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VOLUME 27 NO.04 ISSUE NO.308 NOVEMBER 2017

IN THIS ISSUE



let's go travelling liftout

- Solo travel on The Ghan
- UK Stately homes
- Perth 4WD and Adventure Show



*Have a Go News' editor,
Jennifer Merigan interviews
Ben Elton*



- Monika Kos interview
- Celebrate International
Volunteer Day 5 December
- Food & Wine
- reviews, recipes and more
- Downsizing

COMPETITIONS/GIVEAWAYS

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A woman of substance



Noeline Brown

by Jennifer Merigan

EPITOMISING positive ageing, 78 year old Australian icon of stage, screen and radio Noeline Brown spoke to *Have a Go News* about the 1960s, her career and getting older.

Noeline's latest project is the release of the book *Living the 1960s* which

she was approached to write by National Library of Australia's commissioning editor Susan Hall.

The book provides a colourful social history and contains more than 160 images on what life was really like in 1960s' Australia told with Noeline's trademark wit and storyteller's gift.

"I don't know if she

had read my autobiography *Noeline - Longterm Memoir* or not, but the decade of the sixties features prominently in my life," said Noeline.

The 1960s saw many societal changes with better freedoms for people. Noeline explores many of these in the book.

"The positive changes

in the 1960s would have to include education, sexual freedom, women's achievements in the work place and women no longer having to resign from their job if they got married.

"For women we're pretty close to equal now - just a few pay gaps.

"I love the way male partners do so much

more work in the running of a house than they would have done in the sixties," she said.

After standing twice for state elections in New South Wales and with a strong interest in politics I asked Noeline what she thought were some of the poignant issues now in Australian society.

"Perhaps now there is a deepening divide between the people of privilege and the not-so-well off.

"Immigration always seems to bring out criticism from some quarters but it usually sorts itself out.

"I hope that is the case and I also believe it's time not to destroy trade unions but for people to actually think about what they have to offer."

Noeline says that she would like to remind young women that feminism is not a dirty word.

She worries that many of the things we fought for back then are being eroded and that we need to remain vigilant about these issues.

Reflecting on her career Noeline says that her favourite role is usually the one she is currently performing, but over the years she's had a few that really stand out.

"Barry Creyton wrote a play for the two of us called *Double Act* which we performed in the 80s.

"The play has since been produced in about 28 countries and in 26 languages around the world. There were only two people in *Double Act* but Barry and I had to pretend to talk to half a dozen other people and it was a really difficult thing to pull off.

"Another show I loved was Peter Quilter's *Glorious*, where I was cast as Florence Foster Jenkins, the worst singer in the world.

"And recently I toured with Darren Gilshenan in *Mother and Son*, Geoffrey Atherden's re-working of his TV series of the same name.

continued on page 18

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From the editor's desk



IT'S BEEN a busy month for us at *Have a Go News* with the launch of the our new website, 2017 WA Seniors Awards, Seniors Week and, of course, *Have a Go Day*.

The 25th anniversary of *Have a Go Day* at Burswood Park was sensational. We had perfect weather, in excess of 15,000 people flooded into Burswood Park and all enjoyed the wonderful atmosphere.

We served thousands of teas and coffees at our hospitality tents, gave away many prizes on our chocolate wheel and enjoyed meeting so many of our readers. We had Monika Kos, Mark Reading and Rick Ardon pop in and serve teas and coffees and spin the chocolate wheel. I extend a big thank you to our team of staff and volunteers who make this possible. I am so pleased to have been associated with this day for 25 years. It provides an opportunity for people to get together and see what's on offer for older adults in the community. A gentleman on the day said to me he loved

it because the day was 'all about older people' and he said it made him feel special. We look forward to doing it all again next year. Congratulations and thanks to Dawn Yates and her team at Seniors Recreation Council who work tirelessly all year on the event.

★★★★

Our co-founder Quentin Smythe was honoured as a finalist in the 2017 WA Seniors Awards. Over the last 26 years Quentin has not only worked on this paper but has donated many hours to various community organisations, most especially the Seniors Recreation Council of WA. In his later years he has worked hard for the betterment of older adults in our community and we are so proud of him and all of his endeavours.

I was also thrilled to see Maureen Felton from the Holly Wood Tuesday Morning Show honoured as a finalist, Maureen has put many hours in raising funds and doing things to make people feel special, she is a gem. Congratulations to our good friend Philip Paddon for taking out the Metropolitan Juniper Lifetime Achievement Award. It's wonderful to see these humble people honoured for their hard work.

★★★★

I have had a request

from a lady who is 82, who is a pensioner and lives alone for some assistance with some very large trees on her property. She is worried they are going to fall and has asked for some voluntary assistance with help to either trim or remove them. If anyone could help with this please contact me at the office.

★★★★

For those people who are looking for a club or a group to join check out our Join a Club section on our website. There is something for everyone including social clubs.

★★★★

If you are on Facebook don't forget to like our *Have a Go News* page – we have a lot of fun and also have some great competitions to win which we don't have in the paper.

★★★★

Please take a moment to visit our new look website which offers people lots of news and information in between editions of the paper. Check it out at www.haveagonews.com.au - there is something for everyone on the website.

★★★★

I wish you a happy and a healthy month.

Jennifer Merigan
Editor

jen@haveagonews.com.au

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Ageing research snippet

How the worm turns...identifying the genes of the ageing process

RESEARCHERS from the Institute of Molecular Biology (IMB) have unveiled the mystery of why we age in a new study. They have identified that genes belonging to a process called autophagy, which is one of the cells most critical survival processes, promote health and fitness in young worms but drive the process of ageing later in life. This provides the first clear evidence for how the ageing process arises as a quirk of evolution. These findings may also have broader implications for the treatment of neurodegenerative disorders such as Alzheimer's, Parkinson's, and Huntington's disease where autophagy is implicated. The researchers showed that they could promote longevity by shutting down autophagy in old worms and found there was a strong improvement in neuronal and subsequent whole body health.

Great West Aussies - Did you know?

Many WA gold towns became ghost towns when gold petered out. Long-forgotten are names of once-industrious WA towns Hill, Dead Finnish, Austin Island, Austin Mainland, Day Dawn, Nannine, Garden Gully and Pinnacles.

Have a Go News Quick Quiz

1. What is Perth's newest hospital?
2. Which politician wore a burqa into Federal Parliament?
3. Who is WA's most prominent food reviewer?
4. Who was WA Police Commissioner until 2017?
5. Which veteran Perth journalist's father was a senator?
6. Which West Aussie wrote the Shark Net?
7. Who is married to Prince Frederik?
8. Who is Elton John's partner?
9. Who starred as Jack and Rose in *Titanic*?
10. Who is Steve Irwin's daughter?

See page 16 for answers.

Word of the month

noctambulist

noun

Origin

Mid 18th century: from Latin *nox*, noct- night + *ambulare* to walk + -ist.

Funny historical fact

The first automobile race was staged in France in 1895 with competitors driving from Paris to Bordeaux.

Urban slang

Hot Potato

A problem or a difficult person that no one wants to be associated with.

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Southern Music Club looking for more members

SOUTHERN Music Club meets on the first Saturday of the month in the Uniting Church Hall, corner of Bert and Hick Streets in Gosnells at 2pm.

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Adopted Freo son makes good with new West Aussie film *Three Summers*



Ben Elton on set filming *Three Summers*

by Jennifer Merigan

INTERNATIONALLY renowned writer, director and comedian Ben Elton delves into the foray of

writing and directing his first Australian film with the release this month of *Three Summers*. Almost a local Western Australian now, Ben Elton

says he is so lucky to live in the lovely town of Freo with its history, great arts and music scene. "We're very close to the Swan River and I've dis-

covered paddle-boarding, (brilliant for your 'core') and I also get to meet dolphins sometimes. "I've worked out quite a few of my stories while messing about out on 'my' river," he said. Ben says he does most of his work in the UK but he's always wanted to make a West Australian film. "When I first came here thirty years ago I wrote my first novel (*Stark*) about WA, back then I was a Pommie visitor looking in, now I feel I've earned the right to do a story here as a West Aussie looking out." *Three Summers* is an ensemble comedy that embraces the diversity of modern Australia. Set at a summer music festival, a fiery lead singer of an Irish folk band meets a folk music

hating theremin player and sparks fly. The setting has an abundance of interesting characters surrounding the awkward romance. Starring some of Australia's favourites actors including Michael Caton, John Waters, Deborah Mailman and Magda Szubanski, audiences are in for an engaging tale of contemporary Australia set in our own backyard in the Peel region. The festival in the film is based on the Fairbridge Music Festival which Ben has attended regularly since residing here. He said the people at the festival inspired him to write the film because the wonderful thing about festivals is they bring all sorts of different people together who wouldn't normally meet. This setting made it

perfect for story telling and for comedy. With this stellar Australian cast I wondered whether Ben wrote his characters specifically for the actors. "You always have dream casting when you're writing a film and guess what? My dreams came true. "Getting Magda Szubanski for Queenie the local radio superstar was my absolute number one choice, as was Michael Caton for Henry the conflicted morris dancer. "I think it's the best cast ever; this lot could get laughs out of a Qantas regional flight schedule. "I know already that audiences warm to all the characters because we've had a number of screenings. "I guess that mischievous, meddling but loving

Queenie (Magda Szubanski) is kind of the heart of the movie," he said. One of the great appeals about the film is the diverse demographics of the actors. "We don't live our lives as part of only one age group so why should we make movies that focus on such narrow demographics," said Ben. "I want my movie to appeal to everyone because in a way, everyone's in it," he said. *Three Summers* is now showing in cinemas.

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Say No to Junk this November to inspire healthy eating for all



Heart Foundation WA chief executive Maurice Swanson displays in-season WA fruit

IN November, Heart Foundation WA is challenging West Australians to say 'no' to junk and 'yes' to healthy food alternatives to help fight heart disease. The newly launched No Junk November (NJJN) is an innovative campaign

aimed at loosening the grip junk food has on eating habits and raising funds for lifesaving research and prevention programs. High in fat, salt and sugar, overconsumption of easy-to-grab junk food

is a problem for everyone of all shapes and sizes. The campaign is a wake-up call for West Australians and a challenge to learn how to curb urges, eat more fruit and vegetables and kick start a healthier eating pattern by pledging to give up junk food for the 30 days of November. Go without your key junk food weakness (mid-morning biscuit or afternoon chocolate bar) or take the ultimate challenge and give up all junk food. Participants are asked to donate the money that

they would have spent on junk food during November – as well as other donations from family and friends – to the Heart Foundation to fund research and prevention. Alarmingly, the progress made against heart disease – the leading single cause of death in WA – has slowed down and Australian households are spending 58 per cent of their food budget on discretionary or junk food and drink. "Junk food is energy-dense food that contains a lot of sugar, fat and salt but very few other nu-

trients that nourish the body," said Heart Foundation WA chief executive Maurice Swanson (who is giving up his own junk food weakness - sour cream and chilli chips). "We are hoping that NJN will help alert West Australians to the consequences of regular junk food consumption, so that when they are rushing through their busy day they can make an informed decision about what they buy and what they put in their body. "In particular, the Heart Foundation is urging people to consider heart

health when making food choices. In Australia, the risk of dying from heart disease has more than halved since the late 1960s, but recently we have seen an alarming slow-down in that rate of decline," he said. Heart Foundation WA will support you on your fundraising journey with tips on how to spread the word, ask family and friends for support and share your healthy eating journey (www.nojunknovember.com.au) (#nojunknovember).

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Booked in for a Cuppa will be held at 10am at Stirling House, 49 Broadway in Nedlands on Friday 1 December.

Tickets \$10 and bookings can be made at 9386 3841 or email admin@histwest.org.au

Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor,
The Funny Historical Fact in the September 2017 issue of Have a Go News mentions a bug in the computer.

Long before the computer age I was working in Port Moresby, Papua New Guinea for the administration.

One day we received a typewriter from one of the out-stations with a note that said it was not working. On stripping it down – there were no typewriter mechanics in Port Moresby – I found a mouse skeleton jammed in the keys. Evidently ants had quickly made a meal of the juicy offering as not a single hair remained.

That brings to mind the pupil's answer when the teacher asked him where his homework was: I couldn't do it my cat used the mouse as a toy.

Sincerely,

Stan Bradfield
Kelmescott

Dear Editor,
Ode to Aussie Seniors
They came from far and troubled lands,
Some brought their skills, most used their hands,
They tackled jobs, they'd never done before
They worked in bush, with heat and dust and flies galore.

They've dug for coal, and drilled for oil,
They cleared the land, soul breaking toil,
They panned for gold under a blazing sun,
And yearned for a beer, when day was done.

They fought in wars, survived depressions,
They had to make do with few possessions
They became inventors, masters of improvisation
To help make this land, a great Australian nation

Often called and looked upon as 'old has beens'
By loud mouths who've only ever dream'd,
They had their dreams too – of power and wealth,
But just battled on in often failing health.

They've had the highs, the lows, the laughter,
the tears,
All are now well into the twilight of their years,
Through droughts and floods, most have seen it all,
Will the next generation of oldies stand as tall?

Regards,

Bill Daking
Kingsley

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Index

1-20	Early General News and columns	48
21	Volunteer feature	49-51
23-36	Let's Go Travelling	52
37	Puzzles	54-57
39-44	Downsizing	58
45-46	Healthy Living - Aged Care	59
	Have a Go Day	
	Food & Wine	
	Great Home & Gardening	
	Arts	
	Friend to Friend	
	Scene Socially	



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Monika Kos celebrates 20 years at the helm of Channel 7 Perth's *Today Tonight*



Monika Kos

by Lee Tate

MONIKA Kos is fresh from swimming laps in her suburban pool and arrives like clockwork at Channel 7's studios with the unshakeable focus she has had for 20 years – current affairs.

"I love my work. Always have," says the veteran voice of Seven's

Today Tonight. It's a brutal, testing business at the front end of Perth's top-rating network, but Monika has survived – no mean feat. Unflappable, oozing confidence and never embroiled in controversy or scandal.

Monika has flourished. She has juggled the pressure of fulltime work with motherhood

and family life, even breast-feeding both her children to age one in her dressing room at the old Dianella studios.

She says her boys, now teenagers, are precious to the life she shares with hubby Grant, a member of media royalty, the Willesees. Grant, a freelance cameraman at Seven, juggles his schedules around Monika's work demands, including shifts from 6am.

I point out to Monika that her 20 years at the helm of *Today Tonight* and her own 50th year both fall this year. Monika shrugs it off. There's nothing planned for a milestone celebration.

She has no urge to move on to other things in the lucrative TV business or to take a grand trip around the world – or anywhere specially.

"I really just take one day at a time. I always have and always will," she says from her desk.

Monika and family are regular visitors to Tasmania where her great, great grandfather was a stalwart of the Catholic Church. He wrote and published the *Catholic Standard* newspaper and his son was Tasmania's chief draftsman.

Monika also has a half-brother in Tasmania, a farmer, she learnt about only late in life and they are regularly in touch.

On the day after Monika's mum, Jane, told her about her half-brother, he turned up for a visit.

Monika was staggered and happy to learn she wasn't an only-child.

Monika says the huge Willesee family holds get-togethers and reunions and she's happy laughing along with many of their stories.

"The Willesees keep having boys. There are so many of them I can't keep up," she laughs.

Monika's dad, Fritz was Austrian. It is ironic that one word Monika stumbles over pronouncing is the Austrian national dish, schnitzel.

Fritz was an architect who became Australia's first architectural photographer. He was prominent in Perth and his work is in Perth's Batty Library. Jane, Monika's mother, was a graphic designer and artist.

Monika by all accounts was a steady Catholic school student before getting her Bachelor of Education.

She joined the Academy of Performing Arts and studied media performance before landing a job at 6PR as an assistant producer to announcer Steve Altham.

Monika moved up to become producer of the *Drive* program and when Altham left shortly afterwards, Monika suddenly found herself filling the micro-

phone spot.

"I was out of my depth but everyone helped me along. I am thankful to Howard Sattler for constantly pointing me in the right direction," she says.

Monika moved to Seven in 1990 as a cadet journalist. Seven years later she began her weekday stints in front of the cameras hosting the highly-successful *Today Tonight*.

"Driving to work sometimes I would be crying that I'd be away from the boys but it all worked out and they're both doing well.

"I feel good about being at the boys' school happenings and sporting events, that I didn't miss anything and that I have two loving boys and a loving, supporting husband," she said.

Being at the studios each weekday by 11am allows Monika to be involved in getting the boys to school and Grant's early finishes mean he can be with the boys and do afternoon parental duties.

Arriving at work each day, Monika grabs a coffee and catches up with events from overnight and what has been slotted for the evening's program.

Some days she might be out on the road covering a story or in the office preparing the script before doing over-the-phone radio interviews –

the live cross – outlining that evening's stories.

There's an hour in make-up and then dressing. Clothing is brought in to the studio for the presenters and their stylist helps choose and co-ordinate their outfits.

"I won't wear anything that's unsuitable and the stylist wouldn't let me wear anything that's not appropriate, but people will ring up and say they don't like something. And that's ok. They're entitled to their opinions," she says.

Monika's clothes and hairstyles were a hot issue when she was doing her radio segments with Bob Mau-mill who'd have fun grilling her.

"Monnnnn! What were you wearing last night? Now, really, where did you get that top?" Mau-mill would wail.

It was classic Mau-mill teasing, seized on by some listeners. But Monika lapped it up.

"I loved it. I always loved working with Bob. It's lively. It's entertaining," she laughed.

Clearly, Monika loves her work and is intensely loyal to Seven.

Her fellow veterans include Rick Ardon and Susan Carr, the world's longest news reading duo over 32 years, and smooth-talking sports presenter Basil Zempilas. They've proved to be an unbeatable team.

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Strong community workers honoured in the 2017 WA Seniors Awards



Finalists and winners for the 2017 WA Seniors Awards- Quentin Smythe, Gwen Wells, Harold Proud, Maureen Felton, Philip Paddon and Lesley Balinski

CREATING a sense of community and belonging are important factors to having an inclusive and happy society. *Have a Go News* promotes the inclusion of older adults and is proud to be one of the major sponsors of the WA Seniors Awards. This year award re-

cipients were honoured. at a gala ceremony on 22 October at Perth Zoo organised by Council of the Ageing WA and the Department of Communities. The winners were chosen from three metropolitan and three regional finalists. Philip Paddon, from

Greenwood, picked up the Juniper Lifetime Achievement Award for the metropolitan area, while Lesley Balinski, from Katanning, received the regional award. Mr Paddon has volunteered for more than 15 years, encouraging older people to remain active as they age. He is vice

president of the Seniors Recreation Council of WA, runs annual events for the Square Dancing Association of WA and stages country music concerts. Mrs Balinski is actively involved with the culturally and linguistically diverse community in Katanning. She tutors English, helps new arrivals settle in the town, and advocates for them as part of the Katanning Multicultural District Health Advisory Council. She also works closely with the town's young people, organising events, drama workshops and teaching ballroom dancing. The WA Seniors Awards recognise the important contributions of seniors to the community. For the first time, both regional and metropolitan seniors have been honoured with the Juniper Lifetime Achievement award. Seniors and Ageing Minister Mick Murray said that Phillip and Lesley are great examples to our community – young and old alike – and are shining examples of the fact that

age is no barrier to staying active. They have shown great commitment to bettering the lives of their fellow seniors as well as the community in general. "I congratulate Phillip and Lesley on receiving the Juniper Lifetime Achievement Awards for the metropolitan and regional areas. They stood out from many worthy nominees in both categories and should be proud of their achievements," he said. Congratulations also go to the very worthy finalists who all demonstrated great community spirit. Maureen Felton (metropolitan finalist) has been a facilitator at Perth Town Hall's Holly Wood Tuesday Morning Show for more than 16 years. Maureen runs regular raffles and other initiatives to raise much needed funds for a number of community organisations. She is a woman who thinks of the whole community and loves giving and helping to make older people feel valued and respected. Quentin Smythe (met-

ropolitan finalist) is the co-founder of *Have a Go News* and at 82 has spent the last 26 years working for the betterment of older people. He is also a committee member for the Seniors Recreation Council of WA and has spent considerable time helping organise projects which promote healthy ageing through activity and ensuring that seniors feel they have a landscape to age well in WA. One of the highlights of Quentin's tenure was establishing the *Living Histories* project where people were encouraged to share their life stories of what life was like in the 1950s. More than 1,000 people contributed to the two volumes of *Living Histories* and people felt that a piece of their history was immortalised. Harold Proud (regional finalist) has always been passionate about business development in Kulin – offering support and start-up assistance for new businesses to become established in the town. He built three shops

in the 1960s to encourage farmers to invest in their own communities. At 96, he is involved in assisting in events for a number of community groups including the local schools and the theatre group. He served as a shire councillor three times, amassing a term of nearly 20 years. Gwen Wells (regional finalist) is involved in a number of local organisations in Dardanup including the Senior Citizen's Association and the South West Rose Group. She has been a volunteer for the Red Cross for more than 25 years and regularly participates in community charity drives, organising regular events and outings for seniors in the town. Her commitment to ensuring an active and healthy lifestyle for the seniors in her town is highly valued as is her ability in bringing people together to celebrate all that life has to offer. *Have a Go News* extends our hearty congratulations to all the nominees, finalists and winners.



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Spring into summer with the Swan Harmony Singers

FOR its final concert of the year, Swan Harmony Singers has a program ranging from Scottish folk and 1960s pop, to groovy Burt Bacharach and heart-lifting John Rutter. With Christmas fast approaching, catchy seasonal numbers will also feature when the choir takes the stage in Swan View. The ever popular *California Dreamin'* was inspired by a dream about balmy west coast weather during a freezing New York winter, while Bob Dylan's *To Make You Feel my Love* is quite simply a

number the choir loves singing. The *Skye Boat Song*, originally about the escape of Bonnie Prince Charlie after the Battle of Culloden, has recently enjoyed renewed popularity as the title song for the TV series *Outlander*, with lyrics from a Robert Louis Stevenson poem adapted for the plotline. Rugby fans will probably want to join the chorus of *The Fields of Athenry*, the Irish rugby team anthem, but the most topical song on the program has to be Burt Bacharach's *What the World Needs Now*.

Come and enjoy the concert at 3pm on Sunday 26 November at the Salvation Army Citadel, 371 Morrison Road (opp. Swan View Primary School), Swan View. A scrumptious afternoon tea will follow the concert. Tickets (including afternoon tea): adults, \$20, concessions \$15, groups of 10 or more \$150. Children under 10 free. Advance bookings: Mundaring Community Bank 9295 6411, or Anna Wright on 9299 7249. Anna can also provide further details.

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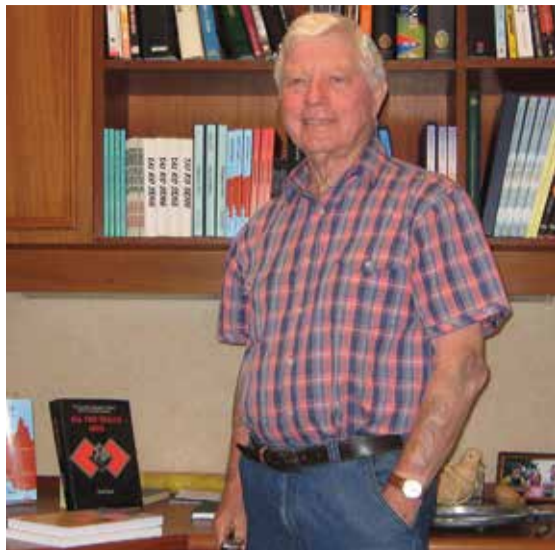
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From England to WA... prize-winning journalist who met the famous and infamous



by Josephine Allison

THE phone call in the middle of the night was a signal for Perth journalist Cyril Ayris (pictured above) that another big crime story was breaking. Adrenaline racing, he charged off to police headquarters to obtain a briefing on the event as it unfolded.

For 25 years Ayris was chief crime reporter on *The West Australian*, a role he loved. The former Englishman covered the big events while developing a rapport with the police, fire brigade, St John Ambulance and hospital casualty departments. It was not always exciting but Ayris revelled in the role of temporary police roundsman, a position still not confirmed when he finally stepped down to become a feature writer.

Ayris established a prize-winning reputation as a painstaking, hard-working journalist who guarded his sources and covered any story, big or small with the same meticulous detail.

In his book, *Chameleon, reporter at large*, Ayris tells his life story with typical good humour; a boy growing up in England and his trek across the world with his family to settle in Australia. Times were tough post war in England and the grim winter of 1947 made the Ayris family decide to emigrate to Tasmania.

Before that, Ayris as a small boy attended Caistor Grammar School in Lincolnshire where he endured tough conditions. Food was scarce after the war and pupils were fed boiled cabbage and liver; butter and sugar rations were issued once a week.

"We called at Fremantle on a day of century heat and walked through Perth's Kings Park, hot,

red, and exhausted" he recalls. The family was heading for Hobart but never forgot Perth.

"Perhaps that was the problem, I will never know. The fact is that Mum and Dad were not happy in Hobart and, in the next eight years, we travelled to South Africa, back to England (where I completed my schooling at Caistor) and Singapore. We became rolling stones, unsettled, seemingly in search of an El Dorado."

At 18 Ayris and his family were back in Hobart and Ayris had a dream of becoming a jackaroo on a property near Launceston but when things turned pear-shaped he headed for Perth to see if it was suitable for the family.

He took up a job at a Perth jewellers and caused a fire after trying to mend a cigarette lighter. He thought his time was up, but instead the shop turned him to ear piercing.

"I soon discovered that shooting holes in earlobes was one thing but getting them even was something else entirely."

Meanwhile Ayris contacted his family and recommended they head west.

"The ladies of Perth, who were considering having their ears pierced, were spared my ministrations when, in August 1954, I was called up for national service."

After army service, Ayris decided to apply for a job as a clerk at Perth's only morning newspaper, *The West Australian*.

"I had no desire to be a clerk, but the advertisement promised the successful applicant many career paths."

Ayris was enthralled when he heard the story of *The West's* exclusive coverage of the British plan to test an atomic bomb on

the Monte Bello Islands and peeked into the newsroom "where reporters and sub-editors were engaged in activity so different to mine it was hard to believe we were working for the same company. There was a feeling of urgency; a constant clatter of portable typewriters; cigarette smoke; piles and piles of newspapers and magazines and copy paper; telephones ringing... I was mesmerised. If only I could be part of it!"

After study, Ayris became a cadet reporter: bottom of the food chain. After a few days he checked the duty book and discovered to his great joy, Mr Ayris written alongside weather. The great journey had begun.

He was transferred to the company's rural magazine, the *Countryman* and broke the story of the discovery of Augusta's Jewel Cave. He married Glen Angus, had two sons and settled in City Beach.

He was transferred to the Fremantle office to help newspaper shipping reporter Don Scott until he was appointed temporary police roundsman competing against legendary Daily News police roundsman Jack Coulter.

"I soon became hooked on the adrenaline rush of covering the police round. We never knew what we would be doing next, where we would be sent or how long we would be away."

"When news broke in 1979 that the US space station Skylab was expected to come crashing back to earth, chief-of-staff Leo Johnston wandered over to my desk and said, 'You're on standby tonight, it might come down in WA.' We both laughed."

"He rang my home at 3am the next day. 'Skylab's come down somewhere near Balladonia! We've got a plane waiting for you at Jandakot.'"

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Over 55s Canoe Club enjoys six adventurous outings in a month



Over 55 Canoe Club members paddle near the new stadium

by Jeremy Haslam

RIVERS continue to provide adventure for all: from the gentle paddle in bright sunshine to battling down the Avon in driving rain, there was

something for everyone. The club has settled into the routine of having mainstreamers and leisurelies, sometimes on different routes and sometimes the same. This has proved a popu-

lar innovation.

Although there are normal outings each Thursday from 8.30am to midday, the more adventurous have taken advantage of the continuing high water levels (thanks

to the rain gods) to add in a couple of extra trips. Romantic names such as Devil's Slide, Dog's Breakfast, Boland's Elbow, Eddy Alley, and Daryl's Bend (oops, not an official name — Daryl just keeps having adventures there). Then there is 'Bob E's salmon run' which he insists on taking backwards to show he is really a master of his craft — of course the others go down the conventional way.

Near the end of September the weather was only for the brave at Mason's Landing for a trip on the Upper Canning, but the following week provided good weather for

the leisurelies at Kent St Weir with high water and lots of birdlife. The mainstreamers took themselves back to the rapids with the romantic names and had lots of fun falling out of kayaks and generally getting wet.

A final trip (they always hope for more) in fast water was taken on the first Monday in October down at Dwellingup, where one of our more showy members repeated his trick of perching briefly on a rock in midstream before gliding gently off into the current. It's now almost expected. The next day a few members continued down the river to Pinjarra from Coolup Bridge

through a mass of trees, providing extremely challenging conditions, but no duckings. The club continues to look for new venues to provide interest for members.

The next two weeks saw the groups return to the Swan at Sandy Beach Reserve then from Maylands Yacht Club in near perfect weather for gentle paddles, where there is no risk of falling in. Members continue to be privileged to get beautiful views of our city and the new stadium at Burwood from almost water level.

The club is enjoying great success, but this brings with it added re-

sponsibilities, including keeping everyone safe on the river and remaining a responsible river user. As a result the club is cancelling the proposed Open Days next April and will not be open to new members until the committee reviews the situation for 2019. If you have any questions please phone club president Kate (9526 2168) or secretary Ken (9447 5624).



The open water season is now upon us - register and get swimming



by Samantha Noall

NOW that the warmer months are on us (apparently) we are entering into open water swimming season.

This year kicks off again at the picturesque Lake Leschenaultia on Sunday 12 November

with 400m and 1600m events. There has been plenty of rain and the lake is nice and full, so why not bring the family along to enter the 400m novice swim for only \$10 per person and then stay on and enjoy the gorgeous surrounds and a picnic



Left; Open water swimming season is here
Right; Samantha Noall

while the kids jump off the pontoon. Entries are open now so go to maidavalemas-tersswimming.com to register.

The next swim on the calendar is the fabulous Fremantle Ports Swim Thru at South Beach Fremantle on

Saturday 9 December. This is a great location for an open water event and also caters for those wanting to dip their toes into open water swimming by offering a novice event of 500m for only \$12 per swimmer. To register go to www.freofins.com/swimthru.html.

The next event is a brand new 10km qualifier for the Port to Pub and Rottnest Channel swims. This event will be run by MSWA and will provide participants with the only opportunity to complete the course accompanied by their paddler for the entire course. This provides swimmers with real

race conditions that are experienced on the Rottnest swims. This event will be held on Sunday 17 December in the sensational waters at Coogee Beach. There will not be any other distances on offer this is purely a 10km event. For further information go to www.mswa.asn.au

Lastly, and very sadly, we had to farewell one of our amazing MSWA members and official Ken Phillips. Ken was an amazing man who did so much for MSWA and all our members. He will be sadly missed. Our thoughts and prayers go out to his family. Rest in peace.

List your club or group on the Have a Go News' website



HAVE a Go News website was launched last month and included on it is a Join a Club section for people to use.

The section includes listings of many recreational clubs and groups which operate in Western Australia.

You are welcome to add your club's details on the website for free.

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lendlease



by Lee Tate

TV Talk - looking at the business of television advertising

Australia's television advertising revenue was \$2.23 billion. For six months.

Clearly, there are some viewers who respond. But how much genuine analysis goes into the cost-benefit?

Television advertisements are spectacular, high-quality with famous presenters and entertaining themes.

McDonald's and Woolworths have beautifully-filmed, feel-good adverts showing farmers producing fresh, locally-grown produce. Coles had a blockbuster 'prices are down' music theme. Aldi has an ad spruiking that none of their stores has fake food additives.

Many times I've heard people crowing about an advert on the box – a cute dog or an outrageous feat or a funny face. But ask them what the product was and usually they can't say – "a bank, I think".

I've got to give it to the RAC's advertising agencies. They pick an underlying theme and stick with it. All their recent ads slip in their distinctive RAC yellow, on cars, clothes, people. Their pitches are clear and direct. You remember them.

I've just spent three months monitoring country TV adverts. Boy, do they deliver it straight?

"Tom's water tanks come with the best quality and the best price."

"Get your Hay from Hassles in Bunbury. We're local. We'll look after you."

"Bill's Tyres will keep you on the road safely."

This is small budget advertising with the rough-and-ready owner doing his own presentations. Gotta love it.

Whereas, with all their big ideas and flamboyance, the big end of advertising land knows how to be creative – and spend their clients' hard-earned. A 30-second spot during the footy final would cost about \$150,000.

And many of us were out of the room taking our tea and toilet breaks.

Clients probably sit back proudly in their own lounge rooms, basking in the exposure for their company's widgets, being told how funny or clever their adverts look.

Most would have paid for market research and held ideas conferences with a range of experts having their two-bob's worth. But how often are they truly hitting the mark?

It's a complex issue. How often to advertise? Which networks? What messages?

It takes many months to plan and execute advertising campaigns so advertisers and their ad companies have to think well ahead and consid-

er changing moods or events.

And should the message be serious, just brand-awareness or product-specific? Funny?

Funny commercials work well. But once viewers know the punchline, it becomes wearisome.

Annoying, screeching ads can work. But not for all products and not for product awareness campaigns such as the banks.

Animals work extremely well, if you have the right animal. I'm surprised they are not more prominent (outside dog and cat food ads).

Kids too. We see high-achieving youngsters on

TV programs but rarely are they snapped up to front TV commercials. They're far cheaper than celebrities and stars.

To advertising executives I say: Take a trip into the countryside where TV commercials are raw and random.

Bill Bloggs in Bunbury looks a bit rough and stumbles on his words. But his message is clear. "Come to me for the best tractor deal in Bunbury."

Viewers get it.

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

Complex range of problems cause financial difficulty in Western Australia

FINANCIAL counsellors have identified a range of challenges faced by their clients living in Western Australia, highlighted in a new report, *Understanding Financial Difficulty in Western Australia*, from

the telecommunications industry ombudsman and Financial Counsellors Association of Western Australia (FCAWA).

The report surveyed financial counsellors and money workers

from across WA on their experiences of working with clients over the last two years. It found financial difficulties had increased significantly for many people over the last two years.

Firstly, traditional problems caused by job insecurity and ill health are widening – 86 per cent of WA financial counsellors said they saw an increase in problems because of unemployment over the last two years.

Secondly, new problems are emerging. More than 13,500 Western Australians contacted the telecommunications industry ombudsman in 2016/17 about a prob-

lem with their phone or internet service – a 49.1 per cent increase in complaints since 2015/16 and over 90 per cent of financial counsellors said over the last two years they helped people with phone or internet issues.

Launching the *Understanding Financial Difficulty in Western Australia* report, ombudsman Judi Jones said: "With so many competing issues in people's daily lives and at work, we have some real challenges."

"In tough times, mounting problems have a domino effect, one problem leads to another and then on to another. Low

income or a relationship breakdown for example becomes overwhelming, and this could lead to not paying a bill or misunderstanding a new mobile contract."

She said complaints about billing, payments, contracts and credit management, show plainly how financial problems impact on people's lives and the community around them.

Financial counsellors also reported increases in problems including mental health (77 per cent) and relationship breakdown (68 per cent) contributing to financial difficulty.

They identified financial education as the main way to help people, followed by tighter regulation of loans and financial products, and helping people find employment.

Further ways to address financial difficulty included training and apprenticeships, access to mental healthcare, better IT skills and better parole and rehabilitation services.

Bev Jowle, executive officer of the FCAWA says: "We all have a responsibility to support those in financial difficulty. The message from financial counsellors is: don't feel you're on your own."

"While the increase in financial problems is a cause for concern, financial counsellors can offer advice, help you work through a problem or act as an advocate for those who need help in WA."

If you or somebody you know is experiencing financial difficulty the Financial Counsellors Association of Western Australia can be contacted on 9325 1617.

To view the *Understanding Financial Difficulty in Western Australia* report, or to make a complaint about your phone or internet provider visit www.tio.com.au.

Have a Go NEWS

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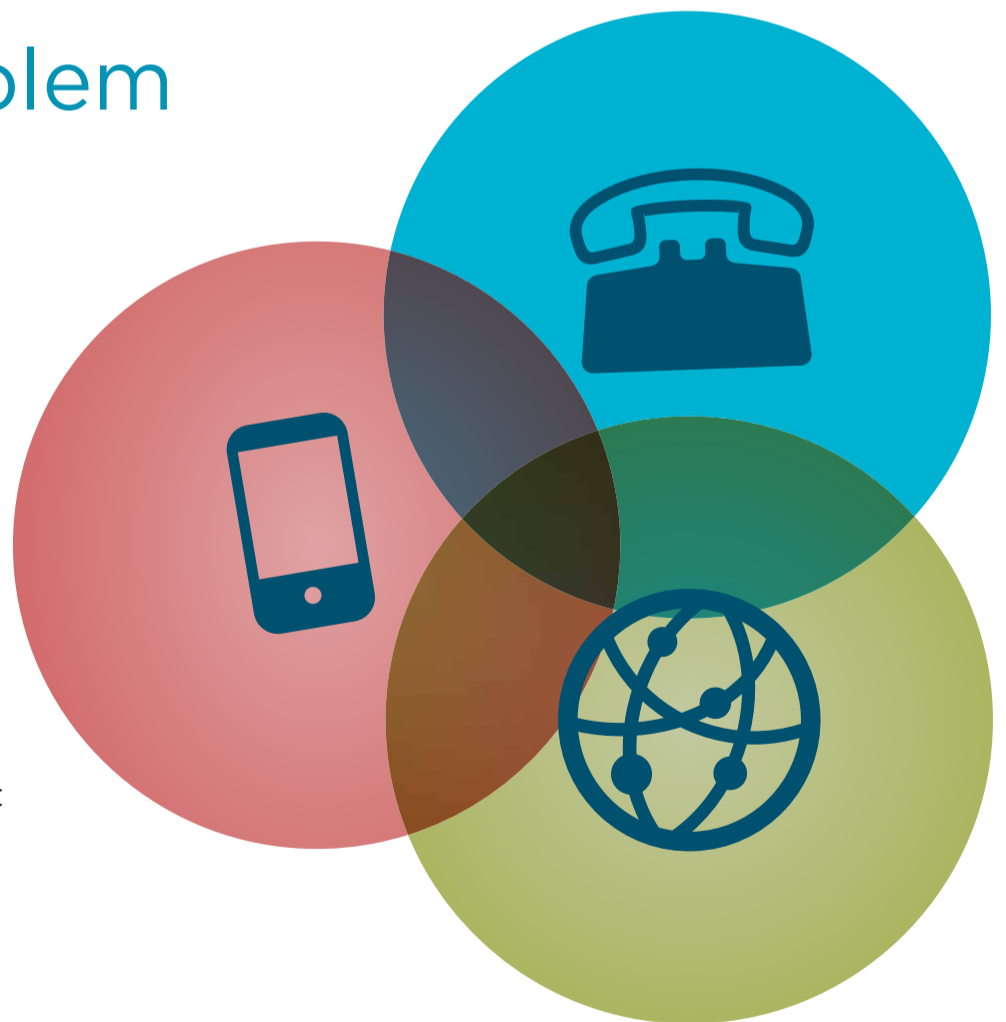
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The power of one and the number one - with apologies to Bryce Courtney...



by Rick Steele

BACK in '62, that's 1962, my dad the preacher was offered a preacher swap with a diocese in the UK. He would go to England for about 12 months and preach his way around various counties and catch up with the living relatives who were still of sound mind, or at least, sort of close to that. Our mob originated in the Lake District, Cumbria as it is now known.

The offer was accepted and I was informed that I would continue my second year at boarding school while Mummy and Daddy along with two sisters (one older, one younger), would be departing on the good ship Lollipop, or whatever it was called for twelve months in the old country.

Surprisingly I was not exactly ecstatic about this decision, and as the year progressed my feelings became more and more apparent in a long winter of discontent.

Not long after receiving a postcard from Sussex by the sea or Southampton or somewhere saying: 'having a marvellous time, wish you were here' I began a program of annoying teach-

ers who annoyed me. I taught myself a form of hypnosis where I could shut out their voice and get myself in a trance-like state and retreat to my own world. I began entertaining my classmates with mild forms of self-abuse by sticking needles in my hands and arms and cutting myself. Come midyear tests I wrote my name on the paper, and in answer to the questions replied with some form of mild obscenity.

In the early sixties long hair was becoming fashionable and to the senior bullies, mine was deemed too long. I was summoned to the common room where a full rubbish bin was placed on my head and then hit for several minutes until

it was empty (the bin, I mean).

I was then given the first punk haircut in the world. Armed with their school-issued blunt scissors, twenty or so blokes cut, pulled, shaved and attacked my hair until Johnny Rotten would be proud. Next morning at breakfast I was called to high table and presented to the headmaster. At the subsequent meeting where the code of silence was observed I was ordered to the school barber where 'a number one' was administered and I was placed under the watchful eye of the principal.

I was cut a little slack, and was allowed to drop my least liked subject (science) and instead follow my passion of music.

Guitar lessons hadn't been invented yet, so I was allowed two weekly sessions to practice by myself. I also complained bitterly about having to train with the compulsory cadets for army training, marching and saluting and the like.

'My dad is a pacifist and I don't believe in war, blah blah!' The principal must have felt sorry for me and I was allowed to drop out and join the school brass band. But, I couldn't play anything. Eventually the frustrated teacher realised I had good rhythm and declared I could play the big bass drum.

Well I was the smallest kid in the team, my uniform was three sizes too big, but in effect, I was an intricate part of the band.

Most of the boys were in their early days of learning their instruments and our repertoire was very limited and blatantly painful.

The date for the annual cadet parade was announced, buttons, brass polished and invitations sent. Three hundred cadets on parade, 500 proud parents, sisters and brothers all ready for the spectacle of the march past and grand salute to the VIPs of this prestigious college.

I think it was after the band's first diabolical tune and the whole battalion was marching to my solitary bass drum beat that it dawned on me the power that was in my hand.

I could not control myself and my evil side took over. With deliberate and

mischievous pleasure I delighted in slowing the beat so that it was impossible to march to the beat. Cadets were skipping and trying to redress their steps in a vain attempt to stay in time. The march past was becoming chaotic, so I decided to speed up and again 300 subjects were forced to skip steps, readjust and vaguely try and maintain the precious dignity of the uniform. Oh the power of control. The power of one.

Don't miss the Bridgetown Blues Festival 10, 11, 12 November. The 25th year and I'll be there, with a batch of baby boomers. Fun times! I am at an age now, when my back goes out more than I do. Cheers dears.

Breaking bad habits often requires some thought...



by Jon Lewis
6PR Overnight Presenter
Monday-Friday

I WOULD like to again talk about habits; not that this is a habit... or has it become one?

My normal way of life is to sleep from 9am,

waking at 5 pm. It's the opposite of most people and this enables me to be well rested. Then I can enjoy an evening with my darling wife, before leaving to broadcast five hours through the early morning on radio 6PR.

It's good for me and I like it.

However it doesn't always work. Sometimes I spend the day only trying to sleep. That is not fun.

I lay there in my purposely darkened bedroom willing myself to sleep, sometimes weakening to watch quirky

videos on the Internet... only to fall asleep finally in the evening, then race off to work barely seeing my darling wife.

In winter, should this behaviour continue, I even risk not seeing daylight for a week or more.

Is this actually the best way or is there a better way? Perhaps, I wonder, have I fallen into a... habit?

I do fear habits as they have a habit of creeping into your life.

There are, of course, good habits and these should be encouraged and if possible created. These are not the prob-

lem, it's the bad habits that are my downfall.

Where do they come from? Is it a desire to do less and rest more? Could it be born of some misguided passion to do it the right way? Has a good habit become lost along the way?

I do wonder if good habits should be re-addressed from time to time?

It was time to think. I thought I had a good habit of sleeping 9 to 5 and yes that Dolly Parton song is in my mind too. When my sleeping habit worked it was wonderful and that sadly is rare.

Now I have a new plan. Could a plan be better than a habit?

Now when I wake, unable to sleep, I get up and let the sun shine on me. I do something useful, I clean the house or go to the gym or do some shopping perhaps. Generally I try and make the activities rewarding in some way.

Then I go to sleep when I feel naturally tired and relaxed in knowing I have done much good in my awakened hours.

It's a plan, not a habit.

I wonder if I will make a habit of better plans? All the best.

Author and journalist shares his stories in Mandurah

CYRIL Ayris, former journalist and prolific author, will be the speaker at the next meeting of the Association of Independent Retirees (AIR).

AIR meets next on Monday 27 November at 9.30am at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

The guest speaker is interviewed on page 7 of this edition of *Have a Go News*.

Visitors are welcome to join the group and are invited to stay for morning tea. AIR meets on the fourth Monday of every month (except when that clashes with a public holiday).

For enquiries please ring Eva Ilett on 9534 5215, or Jim Landells on 9586 9174.

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Festive fare like Mum used to make while helping the environment



by Karen Majer

I LOVE the saying 'eat organic, or as your grandmother used to call it, food.' Most people in Australia are blessed, by global standards, to have access to abundant fresh food. As a young working Mum, I admit that I often fell into the trap of buying convenience food, but I've moved full circle to the groceries of my childhood – fresh, local and in season. It makes sense on so many levels.

The plan for this year's contribution to the Christmas table is that I'll be looking for seasonal produce from our farmers' market and local shops. I know the provenance so I can trust that it's healthy, pesticide

free and sourced from authentically free-range animals. Plus I'll be supporting local farmers and businesses rather than big chains that would take the profits out of my community.

Another benefit is that local produce has low food miles getting to your plate, so it contributes less to greenhouse gases in the atmosphere through transport, storage and refrigeration. It never ceases to shock me that supermarkets sell lemons from California and asparagus from Thailand. They may be cheaper but the planet bears the cost, and often people do too. Entrepreneur Dick Smith once cited an example of a supermarket where 'there were some peaches and they were from a small country in Africa, and I looked it up on the internet and found that 50 per cent of people in that country earn less than five dollars a day, so how could you possibly compete with that?' He called it ruthless retailing.

The Ugly Food movement encourages retailers to offer the choice of lower-priced fruit and veggies for those who don't care about the angle of bend of their banana or a blemish on their apple. It's a win-win for reducing cost and food waste. Supermarkets blame consumer demands for the rigorous, and in my view ridiculous, aesthetic standards that result in enormous wastage of good healthy produce. It's up to us to tell them that ugly can be beautiful.

Best of all, our local summer food is absolutely delicious. I'll be choosing fresh seafood, cracker biscuits made by an innovative young couple at the markets, sheep's cheese from Nannup and fresh peaches, served with my friend's homemade quince paste and my home-baked bread. Have fun stocking up for the festive season.

Find out more: www.foodwise.com.au/food-waste/food-waste-facts/

The U3A North Coast jazzes it up with Dixie



Dixie Kidd and Nigel Ridgway

WHAT a treat it was recently when Dixie Kidd spoke to U3A North Coast about the origins and some history of traditional jazz.

Dixie, who hails from England, has an extensive knowledge of jazz and one of the largest collections of traditional jazz music in the state.

Nigel, who assisted him, is a musician who has played lots of jazz

and has worked with Dixie since 1983.

Dixie took the club through the development of jazz from its origins in the southern states of America in the 1700s to modern rap music.

He explained the influences of African music on early gospel music and how music of the Creoles and dance music from France was listened to by Negroes and incorporated into their own music. The original Dixieland Jazz band in 1917 made the first known recording of traditional jazz music, *The Tiger Rag*.

Mississippi River Boats had bands, which started to spread this music beyond the southern states. People such as Louis Armstrong, who played trumpet, became household names as did Mahalia Jackson and later, Acker Bilk.

After World War II new bands developed in New Orleans, and skiffle

bands started up in England.

As performers such as *The Beatles* and Elvis Presley became popular, trad jazz became less popular and now rap music has developed. However many people still love to hear trad jazz and Dixie has his own band here in Perth – the *Storyville Jazz Band*.

Dixie's talk was punctuated with musical excerpts to illustrate the development of the music. Listeners toe-tapped and smiled as they recognised tunes and performers. Thanks to Dixie the U3A members were informed and delighted with the presentation.

University of the Third Age, North Coast meets each Friday at 11.30am and 1.15pm at the Stirling Community Centre, Belvedere Road, Hamersley. Contact numbers are 9409 1412 and 0401 358 026. Visitors are welcome.

UK pension rise due - but not for Australian expats



by Mike Goodall

NOVEMBER is the month of the annual UK visit by the directors of the International Consortium of British Pensioners (ICBP). This year six of them will visit the UK, two from Australia, three from Canada and one from the Caribbean.

They plan to lobby senior politicians and also to attend a meeting of the All Party Parliamentary Group (APPG) on Frozen Pensions.

This group of 50 MPs and members of the House of Lords is now one of the strongest APPG's in the UK Parliament with representatives from

eight political parties and one independent MP.

The agenda is not yet available, but we (non ICBP groups) are hoping to have a discussion on partial uprating and parity. I am writing to all 50 members requesting confirmation that the official policy is to campaign for full uprating (parity) and not the miserly alternative of partial uprating, that the ICBP have been promoting.

The UK State Pension will increase by three per cent after 5 April 2018. However, this is of no benefit to expats in Australia (and many other countries) who receive no annual increases. For example if you are on a full state pension of £75.50 claimed in 2002/3 a partial uprating of three per cent would give you

an increase to £77.77 per week whereas if you had full uprating (parity), which is the same as the amount that they pay you when you visit the UK for a holiday, you would be receiving £125.97 per week (38 per cent more).

So how is this shortfall made up? The UK State Pension is classed as income in Australia. If you received full uprating you would still be 50c better off for every dollar received even though your Centrelink pension would reduce. Therefore, effectively the Australian taxpayer is making up part of the shortfall in UK State Pensions. Why should the Australian taxpayer be funding the UK Government?

At current exchange rate full uprating would save Centrelink \$200

million per annum. In addition pensioners would have the same amount of extra cash to spend.

We need our Federal MP's to support our case for full uprating in Canberra. Please contact your MP's and remind them that this is something worth fighting for. WA has a large percentage of expat pensioners and our votes are critical to them. Please contact them and encourage them to pressure cabinet ministers to fight the UK on our behalf. Most Federal MP's will be in their constituencies for the first three weeks of November so it is a good time to talk with them. If anyone needs help to contact their Federal MP please let me know.

Many of you are booking your flights to the UK for next summer as early bird fares are now available. don't forget to ask for your pension uprating for the time that you are there. Even if you are only there (or in Europe) for one week you will be paid the increase. It's your money, so claim it.

Anyone who would like to discuss the above in greater detail or require help on any other aspects regarding their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail: mike-goodall@btconnect.com

Ed's Note – with all the talk in media about the cost of social security in Australia it seems unusual that the Australian Government is not lobbying harder for pensions paid to expat UK residents in Australia to be unfrozen.

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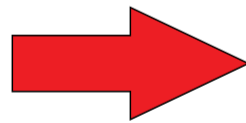
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by Mickel Smits

MY dear wife for these past 34 years is Aussie-born to Italian parents who migrated here in the 1950s. I know her well enough to be allowed to say she'd have no hesitation to concede that if you double-cross an Italian, revenge is likely to be on the cards. Last

month we visited our family in Italy. She'd not been back for 35 years and I'd never been. Taking in the breathtaking sites and museums, I now truly appreciate the Italians' artistic prowess in architecture, sculpture and art. They also spawned the world's most formidable stamp forger, Giovanni de Sperati, who was born in the town of Pistoia in 1884.

In his autobiography written late in life, de Sperati revealed that when he discovered as a young collector that he had been

sold a forgery of a scarce stamp that he considered his most-prized and for which he had saved long and hard, he vowed to get even and to exact vengeance upon dealers by learning how to create his own masterful forgeries. As to whether this personal justification was truthful is unknown. What eventually did become known, years after it was too late, was that his artistic and technical ability to deceive the dealers and experts was inimitable.

His family struck hard times when his father, a

retired army officer, went into business and failed. His mother worked as a printer of postcards, an elder brother a photographer, another a stamp dealer and he had cousins who owned a paper mill. They all got in on the act and between them they accommodated and taught the younger Giovanni technical skills he was able to further develop and apply to forward him down the path to forgery. His stamp dealing brother, Mariano, fronted the operation.

In 1909, a German

philatelic magazine published an article exposing forgeries of a series of San Marino (a micro state within Italy) stamps suggesting they were produced by a family of forgers in Italy. The family fled before the police and authorities managed to track them down, however a vast amount of printing equipment including dies, chemicals, inks, paper and forgeries were taken into possession.

Giovanni escaped to Paris whereupon he changed his name to Jean de Sperati, gained work

as a labourer and married in 1914. After hours he immersed himself in experiments with chemicals, photography and photolithographic printing to improve his forgery techniques. He purchased genuine stamps, often damaged, at discount prices, from which he was able to derive acutely accurate reproductions. It became an obsession, both in a passion for his work and his desire to deceive the experts.

His diligence brought success. He fooled his buyers, selling his 'rari-

ties' at a third of market value and in time he was making a comfortable living. He also put together a unique collection of his own. It was housed in an album he called the Livre d'or which translates as the Gold Book. It contained 125 of his forgeries which had been endorsed and certified by dealers and experts as being genuine. Some of them received as many as six independent certifications. He had achieved his goal in life.

To be continued next month.

The life and times of a formidable Italian stamp forger

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by Mickel Smits

PREVIOUSLY we mentioned that our coinage from 1911 to 1963 displayed an incorrect version of the Australian Coat of Arms.

While researching the subject I found that the inspiration to incorporate the kangaroo and emu as key elements in its design originated more than a 100 years prior to its official introduction in 1908.

In 1806, following Admiral Nelson's victory at Trafalgar (October 1805), the Bowman family of

Richmond in New South Wales, designed and made a flag paying tribute to this accomplishment which they raised on their farming property.

The design included the kangaroo and emu, the rose, shamrock and thistle of England, Ireland and Scotland, and the word 'Unity' and motto 'England expects every man will do his duty' which was what Nelson signalled to the other ships in his fleet before the battle began.

From there on in, all manner of individuals, firms and organisations that aspired to a pro-Australia identity, designed and promoted versions of coats of arms with the kangaroo and emu com-

monly included.

Use of the wording 'Advance Australia' also came into vogue and was likewise widely incorporated.

In the gold rush era, beginning in the 1850s, thousands of fortune seekers arrived in Australia. This resulted in a shortage of small change in the communities and so local merchants were permitted to produce and circulate their own versions of halfpennies and pennies. These were universally transactable and thereby assisted the passage of commerce.

Several hundred different editions were issued, a large proportion of which incorporated various coat of arms de-

signs, invariably utilising the roo, emu and Advance Australia.

Aside from being uniquely Australian, pub historians claim the roo and emu were also chosen because they cannot walk backwards and so they personified and motivated the citizens of this new country to go forth and 'Advance Australia'.

How often, if at all, do you see animals or birds walking backwards? An emu will shuffle backwards, albeit awkwardly, if it's caught out in a spot.

A kangaroo hops rather than walks. It's tail, used for balance and some propulsion, inhibits its ability to move backwards, yet when it

is challenged by another in a boxing match they stand tall and exhibit impressive agility and can spring backwards on their toes in order to avoid bites, scratching and kicks during the course of battle.

In any case, how often do we walk backwards, voluntarily that is? We may when also confronted by someone or something coming straight at us or possibly for a few steps when playing sports and maybe dancing. Is there an event for running backwards in the Olympics? Now there's an idea. With eyes in the back of their heads, I reckon our politicians and councillors could be champions.

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Come and experience our state of the art facilities on Sunday 19th November at 10.30am for an 11am start.

Surrounded by natural bushland, Helena Valley Lifestyle Village features resort style facilities.

Enjoy a fully prepared lunch and a village tour PLUS take advantage of up to **\$25,000 in VIP Bonuses on the day***.

Enjoy the relaxed atmosphere of Helena Valley Lifestyle Village and discover everything you need to know about our resort style communities.

Register today at nlv.com.au/vip

a 2340 Helena Valley Road
Helena Valley

p 6298 0888

e helenavalley@nlv.com.au

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Helena Valley
Lifestyle Village

Register **TODAY**

nlv.com.au/vip

LIMITED TO 50 PEOPLE



FREE twin wine pack with every registration*

*Conditions apply. See nlv.com.au/vip for details.

SB/NLV171052

A friendly visitor makes all the difference

The Community Visitors Scheme (CVS) is a free service, connecting caring and enthusiastic volunteers with people who live in their own home, don't have regular contact with family or friends, and are receiving services through a Home Care Package.

Through regular social visits the volunteer provides companionship and friendship, which may include sharing a chat and cuppa, reminiscing, reading or listening to music.

Anna and Jodie met through the Red Cross Community Visitors Scheme (CVS).

Anna lives on her own and was looking for someone to visit regularly and have a chat.

Jodie is a CVS volunteer – she visits Anna once a fortnight and together they enjoy a chat and a cuppa, and their love of card making and reading.



For more information about the
Community Visitors Scheme please call
the Coordinator on 9225 8848 or 9726 6700*

*South West and Great Southern areas

redcross.org.au



#308 November edition PUZZLES Solutions

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Wheel Words: : Cape, Case, Cast, Clap, Lace, Pace, Pact, Scat, Sect, Talc, Caste, Cease, Clasp, Cleat, Eclat, Elect, Epact, Peace, Place, Scale, Scalp, Scape, Space, Accept, Aspect, Castle, Escape, Select, Celesta.
9-letter word: SPECTACLE
Alphabet Soup: Begonia, Daisy, Hemlock, Jonquil, Orchid, Flax, Violet, Zinnia, Lily, Sweet Pea.
Have a Go News Quiz Page 2: 1. Perth Children’s Hospital. 2. Pauline Hanson. 3. Rob Broadfield. 4. Karl O’Callaghan. 5. Mike Willesee. 6. Robert Drewe. 7. Princess Mary. 8. David Furnish. 9. Leonardo DiCaprio, Kate Winslet. 10. Bindi.

“They were wonderful”



We hear kind words consistently. We’re proud that people feel comfortable enough with us to openly tell us how much they appreciate what we did for them. In fact, it’s this appreciation that drives us to offer the very best in comfort, compassion and service.

Do something that matters for your family.

Call us on 1300 554 300 all hours



Hetherington
Funerals

Our family caring for your family

Community NOTEBOOK

NATIONAL SENIORS ASSOCIATION
On 22 November 10am-12md a talk by Janet Anderson on arthritic conditions and pain management.
Entry \$5 includes door prize
George Burnett Leisure Centre
Manning Road, Karawarra
Info Joyce 9358 3770

CHESS CLUB
53 Coode Street, South Perth
Come along and join us. The club is a mixed friendly group and meets each Mon from 12.30-4pm.
Afternoon tea provided.
Call Greg 0438 088 132

JUST FRIENDS INCORPORATED
A social club for unattached over 55s hold a Mix and Mingle night at the
Claremont Yacht Club, 7.30pm on the second and fourth Tuesday of the month.
Cost for visitors \$10, includes a light supper. Contact details 0438 841 357

MANDURAH JAZZ CLUB AT BRIDGEWATER
Sunday, 10 December, between 2-5pm.
Mandurah band “That’s Jazz” will play
Dixieland and Swing.
Admission \$12. BYO venue. Excellent dance floor.
For information contact Harry 9534 8120 or Roy at Bridgewater 9535 4403

CRAFTERNOONS
Come to our weekly session on Tuesdays and meet friendly crafting people.
Knit, crochet, sew, draw and chat. Gold coin donation. Tuesdays 1-3pm.
Osborne Park Community Centre
11 Royal Street, Osborne Park.

40 YEARS of RTRFM
Retrospective exhibition dedicated to the history of Western Australia’s first FM radio station, community broadcaster RTRFM. Focusing on programming, local music and community.
Open until February, free event.
State Library of Western Australia
25 Francis Street, Perth

FUTURES LAB-eLibrary
Learn how to access and download online materials from our eLibrary such as eBooks, eAudiobooks and eMagazines. Bring your library card to access the resources.
You must be a library member.
Wednesday 22 November 10.30am-11.30am
Altone Park Public Library. 332 Benara Road

MUNDARING CHRISTIAN COLLEGE
Etsy Made Local.
A multitude of stalls featuring amazing WA Etsy sellers, music, fabulous food and all things handmade.
Free admission. Suitable for all ages. 25 November
1605 Walker Street, Mundaring
Ph 9295 2688

SENIORS SUNDOWNER
Join our monthly sundowner at Cockburn Seniors Centre. Live entertainment, soft drink and nibbles for purchase, BYO beer and wine.
\$2 entry. Raffle tickets. Over 50s only.
Friday 4pm-7pm - 1 December
9 Coleville Crescent, Spearwood

TOY & HOBBY FAIR
Loads of collectables, comics, Lego, pop vinyls, and Star Wars to name a few.
Family day out with lots to see.
Sunday 26 November 9.30am-2pm. Tickets \$5
Craigie Leisure Centre, Whitfords Avenue

SILVER THREADS BAND - CHRISTMAS SHOW
Morning Melodies
This 25-member big brass band signs off the 2017 Morning Melodies program with a special Christmas show.
Standard \$14, Group (10 or more) \$13, Carers \$3.
Don Russell Performing Arts Centre.
Lot 13 Murdoch Road, Thornlie 9498 9414

PERTH UPMARKET
More than 180 of Perth’s most talented artists, designers, craftsmen and gourmets all under one roof.
Sunday 26 November 10am-4pm
UWA Winthrop Hall and surrounds.
Parking and entry free

CHRISTMAS ON FITZGERALD STREET
Live Music from local legends Refractory Road and official switch on of 2017 Christmas lights. Community activities.
Family Fun zone. Markets. Food and drinks available from local outlets.
Fitzgerald Street, Northam. For more info ph 9622 2100

DALYELLUP PRIMARY SCHOOL FETE 2017
Fun family day. All profits go towards new playground equipment for the school.
Saturday 25 November 10am-2pm
Dalyellup Primary School, 14 Hartog Road, Dalyellup.

DONNYBROOK FOOD AND WINE FESTIVAL
Variety of entertainment, demonstrations and stalls
Free entry. Saturday 25 November 10am-5pm
Donnybrook amphitheatre
South West Hwy, Donnybrook

REMEMBRANCE DAY CEREMONY at ANZAC COTTAGE
ANZAC Cottage, 38 Kalgoorlie Street, Mt Hawthorn will be open on 11 and 12 November from 10am-5pm with talks about ANZAC Cottage in World War II at 1.30pm and 3.30pm each day and a children’s poppy making activity.
For more info ph Anne 0411 445 582 or email chapam@highway1.com.au

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



Retirement villages and aged care

For many ageing Australians, retirement village living isn't **aren't for everyone.** something they wish to pursue. Not only can villages be expensive, but often their complex contracts and regulations can frustratingly restrict the lifestyle you've chosen to lead.

Sterling New Life is Different

Sterling New Life does not build villages - our properties are found in existing communities throughout Western Australia, meaning there may even be one next door! With a unique leasing structure, Sterling New Life housing is often a more affordable and cost-effective choice over traditional property ownership and aged care facilities, freeing up cash for you to enjoy the golden years of your retirement or to pass on to loved ones.

Compare the costs!

	Retirement Village	Sterling New Life
Upfront outlay for a similar property (approximately)	100%	60%
Ongoing management fee, facility fees or rent outlay	Yes - often in the range of \$100 - \$200 per week	No Fee
Deferred management fees or exit fees	Yes - up to 40% of the property value	No Fee
Exiting refurbishment costs	Yes - varies from village to village	No Fee
Repayment of funds subject to the sale of life lease to another buyer	Varies from village to village, sometimes controlled by the village operator	No

A Sterling New Life lease provides a number of benefits, including:

- ✓ **No exit fees**
- ✓ **No weekly facility fees**
- ✓ **Freedom of lifestyle**
- ✓ **No council rates**
- ✓ **No water rates**



Properties available from \$150,000*

to find out how Sterling New Life can help you,
contact us today for an obligation-free chat



Call us on: **1300 665 890**
or visit our website

SRCWA President's Jottings



2017 WA Seniors Awards Winners

Phil Paddon SRCWA vice president won the 2017 Metropolitan Juniper Lifetime Achievement Award at the recent WA Seniors Awards. Phil was recognised for his work with SRCWA's Have a Go Days, LiveLighter Aged Care Games, LiveLighter Activity/Information days and other events. Phil also dedicates his time to annual events for the Square Dance Association of WA and SRCWA Country Music Concerts. He has been volunteering for more than 15 years encouraging and supporting older adults to remain active as they age. Phil advocates the SRCWA ethos of *Healthy Ageing Through Activity* encouraging all older adults to keep a positive outlook on life and have lots of fun while keeping active. The council is proud to have Phil as a board member and as one of its most dedicated volunteers. Congratulations on an outstanding achievement and receiving the deserved recognition from years of volunteering in the community.

Congratulations to the 2017 Regional Juniper Lifetime Achievement Award Winner Lesley Balinski. Lesley is a valuable community member of Katanning and has been volunteering for more than nine years. She volunteers for the Katanning Harmony Festival, is president of the Katanning Dramatic Society and is a member of the Katanning Action Network. She also works with the cultural and linguistically diverse community in Katanning tutoring English.

Livelihooder Peel Aged Care Games 2017

The LiveLighter Aged Care Games - Peel was held on 10 October at Murray Leisure Centre in Pinjarra. 140 seniors in care plus carers and supporters took part in the event. Alcoa Pinjarra Alumina Refinery HR Manager Pat Schraven opened the event and the National Anthem was sung by Pinjarra High School student, Jasmin Houghton and was followed by Break Away sung by fellow students Laurissa Atwell and Keira Sheridan. MC Phil Paddon hosted the games and the local group Mand Ukulele provided the lunchtime entertainment playing a wide variety of songs. Congratulations to Beddingfield Boomers in first place with 358 points, they took home gold medals and the perpetual trophy. Silver Chain Lakeside Dwarfs came second with 328 points, they took home a plaque and silver medals and Greenfields All Stars came third with 305 points and took home a plaque and bronze medals. The McNamara Mexicans won the best presented team plaque and the oldest competitor on the day was 98 years young Owen Warburton from McNamara Mexicans. SRCWA thanks and acknowledges the hard work of Jan McGlenn and her group of dedicated volunteers, the team from Alcoa Australia Huntly Mine Staff, SRCWA state branch volunteers and staff. Remember LiveLighter by eating a rainbow of fruits and vegetables. Thank you to LiveLighter Healthway, ALCOA, Shire of Shire of Murray, Dept of Local Government, Sport and Cultural Industries and Dept of Communities for their generous support of the games.

SRCWA Annual Mixed Indoor Bowls Tournament

The annual SRCWA mixed indoor bowls competition was held on the 17 October at the Altone Park Leisure Centre in Beechboro. WACBA (Western Australian Carpet Bowls Association) president Jean Tierney, secretary Barbara Price and the dedicated volunteers ran a very successful event with 24 teams competing. In first place was Maylands Autumn Club, second place was Mundaring Seniors and third place was Nollamara Autumn Centre. Congratulations to all the teams and a big thank you to the WACBA committee and members on a great event.

SRCWA Christmas Variety Concert

Presented by Phil Paddon and Red Dog Music.
When: Wednesday 6 December
Venue: Morley Sport and Recreation Centre, 12.30 to 5pm.
Cost: \$30pp
Artists: Band of Mates, Kingsley Day, Phil Rego, Johanna Hemara, Justin Standley and Kate Hindle.

Come along and enjoy an afternoon of entertainment and fun.

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

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

Hugh Rogers,
Seniors Recreation Council State President



WA's Men's Sheds are changing men's lives...



Colin attends Stirling Men's Shed three to five days-a-week

by Lee Tate

COLIN typifies the Aussie bloke who loves to duck into his blokey shed for a bit of woodworking, or lose himself in his garden, perhaps fine-tuning the sprinklers. And catch up with mates.

But Colin's story is much more, staggeringly heart-warming and inspirational.

Freshly-turned 50, Colin is a recovering alcoholic, has lost two legs to bone disease and has been through the mill with his health, the courts and bureaucracy.

Colin's turn-around has made him something of an accidental torchbearer for Men's Sheds after he joined the blokes at Stirling Men's Shed.

Alex Gikison, spokesman for the West Australian Men's Shed Association says: "Colin is a role model not only for his fellow shedders but people who are suffering with any addiction."

Not bad for a bloke who was drinking a six-pack of beer before his liquor store opened in the morning.

Colin, attends the Shed under the Home and Community Care program (HACC).

"When I joined the Shed, my life started to change for the better," he says.

"I love woodwork. I used to be a cabinet-maker so it's something that comes easy to me and that I enjoy. My skills have even improved at the Shed and people ask me every day to help them with something with their projects.

"Sometimes people book my time. I enjoy volunteering and I am part of the 'buddy' program for HACC clients. I am responsible for making sure they are safe."

Colin turns up at the Shed three to five days-a-week. He helps his client, Dean, participate in woodwork and another bloke with gardening.

"I also enjoy taking guys on excursions outside the Shed," says Colin.

This is a man with two prosthetic legs who spent two years in a wheelchair.

"I was, and still am, on a lot of medication. I was socially isolated, lonely, depressed and anxious with many personal issues.

"I had been a cabinet maker for as long I was physically able, something I have gotten back into now I have prosthetics and for the last five years at the Shed. This has coincided with the time I have been sober.

"I was in a very dark and lonely place but I always had a creative side and I believe myself to be intelligent. I always liked to make things and I love wood work.

"Working on projects at the Shed has given me a sense of pride in myself and my abilities, which has given me confidence and the recognition and respect I receive for my skills feels amazing. It also gives me a sense of self worth.

"It feels good when people want me to teach them something and I can help them learn, like I am mentoring them in something I love.

"I also like volunteering – gives me a chance to give back and feel good about my contribution," he said.

In his first week at the Shed, Colin was with six blokes. Three had prosthetics.

"This made me feel that I had some people who understood how I felt – what it is like day-to-day. It is like a support system that allows me the feeling that I am not alone.

"Men's Shed provides me with a sense of acceptance and a sense of self-worth with the feeling that I contribute to something meaningful. The world is no longer such a dark place."

Colin says men might join a Shed for the woodwork or for social interaction.

"If it is for a person who comes for woodwork I would tell them how we get a new machine every year like the nine-inch lathe we got this year.

"If it was for someone senior who may be a returned serviceman – we have other ex-service-men who love to have a chat about their experience in the forces, which is like the story therapy we are trying to implement at the Shed.

"This will make conversations more interesting, plus it will get people sharing. Some guys even just want regimented hours like they are at work. This gives them a structure and a purpose."

When Colin was in hospital for a week he realised he had programmed his home sprinklers incorrectly.

"I called the Shed and they organised for a few guys to go around and tend to my garden while I was away," said a thankful Colin.

Alex says Colin is a shining example.

"A Men's Shed can result in a better quality of life as it has for many men and by extensions their spouses and families.

"Most men have learned from our culture not to talk about feelings and emotions. Many don't take an interest in their own health and well-being. Unlike women, most men are reluctant to talk about their emotions and that means that they usually don't ask for help.

"Probably because of this, many men are less healthy than women, drink more, take more risks and suffer more from isolation, loneliness and depression.

"Relationship breakdown, retrenchment or early retirement from a job, loss of children following divorce and physical or mental illness are just some of the problems that men may find difficult to deal with on their own.

"Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active body and mind."

Alex, unsurprisingly, is a big fan of a bit of old-fashioned mateship.

So is Colin.

Men can visit a local Shed in their area and see it in action, then decide if they want to join – visit wamsa.org.au/mapofwasheds.html to find a shed.

continued from front cover

A woman of substance by Jennifer Merigan

"During the 1960s, I was lucky enough to work with the Phillip Theatre in a review called *What's New?* with Barry Creyton and again with him at the wonderful Music Hall at Neutral Bay," she said.

One of the highlights of her career, which developed into a strong personal friendship, was working with the king of television, Graham Kennedy.

"Graham and I met

a few times at various show-biz events, but I could always tell he would rather have been somewhere else – he hated crowds.

"I was booked to audition for a new game show

in the mid-70s, about the time I was doing *The Naked Vicar Show* and discovered that Graham was going to be the host of *Blankety Blanks*, I couldn't believe my good luck.

"It was during the making of the series that we discovered we liked working together and as my husband Tony Sattler and I had just moved to the Southern Highlands he became a regular weekend guest.

"Eventually he loved the area so much that he moved here himself and we saw much more of him and his animals: Dave the horse and Henry the golden retriever.

"Graham was a good cook and he and I used to swap recipes and jars of jam," recalls Noeline fondly.

In 2008 the then Labor Government appointed Noeline as Australia's first Ambassador for Ageing. At the time she was about 70 years old and thought it was a good idea to accept the position, as she was certainly part of the demographic.

"The job was invitation-driven so I had the opportunity to travel around Australia seeing what older Australians were actually doing with their lives, often post-retirement.

"I was able to let people know that we as a demographic were involved in many valuable activities and not just waiting to go into nursing homes. I promoted older people as a resource, not a liability," she said.

"I think older people are treated badly by the advertising industry and TV producers, aiming incontinence pads and funeral insurance at a large and might I say, wealthy part of the community.

"I know there are some older people who are doing it tough and who might be ill, but there are many who are independent, educated, healthy and interested in many things and also go to the theatre.

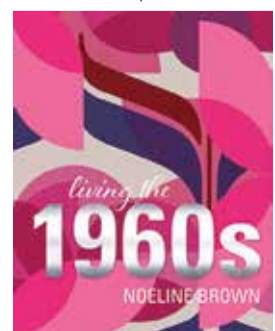
"It's been a shame the government didn't keep the program going – this demographic should see itself as a voting force and one to be reckoned with, not a burden," she said.

Noeline is keen to start another project and says it's time for her to do another show.

In the meantime she keeps herself busy reading, walking, cooking, entertaining friends of all ages and meeting people with different points of view.

Her advice to people is keep learning.

Living the 1960s by Noeline Brown is published by NLA Publishing and is available for \$39.99.



MANDURAH CHRISTMAS VARIETY CONCERT

Presented for your enjoyment by Phil Paddon, Red Dog Studios & Have a Go News

A VOCAL EXTRAVAGANZA FEATURING SOME OF AUSTRALIA'S FINEST VOCALISTS AND MUSICIANS

JOHANNA HEMARA

JUSTIN STANDLEY

KATE HINDLE

BAND OF MATES

PHILIP REGO & KINGSEY DAY

4 DECEMBER
Leslie Centre
7A Leslie Street,
Mandurah
12.30pm - 5pm

A FUN AFTERNOON OF COUNTRY AND OTHER POPULAR MUSIC FROM MULTI AWARD WINNING ARTISTS
TICKETS \$30
BOOKINGS ESSENTIAL PHONE 9227 8283
LAST CONCERT SOLD OUT
REFRESHMENTS AT INTERVAL INCLUDED

A Beautiful Way to Be Well Nature's Soothing Touch

Copper Beaded Bracelet

Benefit from the
SOOTHING
POWER of **COPPER!**



Hand-crafted Design with
Gleaming Copper Beads

Genuine Swarovski Crystals



Flexible Stainless Steel Mesh

Five gleaming copper beads are engraved with these
inspiring words: Joy, Hope, Faith, Peace and Love...



and four beads glitter with
the stylish sparkle of genuine Swarovski crystals
Available in large and small sizes

Hand-crafted Design with
Gleaming Copper Beads

Genuine Swarovski Crystals

Beautiful and powerful, copper is believed to be natural healer. Now you can enjoy the soothing benefits in a stylish new bracelet—our “Nature’s Soothing Touch” Copper Beaded Bracelet. This exquisitely designed bracelet is finely hand-crafted of stretch stainless steel mesh that is adorned with fourteen gleaming copper beads. Four of the beads are pavé-set with accents of sparkling genuine Swarovski crystals. The copper beads rest gently against your skin to allow their soothing properties to be absorbed. It’s a beautiful way to look and feel good about yourself—inside and out!

Exceptional Value...

This beautiful soothing bracelet is a remarkable value at just \$149.97, which can be yours for three easy, interest-free instalments of \$49.99, plus \$14.99 postage and handling and backed by our 120-day guarantee. The flexible bracelet is tarnish-resistant and the two sizes stretch to fit most wrists. It arrives in a velvet jewellery pouch and gift box with a Certificate of Authenticity. This bracelet is exclusive to The Bradford Exchange, you won’t find it stores. So don’t miss out. To reserve your bracelet, send no money now. Just return the coupon or go online today at www.bradford.com.au

For quickest delivery, order online:

www.bradford.com.au

Quoting promotion code: **95563**

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“Granddaughter, I Wish You”

Heirloom Porcelain®
Personalised Music Box

An
Exquisite Treasure
for only
\$99.98
(plus p&ch)

Inspired by Classic Charm Designs

From the moment she was born, your granddaughter charmed you with her sweetness and innocence. Send her your most heartfelt wishes with “Granddaughter, I Wish You”, a hand-glazed Heirloom Porcelain® music box crafted in a lovely charm-inspired design and personalised just for her! Encircling the music box, raised-relief designs and sparkling faux jewels recall classic charms, inscribed with your wishes for Love, Hope, Beauty and more. Lavished with 22K gold-plate and real platinum accents, it includes a heart-shaped charm with a loving sentiment and a second golden charm for personalising with a dear granddaughter’s name—**FREE of charge**. It plays the heartfelt melody of “You Are My Sunshine”.

Strictly limited edition.

Money-back guarantee... Respond today!

Order now at \$99.98, payable in two easy, interest-free instalments of \$49.99, plus \$9.99 postage and handling. Your purchase is backed by our unconditional, 120-day money-back guarantee. Send no money now. Don’t risk disappointment—return the coupon or go online today at www.bradford.com.au/gd

For quickest delivery, order online:

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Quoting promotion code: **95564**

01-15396-001P

Actual size approx.10cm long

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PERSONALISE
IT!



The heart charm is
engraved with your
granddaughter's name

My Granddaughter,
I Wish You...
When you're lonely,
I wish you Love
When you're sad,
I wish you Joy
When you're discouraged,
I wish you Hope
When your spirit is low,
I wish you Beauty
When you're troubled,
I wish you Peace

A FREE Poem Card
included!

- ♥ Personalise the heart shaped charm with your granddaughter's name engraved **FREE**
- ♥ Features raised-relief jewellery-inspired “charms” with wishes for your granddaughter
- ♥ Enhanced with 22K gold-plating, real platinum finishes and sparkling faux jewels
- ♥ Plays the melody of “You Are My Sunshine”

THE BRADFORD EXCHANGE

Please Respond By 4th December 2017

☐ **YES!** Please reserve “Nature's Soothing TouchCopper Beaded Bracelet” for me as described in this advertisement. I understand I need pay nothing now.

☐ LARGE (17.8cm) ☐ SMALL (15.2cm)

☐ **YES!** Please reserve the “Granddaughter, I Wish You” Music Box for me as described in this advertisement. I understand I need pay nothing now. I have indicated my chosen name (max. 10 characters) in the field below:

1 name per music box. If you wish to order more than one music box, please contact our Toll Free number opposite:

Name:

Mr/Mrs/Miss/Ms _____ First Name: _____

Surname: _____

Address: _____

_____ Postcode: _____

Email: _____

Phone: _____

Signature: _____

For guaranteed Christmas delivery, order online by Tuesday, 5th December 2017 (regional and New Zealand) or Friday, 8th December 2017 for Australian Eastern Seaboard. If responding by mail, we must receive this coupon by Tuesday, 5th December 2017. Please allow up to 20 business days for delivery. All sales subject to product availability and reservation acceptance. Credit criteria may apply. Our privacy policy is available online at www.bradford.com.au. You must be over 18 years old to apply. 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. ☐

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promotion code: **95564** (music box)
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The Bradford Exchange, Reply Paid 86369
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3. **PHONE:** Toll-Free 1300 725 103
8am-5pm E.S.T Mon – Fri

In today's world let food be thy medicine



by Rhonda Parker

SO OFTEN in our 21st century world food isn't treated simply as a nutritional necessity. Food is often the way we connect with friends or family. Great food is a luxury, as the number of cooking shows and recipe books for sale will attest.

Yet, with easy availability of food (few of us grow what we eat) there is now a significant body of evidence that what we eat contributes to a list of chronic diseases. Rather than the supply of food being necessary for well-being, as it was generations ago, the oversupply of food is a contributor of ill-being.

What do we know about food and brain health? More specifically, is there a link be-

tween poor nutrition and the risk of dementia. Is it possible that good nutrition can reduce the risk of dementia or even help those living with dementia?

I'm pleased to report that there is an emerging body of evidence that the wrong foods can contribute to poor brain health and some foods and nutritional compounds are known to support brain health.

We have known for many years the important role nutrition plays in the brain development of infants and toddlers. We are now seeing evidence that this influence of nutrition on the brain continues into adulthood and older age.

Some types of dementia, most notably vascular dementia which accounts for about 10 per cent of dementia, has close links to lifestyle choices. Poor nutrition through life increases the risk of developing this type of dementia. Recent dementia prevalence studies from Europe have shown that changing diet, increasing exercise, remaining so-

cially connected and fully using the ability of your brain all assist in reducing the risk of developing dementia.

"Let food be thy medicine, and thy medicine be food," said Hippocrates. Can targeted nutritional supplements help the brain cope with abnormal pathology changes such as we see in Alzheimer's Disease?

The most recent research on the role nutrition may play in helping the brain to cope with early Alzheimer's disease was recently published in the *The Lancet*. A European Union funded research study tested the benefit of a nutritional supplement designed to help the brain cope with the abnormal pathology caused in early Alzheimer's disease. While the supplement did not benefit those who had advanced dementia, it did slow the progression of symptoms if taken in the very early stages of the disease. Note that there is no evidence that it had any benefit for any of the other dementias, and that it did not cure

the disease.

Interestingly, those who took the supplement had reduced shrinkage of the hippocampus compared to the placebo group. The hippocampus is a critical part of the brain for memory and one of the areas most impacted by Alzheimer's disease.

While this research is encouraging in itself, it opens up the possibilities for earlier identification of brain changes that may lead to Alzheimer's disease and gives hope that early intervention treatments to slow down the disease pathology and subsequent symptomology may be closer.

Alzheimer's WA does not recommend individual products. However, while this study has its limitations, it seems to show some level of effectiveness and has interesting outcomes in terms of brain changes in people in the very early stage of Alzheimer's disease.

For more information, readers should speak to their healthcare practitioner or call Alzheimer's WA on 1300 66 77 88.

Dance, fashion and music helped shape pioneer teacher's life



Gary Cooper and Evelyn Belford

by Adam Penn

EVELYN Belford (née DeGuise) was a pioneer of the Perth dance scene, taking up dancing as a teenager. She went on to make a big impression as both dancer and teacher.

Born in North Perth in January 1912, Evelyn spent her early years in Boulder, moving to Perth when she was about 10. She did most of her schooling in Victoria Park, taking up dancing through Ethel Philp's School of Dance in her early teens.

Hard work and long hours studying meant Evelyn had careers in dance, fashion and music, learning the art of dressmaking and becoming a qualified seamstress in her late teens. She also completed her qualifications as a music teacher through the WA school system by her early twenties. During this period, Evelyn also worked towards her dance medals and qualifications in dance, studying under Ethel Philp, Mary Shaw, Bob Scudder and Rene Esler.

At 24, on top of a full-time teaching career and working in the fashion industry, Evelyn opened her own school of dance, the Evelyn DeGuise School

of Dancing between Hay Street and St George's Terrace, opposite His Majesty's Theatre.

Assisted by Alan Belford she ran classes mainly in Old Time dancing, as well as incorporating the newly developing ballroom styles. During this period, she was also competing, doing well in both the Ballroom and Old Time styles in local competition and State level championships.

In 1937 Evelyn married Alan Belford, the couple settling in Mount Hawthorn from Belmont. Later that year Evelyn closed her school and became mother to the son Charles (known as Fred) born in early 1938. Alan continued to teach and produced a locally sold theory book on dance, which was originally published in the Western Mail newspaper. It was later published in book form by Paterson's Printing Press and sold for two shillings.

Evelyn continued in her role in the fashion industry, taking on a greater role with the production of Ballroom and Old Time competition dresses created for medallists for studios throughout the metropolitan area.

Sadly the couple's marriage was not to last and in late 1938 Evelyn moved back to Belmont, then to Doubleview, then Belmont again, where she would remain for about 20 years.

After a long break from dance, Evelyn returned to teaching in 1956 for Wrightsons dance studios at Hay Street Perth (Durham House), then at the Murray Street studio, where she remained for about four years before taking on the management of the Midland branch, which she held through the 1960s.

Evelyn is remembered for her wish to teach those who wanted to learn the correct way to dance and realise the beauty of moving around the floor with grace and style.

She both assisted in and was at times instrumental in helping to produce future generations of professionals in the dance industry of dance in WA along with helping develop the vibrant and colourful social scene of dance in Perth through the 60s.

If anyone in the Perth dance scene has historic photos and information for Adam Penn's ongoing dance series, please contact Adam at tophat97@optusnet.com.au or on mobile 0412 361 917.

Masters water polo team claim world title



CLAIMING world titles at a ripe age may be nothing new, but a group of Perth water polo players created history in Hungary recently.

The Perth Cockatoos

men's water polo team won the inaugural 70+ age group crown in a torrid competition at the FINA World Masters Championships in Budapest, capturing gold with a last-second flick-

in goal.

The Cockatoos have several bronze medals to their names in the biennial event in the 65+ age group, but in the 70+ event, sent off an international team stud-

ded with stars from the past.

The Blue Thunder team, which included Olympic and world medallists from days gone by, were favourites and the Cockatoos beat them 8-7 in the opening encounter.

This was followed by victories over Cannstatt (Germany) 6-5, Old Boys (USA) 7-3 and Hamburg (Germany) 7-4. In the semifinals, the Cockatoos beat off Hamburg 4-3 before again facing Blue Thunder in the gold-medal decider.

In a tense match, the Cockatoos finished 6-5 ahead with captain Billy Wallace flicking in a Tom Hoad rebound with less than half a second remaining to avoid the penalty shootout.

Wallace, eight-time Olympian Tom Hoad, Ross Leighton, Harry Neesham, Terry Mulligan, Hans Smit and Gary Payne were all from Western Australia while the rest of the Cockatoos was made up of former New Zealand captain Ian Gunthorpe, Hans Slagter (Victoria), Jon Kirkwood, Mark Persi and Peter Burge-Phillips (NSW) and goalkeeper Phil Weintraub from USA. Colin Beeby (WA) was the team manager.

There were seven masters teams from Perth in Budapest, with the next best, the women's Pink Pointers, claiming silver in the 50-60+ age group.

All masters are back playing the Perth summer competition, which is held at UWA every Tuesday from 7pm.

The next FINA World Championships are being staged in South Korea in 2019 and the Cockatoos are expected to defend their title, after participating in the 2nd Thai Pacific Asian Masters tournament in Bangkok next year.

A life of riverside luxury in aspirational Applecross

Advertorial

FINBAR'S Sabina Apartments development in Applecross will allow residents to enjoy the many benefits of living in this aspirational suburb, best known for its beautiful riverside location and jacaranda tree-lined streets.

Applecross is one of Perth's most desirable and exclusive waterside addresses, boasting multimillion-dollar mansions and palatial family homes, but with a median house price of \$1.5 million it has until now been largely unattainable for the average homebuyer.

Ronald Chan, chief operations officer, Finbar, says Sabina Apartments offers the opportunity to purchase a home at a significant discount to the median price point for a house in the area, and provides a range of living options to suit a number of different buyers.

"This development provides an opportunity for downsizers, families, couples and younger buyers to get a foothold into the apartment market in a postcode that would otherwise be

unobtainable for them, and it offers nearby residents the ability to enhance their lifestyle to premium and diverse housing without having to leave the area."

Featuring 180, one, two and three-bedroom stylish residences in a 29 storey building, Sabina Apartments will include resort-style amenities at a level unseen in any development in Perth to date.

The facilities will include: 25m heated lap pool and poolside cabana; landscaped podium decks; gym; sauna; games area with pool table and table tennis; cinematic and media hub; private dining room with full kitchen facilities; wellness room with massage table to meet health professionals; a studio apartment that can be booked for visiting guests; business lounge furnished with meeting table, work desks, kitchenette and internet access for private business use; acoustically treated music room with piano, music stands and seating for individuals and small groups to practice and play; electric car charging station; car

wash bay; car-share program managed by a third party that allows residents to hire a car located within the basement carpark, and a lobby, managed by a resident concierge and building manager, which houses dry and cool stores for general and grocery deliveries.

Sabina Apartments is located only seven kilometres from Perth City and is close to high frequency public transport, the freeway network, and riverfront pedestrian and cycle paths. It is also conveniently located nearby to attractions including the Raffles Hotel complex and Heathcote cultural reserve as well as schools, riverside reserves, sporting facilities, food outlets, small shops and Garden City Shopping Centre.

Sabina Apartments is scheduled to launch in the New Year with prices start from \$410,000 for a one-bedroom apartment, \$590,000 for a two-bedroom apartment and \$870,000 for a three-bedroom apartment.

For more information or to register your interest go to: www.sabinaapplecross.com.au



Seniors Recreation Council of WA Inc.

Christmas VARIETY CONCERT

presented for your enjoyment by Phil Paddon and Red Dog Music

Wednesday 6 December
12.30pm - 5pm

Morley Sport and Recreation Centre
Corner of Wellington Rd and Mangini St, Morley

Band of Mates

Terry Bennetts - Perth, Evan Platschinda - Victoria and Ginger Cox - Broome talented guitarists and country balladeers

Kingsley Day "Keyboard extraordinaire" accompanied by local drummer Phil Rego

Johanna Hemara Johanna Hemara is a city girl with a love for country music. As such, her vocal versatility and contemporary country music style is unique.

Justin Standley Most popular balladeer 2016 (ICMA), APRA/TSA New Songwriter Award 2015, Toyota Star Maker Finalist 2014, X Factor Finalist 2012

Kate Hindle Kate Hindle is a passionate 20 year old singer/songwriter who hails from Western Australia.

Tickets \$30 each available from Seniors Recreation Council WA

Phone: 9492 9771 (No door sales)

Refreshments at interval included



BAND OF MATES



PHILIP REGO & KINGSEY DAY



JOHANNA HEMARA



JUSTIN STANDLEY



KATE HINDLE

Celebrate International Volunteer Day - Monday 5 December

Volunteering 'til the cows come home at the Royal Show



Veteran volunteer Judy Hebiton

by Frank Smith

JUDY Hebiton has spent most of her life with cattle.

"On my 14th birthday I was sleeping on the veranda of our farm at Clackline. When I woke in the morning a calf was tethered to my bed. That was my birthday present," she said. "It started my interest in cattle."

The calf, named Fawn, lived for about 12 years and had many calves.

In 1956 Judith joined the Junior Farmers and volunteered to help out at the Royal Show.

"We had a show camp every year. We had a tent near gate five and lived in the Junior Farmers hostel in Kimberley Street throughout the show.

"We were given the job of leading sheep and cattle round the arena on judging day and in the grand parade."

Later Judy exhibited commercial cattle at the Royal Show and from 1979 cattle from their Santa Gertrudis stud and won many championships.

From acting as volunteer steward in the Royal Agricultural Society's cattle section she became chief steward for a 25 year stint.

In May this year she was honoured in the WA Volunteer Service Awards for 50 years of work at the Show as a cattle steward, cattle inspector and coordinating Junior Farmers.

But she has not limited her activities to cattle. She also competed in the handicrafts competitions and won prizes for felting and floriculture.

"I won the hanging basket competition one year."

She also judged at the district display and was still active last year when she gave a demonstration of felting using alpaca fibre.

One year she led a parade through Perth to help advertise the show. Her role was to lead a cow, Bridgette, from Langley Park to Council House, where she met with showgirl competitors and Sir Ernest Lee-Steere who was then Lord Mayor of Perth.

On another occasion an exhibitor was leading a champion Angus bull at the grand parade when a group of ruffians demanded the bull's ribbons. When he refused they threatened to return that night and burn down the cattle shed.

"We kept watch all night. The hooligans did not turn up, but at 3am came a downpour. We spent the rest of the night cleaning out the drains."

Her activities have not been limited to the Perth Royal Show.

"I've judged cattle and handicrafts at country shows from Esperance to Northampton," she said. "It is sad that some country shows are no longer held."

In 1989 Judy moved to the city, but her sons still run the farm at Three Springs and she still does the farm bookkeeping and frequently drives there to spend time with her family at the farm.

In between times she is an enthusiastic gardener, growing plants that she sells at swap meets and helping friends.

"I garden for friends who like gardens but don't like gardening," she said.

When *Have a Go News* spoke to her Judy had just returned from a four day Fantasy of Flowers at Mandurah.

In August Judy attended the Royal Agricultural Society president's lunch and was recognized for her more than 50 years of volunteering.

A fresh approach to community care in WA



Chorus' Chief Executive Officer, Dan Minchin (far left) with staff members

CHORUS has arrived. Western Australia's newest community care organisation – the result of the merger of WA based care providers Care Options, Volunteer Task Force and Community First, which have collectively supported the community for 100 years.

The new organisation – which was officially launched on Wednesday 25 October and has the tagline *A fresh approach to community service* – will work creatively and courageously with people in

the community.

Dan Minchin, chief executive officer of Chorus, said the launch event would be an exciting day for the new organisation.

"We are proud to launch Chorus, a name inspired by the idea that a group of people, in our case from three originally separate organisations, could unite and work together in harmony to create something much stronger than the sum of our parts," he said.

"Much has changed in the aged, disability

and mental health sectors in recent years and we are positioning ourselves for success, excellence and accessibility for a greater number of people in need; Chorus is set to become the new face of community services in WA.

"We firmly believe that now we are united, we can be stronger and make a difference as well as provide meaningful, convenient services for people to reconnect with their communities and make a substantial difference to their lives."

The new logo, a symbolic "C", represents different elements of the organisation and the community coming together for a common purpose – a chorus of voices.

"We are thrilled with our new look," says Mr Minchin. "It is strong, vibrant and dynamic. We believe it reflects our vision for a different approach to community service and a new way of working with people, coupled with our promise to be responsive, practical, empowering, and always respectful."

With 22 locations throughout Western Australia, Chorus is a

not-for-profit organisation that supports people later in life, those with a disability and those in mental health recovery, to live the life they choose.

Chorus chair, Dr Moira Watson, says the merger has been an historic event.

"Our new organisation has been formed from a merger of equals to create a bigger, stronger, Western Australian-based operation.

"Our journey to this point has seen us merge with momentum. Culture and history have been central throughout this process and, as we innovate and grow, connecting more communities, we will be different and stronger together."

Chorus provides a range of home and community services, including transport, well-being programs, gardening, home maintenance, social visits and shopping assistance.

Chorus has the largest group of volunteers of any community organisation in its region with more than 700 people committing their time and energy every year. Visit www.chorus.org.au.

Make a difference with Lifeline WA



LIFELINE WA's Telephone Crisis Supporters (TCS) provide support to help people who call their 13 11 14 crisis support service.

The role of a TCS requires a high level of engagement and commitment: listening intently, gently exploring options without attempting to 'fix' someone and at the same time putting aside your own values and judgments.

The nationally accredited training is rigorous and can last more than a year before a crisis supporter picks up the phone

to help someone in crisis. This is to ensure the very best care for those who need it most.

The training is excellent and teaches people how to listen patiently and have unconditional positive regard for the caller, whatever they might be and whatever their situation. The course includes on-line learning, supervised shifts, group supervision and assessments.

Lifeline WA has more than 140 volunteers who generously give their time, skills and compassion to assist their fellow Western Australians in crisis.

On average a telephone crisis support volunteer will answer 240 calls per year, of which about 17 calls will be from someone at imminent risk of suicide.

Being a TCS can be challenging – supporting people through a time of crisis can be emotionally taxing. Yet the reward of making a difference in someone's life is what drives so many of Lifeline WA's telephone crisis supporters to voluntarily contribute their skills, patience, empathy and care.

More volunteers are required; please contact Lifeline on 13 11 14 for details.



By volunteering your time and skills you can help people in crisis. lifelinewa.org.au

Lifeline WA Follow us Lifeline_WA

No one needs to face their problems alone. Help is available. Call 13 11 14 available 24/7.

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

Sir Charles Gairdner Hospital auxillary celebrates 50 years

FORMER and current volunteers are invited to celebrate the 50th anniversary of the Sir Charles Gairdner Hospital auxillary this month.

Over the 50 years the auxillary has raised more than \$6 millions for the hospital to improve conditions for patients.

The celebratory morning tea will be held on Wednesday 22 November from 9am to 11.30am in the Joske room, 8th floor, E Block, Sir Charles Gairdner Hospital.

Please RSVP to Berni Reay 6457 3615 during business hours.



VOLUNTEER today to

- Learn something new
- Maintain and develop skills
- Meet new people
- Gain personal fulfilment
- Follow your passion
- Have fun!



volunteeringwa.org.au



actbelongcommit.org.au



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WHO GAVE UP THEIR TIME TO HELP US STAGE THE 2017 IGA PERTH ROYAL SHOW. WE COULDN'T DO IT WITHOUT YOU.

JOIN US AGAIN NEXT YEAR WITH YOUR FRIENDS.

Register at www.perthroyalshow.com.au

Do you have to listen closely...then, your hearing isn't what it used to be...

If you find yourself reading this article, chances are that you or someone close to you suffers from hearing loss. Hearing loss is an invisible disability that can create frustration between family members, friends and work colleagues because it results in a communication breakdown.

It may surprise you to know that the detrimental effects of hearing loss are often more disturbing to family and friends than they are to the person with hearing loss, because communication is a two-way street.

Here are some tips and tricks from clinical audiologists team Ang, Kathleen, Kathryn, Lydia and Nicole at Attune Hearing WA.

Communication is a two-way street

Don't continue to try to hide your hearing loss. Acknowledge it so that you can inform and educate others on how to best communicate with you. Hearing loss is invisible and if your communication partner is unaware of your hearing loss and the difficulties you face, a communication break-down is inevitable.

Effective communication environment

The most common communication breakdowns happen between family members in their own homes. The good news is that this is the easiest communication environment to manage. It may not be convenient, but it is possible. Don't try to communicate in competition with other sounds. If you want to have a meaningful conversation, turn off the television, radio or

kettle. Don't try to speak to each other from another room, or with your head in the fridge – this generally does not work even for people with normal hearing. If your listener has hearing loss, it is imperative that you speak to each other face-to-face.

Try to determine the source of your difficulty

Practice analysing why you have difficulty hearing a speaker and then make polite, but specific requests. For example, if the speaker has a soft voice try asking them to peak a little bit louder or if they are speaking too fast, to talk a little slower. Identifying the reason for the communication breakdown places the responsibility on the speaker to repair the conversation.

Use effective clarification strategies

Saying "Huh?" or "Pardon?" can create the impression that you are not listening. If you have heard at least part of the conversation, reflect that back to the speaker as this verifies what you have heard and reduces frustration. For example, "I know that you are talking about the new house you are building, but I didn't catch where you said the house is located."

Be prepared

Anticipate difficult listening situations and plan ahead. If you're dining out with friends, for example, suggest going at a time that is not likely to be busy or recommend a restaurant that you know is relatively quiet.

Polish your concentration skills

Pay extra attention to the talker and try to hone your listening

skills. This may be especially difficult for new users of hearing aid, who may have become used to tuning out during conversations. Try to concentrate on the topic of conversation, even if you are missing a few words or phrases.

Listen with your eyes as well as your ears

Watch the speaker's face. Although less than 50 per cent of the English language is visible on the lips, you can still get a great deal of help by picking up visual cues on the speaker's face.

Investigate technology

There are many technological options for people who are experiencing communication breakdowns and you may be eligible for government funding. Today's technology provides better quality hearing than ever. Hearing aids, cochlear implants, and assistive listening devices will help significantly when they are programmed and used appropriately. If you own hearing aids, wear them. Or perhaps it's time for a re-evaluation of your hearing aids' performance to ensure optimal benefit?

Be Proactive

Most people haven't had their hearing checked since they were in primary school! When was the last time you had yours checked?

Attune Hearing has clinics at Alkimos, Joondalup, Mt Lawley, Jandakot and Murdoch. Contact the hearing experts by calling Sharon on 9233 2400.

Make your money last as long as you do

JOIN the independent retirees in Padbury at their next meeting and find out more about making your money last in retirement.

Licensed financial planners Wealthwise Pty Ltd will present a talk entitled Longevity Funding or how to make sure your money lasts as long as you do.

They will demonstrate live modelling of various investment scenarios, taking into account both good times and bad. It really is scary how badly a market downturn can affect self-funded and part-funded retirees and pre-retirees.

There are effective ways to minimise the risks and yet still maintain control of your future. Particu-

lar attention will be paid to coping with erratic markets and choosing investments that pass the 'sleep easy' test.

The Perth northern suburbs branch of the Association of Independent Retirees will hold its November meeting at 9.30am on Thursday 16 November at the Fleur Freame Pavilion at the corner of Marmion Avenue and Forrest Road in Padbury.

All AIR member and any interested guests are welcome and there will be tea or coffee and biscuits provided. Cost \$4 per person including raffle.

For further information please contact John Muller of 9448 2520.

Win a \$200 shopping voucher



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

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

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

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

1. Emprise Mobility
2. Telecommunications Industry Ombudsman
3. The Diamond Club
4. Hetherington Funerals
5. Attune Hearing
6. Aust Holiday Centre / City Centre
7. Geraldton Bus Tours
8. Spirit Australia Cruises
9. Unlock Your Block
10. Patsy Durack
11. Atwell Gallery

Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/11/17.

Final behind-the-scenes tour of the Perth Concert Hall for 2017



PERTH Concert Hall will conduct its final backstage tour of the venue for this year on Friday 15 December.

The tour will include visits to backstage, on stage, into the dressing rooms and behind the organ.

Each session runs for about 30 minutes and the tours will run on the Friday at 9.30am, 10.15am and 11.15am.

Entry is by gold coin donation.

Extensive renovation work is starting at the Concert Hall. Backstage tours will recommence in February 2018 when this is complete.

To book, just email info@perthconcerthall.com.au stating what time you would like to attend.

LIMITED OFFER! Hurry to secure your FREE trial.


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hearing each moment




FREE trial of the latest technology in hearing aids that easily connect to any mobile phone* or TV.

When you like what you hear, we will give you 25% off the cost of your hearing aids, that's buy one get one half price until December 8.

We would love to set up an appointment with you to showcase these new hearing aids and give you a FREE 7 day trial to demonstrate how easily they work. Attune has been the trusted name in medical audiology for over 30 years, working with the medical profession to support good hearing health. Places are limited for the free trial so bookings are essential.






Enjoy the freedom of being able to easily connect with any Bluetooth® phone*, regardless of the brand.



Answer calls with a touch of your hearing aids and use them as a wireless headset to talk hands-free.



Use your hearing aids as wireless TV headphones and experience clear, quality, stereo sound on your TV.

Call your local clinic today and we'll happily schedule you in. We look forward to seeing you soon!

Alkimos	08 9233 2400	Suite 2, 3 Bulwark Avenue
Jandakot	08 6174 5300	Unit 3, 234 Berrigan Drive
Joondalup	08 9233 2400	Unit 3, 19 Boas Avenue

Mt Lawley	08 6278 5500	Suite 2, 689 Beaufort Street
Murdoch	08 6174 5300	Suite 17/18, 1st floor, Wexford Medical Centre, 3 Barry Marshall Parade

In 2014, Attune Hearing Pty Ltd was proud to be the first and only Audiology Company to be accredited nationally against the National Safety and Quality Health Service (NSQHS) Standards. Attune™ is supported and supervised by local Ear, Nose and Throat (ENT) Specialists. *Conditions apply. Offer ends 8 December 2017. With Bluetooth® 4.2 wireless technology and most older Bluetooth phones. Promotion applies to Phonak Audeo B Direct levels 50, 70 and 90. ATT1558



travelling

let's go travelling

NOVEMBER 2017

Stately Homes of England • Fishing for Salmon • Perth 4WD and Adventure Show

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

Should you consider doing an iconic train journey such as The Ghan as a single traveller? The answer is a resounding 'yes', discovers Tiana Templeman. Read more about this train trip on page 25. Pictured above are people boarding the boat to discover Nitmulik Gorge, an excursion included in the fare. Photo Tiana Templeman

PREMIUM ESCORTED TOURS BY KINGS TOURS & TRAVEL

PICK-UP & RETURN **OPERATING SINCE 1986** **ESCORTED FROM PERTH**

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★ Morning tea onboard the Goulburn Explorer ★ Ticket to the Australian Open Tennis ★ Private tour of Noorilim Estate ★ Sightseeing tour of Albury ★ Visit to Albury Botanical Gardens ★ Visit to the Murray Arts Museum Albury ★ 'A' Reserved seating at Opera in the Alps Exclusive Kings Tour of Victoria ★ 3 nights' accommodation at the Pan Pacific Hotel Melbourne ★ 3 nights' accommodation at the 4-star Atura Albury Hotel ★ Includes breakfast daily, 3 lunches and 5 dinners ★ Sightseeing and entry fees as per the itinerary



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INCLUDES HOME PICK-UP & RETURN BY HUGHES, RETURN AIRFARES FROM PERTH & FULLY ESCORTED BY A KINGS TOUR MANAGER, PLUS...
★ Visit Salamanca Markets and the Mona Gallery in Hobart ★ Take a World heritage Luncheon Cruise in Strahan ★ View Russell Falls and the Wall of the Wilderness ★ Ride on the West Coast Wilderness Railway ★ Overnight stay at the Cradle Mountain Lodge ★ Witness the magnificent lake and mountain views in Grindelwald ★ Guided Tour of Woolmers Estate ★ Guided Tour of Port Arthur ★ Premium tour with luxury coach travel & professional driver ★ 12-nights deluxe accommodation with private facilities ★ Breakfast daily, 4 lunches & 9 dinners ★ All sightseeing and entry fees as per the itinerary

13 DAYS
only
\$5,490*
PER PERSON TWIN SHARE



let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian



LAST month Frank Smith wrote about his visit to Charles Darwin's house in England and several readers called us to ask where it was. Frank says that Down House is on Luted Road, Downe, near Orpington, Kent. It is tucked away in a rural area quite close to

London and can be hard to find, especially if you follow the signposts! It is best to contact English Heritage www.english-heritage.org.uk/visit/places/home-of-charles-darwin-down-house/ for detailed directions and if you join English Heritage entrance is free.

★★★★

CNN Travel has put out its list of cities to visit in 2018. Number one on the list is Seville in Spain, which is known for its tapas scene, constant performances of the flamenco and medieval

architecture.

Detroit in the USA came in second with its emergence of new stadiums, hotels, street-cars, parks as well as distilleries and art galleries. After the collapse of the car industry creative people are pouring their efforts into once abandoned neighbourhoods creating a new energy.

The third on the list is much closer to home and is our very own capital Canberra. They say the small city of Canberra is often overlooked but packs a big punch with its national

treasures, boutique areas and gastronomic offerings. In 2018 the Australian War Memorial will host the 100th anniversary of the WWI armistice. I've spoken to quite a few people who have visited Canberra recently who say that it is well worth a visit.

★★★★

A survey from the on-line travel platform Agoda of more than 11,000 Australians found that West Aussies have travelled overseas 1.6 times in the last 12 months. NSW led the pack with 1.8 overseas trips.

The research also found that in general Australians are holidaying more at home with us West Aussies taking 1.7 domestic trips.

★★★★

Speaking of holidaying at home, it's great to hear that the government is putting in plans to make Rottneest more affordable and to encourage families to return to our holiday island.

It really is a unique spot to visit and with more accommodation options coming online at reasonable prices, it will

be good to see the destination high on holiday makers lists.

★★★★

Japan has certainly been one of the more popular overseas destinations over the last few years and it's exciting to hear the WA Tourism Minister is working on re-establishing a direct flight between Perth and Japan. It's the number one place on my bucket list and I hope to be able to visit there next year.

★★★★

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

Our new website is up and running and has lots of great travel information – take a moment to visit it at www.haveagonews.com.au – information is updated daily.

Happy trails

Jennifer Merigan
Travel Editor



Jacaranda Guest House

A short walk to town centre, beach and the Busselton Jetty



MID WEEK SUMMER SPECIAL - 3 Nights for the price of 2

Offer valid Sunday to Thursday until 30/11/17

Conditions apply. Special excludes Christmas & Public Holidays

Centrally located in the town of Busselton, Jacaranda Guest House was the first guest house there in 1961. Nestled amongst English-style gardens with a BBQ and outdoor seating. Free continental breakfast served daily.

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Email: jacarandaguesthouse1@westnet.com.au

Visit Le Marche region and find why it is Italy's new Tuscany

VITA Italian Tours is offering holiday-makers the chance of an insight into Italy's best-kept secret that is bound to leave fellow adventurers green with envy.

The company offers Australians the chance to see the sights and soak in the rich culture of Italy's beautiful Le Marche region in the company of expatriate

tour guides Mario, Viny and their son Gianni.

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The company offers packages including a nine-day tour which starts in Rome before moving on to Pesaro, a seaside Renaissance city that will serve as the group's base. It is also the birth place of composer Gioachino Rossini.

The tour also takes in the lovely Renaissance hill towns and visits Urbino, the birth place of Raphael and home to a magnificent ducal palace that houses several of his masterpieces.

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As an accredited travel agency under Pronto Travel, the company offers all their travellers a total package which could include flights,



Top; A group on tour
Below; Vita Italian Tours'
Mario (middle), Viny
and son Gianni



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ADVERTISING FEATURE



travel options for the mature west australian

Riding the rails solo on one of the world's greatest train journeys...



Camel trekking © Tiana Templeman

by Tiana Templeman

SHOULD you consider doing an iconic train journey such as *The Ghan* as a single traveller? The answer is a resounding 'yes', discovers Tiana Templeman.

TRAVELLING on *The Ghan* takes you deep into the heart of Australia, on a trip that is widely regarded as one of the world's great train journeys. Having the freedom to please yourself during such an iconic travel experience is one of the great joys of doing this trip solo,

with plenty of fun to be had along the way. An overnight train journey is the ideal holiday for singles, with the perfect mix of socialising and quiet contemplation.

The following tips will help you make the most of your time onboard and enjoy this trip to the full.

There is more than one itinerary

Most people are familiar with the journey from Adelaide to Darwin, via Alice Springs, which takes two nights and runs throughout the year. However, from

November to April you can do the same journey in the reverse direction. From May to October, there is also a three-night expedition journey which includes a stop at Coober Pedy and time to visit Uluru. If you don't want to do the full trip (or if money is tight), it is possible to travel on *The Ghan* for just one night, either from Darwin to Alice Springs or Alice Springs to Adelaide.

Allow time to explore Adelaide and Darwin

It is worth adding a couple of days onto

your holiday to explore these two destinations before and after your journey on *The Ghan*. Spend a few nights at the Hilton Darwin and go on a sunset sailing trip, check out the Australian Aviation Heritage Centre or explore Litchfield National Park on a day trip with AAT Kings. In Adelaide, you can take a trip to one of South Australia's wine regions or explore the many galleries which make this city great.

Choosing your cabin

The *Ghan* helps single travellers say goodbye (and good riddance) to the dreaded single supplement with single Gold Class sleeper cabins. This compact accommodation features a bed that converts to a seat by day and modern shower/toilet facilities at the end of each carriage with excellent water pressure and brand name toiletries. If you don't like going backwards on trains, request a cabin facing the direction of travel when you book.

Pack smart

Cabins on *The Ghan* are compact and the trip isn't that long. You will be more comfort-

able if you check your suitcase and bring a day bag or carry-on for the journey. If you are staying at a central hotel in either Darwin or Adelaide, you can request a complimentary pick up from your accommodation to the train. Your checked luggage is tagged before you get on the bus, with bags made available for collection at your final destination.

How to have fun onboard

One of the great joys of this trip is socialising with other travellers in the lounge (bar) car. The atmosphere is cosy and convivial rather than boozy, the chairs are comfy and the scenery is superb. Alcoholic and non-alcoholic beverages are included in the fare, so there is no need to worry about your holiday budget if you fancy a coffee or a glass of wine. Passengers on *The Ghan* tend to be well-travelled and excellent company, with plenty of interesting tales to tell. Even if you don't fancy a drink, it's a lovely spot to read, relax and watch the scenery roll by or chat with like-minded fellow travellers.

Dining tips

As there isn't enough room for everyone to eat in the restaurant at the same time, your cabin attendant will tell you what time your lunch and dinner bookings are each day. These can be early or quite late, such as 2.15pm for lunch, so if you have a preference make sure you get in early with your request. Breakfast is free seating anytime before 10am.

See the sights

Excursions are included in the cost of your fare and include everything from bus

tours to nature hikes and a cruise up Nitmiluk Gorge at Katherine. Some truly amazing excursions are also available at an add on cost, such as camel riding in Alice Springs and a helicopter trip over the gorge at Katherine. You don't book excursions until you get onboard so if you are thinking of upgrading to the helicopter tour, for example, there is time to check the weather before you reach for your wallet.

The writer travelled as a guest of Great Southern Rail.

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ADVERTISING FEATURE



travel options for the mature west australian

In search of the polar bear's kingdom and a lost story from Australian history



Left to right; Veteran Swedish polar researcher, Olle Melander, acts as tour guide for visitors to the Walter Wellman historic site on Spitsbergen
- A mother polar bear and first season cub - Walrus diving for clams

by Roderick Eime

WE cautiously exit the Zodiac on the pebbly beach. Ten at a time, we land on the beach, our guides already well ahead of us, scouting for sightings of the world's largest terrestrial carnivore.

Three hundred and twenty kilometres north of the tip of Norway is the island of Spitsbergen, one of just a hand-

ful of the remaining polar bear hotspots in the world. With a world population of this majestic mammal possibly as low as 20,000, there is a real urgency among adventure travellers to see this creature in its native habitat. With climate change and poaching, some biologists suggest children being born today will not have this special privilege.

Clutching loaded

rifles, our guides are 100 metres ahead of us making sure we don't surprise any unseen or sleeping beasts.

Regulations require guides to carry loaded rifles and flare guns, but in over a decade of operation, Aurora's expedition staff have only ever fired two warning shots; a testament to good planning, careful observation and prompt action.

"If we sight a bear while we're on land, our first call is to get everyone back on the Zodiac while the guides monitor the animal," says Sue Werner, deputy expedition leader (EL) and daughter of Aurora co-founder, Margaret Werner, "if a curious animal approaches within 200 metres or so we fire a flare with a loud bang, but of course we never land if a bear is sighted beforehand."

At 78 degrees N, we are firmly in the realm of the mighty polar bear, and our expedition, Aurora's circumnavigation of Spitsbergen, is an outstanding success with almost twenty sightings, including three mother bears and cubs feeding on the last morsels of a whale carcass.

The wildlife catalogue extends to Arctic fox, walrus, reindeer, seals and a myriad of seabirds wheeling and squealing overhead. On one occasion, we entertain several thousand tiny guillemots gathered around us with whistles. It's hilarious when the entire throng whistles back on cue. Humpback, minke,

fin and even blue whales are regularly sighted in these frigid waters.

During the closing stages of the 19th and beginning of the 20th centuries, explorers took balloons, airships and aircraft to Spitsbergen to take advantage of the high latitude to launch expeditions to the North Pole. Byrd, Amundsen and Nobile were among them; the first definite arrival at the North Pole was made in 1926 by the airship Norge after it left the scientific outpost of Ny-Ålesund, the world's most northerly permanent settlement.

There is a little known Australian connection with Spitsbergen too. In 1928, the Adelaide-born adventurer, Captain George Hubert Wilkins, and US pilot, Lt. Ben Eielson, completed the first ever trans-polar flight. After taking off from Barrow, Alaska, 20 hours and 3700 km later, the pair landed their single-engine Lockheed Vega amid a fierce snowstorm near Green Harbour (Grøn fjorden) to the west of Longyearbyen. For this feat and his previous work, he was knighted and known

thereafter as Sir Hubert Wilkins. Later that year, Wilkins and Eielson went south to conduct the first flights over the Antarctic.

Spitsbergen (translated from Dutch for sharp peaks) is the largest island in the Svalbard archipelago, 1800 kilometres north across the Barents Sea from Norway. At the dizzying latitude of 80° Svalbard, by rights, should be encased in ice, but the warm Gulf Stream currents create an unusually temperate climate and summer air temperatures as high as 10°C are possible.

The landscape is bleak and rocky and characterised by vast glaciers, but embellished here and there with patches of rich green, thanks to bird droppings beneath the towering cliffs. Foxes scamper about feeding on the many chicks that topple from the crowded ledges. Bears also occasionally wander in when slippery bearded or ringed seals are scarce on the ice.

Our vessel, the 1750 ton 71m Polar Pioneer, may be at the smaller end of the world's growing expedition fleet, but

she's a tough little customer. Although not an icebreaker in the strictest sense, she's sliced through light sheet ice beyond 81 degrees and bumped small bergs aside with ease. Built in Finland for Russia in 1982, she's comfortable, capable and an ideal vessel for the task.

There are numerous ship operators venturing into this far north wildlife wonderland, but few as well equipped and capable as Aurora's Polar Pioneer. Unlike some Antarctic oceans, the icy seas are not usually rough, so a vessel like this can capitalise on its small footprint and access every nook and cranny around the coast, slicing through thin ice when required. Larger ships impose higher demands on the patience of passengers and the environment and seldom offer such enriching enhancements as sea kayaking, extended hikes, camping or even scuba diving under the ice.

Yet Spitsbergen is by no means the end or the beginning of Arctic adventure possibilities. Iceland and Greenland also offer scope to extend your northern experience with exciting volcanic action and Inuit encounters.

By the time we return to Longyearbyen for the busy turnaround day, we have ticked off all but a couple of species of rare whales as well as almost 20 polar bear sightings, some as close as 100m.

The terms 'life changing' and 'experiential' are all too often tossed about to describe mediocre vacations. The entrancing polar regions are where these type of voyages began and Spitsbergen is at the heart of it. I'd do it all again in a heartbeat.

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ADVERTISING FEATURE

travel options for the mature west australian



Clamber aboard as the Australind train service goes platinum

ON 24 November, 1947 the Australind made its first passenger train journey from Perth to Bunbury. It has continued to provide transport between the south west and Perth for the past 70 years.

During this time, the Australind has seen several changes as advances in technology provided faster and more comfortable travel. Although the service has been modernised, many people still remember fondly the 'old' Australind with its hostesses, its ticket collectors and the distinctive blue and white buffet cars.

The South West Rail and Heritage Centre, situated in Turner

Street in Boyanup is holding a celebratory event to acknowledge the Australind and its years of service. Entitled The Australind Goes Platinum, the event will take place on Sunday, 26 November from 10am to 2pm.

To reignite old memories and to inform younger ones, there will be displays showing the Australind train in all of its iterations, the various railway stations along the line along with contributed stories from those who have travelled in the Australind both in days long gone and more recently.

This will be complemented by

an art competition with entries from schools along the route and a photographic competition for seniors depicting the towns and countryside along the Australind train's route.

There will be models of the new and the old Australind train and, subject to Rail Heritage WA's accreditation, it is hoped that an original Australind buffet car will be on display.

With generous sponsorship provided by the Shire of Capel, Meadowbrooke Lifestyle Estate, Transwa and Rail Heritage WA, this event promises to offer a snapshot of the life and times of

the Australind train service.

With recent announcements indicating that the service is set for significant improvements, the Australind will continue its work ferrying people between the south west and the metropolitan area for many more years.

For more information on the Australind Goes Platinum or any of the features of this event, please call Norm Chappe on 0459 712 552, email swrhc@rail-heritagewa.org.au or follow the South West Rail and Heritage Centre on Facebook: www.facebook.com/SouthWestRailandHeritageCentre/

Cherries, gnomes and country music



Fences of Australia - a pictorial history of Australia's fences



JACK Bradshaw is a retired forester from the south west who worked for the Department of Conservation and Land Management.

He has travelled extensively in Australia with his wife Sue over a number of years and has had a particular interest in photographing rural fencing and exploring its history.

Jack has written the book *Fences of Australia* featuring 90 full colour photographs from around the country and he brings his decades long experience as a

forester to this pictorial history.

Starting with Aboriginal fish traps and ending with the virtual fences of the future, the book examines the transition from shepherding to fencing, the types of fences that were built, their relationship to the materials available and to the social conditions and industrial developments of the time.

It also covers the reasons for and the epic task of building the longest fences in the world, the Rabbit Proof Fence in WA and the Dingo Fence in south eastern Australia.

Published by Fremantle Press and released on 1 December, this book is the perfect size gift for Christmas. RRP \$24.99 at all good bookstores.

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To be in the draw to win a copy of *Fences of Australia* simply email win@haveagonews.com.au or send an envelope to *Fences Book - 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 30/11/17.

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YOU may be wondering what these three things have in common. They are all part of Aussie Redback Tours two-day tour in December. The Manjimup Cherry Festival / Gnomesville tour departs on Saturday the 9 December and returns on the 10 December. The tour is a wonderful way to get away before the crazy Christmas season begins.

"This is a very popular tour, and last year we were fully booked," says owner, Sharon Kersting.

"On this tour we have such an interesting time pondering over stalls, visiting exhibits, tasting cherries, and enjoying the good old country charm of Manjimup.

"We stay in Bridgetown for the night and enjoy a delicious dinner and breakfast, then visit the famous Harvey Dickson Music Centre in Boyup Brook on Sunday morning. What a fascinating place!

"Memorabilia surrounds you in every direction and it's hard to steal yourself away.

"Our last stop before heading back to Perth is the ever-growing and ever-popular Gnomesville.

"Gnomes can be seen everywhere and it's so much fun to stop and read the little plaques and signs left with the gnomes by people from everywhere.

"The tour includes

something to tantalise all your five senses and it really is value-for-money," said Sharon.

For more information on the above or any other tours, phone Sharon or Renata at Aussie Redback Tours on 1300 662 026, email them at aussieredbacktours@yahoo.com.au, or visit their website - www.aussieredbacktours.com.au.

See advertisement on this page for more 2017 tours, including a two-day Manjimup Cherry Festival and Gnomesville Tour, a Christmas Lunch Mystery tour, and a trip to Tasmania in March.

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The Cloisters - one of the few remaining convict built buildings in the city



The Cloisters is located at 200 St Georges Terrace

MANY Perth residents believe the city has virtually no heritage buildings left; most of them having been demolished in the last quarter of the 20th century. It is a belief which is patently untrue.

The Cloisters, located at 200, St Georges Terrace, on the intersection of Mill Street is often overlooked, but it is one of only a few remaining convict-built buildings in the city. It has had many purposes in its nearly 160-years, but it was originally built as the first secondary school in Western Australia.

Construction was instigated by Bishop Hale, who believed in the need for a secondary school for the sons of the settlers, to ensure the future well-being of the colony. He so believed in his project, he provided a personal donation and along with a grant from the Society for Promoting Christian Knowledge, The Cloisters was built in 1858.

Another gem of the architect and Superintendent of Public Works, Richard Roach Jewell, the design of The Cloisters was derived from many different landmark buildings in the UK including; St James

Palace, the most senior royal palace, Hampton Court, also a royal palace located in the borough of Richmond on the Thames, parts of Eton College near Windsor and Fulham Palace, the historic residence of the Bishop of London for over twelve centuries.

The overall design concept was to tie the structure to the history of the British monarchy (the head of the Church which Hale served), while signifying the power and authority of Britain under which the colony was founded.

Born in 1811 in Gloucestershire UK, Hale travelled to WA on the ship Guyon in 1856. He returned to England a year later where he was consecrated as the first Bishop of Perth in a ceremony in the Lambeth Palace Chapel, a private chapel of the Archbishop of Canterbury since the early 13th century. In 1858 he returned to WA on the convict ship Nile.

It was not a good journey with records indicating threats of mutiny. It motivated Bishop Hale to question prison officials in England who had, against stated criteria for transportation selection, sent 'vicious'

men to the Colony.

Possibly motivated by the harrowing journey, or simply his inherited attitude to community service, Hale went on to leave a positive and lasting influence on the colony.

The Cloisters opened as the Perth Church of England Collegiate School, June 1858. Perth's newspaper from 1855 to 1901 - *The Inquirer and Commercial News* reported: "The Bishop's School, Perth, was opened on Monday, when there was an attendance of about 23 scholars, a very good commencement. The community are really much indebted to the Bishop for the pains that he has taken and for the perseverance with which he has surmounted the many obstacles consequent upon the establishment of an educational institution so much required as that which has been now formed under his auspices".

Matthew Hale was the Bishop of Perth until 1875 when he departed Perth to become the Bishop of Brisbane. He eventually returned to England and died in 1895, aged 84.

In celebration of the schools 150th year, a statue of Bishop Hale was commissioned by the Old Haleians' Association and installed outside the front door of The Cloisters. You can see it as you drive or walk past.

After Bishop Hale had left Perth the building underwent remodelling in 1879/80 and continued as a school until 1914.

Once the school closed, The Cloisters was used for many other purposes. Between 1942-45 it was a WAAF barracks, it then became a Dutch club, followed by a home for nurses. From 1958 until the mid-1960s, The Cloisters was used as a boarding and guest house and hostel for the University of WA.

In 1966/67, plans to demolish the building and redevelop the site were mooted by the Anglican Church. Thankfully a public campaign generated support for retention of the building, as well as a rather spooky looking Port Jackson Fig tree which was planted in 1887.

Together with the Barracks archway, the retention of The Cloisters was important in raising community awareness of the historic building stock of Perth and the need for public action to ensure the conservation

of heritage buildings in the city.

If you want to find out more about Perth's oldest buildings, then the last event in the Heritage Perth 2017 Walk and Talk Series is for you. The now retired Richard Offen will take you on a walk to get a new perspective on Perth's oldest buildings. The walks are on 15 and 22 November at 11am and 1pm each day. This is a free Heritage Perth event, but bookings are required.

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Frank Smith's top five stately homes of England a must to visit



Clockwise from left; Hever Castle, Kent - Blenheim Palace's formal garden - Newstead Abbey's big hall and riding hall - Bolsover Castle - Chatsworth

by Frank Smith

YOU can hardly avoid visiting a stately home on a holiday in Britain. There are so many, so luxurious and so tourist attracting, so it is no surprise that we called on five during our recent trip to the old country.

Hever Castle in Kent has been well protected for 700 years by a double moat, drawbridges and portcullis. It was the childhood home of Anne Boleyn, Henry VIII's ill-fated second wife. Last century it was bought by the wealthy Astor family, who restored and extended it and furnished it with fine antiques, tapestries and Tudor paintings.

Just north of Oxford lies Blenheim Palace, the only palace in Britain not owned by the royal family. This baroque house was built by the Duke of Marlborough following his victories over the French in the War of the Spanish Succession. It is also the birthplace of Winston Churchill. A tour guide provided an exceptionally interesting tour of the public rooms. The formal and informal gardens, laid out by Capability Brown are outstanding. Apparently, emus and kangaroos were residents (on the grounds) in the 1930s but no one seems to know how they came to be there or why they disappeared, but war-time meat rationing may have had something to do with it.

Newstead Abbey, in Nottinghamshire, was the home of Lord Byron, the 19th century romantic poet who had celebrity-like devotion in the

UK as well as hero status in Greece where he helped the fight for independence. Newstead was formerly an Augustinian priory, converted to a domestic home following the dissolution of the monasteries.

The Byron collection includes objects and furniture which belonged to the poet, letters he wrote, his manuscripts and family portraits as well as his magnificent giltwood bed and the desk at which he wrote much of his poetry

An unusual feature of the grounds is the Japanese garden was laid out in 1899 by a Japanese horticulturist. This garden is intended to reproduce in miniature the main features of a Japanese landscape. Small stone bridges cross tiny streams and stepping stones lead to

little islands.

Today's Bolsover Castle, a folly, was built in the 17th century on the ruins of a medieval castle by Sir Charles Cavendish. The castle is a romantic ruin with stone removed for building elsewhere in the town. However, there is a good walk on the ramparts which have great views over the plains below. The little castle, which was an (expensive) whimsy of Cavendish, is in good repair today thanks to English Heritage.

A highlight is the indoor riding hall – one

of the first and finest in England. Cavendish was a master horseman and wrote several books on the art of manège, a form of dressage used in warfare. He had several Andalusian horses, which we were told were the Maseratti of the horse world, in the day.

Cavendish likened the training of a manège horse, to taking your lover's hand and gently guiding her forwards.

Visitors can watch a demonstration of manège. The horses have a bitless bridle and perform marvellous horsey acrobatics on

spoken commands or gentle touches with a whip.

Later we visited Chatsworth, the home of the Dukes of Devonshire and more familiar to most people as the setting for *Pride and Prejudice*. Alas, no Mr Darcy but a huge marquee was being erected to cater for the Pride and Prejudice ball the following day. We did a

tour of the house which was crowded with folk admiring the exhibition of historical to present day costumes. This detracted somewhat from our enjoyment of the stately building and its contents.

The landscape was marvellous, designed yet again by Capability Brown. The Derwent River was straightened to provide reflecting

pools and a distant village moved as it impacted negatively on his landscape conception. Now that's vision – and access to lots of money.

Most stately homes are now owned by charities whose object is preservation of the building and contents. It is worth joining English Heritage for free access to those that are not owned in this way.

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DAY 1 & 2 ✈ IFM / B / D
PERTH TO AUCKLAND

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DAY 3 B / D
AUCKLAND TO BAY OF ISLANDS

Depart Auckland and travel to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Enjoy a visit and informative talk at the Kauri Museum in Matakohu, then travel via Whangarei to Paihia, situated in the heart of the beautiful Bay of Islands. Enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British. **Hotel:** Scenic Hotel Bay of Islands for 2 nights

DAY 4 B
BAY OF ISLANDS

Today is a free day. Choose from the many optional activities available, including the Cape Reinga coach trip via Ninety Mile Beach or a spectacular scenic flight. This evening is also free and you may like to enjoy a relaxing dinner cruise (optional*).

DAY 5 B / D
BAY OF ISLANDS TO AUCKLAND

This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins before returning to Paihia. Travel south via Whangarei to Auckland's north shore, where you will see stunning views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf. **Hotel:** Spencer on Byron for 1 night

DAY 6 B / L
AUCKLAND TO ROTORUA

This morning enjoy a city sights tour of Auckland before travelling to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored

vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook and travel through magnificent countryside of rolling hills and green pastures famous for dairying. Continue to Rotorua to visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout. **Hotel:** Sudima Hotel Lake Rotorua for 2 nights

DAY 7 B / D
ROTORUA

Today begins with a Gondola ride and breakfast at Skyline Rotorua. Next stop is at the Agrodome for an action packed hour of farming entertainment and education. Enjoy some free time before travelling to Te Puia to see the boiling mud pools and Geysers that Rotorua is famous for. This evening experience an entertaining Maori Hanga and Concert.

DAY 8 B / D
ROTORUA TO WELLINGTON

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and then continue south to the capital city of Wellington. **Hotel:** James Cook Hotel Grand Chancellor for 2 nights

DAY 9 B
WELLINGTON

A highlight this morning will be time to explore Te Papa, New Zealand's National Museum. Enjoy free time at leisure this afternoon and evening.

DAY 10 B / D
WELLINGTON TO BLenheim

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Pictou. Travel to Blenheim, the heart of wine-growing Marlborough. This afternoon a fascinating guided tour of the Omaka Aviation Heritage Centre

will transport you from WWI to WWII featuring an extensive collection of aircraft belonging to Sir Peter Jackson. **Hotel:** Scenic Hotel Marlborough or Chateau Marlborough for 1 night

DAY 11 B / D
BLenheim TO CHRISTCHURCH

Today's travel takes you through the alpine village of St Arnaud, the enchanting beech Maruia Forest and the Lewis Pass. Continue south to the Garden City of Christchurch for an informative city tour. **Hotel:** Quality Hotel Elms for 1 night

DAY 12 B / D
CHRISTCHURCH – ARTHURS PASS – FRANZ JOSEF

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 Franz Josef. **Hotel:** Scenic Hotel Franz Josef Glacier for 1 night

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DAY 13 B
FRANZ JOSEF TO QUEENSTOWN

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.

Hotel: Mercure Queenstown Resort - Lakeview Rooms for 2 nights

DAY 14 B / D
QUEENSTOWN - FREE DAY

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 B / D
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. As evening falls enjoy a delicious carvery buffet prepared freshly by the on-board chef. Cruise: Milford Mariner for 1 night

DAY 16 B / D
MILFORD SOUND TO TE ANAU

Start the day with a hearty breakfast before heading back out to the Tasman Sea (weather permitting) to explore more of the fjord. This afternoon enjoy a cruise across Lake Te Anau to visit the Glow Worm Caves.

Hotel: Distinction Luxmore for 1 night

DAY 17 B / D
TE ANAU TO DUNEDIN

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

Hotel: Scenic Hotel Dunedin City for 2 nights

DAY 18 B / D
DUNEDIN

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. You might choose to board The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail (optional*).

DAY 19 B / D
DUNEDIN TO CHRISTCHURCH

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 for 1 night

DAY 20 B / IFM ✈
CHRISTCHURCH TO PERTH

Time to say goodbye. You will be transferred to the airport for your flight home after a memorable New Zealand holiday. On arrival in Perth your driver will be waiting to take you home.

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Chatham dockyards – historic home of the Royal navy



Chatham Dockyard, left to right; Demonstration of rope making the 19th century way – a Victorian sloop HMS Gannet

by Frank Smith

CHATHAM dockyard, which has been the main base of the Royal Navy since the 17th century has been converted into a museum. It claims to be the world's most complete dockyard of the age of sail.

When we visited a temporary exhibition featured one of the navy's most spectacular defeats during the second Anglo-Dutch war of 1665-1667.

Dutch admirals de Ruyter and Cornelis de Witt undertook a dar-

ing raid on the English base at Chatham. Sailing up the Thames and the Medway, they stormed the fortress at Sheerness, cut the chain designed to prevent ships entering the Medway, destroyed fifteen ships, and captured the English flagship, *Royal Charles*, which was taken back to Holland as a trophy.

King Charles II had run out of money to pay his sailors, so the English fleet was only lightly defended.

The dockyard include three dry docks where English warships have

been built for hundreds of years up to 1962, including Nelson's Victory. The docks now hold a World War II destroyer *HMS Cavalier*, a Victorian sloop *HMS Gannet* and a cold war period submarine *HMS Ocelot*, the last warship to be built at Chatham. All vessels are open to visitors showing what life was like for sailors on those boats.

There is also machinery for shaping armour plate and for making sails, masts and rigging.

The ropewalk and associated buildings are fine examples of Victorian industrial architecture.

We saw a demonstration of rope making the 19th century way with the aid of a shrewish lady dressed in the period costume complaining about the poor pay for female ropemakers and

the hard conditions in the 400 metre long ropewalk.

Ships of the line in Nelson's time required several miles of rope of all types to control their rigging and operate the anchors.

The ropewalk is still in operation making custom ropes for many applications using traditional methods and some more modern machinery. Rope was supplied to sailing ships including *Gannet*, *Cutty Sark* and *Victory* in Britain and the Australian barque *Endeavour* and is continued for maritime and land-based uses.

Also at Chatham dockyard is the UK's largest collection of historic lifeboats, which together have saved hundreds of lives off the coasts of the United Kingdom and Republic of Ireland.

From an 1897 pulling

and sailing lifeboat, to the modern inflatable inshore vessels, visitors can explore how lifeboats have changed over the last century through interactive displays, archive film and audio clips.

The Age of Sail galleries explain how ships, including *HMS Victory*, were designed and built.

Command of the Oceans gallery reveals the full dockyard story. It shows how Chatham Dockyard and its people helped lead Britain to worldwide influence. It features two internationally significant maritime archaeological discoveries – the timbers of the *Namur* (1756). Over 10 per cent of the frame of this 90-gun ship was discovered beneath five layers of floor of the wheelwrights shop in 1995. And more than 100 other well preserved objects were recovered from the 1758 wreck of the *Invincible*, third rate ship of the line.

They help bring to life what it was like to live, work and fight on board a ship of war during age of sail.

You can find out how sailors' measured a ship's speed, how food was prepared and served, how the guns were loaded and fired.

You don't have to be a war or militaria tragic to enjoy and learn from the historic dockyard museum. It was a visit that far exceeded our expectations.

Transportation: exploring the legacy of Australia's last convicts



CONSTRUCTED by convicts between 1852 and 1859, and still remarkably intact, Fremantle Prison, Western Australia's only World Heritage listed building (Australian Convict Sites) provides one of the most authentic glimpses into convict life in Australia.

In commemoration of the 150th anniversary of the arrival of the *Hougoumont*, the last convict ship to arrive in Australia, Fremantle Prison's new exhibition *Transportation* will examine the movement of convicts from England to Australia in the 18th and 19th centuries.

Transportation presents the stories of men, women and children forcibly sent to convict sites around Australia, exploring the social tragedy of the convict system as a whole as well as individual stories of personal achievement.

Exhibiting convict material from the Battye Library, Western Australian Museum and the Prison's own collection, *Transportation* demonstrates the impact forced migration had on individual transportees and their families, and on the shaping of modern Australian society. The exhibition displays key historic artefacts such as the 1881 ticket of leave of *Hougoumont* convict William Bartlett, on display to the public for the first time.

Transportation opens on 10 January 2018 and will be on show at the Fremantle Prison Gallery until March 2019.

Struth – lucky omen coin tossing not so lucky

by David Ellis

An older Chinese passenger who threw a handful of coins towards the engine of a jet she was about to board in China in the belief it would bring her flight good luck, has instead

brought bad luck to her dozens of fellow passengers, as well as the airline that owned the plane – and herself.

Because after other passengers told crew they saw the 76-year-old toss the coins towards the engine as she walked across the tarmac at Anqing in eastern China one evening a few weeks ago, the plane's operators grounded the flight. Passengers were taken off and put into hotels for the night, and a team of engineers and mechanics spent several hours searching the engine to recover a single coin, and to find others scattered over a wide area on the ground below it.

The delayed passengers were finally flown to their destination of Kunming in south-western China the next morning.

And the name of the airline involved? Would you believe it was Lucky Air...

Bizarrely it was the second time this year that a flight in China had been delayed because of coins being thrown into an aircraft's engine.

In June an 80-year-old Chinese woman tossed nine small coins into an engine of a China Southern Airlines plane at Shanghai's Pudong International Airport.

The coins totalled the equivalent of just AUD\$0.32cents, but to move passengers to other flights, re-schedule services and crews, and search the affected aircraft's engine cost China Southern 1-million Chinese Yuan, or around the equivalent of AUD\$193,000.

The coin-tossers involved in both events have been questioned by police, but no action has been taken against either of them because of their ages, and their deep religious beliefs that they were bringing luck to their journeys.

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Start your adventure with the Perth 4WD and Adventure show



Perth 4WD and Adventure Show has lots to see and do - The Engel Aquatank Fishing Show

PERTH 4WD and Adventure Show has added an extra 3000sqm of display space to the show layout for this year, meaning there's even more to see.

The 4WD and Adventure Shows are famous for being the place to go for all the latest gear; camper trailers, caravans, new model SUVs and 4WDs, camping gear, 4WD accessories, fishing gear and so much more. Plus it's fun for the family with lots to see and do.

Show director Peter Woods said the 4WD and Adventure Show focusses on finding everything you need for your outdoor adventure, all in

the one place.

"The Show is designed so that you can spend the day checking out all the new products and grabbing yourself a bargain; but at the same time there's a huge variety of entertainment to keep you busy," he said.

"The Show offers visitors an experience like to no other. The latest release products are all right there to check out, plus you can speak to the experts about your needs.

"In 2016, we have more offroad caravans and camper trailers than ever before, as well as new 4WDs from all the major brands, the latest 4WD accessories, excit-

ing new camping accessories and other gear for outdoors."

"Whether you love fishing, camping, 4WD-ing or all of the above, there's something for everyone," said Peter.

The Engel Bush Camp Stage will host a line-up of special guests, who will all be at the show to tell their stories of adventure in the Aussie outback.

Always a crowd favourite, they welcome back Jason Andrews from All 4 Adventure.

Jason Andrews is one-half of the dynamic duo of modern-day adventurers who take on rugged expeditions into some of the remotest

corners and wildest frontiers of Australia in their television show *All 4 Adventure*.

Using 4WDs, ATVs and boats, the boys venture deep into uncharted areas and face all sorts of logistical challenges, relying on their ingenuity, experience and a good measure of humour to reach their destination.

In other big news also returning is John Roothy, or Roothy.

Roothy is the most recognised face of 4WD-ing in Australia. With almost a million kilometres under his belt, Roothy has driven to the far reaches of the country. From south west WA to Tasmania; Roothy's seen

it all – along with his beloved iconic 45 Series LandCruiser – Milo.

Catch up with Roothy at the Engel Bush Camp Stage.

Peter Woods said he was also extremely excited to bring West Aussie Bob Cooper to the Show this year.

"Bob Cooper is well known for his survival skills, and his extensive knowledge of snakes," Peter Said.

"Bob has honed his survival skills by learning from many traditional cultures, both in Australia and overseas. He is passionate about the outdoors and discovering whatever he can in the wilderness; throughout

his life he has developed survival skills that he now passes on through his courses.

"Bob has so much knowledge to share, and we are very pleased that he will be a special guest at the 2016," Peter said.

The Engel Bush Camp stage will have other guest presenters throughout the weekend, as well as information and new product reviews, camp oven cooking demos and more.

It wouldn't be a 4WD and Adventure Show without some adventure and the show definitely has that covered.

Team D Max is 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 4WD test track at the Show is used to demonstrate new vehicles. Show visitors can watch them take on the track, or they can experience the ride themselves (with a demonstration driver).

The 4WD Show has three main stage areas, all with a full schedule of presenters, interviews, information and entertainment.

The Engel Aquatank Fishing Show will have fishing demos, advice on fishing and the latest on the best fishing spots in WA.

Tickets are \$18 adults, \$14 concession, \$9 children and \$40 for families. More information can be found at www.4wdshow.com.au

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Perth 4WD and Adventure Show
let's gotravelling

Good things come in small packages... including tear drop caravans

by Lee Tate

FACING their lives' biggest road adventure, taking them across 14,000 kilometres of Australia, Theo and Lorelei Woods chose to think small.

Octogenarian Theo and wife Lorelei opted for a retro tear-drop design caravan with a living space of just 12 ft 6in (van people still talk old measurements).

To spend half a year living in a confined space

goes against the grain of modern times when big is better, including caravans, mobile homes, camper trailers and even tents.

Confronted by powerful weather, headwinds, long distances and monster road trains, the couple nevertheless weighed it all up: travel and camp comforts of a conventional caravan versus fuel savings, smaller pollution footprint, ease of towing and cheaper prices for

tear-drop shaped caravan and car.

Their caravan, with its quaint shape and wind-swept lines has been turning heads along our north-west roads and in caravan parks since.

There are only a few tear-drop vans on Australian roads although tear-drops kick-started the world's caravanning craze in the Roaring 20s and they are popular in the US and cost-conscious Europe with its

shorter distances and narrow country roads.

"It's gone beautifully," says Theo, looking fresh after motoring out of Derby following the long leg from Darwin.

"We thought about what van to buy for a long while. I did have a battered van years ago, but we went to a caravan show in Brisbane and looked at all the different designs.

"We saw this one and it's German; beautifully-made as you can see. It's got a lounge that converts to a king-size bed. There's a sink and a 47-litre fridge. We have plenty of storage under the seats."

Theo, a retired Anglican priest and teacher who operates as a locum priest in Queensland, had an extra water tank fitted under the van, converted cupboards to drawers and had the electrics improved for better charging batteries and fridges.

They brought along fold-out solar panels that come in handy when free-camping.

The lightweight van is easily towed with a Honda CRV 2.2 diesel.

Lorelei says there's room inside to prepare and cook, stretch out on the lounge and stay out of any bad weather. In addition they have an annex that duplicates the space of the van with room to cook, barbecue, sit, read, operate their computers and play scrabble.

There's no TV, but Lo-

relei is happiest stitching and sewing quilts, mostly for family and friends.

"We thought about TV but it would mean attaching an antenna to the van and we're travelling light so we just haven't bothered," says Theo.

The couple is practical about tackling some of the world's greatest road distance, going into gorges, crossing rivers and driving through dust, storms and against powerful desert-driven winds.

"We don't take the rough or corrugated, unsealed roads unless it is necessary and we just take our time," says Theo who has endured the dust stirred-up by gung-ho-drivers tearing across the landscape and probably causing much damage to their vans and cars.

The Brisbane couple took a float-plane over the Ord River and the irrigation scheme and Lake Argyle before touring the Argyle diamond mine.

They cruised through Derby where they watched 'your famous sunsets and gigantic tides' and loved visiting a pearl farm.

Lorelei and Theo say their travels in their tear-drop home have taken them to exotic places: mining towns amid red dust, into and over incredible gorges, places with unique wildflowers and remote towns.

They like to visit mines and ports and see WA's development



Above; The Woods

(2): Small things come in small packages.

and progress.

"Here in Western Australia is the engine room of Australian prosperity," says Theo.

Lorelei says she enjoys the differences between WA and the east.

"We travelled from Brisbane to Melbourne and there are towns all along the way. But here you can drive for hundreds of kilometres without seeing a town."

"The red-red earth, the

vastness, the mountain escarpments, the distances. It's unlike anywhere else," she says.

On the long, open roads of rugged Australia, among the mighty road trains, the little snail shell-shaped van is holding its own. It's served as a home and a haven.

After 14,000 kilometres, the tear-drop will be parked at its Queensland home for a rest well-earned rest.

Samson - a tough character to fish



Sambos are tough customers

by Mike Roennfeldt

WHILE often much maligned for what has been seen as its poor eating quality, our powerful Samson fish is always challenging to catch and capable of putting on a fight that tests both tackle and angler.

This streamlined, muscle bound fish usually hangs

out in reefy country and around structures. It is known to grow to around 50kg, although I once saw one at the Abrolhos that must have weighed at least 20kg more than that.

Most times Samsons are accidentally caught by anglers chasing other more glamorous bottom species such as snapper or dhufish. So power driven is the fight that it usually doesn't take experienced anglers more than a few seconds to correctly call a hooked fish for a Sambo.

They don't have any serious teeth and normally just swallow their prey whole. At least a couple of times I've been fishing for skippy and have had hooked fish of around a kilo in weight swallowed by a Samson during the fight. On both occasions the Samson swam around for ten minutes or so while I just hung onto the little spin rod hoping for the best, and each time the Samson coughed up the fish and I was able to wind in a skippy that was by now a bit the worse for wear.

The accidental nature of most Samson catches turned around a few years ago when big spawning aggregations of the fish were discovered in deep water behind Rottnest. Jigging for these great fish with heavy metal jigs became an almost overnight craze. Many a fisho, fishing with a locked drag for the first time, had a taste of what it feels like to be brought to their knees by the brute force of a freshly hooked Samson.

It was a catch and release fishery that lost some of its gloss when the shark population behind Rotto woke up to what was happening and moved in for an easy feed of hooked fish.

Successful boats like Shikari continued to do well by finding other, smaller aggregations of Sambos that hadn't yet been discovered by the sharks.

Samsons are still about in reasonable numbers off the metro coast and are still keeping anglers honest. And as for their bad rep for eating quality, that largely came about as a result of some fish being infected by a tiny parasite that, while harmless to humans, turns the flesh to an unattractive mushy texture when cooked. It's something we don't seem to hear much of these days and I've eaten Samsons on numerous occasions.

The best way to cook them, I've found, is to fry thin fillets in batter. Done that way, Samsons are every bit as good as some of our more highly prized fish-and-chip species.

Tell a little white lie if you have to, because you won't get any complaints when they try it.

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Maureen Corrigan has travelled the world with her mobility scooter

VOLCANOES and glaciers of Iceland don't exactly scream 'accessible'. So the sight of a woman zipping along the famous boardwalks on a portable mobility scooter might come as a surprise.

But it won't for much longer. Australians like Maureen Corrigan, a former health professional with multiple sclerosis (MS), are exploring the world with renewed vigour. And it's thanks in

The new grey nomad - how travel scooters are unleashing unexpected Aussie globe-trotters

part due to a push in the personal mobility industry towards hyper-portable products. She's owned her Luggie scooter for more than seven years.

"The scooter lets me go where I want, when I want. It's perfect for that. There's none of this waiting around for someone else to push me," Ms Corrigan told us with characteristic firmness.

Self-sufficiency has always appealed to travellers, whether they are backpackers living on the fly, web-designers working off Starbucks Wi-Fi, or grey nomads loading up their campervans against any and all contingencies.

Mobility-challenged people are no different. The travel scooter enables a nomadic lifestyle for those that sometimes

need an extra pair of legs. It's just one more item in the proverbial rucksack.

Since retiring, Maureen has been to Japan, Western Europe, China, Vietnam and even the Arctic circle - all with the aid of her travel scooter.

"It can be little things like when you're at the airport. It's the difference between sitting there in your wheelchair facing a wall, waiting for your attendant to remember you exist, versus relaxing with a coffee that you went and found yourself.

"The big things matter too. I've seen a lot of beautiful things," Ms Corrigan said.

Would be globe-trotters with dodgy knees, arthritis, or even more serious conditions like MS no longer have to endure struggling

around airports, train stations or museums. They can just do it themselves instead, in comfort. Scooters can transform an on-rails, carefully curated trip into something more free-wheeling (pun intended), autonomous and adventurous.

There are a range of options on the market - both mobility scooters and powerchairs - built specifically with travel in mind.

Some weigh in at less than 22 kilos, are airline and cruise-liner compliant, and can be folded for ease of transportation.

Managing director of national retailer Scooters Australia, Peter Fraser said that portable travel scooters had transformed his business.

"The Luggie scooter is now our top-selling model

by far. People always think of mobility scooters as big, clunky beasts hogging up the footpath. But it isn't like that anymore. These new models are compact, minimalist and yes, even trendy," said Mr Fraser.

As cashed up baby-boomers hit retirement, expect to see more portable mobility scooters zooming up the hills. Where there's a path, there's a way.

Essential survival blanket now available...



AUSTRALIA'S leading survival expert and best-selling author Bob Cooper has released the latest in his trilogy of survival products - the HELP Survival Blanket.

Bob was inspired to create the unique HELP Survival Blanket, after many years of being asked his professional opinion on how people lost in the bush could have best-signalled their need for HELP.

The only known product of its type in the world to clearly display the word "HELP", emblazoned in black across a bright yellow background, the pocket-sized blanket is designed to signal that emergency assistance is required right NOW!

"I have designed this HELP blanket as a real

survival tool that is light and small enough to be carried in any mode of travel on land, sea or air," said Bob. "It satisfies three of the priorities for survival in any climate or condition - warmth, shelter and a distress signal all in one. It can also be used for first aid as it is strong enough to be used as a stretcher."

The blanket has been designed for and tested in Australian outback conditions. Made of high quality Mylar plastic, the HELP blanket is ultra-light, measures 2m X 1.3m, is windproof, waterproof and reflects back 90 per cent of body heat. It also displays a range of survival information including: Bob's ABC of survival, advice on water consumption, direction finding using the sun, stars and moon, first aid use of the blanket in the case of shock or hypothermia and how the blanket's silver backing can be used as a daytime sun reflector and as a light reflector at night to attract attention.

Designed to overcome language barriers the blanket features easy-to-follow diagrams of how

it can be utilised to create warmth and shelter; signal distress on land or water; and used for first-aid. For travellers who may not be aware, Australian Emergency contact numbers are listed.

"This is the all-purpose emergency product that everyone should carry,"

Bob said.

The HELP Blanket completes Bob's trilogy of survival products that include an outback emergency survival kit and a snake-bite kit. The blanket retails for \$19.99 and is available in the "Shop" section at www.bobcoopersurvival.com

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Pam & Pete, Volunteers

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SUMMER HOLIDAYS

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The happy town of Waroona welcomes visitors to its annual Sea to Art Exhibition



Left; Mooriel ready for the opening of the Sea to ART Exhibition (Left to right) Christine Farrell of Bouvard (Visitor Centre volunteer) who created the fascinator, Irene Dew and Jan Bebbington both of Preston Beach. Right; The 9 x 5 artworks to raise funds for St John Ambulance

invited to donate mini artworks in red, black and white which are sold to raise important funds for St John Ambulance, Waroona Sub-Centre.

If you have visited Waroona recently you may have met Mooriel.

Mooriel is the much loved cow who has become the town's fashionista and dresses to celebrate various events in the town.

To celebrate the opening of the Sea to Art Exhibition this month Mooriel was dressed in a designer outfit by Jan Burne which was knitted in red, black and white with rows in a wide variety of yarn and styles and with a gorgeous fascinator made by Christine Farrell.

The fascinator features black pond mesh and cable ties paying tribute to the Heartfelt Project

2016 when more than 1000 crocheted mandalas were sewn onto pond mesh and installed on trees all through the fire affected areas around Waroona and Yarloop.

The use of wool for Mooriel's outfit ties in with Yarn Bomb Waroona where knitters meet street art and knitted items decorate the town. This street art exhibition will continue throughout December and January.

There's so much to do and see, all are welcome to come and enjoy some country hospitality in this lovely town.

For more information visit Waroona Visitor Centre at 37 South West Highway, it is open from 9.30am – 3.30pm daily.

Call 9733 1506 for information or email torcentre@waroona.wa.gov.au

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NOVEMBER is the perfect month to visit the thriving town of Waroona.

Just over an hour's drive south of Perth, Waroona has lots to celebrate with the 10th anniversary of its annual Sea to Art Exhibition.

This exhibition, which runs all month, provides an opportunity for art lovers to view and purchase from a wide range of media and styles including paintings, sculptures, pottery, fine woodwork, glass, mixed media and textiles.

More than 110 artworks from 30 artists are on display.

This year artists and craftspeople were also

Young talents fly high at Lunar Circus Summer School

YOUNG circus, gymnastic and dance trainees are encouraged to take part in a two-week program that caters from tiny toddlers all the way to teen and adult performers.

All the action happens at The Lunar Circus Summer School program in January 2018, on a private site in Karidale near Margaret River.

Developing their skills in acrobatics, hand-balancing, aerial arts, and object manipulations, this is an opportunity to connect and train with the best circus professionals from all over the world.

Participants can choose to camp on site with their families, enjoying all day training in unlimited programs, along with all meals and great family evening entertainment. They can also stay elsewhere and come to the site daily, choosing to sign up for their favourite classes.

Classes are separated into skill groups for younger kids and teens, so beginners can be sure of plenty of support, and more experienced acrobats will get personal attention to advance their skills.

For the little ones there are one-hour fun introductory circus classes for the five to eight age group, including one-hour introductory aerial classes. There are even toddler classes. These classes are all one-week programs.

There is a one off flying trapeze class. Anyone can book into a class and enjoy an hour and a half master class of exhilarating fun and terror; an amazing experience for a group of friends, a family or a work group.

And if you just want to sit back and enjoy three days of awe-inspiring entertainment come along to the Western Australian Circus Festival on Friday 26, Saturday 27 and Sunday 28 January.

Have an adventure this January that you will never ever forget.

Tickets for the festival are on sale at ticketek.com.au. For further details on the Summer School training, go to www.lunarcircus.com or call 0474 965 333.



Left to right; Awe-inspiring entertainment this summer - Angeliq and Casey

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PUZZLES

SUDOKU

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

Rating: ★ ★ ☆ ☆ ☆

					6	5		1
	7				2			3
			9	1	3		4	7
4				3		7		8
	3			8			6	
8		5		9				4
7	2		4	6	9			
9			3				7	
6		8	1					

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CROSSWORD

1				2		3		4		5			6
7						8							
9			10			11							
15					16		17						18
21													
23													

ACROSS

- 1. Kingston native
- 5. Slimming regime
- 7. Electrical wire
- 8. Engaged women
- 9. Burglar deterrents
- 12. Kimono-clad hostesses
- 15. Parliamentary sitting
- 19. Gaped open
- 21. Enmity (3,5)
- 22. Objective
- 23. Ransack
- 24. Dreariness

DOWN

- 1. Wild African canine
- 2. Snake, death ...
- 3. Informal eateries
- 4. Subtle difference
- 5. Deceptive traps
- 6. Mixes (salad)
- 10. Mimics
- 11. Minute
- 12. Assassin, hired ...
- 13. Novel thought
- 14. Chopped down
- 15. Icon
- 16. Iced dessert
- 17. English university
- 18. Minors' mature minds
- 19. Sing alpine-style
- 20. Vehicle, station ...

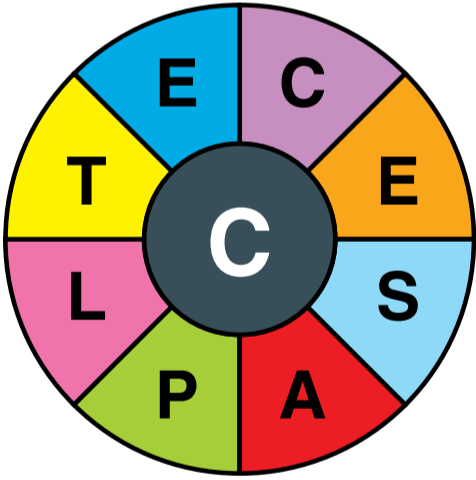
#308 November edition PUZZLES
Solutions appear on page 16

ALPHABET SOUP

Use up all the letters in the alphabet soup. Fill in the spaces and find a total of ten flowers. Each letter must be used once only.

_E_ONI_
_AI_Y
HE_LOC_
_ON__IL
O___ID
LA
_I_LE_
_I_NIA
__L_
S__ET_EA

Wheel Words



Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

12 Good 19 Very Good 25+ Excellent



Stylish villas and apartments now selling.

Be part of a friendly, welcoming community at an RSL Care WA retirement village in the sought-after suburb of Menora, just minutes from public transport, shopping centres and the Perth CBD.

Menora Gardens

Choose from a variety of apartments and single-level three bedroom, two bathroom villas at Menora Gardens. You'll enjoy exclusive access to a range of modern facilities within the village, including a restaurant and bar, newly renovated indoor heated pool, spa and deck area, gymnasium, library, lounge, activity areas and beautifully landscaped gardens. Prices start from \$645,000.

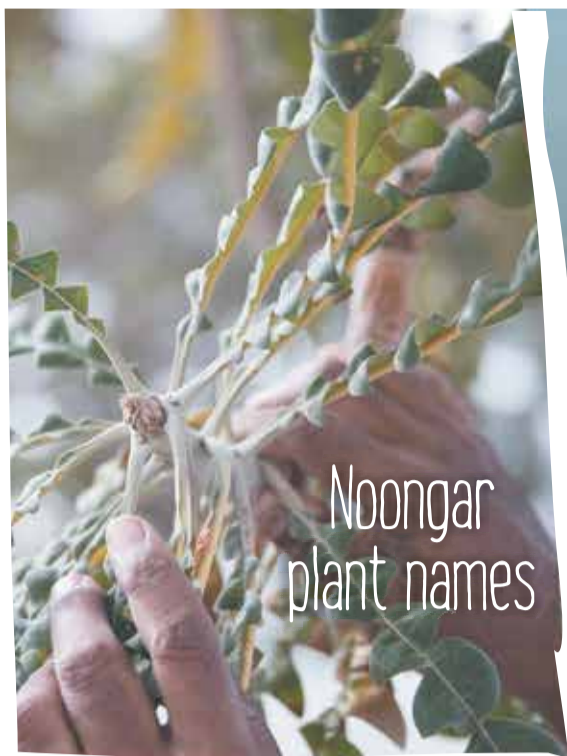
Pearson Village

At Pearson Village, you can select from two fully refurbished single-level two bedroom, one bathroom villas, featuring an open-plan kitchen, living and dining area, courtyard and a carport. Plus, you'll have full access to all the facilities across the road at Menora Gardens. Prices start from only \$320,000.

Don't miss out. Call Kaye Ireland, Village Manager, on 9370 0296 to book an inspection today.

RSL care

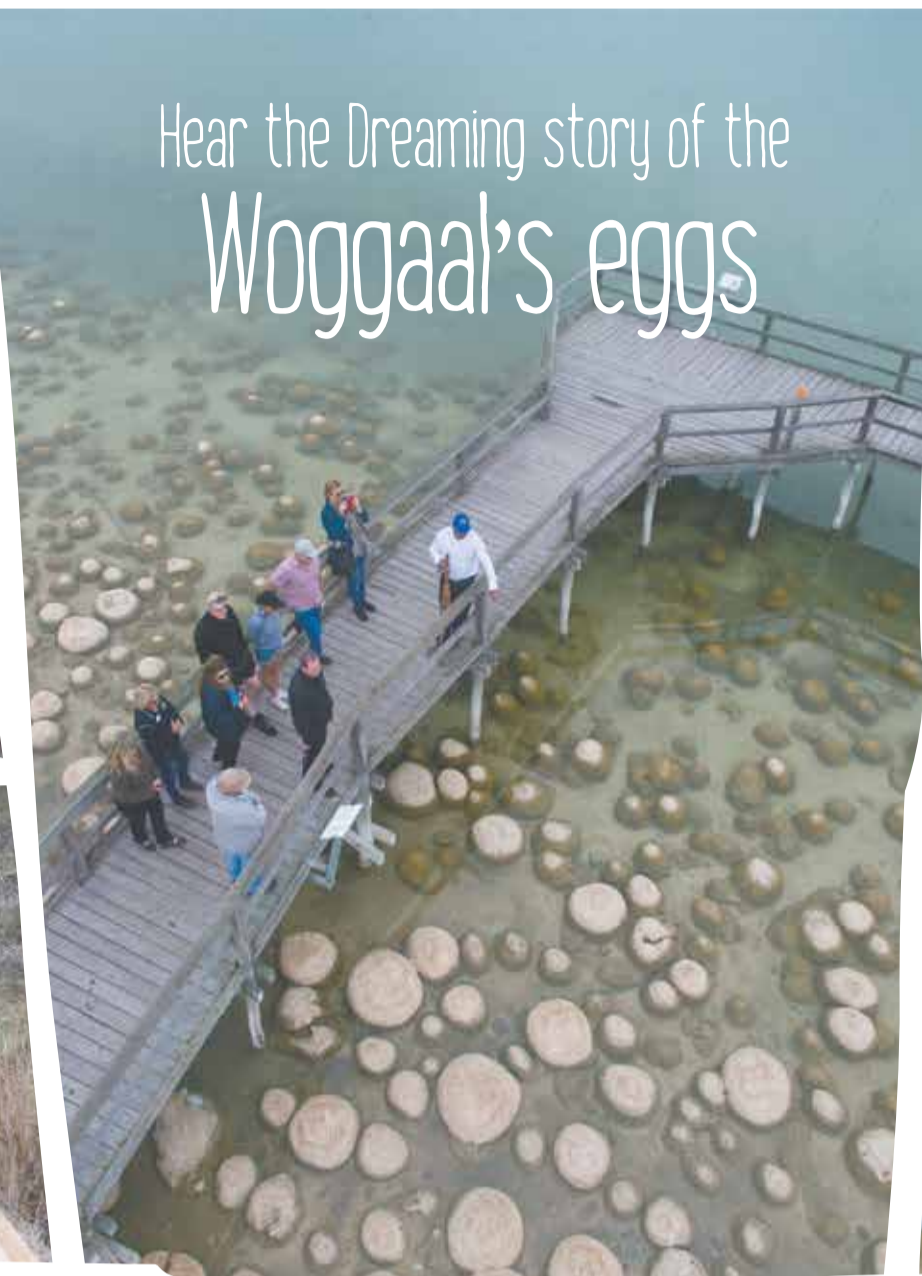
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Downsizing

ADVERTISING FEATURE

Older Margaret River couple build their own house



Left to right; Swabodhi and PB in their new home - Built in 18 months, Swabodhi and PB's home cost \$1000/m2

by Frank Smith

AN OLDER Margaret River Couple have recently completed construction of their new house. And they did much of the work themselves

Swabodhi and PB (their preferred names) came to Margaret River 20 years ago, but as the town expanded they found they were increasingly surrounded by suburbia. So their bought a semi-rural block and set out to design and build a new house.

They designed the floor plan themselves, and persuaded a friend to make the formal drawings. They chose to build a wooden framed house with recycled timber doors and windows and straw bale walls rendered inside and out.

"Building a straw bale house is labour intensive, but only needs low level skills," said PB.

They employed a builder to lay the slab, a carpenter to erect the wooden frame and roof and a brickie to build a brick backing for the slow-burning wood stove and to provide thermal mass. The rest they

completed themselves.

After completing the timber frame and roof they were able to work under the roof in all weathers.

"We built the shed first with a shower and kitchen. While we worked on the house we showered before we went home," said PB. "Lime is harsh on the hands. We also used the shed to store straw.

They bought 350 rye straw bales from a grower at Wannerup.

"We chose light bales that we could lift easily. Less dense bales provide better insulation value. If the strings are too tight they are less effective as the strings squash out air pockets," he said.

They rendered the walls first with two layers of clay, followed by a lime wash, using metal reinforcing only at the corners. Chopped straw was added to the lime to improve its strength.

They dug the clay from a pit on the site, creating a pond.

"We did all the straw and rendering ourselves," said Swabodhi. "There are a few cracks inside because the straw and render

expand at different rates. The walls are too fragile for a family with children but that's not a problem for us."

Building took them 18 months, but they finally moved in two years ago. This is their second winter.

Since then the hottest it has been inside the house is 25°C and the coldest 18°C.

The design has verandas all round except for the north face, set at a height designed to let in winter sun but keep it out in summer.

"We designed our home to have low running costs and to be comfortable to live in with no additional cooling in summer and minimal heating in winter," she said.

"We have a small oil filled electric radiator which we seldom need to use and a small slow burning wood stove that we have only lit twice," said PB.

Floors consists of 8mm jarrah veneer glued to the concrete slab taken from paddock fallen trees and a marmoleum floor covering in wet areas.

They estimate the final cost of the 190m2 house, including veranda at around \$1000/m2.

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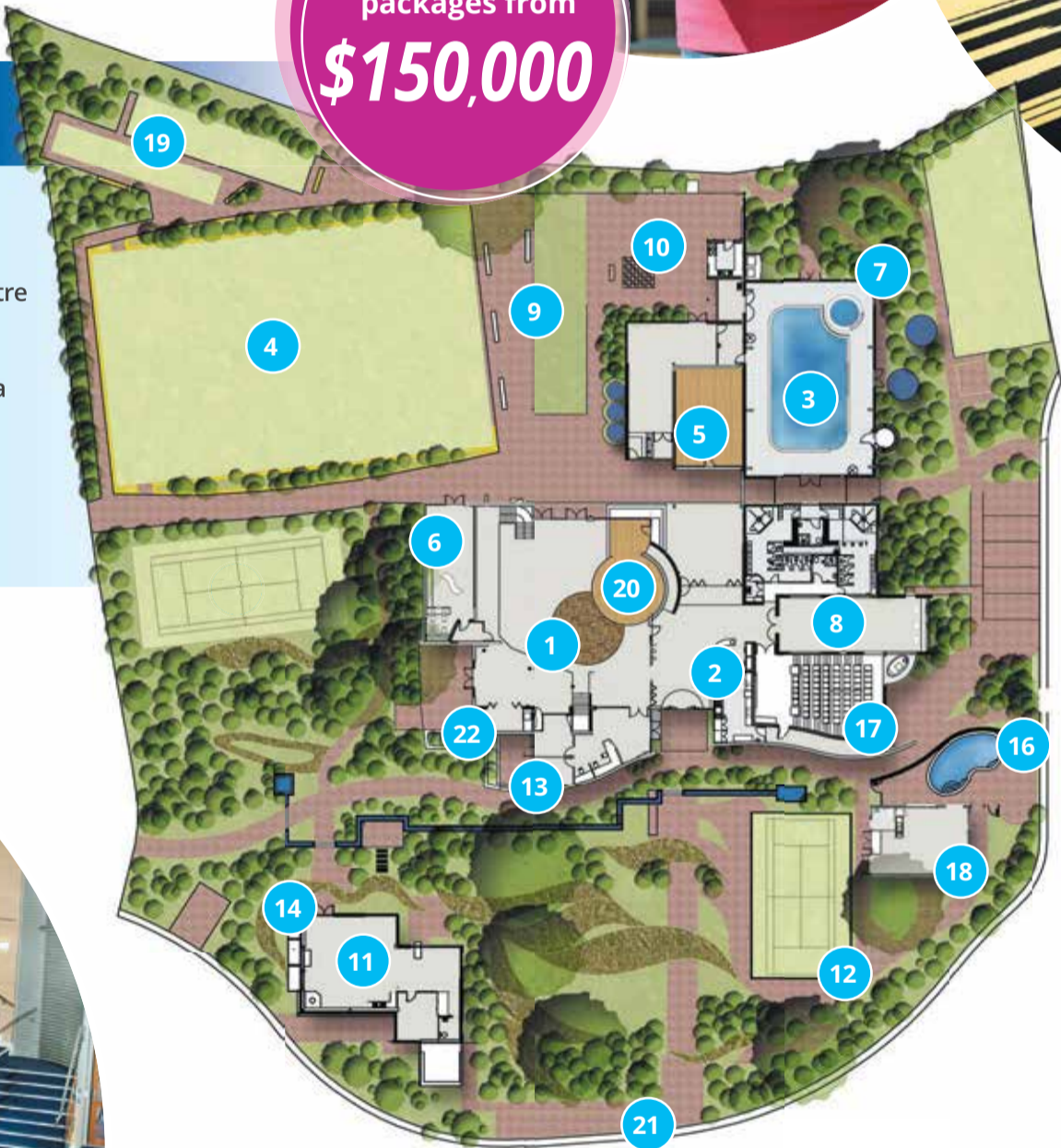
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| 3. Indoor Pool | 14. Exhibition Centre |
| 4. Bowling Green | 15. Tennis Court |
| 5. Squash Court | 16. Outdoor Pool |
| 6. Library | 17. 75 Seat Cinema |
| 7. Spa | 18. Family Center |
| 8. Snooker Room | 19. Putt Putt |
| 9. BBQ's | 20. Stage |
| 10. Café / Pizza Oven | 21. Bus Pick Up |
| 11. Art House | 22. Internet Kiosk |



Amazing Location

Situated only metres away from the spectacular Peel Inlet, Bridgewater delivers residents a unique lifestyle choice. With everything you need on your doorstep, the Village is across the road from the Erskine Central Shopping Centre, medical centre, specialty outlets and Coles.

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Uniquely designed to meet the needs of the Lifestyle Generation, Bridgewater was created for people that are too fit or healthy for a traditional retirement village. Bridgewater provides a socially, financially, and environmentally sustainable lifestyle choice for early or pre retirees that want the chance to free up the capital in the family home without compromising quality of life, privacy and to improve financial and personal security.

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are made
for life

Affordable 1,2 and 3 Bedroom homes from \$150,000 to \$349,000

Bridgewater features a range of architecturally designed homes, all built to be practical and low-maintenance with an emphasis on environmental sustainability.

All homes are engineer certified and exceed the Australian Building code and incorporate passive solar orientation, built-in wardrobes, storage sheds, water tanks and solar terraces.

Bridgewater is the proud winner of the National Banksia Environmental Award.



"I've made so many friends and there's so many activities. There's not enough time in the day to do them all."

Resort style facilities

Surrounded by beautiful and mature Tuart and Marri trees, Bridgewater is also home to a wide choice of lifestyle facilities and activities that are sure to leave you spoilt for choice. Whether its soaking up the atmosphere in the indoor pool, spa and sauna, or embracing your creativity in the cinema or arts centre, Bridgewater features an unbridled sense of community spirit, fun and adventure.



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Downsizing

ADVERTISING FEATURE



An influx of new residents make the move to Boyanup's Meadowbrooke



New homeowners Peter and Christine Gates and Lloyd and Frankie Merritt

MEADOWBROOKE Lifestyle Estate in Boyanup welcomed extra residents in October as the ambitious project continues to take shape; becoming one of the most unique over 55s developments in Western Australia.

Despite a sluggish real estate market, more than 25 per cent of Stage 1A has been sold since last December and, according to general manager, Michelle Elson, demand for the product is strong.

"Our first residents moved in in April, then more in June and now in October; they'll really become our pseudo-sales force," she said.

"People can get a picture of what Meadowbrooke will become just by seeing the development and its assets, but we believe that permanent Meadowbrookers' will be able to best communicate the many benefits of actually living here and visitors will get a real sense of the community," she said.

Mrs Elson, who has lived in the

south west for 17 years and for the past seven years in Boyanup, believes the project is not just good for new residents, but good for the Boyanup community as a whole.

"Upon completion, there will be 181 new homes and around 300 new people. This will really help invigorate the local economy and services in town. Already we have had a chemist and medical facilities set-up in anticipation of the growth, and the local businesses are obviously very excited about its potential," said Mrs Elson.

The development aims to be an integral part of the historical farming town. Among the many features there is a bowling green that that developers' hope will help persuade players to also join the local club. There is a dedicated walkway – the River Ramble – that follows the Preston River, which both existing Boyanup locals and new residents will be encouraged to use.

Mrs Elson is not new to change, as a former operations manager she was pivotal in seeing the Bunbury Regional Entertainment Centre undergo a huge expansion via the state government Royalties For Regions program. It won the coveted National APACA award for Australian Performing Arts Centre of the Year for 2016/17.

"We have a vision that sees the project add great value to Boyanup, both in infrastructure and economic contributions," Mrs Elson said.

"We have created new jobs for locals in both the development phase and in ongoing employment since our first residents moved in earlier this year. The proof is right before our eyes. There's no place like Meadowbrooke."

For more information about Meadowbrooke call 9731 5522, email info@meadowbrooke.com.au or visit the website at www.meadowbrooke.com.au

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RANGE VIEW

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Join us for the official Clubhouse Opening Day on Sunday, 12 November from 11am to 3pm by the Lord Mayor.

Come meet the staff, socialise with residents, tour the village and enjoy a complimentary lunch.

RSVP via Ph 9355 3400 or E: admin@villagesolutions.com.au for catering.

All visitors, family and friends welcome.

Home open weekly Monday to Friday 10am to 1pm or telephone Bob 0400 998 837

A small village in an ideal city location



Resident Verna Kingsbury enjoying time with a friend

FREE yourself from the big family home and garden and find yourself in a smaller idyllic residence with an excellent location at Leederville Gardens Estate.

Leederville Gardens is a uniquely located, peaceful and private village for those over 55 years of age that offers a carefree lifestyle at an affordable price.

The village offers many options for people as they take this key step into community living, blending the stunning, tranquil surrounds of the adjacent reserve and Lake Monger with the vibrancy of the beautiful suburb of Leederville, whilst being minutes from the Perth CBD.

Throughout its 20-year history, Leederville Gardens has provided the perfect location, an active lifestyle, security, quality, comfort, companionship and a not too big, not too small village that is run by professional and caring staff. These are the elements most desired by residents. Leederville Gardens staff pride themselves in ensuring that residents are treated with respect and

continue to be independent with lifestyle choices.

At Leederville Gardens, they believe they provide the best in all of these areas. They encourage people to call and make a time to visit with their family. The kettle is always on.

"In 1993, I needed to move from a large house and a villa in Leederville Gardens Retirement Estate looked perfect," said resident Verna Kingsbury.

"It is a small village in an ideal location close to shopping and recreational facilities and minutes from the CBD by car, bus or train. I arrived when the village was new and people were moving in. It was apparent that the social life was going to be busy and each year it seems to be getting better. The lively social committee are always looking for ways to include everybody.

"Units here are on

completely flat ground, there are no steps or walking hazards. We can choose to do as much gardening as we like or none at all. I have gardens in the backyard and out the front door. Shopping has always been easy with the Mezz and IGA nearby.

"How do I feel about living here? It's one of the best decisions I've ever made, perfect location, the right size, easy shopping and I'm able to do what I want to do with every aspect of my life," said Ms Kingsbury.

Village Open Day – 19 November 10am to 1.30pm

Come along to the open forum 'Unravelling the Complexities of Retirement Living Contracts'. Questions are welcome to clarify information.

Also enjoy village tours and a barbecue lunch. Please rsvp for catering requirements on 9355 3400 or email admin@villagesolutions.com.au

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- Affordable inner city living 2km from Perth CBD, adjacency to parklands and Lake Monger.
- Peaceful and private village for those over 55 years of age.
- Offers a carefree lifestyle with an array of social and recreational activities.
- Newly refurbished villas and apartments (with lift) now available.

Come along to Village Open Day, 19 November from 10am to 1.30pm
Live Q&A forum with industry expert "Unravelling Complexities of Retirement Living Contracts"
Meet the staff, socialise with residents, village tours and complimentary lunch

PLEASE CONTACT SIGRID ADAMS
Phone: 0408 610 602 | 9335 3400 | Email: sigrid@villagesolutions.com.au
Home Open Wednesdays & Saturdays from 1.30pm to 2.30pm
Leederville Gardens Estate - 37 Britannia Road, Leederville (The kettle is always on!)


Village Solutions
AUSTRALIA

Downsizing

ADVERTISING FEATURE



It's time to think about Christmas decorating



Left; Choose a fresh colour palette and simple decorations to complement your home this Christmas
Right; Zofia St James

by Zofia St James

I HOPE you have been enjoying what spring has offered us so far.

For those of you who have had moved house I do hope that you have settled in and that my ideas and suggestions have assisted you in some way.

For those of you refreshing the look of your existing home, I hope that your home has taken on some new style and order and is bringing you a renewed sense of enjoyment.

The jacaranda's are out in all their glory and thus begins in earnest what is my very favourite time of the year. I love November. The year now picks up pace and we start to cast our minds upon Christmas.

So Christmas, and yes, I do know its only November, but I love this time of

year. I do understand for a lot of people it becomes a season that is overwhelming.

I am hoping that this month I can offer some ideas to make it simpler for you by firstly encouraging you to embrace the season and welcome it into your home.

I know most of us have a tree, or some Christmas decorations that we have collected over the years, but sometimes it's good to start afresh and keep it simple.

It does not matter if the tree is small or even is a table centre piece. Even if you have the room to accommodate a larger tree, decorate it simply and choose a theme that will carry through to a table setting.

Firstly pick a fresh colour palette in green, gold

or white. Choose simple decorations that complement the interior scheme of your home.

My Christmas tree, much to my children's chagrin, is something of a different interpretation. I have a large frame (from Bunnings that covers a climbing potted plant, which resembles the Eiffel Tower) that I have covered in fairy lights. On being plugged in and switched on it becomes an instant Christmas tree.

On the table I have a large bunch of twisted willow branches in a beautiful large George Jenson vase that I decorate for Christmas, Easter and Christmas in July.

During the year the branches are bare and remain as a centre piece. It is quite streamlined and simple, mainly due to lack of space.

For me its just about creating that Christmas spirit and feeling which is the most important thing. How that translates to you can be as simple as purchasing a beautiful Poinsettia plant and placing it some where.

This Christmas, treat yourself to some place-mats and perhaps a candle or two that brings everything together. It does not take much but make sure the look you put together is neat and coordinated.

Choose your theme, be it gold and white, pink and

silver, traditional red and green or sage green and copper.

Christmas is a time to reach out and touch base with friends, family and neighbours we may not have had time to see during the year. It's the perfect time to give your time to people and entertaining is a wonderful way to do this.

As far as entertaining is concerned think about twilight drinks and a platter or even a decadent breakfast instead of the traditional lunch for a change. This is simple and light fare that doesn't require hours of shopping and preparation.

Christmas is something to celebrate if just to acknowledge it as the family season and the year that has been and what that brought to you.

I do hope this has given you some inspiration to start planning ahead now and that come December you'll feel super organised and in the Christmas spirit.

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

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

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See page 22 for details.

OPEN DAY

2 December 2017
9.30am to 12pm



"A lifestyle village for the young heart"

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Our open day is the perfect opportunity to come and explore the village, to meet with staff and residents.



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Unlocking Your Block for retirement

With recent government policy and zoning changes around the metropolitan area to encourage medium and higher density infill housing, many larger blocks can now be subdivided creating opportunities for those wishing to downsize and cash in on the excess land sitting in the back yard.

Being asset rich and cash poor shouldn't be the stumbling block to accessing the equity in your land, and one Perth company "Unlock Your Block" has come up with a unique way of unlocking the asset and returning the surplus cash to the owner without the burden of managing or financing the subdivision.

Our first priority is to test the appetite for the "unlocked block" with some market research, and provide feedback to the owner. If we find the demand for the block and the financial return warrants the cost of the subdivision, we encourage the owner to explore ways to fund the subdivision themselves wherever possible. We're happy to manage the subdivision project and take care of all the work.

In the case where the opportunity for funding cannot be found, "Unlock Your Block" will fund the works on the owner's behalf and take care of everything from start to finish while the owner remains in their home.

It simply works like this. We lay out all the information upfront with a thorough review of all associated costs to subdivide the block. We then calculate the potential resale value of the newly created block to demonstrate what the potential return would be back to the owner.

If everyone agrees that the subdivision is worthwhile, we apply for the approvals and carry out all the works to create the new lot. Once the new title has been issued and the block is sold, the costs for the subdivision and a small project management fee is reimbursed back to "Unlock Your Block" and the balance back to the owner.

We're been overwhelmed at how life changing the experience has been for some of our clients. The ability to remain in the family home, albeit with a small more manageable block and access the equity in the back garden has provided substantial windfalls that have created a retirement lifestyle they had only dreamt of.

Whether they are retiring debt or just retiring, the lifestyle change has been significant. Holidays, new cars or just helping out family members, the feedback we're getting is that unlocking their block has been the best decision they've made.

Fab Marion

No Upfront
Costs

No Hassle

No Risk

Unlock the value in your backyard

unlock your block is an easy, simple and safe way to unlock the value in your property by turning your excess land into cash without using your own money.

To Find out more about how unlock your block can work for you, phone: (08) 6161 1790 or visit our website www.unlockyourblock.net.au



"We had no idea where to start or what to do with subdividing our block until we met Fab. Fab and the team took care of everything which was a great weight off our shoulders. We would highly recommend using them!"

Wayne Mitchell, Wembley Downs

unlock
your block

N

Downsizing

ADVERTISING FEATURE



Educating potential downsizers about their housing options

AFTER a recent spate of stories in the media targeting retirement villages, aged care facilities, and the surrounding confusion about this complex sector, John Wood, founder of NLV (National Lifestyle Villages) has offered to help educate potential downsizers about the alternative and comparative options of housing, and clarify the differences within the sector.

Mr Wood has been working in the affordable pre-retirement and seniors' housing sector for more than 30 years, specifically creating and developing land lease communities governed under a different legislative framework than the retirement villages sector.

"Every couple of years I witness a media story questioning retirement villages and how some of them operate. These enquiries are typically followed by political debate, followed by an extensive government investigation. The end result to these investigations is that they ultimately endorse retirement villages as an important and necessary community asset, but recommend additional layers of disclosure. This makes contracts even more difficult to understand and confusing to the ultimate customer," Mr Wood said.

"The advantages and benefits of each option depend on each person's stage in their life. "Retirement villages are an ideal choice for many clients and their families. Even though the costs may seem quite expensive, they do enable a good quality of care for people as they are ageing.

"However, what are the options for those who aren't at that stage in life?

"NLV's Land Lease Communities are governed under the Residential Parks Long Stay Tenancies Act 2006 and are an affordable solution for those who are younger and not yet ready to consider settling into a retirement village.

"The average age of a person moving into a NLV land lease community is in their 60s whereas the average entry age for a retirement village is their 70s and 80s," said Mr Wood.

NLV's Communities specifically cater for the emerging baby boomer market known as Gen. L (The Lifestyler Generation). Mr Wood says this market is not looking for the same services as those in a retirement village, therefore the costs are much lower.

"NLV communities are designed for those wanting to be free financially but still with a stand-alone home on a 200 to 250 m2 block of land in a gated community, so they can live a lifestyle of freedom, fun and frivolity.

"What attracts our Gen. L customers the most, is the way we provide them with a secure base so they are free to travel around Australia and overseas with entry level home and lifestyle packages at 30 per cent to 50 per cent less than the metropolitan median house price.

"Or if you are not a traveller you can feel like you're on holidays all year round with access to resort facilities that you don't have to clean," Mr Wood said.

"Retirement villages, in my view, are a wonderful product adding necessary community assets to West Australians, just as over 3,000 lifestylers in our communities believe; NLV Land Lease Communities are wonderful places to enjoy life too," he said.





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Mabel said that although The Bidet Shop offered to send out a brochure pack, she decided to order a bidet straight away. It arrived a few days later.

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

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

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

BIDET Shop customer Mabel suffers with arthritis and a painful back condition but has found a bidet has made a certain everyday task much simpler.

"It's marvellous! I've always wanted a paperless bidet in my bathroom and I wish I found it years ago," Mabel said. "The bidet simply replaced the existing toilet seat and automatically cleans without toilet paper."



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Dr Pickles

by Frank Smith

MOST older people pop pills regularly every morning and evening, without giving it much thought. However, the Choosing Wisely Australia campaign is encouraging patients

and their doctors to reconsider 160 common medical practices which may be unnecessary or inappropriate as a way of improving care at all stages of life. They warn that Australians over 65 taking five or more medications could be at risk from medication-related harm. President of the Internal Medicine Society of Australia and New Zealand, Dr Robert Pickles, urged older Australians regularly taking five or more medications, including over-the-counter purchases, to sit down

and have a conversation with their doctor about how they could start 'deprescribing' and stop taking any unnecessary medications. Dr Pickles the risk of medication-related harm, particularly in patients over 65, rises once the number of medications taken daily exceeds five. Risk of harm increases exponentially as the number reaches eight and over. "The big problem is that there is little data on the need for medication on older people particularly those over 80," he said.

Older people are usually excluded from drug trials because they are considered at higher risk than younger volunteers. "Lack of evidence does not mean the medicines are not needed - we just don't know. "Changes in muscle bulk and liver function as we age may mean you don't need the same dose or perhaps not need it at all. Often they were prescribed long ago and continued without being reviewed. "Statins are prescribed for elderly people with no angina or heart condi-

tion, just on basis of high cholesterol. That's not enough to support the need for medication," he said. "The take home message is talk to your GP about the medicines you are taking in the long term. Ask if you still need to take them and if the dose is still appropriate. "You should also discuss over-the-counter medication that you use. Although freely available they are not free of side effects," he said. The medicines older Australians should consider avoiding in-

clude: Benzodiazepines, anti-psychotics, hypoglycaemic agents, antithrombotic agents, anti-hypertensives, and anti-anginal medicines. "The average patient I see is over 65 and taking more than five medications a day, with many having started treatment and never stopped. An example, is proton pump inhibitors for reflux disease. We know most people do not need to use them for long periods of

time yet never step down to cheaper and safer drugs, instead staying on them long after they are useful," said Dr Pickles. Several other medical bodies including the Australian and New Zealand Society for Geriatric Medicine and the Australasian Society of Clinical and Experimental Pharmacologists and Toxicologists have also warned about patients staying on multiple medicines for too long.

UWA researchers find new way to defend against Type 2 Diabetes



Perkins researcher, Abraham Neelankal John

RESEARCHERS from the Harry Perkins Institute of Medical Research's Centre for Diabetes Research have identified a substance that protects cells from triggering type 2 diabetes. Type 2 diabetes is caused when insulin-producing cells stop functioning properly. It affects 1.4 million Australians. Associate Professor Fang-Xu Jiang, said it

had been established that people who develop type 2 diabetes often have low levels of vitamin D3. "We've known for several decades that low vitamin D3 levels are associated with increased risk for type 2 diabetes, however the underlying mechanism that leads to diabetes has never been clear," he said. Numerous international clinical trials have tested the benefits of supplementing vitamin D3 in pre-diabetic patients without success. "Our team began searching for potential drugs that could act like vitamin D3 and restore the function of failing insulin-producing cells," Associate Professor Jiang said. Perkins researcher, Abraham Neelankal John, said the search ultimately discovered a compound that protects insulin-producing cells from shutting down and prevents the onset or delays the progression of pre-diabetes and early diabetes. "The effect has been confirmed in pre-clin-

ical models. We were able to show that the vitamin D3 family prevents insulin-producing cells from loss of function" he said. "More research is needed, but if proven in clinical trials, it would certainly become a drug for people at risk of developing type 2 diabetes and/or in the early stages of the disease. "Our ultimate aim is to regenerate the health of people who suffer from type 2 diabetes." The study was published in the journal *Diabetes and Metabolism*. Sheri Westlund, executive director of charity Diabetes Research WA which helps fund the Centre for Diabetes Research's work, said the breakthrough was extremely exciting. "It's vital that research such as this is supported over the long term because it has huge potential to change the lives of so many people at risk of or affected by type 2 diabetes," said Ms Westlund.



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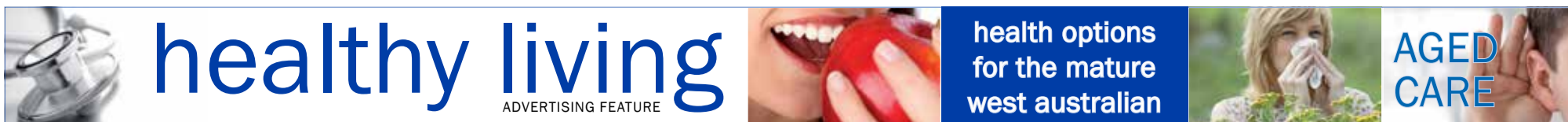
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Changing the face of ageing - we can all make a difference one step at a time

by Lee Tate

SENIORS should be facing bright, active futures, appreciated and respected, with fulltime, part-time and volunteer work available, says WA's Ken Wyatt, the latest federal Minister for Aged Care.

The community, employers and governments should embrace seniors, he said.

Mr Wyatt told the National Press Club in Canberra that changes in the world should auger well for seniors.

Industry needs qualified people to meet rising demand, particularly from our links with China and seniors were brimming with experience and skills.

The Australian population was fitter and living longer and wanting to work fulltime, part-time or volunteer.

"Seniors have a wealth of knowledge far too great to waste.

"Seventy is the new 40," he said.

"Our challenge is to change attitudes to ageing, and just as globalisation and technology have shaped the way we live and work, so will living longer impact on individuals, the public and private sector, and almost every aspect of society."

Over the next 40 years, Australians aged 60-plus will more than double in numbers.

With fewer younger people available, over-60s were keen to work, to make a contribution and to pass on their skills.

By the year 2050, one

million people will be in aged care, which is one of Australia's fastest growing employment segments.

Mr Wyatt advocates a gap year for working over-50s, unpaid leave to assess and review what they wanted for the rest of their lives. They would come back to work fresher and more productive.

While the government was committed to aged care, with \$330 billion allocated for senior Australians over the next five years, changes needed to be made by the community though more respect for seniors as in other countries.

"Old age hasn't been extended. Middle age has," he said.

The average retirement age was 61-62 and half of retirees had made no plans for the next 10 years. More people were

living to 100.

The average age for men entering residential care was 82 and for women 84.

"When baby boomers reach 80, more aged care will be needed," he said.

New technology offered benefits in aged care facilities where talking robots are being introduced. Technology in the home would also provide more more options.

Mr Wyatt said aged care facilities needed to be: "as homely as possible so we feel just like we are coming into our own homes".

Expectations for aged care were rising. Seniors needed to be treated with dignity.

But 40 per cent of people in aged care had no visitors for the year.

"We must reach out with our hearts and our

hands. A simple touch, a hug, a feel of warm hands, a soothing hand on the shoulder is valued," he said.

People in rural and remote communities also needed to be supported to continue living in their regions.

"Looking after each other. Caring. That's the Australia we want.

"People who feel safe and confident are more likely to get out and about," he said.

Elder abuse was unacceptable and needed to be confronted and corrected.

Mr Wyatt said Australia faced: "challenges and changes but has, I believe, a bloody good aged care system to build on."

He outlined a most exciting development called small house living. Based on a Europe-

an model, each house brings eight people together with all facilities including a kitchen that they can work in.

"Residents are encouraged to prepare food, cook, do gardening and go on excursions.

"Entering these homes is like entering your own house.

"There is a great sense of friendship and support and as far as they can, they manage their own lives, cared for by specially-trained staff.

"These small homes are not only yielding strong health and wellbeing results, they are proving financially viable," he said.

"Our legacy for this century must be a nation in which older Australians, whether in home or residential care, have safe, secure and quality lives," Mr Wyatt said.

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Am I OK - can I live the life I want in retirement?

WHEN people imagine retirement, they think of the things they would like to do with family - like holidays and being able to give children a head start.

This means not only looking at what people need to live on until the end of their days, but rather the experiences they would like to have with family and the life they want to be living.

This changes the conversation considerably when talking about retirement. All too often we think of it as way down

the track and something to think about as we head towards 65.

And getting people to paint the life they want, the experiences they want to have, and then costing that, is surely right at the heart of the more boring term retirement planning.

The current system has not taken into account the increase in lifespan, and whilst there have been noises from both sides of politics, no government has been brave enough to come out and say what we all know is coming - we will be living longer on average, and NEED to be able to answer the question "Am I OK - can I live the life I want?"

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Ed's note - Coral Horizon's were recommended to the paper by a regular reader.

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Dust off the barbecue - it's spring and here's the perfect wines



by Frank Smith

TRADITIONAL Aussie barbecues demand robust reds. Here are some suggestions.

La Bise wines The Thief Barossa Valley Grenache Shiraz Mataro.

Wine maker Natasha Mooney vinified her Shiraz and a neighbour's Mataro and Grenache separately and later blended them. The results is rich red wine with red fruit and cherry and plum flavours from the Grenache and cin-

namon and vanilla spice from the Shiraz and Mataro, resulting in a long lasting robust red with great depth of flavour. RRP \$22.

Gardner's Ground Canowindra Shiraz 2013 is deep purple in colour. It is a full bodied wine with good structure. The aromas of dark berry fruits and cracked pepper carry across the palate. Maturation in oak has added complexity and length. RRP \$20.

Gartelmann Petit Verdot 2014 is reminiscent of deep rich ripe plums, cinnamon, nutmeg, vanilla and caramel. The palette is smokey spicy acid with chalky tannins and a soft rich mouth feel. The wine

has a long warm finish. This is a more expensive red than we usually review but if you can afford it and have patience it will soften and mature over the next few years. RRP \$30.

Wingara Katnook Founder's Block Cabernet Sauvignon 2015 from Coonawarra is deep red with purple hues. It has aromas of blackcurrant, ripe plum and subtle hints of mint, chocolate and vanillin. The palate is medium bodied expressing rich dark berry fruit, sweet spice and light oak characters. RRP \$20.

The winemaker assures us that this wine is vegetarian and vegan friendly.

Stoneleigh Wild Valley Pinot Noir 2015 is an example of minimum intervention winemaking from the Marlborough region of New Zealand. It is full of rich red berry fruit, toasty mocha and subtle spicy notes. The red fruit flavour follows through to the palate where dark cherry prevails. RRP \$19.99.

Not everyone is a red wine barbecue tragic, so here are two dry whites for the non-beleivers.

Angullong Pinot Grigio 2017 is very pale straw in colour with an attractive rose gold hue. It displays aromas of fresh cut pear, and floral scent honeysuckle and

white blossom. The pallet is crisp with cool climate varietal flavours of pear, honey and melon with balanced acidity. The finish is long and refreshing. RRP \$20.

Gartelmann Pinot Grigio 2017. The aroma is of just-ripe pears, with an almost-citrus tang and a touch of apple and smoky lanolin. In your mouth this develops with the classic Pinot Gris voluptuously smooth richness, balanced by a long-lived finish. The winemaker says this has two facets ... when it is cold, love it for its zing and refreshing fruit flavours, taking on a wealth of complex, ripe deliciousness as it

warms. RRP \$25.

WA Minister of Health, Roger Cook, is re-examining a proposal to impose a minimum price on supermarket wines. He claims a floor price would act as a deterrent to high volume, low cost consumers of alcohol and encourage them to drink less alcohol.

This is a much better proposal than a tax increase on all wines which affects responsible and problem drinkers alike.

Very cheap wine usually has plenty of alcohol but little else to commend it. For a few dollars more you can find wines that combine quality with moderate pricing.

What's Fresh in the market place for November

MIDKNIGHT Valencia Oranges: As winter rolls into spring we see the volume of local WA Citrus diminish and give way to the start of the Valencia orange season. Valencia oranges are known for their thinner skins, limited number of seeds and super high juice content - making them perfect for juicing. The traditional paler skin colour evolves from the higher temperatures, however the new variety called Mid Knight is a particularly deeply coloured fruit that looks good and tastes fantastic, so no need to say goodbye to local citrus just yet.

Honeydew melons: These delightfully named melons are distinguished by their 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: An outstanding crop of local Hass Avocados this year is expected this year, with people Australia-wide cherishing high-quality WA grown fruits. Use finely diced avocado to create a base for a rustic, fuss-free 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 marvelously 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.

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 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 are more frequently found in raw vegetables; in this case, cooked sweet corn has significant antioxidant activity, which can substantially reduce the risk of heart disease and cancer.

Cauliflower: Beautiful and well-priced cauliflowers from the southwest 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. Whilst nights are still cool, be sure you roast some in the oven for a delicious crispy treat. Just add a splash of olive oil, season to your preference and roast at 180°C for about 20 minutes or until tender.



Nonna's Custard Cake



by Vince Garreffa

THIS is another family recipe from *The Flesh in My Life* which outlines the love of family and some of the wonderful recipes which have shaped my life. Buy it at my shop Mondos Butchers at 824 Beaufort Street, Inglewood. Call first on 9371 6350 and I will be happy to personally sign a copy for you.

Thank you to Mrs Martinelli for teaching my mother this cake recipe. It is always on the table at every family celebration. The grandchildren call it Nonna's cake. With the leftover egg whites you can make delicious almond biscuits.

Method

Sift the flour, then make a well in the centre and add sugar, lemon rind, egg, anisette, and melted butter. Gradually bring it all together, slowly adding the milk to get a soft, pliable dough. Cover the dough and let rest for one hour in the fridge.

First make the yellow and then the chocolate custard, using the same method. Put the milk and all other ingredients in a saucepan, mixing together well until it is smooth. Place on the heat and stir continuously until it thickens, approx. 10-15 minutes. Take off the heat and cool down for 5-10 minutes.

Grease and line a 23 cm spring-form baking dish. Roll out the pastry to fit the baking dish, about 1/2 - 1 cm thickness. Excess pastry can be shaped with a cookie cutter and made into biscuits. Gently pour in the yellow custard, and then the chocolate custard on top.

Bake for approximately 40-60 minutes at 160-170°C. Cool the cake down completely before removing it.



Serves 8 to 10

Pastry

450 g self-raising flour
2 eggs, beaten with a fork
120 g melted butter
3 tablespoons sugar
40 ml anisette essence or Sambuca liqueur
grated zest of 2 lemons
40 ml milk (approx.) to bind

Yellow Custard

750 ml milk
3 egg yolks
3 tablespoons sugar
80 g custard powder

Chocolate Custard

750 ml milk
3 egg yolks
3 tablespoons sugar
80 g custard powder
50 g cocoa

Almond Biscotti

Don't waste the egg whites. Make about 60 of these delicious gluten-free almond biscotti or a Pavlova.

600 g almond meal
400 g castor sugar
6 egg whites
grated zest from 2 oranges
20 ml orange water
2 cups flaked almonds
icing sugar to dust

Preheat oven to 180°C. Mix the almond meal, sugar, egg whites, orange zest, and orange water in a bowl. Roll tablespoons of the mix into a golf ball size, then roll them in crushed almond flakes. Put the balls on a tray lined with baking paper and slightly flatten them. Bake for 10-12 minutes until light golden. Cool on a rack, then dust with icing sugar.

Letters to...Vince Garreffa

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



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Spring into oranges with a brand new summer variety

by Noeleen Swain

LOCAL citrus orchards are breaking new ground and changing the shape of the season. Extensive citrus orchards have been planted in the rich soils of the Mid West where traditional broad acre farming has long been the tradition. The shires of Moora and Dandaragan are now home to vast acres of citrus trees which are gradually moving into full yield capacity. Not only is this fantastic for local communities, it's great news for citrus lovers too.

These new orchards combined with new tree varieties are changing the face of the industry. Traditionally 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. Mid-knight Summer Oranges are almost seedless and unmistakably juicy, making them ideal for juicing as well as for eating. Midknight'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 must 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 the extra sweetness of 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 juice. 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, and avoid the white pith which is bitter. Frozen oranges are a refreshing snack or addition to fruit smoothies. Orange juice prevents the

cut surfaces on fruits and vegetables from browning. 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 first to release the juice more easily. Be sure to get your healthy summer glow with local Summer Oranges. Recipes prepared by Fresh Finesse Promotions - www.freshf.com.au

Carrot, orange and sesame salad



Preparation: 20 mins; cooking 10 mins; serves 4

THIS sweet spring salad is a refreshing addition to the menu

- 30g (¼ cup) sesame seeds
- 1 orange, rind finely grated, juiced
- 2 oranges, peel removed, cut into segments
- 1 tablespoon honey
- 3 medium carrots, peeled, coarsely grated
- Salt and ground black pepper, to taste

Place the sesame seeds in a medium non-stick frying pan over medium-high heat. Cook, stirring often, for 4-5 minutes or until golden. Remove from the heat and transfer the seeds to a large serving bowl.

Add the orange rind, 250ml (1 cup) of orange juice and the honey to the frying pan. Cook over medium heat, stirring occasionally, for 3-4 minutes or until the honey melts and the mixture is warm.

Add the carrot, orange segments and warm orange dressing to the sesame seeds and toss gently to combine. Season with salt and pepper to taste.



Preparation: 15 mins; cooking: 45 mins; makes: 12 slices

Orange bundt cake

- 4 eggs
- 200 g sugar
- 2 teaspoons vanilla sugar
- 200 ml vegetable oil
- 200 ml freshly squeezed orange juice
- 3 teaspoons orange zest
- 300 g self raising flour
- icing sugar for dusting

Preheat the oven to 180°C. Prepare a ring or bundt cake tin with butter and flour. Separate the egg white from the egg yolks. Beat the egg whites with an electric mixer until stiff. Beat the egg yolks, the sugar and the vanilla sugar until pale and fluffy. Slowly add the oil and continue beating until incorporated. Add the orange juice and zest and incorporate as well. Sieve the flour over the egg mixture. Fold in carefully. Add the egg whites and carefully fold in as well. Pour the mixture into the prepared dish and bake for 45 minutes. Make the skewer test - it should come clean out of the cake.

Leave the cake in the pan for about 15 minutes, remove from the tin by gently going around the edges with a knife and turn it onto a plate. Let the cake cool completely and dust with icing sugar or cover with some orange glaze, made by mixing icing sugar with orange juice until obtaining a thick yet still pourable syrup.

Beetroot and orange rocket salad

- 3 summer oranges, skin removed, cut into segments
- 4 - 6 Lebanese cucumbers, sliced
- ½ cup chopped roasted walnuts
- ½ 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 and 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.

Preparation: 8 minutes; cooking: nil; serves: 4



Treasures galore to be found at the Claremont Showgrounds



COME ALONG to the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair on Saturday 11 and Sunday 12 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 including jewellery, clothing for adults and children, fabric craft, woodwork, toys, pottery, home-ware, patchwork, scrapbooking and much more. Enjoy a shopping experience where the person selling the product is the person who made it.

They also have a wide range of food products including delicious sauces, condiments, preserves, cakes, biscuits, chocolates and confectionery.

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

People with a passion for vintage and retro clothing and accessories, can browse in the 3 in 1 Market's 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.

The 3 in 1 Market @ Showgrounds is organised by Treasured Craft Creations.

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 treasured in the subject line. Competition ends 10/11/17.

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GREAT HOME and GARDENING

ADVERTISING FEATURE



Grow your own plants without soil at home



Clockwise from left; Scotts' Osmocote Boost and Feed range helps take care of your garden - Mr Fothergill's HydroGarden All-In-One Grow Kit - Enjoy plants on display at the WA Palm & Cycad and WA Fern Society Show

by Colin Barlow

HYDROPONIC gardening is growing plants without soil, using a solution of nutrients dissolved in water. The plants and roots are usually supported by aggregate such as gravel or perlite, or rock wool instead of conventional soil, compost or potting mix. Many large-scale vegetable growers use this method to produce crops quickly and cleanly but it has been expensive to set up for smaller home growers. That is about to change with the release of the HydroGarden from Mr Fothergill's, an all-in-one hydroponic grow kit that allows homeowners to easily grow vegetables, herbs and flowers inside all year round.

With house and block sizes becoming smaller, the space for growing your own flowers and fresh food is becoming harder to find. The HydroGarden provides ideal growing conditions for growing your own plants in the convenience of your home so is perfect for beginners or experienced gardeners alike. The modern and compact design makes it an ideal addition to the kitchen bench top or even the living room table. It features a balanced system of water, light and nutrients for a quick and bountiful harvest.

The set and forget automatic light function and water level alerts make the HydroGarden practically self-maintaining, to minimise mess and harmful microorganisms in your home.

HydroGarden is suitable for growing any compact sized herbs, flowers and vegetables indoors all year round. Each unit comes complete with two growing containers, growing medium (vermiculite), an ultra-efficient LED grow light (with mains power adapter), two starter packs of herb seeds and two starter sachets of plant food. After using the starter seed packets, you can choose to grow any dwarf variety from Mr Fothergill's extensive seed range to start growing a new crop.

The HydroGarden is only a limited release, so get in quick. The RRP is \$79.95 and it is available through Bunnings and independent garden centres and nurseries.

Ed's note – what a great Christmas present.

Give your plants a boost

Gardeners are always looking for an easy way to give their plants a head start, and now there is a way that you can do it even quicker. Scotts trusted Osmocote brand has developed a unique liquid fertiliser that is carefully balanced to provide plants with all the essential nutrients for optimum growth and plant health. It works by feeding through both the roots and the leaves, so that your plants absorb nutrients within minutes, providing an instant boost.

Scotts Osmocote Boost and Feed is available in four formulations to take care of all of the plants in your garden. These are: all outdoor plants including natives, vegetables, tomatoes and herbs, citrus and fruit plus trees and roses, gardenias, azaleas and camellias. These have been specially designed to provide the optimum levels of the major elements nitrogen, phosphorous and potassium along with a balanced range of trace elements to suit the fertiliser requirements of each plant group.

Scotts Osmocote Boost and Feed can be easily applied with the one litre Scotts Easy Sprayer so that there are no drips or no mess or alternatively use the one litre bottled concentrate in a watering can. The range is ideal for plants growing in garden beds, pots and containers, vertical gardens or hanging baskets all year round.

Scotts Osmocote Boost and Feed All Outdoor Plants including Natives has a low phosphorous content so can be safely used on all native plants. Scotts Osmocote Boost and Feed can be purchased through Bunnings hardware stores.

Plants on Show
This November why not take in a traditional agricultural show or pick up a rare plant from specialist growers.

Albany Agricultural Society show on 10 and 11 November, located in Centennial Park Eastern showgrounds in Albany.

The show is open from 8am until 5pm each day. There will be lots of different things to do to keep the whole family amused. There will be fashion parades, cooking, arts and crafts, photography, rides and entertainment as well as the traditional sheep dog trials and livestock displays. Email Paul Higginson for further information on aas@albanyshow.org.au

Friends of Kings Park plant sale on the 12 November provides the opportunity to purchase some rare and interesting native plants that are not found in your local garden centre. If that sounds like you, check out the full list of the plants available at www.friendsofkingspark.com.au

The WA Palm & Cycad Society and WA Fern Society annual show will be held on 18 -19 November at the Manning Community Centre on Manning Road, Manning. There will be displays and plants for sale and expert advice from growers. For more information on palm and cycads call Ray Chester on 9314 1730 or information on ferns call Helen Hollett on 9364 7175.

The Wanneroo Agricultural Show will be held on 24 and 25 November at the Wanneroo Showgrounds, Wanneroo. The grounds are open from 8am until 5pm each day with local displays and produce, activities and entertainment for all the family. Contact the secretary Jan Hacon on 9306 3720 or email info@wanerooshow.com for further details.

Open Gardens West Coast has two gardens open on the weekend of 18 - 19 November. Monaro at 24 Ord Street, Fremantle is a 125-year-old heritage property located in the heart of Fremantle. The inspiring garden is full of unusual specimens to complement the beautiful architecture of the home. Friend's Garden at 22 Fingall Way in Willetton is an interesting blend of native and exotic plantings, along with vegetables, herbs, a surprising fernery and a koi pond. Both gardens are open from 10am until 4pm each day with refreshments available. Entry is \$6 with children under 18 free. Further information can be found at www.opengardenwa.org

Act-Belong-Commit - volunteer to be part of the community



DO you enjoy being around people? Do you gain satisfaction from helping others or learning new skills? If you answered yes to any of these questions, volunteering may be for you.

Everyone has different motivations to volunteer. Some people get a buzz out of knowing that they have made a difference to people's lives. For others, volunteering gives them a chance to step outside their comfort zone and challenge themselves. Others are passionate about a cause and want to contribute to making a positive change in the community.

Volunteering provides the opportunity to feel part of the community and meet like-minded people with similar interests and goals. This gives us a sense of belonging which helps us keep mentally healthy. Act-Belong-Commit!

Volunteering WA is the peak body for volunteering in our state and proudly represents more than 600,000 volunteers. The organisation hosts an online database on their website (volunteeringwa.org.au) that can help you find a position that suits your interest, skills and lifestyle.

They can also get you in touch with your local volunteer resource centre if you prefer to meet with someone face-to-face.

Whether you're young in age or young at heart there are volunteering opportunities to suit your skill and experience. Last year, the social, economic and cultural value of volunteer contribution was greater than \$39 billion. That is something all West Australians should be proud of.

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See page 22 for details.

How can your record collection help to preserve a significant history?

by John Boughton

It is difficult now to imagine a time when you couldn't record important information for replaying at a later date. But looking back at the time before sounds were recorded makes interesting history.

What did Edison achieve with the phonograph that had eluded so many others?

Even before the ninth century, music boxes using cylinders provided entertainment and enjoyment. Around then the Banu Musa brothers advanced the technology with their hydro-powered organ using selected interchangeable cylinders.

In the 13th century many automata began to appear. There were able to imitate human sounds but not capture them for later reproduction.

In the 18th century Wolfgang von Kempelen created a manually operated speaking machine. A version

of this is in the musical instruments section of the Deutsches Museum in Munich.

By the 19th century Joseph Faber had built a talking machine which was shown in Philadelphia in 1845 and London in 1846. Sixteen piano-like keys produced sounds by which every word in all European languages could be produced.

These automata required a human to play the keys, each of which were set to certain sounds. Experienced players could mimic speech, but not repeat them as we would play a record today.

In the late 19th century and into the 20th century the features needed for recording were established.

Abbé Lenoir thought outside the square and constructed an apparatus with a stylus that was made to travel along smoked glass, thus leaving a recording trail on the glass. This did not allow the sound to be played

back, but a scrutiny of tests enabled distinct letters (a,b,c, etc.) to be identified in the trace.

On 25 March, 1857, Leon Scott entered the French Patents Office and was granted patent #17,897/31.470 for a device named the Phonograph (sound-writer) which was theoretically able to record voices and sound.

Leon Scott died in 1879, unaware of his partial success in sound recording technology. Scott's cylinder recordings were recently re-discovered, and with the skill of digital remastering can now be heard.

What did Edison have or do that Leon Scott didn't?

He started where others left off. On 29 November 1877 he turned the handle of his newly designed tinfoil cylinder recording machine, and said: "Mary had a little lamb".

After some adjustments he again turned the handle. All present were

astounded and thrilled to hear Edison's voice repeat his words from the machine.

Edison had proved his principle. But why was this talking machine not acceptable to the public? Tinfoil could easily be put on the cylinder incorrectly and be torn and replacing it in exactly the same place for rehearing was difficult.

And this was why Edison's first recordings couldn't be reused or copied.

His staff were now given the job of making the machine practical and acceptable to the public.

Some 10 years later they were able to present Edison with the perfected cylinder recording and play back phonograph. A cylinder has consistent speed along its length. However with a seven inch disk, spinning at 45 rpm, the stylus travels on the groove about 120mm per second faster than on the inner groove.

Now this brings us to a point in time in which many exciting developments took place and amazing changes to history and the social scene become evident.

Richard Rennie and I, John Boughton, are working to assist people to preserve significant recordings.

This is being achieved by people lending us their important recordings of all sorts which we then burn onto CDs, by using up-to-date equipment and return (with a copy) to the lender.

If you have any old records or recordings please contact either Richard or me for further details. Do not attempt any cleaning of your record as this may permanently damage it. Cleaning records will be discussed in a later article. For now – happy history.

Contact Richard Rennie at science@lightandsound.net.au or john.boughton@bigpond.com.au for further information.

Milestones reached as The Heights breathes new life into the suburb of Kardinya



SIGNIFICANT milestones have been reached in Kardinya's newest residential estate, The Heights, with the recent opening by Pindan of a stunning double storey display home and the

creation of Stage 1 lots. These hallmark occasions signify the changing shape of housing in Kardinya, with The Heights bringing contemporary, new, low maintenance homes to

this well established suburb. Project sales manager Matt Smith said opportunities to purchase a new home designed to meet the need for a low maintenance, lock and leave

lifestyle in Kardinya had been limited until now. "The Heights offers a refreshing range of modern single and double-story three and four bedroom, two bathroom homes adjacent to Alan

Edwards reserve," he said. "The lifestyle benefits, such as having no large gardens to tend to and the convenience of being close to shops, cafes, restaurants, transport and a community network has really struck a cord with purchasers at The Heights."

The new display home, built by Pindan Homes, illustrates the style and quality of other homes being built throughout the estate.

The home features stone benchtops, open plan kitchen and living room, with island bench, overhead cupboards and glass splashback, ducted reverse cycle air-conditioning, a coffered

ceiling to the master suite and upstairs living area, along with generously sized bedrooms and in this house type, a study at the front of the home.

Construction of homes in Stage 1 are set to get under way now the lots have been created.

Mr Smith said it was a great time to visit the display home and get further information on what was available in Stage 1 of The Heights.

"Purchasing now means construction of a home can commence nearly straight away and with interest rates still at an all time low, there has never been a better time to make the move and embrace a new lifestyle.

The Heights is in a

prime location just 250m from Kardinya Park Shopping Centre, 10 minutes to Fremantle and the beach, Garden City and some of Perth's best boutiques, as well as Murdoch University, Fiona Stanley Hospital and Murdoch station, with trains to Perth's CBD just moments away.

Potential purchasers are invited to visit the new display home at 23 Buckingham Crescent Kardinya, open Saturday and Sunday 1-3pm or by appointment. Alternatively visit www.theheightskardinya.com or contact Glenn O'Connor-Smith on 0413 545 044, Matthew Smith on 0430 766 360 or Richard Nell on 0435 741 833.

COTA WA congratulates the winners of the 2017 WA Seniors Awards

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WA Seniors Awards 2017 are presented by the Council on the Ageing (WA) in partnership with the Department of Communities



COTA WA The Perron Centre, 61 Kitchener Avenue, Victoria Park | Ph: 9472 0104 | w: www.cotawa.org.au



Menopause The Musical will have audiences on fire



WHAT'S a hot flush or two between friends? Perth audiences are set to find out when the brand new production of *Menopause The Musical – Women on Fire* comes to Crown Theatre Perth in December. This production features new songs, new dance routines and new gags in a 90-minute tour-de-force.

Menopause The Musical – Women on Fire is set around four women in a department store who have nothing in common but a black lace bra they each want to buy at a lingerie sale. The female cast pokes fun at their woeful hot flushes, wrinkles, night sweats and chocolate binges. A sisterhood is created between them; and a wonderful musical that features popular

tunes from the 60s, 70s and 80s is born. *The Great Pretender, Only You, The Lion Sleeps Tonight, Stand by Your Man, I Will Survive* and twenty more – all sung with gusto and all with their new lyrics.

This new hilarious celebration of women and the 'change' is based on the original book and lyrics by Jeanie Linders and stars Victoria Nicolls as the Dubbo housewife, Melanie Evans as the professional woman, Meg Kiddle as earth mother and Liliias Davie as the soap star.

Menopause is no longer the silent passage, but a perfectly normal stage in every woman's life.

This hilarious musical parody staged to classic tunes that audiences will instantly recognise will have you cheering and dancing in the aisles. Men love it too!

Menopause The Musical – Women on Fire plays at Crown Theatre from 5 – 10 December.

Tickets on sale on Ticketmaster.

WIN WIN WIN

To be in the draw to win one of five double passes to Menopause The Musical matinee performance at 2pm on Wednesday 6 December simply email win@haveagonews.com.au with Menopause in the subject line or send an envelope to Menopause the Musical Competition – C/- Have a Go News – PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 28/11/17.

Goodbye Christopher Robin: the family behind the world's favourite bear



GOODBYE *Christopher Robin* is a whimsical and heart-warming tale about beloved children's author AA Milne and his son, the real-life Christopher Robin, whose toys inspired the magical world of Winnie-the-Pooh.

The film gives a rare glimpse into the relation-

ship between A A Milne (Domhnall Gleeson) and his son Christopher Robin (Will Tilston).

Along with his mother Daphne (Margot Robbie), and his nanny Olive (Kelly Macdonald), Christopher Robin and his family are swept up in the international success of the books; the enchanting tales bringing hope and comfort to England after the First World War. But with the eyes of the world on Christopher Robin, what will the cost be to the family?

Directed by Simon Curtis (*Woman in Gold, My Week With Marilyn*), starring Domhnall Gleeson (*The Revenant, Star Wars: The Force Awakens, About Time*), Mar-

got Robbie (*The Wolf of Wall Street, Suicide Squad*) and Kelly Macdonald (*Gosford Park, No Country For Old Men*).

It is the enchanting and emotional true story of the family behind the world's favourite bear.

In cinemas 23 November.

WIN WIN WIN

To be in the draw to win one of ten double passes to Goodbye Christopher Robin simply send an email to win@haveagonews.com.au with Robin in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 20/11/17.

By special arrangement with Dominic Drama on behalf of Pinsley Plays, Stirling Players proudly present the 2017 Australian Premiere of another comedy by Raymond Hopkins Directed by Carole Wilson

LOVE & MISTLETOE

Stirling Theatre, Morris Place, Innaloo
24, 25, 30 Nov and 1, 2, 7, 8, 9 Dec at 8pm
Matinee: 26 Nov and 3 Dec at 2pm

Tickets:
\$22 adults, \$20 concession and \$18 members

Bookings:
Morris Newsagency 9440 9120 & trybooking.com/RNTC

Only the Brave - An inspiring story of elite firefighters

INSPIRING story of a team of elite firefighters who strive to become hometown heroes, pitted against one of the largest forest fires in recent history.

Only the Brave, based on the true story of the Granite Mountain Hotshots, is the heroic story of one unit of local firefighters that, through hope, determination, sacrifice and the drive to protect families, communities and country, become one of the most elite firefighting teams in the country.

As most of us run from danger, they run toward it – they watch over lives, homes, everything we hold dear, as they forge a unique brotherhood that comes into focus with one fateful fire.

With strong, compelling performances by a well-known cast of Jeff Bridges, Josh Brolin, Andie MacDowell, Jennifer Connelly Miles Teller and Taylor Kitsch. *Only the Brave* will show a never before seen perspective on how a select few battle fire.

In cinemas 30 November.

WIN WIN WIN

To be in the draw to win one of five double passes to Only the Brave simply send an email to win@haveagonews.com.au with Brave in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 25/11/17.

UPCOMING CONCERTS WITH YOUR ORCHESTRA

Daytime Option

ASHER FISCH CONDUCTS SCHUMANN

MORNING SYMPHONY SERIES
THURS 16 NOV 11AM
Perth Concert Hall

MACA LIMITED CLASSICS SERIES
FRI 17 & SAT 18 NOV 7.30PM
Perth Concert Hall

Asher Fisch brings his rare affinity for Schumann's symphonies to this performance of the composer's compact and powerful Fourth Symphony.

Tickets from \$29*/\$32*

Daytime Option

ASHER FISCH CONDUCTS STRAUSS' A HERO'S LIFE

MACA LIMITED CLASSICS SERIES
FRI 1 DEC 7.30PM & SAT 2 DEC 2PM
Perth Concert Hall

The brilliant WASO Chorus features in Brahms' poetic works which paves the way for Richard Strauss' autobiographical tone poem, *Ein Heldenleben* (A Hero's Life).

Tickets from \$46*

Daytime Option

RACHMANINOV'S 2ND PIANO CONCERTO

MASTERS SERIES
FRI 24 & SAT 25 NOV 7.30PM
Perth Concert Hall

Pianist Alexander Gavrylyuk is acclaimed worldwide for thrilling performances of Rachmaninov's ever-popular Second Piano Concerto, a ravishing masterpiece that lives long in the memory.

Tickets from \$32*

Daytime Option

CHRISTMAS WITH THE IDEA OF NORTH & WASO

SPECIAL EVENT
FRI 8 DEC 8PM
Perth Concert Hall

Multi ARIA Award winning vocal group The Idea of North join WASO to perform music from around the world – including your favourite holiday tunes!

Tickets from \$49*

BOOK NOW

WASO.COM.AU

9326 0000

QUOTE 2133

Asher Fisch appears courtesy of Westfarmers Arts. *A one-off handling fee of \$5.50 per transaction applies to all purchases on our website. A fee of \$3.85 applies to over the counter bookings. A fee of \$6.60 applies to phone and mail bookings. An additional fee of \$4.40 per transaction applies for delivery via Registered Post



Edwardian classic *The Railway Children* comes to Harbour Theatre in December

"DADDY! My Daddy!" Few who have seen the classic film *The Railway Children* based on Edith Nesbit's novel will forget those words or the emotion they provoke.

This wonderful Edwardian family classic *The Railway Children* has never run out of steam. Harbour Theatre will soon bring it vividly to life on the stage at Camelot – with all its humour, tenderness and the exhilarations of childhood.

This fresh new adaptation is based on the huge hit that was staged at Waterloo Station in London recently.

So well known, they seem to have become part of modern culture, *The Railway Children* was originally serialised in the London Magazine in 1905, and published as a book in 1906. It tells the story of three Edwardian children who leave their London home after their father is imprisoned and move to a country village.

Although radio and television adaptations have brought the adventures of Roberta, Phyllis and Peter to audiences, perhaps the 1970 film, directed by Lionel Jeffries produced the iconic images that most people remember. These now define the novel.

With a large and talented cast, award winning director Jane Sherwood brings to life the underlying themes and values of friendship, helpfulness, care, compassion and determination to life as the three children tell their story.

The story of this family coming to terms with a change in their surroundings and social circle, as well as the loss of a loved one, gives us hope this Christmas as our Railway Children embody the spirit of the season in dealing with danger, working through their woes and following their dreams.

So tickets please and all aboard for the perfect Christmas family treat.

The Railway Children plays at Harbour Theatre on 1, 2, 4, 6, 7, 8 and 9 December @ 7.30pm with matinees @ 2.00pm on 3 and 10 December.

Tickets are \$25.50, concession \$23.40, children < 15yo and full time students \$20.50

Bookings @ 9255 3336 or www.taztix.com.au (t/fees apply).

Find Harbour Theatre at Camelot, 16 Lochee Street, Mosman Park. There is plenty of parking close to the door. Also enjoy a light lunch and refreshments at Arthurs, Camelot's very own café and bar.

The Killing of a Sacred Deer - bold and striking thriller



STEVEN (Colin Farrell), an eminent cardiorthoracic surgeon, is married to Anna (Nicole Kidman), a respected ophthalmologist. They are well off and live a happy and healthy family life with their two children, Kim, 14 (Raffey Cassidy) and Bob, 12 (Sunny Suljic).

Steven has formed a friendship with Martin (Barry Keoghan), a fatherless 16-year-old boy whom he has taken under his wing. Things take a sinister turn when Steven introduces Martin to his family, gradually throwing their world into turmoil and forcing Steven to make a shocking sacrifice or run the risk of losing everything.

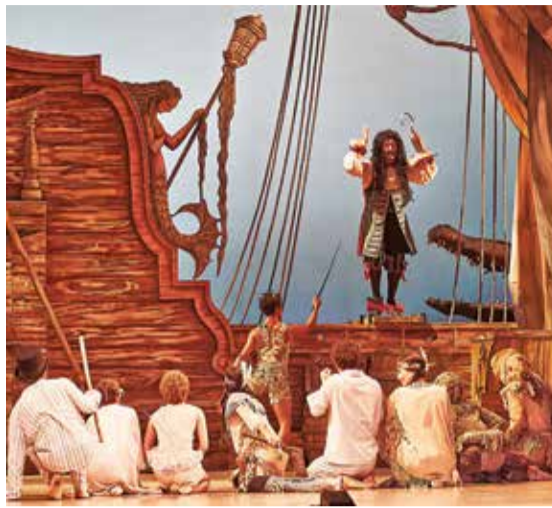
With brave and unique performances from established names Nicole Kidman and Colin Farrell and an incredible break out performance by Barry Keoghan, *The Killing of a Sacred Deer* is an innovatively told

yet classic tale of vengeance and sacrifice.

The Killing of a Sacred Deer screens exclusively at Luna Leederville from 16 November.

WIN WIN WIN
To be in the draw to win one of five double passes to *The Killing of a Sacred Deer* simply send an email to win@haveagonews.com.au with *Sacred* in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 15/11/17.

Start your Christmas season with *Peter Pan* by WA Ballet



Matthew Lehmann with Dancers of West Australian Ballet in *Peter Pan*. Photo by Sergey Pevnev

BALLET is a traditional part of the Christmas season, and as part of WA Ballet's 65th anniversary celebrations you are invited to join them for their performance of *Peter Pan*.

This fantasy filled humorous adventure is for the whole family, and the enchanting story features all the beloved characters from the book including the ticking crocodile, mermaids, fairies, Tiger Lily and the Lost Boys.

This production follows the plot of the book with Peter Pan whisking away the Darling children from their London home to the magical realm of Neverland. Wendy, John and Michael find danger and adventures hidden around every corner while the wickedly wonderful Captain Hook lurks close behind.

Kristian Fredrikson's Edwardian inspired picture book designs, Jon Buswell's atmospheric lighting and a

magnificent cinematic score performed by the West Australian Philharmonic Orchestra under the instruction of masterful conductor Myron Romanul will bring to life the pages of JM Barrie's timeless classic.

"I'm excited to continue our Christmas tradition with an adventure into the world of *Peter Pan*. It's a ballet that will be loved by all, and one that is perfect for families to enjoy," said West Australian Ballet's artistic director, Aurelien Scannella.

This Christmas introduce your family to the joy of ballet and begin your festive season celebrations with the timeless story of *Peter Pan*.

WA Ballet presents *Peter Pan* with the West Australian Philharmonic Orchestra from 17 November to 10 December at His Majesty's Theatre. Bookings through Ticketek or visit www.waballet.com.au

Looking through the Chagall Windows of Israel - An organ recital



Brent and Dominic outside the Basilica of St Patrick Fremantle © Nic Babic

PRINCIPAL trumpeter with the West Australian Symphony Orchestra, Brent Grapes will join organist Dominic Perissinotto in a concert inspired by the 12 stained glass Chagall Windows in Israel – a place of great beauty and reverence.

In addition to music inspired by the Chagall Windows, the afternoon

program also includes delightful Baroque music by Jeremiah Clarke and Bach and beautiful works by Hovhannes and Liszt.

"Brent and I are delighted to present a kaleidoscope of music exploring the colour of Chagall's Windows, the Sistine Chapel and the ornateness of the Baroque," said

Dominic Perissinotto.

Audiences can expect to hear beautifully lyrical music alongside brilliantly virtuosic playing to paint a rich portrait of different musical styles.

"This is my modest gift to the Jewish people who have always dreamt of biblical love, friendship and of peace among all peoples. This is my gift to that people which lived here thousands of years ago among the other Semitic people," said Marc Chagall, February 6, 1962.

The light that emanates from the twelve stained glass windows bathes the Abbell Synagogue at the Hadasah University Medical Centre in a special glow. The sun filters through the brilliant colours of the stained glass cap-

turing their radiance. Even in the misty haze of a cloudy day, Chagall's genius transforms time and space.

Every pane is a microcosm of Chagall's world, real and imaginary; of his love for his people, his deep sense of identification with Jewish history, his early life in the Russian shtetl.

"All the time I was working, I felt my mother and father looking over my shoulder; and behind them were Jews, millions of other vanished Jews – of yesterday and a thousand years ago," Chagall said.

The synagogue was dedicated in the presence of the artist on 6 February, 1962 as part of Hadassah's golden anni-

versary celebration.

The concert will be an exuberant conclusion for Pipe Organ Plus for the year and will be held on Sunday, 19 November at 2.30pm at the Basilica of St Patrick, (corner Parry and Adelaide Streets, Fremantle). Door sales will be available but pre-booking is encouraged. Ticket link: www.trybooking.com/OODY

WIN WIN WIN
To be in the draw to win one of four double passes to the final concert on Sunday 19 November email win@haveagonews.com.au with *Pipe Organ* in the subject line or call the office during business hours on 9227 8283. Competition closes 14/11/17.

ART for ALL

- **November 6 - 10**
Pop-Up - 'Colour and Movement'
- **November 13 - 19**
Celebration of Youth
- **November 24 - December 22**
Christmas Bazaar
- **December 23 - January 7**
Atwell Christmas/New Year break
- **2018 January 8**
Atwell re-opens for 2018



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Have you ever thought about becoming involved?

The Old Mill Theatre relies on volunteers to continue operating and is a community theatre in every sense. If you're a little nervous about getting up on stage, why not put your hand up to work backstage? You could learn how to operate lights and sound, build or paint a set, create costumes, serve teas and coffees, work at the bar... there's a place for everyone!

Note that everyone who performs any work at the theatre is required to become a member. Memberships are \$20 Full Membership, \$30 double membership.

Thank you to all our patrons who have come along to our shows during 2017 and we look forward to entertaining you next year. Season commences February 2018.

For more queries please call 9367 8719 or visit our website for upcoming shows www.oldmilltheatre.com.au



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Adapted by
Mike Kenny

Directed by
Jane Sherwood



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1- 10 December 2017

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*Ticket fees apply

Find us at Camelot, 16 Lochee St, Mosman Park
For further info visit www.harbourtheatre.org.au



PIPE ORGAN PLUS PRESENTS

Windows

SUN 19 NOVEMBER 2:30PM
THE BASILICA OF ST PATRICK
Cnr of Adelaide and Parry Streets, Fremantle

WASO Principal Trumpet, Brent Grapes, joins Dominic Perissinotto for music inspired by the Chagall Windows in Israel, as well as delightful Baroque music by Jeremiah Clarke and Bach and beautiful works by Hovhannes and Liszt.

Concert Bookings

STANDARD \$40 CONCESSIONS \$35 UNDER 18 \$20

Visit www.trybooking.com/OODY

Door sales and ticket collection will be available from 45 minutes before the concert.

www.pipeorganplus.com

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An evening of glamour, passion and romance



DUE to overwhelming demand and a sell out tour in 2015, a brand new *From Broadway to La Scala* returns to Perth, featuring some of the great hits from musicals and operas that the audience will know and love.

Soaring with the exuberance of the great stage musicals and enriched with the passion of grand opera, *From Broadway to La Scala* will hit a new high note for all lovers of fine entertainment in 2017. From Puccini to Rodgers and Hammerstein, Bizet to Gershwin and Verdi to Cole Porter, this unique concert experience will feature many of the greatest songs, arias and duets of the last two centuries, performed by four of Australia's most highly acclaimed contemporary singers.

Renowned for their charisma, stagecraft and musical versatility, tenor David Hobson and bass baritone Teddy Tahu Rhodes will join musical theatre star Lisa McCune and the breathtaking soprano Greta Bradman

to thrill audiences with a seamless blend of classical elegance and theatrical glamour.

When Vanessa Scammell (music director) and Tyran Parke (director) first sat down together to devise the 2015 program, they came up with more than 100 great hits from musicals and opera, from which they selected over 20 featured in the show.

This year they will choose a new program from all the other hits not included in 2015, while at the same time recognising that patrons will also want to hear favourites from that first show.

Backed by a full orchestra, *From Broadway to La Scala* will transport audiences with a richly entwined repertoire of all time classics, drawn from two of the world's most enduringly popular musical genres.

Don't miss this brand new production when it returns to Perth with its all-star cast at the Perth Concert Hall on Saturday 9 December, 7.30pm.

Bookings through Ticketmaster.

A beautifully crafted tribute to the wonderful Whitney Houston



the best musical tribute acts in the UK.

Accompanying the breathtaking vocals of Davids on stage will be a six-piece live band, and dancers, with an array of stunning replica costumes and full-scale lighting and effects.

The spectacular two-hour show will take audiences on a heartfelt musical journey through the greatest hits of Houston's 30-year career including *I Will Always Love You*, *I Wanna Dance with Somebody*, *How will I Know*, *One Moment in Time*, *I have Nothing*, *Didn't we Almost Have it All*, *Greatest Love of All*, *Every Woman* and many more.

Davids said: "Houston is my personal idol and the inspiration for my career when I began singing at the age of 14. I want people to remember Whitney for when she was amazing, for when she was the powerhouse, for when she was the voice. I want people to remember Whitney when she was at the top of her game."

Launched in 2013, the show has toured extensively across the globe including shows in US, Canada, Europe, South Africa, Asia and New Zealand.

The Greatest Love of All - The Whitney Houston Show plays Crown Perth on 9 January - Tickets via Ticketmaster.

WIN WIN WIN

To be in the draw to win one a double pass to the Whitney show at Crown Perth on 9 January simply send an email to win@haveagoneews.com.au with Whitney in the subject line or send an envelope to Whitney - 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 30/11/17.

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VIENNA POPS

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30TH ANNIVERSARY

Sunday 31st December | 2.00pm & 9.00pm
Winthrop Hall - University of Western Australia

Featuring Tenor Paul O'Neill,
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Tickets from \$62 (inc conc.) www.ticketswa.com or 08 6488 2440



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YEARS

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Peter Pan as he, and his shadow, leap into
His Majesty's Theatre.

Kick off your family holiday season with this
humorous adventure that kids of all ages will love.

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Tickets via TICKETEK
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- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in *Friend to Friend*
ALA: All letters answered DTE: Down to earth
GSOH: Good sense of humour ND: Non drinker
SD: Social drinker NG: Non gambler
NS: Non smoker NOR: North of River
SOR: South of River TLC: Tender loving care
WLTM: Would like to meet



Name Address

..... Postcode

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Each person may submit
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23x16cm and are obtainable from Australia Post.
Entries not accompanied by the correct sized
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Seeking a Friend

ASIAN lady, 60+. Interests; walking, cooking, gardening, music, travel, dining out, GSOH, NS, ND, NG, ALA, TLC, medium build. Looking for gent similar age. Let's meet and have a cuppa.

Reply Box 7670

AUSSIE gent ex Euro 180cm tall, retired, own home, fin sec, NS, SD, GSOH, enjoys most things in life. WLTM easy going lady for friendship, Mandurah area, any nationality, age open, landline, mobile ok.

Reply Box 7664

AUSSIE guy, semi retired, 65, fit, healthy, NS, SD, GSOH. WLTM similar lady. Walks, country drives, postcode 6111. Friends first. ALA.

Reply Box 7668

AUST lady, slim, petite, genuine, sincere, fin sec, GSOH, many interests. WLTM gent about 75+ for good company, conversation, enjoy happy times, life in general. NOR. Prefer landline.

Reply Box 7684

FRIENDLY Aussie lady mid 70s, WLTM good mannered male who is interested in gardening, outings, music and company, maybe travel above things. I like medium build, NS, ND, need some good times, SOR.

Reply Box 7691

GENT 62 widower, DTE, NS, SD, healthy, financially comfortable, not Einstein but not stupid. WLTM lady for friendship, outings, travel and other good things in life. Bunbury area. Let's start with coffee and chat.

Reply Box 7665

GENT 69, active, working p/time, fin sec, enjoys, water activities, travel, reading, cycling. WLTM lady similar age for outings, travel, good times, meet for coffee to start, SOR, NS, SD.

Reply Box 7673

NEW WEBSITE

Visit *Have a Go News* online:
www.haveagonews.com.au

GENT 69, 5'8", educated, solid build, VGSOH, likes movies, dinner etc. Seeks lady NS, NG, as a friend/companion to start. Come on ladies 'seize the day' and 'have a go' over a cup of coffee and a chat.

Reply Box 7689

GENT 69, easygoing, looking for a friend that will travel in a caravan up north and down south each year. Must like fishing, gardening, movies and good 60s music. NS, SD, TLC, GSOH, DTE.

Reply Box 7680

GENT 70, tall, slim, active, fin sec, living in western suburbs, seeking special lady to love and share interests including family life, grandchildren, dining out, travelling, hiking. Would love to sip a glass of wine with you beside an outback campfire. Fancy doing a camino?

Reply Box 7679

GENT Aust, 68, NOR, good presentation, 5'8', positive outlook, fit, NS, SD. Likes gardening, animals, environment, wildflowers, spirituality, old British comedies. WLTM petite flibbertigibbet, GSOH, in her 60s or 70s.

Reply Box 7677

GENTLEMAN 67, tall, healthy, sincere, caring, SD, NS, some ties. WLTM understanding lady for occasional, discreet meetings, movies, walking, drives, have own home.

Reply Box 7683

LADY 67, 5'6", NS, SD, GSOH, DTE, likes outings, movies, music, outdoors. WLTM gent 65-73, NOR, honest, intelligent, caring for friendship at first to share good times, laughs, hugs, see what may develop.

Reply Box 7662

LADY 71, UK born, lives SOR, wishes to form friendship group for males and females over 68, no fees, living Armadale, Baldivis, Pinjarra and surrounding areas, prefer landline or email contact initially. SD, friendly, DTE, GSOH, compatible.

Reply Box 7681

LADY 79, postcode 6163, SOR, WLTM same GSOH, NS, SOR, looking for a companion for dining out and outings, would like to catch up for coffee and a chat.

Reply Box 7666

Seeking a Friend

LADY widow, active, 80, GSOH, NS, DTE, living, Mandurah area. WLTM, gent for coffee and chat for genuine friendship.

Reply Box 7667

NICE English lady, widow, educated, mannerly, medium build, height. WLTM kind, sincere, honest, fin sec gent. GSOH, 70-80. My interests; art, photography, nature, reading, music etc. NS, NG, ND for long term friendship, relationship, SOR, ALA.

Reply Box 7675

NICE guy, 60, seeks a NS, SD, lady. I am well presented, intelligent and financially comfortable. Look forward to your reply.

Reply Box 7671

RETIRED gent, NS, GSOH, SOR. I read the ads and feel sorry for most of them. They're lonely, horny and just want to meet someone nice, and decent. I'm one of them and I live in Thornlie. Don't be sorry just answer the ad. ALA. No email.

Reply Box 7678

RETIRED gent, NS, SD, own home, fin sec, kind, homely type, active in all ways. WLTM lady who would appreciate plenty of TLC and support over Christmas and New Year, ongoing if compatible, nationality and age open.

Reply Box 7686

Seeking a Partner

ATTRACTIVE lady, 60s, UK born, medium build, educated, feminine, fin sec, ND, SS, DTE, VG-SOH. Enjoys music, reading, walking, gardening, good conversation. WLTM unattached, sincere, well presented gentleman, 65-73, fin sec, Cannington area, SOR, photo appreciated, ALA.

Reply Box 7669

ENERGETIC young septuagenarian widower WLTM similar lady wanting to go hoppity skip down the path of what is left of life. NS, SD, NG, NOR 6020, indoors, outdoors, cinema, theatre, outings, meet for coffee and a chat.

Reply Box 7685

ENGLISH lady, 70s, NS, SD, medium build, likes walking, drives, country music, dinner, old fashioned morals. Seeks gent 65+, GSOH, fin sec, genuine, who is looking for long term partner, honest, happy natured, NG. Let's meet.

Reply Box 7672

GENT 70s, fin sec, loving, caring, active, country upbringing, NS, SD, GSOH, lots of TLC. Interests inc yours, caravanning, sports, outdoors, quiet times, life in general. WLTM similar lady, long term relationship, best mates there for each other.

Reply Box 7663

GUY Eurasian, 66, 5'6", NS, medium build, WLTM lady to 60. Loves music, movies, cooking, etc. Easygoing and happy. Would brighten your life instantly. Come on ladies see for yourself over a cuppa. ALA.

Reply Box 7676

I AM going to 'have a go' and see if I can meet a sincere and caring gentleman. I am 67, NS, SD live SOR, want to know more? Drop me a line to meet.

LADY 70s NOR, WLTM gent with GSOH, NS, SD, for social outings, who is caring and for quiet times together.

Reply Box 7688

LADY 70s, who enjoys walking, movies, theatre and keeping fit. WLTM tall gent, 65-75 for friendship first and hopefully leading to travel, and if compatible, a relationship. ALA.

Reply Box 7674

LADY WLTM tall 65/70, active guy, fin sec, interest in travel, open to explore future with slim lady. Enjoys usual social activities, life in general, missing that special friend, partner to share all above. Is it you?

Reply Box 7687

MALAYSIAN Indian Christian lady 55 youthful, GSOH, SD, looking for Christian Caucasian gentleman 55-60, genuine replies only. I am well presented and fin sec.

Reply Box 7692

TO SANTA please bring my Christmas present early. Lady, 70, is hoping for a gent 70+, who is honest, sincere, kind, loving, NS, GSOH, still enjoys all that life has to offer. I promise to treat him well with lots of TLC, can't wait to unwrap my gift and see what is inside. ALA.

Reply Box 7682

NEW WEBSITE

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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:

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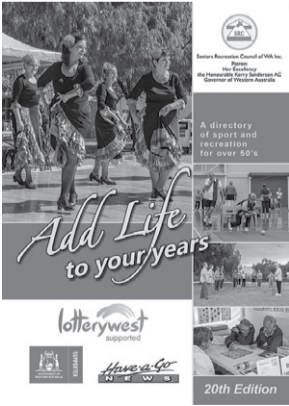
Send your reply on a single sheet of paper.
Place in a small envelope 11B (measures approx. 14 x 9cm).
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HILLS LADY 70

funloving Scott, slim, petite, pretty blue eyes, auburn hair, active, worldly, quirky, full of life. Sk honest, intell man w/ old fashioned manners who likes a laugh 68-78.

APPLECROSS LADY 71

kind, generous, intelligent & happy within. Nice looking & very well grmd, blue eyed brunette, indep/secure, Christian o/look, enj all life has to offer, sk gent 68-78.

GOLDEN BAY LADY 71

stunning, youthful, trim, petite, well grmd, easy to talk to, widow, funloving, indep, want to share life w/ honest, well grmd man w/ a sense of humour 67-75.

NEDLANDS LADY 75

striking looks, green eyed brunette, very modern style, educated, warm, loving & wicked sense of humour. Would love to be in the arms of someone special, sk gent 72-82.

SWAN VALLEY LADY 75

gorgeous, trim, quirky, very active, alive, not ready to slow down. Would love to find fun, humour & share life w/ clean living gent w/ integrity & wit.

BEDFORDALE GENT 69

funloving Englishman, 180cm tall, solid build, young at heart, GSOH, horselover, still very active, intelligent & enj conversation. Sk lady, full of life 65-70.

MAYLANDS GENT 80

very tidy, well grmd, easy to talk to, ex air force, wid, sk sincere, d.t.earth Aust/Eng lady 75-82 to enjoy outings, travel & good company.

CLAREMONT GENT 75

wid, 175cm, solid build, fair hair, blue eyes, retired professional, fit & agile, love o/doors, swimming, boating, sk smart, sociable lady 65-80.

HILLARYS GENT 72

trim, well groomed, gd looking, widow, intelligent, witty, charming, great sense humour, enj a quality life & hoping to share w/ a stylish lady similar 60 plus.

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SCENE SOCIALLY



SCENE (2): IT WAS 7th Heaven at Dalkeith Hall last month both figuratively and literally – as 65 seniors came together for an afternoon tea dance. With finger sandwiches and sweet treats, washed down by elegant cups of tea, they were entertained by vocal duo 7th Heaven performing songs from the 50s and 60s. The joint event was organised by staff at Nedlands Community Care and Positive Ageing.

SCENE (2): From left to right; Tea dance best-dressed winners Swee Rhodes, Trish Jamieson, City of Nedlands positive ageing community services officer Marita Gardener and John Rhodes.

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SCENE (1): THE 2017 WA Seniors Awards were held at the Perth Zoo on Sunday 22 October to celebrate the work seniors do in our community. More than 100 people came along to celebrate the worthy and humble nominees with awards presented by Minister for Seniors Mick Murray. Read more about the winners on page 6.

SCENE (1): Top row, from left to right; Regional Senior of the Year Lesley Balinski with COTA WA's Mark Teale - COTA WA's Jeanette Ward and Phil Airey - Pat Paddon with WA Metropolitan finalist Quentin Smythe - MC 6PR's Steve Mills with Tricia Neary - WA Metropolitan finalist Maureen Felton with Ron Felton - Mike and Nicola Goodall.

Second row, from left to right; Juniper's Dr Michael Preece with Roley Myers - WA Regional finalist Gwen Wells with Colleen De'Angelis - SRC's Dawn Yates and Dardanup councillor Cr James Lee - Bettine Heathcote OAM with president of SRC Hugh Rogers - Connect Victoria Park's Luke Garswood and Ron Regan - Bernie Davis with 2016 WA Senior of Year Jenny Davis.

Below, from left to right; COTA WA volunteers Kaye Douglas, Teresa Martello and Flyura Pak



SCENE (3): 6PR officially opened their newly renovated offices last month with the Premier Mark McGowan officially opening the state of the art studios. The event was hosted by 6PR breakfast announcers Steve Mills and Basil Zempilas in their inimitable style. A lucky listener had won the opportunity to co-open the event with the premier and past and present announcers were present to see the upgraded works.

SCENE (3): From left to right; Premier Mark McGowan with Jon Lewis - Chris Ilsley with Graham Mabury - all the 6PR announcers in the new studios - front row Steve Mills and Sue McDougall, back (left to right) Gareth Parker, Basil Zempilas, Chris Ilsley, Oliver Peterson, Jon Lewis, Simon Beaumont and Adam Papalia.



SCENE (4): HAVE a Go Girls Tahlia and Lisa attended the Travel Expo at RAAFA in Bullcreek in October where they displayed some of our *Living Histories* information and papers available for attendees. They also treated people to a raffle prize supported up to have the paper delivered into their inbox. Trevor Muller was the lucky winner of the hamper on the day.

SCENE (4): From left to right; Tahlia Merigan and Trevor Muller - Tahlia and Lisa at



SCENE (5): PUPPETEER David Strassman said that our journalist Josephine Allison was a true professional and loved her interview so much he asked to meet her at the opening night of *IT-edE* at the Regal Theatre in October. Left to right; Josephine Allison and David Strassman.



SCENE (6): Clockwise from top; Editor Jennifer Merigan with Seniors Minister Mick Murray - Have a Go News' Assistant to the Editor, Tahlia Merigan with Rick Ardon - The MG Club had a display of their classic cars - The Have a Go News hospital-ity tent was well patronised all day - Jennifer Merigan with 6PR announcer Gareth Parker doing a live cross to 6PR.



SCENE (7): Have a Go News' editor Jennifer Merigan with Rae Carrigg

SCENE (7): HAVE a Go News has been out on the road all year talking to groups and clubs about our *Living Histories* project. At one of the talks in Applecross last month we met Rae Carrigg who was featured in one of the stories from our 1960s collection *Stories from the Swinging 60s*. Rae went to the UK for a couple of years working and travelling around and we were chuffed to meet her.



Thank you to our incredible Chorus
Volunteers for helping us work with
purpose and integrity in the community.

Volunteer Task Force, Care Options and Community First,
each working for the community, held a shared belief that things
could be better. So we came together and formed Chorus.

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