. WLTM sincere, intelligent gentleman, similar values, interests, as best friend, relationship if compatible.

Reply Box 7299

Seeking a Travel Companion

AT 73 I am a handy old fart with a small motor home. WLTM a lady with her own m/home to travel in tandem north next winter. NS, ND, NG, GSOH, DTE. No strings or baggage. Wardrobe by Vinnies.

Reply Box 7305



North Perth residents Have a Go News is now available from Greg's Discount Chemist located at 372 Fitzgerald Street, North Perth **Telephone 9328 5762**

SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995



SCENE SOCIALLY





SCENE (1): BETHANIE Kingsley resident Ada Spocter recently celebrated her 104th birthday. Ada was born in Cape Town South Africa on the 10 October 1912. She grew up alongside her brother and sister and later went on to be a wife, machinist and dressmaker, where she worked in a large factory making shirt collars. She has three children that live all over the world. Sherley (78) lives in South Africa, Neville (77) lives here in Perth and Patricia (73) lives in England. She has seven grandchildren and a number of great grandchildren.

Ada believes she is doing very well for her age and only rarely does she see the doctor for checkups. She says she has many good and bad memories of her life, the same as any other person would have. Happy Birthday Ada from all of us at Have a Go News!







SCENE (2): Left to right; Bethanie's West Perth Volunteer John Riordan with MAD Schoolkid - Bethanie West Perth Client Enza Stranoand with MAD Schoolkids - Bethanie West Perth client Italina Crugnale's team winning.

SCENE (2): BETHANIE, one of Western Australia's most well known not-for-profit aged care and retirement living providers, hosted a group of teens from the MAD (Make a Difference) after school program at Bethanie West Perth Social Centre on Friday 7 October. Elaine Dalby, centre coordinator and Bethanie volunteers helped plan out activities for the seniors and teenagers including Hungry Hippos, magnetic fishing and the centre's favourite, chair hockey. Teams were mixed with the volunteers also joining in for the activities. "The Bethanie clients that visit Bethanie West Perth Social Centre had a fantastic time with the teenagers. Welcoming everyone with a morning tea introduction, the entire day was full of smiles and laughter," said Elaine. "Each year the teenagers underestimate the seniors capabilities with the games, not realising how competent and competitive they actually are. Chair hockey is always the biggest hit and this year the Dockers team took out the Eagles by just four goals. We are looking forward to next year already," she said.



SCENE (3): SENIORS Card holders who turn 100 will be presented with a new centenarian pin to mark their contributions to the community over

Seniors and Volunteering Minister Paul Miles recently presented Menora resident Corrie Toneman with the new lapel pin at her birthday celebration at Juniper Elimatta Residential Care.

"In Western Australia, there are currently more than 540 people who are 100 year old and over, of which 220 reached will reach their milestone birthday in 2016," said Minister Miles.

SCENE (3): 100 year old Corrie Toneman receiving her centenarian pin from Seniors Minister Paul Miles.



Do you enjoy long walks and unconditional love and attention?

Maybe need a change of scenery or a pet-fix?

Pets all over Perth are in need of mature, responsible pet lovers to stay with them in their own environment while their owners are away in return for free accommodation and utilities

If this sounds like you call Jenny from House and Pet Sitters on 0400 611 840, email jenny@houseandpetsitters.com.au or visit www.houseandpetsitters.com.au for an application form.









SCENE (4): SENIORS Recreation Council of WA Peel branch held their annual general meeting at the end of September. Helmed by Jan McGlinn the Peel branch hold regular events for seniors throughout the year in the region. The AGM included an address by Alzheimer's Australia's Rhonda Parker. Seen at the event were:

SCENE (4): Clockwise from left; CEO of Alzheimer's Australia WA Rhonda Parker - Mandurah Respite Services co-ordinator, Vicki Johnson - SRCWA Peel Branch President, Jan McGlinn and SRCWA Executive Officer, Dawn Yates - Heather Ghisalbergi and Irene Moore of Mandurah - Vicki Bowden and Michael Dean of Mandurah - Gavle McGovern and Pat McGovern of Greenfields







SCENE (5): SENIORS Recreation Council WA held another Seniors Tech Savvy workshop last month. These workshops give people the opportunity find out more about how to work their digital devices including tablets, iPhones and digital cameras. Call 9492 9773 for more details.

Seen at the event were:

SCENE (5): Clockwise from left; Kevin Wuiff and Joy Flower - One Sky Photography Gary Wilcox with Joan Taylor - Libby Rolao, SRCWA Tech Savvy Seniors Program manager Martin Yates with Christina Okara

SCENE (6): THE Grandparents Raising Grandchildren group were the lucky winners of the our 25th anniversary Crown Bus competition. Gwen Duffy and 20 of her group, pictured above, enjoyed a bus trip to Crown Perth and lunch in the Atrium Restaurant and a return trip home in the bus.

Hunting for treasured finds...thrice as nice...



COME ALONG to the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair on Saturday 12 and Sunday 13 November 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 Showgrounds.

The event comprises three individual fairs which include handmade crafts, antiques and collectables and the Polka Dot Vintage Market, all conveniently located at the one venue.

Handmade Crafts

The craft exhibitors offer a wide variety of unique and different quality handmade crafts for sale.

They also have a wide range of food products including delicious sauces, condiments, preserves, cakes, biscuits, chocolates and confectionary.

Craft stalls are situated inside

the Robinson Pavilion. 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

Whether vintage, retro, pre-loved designer clothing and/or accessories, the fair's Polka Dot Vintage Market is worth a look.

Admission to the 3 in 1 Market is \$7 with children less than 10 years admitted free.

There will also be a chance to be in the draw to win the \$2000 door prize.

For further information about the fair, phone 9457 9315 or visit www. treasuredcraftcreations.com.au

WIN WIN WIN

To be in the draw to win a double pass to 3 in 1 Markets, phone the Have a Go News office on 9227 8283 during business hours (Monday to Friday between 9am to 5pm) or email win@haveagonews.com.au and include the word handmade in the subject line. Competition ends 11/11/16.



Go Solar knower that doesn't cost the Earth

BEST PRICE EVER!

PREMIUM RESIDENTIAL SOLAR PACKAGES WITH

BETTER THAN ANY TIER 1 BRAND

A GRADE CELLS
GUARANTEED



260Watt PANELS

WORLD'S 2nd LARGEST INVERTER MANUFACTURER

SUNGROW PREMIUM INVERTERS

SPECIAL EXTENDED

OFFER
HURRY!

LIMITED OFFER

食食食食 RATING

3.12kW SYSTEM

FULLY INSTALLED*

12 x 260 watt GCL Panels + 3kW Sungrow Single Phase Inverter



5.2kW SYSTEM

\$4

FULLY INSTALLED*

20 x 260 watt GCL Panels + 5kW Sungrow Single Phase Inverter

- Yes, We're
- LOCAL

OPERATING OVER
13 YEARS FROM
CANNING VALE OFFICE

- Conditions apply. Includes a standard installation in metro areas (50km from Perth CBD).
 Price advertised is after government incentives.
 - Extra cost for 3 phase meters apply.

REGEN POWER OFFERS LONG TERM MANUFACTURER'S WARRANTY ON THE PRODUCTS



- SEA (Sustainable Energy Association) -Product and Technology Award Winner
- Installed over 10,000 residential solar systems
- Quality installation by certified and licensed electricians

CALL US TODAY!

0894563491

VISIT OUR OFFICE: Unit 4/90, Catalano Circuit, Canning Vale, WA 6155



Call Now! (08) 9456 3491 sales@regenpower.com www.regenpower.com





EC License: EC9676