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THIS ISSUE



let's go travelling

- Discover the ancient city
- Bernard Carney climbs an active volcano in Java
- Fishing with Mike Roennfeldt
- Whales in Geographe Bay



Josephine Allison's salute to the Australian Red Cross



- Seniors Week Roundup Where opinions matter
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Ningaloo: Winton wades in



Tim Winton at Heron Point, Exmouth Gulf - Courtesy: Protect Ningaloo

by Lee Tate

TIM Winton has made a well-worn trail this year, up and down the northwest coast, talking and listening to people.

Australia's pre-eminent author was arming himself for battle against multi-national tycoons, employer groups, government ministers and local councillors. He side-lined his work-inprogress, his endless commitments and nonstop literary demands to fight for the Ningaloo Reef – again.

Fifteen years ago, Tim successfully spearhead-

ed the campaign to protect Ningaloo from the

ravages of development. With 10,000 protestors in Fremantle's Esplanade Park and petitions with 100,000 names, then WA Premier Geoff Gallop's Government drew a line in the sand and Ningaloo was added to the World Heritage List.

This time, multinational Subsea 7 wants to build an oil and gas pipe assembly plant with a pipeline launch site at secluded Heron Point, in the southern part of Exmouth Gulf.

Long lengths of steel pipe, assembled on land and rolled to the shore on rail lines, would be launched from a 350m rock-wall then dragged along the seabed for 1.5

kms and floated. Then they'll be towed by tugs through a whale nursery and dugong feeding ground and tak en to offshore platforms up to 2000kms out to sea.

The plan astounded tourism operators, rec-fishers, scientists and many locals, but not the local Chamber of Commerce which favours jobs.

"Attitudes changed in the past 10 years. Authorities seem to be aligning more with the oil and gas industries, the big players," Tim

"Do these companies really care only about themselves, just about shareholders' returns and profits?

"Don't they care about the environment and what we have here? Ningaloo is Australia's longest-fringing reef and the only one to escape bleaching.

"People come thousands of kilometres to see the Exmouth Gulf. In all of Australia, it's up there with Uluru, Kakadu, Karijini and perhaps Daintree," he said.

In the wake of his recent literary success, The Shepherd's Hut, the father-of-three is side lined from writing his next Now 58, he says the

ttitude of oil and gas multi-nationals makes him: "tired and irritable and disenchanted. "And it's all just tempo-

rary, the next generation, my kids, will live past fossil fuels. It will all be renewables (energy)."

Tim says the public can easily make a differ-

continued on page 18



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From the editor's desk



I HAD the pleasure to again be on the judging panel for the Juniper 2018 WA Seniors Awards last month. The awards provide an opportunity to recognise older people, local councils and businesses that work to make our community a better place for seniors and we at Have a Go News are proud to be sponsors. See inside for a full list of finalists.

My good friend Tony McManus who hosts the Saturday night show on Radio 6PR told me a funny story the other day. He said when he was doing a fill-in shift for the overnight show, a listener called up and said if the acclaimed race horse Winx wins another 11 races it would be known as 40 Winx! ***

We always hear complaints about the health

system, but I just wanted to give thanks to the doctors and nurses from Royal Perth Hospital. My Dad had a fall about six weeks ago and was rushed to hospital and spent a week in RPH where they got him stabilised and a further six weeks at Bentley Hospital in rehabilitation. The staff at these hospitals go beyond the call of the duty and often receive little praise.

A Memory Café has been established in York for dementia sufferers and their carers and will run on the first Wednesday of each month from 10am to 11am at Grannies Home Kitchen at 104 Avon Street in York.

I would like to extend my best wishes to our administrator Lisa McMahon who after more than ten years will finish up with the paper. Lisa has been a wonderful addition to the Have a Go family and we will miss her and thank her for all her contributions over the years. She will work her final Have a Go Day this year and from the entire team we wish her the best in her new position.

Don't forget to like our Have a Go News Facebook page where we have a lot of fun on a daily basis and offer extra giveaways and competitions.

Journalist Lee Tate's new book Awesome WA - 1001 Fair Dinkum Facts About Western Australia has proved to be very popular with readers and makes an ideal Christmas present. The book is available from the office for \$25 and features weird and wonderful facts about our great state. Call the office on 9227 8283 or email accounts@haveagonews. com.au for a copy. Lee is also available for guest speaking spots and provides an interesting presentation. Email him at leetate@live.com.au

I look forward to seeing many of you at Have a Go Day on Wednesday 14 November.

book a talk.

Stay well and happy.

Jennifer Merigan Editor

jen@haveagonews.com.au www.haveagonews.com.au

Urban slang

What is a hashtag #

A WORD or phrase preceded by the hashtag sign # is used on social media websites and applications to identify messages on a specific topic. It then allows the user to click on the hashtag #haveagonews and go direct to that subject.

Great West Aussies - Did you know?

WA marathon swimmer Shelley Taylor-Smith held 15 world records, swam the English Channel and won a record five races around New York's Manhattan Island. Shelley grew up with scoliosis and spent 2000 days (age 12-17) in a back brace but swam and walked to stay out of a wheelchair.

Word of the month

Triskaidekaphobia

Noun

Extreme superstition regarding the number thirteen.

Early 20th century: from Greek treiskaideka 'thirteen' phobia.

Funny historical fact

Witchcraft laws were not lifted in Britain until

Quote of the month

"You don't stop laughing because you grow old. You grow old because you stop laughing. Michael Pritchard

Have a Go News Quick Quiz

- 1. Western Australia's first Parliament officially opened in what year? (1891, 1893 or 1901?). 2. Which Dutch explorer in 1697 captured two pairs of black swans to take back to Batavia? 3. Sister Kate, the founder of a children's home, was Sister Kate whom?
- 4. Who was Joseph Bolitho Johns.
- 5. Who did Pamela Stephenson marry? 6. Name one of the ships captained by James
- 7. Frederick Vosper founded which Perth newspaper in the 1890s?
- 8. Which WA island hosted our first unofficial horse race?
- 9. Which multiple gold-winning swimmer moved
- 10. Busselton Wildflower Exhibition opened this year for the...time (78th, 81st or 93rd)? Answers on page 46

Ageing research snippet

RESEARCH published this year in Nature Medicine from the University of Minnesota Medical School and Mayo Clinic showed it was possible to reduce the burden of damaged cells, termed senescent cells, and extend lifespan and improve health, even when treatment was initiated late in

They now have shown that treatment of aged mice with the natural product Fisetin, found in many fruits and vegetables, also has significant positive effects on health and lifespan.

Our tip - Until they develop a drug the best course of action is to eat more fruits and vegetables especially apples.

Donations of magazines needed for Friends of Royal Perth Hospital

FRIENDS of RPH distribute magazines throughout the hospital and they are once again in need of more reading material for patients.

Women's magazines should be not more than six months old. There is no such time limit for general or men's magazines. National Geographic, Australian Geographic, Reader's Digest and Time are popular, to name a few, but all will be accepted.

It would be very much appreciated if you can help. Magazines can be dropped off at RPH Victoria Square entrance at any time.

If you live within a 25km radius of CBD, they can collect them from you. Call Margaret at 9224 2068 on a Monday or Wednesday morning before 11.30am.

The Friends of RPH wish to take the opportunity to wish everyone a safe and happy festive season.



ABC's Alan Kohler - The friendly face of Australian finance and business



One of Australia's most-respected and enduring commentators, Alan Kohler

Seniors strategy discussion

teed.

by Lee Tate

ALAN Kohler, TV finance presenter. newspaper columnist, author, publisher, father and grandfather reckons he's slowed down a bit now he's in his mid-sixties

Just back from a Melbourne beach with wife Deborah, walking their labrador Maisy, Alan settles into his home office where he generates financial, business and political insight for his fol-

DIANE Allen, Town of

nity development of-

ficer for seniors, will

be the guest speaker

at the Perth branch

of the Association of

Independent Retirees

commu-

Cambridge

(AIR).

lowers and the public.

Alan, for a generation, has been the cheery face and name of one of Australia's most-respected and enduring commenta-

Alan agrees that the world has been swamped with information.

"It comes like a waterfall. There are so many outlets now. Yes, there is a heap of fake stuff, heaps of rubbish among it all," says the man whose daily task is to fil-

Morning tea is pro-

vided, car parking is

available and a warm

welcome is guaran-

There is no need to book, and for more in-

formation ring Peter on

ter it all and present it to ABC viewers, readers of The Australian and followers of his own publication, The Constant Investor.

There are also his sessions on the national speakers' circuit and at company events, his Qantas inflight radio spots and anything else that he's chased for the latest news breaks on businesses, politics and world stock markets.

Plus his duties as adjunct professor in Victoria University's business faculty.

Alan's Constant Investor publishes daily podcasts, interviews and reports for the financially curious. Alan writes it all himself, breaking away later in the day to get to the ABC Melbourne studio to prepare his nightly financial news segments.

Not bad for a bloke who never went to university. Melbourne-born Alan went directly into journalism as a teenager, working in Perth for a couple of years.

"Living in Perth was great," said Alan who, in his twenties, worked for both the ABC and Lang Hancock's newspaper National Miner.

"I shared a house with some mates in Maylands." he said.

"We built a steel yacht and had a bit of a sail before selling it. We brewed our own beer, baked our own bread, grew our own vegies and became selfsufficient.

"Once a week we killed a sheep in the backyard and had enough meat for a week. Sounds terrible, doesn't it? One of the guys worked in an abattoir.

Back in the eastern Alan launched states, himself into the heady world of high finance and quickly earned a solid reputation, followed by business and political leaders and investors.

He wrote brilliant columns for the Financial Review and became the newspaper's editor. He was also editor of The Age. He also started

a couple of successful business newsletters which were bought out by Rupert Murdoch.

Alan is currently The Australian newspaper's business editor-at-large.

While most of us find the flood of information on the world's finance, business and political happenings intimidating and confusing, Alan says the advent of the information age means people have far more choices

Clearly, he says, it is up to all of us to filter it and make informed choices or seek good advice.

He believes superannuation is still the best considerinvestment. ing its tax benefits, and everyone should start a super scheme as early as possible, even if close to retirina.

Passing the normal working retirement age himself, Alan just sent his third book to the publisher. With its working title, It's Your Money, the book advocates taking control of your finances, not being ripped-off by financial planners and the banks.

Alan has never been shy to express his views to the public.

The royal commission showed people in the banks to be 'a bunch of shonks' although he said the inquiry was one-sided in that its mission was to pursue complaints and bad practices and not get all sides to the banking story.

'There have been some pretty terrible stories, though," he said.

about the Asked planned probe into aged care, Alan said it would depend on its terms of reference but there was every chance that improvements in aged care facilities will follow.

Twenty years ago, Alan gathered a bunch of mates and formed a blokes' book club that is still going, meeting in their homes on a rotation basis over wine and cheese.

"No women allowed," quips Alan.

And, he reveals, once a year the blokes stage a poetry night, reading out their favourite poems. They also have an annual dinner.

But how does he find time to fit it all in - managing, writing, publishing, walking the dog?

"I just do things oneat-a-time. But I've found myself winding-back a bit. I can't do as much as I used to.

"It just looks like I'm busier than I am. I'm reasonably efficient," says the guru and journos' journo.

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Diane will be speak-9446 1514 or Val on ing on the strategy for 9381 3495. services for Seniors 2018-2019. This will initially be available only for Cambridge, but if successful will be used as a model for the rest of Perth. The Cambridge project will be targeting retirees aged 50-70+, to

engage them in finding and contributing their skills, knowledge, talents and experience, and becoming involved in their local communities.

The talk will be at the Cambridge Bowling Club, Chandler Avenue, West Floreat, on Friday 16 November from 9.45am to 12 noon. It is open to all, and the cost for visitors

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Letters to the editor

Submissions may be edited for clarity and space.

I WAS browsing through the September issue of Have a Go News, when I found Suzanne Gould's letter on lids.

I think she has raised a very valid point. I have thought the same on many occasions. Some cans and lids are so very user unfriendly.

Most times I get by using my nutcracker or a pair of pliers for pull-top cans or screw top jars, however I find cans are usually the biggest culprits.

Sometimes the tiny little pull-tab on top of the pull open can just breaks apart and come off altogether, before it makes even a dent on the top of the can, and then I need to use a proper can opener with great difficulty.

Then there are some cans which are not compatible with any of my various can openers, perhaps due to the difference in circumference of the can.

One time I thought my can opener was faulty and went and bought a new one, but the can did not like the new one either. However, both my can openers have been working perfectly well with all other standard sized cans.

So it seems some cans do need special gadgets to get them opened.

Regards

Sathi Moses Via email Dear Editor.

I LOVED the October word of the month, sesquipedalian, meaning characterised by long words: long winded.

This prompted immediate thoughts of preponderance, perspicacious and programmic specificity, along with a vision of a former prime minister, but these have been so many and varied of late that the choice was not blindingly obvious.

A friend offered some assistance, but I was unsure whether the solution suggested was merely facetious or a brilliant spoonerism. Here is his selection – Revvin' Cud!

Ian Campbell **Armadale**

Dear Editor,

LEE Tate's opinion piece about MPs and their pay in October issue No #319 was a very well written

But I can sum up politicians much more succinctly... liars, cheats, and thieves.

Gregory Smith Via email

Dear Editor,

Re: Meckering Earthquake Story in July 2018 edition.

I HAVE no recollection of the earthquake although I was born on that day at Dumbleyung hospital. Have you heard of any others born that day?

Kind Regards

Cathy Burgess

Ed: A simple contraction is enough for most of us to arrive in the world, not an earthquake

Dear Editor,

TWO letters struck a chord for me when reading the October issue of Have a Go News.

The first one was from Lynda Mitchell of Seville Grove about books and libraries

At the Ballajura Library we have fantastic guy by the name of Peter who organises speakers at what is called the 'cuppa and a chat' sessions on each second

We have the pleasure of looking forward to further talks on various subjects including the archaeology of the Somme, part three of how justice and the laws were first administered in Perth, one on flowering plants and other subjects between now and 14 December.

So yes, libraries must be always there for us to relate to books, and subjects that are delivered in

a more personal way than via the electronic media.

The second letter was from Florence M of Ferndale about her experience when she came to pay out her mortgage and how the fees and charges were so much greater than the amount she owed on her mortgage.

Florence raised the question of whether banks can charge what they like just because they can and how they should not lay more expense on a loyal client.

In my case I have just over three years to finish off my loan which, due to complicated issues when my husband died over 13 years ago, was, with the help of my local MP, changed from a mortgage with one of the big four banks to a Keystart Home Loans WA. They have been fantastic in all my dealings with them.

However it does raise the

thought in my mind now as to what fees I am going to be hit with when it comes time to discharge my loan and whether that will mean taking out another loan of some sort to cover these fees.

Regardless of who a person has a mortgage with, if they have always paid the mortgage on time, paid more than they need to, then when it comes time to discharge the mortgage the financial institution concerned should consider at least reducing the fees charged for doing that or not charging fees at all.

Let's face it, for umpteen years each financial institution has been charging whatever interest they like and hiking those rates up very quickly, yet usually not lowering them quickly or at all.

> Margaret Ryan Ballajura

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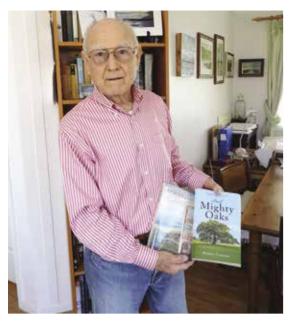




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After a full life Murray Cameron takes on a new role as author



Murray Cameron

by Josephine Allison

FREMANTLE writer Murray Cameron has drawn on an interesting and colourful life in Scotland and Australia for the recent release of two books which, he says, are about men and women dedicated to achievement. And, at a sprightly 85, he says it is never too late to 'have a go'.

The just released books, And Mighty Oaks and Corriedale (Xlibris), have taken Murray around six years to write. And he has ideas for more.

Murray says when he looks around the world he says much of it is bad and deteriorating further. So he decided to write about the other side of the perspective. And Mighty Oaks takes readers across time and space. It is about people

succeed. Readers will follow the characters as they struggle to identify the deeper values at the core of their

who use their native tal-

ent, effort and energy to

"Everyone is interest-ed in life," Murray says. "Most people look into the lives of others to see parallels with their own. Each person forms judgements about others for good or bad and often, we look to others for inspiration. There are many characters in this story, each with his or her special characteristics and role to play."

Corriedale, book two of the Calm Crescendo series, focuses on semiretired Inspector Colin Nicol who joins the unsolved crime and open case squad of the London Metropolitan Police and visits Roddy McKenzie in Western Australia where dramatic events unfold.

Born at Nairn near Inverness, Murray was a member of a big happy family of five boys and five girls (a brother and sister are still living). He came to WA in 1973 to manage Carrolls bookshop after an earlier life which took him around the world.

As a young man he was drafted into the British Army to serve in a highland regiment, after which he fulfilled a long-held ambition to become a tea planter in India.

"On my 21st birthday I was on the Red Sea on my way to India," he said.

After three years in India he decided not to renew his contract and headed for Australia via Bombay, aiming to explore the country from east to west to gain a feeling of the place. He worked on a Dorset horn sheep stud then a sheep station in

South Australia.

After a lovely period selling advertising for the Adelaide Advertiser (Germaine Greer's father Reg, did the Melbourne selling), he was offered a job

When the business was sold, Murray joined the Department of Employment and Youth Affairs while attending university lectures in psychology and linguistics. He took up a job in National Trainer Training and People Development and spent a year managing the centre in Hobart, then retired from the department.

Back in Perth, Murray joined with Carol Orchard to create 3CM Pty Ltd and People Development Pty Ltd. While Carol serviced

commerce and banking, Murray was responsible for Aberfoyle Resources, Worsley Álumina, Hamersley Iron, Western Colliery and Patricks, which involved considerable travel. But, at 67 with deteriorating hearing, he retired. He was drawn to university again in 2011 doing a BA in history and was invited to apply for the honours program but

"I have learned a lot about writing and myself. I did a lot of research about Lebanon, the Belgian Congo and the Korean War. After breakfast, I just sit at my desk and write all day. If have a brilliant idea at 2am I get up and write it down.

It is not always head down at his desk though, Murray likes to walk a lot near the ocean in Fremantle and socialise with the Fremantle Curry Club. Life is a joy and reading a pleasure as his big library

the author for \$39.99 and Corriedale for \$29.99. Contact murrayc9@ or 9433 2863.

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they are looking for a way to save for a house.

If this position appeals to you and you would like further information, please contact Kanyana at the email address below. Conditions and restrictions apply, including no domestic pets, as the location is in the Korung National Park.

email MCfiling@kanyanawildlife.org.au.

Traditional IKES & PUDDINGS



Jazz musicians required

WILL Griffiths is looking for musicians who have an interest in jazz to brush off their dusty instruments and come together to play some great jazz hits from the jazz/swing area in a non-competitive friendly environ-

Will says it will be a bit like a 'man shed' for musos and the idea is to lead up to be able to do some free community concerts.

All are welcome - girls or boys - who just want to make some music.

Practice will be in the Gosnells area - contact Will on 0484 769 796 or email griffithswill007@gmail.com



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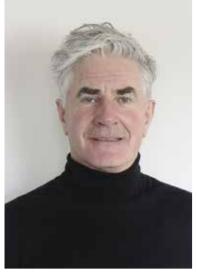
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Housing insecurity may lead to homelessness in older age



National development worker for Housing for the Aged Action Group (HAAG), Jeff Fiedler

by Frank Smith

WE often don't consider homelessness to be a problem for seniors. But

About 15 per cent of seniors live in rental accommodation, mostly in community or public housing. Public housing tenants are charged not more than 25 per cent of their income

But some are forced to rent from private landlords and have no security of tenure. Leases are seldom for more than two years and most are monthly or at best six-monthly.

Rents take up most of the private tenant's income. The average rent of a one bedroom privately owned unit in Perth is equivalent to 50 per cent of the aged pension.

Moreover tenants cannot adapt the house to meet their needs without the consent of their landlord.

Few end up on the streets but

many are forced to stay with family, friends or couch surf.

Jeff Fiedler, national development worker for Housing for the Aged Action Group (HAAG) was in Perth last month and spoke to Have a Go

He said if people need to pay more than 30 per cent of their income in rent they are under financial stress and the average private rental comes to three quarters of the aged pen-

"Most homeless older people are women. It is often due to their longevity and the one-income trap. They are living with a husband on a couple pension, but the husband dies and they are left with the same expenses but only half the income.

"Others are in private rental accommodation when the owner decides to sell and they are unable to find and afford alternative rental houses

"There are also those who have al-

Many women have been unable to accumulate substantial assets because of interrupted careers and poorly paying jobs.

"About 7000 people in WA are in this situation, mainly in the metropolitan area, and the number has increased by 46 per cent in five years.

"The trend is to double every ten years. This is due to a decrease in home ownership and less spent on public housing.

"Also more people are retiring with a mortgage and find they can't afford the repayments, so they go the on rental market," he said.

Mr Fiedler and Dr Debbie Faulkner of the University of Adelaide have a project to studying the prevalence of those seniors doing it tough and to try to find out how to help.

"We plan to go from problem to solution," he said. "When housing is not affordable we try to find services

The project, to assist older people live independently in their own home is supported by the Wicking Trust for the next five years. The first report is due in two months.

COTA WA is providing assistance and facilities and a reference group of older people for the project in WA.

Mr Fiedler would like Have a Go News readers who are older people with experience of housing problems to email him with their story. Email jeff. fiedler@oldertenants.org.au

"Help us get more information so we can help others," he says.

HAAG also provide a service called Home at Last to provide assistance, advice and advocacy for older people with problems of finding and keeping suitable housing.

"It is a one stop shop helping to bridge the housing gap. Seniors often don't know where to go for help," said Mr Fiedler.

Public art opportunity for artists

THE City of Nedlands is seeking expressions of interest from suitably experienced

artists to create a contemporary public art work.

The aim of the art

work is to create a sense of place and cultivate community pride and identity in Mt Claremont.

Full details for submission requirements can be found in the expression-of-interest document at https:// tinyurl.com/mtclare montpublicart.

Deadline for submissions is 4pm, Tuesday 20 November.

For further information, contact Lisa Macfarlane Reid Ireid@nedlands. wa.gov.au.

Final season of the Antarctica experience at WA Maritime Museum



FEW are fortunate enough to travel to Antarctica. Even fewer experience what it is like to live there. That's all about to change.

After a sell-out first season, The Antarctica Experience - Virtual

Hearing Specialists Design New TV Listening Device. "Santa's Hot Pick!"

Reality Adventure is back for a final exten-

This is your last chance to experience a day in the life of Antarctic scientists as they research this mysterious

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The final season will run until Sunday 23 December at the WA Maritime Museum, Victoria Quay, Fremantle. Booking details visit museum.wa.gov.au

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Heard the good news?

Two hearing specialists have designed and released a brand new wireless TV listening device which has outdone the world's most advanced hearing aids in delivering clear television dialogue for those with any level of hearing loss.

How is this possible?

The product was developed by hearing specialists over two years in conjunction with audio engineers from around the world to optimise circuitry to work for the three most common configurations of

Hearing specialist Don Hudson says having worked with hearing loss clientele over many years revealed that users were desiring clarity for television dialogue as a primary need, and the technology inbuilt into the device was centred around this requirement.

"Our clientele's main concern is to hear the TV dialogue, and the 'TV Voice Pro' system uses circuitry that is customised to work for hearing loss and optimise speech clarity for television listening. We have combined this technology with state-of-the-art wireless transmission. The result is a wireless TV headset which is brilliant for those with any degree of hearing loss."

How does it beat the world's best hearing aids?

We all know that TV programs are recorded with inconsistent levels of volume and clarity. The clarity of the person talking differs substantially from show to show and most TV programs also have an emphasis on interfering music and background sound effects. The new 'TV Voice Pro' system uses a uniquely designed speech clarification technology which enhances speech frequencies whilst reducing

the negative impact of music and sound effects. In addition, the device has been custom designed for a broad range of hearing loss.

"Initial prototypes of the product showed that one speech enhancement setting was not enough to cater to the needs of the various forms of hearing loss that exist. Further refinement and the creation of two more speech enhancement options made this product something that applied to the full range of hearing loss. The optimised audio is then transmitted in digital form directly to the wireless headset. Unfortunately hearing aids alone are unable to change the existing recorded audio produced by the television or surround sound speakers and have to work with the poor signal they receive from the air. Additionally, hearing aids alone will be amplifying noise around the house, which degrades signal to noise ratio and affects clarity for the television further."

Hearing Specialist Don Hudson

What's more?

TV Voice Pro clarifies TV automatically and is guaranteed to connect to any television in seconds. The user can hear the TV at their preferred volume from anywhere in the house, without affecting the TV volume for others in the room. At just 70 grams, it's incredibly lightweight and comfortable to wear, and is a fraction of the cost of purchasing a hearing aid. TV Voice Pro completely recharges itself when placed in its holder, so there is no need to change batteries.

The purchase price is \$349. Take advantage of free super-fast courier delivery, available for two weeks only. Simply call 1300 300 446 to place vour order with the customer service team. You can also visit www.TvVoicePro.com.au for further information or to order online.



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Where opinions matter - are we heading to a coinless society?



by Lee Tate

WHY do we persevere with coins? And isn't it time we got away from silly shop prices with their odd amounts? For example: \$3.49 for frozen party pies. \$2.09 for chocolate and \$1.12 for a fruit drink (true examples).

Australia prides itself for living in a high-tech, modern world of costefficiency, yet we amble along with dated practices and antiquated sys-

The negligible value of our lowest denominations, 5¢, 10¢, 20¢ and probably 50¢ makes them hardly worth picking-up off the street. Yet they cost a fortune to produce.

Our cashless society has been looming for decades.

It is 52 years since we introduced decimal coins and we have just taken on new designs for future coinage. The one-dollar coin was introduced in 1984 to replace the banknote of the same value. The two-dollar coin replaced a banknote in 1988.

The last time we had a new Queen's image on our currency was in 1998. The new portrait will be the sixth effiqy used since the monarch took the throne in 1952.

The Royal Australian Mint has produced 15 billion coins since opening in 1965.

The 50¢ coin was originally circular and contained 80 per cent silver and 20 per cent copper. The material of the coin was worth more than 50¢. Yes, taxpavers paid more than it was worth to produce an essential commodity.

Our 1¢ and 2¢ coins were discontinued in 1991 due to the metal exceeding face value.

Australians lose 255 million coins every year - down the back of the couch, taken overseas in the pockets of tourists and stuck to footpaths.

It costs \$110 milliona-year to replace these coins, says the Royal Australian Mint in a Senate committee report.

Several years ago, the Mint said the 5¢ coin should be scrapped because it is too expensive to make and a nuisance.

The Federal Government considered dumping it. The decision fell to the then Assistant Treasurer, Bill Shorten.

A Mint source said that as Australia moved increasingly to electronic transactions and a cashless society, the 5¢ coin was essentially redun-

Mr Shorten was worried what the move would mean for charities, the principal recipients of 5¢ and 10¢ coin donations, so our 5¢ coins rolled-on.

At the time, the Mint was producing 160 mil-

lion 5¢ coins a year. The value of 5¢ pieces in circulation was estimated at \$198 million.

What coins to dump? Everything up to \$1? Perhaps keep the 50¢ coin - although what can you buy for 50¢? It would give supermarkets something to play with in their massive advertising campaigns, though.

Before dumping lower-value coins, we could stage Australia's biggest-ever charity collection. Banks, hotels, airlines, shops, businesses, schools and venues could all collect our coins before they are dumped.

The coins could be delivered or paid into bank accounts of the Salvos and other responsible and proven charities and used for essential services

After six months, coins could be withdrawn from circulation, saving the nation millions of dollars every year and lightening all our purse and pocket loads (to coin an expression).

opinion. Email info@ haveagonews.com. au with Opinion in the subject line or head to our Facebook page to write your thoughts. You can also write to us at Opinion, c/- Have a Go News, PO Box 1042, West Leederville, 6901.



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WWI heroes lose graves at Karrakatta

by Susan Blunden

AT the 11th hour of the 11th day of the 11th month of 1918, the guns fell silent. Of the 416,809 young men and women who went to war, 62,000 would never return, 156,000 suffered major wounds, gassing or imprisonment - and virtually all suffered non-combat injuries. Those who came home bore scars their loved ones could never see.

Wilfred Owen's epitaph to a lost generation says it all:

"If you could hear, at every jolt, the blood

Come gargling from the froth-corrupted lungs,

Obscene as cancer, bitter as the cud

incurable Of vile. sores innocent tongues,

My friend, you would not tell with such high zest

To children ardent for some desperate glory, The old Lie: Dulce et

decorum est Pro patria mori."

(Sweet and decorous it is to die for your coun-

Most West Australian survivors now lie buried in Karrakatta. Do they rest in peace after the horrors they endured, honoured for risking their lives for us?

No. Karrakatta is being redeveloped. All visible markers - headstones. even grave numbers

are being cleared.

Footpaths between and within 300 mm of the old graves are offered as 'redeveloped' graves. The history of this state is being expunged.

Metropolitan The Cemeteries Board tells us war graves are safe. but they are the rare graves of those who died of war related injuries in war or shortly thereafter.

The survivors who returned and chose to be buried with their families are not - nor are their families.

Their graves are now, or will soon be, un-

marked - disregarded by the government who called them to arms.

Nearly all the cemetery is slated for redevelopment, but, apart from a small ad in the Public Notices, and little white paper flags and notices in the cemetery, the whole process is the darkest of secrets.

Many think their loved ones have the perpetual, 99 or 50 year leases they paid for. Not so. The Cemeteries Act 1986 wiped those rights from 1 July 2012. No one was told.

What's the need? None. There are plots galore at Pinnaroo and unused redeveloped plots in Karrakatta.

Three other areas were identified for new Perth cemeteries years ago and another recently - none are operational.

The truth is clear swathes of empty grass at Karrakatta.

The Environment and **Public Affairs Commit**tee of the Legislative Council is investigating a petition (No 071) to stop this needless and disrespectful practice.

For more informa-tion visit the Facebook group #SavingFami lyHeadstonesatKar rakatta

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Red Cross's unsung heroes doing their bit in the community for the less fortunate



Left to right; Australian Red Cross helps improve people's lives - Toni Russell - Lyle Lambie - Red Cross offer a range of services in the community

by Josephine Allison

TWO Perth volunteers and is personify what the Red Cross does, working in the community to help improve people's lives at home and overseas.

Toni Russell, of King-works and is donor to the community to help donor to the community to help the community the c

Toni Russell, of Kingsley, has been a Red Cross volunteer since retiring nine years ago, visiting people in the community. She also works for Telecross Calling, which involves contacting people early each morning to ensure they are safe, something she does seven days a week after a brisk early morning walk.

Toni also visits a lady

in Joondalup each week, works for another charity and is a Red Cross blood donor – 560 donations so far. Being a blood donor runs in the family, Toni's late mother Shirley drove for the Red Cross delivering blood in Adelaide, father Murray was a blood donor and now granddaughter Kirsten Russell is a blood donor in Sydney.

"When I retired, I wanted to give something back to the community," Toni said. "Though some people have family close by, there are many lonely people out there."

Toni donates blood every fortnight and says

she takes comfort in the fact that each donation saves around three people's lives. She plays tennis three times a week and three years ago took on an 800km walk, the Camino de Santiago, in Spain.

Down Medina way, Lyle Lambie has donated blood 650 times, helping save 1950 lives and donated more than 305 litres of blood. He visits the Rockingham Blood Donor Centre fortnightly and is the highest milestone donor recognised in WA this year and the equal third highest in Australia.

"I donate blood because I enjoy helping others in need," he said. "If someone needs blood, you could be saving that person's life, simply by giving blood."

In the last financial year, 44,600 West Australians gave more than 136,500 donations of blood. In September Red Cross recognised around

900 West Australians for reaching milestones (increments of 50) of between 50-650 donations each as part of National Blood Donor Week.

Red Cross has assisted vulnerable members of the community for more than 100 years, with a range of services and programs including international aid, international humanitarian law advocacy, migration support. emergency management, blood donation and community services for Aboriginal and Torres Strait Islanders, youth, families, the elderly and people with disabilities.

With an ageing population and the aim to keep more people living at home, Red Cross has services to help carers maintain their caring role. Access to phone support and care support groups in Perth, the south west, Great Southern and Wheatbelt, helps carers reduce stress and burnout and supports carer

health and wellbeing.

Red Cross in WA supports Aboriginal and Torres Strait Islanders people and organisations helping their healing and working towards ending discrimination and racism.

The

well

Bindaring clothing sale

grounds each May, a

one-day sale of high

fashion garments, at-

thousands. This year

\$224,000 was raised

for the Red Cross. Red

Cross Calling is a ma-

jor national fundraising

campaign that has been

running for more than 69

years. It is held between

1-31 March each year

and members, commu-

nity groups, schools and

workplaces join to fund-

the Red Cross was evi-

dent at Osmington near

Margaret River last May

where seven people

were found dead in

a family tragedy. Red

Cross psychology teams

stepped in, supporting

the close-knit Margaret

"Events like this can

really shake people's

perception of what is

normal and what is

River community.

The real meaning of

raise.

tracts a crowd

at Claremont

known

Show-

Lady Lawley Cottage provides respite services to children and young people (0-23 years) with a disability in WA. There is also a post-school program, Aspired, for young people 18-23 as well as an early intervention pogram to pre-school children.

Migration services provide help and support to refugees, people seeking asylum, people in immigration detention and other vulnerable people.

The voluntary mobilisation hub is a team aimed at supporting, developing and engaging people who want to help others, improve the volunteer experience and develop new ways to engage the wider community.

safe," said Linda Crumlin, Red Cross director in WA. "It's normal to feel upset, anxious and distressed. These feelings take time to resolve."

Red Cross continued to offer community support in the following months.

"These events can shake communities, as they challenge what we take for granted," Ms Crumlin said. "But they can also bring us closer — to draw strength from one another, help one another and find a new normal together."

In January the Broome Red Cross team heard about a family of three generations stranded by heavy rain from Cyclone Joyce. They were left dangerously low on food and supplies when roads were cut off to their community on the Dampier Peninsula.

Regional manager Loretta Bin Omar heard of the group's plight, organised emergency relief supplies and worked with WA's Department of Fire and Emergency Service for them to be delivered by helicopter to the beach, the firmest available terrain.

It's all part of what the Red Cross has done over many years. There is a need for it now more than ever. Call the Red Cross on 1800 733 276. For details about its services and ways to become involved go to www.redcross.org.au.

Join us online: www.haveagonews.com.au

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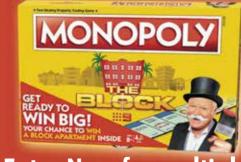




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Village	Date	Time	Event Type
The Pines 21 Ponte Vecchio Boulevard Ellenbrook	Friday 9 November	2pm – 4pm	Waltz over to our Victorian Tea Dance with tours, high tea and a dance lesson.
Parkland Villas Woodlands 52 Liege Street Woodlands	Saturday 10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

To RSVP call 1800 550 550 or visit retireinwa.com.au/events

^{*} The information contained in this publication was correct as at October 2018. Whilst Lendlease endeavours to ensure that the information in this publication is correct, no warranty, express or implied, is given as to its accuracy.



Don't be a Norm and sit on the couch, get out and have a go yer mug...



by Rick Steele

I THINK it was Facebook that recently drew my attention to the fact that cricketers have been wearing protection for their crown jewels, the

orchestra stalls, the family endowment, since the game was invented, but the helmet only came to the game in recent times.

"You have to learn to prioritise," my mum used



Left; 3-year old Rick playing cricket Above; Rick Steele

Back in NZ and my first life as a schoolie, I used to share Friday afternoon: get the chalk dust outa ya throat' sessions with a NZ international fast bowler, called Bob Cunis.

Now it so happens

that that Ozzy bully fast bowler, Graham McKenzie broke my mate's jaw with a cruel bouncer at the WACA about 1969. This was pre-helmets of course, just before the new Packer game was unleashed.

Over a chalk removing cleansing ale, with Bob drinking through a straw and his jaw wired up, he was gracious and flattering about his time in Perth.

He revealed that the beaches are bloody beautiful, the weather is great and the girls are even more beautifuller.

His synopsis of Perth carried a lot of weight in Perth a couple of years later. I have been a keen follower of the game since youth and if I recall correctly, it was about the late sixties, that during a slow passage of play, with the batsman defending dourly, that frustrated cricket tragics would shout loudly: "Have a go yer mug!"

That could well have been a catchcry from my mum, who was fearless in her encouragement. However, it was pure misfortune that I ended up entering the 25 yard, under six swimming race. I had only put my hand up to be excused. My swimming skills were equivasinker. God loves a tryer,

apparently.

The school swimming carnival arrived and the large crowd assembled. Standing on the blocks I realised it was now sink or swim. After a vain attempt of about ten yards, the sports master called and the lifeguards were sent in. As two older boys helped me to the ladder and the crowd cheered my bravery, it wasn't until I got to the dressing room that I discovered that the elastic in my budgie smugglers was exhausted and one of my five-year-old testicles had been exposed during my

walk of shame. Doh! I relate this testament as a matter of pure encouragement for readers to prepare for the wonderful Have a Go Day which this year falls on Wednesday 14 November.

Do you remember the campaign to get Norm off the couch? Don't be a Norm. Be a keen and lively participant. I will be returning from the annual Blues at Bridgetown Festival and singing with the Spirit of the Street choir at Homeless Connect.

I said to my wife the other night: "you know, I think some of the spark has gone from our mar-

She came home next day with a taser!

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by Jon Lewis - Overnight announcer Radio 6PR

I HAVE a lovely glass cup with a strong handle. I have had this cup since I was a child.

Originally, I believe, it contained honey or perhaps Vegemite, no one in the family is really sure. I do recall that it had a clip-on lid. This glass

was always a popular choice whenever I was choosing a drink like cordial or occasionally pop.

On reflection, perhaps this was my first experience of something better than recycling... reusing.

At that time no one recycled and we all reused things like milk bottles, pop bottles and even newspaper around our fish and chips.

I very much prefer the idea of reusing instead of recycling for many reasons. One is it's far more energy efficient to reuse an item than to take the product away have it melted down and eventually returned or perhaps burned to fuel a power plant. Also reusing is a lot of fun if you happen to like what it is, as I did with this glass.

Is it better to re-use rather than recycle?

When we are purchasing dry food, I tend to look for it in containers that are useful and can he reused

I recall on one occasion buying flour. We spent just a few cents more to buy flour in a smart container. We still regularly use it years since it was first purchased. It is an ideal one litre container for my porridge. the breakfast of champions.

We also purchased some small biscuits that came in a very useful clear container that now houses dried fruit - often sultanas sourced from Australia

Clear containers are by far the best containers as you can see exactly what it is and how much is left.

I have tried storage tins and I always forget what's in there and I certainly never know if I have enough.

I would like to challenge manufacturers to make their containers even more future friendly.

For example, why can't a honey container be in the form of a useful cup with a strong handle? Perhaps it could even have a clip-on lid? Then I would be encouraged to buy six, and I would have a set.

Why can't glass jars regularly have a clip-on lid instead of a screw on lid? It would be far more useful.

If I require a new water bottle for my bicycle I will spend 75¢ and buy a bottle of soda water. This amazing bargain provides me not only with a bottle, it also provides me with contents I can drink. Amazing! By the way, I've been reusing the same bottle for more than a year now.

Do you have a container you have been merrily using for years? I'd love to know what it is.

Let's encourage companies to make reusable containers, not just recyclable... what do you

All the best.



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Helena Valley Lifestyle Village is more than just a safe and friendly community - it's also full of great facilities to make every day more pleasurable. From early morning swims to an evening game of pool or darts before dinner in the new \$4 million Clubhouse, the choice is yours - 7 days a week.

WHY DOWNSIZE?

One of the most attractive benefits of downsizing is freeing up time and money to travel.

Plus hear from Perth's 'Lifestyle Village' Architect guru Richard Hammond as he shares his vision on the importance of incorporating environmental sustainability in a Lifestyle Village like Helena Valley.

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Visit our website for the full Crown Bus timetable.

Conditions apply, see crownperth.com.au. Images for illustration purposes only. Fun Pack \$10 for Crown Rewards members and \$15 for non-members. Must arrive on the Crown Bus and purchase a Fun Pack. Valid on day of purchase only.



COFFEE AND CAKE \$8

Choose from a selection of delicious cakes and satisfy your sweet cravings.

Every weekday, 2pm - 4pm



Available for a limited time, excludes Melbourne Cup and special event days. Regular standard coffees, no additions and select cakes only. Not to be used in conjunction with any other offer or discount. Images are for illustration purposes only. Cotta is an 18+ venue.

TV Talk with Lee Tate - Billy is not so silly - a salute to the funny man



TELEVISION'S most enduring funny man has turned out to be Sir William Connolly, CBE. Billy is TV gold around the world and hugely popular in Australia.

Funny that. A strugaling bloke from the shipyards whose accent was so thick it was hard to understand unless you were Scottish and whose swearing and bad taste jokes would strip the paint "The Big Yin" rose from poverty to multimillionaire. A struggling performer shunned by TV producers frightened-off by his swearing, he was gonged with a CBE and then made a knight of the British realm.

Judging by the widefoul language across television today, Billy was a television trendsetter.

Sir Billy, 76 this month, was on the box recently and in good spirits considering his health prob-

He was diagnosed with prostate cancer in 2013, in the same week he was told he had Parkinson's. Surgery stopped the cancer but Parkinson's is taking its brutal course.

Sir Billy contacted sci-

entists at Harvard University in Massachusetts to assist with their stem cell institute research into Parkinson's.

The Scot's background is legendary stuff and helped shape the comedian, musician, presenter and actor. He's laughed along the way, taking the public with him.

When he was four, Connolly's mother abandoned her children while their father was serving as a Royal Air Force engineer in Burma and two aunts looked after the kids.

"I've never felt abandoned by her," Connolly

"My mother was a teenager. My father was in Burma, fighting a bloody war. The Germans were dropping all kinds of crap on the town.

"We lived at the docks, so that's where all the bombs were happening. She was a teenager with two kids in a slum. A guy comes along and says, 'I love you. Come with me. Given the choice, I think I'd have gone with him."

Sir Billy went from welder to folk singer with the Humblebums and turned comedian in the 1970s.

He was just a boy when he latched onto comedy.

"I can remember the moment in the school playground. I would have been seven or eight. And I was sitting in a puddle and people were laughing. I had fallen in it and people found it funny.

"And it wasn't all that uncomfortable, SO

stayed in it longer than I normally would because I really enjoyed the laugh-

ing.
"My life was very unhappy at the time, and laughter wasn't something I heard all the time, so it was a joy. And I realised quickly that if you can have an audience this way, life was rather pleasant."

The skits and the oneliners followed:

"Never trust a man who, when left alone in a room with a tea cozy, doesn't try it on.'

Sir Billy went into movies. In 1997, he starred with Dame Judi Dench in Mrs Brown, in which he played John Brown, Queen Victoria's Scottish servant. The role was made for him.

Twice-married, father-of-five quipped: "Marriage is a wonderful invention: then again, so is a bicycle repair kit."

Sir Billy topped a poll Britain's Favourite Comedian – ahead of John Cleese, Ronnie Barker, Dawn French and Peter

"I worry about ridiculous things, you know," he said. "How does a guy who drives a snow plough get to work in the morning... that can keep me awake for days."

And he said: "I've always wanted to go to Switzerland to see what the army does with those wee red knives."

It was announced that the ageing Sir Billy was making a new BBC series about Scotland, ac-

companied by a book published by Penguin, sub-titled My Grand Adventures in a Wee Coun-

try.
The publishers described it as an insightful, moving and very funny account of the stuff that really matters: family, love, sex, health, football, fishing, work, art, swearing, banjos, friends, going to the pub. And good tea.

Pamela Stephenson, Sir Billy's faithful wife, says: "Billy's doing great and still funny as hell.

But Sir Billy must, of course, have the last words:

"My definition of an intellectual is someone who can listen to the William Tell Overture without thinking of the Lone Ranger."

Diabetes management resources available for older people



ALMOST two thirds of Western Australians living with diabetes are over 60 years old. Getting older brings new challenges, but with a bit of preparation and support from family and the healthcare system, you can live well with diabetes at any age.

The National Diabetes Services Scheme (NDSS) has developed three booklets that give helpful general tips about living with diabetes as you age.

Managing Diabetes as you age

Diabetes care is generally the same no matter how old you are. However, there are some specific changes that happen with age and these might affect your diabetes. This booklet gives you information to help you manage your diabetes as you grow older, including managing multiple medicines, physical activity, and tips for managing with memory

Healthy Eating - a guide for older people living with diabetes

As we get older, our lifestyles

and appetites can change and chronic conditions such as diabetes can take up our time and energy, and affect our food choices. The Healthy Eating booklet provides useful information about nutrition including meal plans, cooking for one or

two people and some recipes. You and your health care team

It's not always easy to find your way around our healthcare system, and as you get older you may have more health issues to deal with. The booklet provides information to help you work with health care professionals to live well with diabetes, including what help you can get from the healthcare system, how often you should have regular checks, and how to make the most of your

doctor's appointment.

People who are registered on the NDSS or Diabetes WA members can call Diabetes WA on 1300 001 880 to receive free hard copies of these three books. You can also download them at ndss. com.au/older-people.

Living with diabetes is a lot easier when you have support from family and friends. People living with diabetes, or their family members, friends or carers are welcome to call Diabetes WA for free advice from a credentialled diabetes educator. Call 1300 001 880 between 8.30am and 4.30pm week days.



Talks will delight history buffs

THE Royal Western Australian Historical Society presents two talks in November for history buffs.

The first will be a botanical talk by Dr Helen Henderson who will speak about the book she wrote with her husband on Augustus Oldfield who was an important 19th century plant collector. Oldfield trekked through many parts of Australia from 1845 to 1862 amassing plant specimens that were be used to describe more than 700 species to science.

The talk will focus on the three expeditions he undertook in Western Australia. It will be held on Wednesday 28 November at 9.45am.

The Christmas Booked in a for a Cuppa series will be held on Friday 30 November at 9.45am and features four Western Australian guest speakers including Tony Thomas, Gillian Lilleyman, Richard Offen and Alex Campbell.

Each will speak about their great historical reads while the audience enjoys a cuppa.

Both talks will be held at Stirling House at 49 Broadway Nedlands. Cost for each talk is \$10 and bookings essential at 9386 3841 or email admin@

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

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

Gordon M, Rochedale, QLD

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

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JOONDALUP 6027 243 Great Eastern Hwy, MIDLAND 6056

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Shopping Centre DIANELLA 6059

Sanderson Road Pharmacy

LESMURDIE 6076 St James New Start Pharmacy 16A Chapman Rd, ST JAMES 6102 **Stay Healthy Belmont**

Kenwick Pharmacy

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

Health Kick Melville

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

Shop 15, 35 Sanderson Road,

Belmont Forum Shopping Centre

BELMONT WA 6104

Cnr Belmont & Kenwick Rd

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KENWICK 6107

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Bunbury Drive-in Pharmacy Terry White Chemists Bunbury

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Shop 4, Kardinya Park S/C KARDINYA 6163

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1 Council Avenue, ROCKINGHAM 6168

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MANDURAH 6210 Shop 78. Mandurah Forum.

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Z



Whether it's blurred vision, problems with your feet, fatigue, or any of the other symptoms you might be experiencing, we get it. Because we're here for you, and the other 125,000 Western Australians living with diabetes. So join Diabetes WA and take advantage of personalised advice, support and free diabetes workshops. Because if you've got it, we get it.

Call 1300 001 880 or visit diabeteswa.com.au



This is your life... the importance of reminiscing and creating life stories



by Rhonda Parker, **CEO Alzheimer's WA**

DO you remember when, in 1975, the Seven Network aired a new program called This is Your Life. It was a reality and documentary-style program hosted by Mike Willesee that took the viewer inside the life and careers of some Australia's most

With the assistance of a big red book, Willesee would reminisce through the giant photo album with his featured guest about their families, friends, career highs and lows, the good times and

The program was a huge success, allowing viewers to share a trip down memory lane with some of the biggest



Left; Ross Brayshaw and Clare Duggan Above: Rhonda Parker

names in Australia at the time including Bert Newton, Slim Dusty and Olivia Newton-John.

You may be wondering what this program has to do with dementia.

While the This is Your Life program reels are now probably gathering dust in the vaults of the Seven Network, the merit of using reminiscing for health benefits is gathering momentum, particularly for people living with dementia.

In 2017, the Federal Government (through the University of Melbourne) produced a manual titled Using Reminiscence with People with Dementia in Sub-Acute and Acute Care. The manual provides practical information that staff and volunteers can use to adopt and implement reminiscence within everyday care of people with dementia who are hospitalised, but can also be adapted to those living with dementia who reside at home or in residential

The research for the manual found that reminiscing can greatly benefit people with dementia in a number of ways including: reducing depression, reducing apathy; increasing interest, attention and enjoyment; increasing social interaction; increasing well-being; increasing quality of life and improving cognition.

Life stories are an important tool in supporting wellbeing and personhood (the sense of who we are and how people see us). For people living with dementia life stories can reinforce a sense of identity, explore what is meaningful and offer a sense of emotional security. For staff and family, life stories help reinforce the sense of person beyond the diagnosis and provide key insights that help us provide a person centred care approach.

Earlier this year, a life story book was a created for our Como advocate Clare and her husband Ross, who is living with Alzheimer's disease.

Clare had booked a holiday but, as Ross was unwell, she decided that she would keep her travel plans to have a wellearned break and place Ross in residential care while she travelled. Their occupational therapist suggested Clare produce a life story book for Ross and his carers while he

was in respite. "I was very apprehensive about leaving Ross in residential care for an extended period of time,' Clare said.

"But we put together Ross' life story book and he still now takes it with him when he goes into respite.

"It's full of information and photos about his childhood, his parents, where he was born, what he likes, dislikes, the people in his family, his children and grandchildren and some lovely photos of the olden days when he loved to sail.

"It's something for Ross to read but also to share with others.

"Sometimes he members the photos, then sometimes it's a bit harder, but it's just such a great thing to have when friends and family come and visit or he has a new carer.'

If your partner or a friend has been diagnosed with dementia, I thoroughly recommend putting together a life story book. A life story book is a wonderful way to bring back memories for a person living with dementia, help them feel secure in the present and at the same time provide useful information to caregivers about that person.

For more information about creating a life story, please visit our website at www.alzheimer swa.org.au or call us on 1300 66 77 88.

colourful characters. **AWESOME WA**

by Lee Tate **Reviewed by Pat Paleeva**

THAT time of year is looming isn't it? You know ... the bloke with

Write your book

a family history, poetry, a story ...

print

the bad times.

Fair dinkum facts about WA

the beard, belly and bell ho-ho-hoeing all over the place. Have vou overseas or interstate visitors descending? Stumped for a gift? Stress no more, Awesome WA will be perfect. Crammed with 1,001 dinky-di facts it is an interesting potpourri of people, places, discoveries, sad facts, funny facts, statistics and so much more about WA. Some of these include

these three snippets: 1. Karrakatta Cemetery's first customer was a typhoid victim in 1899. Authorities worried about public reaction to the disease inscribed on his grave 'killed at Waroona'.

2. Due to unmade roads, the cost to carry wool from York to Fremantle in the 1800's equalled the cost of shipping from Fremantle to Britain. 3. Berries from WA's

gidee-gidee plant can kill humans within minutes.

All very different and interesting. There are 998 more little gems to discover in this well researched and fascinating insight into our state.

With Suyin Boehm's

graphics on the front cover, and Lee Tate's meticulous fact-finding mission, this book should be placed in every Visitor Centre in this state, it would do wonders for WA Tourism.

Of course, local discerning readers will also be amazed at some of the oddest, strangest, rarest and curious true facts about our wonderful WA. Treat yourself and your friends to a thoroughly good read.

Awesome WA is available from Have a Go News, the cost is \$25 plus postage or it can be collected from the office in business hours at 137 Edward Street, Perth. Telephone 9227 8283 or see the coupon on page

Campaign is building for thawing frozen pensions



by Mike Goodall

OVER the years the International Consortium of Brritish Pensioners (ICBP) has been struggling to gain support from the UK public because the UK press has portrayed expat pensioners as living a life of luxury in the sunshine.

As a result previous petitions have struggled to gain any momentum in the UK which is where

we need support. However we now have more than 217,000 signature on the present petition. Many UK residents have also written to their UK MPs requesting them to meet with Anne Puckridge our 'Poster Girl' who went to 10 Downing Street with her daughter Gillian Mittins and other directors of the ICBP last month.

Anne, at the tender age of 93, made the flight from Canada to the UK to campaign for our cause.

Thank you all who have used Facebook and Twitter to share this petition with friends and family in the UK. Without this UK support we would not be in such a strong position.

I will report on the UK visit next month and by then we will be ready to take the campaign to the next phase.

Last October I wrote about the Organisation for Economic Cooperation and Development (OECD) introducing an International Common Reporting Standard (CRS). Many expats who still have UK Bank accounts have heard from

their bank to determine their tax liabilities and ATO numbers so that their accounts can be monitored for possible money laundering.

If you decide to return to live permanently in the UK you need to produce detailed records of where all the money you transfer to the UK comes from, the exchange rates used and the whole paper trail for every dollar and cent that you have worldwide. For some elderly people this can be an onerous task so if you are considering returning to the UK you had better start keeping very detailed records of vour finances and eventually details of your house

Many of you might have noticed that when your UK State pension arrives it now say 'Department of Wo' instead of Citibank and your National Insurance Number. The wording is short for Department of Work and Pensions but the whole wording doesn't fit on the bank statement so it gets shortened. The UK International Pension department are still using the same payment route through the USA Bank where they have a special agreement on exchange rates so vou receive more dollars. As USA public holidays are different from those in Australia occasional payments

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

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See page 16

might be a day late. Anvone who would

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Community NOTEBOOK

CONCERT by Wembley Entertainers

20 November, 10am. All welcome. Hosted by FRIENDS at Lake Gwelup Christian Church, cnr of Karrinyup and Huntriss Rd Gwelup. Wendy Stanford 0438 921 729

ROTARY JACARANDA FESTIVAL

24 November, 9.30am -3.30pm Ardross St. Applecross. Free 140 + stalls. Food, entertainment and a great place to kick start your Xmas shopping.

DALYELLUP PRIMARY SCHOOL FETE17 November, 10am-2pm. 14 Hartog Rd. Bunbury Market stalls, yummy food and drinks, show bags for the kids, a fun day for all.

ETSY MADE LOCAL

24 November, 10-4pm. Free State Theatre Centre of WA Courtyard. 174-176 William St. Perth 50 market stalls creating an oasis of unique handmade designer and artisan goodness.

TIVOLI CHRISTMAS SHOW

Morning Melodies

5 Wednesday December, 11am-12pm. Morning tea at 10.15am Sing along, dance routines and a dash of comedy Standard \$14.50. Group (10 or more) \$13.50. Carers \$3. Don Russell Performing Arts Centre. Thornlie. 9498 9414

CHRISTMAS ARTS AND CRAFTS 24 & 25 November, 10-4pm. Free entry.

Kalamunda Agriculture Hall 48 Canning Rd. Kalamunda Hand made arts and crafts by local artisans. Cafe with delicious light food and drink. Mobile 0427 260 252.

2018 DONNYBROOK **FOOD AND WINE FESTIVAL**

24 November, 10am

A celebration of the region's vibrant food and wine

PERTH UPMARKET 2018-10-09

25 November, 10-4pm. Free. UWA Winthrop Hall. Over 180 of Perth's most talented artists, designers, craftsmen and gourmets.

BAZAAR: WA'S BEST CHRISTMAS MARKET

Fremantle Arts Centre. 1 Finnerty St. Fremantle. 30 November, 1 and 2 December Pick up unique quality Christmas gifts made by local artists, including jewellery, fashion, sculpture, woodwork, textiles and more. Adults \$2 Children under 12 free.

CHITTERING VETERAN CAR DAY

18 November. All day. Lower Chittering Hall. Join in all the family fun with lots of wonderful cars to view. Incl; stalls, music, food and childrens activities. 6180 Gt. Northern Hwy. Bindoon. 9576 1100

MANDURAH COMMUNITY **CHRISTMAS PAGEANT**

30 November, 6 - 8.30pm.

Eastern Foreshore, Mandurah Terrace. Lots of family fun for all ages including a parade of floats. Christmas carols, free amusements and a grand fireworks finale at 8.30pm. Alcohol and smoke free event.

CHRISTMAS FAIR

Beldon Uniting Church, Pacific Way, Beldon Saturday 1 December, 10am - 2pm. Everybody welcome. Market stalls, sausage sizzle, Santa and entertainment. A great family event.

THE KUI SOCIAL CLUB (INC)

Tuesday night dances, 7.30pm-10pm Entry \$10 "Christmas Celebration Dance" on 11 December with raffles and prizes. A truly fun night. Lake Monger Recreation Centre. Ph 9447 6777 email elizabethbic@westnet.com.au

RHYTHM SPIRIT DRUM CIRCLES AND TAIKO DO **JOINT EVENT**

16 December, 5pm-7pm. Baldivis Children's Forest Family friendly facilitated community drum circle (drums provided)

Taiko Do performance 5-5.45pm. Drum circle 6-7pm. Adults (14+) \$10 Children \$6 Tickets are limited. For info Carole 0410 842 151.

MADE ON THE LEFT CHRISTMAS MARKETS 17 and 18 November, Princess May Park,

Cantonment St., Fremantle Now in their 10th successful year. More than 60 designer and artisan stalls showcasing the best indepen-

dently made art, design and fashion.

A smorgasbord of unique gift ideas. WA SENIORS WEEK MORNING CONCERT

15 November 10am. Blue Gum Community Centre. 33 Moolyeen Rd., Brentwood. Performers include Penny Shaw, Robert Hofmann and Lea Hayward.

Adults \$5 Children and Companion Card Carers free. Payable at the door. Register at www.trybooking.com/

WPEV or Peta 0438 898 822.

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



Swim with family with Masters Swimming

by Nadine Georgiades

IMAGINE swimming with your entire family - kids, grandkids and grandparents. That's what the new WOWSwims program from Masters Swimming WA is all about.

WOWSwims' vision is to be the leading community swim series in Western Australia and its mission is to engage all sectors of the community to participate in a series of well-run, safe and enjoyable open water swims.

The WOWSwims Western Australian open water swim series offers seven open water swims between November and March each year.

Our swims welcome all ages and abilities, and swim distances between 250 metres and 10 kilometres, with most offering a range of distances within the one

From Matilda Bay on the Swan River, to the Indian Ocean from Fremantle down to Mandurah, and east to Lake Leschenaultia in the Perth Hills, you can swim your way around the greater Perth area.

WOWSwims events are for the whole family - with affordable entry costs and no memberships required. Enjoy our beautiful locations and event hospitality before and after your swim.

Our first swim is the Lake Swim on 11 November at Lake Leschenaultia, Chidlow where there will be a 400m Try-it swim as well as 800m, 1600m and 3.2km - something for everyone. The next swim will be the Fremantle Ports Swim Thru on 8 December.

To find out more about the WOWSwim series please visit our website for more details on each swim www.wowswims. com.au or contact Sophie Row on mas ters.admin@mswa.asn.au.

Changing seasons provides variety for paddlers



Paddling upstream from Kent Street Weir

by Iris Mickiewicz

DURING September our intrepid paddlers have continued to enjoy more white-water paddles although with an everdiminishing water level in the river as the month has steadily passed. Up at Bells Rapids at times, the rocks were well and truly covered with water making for a fast trip downstream, then several weeks later the rocks were dangerously exposed, however our trusty paddlers took on the challenges regardless. The white water has been exceptional this year with heavy winter rains throughout July and August and a little more in September to keep the fun going.

September has dished us up a huge variety of weather - those days in which it seemed that spring had sprung to some very chilly mornings with mighty stiff breezes for us to paddle into. However, the hale and hearty don't give up just because it's a bit chilly with strong winds or rain about. We have traversed the river from Bells and points on the northern side of the river and back down to

the southern side of our beautiful Swan and Canning Rivers.

At last, towards the end of September the white-water paddlers have returned to paddle with the rest of us. We thoroughly enjoy paddling with our more adventurous friends again. They reioined us at one of the spots the Over Fifty-Five Canoe Club enjoy in particular, paddling upstream from Kent Street Weir. It is so lovely with the natural bush extending on either side of the Canning River, home to more than 100 bird species and a widely diverse range of flora and fauna in and around the river.

We paddled upstream enjoying the quiet and picturesque Canning River, leaving the Lei-Mason's surelies at Landing for a break. The main group paddled on well passed Royal Street bridge and back, returning to Mason's Landing to join the others for a very welcome morning tea. We were accompanied by a small flock of pretty ducks hoping to be fed but, none of us were willing to feed the wild birds. Morning tea is a chance for a breather, some storytelling, plenty of laughs and lots of camaraderie. Once morning tea was despatched it was time to paddle back downstream.

To ensure that we really raised our heart rates and that we truly earned our lunches our trusty leader set us off to paddle some high intensity sprints. Following the crazy sprint and rest regime we arrived back to pack up our gear and to enjoy a friendly lunch together once again to continue enjoying the good company of our fellow paddlers.

We have a few places available for 2019, if you are interested in in the opportunity to join the Over Fifty-Five Canoe Club please call president Iris Mickiewicz on 0438 926 578 or secretary Ken Westover on 9447 5624.







WA Maritime Museum Book now | museum.wa.gov.au

An immersive theatre experience











DNEG

Find the secret word to win a \$200 voucher



FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win a \$200 Coles or IGA gift voucher. There are 11 advertisements in this issue which

contain a blue circled letter for the Ad Words pro-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. TV Voice Pro
- 2. Games World
- 3. Graminex
- 4. St Mary's Cathedral
- 5. Ramon's at Willow Pond
- 6. Kalbarri Beach Resort 7. My Italy Your Way
- 8. Southern Plus
- 9. Australian Red Cross
- 10. Kanyana Wildlife Centre
- Atwell Arts Centre

Entrants can enter via email win@haveagon ews.com.au or write to Ad Words Competition C/-Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/11/18.

Congratulations to Connie Chan our August win-





Have a Go Day, a LiveLighter Event, Burswood Park, Wednesday 14 November Age is No Barrier - Dress to Participate

THE theme is Age is No Barrier provides the opportunity for people to have a go at a wide variety of activities. Some of the new ones include Trishaws for Seniors, Walking football, Lazer Pistol Shooting and enjoy a Silent Disco. Remember to keep hydrated at the hospitality tents - 93 after 10.30am, 106 and 115 from 8.30am. They provide free tea, coffee and bottled water and a place for participants to relax and socialise. Entertainment will include, the WA Police Pipe Band, Terry Bennetts, Wayne Pride, Jim Drysdale, Phil Wilson, WA Bush Poets and demonstrations by Prime Movers throughout the day. Please see the full liftout regarding Have a Go Day, a Live-Lighter Event in the Seniors Week liftout which was included in the October edition of Have a Go News - visit the website and download a copy at https://www.haveagonews.com.au/ paper/10-2018/SeniorsWeekEventGuide.pdf Call 9492 9771 if you have any questions.

Livelighter Peel Aged Care Games



SRCWA Peel branch president Jan McGlinn and her group of dedicated volunteers were supported by Alcoa of Australia Ltd. Huntly Mine staff, volunteers and staff from SRCWA state office on Tuesday 9 October for the SRCWA LiveLighter Aged Care Games in Peel. The event had about 210 seniors in care attend who made up fourteen teams to compete in a specially modified range of activities. To kick off the day students from the Assumption Catholic Primary School choir performed a few numbers, and then sang the National Anthem. At the event the Champion of Champion Trophy was presented to the team with the highest points for the round of games held in the 2017/18 season. Congratulations Bedingfeld Boomers from Bedingfeld Park, who took out the award. The games were opened by, Hon. Minister for Local Government; Heritage: Culture and the Arts, David Templeman MLA and Beat the Feet provided the lunchtime entertainment. The winners of the Perpetual Trophy, and gold medals was Wearne House Warriors, closely followed by The Silver Arrows who won silver medals and a plaque with third place went to Brightwater Sharks who received bronze medals and a plaque. The best presented team was Quambie Park "Tigers" teams 1 and 2. Vera Mitchell, from Brightwater the Cove and Maisie Kilgallon from Mercy Place Mandurah were the oldest competitors on the day and both are 101 years young. SRCWA thanks and acknowledges the hard work by everyone who assisted at the event and appreciates the ongoing sponsorship of LiveLighter Healthway, ALCOA, City of Mandurah, Dept of Local Government, Sport and Cultural Industries and Dept of Communities.

Remember to LiveLighter by eating a rainbow of fruits and vegetables.

SRCWA Annual General Meeting – Wednesday 26 September

The annual general meeting was held in the oort and Recreation Training room in Leede ville with members of the board, accredited volunteers and visitors attending the meeting. The 2017/18 annual report was distributed giving everyone an opportunity to find out what programs and projects the SRCWA state office and branches have completed in the past 12 months. Congratulations to those who were re-elected to the SRCWA board of management including; state president for three years Hugh Rogers, vice president for two years Phil Paddon, and accredited volunteer representative for two years Graham Bennett. Branch representatives reported on the activities conducted in their areas and it is pleasing to note how busy the regional branches have been. A very informative presentation was made by Dr Carolyn McIntyre Ph.D. Postdoctoral Research Fellow in Exercise and Cancer.



18 HAVE-A-GO NEWS No. 320 NOVEMBER 2018

The Centrelink means test and being a grey nomad

by Hank Jongen, general manager, Department of Human Services

HITTING the open road in a motorhome or with a caravan in tow might be high on the bucket list for many travellers. But before you take the leap, it's important to understand what this will mean for your Centrelink payments, such as the Age Pension.

Centrelink needs to assess any income earned and the value of your assets so they can calculate your correct pension payment rate. Any assets you own, including real estate, life interests, financial and superannuation investments, income streams, and business assets will be taken into account. They also include the market value of other physical assets, such as motor vehicles, boats and caravans.

The assets test free area is the maximum value of assets you can own in addition to the family home, in order to qualify for a

full pension. As at 1 July 2018, Age Pension homeowners need to have assets below \$258,500 if they're single, or \$387,500 for a couple combined, and non-homeowners need to have assets below \$465,500 for singles and \$594,500 for couples combined, to receive the full rate of pension under the asset test.

Anything over these limits will reduce your pension rate, and you will receive a part pension.

Part pensioner homeowners can currently have assets up to \$564,000 if they're single or \$848,000 for couples combined. Similarly, part pensioner non-homeowners can have assets up to \$771,000 for singles and up to \$1,055,000 for couples combined. These figures might be higher if you receive rent assistance. Once your assets go above these limits, known as cut off limits, your payment will be cancelled.

Assets test values are indexed regularly and it's best to check the Human Services website for the most current information.

One of the most common questions Centrelink is asked is whether you need to sell the family home in order to purchase a caravan or motorhome.

The principal home – that is, the family home – is exempt from the assets test. The principal home is the one in which you spend the greatest amount of time each year. If you are temporarily absent from your principal home, it can still be considered an exempt asset for up to 12 months. The caravan or motorhome would then be assessed as an asset.

However, if you are travelling around Australia for more than 12 months, this is where we need to look at whether your principal home is the one on the ground or the one on wheels. If you have vacated your principal home for this entire time, Centrelink may decide your caravan or motorhome is the exempt principal home, and your family home will become an assessable asset.

If you decide to rent out your

home while you're travelling, you need to let us know as soon as possible, or you may risk being overnaid and incurring a debt

overpaid and incurring a debt.
This can be a complex area to navigate, so the best place to start is with Centrelink's Financial Information Service. This is a free service to help you better

understand your finances.
Financial Information Service officers will talk to you over the phone or in person, and they also run a series of free, regular seminars across the country to inform and educate people on financial matters. Check humanservices.gov.au/fis for a seminar in your area.

Of course, if you decide to purchase a new set of wheels, make sure you keep us informed about any changes to your assets. You can do this at any time through your Centrelink online account on myGov, or by contacting us in person or by telephone.

If you have a question for Hank email info@haveagone ws.com.au.

Letters to the editor

Submissions may be edited for clarity and space.

See page 4 of this issue for more letters...

Dear Editor,

I WANT to thank you for forwarding on my email to the Department of Human Services after I read and responded to the column in the October issue of this paper.

Yesterday I had a call from Human Services and then a little while later from the complaints section.

The first caller was able to explain to me what was needed despite three earlier calls which I had made said everything was fine

He then rang back a half hour later and

said he had processed everything and a card would be in the mail this week.

I then also received another call from the complaints section to check if everything was okay. I will now check my mail box to await the arrival.

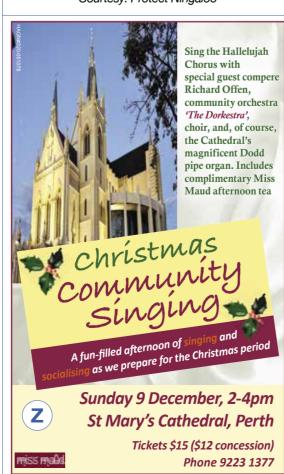
If I had not followed this up through you who knows how long my file would have been sitting there.

Once again thank you.

Chris Reimers via email



Tim Winton at Heron Point, Exmouth Gulf Courtesy: Protect Ningaloo



Ningaloo: Winton wades in

by Lee Tate

continued from front cover

"I don't think people realise the power they have when they feel strongly enough about places they love.

"They just have to add their names on the protest register. It doesn't cost anything. Just go to protectningaloo.org.au," he said.

Tim's lifetime love of Ningaloo is reflected in at least two of his books, The Boy Behind the Curtain and Island Home.

"Coral reefs worldwide are in deep crisis and for the moment Ningaloo Reef is doing reasonably well.

"But if we lose Exmouth Gulf, eventually we'll lose Ningaloo Reef, because the reef needs the gulf to feed it and power it. This is no time to be putting more pressure on Australia's healthiest coral reef," he said.

In an article for *The Guardian* he wrote: "Exmouth Gulf is a special place, a site of respite and regeneration. Not just for me but for the coral reef I've spent 20 years defending.

"This is where so much of Ningaloo Reef's biodiversity is generated, where fish and prawns and crabs are spawned.

"It's Ningaloo's nursery. But as I sit here, warming in the sun, my inner glow gutters a little, because this remarkable waterway is no longer safe. Exmouth Gulf has been slated for industrial development.

"Already Ningaloo Reef is encircled by oil-and-gas tenements. Every year the industry grows closer: the flares of offshore rigs are visible at night."

Tim is patron of the Australian Marine Conservation Society, an independent charity staffed by scientists, educators and advocates, dedicated solely to protecting Australia's ocean wildlife through the creation of large marine national parks, sustainable fishing, opposing inappropriate coastal development and recovering ocean wildlife. threatened

Tim, listed as a Living Treasure by the National Trust and highly-awarded, is difficult for politicians and tycoons to ignore.

Tim said he – and local tourism operators – were staggered when a N-W Chamber of Commerce leader flew to a UNESCO meeting in Paris to oppose Ningaloo Reef's World Heritage listing.

"Tourist operators are operating successful, sustainable businesses in Exmouth Gulf. Some people seem to think real jobs are only those for people wearing high-vis vests," he said.

Exmouth Council supports the pipeline project to boost employment.

"But there aren't that many jobs involved and they will go to FIFO (fly in-fly out) workers," Tim said.

The author, who has sold 2.5 million books worldwide, says he's confident that, with public support, his message will get through to government.

With his strong public support would he consider running for public office?

"I don't think so. It's hard enough getting to my own office," he quipped.

The Australian Museum of Motion Picture and Television, Western Region Inc



CLASSICS OF THE SILVER SCREEN

2018 Film Program presents for your pleasure

Hit The Deck starring Tony Martin, Anne Miller and Debbie Reynolds

Monday 26 November
Live organ music before the show

Admission; Members \$6 Seniors \$9 Public \$11 Grand Cygnet Cinema, Preston Street, Como Ph 9367 1663 Doors open 9.15am Screening starts 10am

Email: waregion@ammpt.asn.au or write to
The Secretary, PO Box 5147 Dalkeith WA 6009
Preserving the rich heritage of Western Australia's Moving Image Industries

TREAT A FRIEND! Bring this advert, and a friend, to any of our 2018 film screenings, for FREE ADMISSION for your friend.

Let's GO MOTORING

A Korean gem - What is the collective noun for Hyundai?







From left to right; The Santa Fe - i30N - knocks VW Golf off its perch - Hyundai ionic will be released before the year's end

by Tony McManus

THERE was a time not 10 years ago, when I was dubious and not particularly complimentary about Hyundai. The cars and brand had an overall feeling of trying too hard. There was little in the way of identity, with no real cachet. But those historic silly sentiments are now long past. Although, some still struggle with how to pronounce the name.

This month I've tested some of the finest and most affordable Hyundai cars, in three different and important categories, that do not demand you own several money trees. Case in point, the Hyundai Ionic Hybrid, not yet officially released.

This plug-in hybrid and battery electric vehicle was an unexpected surprise, with levels of style, sophistication and driving range, which will turn heads and minds. A C-Class Benz for stacks less? And the very quiet whisper is - all for under \$50,000. Keep your eye out; it's a game changer.

Hot hatch; been highly praised by many. Doing to VW Golf, what West Coast did to Collingwood. If you ever wish to relive part of a (hopefully) misspent youth, take the "N" for a test run. It's astonishingly quick and sets new benchmarks for style, drivability and turning heads. And it sounds wonderful. Strangers,

Much has been writ-

ten about Hyundai, i30N.

often the opposite sex, want to learn more about you, and your choice of steed; weird at first, but it became fun sharing the joys of a new and exciting motor car.

Which brings me to the more sensible and oh so gorgeous Hyundai Santa Fe, (from \$43,000) and the unbridled joy of knowing I've not forked out \$90,000 plus for a European equivalent. The new Santa Fe includes serious active safety gear, which at one time was plenty extra. You have to embrace that; the extra list of many competitors is bothersome in the extreme. Please give me less optional extras. Like when ordering a hamburger; get one with the lot.

Autonomous emergency braking, rear cross traffic alert and fatigue monitoring are among a list of safety features that are now included in the price. I hope to never

need the rear occupant alert; which lets the driver know if there are still passengers, children or animals in the car, once

you have parked. Innovative? Yes, but best you still check for yourself.

Top of the range, Santa Fe Highlander with 2.2-li-

tre turbo diesel (\$60,500) does style, quality and practicality better than most. The car seems taller even wider and

longer than the previous model - it is. With Hyundai Auto Link system, you control many functions from your smart

phone. The interior feels and is premium, with Apple Carplay, or Android phone integration. There is never an excuse to use a hand held device in a car. The Bluetooth and audio ARE all intuitive. The simple and very handy wireless phone charging should be in all motor cars. Less wire, less clutter equals less distraction.

There were times last week, for nearly 30 kilometres along the Reid Highway, I neither braked nor accelerated. The Santa Fe did that alone. A further sign of things to come.

Happy day.

THE ALL NEW EU22i BEST GOT BETTER



Don't be left in the dark

TURN your camping into 'glamping' with Honda's EU22i inverter generator. Fully loaded with a reliable 4-Stroke GXR120 engine and a maximum output of 2200W/240-volt AC, that's a whole lotta power to run more electrical appliances that you can now bring on your outdoor adventures.

With added power and new features, the Honda EU22i is the best in its class. Used for leisure, back-up power and for the job site, it really packs

The Honda EU22i delivers better than commercial quality electricity. It has greater fuel efficiency via the built-in Eco-Throttle, increased diameter of oil filler for improved draining and catching of oil, and an improved recoil starter handle with new metal guard.

With up to eight hours of continuous operation on Eco-Throttle+, four litre fuel tank and whisper-quiet operation, the EU22i has been designed for the ultimate in quality, portability and conve-

You'll never be left in the dark with its everlasting Honda engine that is protected via low oil alert system. Its fuel shutoff valve allows the engine to continue to run until the majority of the fuel in the carburettor is consumed and the engine shuts off, which helps prevent stale fuel issues and is useful when storing the generator.

Generator Place will be attending the 4WD and Adventure Show from 9-11 November, so come and get your hands on one of these beauties that's also backed with Honda's four-year domestic warranty.

EU30iu HANDY GENERATOR

- Maximum output 3000W/240 volt AC and 8.3 amp DC to run appliances and charge automotive batteries simultaneously
- · Whisper-quiet operation from 57dB(A)
- Up to 7.7 hours of continuous operation on a full fuel tank
- · Low oil alert system protects engine



EU70is GENERATOR

- Maximum output 7000W/240 volt AC
- Fuel injection system
- Push button start
- Greater performance via Eco-Throttle · Better than commercial grade quality
- electricity thanks to microcomputer controlled sine wave inverter
- Self diagnosis with 'I-Monitor'



EG4500 GENERATOR

- Maximum output of 4500W/240 Volt AC & 8.3 amp/12 Volt DC
- · Large 24L capacity fuel tanks
- Anti-vibration engine mounts and large
- noise-suppressing mufflers
- Control panel features 15 amp sockets, battery charger and circuit protector
- · A lightweight 82.5kg full steel frame ensures engine protection and aids transportation

Get into your specialist Honda dealer today and ask us about the full range of Generators. Visit powerequipment.honda.com.au



*4 year warranty applies for domestic use only and does not apply to engines sold as separate units

Calabrian pork sausage burgers





by Vince Garreffa

THIS is a recipe for the old at heart who remember the taste of hand made sausages made every winter by Europeans. They made them in the traditional way and shared them with non-European many neighbours. The finished product and its folklore have been brought to this wonderful country.

I have taken a city dwellers approach and not put the sausage meat into casings as my father

and his father would have done. If prepared one day before cooking it will replicate the taste we remember as children and maybe start a tradition of our children using a home blender to make easy work of a kilo of meat for entertainment. In my grandfather's time there was the serious task of making 100kg or more all by hand to nourish the

- family through winter. Ingredients: 1kg pork shoulder meat
- with 15 per cent of fat · WA organic lake salt to taste
- freshly ground black

pepper to taste

- 30g fennel seedschilli to taste
- 1 tablespoon chopped flat leaf parsley
- 2 tablespoons extra

virgin olive oil Preparation:

Dice the meat small with a knife, especially the fat, so that it will mix very well. Put the meat into a blender with a strong motor such as a Sunbeam oscar (large size). Salt should be added at 30g per kilo (20g if you do not like to drink a lot) plus the rest of the ingredients. Now whizz them all together for one to two minutes. You should now have a sticky paste. Form into big meatballs then flatten them to cook as burgers in a pan with a little olive oil at a medium heat-not too hot. For an old fash-

Street, Inglewood. They are open Tuesday to Friday 8am – 6pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mon

ioned taste cook the next day. Vince is the proprietor of Mondos Butchers located at 824 Beaufort

do.net.au

more of a crispy crepe and very moorish, and the spring rolls seemed to be wrapped in the

go now.

Roll'd, Shop 5 140 William St.

Knife and fork talk



Roll'd's noodle soup - Vietnamese pancake

by Pat Paleeya and Judith Cohen

A WET windy day kept these divas from venturing afar for their dining experience this month.

Ducking out of the rain into an arcade between Murray Street Mall and Globe Lane turned out to be a serendipitous moment as we discovered Roll'd eatery amongst a variety of others.

Roll'd provides Vietnamese inspired street food. The interior was very clean, simplistic and open, enabling the diners to see the chefs preparing and cooking the

The staff were attentive, efficient and nothing was too much trouble.

From an extensive and well priced menu we chose Vietnamese pancake and vegetable spring rolls, noodle soup and bao steamed bun.

The soup came in a generous sized bowl full of delicious slices of sliced pork, prawns, quall eggs and rice noodles all in a sweet broth flavoured with lemon grass and coriander.

The bao steamed bun's fillings are varied, our choice was tofu with a small garnish. Both choices were tasty, filling and delicious.

The Vietnamese pancake was full of chunks of yummy, tender roast pork which melted in the mouth. There was a mix of bean sprouts, mint, coriander and carrot inside the pancake and as a garnish. The pancake was

same crispy covering and really tantalised the taste buds. Delicious. Don't wait for a rainy day for a visit

Four forks

Perth City. Phone: 9481 2907

WEEK DAY LUNCH **SPECIALS**



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

CHARLES HOTEL \$14 Senior lunch special Mon-Fri 11.30am -2.30pm

Charles St North Perth 9444 1051 **INGLEWOOD HOTEL**

\$17 lunch special Mon-Fri 11.30am-3pm Beaufort St. Mt Lawley 9370 5511

WANNEROO TAVERN Under \$20 lunch special 11am-9pm Every day 18 Dundebar Rd. 9405 2777

SOCIETY BAR AND KITCHEN

\$15 lunch special Mon- Sat 11am-3pm Mantra on Murray 305 Murray St 9347 7037

SWAN VIEW TAVERN

Under \$20 all day special 305 Morrison Rd Swan View 9294 1922

ST GEORGE HOTEL

\$14 lunch special Mon- Fri 12-3pm 2 Morris Rd Innaloo 9446 2424

PREMIER HOTEL \$14 Senior lunch (with Senior card)

11.30am-2.30pm. 7 days 1 Williams Rd Pinjarra 9531 1212

MANTRA ON MURRAY The Social Bar and Kitchen \$15 lunch special

Mon- Sat 11am-3pm 305 Murray St Perth 9347 7000

ROLL'D VIETNAMESE Under \$20 choices

Lunch from 11am-3pm 7 days Shop 5, 140 William St. Perth 9481 2907

Knife and fork talk ratings

Five forks - excellent food and service

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

Two forks - food and service needs improvement One forks - would not recommend

Letters to...Vince Garreffa

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

Please include your phone number so I can call you!

Celebrate special occasions with a good drop...



by Frank Smith

FOR the six years that I have been writing this column my aim has been to point readers to wines which are both enjoyable and offer great value for money.

But age creeps on and I've been wondering what wines I would like on my 80th birthday. That's not for some months yet but anticipation is often better than the actual occasion.

I could suggest Penfolds Grange at \$900 a bottle - but I won't. I plan to be realistic and choose wines that are not over the top expensive but provide a bit of luxury. I won't be discussing sparkling wines because that will be the subject of my December column.

These are strictly personal choices based on the varieties I like best.

Here is what I have cho-

St Hugo Barossa Shiraz 2013. The colour is dense purple with crimson hues. On the nose is a heady and a complex mix of dark fruits and spice mingling with toasted cedar aromas which become evident when swirled in the glass. The palate is rich with fresh intense flavours and subtle oak which yields cedar and soft charry notes on the finish. This wine is beautifully balanced, with excellent structure and length. RRP \$54.99

Huntington **Estate** Basket Dried Shiraz. Chief winemaker Tim Stevens wanted to retain the floral, peppery character Shiraz ripening grapes that was lost when fully ripe. He chose to basket dry the fruit for 21 days prior to crushing followed by a 15-day fermentation period. The wine displays aromas of cedar, dark chocolate and a hint of coffee beans. The palate is plum and rich dark fruit with a coffee and spice back palate. RRP \$75.

Zonte's Footsteps Z Force shiraz/petit shiraz is very dark purple with a dense crimson hue. The nose displays pepper/ with macerated berries and a hint of pink grapefruit, plum pudding and Christmasy spices. The palate is rich and soft with fragrant red fruits, some fresh tarragon and

clear cedar flavours complimented by dark chocolate and a long choc mint

finish. RRP \$49.95. **Robert Stein Reserve** Chardonnay 2016 This is a modern style of Chardonnay with citrus and stone fruit notes, leading to a complex and creamy palate, with nice acidity and length to finish. The winemaker says this will age well over the next five eight years, but I'm not that patient. RRP \$40.

Stoneleigh Latitude Pinot Noir. This is a lightish Pinot Noir with smokey and spicy oak, black cherries and boysenberry aromas leading into a palate that is rich and fleshy with plum, dark chocolate and berry fruit. RRP \$22.99.

Patina wines Scandalous Riesling 2014. The colour is a very light yellow hue. The nose is fragrant but restrained and slightly minerally, while the palate is just slightly offdry with fine, delicate lime and passionfruit nuances. RRP \$25

Hugh Hamilton Wines Saperavi, 'Oddball' 2015 is made from Saperavi, an ancient grape variety from the Caucuses It has aromas of the red- and black-berries with a whiff of liquorice. Plus exotic, floral hints of potpourri. The Saperavi brings spices and a subtle hint of chocolately oak. The palate has voluminous fruit, spice and roundness in mouthfeel. RRP \$70.

Topper's Mountain 2013 wild ferment Nebbiolo. This northern Italian variety displays aromas of tar, rose hips, sour cherries, dark cherries, liquorice and heaps of flint. It is juicy and fresh on the palate with cherries, currants and cranberries are accompanied by liquorice, black pepper and hint of earthiness. Nebbiolo is easily paired with food. RRP \$35.

And to finish



De Bortoli 8 year Old Fine Tawny. This fortified wine is medium tawny colour with marked aromas of ripe dark fruit and nuts. Flavours of fruit, almond, chocolate and nuts add to barrel aged characters and combine to give a persistent flavoursome palate. Serves with cheeses, dried fruit and nuts at the end of a meal or in substitution for dessert. RRP \$26.



Brunch with T - A visit to Golden Bay





Above; Yield for Coffee's delicious poached egg bruschetta and scrambled egg special Left; Tahlia Merigan Inset; Almond latte and

by Tahlia Merigan

I AM always keen to travel outside of the usual brunch spots in the metropolitan area to ensure we cater for all localities. If you have a suggestion of a venue you think should be shared with fellow readers than just email me at Tahlia@haveagonews.com.au and I will add it to our list for 2019.

On a sunny Sunday morning I headed to catch up with a friend in Golden Bay which is just south of Rockingham.

It was a beautiful spring

summer lovin' juice

Yield for Coffee specialise in breakfast and lunch and often opens late on Friday nights with a variety of events. They offer a selection of bread. milk, newspapers and other convenience items for sale too.

Once we got the dog sorted we ordered an almond latte (\$5) which was slightly watery and

morning so we decided to walk his dog to Yield for Coffee to enjoy a brunch in the al fresco area where they offer a nice touch by providing water bowls for thirsty dogs.

> him too! We give Yield for Coffee 3.5 spoons. Yield for Coffee, 7/19 Dampier Dr, Golden Bay. Phone: 9590 8643 Open Monday to Wednesday 7am to 2pm Thursday 7am to 4pm



T's spoon ratings

Spring into the summer oranges

by Noelene Swain

a summer lovin' juice

(\$9) which was refresh-

ing although more like a

poached egg bruschetta

(\$16) which came with

bacon,

cado, spinach and two

poached eggs on artisan

The eggs were poached really well, the

produce was fresh and

the dish came out hot.

I ordered the scram-

bled egg special (\$15)

creamy scrambled egg

with spinach served on

artisan toast with home-

made relish. I also added

mushrooms and a home-

made hash brown (rösti)

which was a tasty addi-

cious bar the burnt toast

which we both agreed

should not have been

served, it brought a good

disappointed, the food

was good, the service

prompt and friendly, the

price reasonable. The

only one who was disap-

pointed was the dog who

gave us puppy dog eyes

throughout the meal -

next time we will order for

Friday 7am to 7.30pm

Saturday and Sunday

Overall we were not

Everything was deli-

tion to the dish.

dish down.

Big ticks from the table.

room,

bread.

guest ordered

tomato, mush-

avo-

smoothie without milk.

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

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

Whilst Navel orange varieties are available only in the winter months, the Summer Orange is a unique variety of Valencia which gives orange lovers the opportunity to enjoy fresh, local citrus right up until Christmas. The Summer Orange is a Midknight Valencia - virtually 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, but if left a little longer on the trees, they tinge to green again! Orchardists keep a close eve on these summer beauties to ensure they're picked, packed and delivered to local consumers right on time to maximise flavour and juiciness. A slight tinge will indicate an extra sweetness 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 be guaranteed 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, avoid the white pitch which is bitter. Frozen oranges are a refreshing snack or addition to fruit smoothies. Orange juice prevents the browning of the cut surfaces on fruits and vegetables. Try orange segments served with fish instead of lemon. Sprinkle segments with a little black pepper and olive oil and allow to marinate for 30 minutes. When extracting juice, roll fruit on the bench to release the juice more

Be sure to get your healthy summer glow with local Summer Or-

Prepared by Fresh Finesse Fresh Food Promotions.

What's fresh in the market place in November



Dress up a bought cake with luscious local blueberries

Blueberries: Luscious local blueberries are plentiful in the stores at present. Blueberries are beautiful when served as part of a cheese platter or as a dessert with fresh cream or ice cream. Select plump fruit with good colour and a blue-grey, 'waxy' bloom. Incorporate in pancakes, muffins, pies and puddings or as a topping for bought desserts or cakes.

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

Hass Avocados: A bountiful crop is predicted for local Hass Avocados this year, with people Australia-wide being able to purchase these high-quality WA grown fruits. Use finely diced avocado to create a base for a rustic, fuss-free salsa; be inspired by Latin flavours and

Alfresco Restaurant

Museum & Gardens

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 most definitely the juiciest. If keeping for more than a day, parboil the corn for a minute (this will help slow down the conversion of sugars) before refrigerating or freezing. Nutrients are frequently best in raw vegetable but cooked sweet corn has significant antioxidant activity, which can substantially reduce the chance of heart disease and cancer.

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

Seniors' Special: Meal and a Middy \$15* (Wednesday to Friday - bookings of 5 or more)

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Your choice of one of the following;

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1 glass of wine or cup of tea or coffee The Valencia Complex, 55 Benara Rd, Caversham

Phone 9377 4400 OPEN Wed to Sun

www.willowpond.com.au

Night markets are back

BRUNCH

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

Chair of the Inglewood on Beaufort community group, Damien Giudici, said head counts on opening night revealed the 'no cook' family and dog friendly food markets were proving a big hit.

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

Damien said there has been be some small structural changes to the markets to make things a bit more comfortable for patrons, including more seating and better lighting.

As well as food trucks and stalls many Beaufort Streets retailers will open on Monday eveninas

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

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



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

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

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

'Be connected' FREE iPad classes - iPads provided **Every Australian Online Initiative**

- 11.30am Wednesdays

27 November: St Columbians Primary School Choir, 12 noon, FREE event 4 December: Nikki Decosta concert, \$25 per person

11 December: Community Christmas concert, \$25 per person





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

Orange marmalade



SUMMER oranges are a perfect choice for marmalade to enjoy through the summer or to gift to a special family and friends for Christmas Marmalade sets best if fruit is not too ripe.

- 4 oranges
- 1 lemon 200ml water
- 3 cups sugar

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

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

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

Preparation: 15 minutes; cooking; 20 minutes; makes: 3 - 4 cups

Gingered citrus strawberries cups

- recipe for one -THIS is a great way to start the day with a dollop

of creamy yogurt and some granola. Or serve in an elegant glass for a stylish dessert. ½ orange, peeled and diced

½ punnet strawberries, hulled

1/4 cup fresh orange juice 1/4 teaspoon grated fresh ginger

2 teaspoon honev

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

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

Beetroot and orange rocket salad

3 summer oranges, skin removed, cut into segments

4 - 6 Lebanese cucumbers, sliced

½ cup chopped roasted walnuts 1/4 cup coriander leaves, chopped

3 cups rocket leaves

1 beetroot, cooked, peeled sliced

1 tablespoon sweet chilli sauce,

1 tablespoon light soy sauce Juice of 1 lime

Fresh lime wedges, to serve

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

Preparation: 8 minutes; cooking; nil; serves: 4

A delicious orange and fennel salad for summer eating



Preparation: 5 minutes; cooking; nil; serves: 4

THIS classic flavour combination makes a wonderful spring salad

1 tablespoon white-wine vinegar

2 tablespoons olive oil

Coarse salt and ground pepper

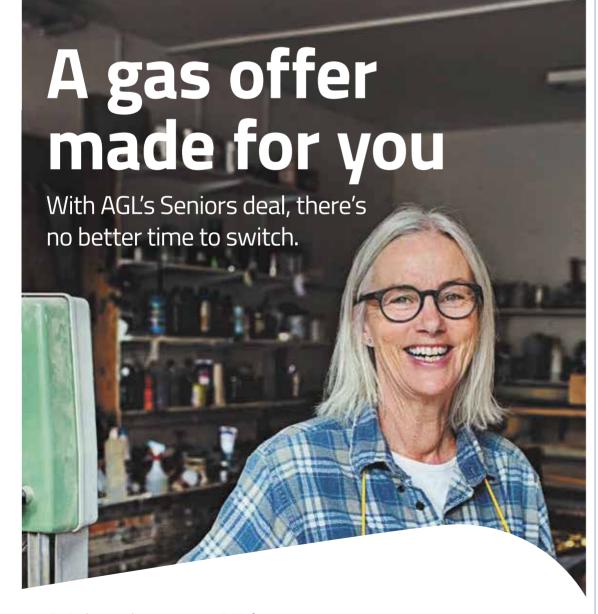
5 navel oranges

3 fennel bulbs ends trimmed, quartered lengthwise, cored, and thinly sliced,

1/4 cup roughly chopped fennel fronds (optional) 3 radishes, ends trimmed, finely sliced

In a large bowl, whisk together vinegar and oil; season with salt and pepper. Using a sharp knife, slice off both ends of each orange. Following the curve of the fruit, cut away the peel and white pith. Halve orange from top to bottom and thinly slice crosswise.

Transfer oranges, along with any juices that have accumulated on work surface, to bowl with dressing. Add fennel and, if desired, fronds. Toss to combine. Serve.



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*Mandurah show only **Morley show only



GREAT HOME and GARDENING



Christmas for gardeners next July - join Colin touring England and Scotland









From left to right; Castle Howard - Drummond House - Chatsworth House - Kinross House

by Colin Barlow

AS the last days of spring roll on towards summer, the television advertisements are already spruiking Christmas gifts. Scary as that might seem, now is an ideal time to spend some time thinking about that perfect gift to you. Christmas in the northern hemisphere is during the coldest time of their year, whereas over here in Australia it can get very hot indeed. Christmas in July in Australia tries hard but it can't really compete. So why not consider a compromise and spend your next winter in the northern hemisphere checking out the best gardens they have to offer?

Next year from the 1 to the 14 July I will be leading the Great British Garden Tour of Scotland and Northern England. The tour takes in the best of the British gardens including grand and intimate gardens, walled and wooded gardens, stately homes and cultural sites in Northern England and Scotland. The weather will be fine to take in the beautiful countryside in high summer when the herbaceous borders are luxuriant and the roses are in bloom.

The first stop on this deluxe tour takes in the charming medieval city of Chester, once the largest Roman fortress in Britain, our base to visit the splendid Bodnant Garden in Wales. This garden encompasses a series of broad terraces planted with breathtaking displays. The rejuvenated Trentham Gardens, remodelled in a more 'naturalistic style' to provide a contemporary masterpiece is next on our tour along with a stop to see the master craftsmen at the World of Wedgewood.

world famous The Chatsworth House in the Peak District with its Capability Brown designed landscapes is an inspirational stop en route to York and our hotel located within the walls of the medieval city. We head out from York to Vanbrugh's masterpiece at Castle Howard, famous for its role in Brideshead Revisited and the inspirational RHS garden at Harlow Carr in Harrogate where its luxurious flower borders and streamside garden will be at their

We then head cross country from York to Windermere in the Lakes District via Gresgarth Hall near Lancaster, the grand manor garden of Arabella Lennox Boy with its delightful lakeside setting. The unique topiary gardens at Levens Hall provide a historical and quirky highlight on our way to our lakeside hotel in Windermere. Hill Top, the 17th century farmhouse home of Beatrix Potter allows you to step back into your childhood memories with the option for a later cruise on the lake during the long summer nights.

From Windermere we head further northwards into bonnie Scotland via Drumlanrig Castle in Dumfries. This amazing castle is perched atop tiered grass mounds inset with roses and lush herbaceous down towards the river below. We then arrive in the heart of Edinburgh for five nights to explore this cultural and gardening hotspot. The contemporary sculpture park and art gallery of Jupiter Artland is sure to amaze and inspire you along with the historical delights of Edinburgh itself.

Next stop is one of Scotland's finest gar-dens, Drummond Castle in Perthshire with breathtaking views from the terraces to the parterres below in the pattern of a giant St Andrews cross. Then on to Kinross House the splendid neoclassical Palladian mansion built by Sir William Bruce with its voluminous and opulent herbaceous borders and magnificent view of Loch Leven. It's recent restoration in 2013 won the prestigious Historic Houses Association and Sotheby's UK Restoration Award of the year.

Next day beginngs with a delightful morning visit to the cool climate garden at Inveresk Lodge and then a trip on-board the Royal Yacht Britannia before an enjoyable afternoon at the world-renowned Edinburgh bo-**These** tanic gardens. magnificent gardens are home to a superb collection of alpines, heathers and Chinese plants. Our final day sees a stop at Abbotsford the home of the famous novelist, poet and historian Sir Walter Scott before visiting the inspiring contemporary garden at Broadwoodside with exquisite enclosed courtyards and garden rooms.

So why not join me next year on this luxurious grand tour of remarkable British gardens and take in the best bits of the English and Scottish summertime. For further information contact Royce Green from Ross Garden Tours on 1300 233 200 or go to www. rosstours.com/scotland-nthengland/ for the full tour itinerary of the tour including the gardens, places visited and accommodation.

Spring has almost sprung

November is a time to soak up the last days of spring with a plant shopping spree, a garden visit or two or even take in a traditional local agricultural show.

The WA Fern Society and Palm and Cycad Society plant sale will be held at the Manning Community Centre on the corner of Bradshaw Crescent and Jarman Avenue, Manning on 17 to the 18 November. Entry is free and it is open from 10 am until 5pm each day. For further information on ferns call Ray Chester on 9314 1736 or for details on palms call George Sevastos on 9448 4816.

The Wanneroo Agricultural Society Annual Show takes place on the 23 and the 24 November at the Wanneroo Showgrounds, Wanneroo Road, Wanneroo. The grounds are open from 4 pm until 10 pm on Friday and 9 am until 10 pm on Saturday, each day with local displays and produce. Contact the secretary on 9306 3720 for details of all the family activities and entertainment.

Open Gardens West Coast has two gardens open on the weekend of

17 to the 18 November. Mather Garden at 24 Finnerty Street, Karrinyup is a sustainable contemporary garden designed to be a reminder of the owners' wedding at Karijini in the Kimberley. Red gravel simulates the red dust and pindan soils of the Pilbara, while changes of level and layered plantings add interest. Dixon Garden at 17 Paris Way in Karrinyup is an interesting

permaculture garden designed along passive solar principles. Recycling features strongly in this garden along with bush tucker, fruit, vegetables and herbs. Both gardens are open from 10 am until 4 pm each day with refreshments available. Entry is \$10 for two gardens with children under eighteen free. Further information can be found at www.opengardenwa.org



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For further information contact Have a Go News on accounts@haveagonews.com.au or 9227 8283. Books can be purchased from the office Monday to Friday 9am-5pm.

24 HAVE-A-GO NEWS No. 320 NOVEMBER 2018	Please nominate a category for your advertisement.	Abbreviations used	in Friend to Friend
Friend to Friend FREE A	Tick one box only.	ALA: All letters ans	wered D
	☐ Travel companion	GSOH: Good sense of humour SD: Social drinker NS: Non smoker SOR: South of River WLTM: Would like to meet	
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Seeking a Friend

AN easy going, slim, caring, fin sec lady, GSOH, enjoys music, cooking, family, dancing. WLTM young thinking gent, 75+ for companionship, happy times, metro.

Reply Box 8061

DANCE partner for NS, ND, 78, lady, postcode 6220, 5'3" tall, 57kg, social, old time, new voque dancing, would love to find gentleman with the same passion as mine for dancing, lives south west. Reply Box 8044

DANCE partner wanted for old time and new voque social dancing. I am a lady who would love to find that special man who has the same passion for dancing as I do. South West, 6220 post-

Reply Box 8055

FRIENDLY, reliable, happy lady who is active and spontaneous with a young ture to share quality times.

Australia together, GSOH, no baggage.

Reply Box 8070

GENT 82, happy, fit, healthy, NS, SD, DTE, GSOH, WLTM lady similar out, cinemas, TV. Me; fin area.

outlook who enjoys the outdoors and travel plus shows and music seeks active man with caring na-Reply Box 8042

GENT 69 WLTM lady 65-75 for travelling in large caravan with all mod/ cons, 4x4, north for winter, south for summer, NS, SD, medium build, fin sec. Let's enjoy life travelling

age for company, friendship for coffee, dining in/ sec, own home, varied interests, age, nationality open. ALA. Mandurah

Reply Box 8067

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MT LAWLEY LADY 55 stylish, intell, blue eyed blonde, slim, petite, indep, confident, enj family, friends, cooking and a healthy lifestyle. Sk mature, relaxed, modern man 52-70.

COOGEE LADY 61 funloving green eyed blonde, slim, young figure, pride in appearance, caring, affectionate, fin. secure, enj tennis, dancing, good books/films, o/doors. Sk gent 57-67.

SOUTH/MANDURAH LADY 62 loveable, down to earth, brn eyed brunette, honest, happy, self reliant, loves a laugh and enjoying life to the fullest. Sk e/going, sociable man 55-70.

MORLEY LADY 69 striking green eyed brunette, trim, well grmd, youthful, outgoing, sk loving, affectionate gent who's not too old for fun and romance 66-74.

WEST PERTH LADY 73 slim, petite, blond w/ bright blue eyes, educated, active, enj concerts, the arts, bridge, golf, the garden. Sk bright, kind gent 70-76 comfortable w/ who he is.

PERTH CITY GENT 68 Tall, trim, fit, well groomed retired professional, wid, interesting, English gentleman. Sk stylish, attr, articulate lady 55-70.

GUILDFORD GENT 77 Wid, fit, healthy, friendly, reliable and happy. A man w/ simple tastes, likes a gd conversation and takes pride in himself. Sk sincere lady 72-82.

SWAN VALLEY GENT 83 Wid, active, well grmd, well spoken English gent, love cruises, family, a good book, films, the arts, interesting conversation. Sk sociable lady who appreciates old fashioned manners.



SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995

GENT Asian, 56, fun, loving, SOR, NS, active, SD, like music, movies, travelling, painting, photography, let's meet for coffee. Reply Box 8049

GENT late 70s, engaged, lacking romantic times at home. Seeking a friend who has the same lack, to return mutually and lovingly to what life has been created to offer. Keeping discreet. Mandurah and surrounding.

Reply Box 8037

GENT seeking partner between 50-62 living close to city, 72+, recently separated and relocated from Sydney, retired from very successful marketing company, NS, enjoy good company. All replies guaranteed. Nationality Australian.

Reply Box 8057

GORGEOUS lady, 70, 5'7", NOR, fin sec, loves travelling, music, dancing, WLTM a tall European, good looking gentleman, 65-70, GSOH, DTE for friendship, possible relationship, phone chat then meet over coffee - please very important.

Reply Box 8063

LADIES 60+, looking forward to meeting happy, friendly and decent female company SOR? We meet regularly on weekends for a cuppa/outing. Respectful mannerism is our motto so should you fit in, you are quite welcome to join us.

Reply Box 8039

LADY Australian, bright young outlook, well presented, music, eating out, movies, reading, outdoors, NS, SD. WLTM Aussie guy 65-68, well presented, great personality, honest, sincere, sparkling wit, NOR, coffee, chat, see if compatible, DTE, ALA.

Reply Box 8051

LADY mid 70s would like female or male partner for bridge, card games once or twice weekly, have been playing six months. Looking forward to meeting you. Willetton area. Thank you.

Reply Box 8053

LET us gather and reason together for a fellowship, if anything, friendship is a beautiful thing to have. Born-again Christian, oriental lady WLTM people warm personality and positive approach towards life. Middle age and

Reply Box 8040

gentleman, refined kind, mature, generous, thoughtful, overseas travel, fin sec, dining in/out, picnics, country drives, handyman, garden pool, boating, romance, photography, art, movies, music, NS, SD, 60, GSOH, NG, TLC, friends first. Reply Box 8065

MALE 60, I seek a NS, SD, lady. I am well presented, intelligent and fin sec. Look forward to your reply.

Reply Box 8052

SENIOR lady, young at heart, adventurous, no ties, own home, WLTM intelligent, active man, GSOH, 85+, fin sec for friendship, casual meetings, preferably Mandurah area. Interests: travel. movies, reading, gardening, social activities.

Reply Box 8068

SMART lady 80, WLTM gent, 80s, caring for companionship, dine in/out, travel, watch TV, cinema, coffee, NS, SD, NG, NOR. Please write.

Reply Box 8050

WELL presented gent, NOR, SD, NS, DTE, semi retired, friendly, educated professional, fin sec, very lonely. Searching for a intelligent senior gentleman at any age for friendship, outings, travel companions and more. ALA.

Reply Box 8058

WLTM a sincere NS, GSOH, fin sec, gentleman who genuinely wants to meet a nice lady, postcode 6153 for friendship. 70-80. Myself; GSOH, NS, ND, enjoys the arts, outdoors, music, reading, swimming, movies etc. Reply Box 8043

Seeking a Partner

ATTRACTIVE English, lady 70, size 14, well groomed, feminine, educated, own home, fin secure, GSOH, postcode 6107, enjoys socialising, reading, walking, gardening, music, country drives. WLTM unattached, well groomed, fin secure gentleman 65+, for long term permanent relationship, SOR, genuine replies only,

Reply Box 8047

AUSTRALIAN gent, 62, seeking lady 50-65 for loving partner, NS, ALA, DTE, Bunbury to Mandurah area. Wanting to live life again.

Reply Box 8046

LOVELY lady 68 WLTM ENGLISH gent mid 70s WLTM a genuine, nice lady who is DTE, NS, SD and is into travel, cruising etc quiet evenings at home. I don't want to be on my own this summer. Meet for chat and coffee. Reply Box 8054

> GENT 61, 6", NOR, fin sec, well groomed, NS, SD, GSOH, dancing, bike riding, bush walking, movies, dining out, likes travel, AFL, cricket, genuine lady, 55-65 for friendship/relationship, spending quality time with.

Reply Box 8041

GENT 68 NOR. NS. NG. SD, own home, fin sec, dresses well, looking for my forever lady 60-70, ideally you same age, feminine, well presented, honest, loving lady. To enjoy all life's pleasures. ALA.

Reply Box 8038

GENT 70, creative, positive, handy, always inventive, romantic, seeks lady same era to hold hands with... must be reasonably forgetful and happy. **Reply Box 8056**

GENT 76, easygoing, well mannered, NS, active, likes music, walking and share good times together, life in general. Seeking lady for friendship, relationship long term. Let's meet for coffee and chat SOR.

Reply Box 8059

GENT Aussie, 72, slim, active, GSOH, NS, NG, SD, handyman, fin sec, presented, loving, caring, kind, good listener, patient, drives, walking, movies, gardening, music, singing, photography. WLTM slim, loving, Asian, lady, 60+, SOR.

Reply Box 8048

GENT UK/Australian, late 60s, well presented, educated, fin sec, enjoys travel, gym, family, beach, coastal walks, usual social activities. Seeks compatible, intelligent, attractive, slimmish, easygoing lady to mid 60s, social activities, travel, companion, whatever, northern suburbs, coffee?

Reply Box 8066

LADY 70+, NOR, slim, active, easygoing, enjoys family life, social dancing, dining out, country drives, WLTM caring gent, GSOH, NS, SD to spend time with.

Reply Box 8060

NEWS UPDATED DAILY www.haveagonews.com.au Each person may submit one entry every month.

DTE: Down to earth

ND: Non drinker

NG: Non gambler

NOR: North of River

TLC: Tender loving care

STOP: Please read new instructions carefully Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

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Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

LADY WLTM active 65-70, fin sec guy interested in travel. Open to explore future possibilities with. Fin sec lady enjoys usual social activities, GSOH. Missing that special friend partner, travel companion, brave start is a phone call. City/metro.

Reply Box 8045

RESPECTABLE south west, 69, intelligent, medium build, NS, comfortable, cruisv, quiet lifestyle, no baggage, enjoys homelife, sport, camping, fishing, Chinese restaurants, heaps more. Seeks similar, tidy, easygoing, GSOH, positive lady from southwest

Reply Box 8064

Seeking a **Travel Companion**

LADY senior WLTM similar to share cabin Murray River cruise April 2019, NS, SD, NOR, ALA. DTE Reply Box 8062

WIDOWER 71 reasonably fit, VGSOH, WLTM slimmish lady, 60-75. Own home, fin sec, seeking same. UK, 3-4 months mid 2019. Other trips planned. Seasoned overseas and caravan traveller. Hope relationship develops. SOR, NS, SD.

Reply Box 8069

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.

Friend to Friend: When replying to an entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

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No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.



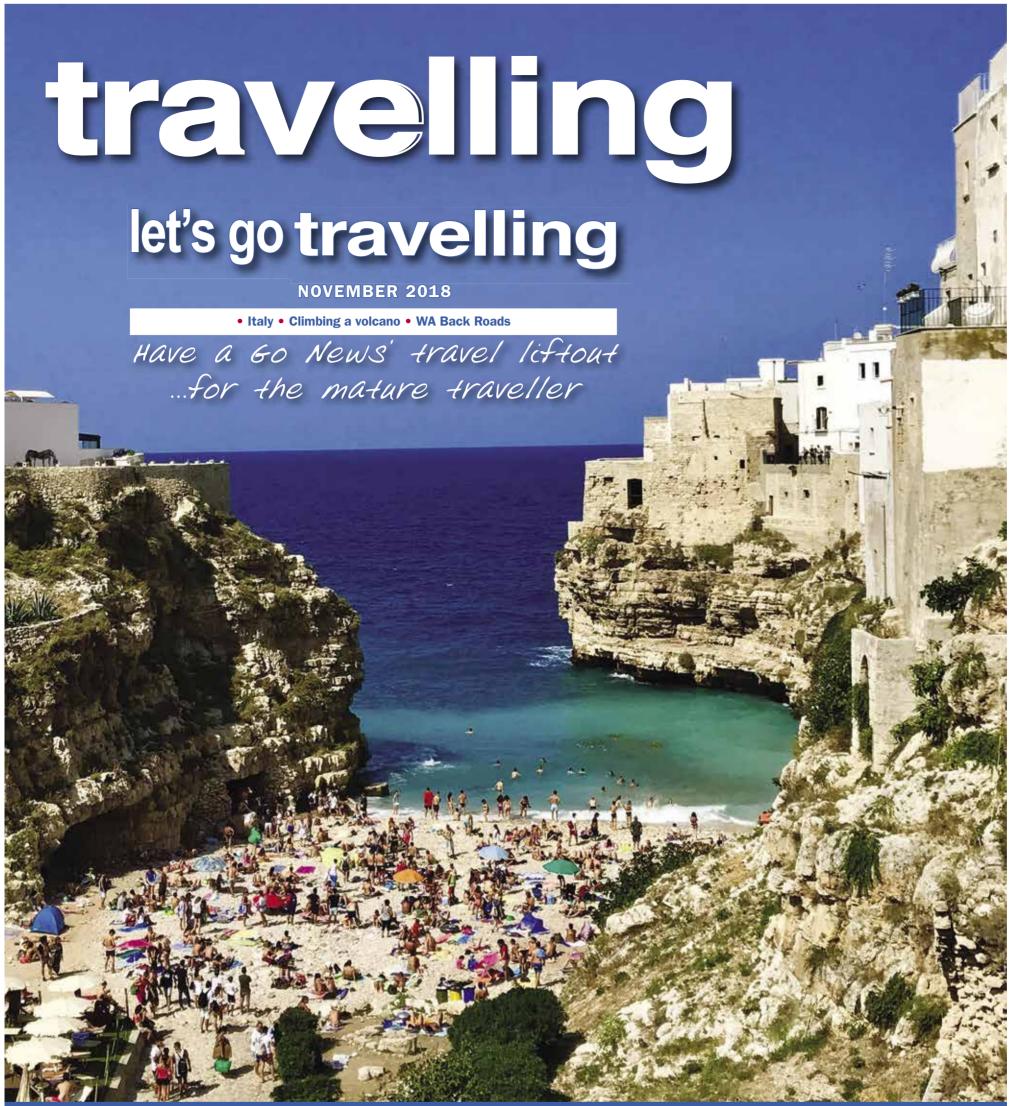
Have you met your match?

We at Have a Go News are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you?

Our super sleuths have told us of two such people.

If you would like to share your story please email helen@haveagonews.com.au or write to; Friend to Friend

PO Box 1042, West Leederville WA 6901 Your privacy will be respected.



Pictured is the Ponte dei Lapilli located within the townsite of Polignano a Mare on the southern Adriatic coast in Italy. Find out why Chris Parry fell in love with the region of the Puglia and Matera when he joined a walking tour of the area on pages 32 and 33.

Cherry Season is Almost Here!

Get ready to enjoy a kilo of premium cherries and some fabulous summertime touring on each of villa's cherry tours! In December, join villa for a wonderful cherry tour.

Cherry Time for Singles: spend 3 glorious days in the South West uncovering artistic masterpieces, picturesque countryside, cottage industries and gourmet delights.

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Cherry Festival Manjimup: staying for 4 nights in Pemberton explore the Southern Forests Region and spend the day at the Manjimup Cherry Harmony Festival.

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let's go travelling travel





THERE is much discussion in the community about single use plastic items and one of the most prevalent is the plastic water bottle. Buying water particularly in Australia is not only bad

for the environment but a waste of money when you can easily use tap water and a reusable bottle.

When you travel abroad it's not so easy to be green. I was chat-



Left; Bob Simpkins' funny photo Above; Jennifer Merigan

ting to a lovely young lady last week who told me that on her travels around Asia she bought a Steripen so she could use her own bottle with the local water. The Steripen is a small, light-

weight UV water purifier. It is perfect for travellers and is powered by internal USB rechargeable batteries. Cities around the world have used ultraviolet light to make water safe to drink for more than 100 years as it destroys both bacteria and viruses' ability to reproduce and make people sick.

For those keen to reduce their carbon footprint while travelling this seems like a perfect idea and would also make a great gift with Christmas approaching. They are priced around \$100 and many outlets sell them. The one recommended

to me was from www. traveluniverse.com.au ***

Our funny photo this month comes from Bob Simpkins and was taken in Chiang Mai in Thailand. Bob is pictured outside a laundry which is named Removal of Grey Hair Laundry. He said as you can see from the picture he still has the grey hair albeit a little less since this was taken. If vou would like to share a funny photo with us, just email me below.

This is the last chance to book to join us on the Antarctica day trip which flies from Perth on Aus-

tralia Day 2019. If you would love to join our group of people, call the office for a brochure on 9227 8283 or email me at jen@haveagonews.com. au before 15 November.

Next year celebrates the 350th anniversary of the death of Dutch golden age painter Rembrandt van Rijn. If you are travelling to Holland in 2019 there will be special events, exhibitions and activities taking place in Amsterdam, The Hague and Leiden for those who love his works.

*** If you have a travel issue, would like a particu-

lar destination featured or want to share some information, don't hesitate to contact me on my email.

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

Happy trails

Jennifer Merigan **Travel Editor**



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

Perth Friendship Force members journey to Germany and Austria...

They gate crashed rehearsals for a musical

upon an 'enigma ma-

chine' and visited out of

It was a wonderful ex-

perience for the Perth

ambassadors who now

eagerly await the next

stumbled

production,

the way villages.

AFTER what has been a busy year of hosting ambassadors from around the world, a group of Perth Friendship members took time out to visit two clubs in Europe as part of the club's allocated outbound journeys.

The group, consisting of 16 Perth members, visited Friendship Force clubs in Rheinhessen, Germany and Krems, Austria and were welcomed at civic recep-

Travelling with Friendship Force gives members the opportunity to experience things that a normal tourist does not get to see. The Perth group visited vineyards, sampling grapes along the way, feasted on home cooked meals and experienced how the lo-

outbound journey which will take them to clubs in the US, Costa Rica and Mexico. Friendship Force International provides opportunities to explore new

countries and cultures

from the inside by bring-

ing people together at the personal level. Through the signa-

ture program of home hospitality, local hosts welcome international visitors into their culture, sharing with them meals, conversation, and the best sights and experiences of their region.

The Friendship Force of Perth always welcomes new members and any one who would like to home host visitors from all over the world or travel with a group of trusted friends, please



Reception with Burgermeister

contact president Margaret Walsh, president@

friendshipforceperth.net or call 0487 290 097.

Day Tours 2018

Sat 8 Dec

Sun 16 Dec Day Tours 2019 Sat 26 Jan Sun 17 Feb Wed 27 Feb

Aussie Redback Tours **NEW BROCHURE OUT NOW!**

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Australia Day Mystery Tour Tickle your Tastebuds in the Ferguson Valley Swan River - Fremantle Maritime Museum

\$99 (\$95 Seniors) includes morning tea & lunch Pick-ups Joondalup, East Perth, Rockingham

Extended Tours 2019 (Fully Accommodated)

10-17 Mar 19 19-23 Apr 19 4 May 19

15 Feb 19

1 Jun 19

12 Jun 19

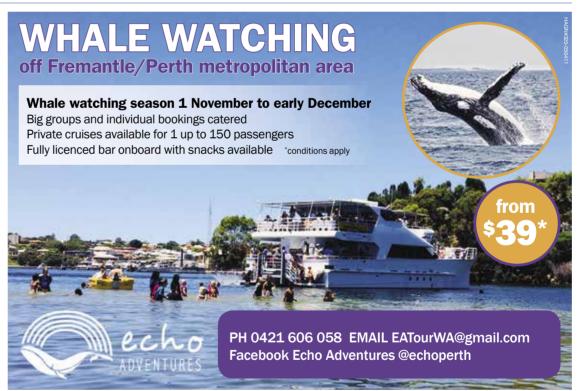
Dirk Hartog Island - Monkey Mia Esperance/Bremer Bay at Easter Mt Augustus - Kennedy Range Adelaide to the Red Centre **Kimberley Dreaming**

Boyup Brook Country Music Festival

4 days from \$970 (camp setup) 6 days from \$1,870 5 days from \$1,450 7 days from \$1980 10 days from \$3480

9 days from \$3630





11 NIGHTS **DEPARTS PERTH ON SUNDAYS**

Rail travel on the Indian Pacific, PER to SYD in Gold Service cabin • Includes meals, drinks and off train experiences • 3 x nts accom in SYD • Sydney Harbour Story Cruise • Rail travel on the XPT, Day Service SYD to MEL \cdot 3 x nts accom in MEL \cdot City tour & river cruise \cdot Rail travel on the Overland, MEL to ADEL • 2 x nts accom in ADEL• Adelaide City Sights Tour • Air travel, ADEL to PER.

GOLD from \$4800 pp t/share PLATINUM from \$6520 pp t/share

3 CITIES & 3 TRAINS

CAPITAL CONNECTION

DEPARTS FRIDAY

· Air travel, PER to ADEL - Premium airline · 3 x nts ADEL accom · ADEL city highlights day tour • Barossa Food & Wine Exp full day tour • Depart ADEL on The Overland train Premium seating • 3 x nts MEL accom • Half day Puffing Billy Tour • Depart MEL on the XPT rail/coach 1st class seat • 3 x nts CBR accom · Depart CBR on the Southern Explorer Rail · 3 x nts SYD accom • Harbour Story Premium Captain Cook Cruise • Depart SYD on Gold class in Indian Pacific Arrive PFR

LOW from \$3900 pp t/share Single pricing and other seasons available

CRUSING THE **OCEAN AND** THE RIVER

DEPARTURE 3 FEBRUARY 2019

Island for the day • Rest and relax on board. Enjoy the day in Port Lincoln drinks and off train experiences • 4 x nts Murray Princess Cruise, outside Arrive ADEL, Majestic, Minima 3 x nts
 ADEL Hills and Hahndorf half day sightseeing tour • transfer to Mannum for your 4 nts onboard the Murray Princess, includes all meals • Enjoy this relaxing peaceful journey along the Murray with regular stops for sightseeing and the wonderful activities on board Return transfers from ADEL and to the airport to PER.

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QUEENSLAND **RAIL ADVENTURE**

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• Marborough to Townsville Spirit of QLD • Magnetic Island - 3 x nts accom Island Leisure Resort - includes car hire. After Cairns fly home to PER.

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11 DAY **DEPARTS MONDAYS**

Depart PER on CMV Astor • Enjoy the facilities of Astor • Arrive in Kangaroo Fly PER to ADEL • Transfer to Mannum for river cruise • Includes meals, cabin includes all meals • coach transfer back to ADEL • ADEL hotel for 2 x nts ADEL to Darwin on the Ghan in a Gold cabin, inc all meals and drinks Darwin hotel accom for 2 x nts
 Return flight back to PER.

> LOW SEASON from \$4920 pp t/share Single and other season pricing available

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VARIOUS DATES AVAILABLE TRAVEL UP TO 25 APRIL 2019 GREAT SAVINGS FOR EARLY PAYMENT

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Blue fire and taxi birds - climbing one of Java's active volcanoes







From left to right; Bernard Carney and his wife - Ljen crater complex - surreal moonscape terrain...

by Bernard Carney

ON a recent trip to Bali my wife and I decided to try something a little different and headed to Java to climb an active volcano.

The trip started at 3 am from a small village on the north west tip of Bali called Perjerakan, where we were staying to explore the Bali Barat National Park.

The early morning call is balanced by the relative pleasure of hurtling along the north west tip of Bali on empty roads free of motorbikes and cars, a rare experience in Bali.

The Java ferry terminal at Gilimanuk however is busy day and night, and the ferry itself is an oldfashioned hulk which lurches into action with a screeching yawn of worn machinery and diesel

The fibreglass moulded benches are cast in the shape of no human rear end and the air inside is filled with cigarette smoke and local loud conversation. A peaceful moon sits over the Java sea and we settle into the gentle list of this sea dinosaur. The ferry takes one hour and costs the equivalent of \$6.50.

The Lien crater complex is another one hour winding uphill drive in a car that smells as if a small fire of plastic bags and tyres has been lit somewhere in the back and is still smouldering for our benefit.

There are worse smells to come up from the volcano. When we step out of the vehicle at the base camp it is 2800 metres above sea level and freezing cold.

There are people huddled around fire drums wearing beanies, gloves and hoodies, so the predawn twilight sees us starting the two kilometre climb up a very steep dirt track with hundreds of other pyro pilgrims from around the world, mostly Japanese.

We soon realise this is not a climb for the faint hearted and the traveller's legs that have taken us on four-hour bird walks through rice fields, up and down ravines and endless walks through the hot streets of Ubud, are not in the least prepared for this Lien climb.

Luckily it is just getting light so every 30 seconds we have to stop and admire the view of cloud filled valleys and jungle wrapped peaks in the thin blue, while allowing the lungs to adjust to the altitude. Every hairpin and switchback open up a new gasp of scenery, breathtaking in every

Being a couple of twitchers from way back,

we were excited by an unfamiliar bird call, and this mountainous jungle terrain and we are extremely curious to discover what fabulous new bird could be making this rhythmic squeaking

song. As we ascend, at eight frames a second, we meet an enterprising hardy group of local Javanese who follow our slow progress like vultures recognising signs of imminent mortality.

These guys are pulling small home-made go carts they call taxis, with a low padded seat and brakes fitted to the rear wheels, and they appear at regular intervals where the gradient is strongest, and the hiker's resolve is weakest

They will hit you for a fair whack of rupiah in exchange for the experience of being 'taxied' up this ridiculous incline one pushing behind and one pulling in front.

This is a temptation many tourists find difficult to resist as the benefits of an increased life span far outweigh the cost, so trade is brisk.

However, the mystery bird song turns out to be the 'taxi bird' produced by the squeal of descending brakes. We explain this to our guide who sees the joke and passes it on to the other guides.

There is a half-way hut crammed full of morning hikers decked out as for the Himalayas.

It's like a bustling cargo port with taxi pushers and pullers chatting, smoking and taking a

We eat boiled eggs and bananas with sweet tea and try not to think of the next bit which is steeper and just as far.

Black monkeys live in this terrain, but we don't see any today.

The sun has risen and some of the cloud retreats down the valleys but as we ascend we are aware of a different cloud surrounding the crater.

Near the top the terrain becomes a surreal moonscape and our lungs catch on the sulphur dioxide gas in the cloud.

At this point another enterprising group offer gas masks for hire and resembles a bad Dr Who sketch with a continuous stream of rugged up masked masochists, peering into the world's largest and most acidic crater lake which has a continuous outpouring of molten sulphur and toxic steam. The things you do in search of adventure!

I could talk of the famous blue fire created by the superheated burning sulphur, but to see that we would have had to get up before we went to bed so we missed the show. Also, the sulphur miners who make this journey twice a day and risk their health for a few dollars' worth of yellow cake sulphur.

We drank it all in and were content with the memory of having been this close to an active volcano and seen geology at work.

The next day we snorkelled off Menjangan Island but that's another



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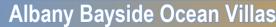
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Never underestimate the usefulness of the humble metal lure



This crimson sea perch was just one of the species to fall to the twisty that afternoon

by Mike Roennfeldt

I HAD an interesting little experience up at the Mackerel Islands a few years ago and it got me to thinking just how much many fishermen underestimate the usefulness of the humble

We pulled up in 15m of water near Anchor Island, where the skipper had enjoyed some great fishing a few weeks previously. I had a 40g twisty lure set up on a medium weight spinning outfit and decided to drop it to the bottom and jig for a few minutes while the others cut up bait and prepared their heavy handlines. There are often strong currents at play in that part of the world, but we were almost at the top of the tide and the drift wasn't too bad.

Down to the bottom, half a dozen rips on the rod and I was fast into what turned out to be a superb coral trout weighing around 5kg. A couple more smallish bottom species came up after that and the boys using the handlines hadn't even got into first gear. A school of what looked like small tuna crashed the surface 30m away. Getting into them was as simple as winding up from the bottom and casting. No re-rigging required. A flat out retrieve resulted in a small mackerel tuna coming in and we were set for fresh bait for the next hour or so.

I ended up fishing for the entire session with just that twisty and was able to fish the bottom, the surface and anywhere in between. The handliners were confined to the bottom and while they did well on red emperor, Rankin cod and one big spangled emperor, I had a whole lot more fun. I picked up a big crimson sea perch on the bottom, followed by a barracuda, before getting bitten off twice by Spanish mackerel. I really should have been using

The best fish of the day was a chunky yellowfin tuna around 15kg. It jumped through the surface a short distance from the boat and once again I was able to cast in its direction and hook up instantly. Unfortunately, this one was lost at the boat, but not before it gave me a few minutes of high speed, intense fun.

At one stage, when we moved out into 50m of water, the twisty was less effective that the baited handlines. If I'd had a heavier 70g twisty with me it might have been a different story, but I resorted to impaling a short fillet of fresh fish on one of the lure trebles instead and did well with that.

The fishing session had been an object lesson in the versatility of heavy, castable lures, especially in waters where there are likely to be fish passing by at a range of depths. You can even throw it out the back and troll as you move between spots.

Make memories this Christmas by giving gifts of experiences

by Karen Majer

WHALE watching in Geographe Bay in October as a birthday gift, I was struck by the power of shared special experiences to create bonds

and lasting memories. We were lucky enough to be entertained by two curious humpback whales 'spy hopping' - holding vertically and kicking with the tail fluke to hold the head above the water and have

a good look around. They rolled, waved pectoral fins and put on quite a display for the people on the boat who rewarded them with cheers of encouragement.

Earlier this year I enjoyed a special Christmas present - a cruise in the Bremer Canyon off our south coast and sightings of orcas (killer whales). These gifts have given me special memories that will be revisited when we bring out the photos in years to

It's the time of year when we start to think about Christmas and the shopping trips to find just the right thing can be less than fun. Buying stuff can be

risky too. Oh no, not socks again! Children can be especially difficult to buy for unless you know what they are interested in. It's sad to see kids rip off the present wrappings in quick succession and accumulate a pile of plastic toys that won't see out the week.

I've sometimes resorted to cash so that family can choose their own clothes or other gift - sensible but it risks Christmas becoming a commercial transac-

What could be better than giving a friend or family member an experience to enjoy - even better if you can share it with them. A film ticket with a



Left; Karen Majer Right; Humpback Whale in Geographe Bay

small box of chocolates, a family pass to the zoo or a relaxing massage. An older child might enjoy a ticket to a Night Sky Tour at the Perth Observatory, maybe tucked into a star chart. A 'culture vulture' would enjoy a Perth Festival Guide with a pass to an outdoor movie at the Somerville Auditorium, valid for any film. The possibilities are endless.

For me, some of the best gifts involve an opportunity to interact with nature. A year's entry pass to our national parks may help a family to get out and have fun together. I can never get enough of whale watching.

fun Have planning shared experiences during your festive season.



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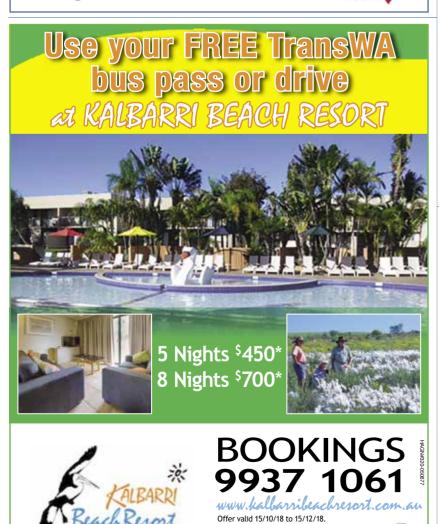
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NEW YEAR CELEBRATIONS!

This year gather around with new friends and herald the dawn of a New Year in spectacular style and comfort. Escape to the mild climate of the Southern Forest region and the picturesque township of Pemberton or go beachside in Busselton for a New Year's celebration holiday.

NEW YEAR IN PEMBERTON

Touring highlights include exquisite rural landscapes, the Pemberton Tram ride and a cruise across the calm waters of the Nornalup Inlet.

4 Days | Monday 31 December 2018 to Thursday 3 January 2019 Price \$1470 | Single Option \$240

NEW YEAR IN BUSSELTON

Explore the Cape Naturaliste coastline and delight in the special festive New Year's Eve celebrations at the spectacular Abbey Beach

4 Days | Sunday 30 December 2018 to Wednesday 2 January 2019 Price \$1340 | Single Option \$145

NEW SUMMERTIME SHORT BREAKS



6 DAYS | ALBANY AND THE FIELD OF LIGHTS

Albany and the magnificent Great Southern is a land of dramatic landscapes, breathtaking scenery and natural harbours. Join villa in Albany for a summer getaway and witness the spectacular Field of Light art installation. Set to illuminate the Avenue of Honour at Mt Clarence until Anzac Day 2019, don't miss this magnificent art installation by world famous Bruce Munro.

Monday 18 to Saturday 23 February 2019 Monday 11 to Saturday 16 March 2019 Price \$1675 | Single Option \$255



7 DAYS | ESPERANCE AND BREMER BAY

The sheer beauty of Western Australia's southern coastline makes for a perfect getaway. Bremer Bay is surrounded by the Fitzgerald River National Park and Esperance is picture perfect. Be astounded by the replica Stonehenge and travel the breathtaking Cape Le Grand National Park. Hyden and the wheatbelt, then contrast so beautifully with the coastal experiences to complete the holiday.

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5 DAYS | FABULOUS FESTIVAL OF BUSSELTON

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We will see hundreds of wooden boats, from magnificent tall ships to classic sailboats, rugged working boats to superbly detailed models. There's a vibrant program of entertainment and fun, special guests, brilliant Tasmanian food and drink, demonstrations, races and displays.

TOUR **HIGHLIGHTS**

- ★ Locally guided tour of Hobart
- ★ Guided tour of the Maritime Museum
- ★ Visit the Salamanca Markets and Mona Gallery in Hobart
- ★ Walking Tour and Cruise at Port Arthur Historic Site
- ★ World heritage Luncheon Cruise in
- ★ View the Russell Falls and the Wall of the Wilderness
- ★ Guided tour of Cradle Mountain ★ Guided tour of Beaconsfield Mine & Heritage Museum, Tamar Valley

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> HOBART

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CHERRY BLOSSOMS & GARDEN TOUR

14 DAYS

28 MARCH TO 10 APRIL 2019

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On the one hand, it is the land of ancient customs and traditions and on the other hand it has some of the largest and most famous technologically advanced companies in the world. This tour not only lets you celebrate the arrival of the Cherry Blossoms but takes you to some of the country's most famous gardens and sites of Japan.

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- ★ Experience the Cherry Blossoms of
- ★ Ride on the Bullet Train from Kyoto to Hiroshima
- ★ Sightseeing tour of Tokyo and Kyoto
- ★ Full day tour of Takayama ★ Experience the Tea Ceremony, Imperial
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- ★ Visit to the Old Sake Breweries Museum
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- and 8 Dinners English speaking National

Breakfast Daily, 9 Lunches

- guide throughout the tour All sightseeing and entry
- fees as per the itinerary

\$11,600 PER

The above price includes \$130pp of air taxes which are subject to change

2 Bay of Islands ₹11 AUCKLAND VICTORIA 3 7 Rotorua 💈 **RAIL, CRUISE & COACH** Wellington **AFRICA** Franz Josef (1 **NEW ZEALAND** 21 CHRISTCHURCH Milford Sound 🤆 Te Anau 1 2 Queenstown Dunedin CAPE TOWN, SAFARI LODGE & VICTORIA FALLS 20 DAYS TOUR **HIGHLIGHTS** PREMIUM INCLUSIONS

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

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4 rail journeys

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17 DAYS

31 MARCH TO 16 APRIL 2019

Africa!!! So unique and so diverse. Fall in love with the cosmopolitan city of Cape Town, embark on exclusive game drives and enjoy warm hospitality before heading north to view the mighty and majestic Victoria Falls.

TOUR **HIGHLIGHTS**

- ★ Sightseeing tour of Cape Town including Table Mountain
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- Paarl, Stellenbosch and Franschhoek ★ 5 Days at the Makutsi Safari Lodge ★ Excursion to Kruger National Park &
- Blyde River Canyon ★ Full Day Chobe National Park excursion
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Discover the gift of time in the jewel of the large crown of Italy - Puglia









Matera in southern Italy - trekking Matera- Hotel Sassi Matera - a beautiful evening in the ancient city of Matera

by Chris Parry

I'M standing on a clifftop, looking across a ravine to the ancient city of Matera in southern Italy. Though no longer formally part of the Puglia region, it forms part of the Exodus Travels Walking Tour of Puglia and Matera which I have joined.

I'm standing where

the crucifixion scene in the 2004 movie, The Passion of Christ, was filmed. Last year the quirky comedy *Tulipani* was filmed throughout Puglia, including Matera. Also jostling for space at the same time were the cast and crew of Wonder Woman who used Matera as the fictional city of Themyscira.

The funny thing is, I

didn't know any of this when I went to Puglia. I've fallen in love. That's what it is. I've come home and can't stop researching the history, the events coming up, anything I can find.

Puglia is often described as being the heel of the boot shape of Italy.

The gift of Puglia is There is a feeling

that you have more time for that espresso in the middle of the day or that limoncello after dinner in the evening. You have time to stop and embrace an olive tree that is hundreds of years old and, like some sort of arbor matriarch, watches over younger trees in the grove, preparing them for their life under the warm Puglian sun.

So back to falling in As well as the movies that have been recently made in Puglia, I've also discovered that Matera is one of two cities to be 2019 European Capitals of Culture. Next year, Matera will welcome visitors with an extensive program of cultural events and activities that acknowledges Matera as one of Europe's oldest, continuously inhabited cities. It is renowned for its caves that until the mid-20th Century were home to many of residents. Many caves have been restored as restaurants, hotels and art galleries. The more I learn, the more my love grows.

From the caves, canyons and ravines that surround Matera, our next destination is Montescaglioso, a small castle and village set on top of a hill surrounded by a green belt of forest and overlooking a series of rolling hills and valleys filled with olive groves and vineyards. We stand in front of an ancient stone archway which frames the view where we will be walking today - down through the forest and then small farms and fields of olive groves and vineyards. Beyond that is the Parco della Murgia Materana, a canvon wilderness with many formerly occupied caves, including several cave churches still in use today, particularly for

weddings. With all this talk of canyons and ravines, the walking on this tour possibly sounds a bit more difficult than it is. Exodus Travels website provides a rating for each of their walking tours and this tour is in the easy to moderate range. Our tour stays pretty much in the easy zone and just for a few moments becomes moderate and slightly tricky. It's fair to say a trekking pole is handy but many in the group don't use them.

Our walking group of ten are all from England. Some are recently retired, some are a long time retired. Each day's itinerary allows plenty of time to rest and it's the first walking tour or trek I've undertaken where the worst injury was a headache from drinking the beautiful, local red wine with lunch.

My love for Puglia continues to dive headlong into the reckless territory of the completely besotted. There is something special about places you visit that have names you just enjoy saying; Ostuni, Locorotondo, Polignano a Mare and Alberobello.

The narrow alleyways and low arches of Ostuni lure you with the promise of a new discovery around each corner. Sitting atop a hill overlooking olive groves that stretch to the sea just a few kilometres away, Ostuni's white washed buildings are the result of an attempt to beat the plague in the 17th century. The limestone and water mix that was applied to all buildings in Ostuni was thought to prevent illness. These days, the white buildings are encouraged by the local government which contributes half the cost of repainting.

Locorotondo is a small village with an ancient heart located in the Itria Valley. Its beginnings date back to 1000 AD and the surrounding countryside features the famous cone-roofed trulli; round, stone huts that many people still live in today.

While Locorotondo means 'round place', the historic part of the part of the town (centro storico) has a similar meaning. It is circular and, like Ostuni, is a maze of alleyways filled with cafes, art galleries, churches and nonas flicking wet towels at tourists who stumble into their washing baskets.

Walking tours have a wonderful ability to slow down the pace of life. While you have a daily destination, it is planned so you have time to sit in the shade of an olive grove, pick figs and grapes to snack on and even stop for a swim at the beach. Things don't rush by. If you see a horse stick its head over ancient old stone wall in an olive grove, you can stop and create your own experience; rubbing its nose and asking nicely if you can take a photo. There's no rushing past in a car or bus, snapping your head around and wishing you could have stopped for a better look.

It hardly seems necessary to include a rest day in the itinerary but this part of Italy is already proving such an indulgence that a rest day just seems to make sense. While most of our group head south for the day by train to Lecce, described as the Florence of the south. I strike out north for a little village on the coast called Polignano a Mare.

This little town perches on a coastline of cliffs that don't have to work too hard to hold back a serene Adriatic Sea that is more intent on sparkling flashes of blue brilliance than going to the trouble of throwing waves against a rocky shore.

Along this coastline of cliffs is the Ponte dei Lapilli, a very popular small cove for swimming It's a public beach and completely hassle free, but it is not for the selfconscious. It's a bit like a fish bowl with people on the bridge behind the beach and on both cliff sides watching and taking photos.

continued on page 33

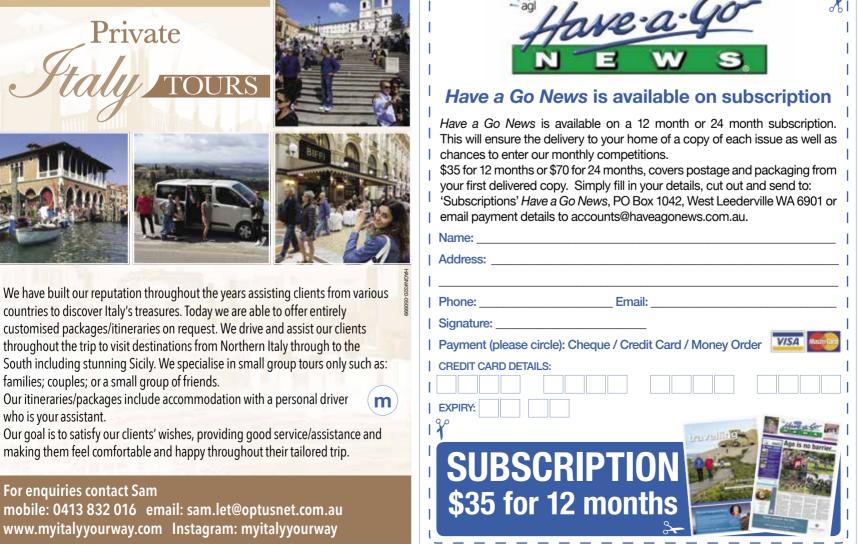


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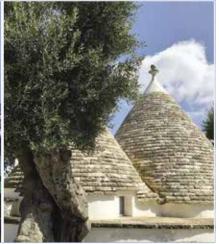
let's go travelling travel options











From left to right; Grotta Pallazzese - La Nicchia - Polignano Mare - Trulli

continued from page

As a former cabaret singer of no repute I know what I'm looking for next. Overlooking the sea, just a five minute walk from the Ponte dei Lapilli is a full theatrical stance statue of Domenico Modugno. This wonderful singer and songwriter co-wrote and performed Nel Blu Dipinto Di Blu in 1958, the song that came third in the 1958 Eurovision Song Contest. In 1959 the song won two Grammy Awards and was recorded by Dean Martin under the title, Volare.

While I'm there, I am interviewed for an Italian travel television program and we encourage the crowd to sing the song with me. I'm pretty sure I heard a cry of 'Bravo!' although it's possible that was because I'd finished singing.

It's been a busy morning and it's time to make my lunch appointment. On the other side of the Ponte dei Lapilli is a restaurant that has been catering for for parties and banquets since 1700 and has become synonymous with amazing food; the Grotta Palazzese.

This restaurant sits on a natural limestone terrace, in a cave on the edge of a cliff overlooking the Adriatic Sea. This restaurant is about more than food, it is about magic. It is about the smile it puts on your face and the tingle of excitement you feel as you're escorted to your table, each with its own view of sea, sky and cliff.

As I drink extraordinary local wine and as slowly as possible caress each mouthful of roasted octopus with chickpea and pesto pearls, it is the view around me that is

demanding the same attention I'm giving my tastebuds. Below me, through the balustrade against my table, are the brilliant, blue waters of the Adriatic while around me and above me are the natural limestone cave walls where it's as if light itself has come alive and is dancing with the same amount of joy I feel in my

Come mid-afternoon and it's time for me to leave the Grotta Palazzese and as I walk through quiet, white washed streets that are just about to enter their traditional siesta I stop and talk to the owner of La Nicchia, a small purveyor of local produce, including olive oil and wine. She is about to close for the afternoon but invites me in to learn about the local produce she is so proud to sell. Realising that my

Polignano a Mare stories will go long into the night I purchase a bottle of wine and then swagger, sway and sing my way back to the railway station for my short journey south and inland to Alberobello, a small town that is famous for its trulli huts that have held UNESCO heritage status since 1996.

The trulli story dates back to the 15th Cen-

tury and was a quirky solution to having your house demolished if you failed to pay your taxes. Each circular trulli is built without mortar with overlapping, flat stone and a conical roof decorated on the pinnacle with an adornment that can be of prestigious, mystical or religious significance.

The Walking in Puglia Tour with Exodus Travels has been an opportunity

to experience a much loved culture at a pace I've never previously been able to achieve. Italy is often about the bucket list; get a photo of me in front of it and move on to the next attraction. This is a tour completely achievable by everyone I know in my life and I wish they could all do it. I know why I feel this way. It's love.

Just like taking your girlfriend home to meet mum and dad for the first time, sharing Puglia with family and friends has been something I am so proud of. Puglia is an undiscovered land in a well discovered country and the quicker you aet there, the auicker vou will fall in love too. With thanks to the lyrics of Volare, no wonder my happy heart sings.



FAST FACTS

The Walking in Puglia and Matera Tour is available throughout the year. Tours support all age groups and fitness levels.

www.exodustravels.com or call 1300 131 564. When to go:

All year is good walking weather in Puglia. Visit Matera in 2019 as it celebrates being a European Capital of Culture.

You have to dine and recline at Grotta Palazzese in Polignano a Mare and then buy some local Puglia olive oil and wine from La Nicchia. In Matera, stay at the Hotel Sassi which has cave rooms with views over the historic town site.

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A sample of one of their itineraries is a

pick-up at Milano airport and drive to your hotel.

Sightseeing at Lake Como and a drive to Lugano in Switzerland and fashion outlet shopping.

A visit to the city centre of Milano including the grand Duomo, Galleria, and other highlights.

Tours can be designed to include other locations/lakes in Northern Italy, Venice, Tuscany, Lazio or head south to Sicily, a region with so much to offer besides sightseeing.

For enquiries contact: Sam on 0413 832 optusnet.com.au visit www.myitalyyour way.com

Paying for travel by lay-by

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

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

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

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

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

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

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

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

Dreaming of your next holiday? Contact British Travel to find out the best lay-by deal for you. Give them a call now 1300 857 434.

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ydiving, Sea Lions, Jurien Bay 2 Days, 1 Night, 23-24 March 2019 Adults \$390, Seniors \$385, single supp \$65 **Optional: Sea Lion Cruise \$60** or Tandem Skydive \$450

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A great opportunity for a low cost holiday around WA



The Araluen tulip festival is one of COCOA Rose Hope's favourite places to adventure

by Rose Hope

THE sky was leaden as I alighted from the Joondalup Blue Cat bus

at stop six on Boas Avenue. Walking down the hill toward Neil Hawkins Park I admired the stylish houses, that graced either side of the street.

Their gardens grew lush and colourful and the area had a warm village ambiance which is missing in so many sterile suburbs. I was on my way to meet up with the Come Out Camping Older Adults (COCOA) mob for their annual picnic.

Daphne had commandeered a covered gazebo with a long table and seats. Nearby were very clean barbecues should any one wish to use them.

The green undulating hills of the park led to Lake Joondalup which was fringed with eucalyptus trees. A jetty allowed people to get a really good view of the birds on the water.

were black There swans, water hens, and ducks of all descriptions from white to black and white and brown

Nearby a mother and

father water hen were protecting their young, fighting off predators with flapping wings and a cacophony of shrieks and honks.

On the top of the park, bright red bottle brush eucalyptus trees blend together. Nearby a family were feeding the birds and were surrounded by a group of colourful mallard ducks, brown ducks, hens and pigeons. Meanwhile the day had turned out perfectly and the whole COCOA tribe had arrived, adding to the disturbance of the peace.

I had missed out on the camp at Serpentine due to unfortunate circumstances which I won't bore you with and I was bitterly disappointed. It was held in a bush setting in very early spring and COCOA always finds really picturesque places for their getaways. For weeks before I had imagined what it would be like and I was sure there would be a campfire and I could visualise myself sitting beneath a sky resembling black velvet studded with dozens of stars as I watched the red, orange and blue flames dancing and spit-

I could virtually smell the perfume of the burning eucalyptus logs and I could imagine the folk sitting around and gossiping and imbibing their favourite drop. And guess what?

ting balls of fire.

That is exactly what I missed out on!

On top of that thev

Go country music at Boyup Brook

hired a bus and went to Jarrahdale, Serpentine Dam, the Araluen Tulip Festival and Jadran Wines, some of my favourité places.

They had five wonderful days at the low cost of

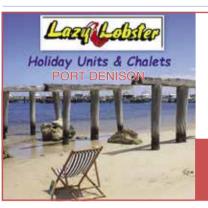
All I can say is poo!

Well I missed out on that but I will be going to the Albany camp at Quaranup and after that one at Jurien Bay.

And by the way, we don't have to pitch tents and we stay in hostels, school camps and the

See you there some time!

If you would like to find out more ring Judy Hampson on 0450 735 415 and enquire about COCOA.



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February 2019. If you are a keen country music fan, then this is one tour and event you shouldn't miss. Picture yourself sitting back, listening to some of Australia's finest country music talent. enjoying clean country

fun, and surrounded by river gums and grassy knolls on the banks of the beautiful Blackwood

Special guest for 2019 is the amazing Becky Cole, along with a lineup of other fabulous musicians and singers, and Aussie Redback have also organised an exclusive guest artist appearance by WA's country music singer Donna Atkins at the Aussie Redback Tours camp.

You'll be right in the heart of the festival. camping in comfort in a pre-erected camp site at the Old Flax Mill caravan park.

The tour runs from Friday 15 to Monday 18 February 2019 and costs \$950 per person twin share (single tent \$1,020).

Included in the cost is: transport from Perth to Boyup Brook and comfortable return, camp accommodation including stretcher and mattress, a threeday festival pass, daily breakfasts, two camp dinners, street carnival, ute and truck muster, bush poetry, street performers and art awards. As well as a visit to Harvey Dickson's Country Music Centre and Sunday night camp entertainment with Donna Atkins.

Contact Aussie Redback Tours on 1300 662 026 or email aussiered backtours@yahoo.com. au to book.

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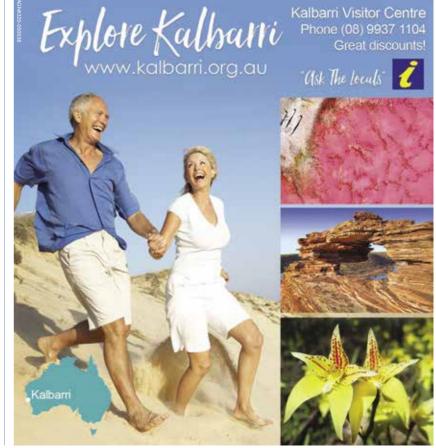
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Hitting the backroads in WA - a trip along the Great Northern Highway







From left to right; Taking cover - Country cut-outs - Passing parade as trucks thunder by

by Numbat, our travelling

HEADING along the Great Northern Highway - WA's inland route - is a motoring adventure best enjoyed with a sense of humour, a sense of mateship and good sense to cope with the unexpected.

Six times in one afternoon, caravan in tow, we were sidelined off the highway by monster trucks carrying monster loads, monstering everything in their paths.

Trucks take precedence, of course. Size matters. But they don't always make it easy for us caravan kids.

These king-size trucks, shouldering large-scale machinery and equipment to mining sites are led by at least one pilot vehicle. Sometimes two.

On one occasion for

us, the pilot 4WD was barely ahead of a truck that took up the entire width of the highway and with insufficient warning we went dangerously close to running down a roadside embankment with van in tow.

I was forced to stop urgently in a narrow roadside section of highway, skidding to avoid hitting a roadside white post.

We wonder how foreign tourists, notoriously struggling to cope with the unexpected on our country roads, cope with the monstrous motoring mania.

When pilot vehicles are coming at you with signs saying oversize load, you are left guessing whether the truck is just over length, slightly over width or taking up the entire highway - sometimes more besides.

Perhaps some form

of colour-coded warning lights and descriptive signs is needed for pilot vehicles?

Some grey nomads, we know, regularly take the inland route because it saves a couple of hours on the Broome-Perth trip. And many of them rarely stop for a rest break, swapping drivers and not driving at the freshest. Trouble is brewing.

We love the inland trip: occasional emu, wandering cattle, soaring eagles and hawks and locals in quaint towns: Karalundi, Meekatharra, Cue, Mt Magnet. All worth a stop and a lookaround.

Look for a copy of Meekatharra's cheeky newsletter, The Meeka Howler, to tickle the funny bone.

Amid its latest news, the Howler reported that: "an airline stopover passenger was refused back on the plane and was soon caught-up in general mayhem - although alcohol may have played

a part.
"'He was nine-sheets to the wind, if you know what I mean', was the colourful description by one local who kindly gave our new friend a lift into town to locate a bus.

"But our mate headed

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abundant bird life

for the liquor store, presumably because his liver-crippling binge was working out really well for him so far."

The Howler says locals herded the man up the street: "but like a Bermuda Triangle seaplane, he didn't make it and has not been seen again. You might want to check your sheds."

The author, presumably editor Anna Johnson, writes that: "outsiders might think Meeka is lacking in culturallyelevating experience but, be assured that you need not look far for enlightening and educational opportunities.

"As alert reader Ripper pointed out, the weather balloon launch is just one of the many enthralling free events one can enjoy within our town boundaries.'

Mt Magnet, too, had a riveting attraction: "An astonishing array of astronomical awe with the Astro Rocks Festival featuring three themeddays of looking up, looking down and looking around".

Yep, there are plenty of diversions coming your way along the Great Northern Highway. And not just metallic mon-

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Bring on the humpbacks



COMMERCIAL fishermen predict 35,000 or more humpback whales will be on show out of Fremantle as they head south from their north west breeding grounds.

It's a whale watchers delight, and Echo Adventures offers quality whale watching cruises for this year's season.

A cruise provides the opportunity to see these magnificent creatures in the wild and Echo Adventure's vessel includes an underwater viewing room and drone spotting capabilities.

The cruises last up to three hours with the multi level vessel enabling better sightings for all passengers.

In the last two seasons whales have been spotted breaching, tail slapping and can often be seen looking back at the boat providing a two way interaction which is loved by both whales and people.

The season starts

from Saturday 1 September and runs until mid November.

The vessel has a fully licensed bar with snacks available on board. It caters for both groups and individuals and can be booked for private cruises too.

Boarding commences

early at 7.30am. Ticket prices range from \$45 to

Don't miss this year's whale watching season from Fremantle, contact Echo Adventure's Bill Edgar on 0421 606 058, email EATourWA@gmail. com or find Echo Adventure on Facebook.

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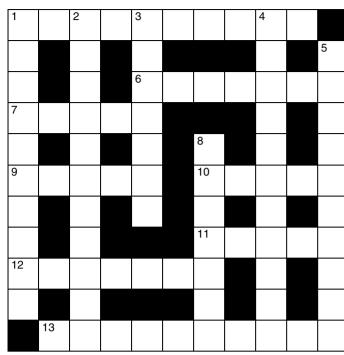
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Have a Go News PUZZLES PAGE Have a Go



CROSSWORD



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#320 November edition **PUZZLES** - Solutions appear on page 46

STRAIGHT CLUES **ACROSS**

- 1. Frayed (10)
- 6. Spire (7)
- 7. Make-up item (5)
- 9. Amphitheatre centre (5)
- 10. Run up (debts) (5)
- 11. Humped beast (5)
- 12. Remarkable (7) 13. Cinema attendants (10)

DOWN

- 1. Medieval jousting event (10)
- 2. Recovers (11)
- 3. English soccer team known as the Gunners (7)
- 4. Substitute (11)
- 5. Irrespective (10)
- 8. Earnest (7)

CRYPTIC CLUES ACROSS

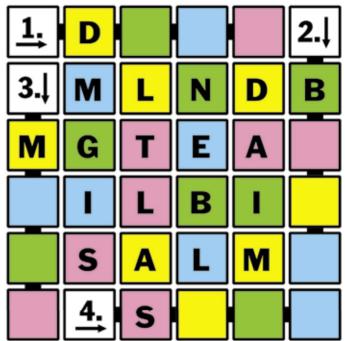
- 1. Cockney Fred Bear sounds worn out!
- 6. Pet eels escape in church tower (7) 7. Baton, Khmer and Moulin all require
- blusher (5)
- 9. Stadium in Kildare, naturally (5)
- 10. Become liable for fashionable dog (5)
- 11. Ship of the desert arrived second place (5)
- 12. Famous for not having desk (7)
- 13. Torchbearers see the rust around (10)

DOWN

- 1. Could be made to turn on team competition (10)
- 2. Repeats cure incorrectly but still gets better (11)
- 3. Lanes leading up to a roundhead weapons store (7)
- 4. Successor makes salesman and the French bind together (11)
- 5. No matter what, consider smaller amount (10)
- 8. Showing no hypocrisy since Her Majesty returned (7)

SQUARE SHUFFLE

Take one letter from each colour to make up 4 four-letter words that are all girls names. We have given you the first letter to get you started. Every letter must be used once only.



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

Rating: ★ ★ ☆ ☆ 2 8 9 5 1 8 3 4 6 4 9 1 4 6 3 6 6 © Lovatts Publications Pty Ltd - www.lovattspuzzles.com

Create as many words of 4 letters or more using **Wheel Words** the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters. S 7 Good 10 Very Good 12+ Excellent A © Lovatts Puzzles



lesliehintonentertainment.com/abstractentertainment.net





From the first blueprint through to the last coat of paint, every detail of our new Port Coogee facility is shaped by one thing – you.

Offering breathtaking ocean views and bright open living spaces, this state-of-the-art aged care residence takes full advantage of its idyllic coastal location.

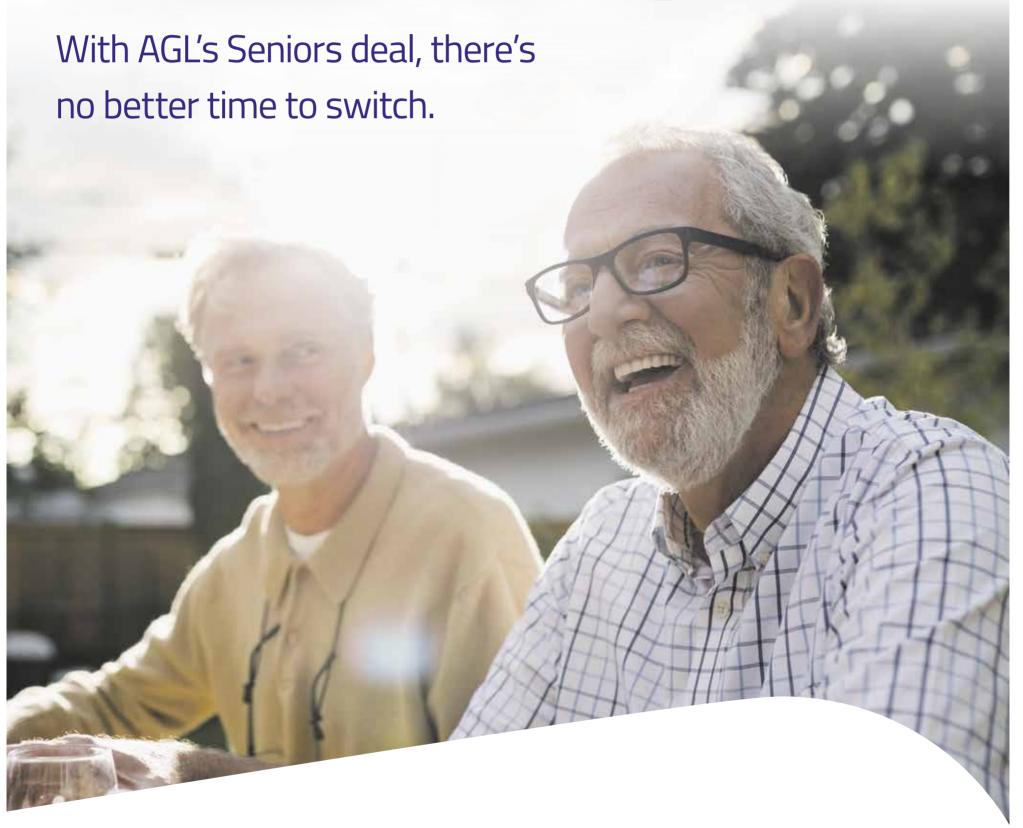
Delivering the perfect combination of modern convenience, luxurious comfort and dedicated specialist care, it has been created to seamlessly adapt to the changing needs of residents and their families.

If you're ready to transition to residential living on the coast, please call us today.

Call **1300 998 100** or visit **regisportcoogee.com.au**



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agl.com.au/seniorswa







Downsizing

Downsizing can add a spring in your step and make you feel young again









by Zofia St James

THANK you to those readers who phoned me during the month to have a chat. I look forward to hearing back from you

Last month the subject of presenting your home for sale was timely and I do hope that the basic suggestions offered gave you some guidance.

However, I do know though that the process of preparing a home for sale can be overwhelming. Downsizing requires being very strategic and brave when it comes to making choices to keep or part with possessions.

Change can be scary, but it can be the most refreshing and invigorating experience.

Last week I ran into a fellow school mum from the nineties. We had a really great chat and she told me how she and her husband were now apartment dwellers and had relocated to East Perth.

They had a big character South Perth family home and were probably the last people that I would ever expect to sell everything and started afresh with modern piec-

was surprised by her statement about the process: "It's made me feel so young," and that grabbed my attention.

She was clearly loving the low maintenance easy care living space and balcony and the fact that she could go on little missions to complete the new decorating journey.

It was great to see how she has embraced this new lifestyle.

This month I write as if you were in the same sit-

You have a new space. new furniture but you are now looking to dress it up with some colour and pieces that are 'your style' and make you feel at home.

This is when the fun can really begin.

Firstly these little shopping missions become treasure hunts to uncover what is the 'you' which you would love to have in your home.

There are lots of places to visit and you can make a great day out of it as

The range of colours and fashion available in soft furnishings and furniture is really beautiful Above; Homestyles from Natalie Jane Interiors Left; Zofia St James

right now.

There are the fads and fun, but there has really been a huge move toward the luxe of velvet in pale cloud tones going on to beautiful jewel tones and the retro movement of cocktail hour with decanters and bar carts are the must have items.

If you have a blank canvas at the moment. then the world is your ovster and at this point of our lives we can have exactly what we'd like and

love to live with every day in our home.

I mentioned the word luxe before and Natalie Jane Interiors in Subiaco offers just that with beautiful rugs, cushions, candles and accessories. Dressing a room isn't

always a full on makeover. You could start with a rug of colours and pattern that really resonate with you and let that become the anchor that connects all the other items in the room in order to achieve

that 'styled' look.

The rug in itself is like a piece of art, bold, rich and making a statement. Then add some cushions mostly in tones that complement it. And yes you can add in a pattern which happily clashes, yet works in the mix (see photo for example).

Consider the coffee table and try something a little different such as marble or glass in round or square shapes or even a set of two that sit on different levels.

Throws are not just decorative but useful year-round and serve to complete that dressed look as well as protecting the fabric where you tend to favour sitting the most on chilly nights. I speak from experi-

ence not just as a decorator. Decorating is about having a vision for that room and collating pieces for it over time to complete the picture.

It's a project that is

really fun and the best thing is that you get to live within that picture each day. That is exactly what I do, so that's what I mean when I say I speak personally not just proscriptively.

When it comes to accessorising, steer clear of clutter, choose the most significant photos to frame, a beautiful scented candle is never to be underestimated and flowers are my favourite. Sounds a cliché but nevertheless true.

Stay true to your vision but be bold and brave with a dash of luxe and decadent colour. I can assure you that you will be happy you did so.

Enjoy November and remember I'm always here to help.

Zofia offers an interior style consultation for readers and would like to offer one reader each month a free hour's consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. She offers a special rate for Have a Go News' readers and knows how to style on a budget. For those interested in a free hour's styling please contact Zofia on 0406 336 607 or email zofiastjames@ hotmail.com



WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 16 for details.



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 The Clubhouse is an additional to your home with an array of social and recreational activities.
- · Laidback atmosphere and proximity to the ocean and pristine waterways



HOME OPEN - Friday & Saturday from 10am to 12noon Contact Jeannie Tulloh 9582 2002 to schedule an appointment WARATAH COMMUNITY VILLAGE - 748 Old Coast Rd, Wannanup www.village.waratah.org.au



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A vibrant new low-maintenance lifestyle for over 55s, in the coastal heart of the northern suburbs.

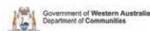
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Downsizing ADVERTISING FEATURE





Alchera Living's The Reserve gives value

spaces to be comfort-

able, stylish and adapt-

able to residents as they

age. Wide doors and

hallways, level flooring

and non-slip surfaces

throughout, easy bath-

room access, provision

for future grab rails in

the ensuite, and two

lifts to take you from the

basement to your apart-

ment, make The Re-

serve wheelchair friend-

we always came back to

the grounding principles of creating quality, style

and value for retirees,"

Space and safety

were also essential fac-

tors in the development

"For every decision,

ly and accessible.

Mr Marshall said.



JUST like every phase of life, retirement brings new challenges; it also brings opportunities to create the life you've always wanted.

Alchera Living's latest development, The Reserve, has been created to help residents live healthy, stylish, and social lives.

Located in the City of Melville, within Alchera Living's Weeronga retirement village, The Reserve apartments offer luxury you can afford. This new four-storey apartment complex fits the bill for retirees looking to downsize and enjoy a home with high-quality specifications.

Alan Marshall, CEO of Alchera Living, said that with views over the park of the city skyline, and great amenities within walking distance, The Reserve is in an ideal location.

"This location is particularly attractive with its proximity to multiple bus routes, cafés, local IGA, medical centres, retail outlets, library and community centre. Everything you need is in walking distance, so our residents can leave their car behind in the secure basement and enjoy a leisurely stroll.

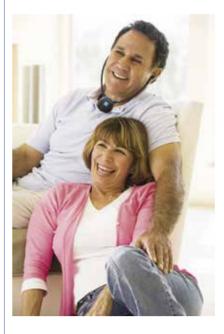
"The architects of The Reserve designed the apartments and shared of the complex. The apartments come with spacious secure storerooms and car bays, located in the basement. The complex is fitted with electronic access points and situated within a secure gated community so that residents have peace of mind. "It was also important

that we create an environment that encourages residents to stay active. For those wanting to create healthy habits, the indoor swimming pool, gym and weekly yoga sessions make it easy to stick to an exercise routine," he said.

Starting just at \$465,000 for a two-bedapartment room and \$580,000 for a three-bedroom apartment, and the ground floor display apartment already complete, now is the time to see it.

To organise a viewing of the display apartment, please call David Gibbons on 0434 650 866. To find out more about The Reserve, visit www.thereserve.net.au. and register your inter

Headset helps with television hearing



A NEW headset released earlier this year is assisting thousands of Australians who have difficulty hearing televi-

The wireless headset was designed by two Australian hearing specialists and focuses on amplifying speech frequencies, to assist with clarity of television audio and dialogue.

Hearing specialist Don Hudson says the headset was developed using extensive hearing assessment data from more than 1000 audiograms, otherwise known as hearing test results.

"We needed to address several factors in order to deliver a product which helps Australians experiencing difficulty when it comes to hearing the TV.

"Number one was to address the is-

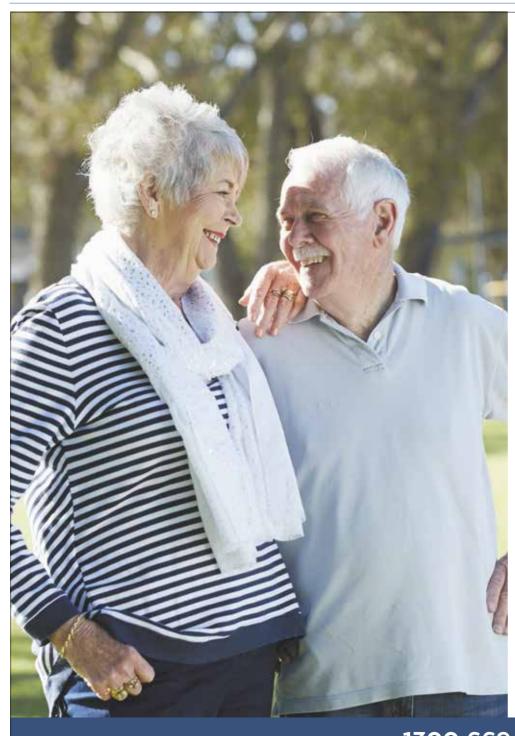
sue of poor TV audio resulting in poor television audio clarity. This is especially true for hearing dialogue. Difficulty hearing the TV dialogue is often not due to the television or surround sound speakers themselves, it's in fact caused by the original audio mixing for the television show or program," he said.

The wireless TV Voice Pro headset weighs just 70 grams and allows wearers to listen to television at their own preferred volume, without affecting the audio volume for others in the room. It uses RF transmission to allow wireless use from anywhere in the house, up to 20 metres. The audio design and frequency spectrum was developed to specifically assist those with hearing

"It's an all in one solution to assist those with any level of hearing loss, from mild to severe. The user can select from three unique speech clarity settings, allowing them to adjust the clarity to their preferred setting. A simple volume dial on the headset allows the wearer to listen at their own volume

The TV Voice Pro system is guaranteed to connect in under two minutes to any TV in Australia. It is a rechargeable device and no batteries are required. The purchase price is \$349. TV Voice Pro comes with a 30-day money back guarantee. To order call 1300 300 446 or go to www.TvVoicePro.com.au. TV Voice Pro is currently offering free express courier delivery for all pre-Christ-

See TV Voice Pros advert on page 6 in this issue.



A better life is closer than ever!

At Southern Cross Care we don't build retirement villages we create communities, bringing likeminded people together to continue to live an independent life full of choice and freedom. Discover what village life is all about at one of our open days. With 6 retirement villages, you can choose from a variety of low-maintenance homes that differ in size, style and services, depending on your changing needs.

Faulkner Park Village Wednesday 28 November 39 Elizabeth Street, Cloverdale 10:00am - 12:00pm

Success Village 27 Pearson Drive, Success

Explore a village near you

Donovan Village 138 Lewis Road, Forrestfield

Thomas Perrott Village 10 Houtmans St, Shelley

Foley Village

84 Collick St, Hilton

Margaret Hubery Village 36 Fifth Avenue, Rossmovne

Thursday 29 November 2:00pm - 4:00pm

Wednesday 28 November 2:00pm - 4:00pm

Thursday 22 November 10:00am - 12:00pm

Sunday 18 November 11:00am - 3:00pm

Thursday 23 November 2:00pm - 4:00pm



Southern Cross Care[†](WA) Inc.

Downsizing ADVERTISING FEATURE



Downsizing provides a life of luxury for retirees



Bob and Margaret seven years ago in Antarctica. This was their first celebratory trip after selling up, retiring early and downsizing.

IT'S FAIR to say that Bob and Margaret Logan have seen their fair share of the world. With tales from Svalbard to Singapore, and Canada to the Caribbean, their passports are filling quickly.

Their life wasn't always as carefree as it is now. They were once bound by a life in suburbia, with a large garden to maintain and a big house to keep tidy. They were living in Greenwood in a four bedroom, two-bathroom house, but found themselves restricted to short trips, or having someone take care of things while they were away.

It was on a trip to Busselton that they decided to call into the

National Lifestyle Village (NLV) property and have a look.

"We came down to Busselton and pretty much fell in love with the village. We were thinking about our retirement coming up so when we saw the possibility of coming here, we decided that I retire a little bit early, and we put our house on the market. When it sold, we got quite a bit of capital out of the house, so we put half into our superannuation fund for an array of trips, and with the other half we took a cruise. We circumnavigated South America through to Antarctica, which was our first big celebratory cruise when I retired," said Bob.

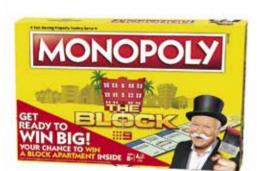
"We ordered our house through NLV, and the house was built to exactly what we wanted, on the block we wanted and we've been extremely happy down here now for seven years. To us, it's living a life of luxury you might say, with no worries. And being able to sell our house and use the equity to actually pay for the house here, but also have quite a lot of money left over, we could go and do what we have always wanted to do," said Margaret.

"The only thing we don't have is a big yard and big gardens and lawns to mow, but now we have a manageable small

backyard and a front garden which gets looked after by the staff here. We wanted to live in a community, as we thought as we get older it'll be really good to have friends and people you know around you. It's proven to be exactly what we wanted - the people here are fantastic. The facilities are great and it's all included in our weekly payments so we don't have all that extra hassle of joining clubs, and we make use of everything on offer," she added.

To see video stories from NVL's Travelling Downsizers, visit the National Lifestyle Villages blog page, www.nlv.com.au

TV Show The Block teams up with Monopoly - pass go, collect a new apartment



GAMES World anticipates a busy time following the announcement of the largest Australian television prize ever.

Channel 9's hit reality renovation television series, The Block has teamed up with Hasbro to release their version of the classic board game, Monopoly.

The Block Monopoly is set to draw crowds of fans and hopeful Australians to their nearest Games World to get their hands on a golden ticket in each product.

To promote the new board game, purchasers of The Block Monopoly will have the opportunity to win one of the apartments as seen on this current series of The Block valued at around \$2,500,000.

This is the largest global board game promotion in history.

Games World Australia has prepared weeks in advance by stocking up on the new edition of the popular board game ready to be placed on their shelves in time for the competition. Scott Cam, the host of The Block, will be endorsing the purchase of the game from Games World.

A competition of this theme with such

a lucrative prize will be sure to attract not only lovers and collectors of all things Monopoly but also fans of The Block who tune in to follow the drama of conflicting artistic differences that comes along with renovating an apartment complex in St Kilda, Melbourne.

The competition is available to all Australian residents and the lucky winner will be drawn from 10 contestants on 31 December.

See Games World advertisement on page 8 in this edition to find out more.

HOPING TO TRAVEL A LOT MORE?

Mo worrus TAKE A TRIP TO YOUR LOCAL NATIONAL LIFESTYLE VILLAGE.



One of the most attractive benefits of downsizing is freeing up time and money to travel. As a home owner in a National Lifestyle Village, you'll be able to simply pull the door shut without a second thought about your home and garden.

HOMES AVAILABLE FROM \$149,000*

With beautiful 1, 2 and 3 bedroom homes priced from a low \$149,000*, you can unlock the equity in your home and hit the open road.

* Prices vary between villages, visit www.nlv.com.au for most up to date prices.

1 BEDROOM **FROM** \$149,000

2 BEDROOM **FROM** \$200,000

3 BEDROOM **FROM** \$285,000

COME AND TAKE A LOOK INSIDE YOUR LOCAL NATIONAL LIFESTYLE VILLAGE TODAY.



Downsizing Downsizing



Parliament to consider law changes

THE State Government has introduced a Bill into State Parliament to provide greater protections for longstay tenants at residential parks in Western Australia.

The Residential Parks (Long-stay Tenants) Bill 2018 will ensure fairer dealings and security of contract between park operators and their long-stay tenants. Key reforms include: Limiting the termination of fixed-term agreements on the sale of a park or if the owner's financier takes possession of the park: No longer allowing 'without grounds' terminations of long-stay agreements, instead setting out specific grounds that will provide greater certainty in relation to termination rights; Improved disclosure requirements on contractual issues such as exit fees; Clearer rules for park operators, home owners and prospective tenants in relation to the sale of homes;

Clarification of the park opera-

tor's ability to enforce compliance with park rules in a fair, reasonable and equitable manner; and Standard lease clauses will no longer be able to be varied and the introduction of standard form agreements for new arrangements.

These amendments strike a fair balance between protecting the rights of tenants and ensuring the viability of the residential parks sector is maintained.

Additionally, the reforms give the State Administrative Tribunal extra powers and remedies to deal with disputes arising under long-stay agreements

Minister Minister for Mines and Petroleum; Commerce and Industrial Relations; Electoral Affairs; Asian Engagement Bill Johnston's office advises us that the Bill is progressing through Parliament and they are hoping it will pass and the regulations will come into effect next year.

Village life leads to richer retirements



THINK 'the good life' is out of reach? Ocean Gardens is holding a refreshing seminar to show why making the move to village living may not be as expensive as you think.

Held 10am-12pm on Wednesday 14 November at their peaceful independent living community in City Beach, attendees will hear from their experienced management team and village residents, take part in honest conversations about living costs, health and wellbeing, as well as tour their beautiful facilities, villas and apartments.

Ocean Gardens general manager Phil Simich said he looked forward to changing views on how affordable it can be to experience reinvigorating village life.

"We've designed our community around research that uncovered an intriguing insight," he said

"Socialising is now thought to be a leading contributor to longer, happier lives – that's why we believe in the power of connecting. And not just weekly catch-ups with close friends or family members, but also little interactions with everyday people like the postman, neighbours and book club friends.

"Combined with regu-

lar exercise, clean air and healthy choices, we've unlocked the secret for feeling younger and more vibrant every day. We call it 'the good life', a home where you're surrounded by likeminded people who are here to share and embrace happier, healthier lifestyles.

"Tour our village and you'll see first-class facilities that bring people together to be active and social, from the pool and cabana, to the croquet and bowling green, onsite restaurant, gym, library and wellness centre offering a range of invigorating classes like tai chi and aqua moves.

"Our mission is to make this lifestyle accessible and affordable so more Western Australian can enjoy the good life – we look forward to meeting you and showing you how we make that possible."

To reserve your spot at the upcoming Change Your View seminar, please contact Geraldine on 9285 3021 or email sales@oceangardens. com.au.

Affordable Quality

RETIREMENT APARTMENTS IN THE CITY OF MELVILLE

2 Bedrooms from \$465,000 3 Bedrooms from \$580,000



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Conveniently located

Leave you car keys home with a wide range of shops and other facilities on the doorstep, including IGA, Cafes & Restaurant, Post Office, Hairdresser, Pharmacy, multiple Health and Medical Centres, local Library and Community Centre. Or enjoy the tranquility whilst overlooking Winnacott Reserve.

The Reserve is so much more than just bricks and mortar.



Arcadia Group to launch Arcadia LifeCare

ARCADIA Group will launch Arcadia LifeCare on Thursday 25 October at 10am at their Maddington Retirement Community.

Arcadia LifeCare is an approved provider of care packages as well as short term and long-term private services for residents.

Some of the in-home care services available to clients include generic housekeeping, personal care, light gardening and social support.

Whether a client may be recovering from a recent operation or want-

ing some help with the shopping or other household chores, Arcadia LifeCare will provide clients with the assistance to create a tailored plan that is right with for them, with work carried out by someone they know and trust.

Arcadia Lifecare aims help extend the independence of residents and to enable them to stay in the comfort of their home for as long as possible.

Arcadia Waters Maddington is a 160-home retirement village and

is one of Arcadia's six retirement communities in Western Australia. Combining city convenience with country ambience, award winning Arcadia Waters is located at 99 Burslem Drive, Maddington, on the banks of the Canning River, just 30 minutes from Perth.

For more information on Arcadia LifeCare or Arcadia Waters, contact Monica Graham, LifeCare Service Coordinator on 9218 8388 or email monica.graham@arcadiagroup.

Saving money and water with an irrigation controller rebate



PERTH households can save on their water bills and reduce their water use with a \$250 rebate on offer for the purchase of a weather-based irrigation controller, which automatically adjusts

your sprinkler needs based on local weather conditions.

Up to 500 eligible households can apply for the \$250 rebate on the purchase of a weather-based irrigation controller and there is also a separate \$100 rebate for applicants who seek waterwise irrigation advice and assistance to set up their new controller.

A trial by the Water Corporation involving 60 customers found the 'smart' controllers can reduce garden water use by 15 per cent - about 95,000 litres.

Six different irrigation controller products are available through the rebate program which finishes on 31 May, 2019. Customers can purchase the devices through a Waterwise Irrigation Design Shop or a Waterwise Garden Irrigator endorsed by the Water Corporation.

For more details, visit: https://www.wa tercorporation.com.au



Join us for our "All Things Herby" event being held on Sunday, 18 November from 10.30am onwards. Guest speaker Ericka Steaner, Herb Society of WA will demonstrate all things 'herbs' including how to best grow herbs, making herb infused tea, how to dry/freeze herbs and the top culinary herbs. In addition, village and facility tours, complimentary lunch and the opportunity to socialise with like-minded neighbours. RSVP 9355 3400 or admin@villagesolutions.com.au

Home Open held weekly Tuesday & Wednesday 10am to 12noon, Saturday 1.30pm to 2.30pm. Leederville Gardens, 37 Britannia Rd, Leederville www.leedervillegardens.com.au P: 9242 5602



GARDENS

Location, Lifestyle

Affordability, Security & Friendship

Downsizing

The joy of volunteering cannot be underestimated...



by Maria Knappe. Rainbow volunteer

RAINBOW CVS (Community Visitors Scheme) is a Commonwealth Government initiative which aims to visit nursing home residents who are

socially isolated or lonely on a regular basis.

Residents benefit from a friendly visitor, which reduces the feeling of isolation and helps them feel connected with their community.

Helping the elderly is a

job that only some people can do patiently and calmly, remembering that one day we will all be old

A volunteer's job is the most wonderful form of help you can imagine. Involvement without expectations of payment provides benefits which cannot be expressed in money, like a smile or the gratitude of someone we

The work of volunteers, as well as carers of elderly people is rewarding,

but can be difficult both mentally and physically. It is most important to have the support of the organisation for which vou work.

I was lucky many years ago, when I joined a multicultural aged care program for elderly people called "Rainbow" run by the WA Association of Polish Women.

At the moment Rainbow CVS provides visiting services for about 58 residents living in 26 aged care facilities in the whole Perth metropolitan area. We visit and support not only Polish residents but also other people of Slavic origin.

During the year we celebrate three main events: Easter, Christmas and birthdays.

At Easter we share Easter cards and chocolate eggs with residents. At Christmas a group of volunteers visit all residents and sing carols with them. And we celebrate resident's birthdays by giving them cards in their original language delivered by volunteers.

We also provide colourful resources prepared by Rainbow Program like cue cards, information about their country as well as books, magazines, CD's (music, movies) and the like. Residents are very focused looking through them and also talking about their country of origin. These materials are also useful for occupational therapists and social workers.

Last year, after 25 years

of work for the CVS Program and 22 years of work for elderly people living in their homes, our team of employees and volunteers received a very significant award. The Federal Government, through the agency controlling the quality of services for older people, has awarded us with a prize called 'Attitude matters most' for great work and contribution to our clients.

Volunteers are special they enjoy and value friendship, companion-ship, warmth, help, love and kindness. We are very committed and devoted people. It is always extremely touching to see the joy and happiness on a resident's face when they see us coming to

Sabina Apartments in Applecross has owner occupier appeal

THE Perth real estate market has seen substantial demographic changes taking place over the last few years leading to significant changes in how developers approach apartment design and amenity.

Owner-occupiers are currently the single largest purchaser group for off-the-plan apartments reflecting the increasing sophistication of the market and a keen interest of purchaschanges offered by apartment living.

Sabina Apartments, a 30-storey tower in Applecross - close to the river, local shopping, high frequency public transport and exceptional views - has attracted keen interest from the older owner-occupier demographic, with more than 75 per cent over the age of 40, with most noting the location and views as their key reason to purchase.

As a suburb, Applecross is regarded as a

highly desirable address, known for its affluent living and jacaranda-lined streets.

The amount of quality of facilities at Sabina has also been a huge drawcard. Sabina provides a cinematic theatre and media hub with a 120-inch screen, projector, surround sound system and connected to TV, media streaming devices and home gaming consoles, a guest apartment for visiting family and friends, and an acoustically-treated music room with piano.

Prices start from \$420,000 for a one-bedroom apartment with winter garden balcony, \$597,500 for a two-bedroom apartment and \$750,00for a three-bedroom apartment.

Sabina is expected to be completed in early 2020.

For further information, please visit: www. sabinaapplecross.com.au or contact the Exclusive Selling Agent Neil Kay (Knight Frank) on 0439 687 688.



Downsizing ADVERTISING FEATURE









Being safe and secure is important



Mavis and Jack Nicholson

SECURITY was one of the major motivating factors for Mavis and Jack Nicholson when they moved into RAAFA's Cambrai Village in Merriwa as one of the first wave of residents on 7 February 2000.

"We were thinking of moving into a village, and then went away on holiday and during that time we were burgled which was obviously an awful experience," explains Mavis.

"That made us want to move somewhere where we could feel more secure and we brought forward our plans and

were very pleased to get a home at Cambrai Village.

Not only is 24-hour security a big plus for the Nicholson's, they also love the estate's gardens, their neighbours and friends at the village, and the fact that everyone keeps an eye out for each other.

"Last night there was a terrible storm and all the bins blew over, but the next morning they were all picked up, where else would you get that?" "And at asks Mavis. the same time, if anything goes wrong in your house, someone is here like a shot to fix it

"On top of that, everything you really need is here, we have a doctor, a physio, even a welfare officer who is

extremely helpful.

"I have friends currently thinking about moving into a retirement village at the moment, and my advice is always to compare where they are considering with Cambrai Village. I always say I don't think anyone else would take care of you as well as RAAFA does.'

Mavis also makes the point that one of the first comments that visitors make when they enter the estate is how beautiful the gardens are.

"We frequently taxis and many of the drivers comment on the beautiful roses as well as all of the green open space we have," Mavis adds.

"We really want for nothing here, we love it and are very happy."

MercyCare upgrades in Maddington

THE City of Gosnells has given the go-ahead to a new \$20 million aged care home to be developed and operated by MercyCare on its existing site in Maddington Road, Madding-

The new 123-bed residential aged care home will have specialist accommodation and services for people with dementia and will also focus on providing aged care support for war veterans - all spread over four, two-storey wings with open, generously landscaped courtyards in-between.

City of Gosnells Mayor Glenn Dewhurst said it was important that. as our community ages, people had an opportunity to grow old in their neighbourhood.

"Maddington, being one of our older suburbs, is undergoing significant change and this development fits well with the area's changing landscape and the community's changing needs," Mayor Dewhurst said.

MercyCare Interim Chief Executive Officer, David Holden, said the support from the City of Gosnells was a terrific vote of confidence in MercyCare and its future in the area as an important provider of aged care services.

"The new buildings will be purpose-built with sleek, modern architectural features but, importantly, will maintain a very homely feel for residents," he said.

"The rooms will be warm and friendly with windows that open for fresh air and garden areas with barbecues, citrus trees and vegetable and herb gardens.

We hope this new development is a real community focal point and that, as well as friends and family of residents, we can attract community groups and a wide variety of activities and visitors to use and enjoy a new 'town square' located near the entrance."

The approved MercyCare development includes a two-storey residential aged and dementia care facility with 123 rooms (including 15 for specialised dementia care); dining and lounge areas; service areas, nurse stations, consulting room, a hairdressing salon for residents and roof terrace, active gardens and associated landscaping.

The facility will offer quality care and boost local employment opportunities with potential for around 60 jobs in hospitality, aged care, maintenance, consultancy and health administration services – a great addition to the already active employment area on the opposite side of Maddington Road.

MercyCare's new Maddington development will replace the much smaller, existing facility and the very first residents to move in will be those who are already living with MercyCare on the Maddington Road

Construction of the new development could begin as early as mid-2019, with the first residents potentially joining new 'neighbours' in the brand new home in mid-2021.

In the meantime, construction of a new road required for the development as an important connector road, is expected to be built in the new year.

MercyCare has also made an application to the Federal Government's Aged Care Approval Round for additional licences to operate the expanded aged care home.

Get on top of your heart health at free public health talk

PEOPLE are invited to come to the Royal Perth Hospital Medical Research Foundation's inaugural public health talk - Heartbeats to Heartbreak.

Did you know elevated blood pressure is the biggest killer worldwide and 34.5 per cent of adults have hypertension?

Don't become a statistic. Let globally-renowned hypertension specialist Professor Markus Schlaich help you get on top of your cardiovascular health.

Professor Markus Schlaich is head of the Dobney Hypertension Centre (DHC), DHC), which is a collaborative venture between the RPH Medical Research Foundation, Royal Perth Hospital and the University of Western Australia.

The DHC conducts high-quality clinical research that seeks to better understand how to treat and prevent elevated blood pressure.

Under Professor Schlaich's direction, numerous clinical trials and research studies are run by a dedicated research team each year. Their primary goal is to improve health outcomes and treatments throughout the community.

The free talk will be held on Thursday, 15 November, from 1pm to 2pm at City of Perth Library auditorium, 573 Hay St, Perth. Phone 9224 3494 or email: sandra.peterson@health.wa.gov.au to register. You can even have your blood pressure measured for

FUND YOUR RETIREMENT BY SUBDIVIDING

When Unlock Your Block's Fab Marion started losing sleep about the inability of a couple affected by illness to retire, a business idea was born that has become life-changing for many under-funded retirees.

The building consultant and project manager had been approached by a finance broker friend about helping a couple in their sixties who, although asset rich, could not afford to retire.

The husband was keen to leave his job to care for his unwell wife, and although they had a \$1.5 million near riverfront home in Shelley, they lacked cash reserves. Their only perceived means for unlocking the wealth in their property was to sell up and move to a less expensive suburb.

Mindful of the potential for the couple to remain in the location they had lived in for over 30 years while also supercharging their retirement savings, Fab tailored a potentially life-changing proposal for

"After extensive research I advised their property could be subdivided into three lots if the house was demolished or subdivided. If the front house remained they could create one additional lot.

"They were happy to subdivide a rear lot, however they didn't have the money to subdivide, obtain a loan or obtain help from family members.

"Their disappointment became mine and I couldn't stop thinking about them for weeks. I thought about helping them

through funding the subdivision costs myself and then later being reimbursed on the sale of the newly created rear lot. Although excited by the concept, the couple's family were nervous and they didn't go ahead."

But, after realising just how common the Shelley couple's predicament was and thinking about the low retirement savings of family members, Fab spent countless hours examining how he could draw on his extensive expertise to create a means for helping people.

Through experience in the building industry and the comprehensive resources and the trusted contacts he had built over 15 years, he then created a unique, no hassle, no risk way of unlocking the maximum value of subdividable land with minimum or no upfront cash outlay.

The concept was refined and after several years of discussion, planning and refinement with mentor and building industry veteran Leo Callisto, Unlock Your Block was founded in 2015.

UYB's innovative approach to subdivision enables people to unlock the maximum value from their backyard without the risk of having to build. Often life-changing, clients have finally become debt-free, built a much-needed retirement nest egg and or taken the 'bucket-list' holidays they'd always dreamed of.

To find out how to unlock your block call (08) 6161 1790 or visit www.unlockyourblock.net.au

UNLOCK THE VALUE IN YOUR BACKYARD

With over 30 years of property development experience Unlock Your Block can show you how to:

- Unlock your block with little or no upfront costs
- Unlock your block without having to build, or
- We can build you a new home by subdividing and selling the excess land to help pay for it!

The simple and safe way to unlock the value in your property, with:

- NO COST
- NO RISK
- NO HASSLE

"I UNLOCKED MY BLOCK AND WALKED AWAY WITH \$192,000"

Find out if you can unlock your block



www.unlockyourblock.net.au (08) 6161 1790







we invite you to change your view

Want to live a longer, happier life? This might change how you feel about your next move. Surprising studies have discovered that while things like exercise, clean air, healthy eating and drinking are important, the key may be as simple as talking to people. Not just people you're really close to (like those you call on for a loan or to drive you to hospital when you're unwell), but also everyday faces like the postman, neighbours, or your book club friends.

Intrigued? Join us for our Change Your View seminar.



You'll hear from our experienced Management team and Ocean Gardens residents, taking part in conversations ranging from health, wellbeing and care services, to living costs and everyday life at Ocean Gardens. Then, join us for a relaxed morning tea and a tour of our beautiful facilities, villas and apartments.



Reserve your spot

For seminar, contact Geraldine O'Shaughnessy on 9285 3021 or email sales@oceangardens.com.au Also open for public viewings Wednesdays & Sundays from 1-4pm or contact Geraldine for an appointment.



Downsizing ADVERTISING FEATURE

Technology brings hope to vision impaired



ACCESSING all the information people are presented with each day is becoming increasingly challenging for those with a vision or reading disability. In employment, education and in daily life, obtaining information easily, and as they need, is vital.

OrCam MyEye is the most advanced wearable device in the world that can assist anyone who struggles to read due to dyslexia, vision impairment or acquired brain injury; just point and it reads

to you! OrCam MyEye, is an intuitive wearable device with a smart camera that clips onto a regular spectacle frame and allows the user to instantly and discretely read text, recognise faces, as well as identify products and currency notes. It allows a person to regain their independence and confidence. It relaxes them, makes them feel safer leading to greater self-reliance.

Sybil Smith from Mandurah is a new OrCam MvEve user who is happy to tell the world about the difference it has made in her life.

Despite vision loss Sybil has remained ac-

tive around her home and community. However, her inability to read has been the major negative impact on her life. Especially since one of her family members is the children's author Kim Maslin, who has recently published a book aimed at teaching children about living in the digital age.

It is called *The Tweeting* Galah and features Gabbo the Galah and his friends as they navigate their way through the world of social networking, online gaming and digital devices. Using OrCam, Sybil is now able to read all about Gabbo. as well as all other printed text in her home and envi-

Sybil is now a true ad-

vocate and has offered to help others in her community who might want to explore OrCam for them-

A free seminar in Perth will introduce OrCam My-Eye 2.0. Leon Paull from OrCam Israel will introduce the audience to OrCam MyEye, the latest revolutionary solution for information access and will offer a peek into the future of this exciting technology.

The free Reading for All Expo will be held on Monday 12 November from 10am to 12noon at Perth Convention and Exhibition Centre at 21 Mounts Bay Road Perth.

Call 1300 883 853 for

#320 November edition **PUZZLES Solutions**

2	8	5	4	3	9	1	7	6
6	3	7	2	8	1	4	9	5
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9	2	6	3	5	4	8	1	7



Wheel Words:

Ably, Bail, Ball, Bias, Bill, Scab, Slab, Balsa, Basal, Basic, Basil, Bialy, Billy, Cabal, Syllabic. 9-letter word: BASICALLY

Square Shuffle:

Dill, Balm, Mint, Sage.

Have a Go News Quiz Page 2:

1. 1891. 2. William de Vlamingh. 3. Katherine Clutterbuck. 4. Moondyne Joe. 5. Billy Connolly 6. Success and Parmelia. 7. The Sunday Times. 8. Garden Island. 9. Shane Gould. 10. 93rd.



What's on at St Patrick's Anglican Church

Christmas Festival Sunday 9 December, 3pm to 9pm A family friendly celebration of Christmas

9 Lessons and Carols Monday 17 December, 7.30pm

The traditional festival of Nine Lesson and carols, sung with the Georgian Singers. The service is followed by champagne reception and mince pies.

> Advent & Christmas Banquet Sunday 23 December, 10.15am An advent service of holy communion

followed by a full Christmas banquet Family Nativity Service

Christmas Eve, Monday 24 December, 5pm A short family service where all the children can take part in a nativity play (costumes provided) and sing carols

> Carols & Midnight Mass Christmas Eve with carols, 10pm Midnight Mass, 11pm

Christmas Day Traditional holy communion 10.15am

www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516

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With RAAFA Retirement Living you not only become part of a warm and friendly community enjoying a wide range of resort-style facilities and endless social and recreational activities. You enjoy personal security, and the peace of mind that someone else is taking care of the maintenance and gardens. You have the financial security of a self-funded, not-for-profit organisation offering low fees and total transparency.

Choose from a range of apartments or units in Bull Creek, Merriwa, Mandurah and Albany, and enjoy peace of mind with one of WA's longest standing, largest, most respected providers of Retirement Living.

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healthy living advertising Feature

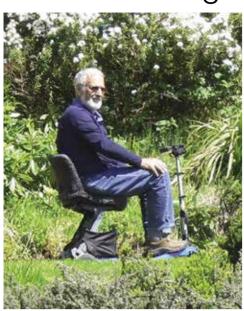


health options for the mature west australian





Standardising the rules for mobility scooter users around Australia



The author explores a Scottish garden on a mobility scooter

by Frank Smith

MOBILITY scooters are vital for quality of life of mobility impaired people of all ages. They are essential for independent shopping, business and social occasions and participation in the community. They also help fill the gap when seniors are no longer able to drive

People riding scooters on footpaths are considered pedestrians, in the same way as people using walking frames. However they also pose a small accident risk, especially if the rider is cognitively impaired.

Scooters Australia managing director Peter Fraser claims Austroads, the government agency responsible for advising on the road rules in Australia and New Zealand, have a proposal that makes it illegal for up to thirty per cent of electric wheelchair and mobility scooters

users to be out on public footpaths. Austroads says this is absolutely inaccurate. Their proposal applies only to mobility scooters that are designed specifically for indoor use and are passed off as suitable for

use on footpaths. Professor Geoff Rose, director of transport studies at Monash University, says all scooters are safe on flat ground.

"But they can easily tip over on uneven surfaces, cross slopes on footpaths and steep inclines.

Their lightweight design, accompanied by small wheels and a high centre of gravity, makes them significantly more likely to topple over. "Moreover for many scooter us-

ers falls can be life changing. "Scooters come off second best

if hit by a car. Riders should take a cautious approach when crossing a road or manoeuvring near pedestrian crossings.

"It is also important that users

choose scooters that are appropriate to their needs. Work with a responsible retailer and test drive a scooter before buying it or consult an occupational therapist.

"Many users are in transition from driving a car. Many manage to drive safely, but others may have lost fine motor and cognitive skills.

"On the other hand the benefits are considerable. Being able to undertake social and day to day activities is valuable to the user, he said.

A senate committee has been struggling to determine at what stage the small risks of using mobility scooters on footpaths outweigh the undoubted benefits for users. The committee reported in September 2018.

The inquiry heard from Monash University's Department of Forensic Medicine, which estimated 132 scooter-related deaths had been recorded in Australia between 2000 and 2017. Only three of these were pedestrians. Furthermore, about 350 people end up in hospital as a

result of a scooter injury each year. As a rough estimate 156,000 scooters are in use in Australia.

The senate report recommends that scooter users should be assessed by a medical professional such as an occupational therapist prior to purchasing and scooter owners should also receive training in the safe use of their scooter.

The committee supported a national low-lost system of licensing, registration and third party insurance as is already applied in Queensland. At present regulations vary from state to state. The report also supported a maximum speed of 10km/hr.

The committee also called for research into reducing injuries caused by or to scooter users and an Austroad project to standardise construction requirements.

Improve your cardio health with specialised exercise programs



CARDIOVASCULAR disease kills one Australian every 12 minutes.

Cardiac rehabilitation programs reduce the risk of further heart

attacks or death by 25-30 per cent and lead to improved clinical and behavioural outcomes. These include fewer hospital readmissions, better adherence to pharmacotherapy, enhanced functional status, improved risk profile, less depression, and better quality of life.

However, these programs are widely underutilised, with fewer than one in three eligible patients attending.
Cardiac rehabilitation

aims to restore individu-

als to their optimal level of physical, psychological, social and vocational wellbeing and is considered an essential part of the contemporary care of heart disease.

you, or someone you know, has had a heart attack or surgery, or cardiovascular dis-ease diagnosis, the easiest and cheapest solution is to start walking every day for 30 min-

They can also join one of the many, free Heart Foundation walking groups near you by visiting www.walking. heartfoundation.org or call 13 11 12.

If you would like more personalised information or are concerned about where to start or what exercise is safe for you, Heart Health and Fitness is local clinic specialising in exercise and lifestyle programs for people with cardiovascular disease.

See the Heart Health and Fitness advert on page 3 for contact information

Bidets offer peace of mind

BIDET'S often have a reputation of being expensive and require a total plumbing refit in the bathroom. The Coway Bidet Toilet seat replaces existing toilet seats and can be installed in just a few minutes and for much less. The Bidet Shop's range offer features such as a heated seat and soft closing lid, toilet paper is not required with its functionality.

How it works is quite simple. With just the push of a button the bidet toilet seat automatically sprays a jet of warm water and then dries with a gentle stream of warm air.

It can be ordered over the phone and delivered by mail a few days later. Have a Go News readers may qualify to have their bidet fully funded. For more information, call 08 6315 4252.

White Oak Home Care

The support you want, when you need it

White Oak provides a wide range of services under several main programs. Our Home Care Packages are tailored just for you, with services such as housekeeping, clinical care, respite, social visits and personal care available so you can live well in your own home.

We support veterans, war widows and widows across Perth through the DVA Community Nursing Program. Clinical services can assist you to maintain your best level of independence or restore your health following

If you care for a loved one and need a break, we can arrange respite services through the Commonwealth Home Support Program (CHSP). Whether it's for a few hours, overnight in your home or for a weekend or more, we can arrange someone to step into your shoes and give you peace of mind. Not sure which program is right for you?



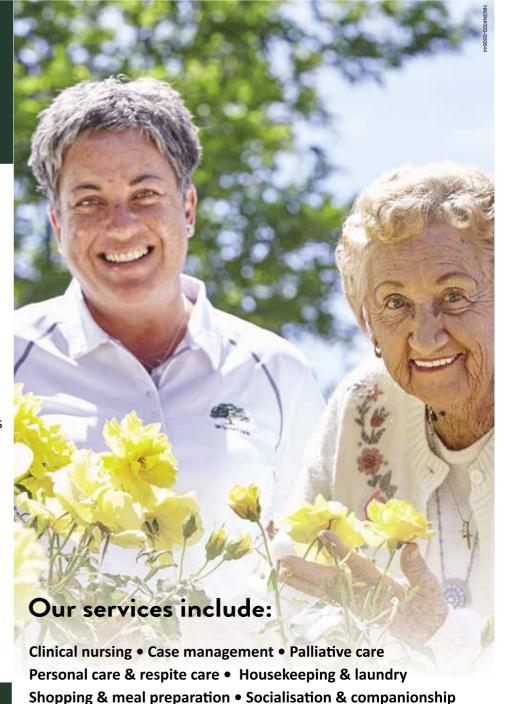
Our friendly staff offer a free advice service and will take the time to make it work for you. With our local staff based right here in Perth, we are small enough to put you first but big enough to have the answers you need.

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healthy living Material Realthy Living Material Realthy Living Feature 8



health options for the mature west australian





Music for the Ages program delivered into aged care homes by WASO



WASO 'home delivers' classical music to residents at aged care facilities

THESE days we can have almost anything home delivered.

In 2018 the West Australian Symphony Orchestra (WASO) brings the magic of classical music directly into the homes of aged and health care residents through the Music for the Ages program.

The program is a partnership between WASO and Healthway promoting the Act-Belong-Commit message designed to reach people who are unable to attend a concert due to illness, disability or limited mobility.

"Involvement in music and the arts has proven benefits for mental health and emotional wellbeing, so this is a really special program. We are thrilled to partner with Healthway for this important community program," said WASO executive manager community engagement, Cassandra Lake.

"The format is a chamber music performance of popular classical pieces, followed by morning tea where audience members can interact with our musicians.

Jan, a resident of Lawley Park Lifestyle Village, has attended many WASO concerts and is keen to share the experience with her neighbours.

"This event in our clubhouse is our own private classical music performance. The musicians are so close. How special is that?" she said.

Music for the Ages is a program delivered by WASO's award winning Education and Community Engagement Program and promotes a lifelong journey with WASO and the joy of music.

Organisations wishing to learn more about this program can visit www.waso.com.au/educa tioncommunity/community-out reach/music-for-the-ages/

Supporting the rights of older people through advocacy in WA

ADVOCARE is an independent, community-based, not-for-profit organisation which supports and protects

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range of Pressure

Care overlays to

suit any mattress!

the rights of older people in Western Australia through advocacy, information and education.

They provide a range

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services especially designed to assist seniors, their families, carers and community members with issues

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they have with home and residential care serprovision, access vice information, and elder abuse prevention and support.

Advocare has a team of advocates that can help by supplying information, advice and resources for anyone who has a concern with a service or is concerned their rights are not being respected,

The team provides information about people's rights and options and allows them to make correct choices. They also support people to resolve issues experienced with any home or residential

care services.

Advocare also provides skills and strategies to make sure people are being heard as they solve problems. They support older people who are experiencing abuse or feel they are at risk of abuse.

There services are free, confidential and provided by a team of professional advocates.

Contact them Monday to Friday 8.30am - 4.30 pm on 08 9479 7566, country callers 1800 655 566; WA Elder Abuse Helpline 1300 724 67.

Visit the website at www.advocare.org.au or email rights@advocare. org.au

Negotiate stairs easily



SPEAK to anyone with impaired mobility and they will tell you that stairs are one of their day-to-day biggest challenges.

One of the most common reasons older residents with mobility issues move out of homes they love is because they are no longer able to move around it safely or comfortably. Simple tasks such as climbing stairs are difficult and hazardous, and this lack of independence is a cause of frustration and embarrassment for

The good news is there are solutions. Depending on individual needs, a stairlift, wheelchair lift, or vertical lift in the home can give people back their independence and provide a safe and easy solution for moving between levels and around the home.

P. R. King & Sons is one of Australia's leading providers of disabil-ity lifts, stairlifts, home lifts and portable wheelchair lifts. WA state manager Liam Furneaux says the value a lift or stairlift can make to a person's life is amazing.

These are long-lasting solutions that allow people to get on with life, independently in their own homes. They really do make a difference to people's lives. There's such a range of products available, designed to suit many different needs and budaets."

one is having trouble with stairs and mobility in the home, contact P. R. King & Sons on (08) 6202 1037 for a free consultation, home assessment and quote.

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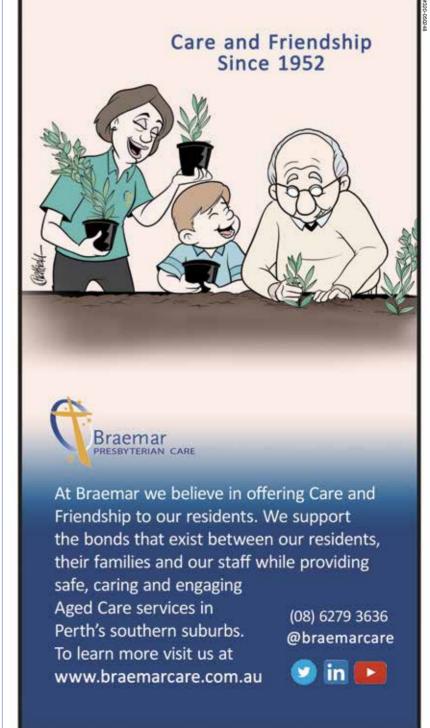




Respite Care offers relief and renewal for your loved one.

Call 1800 237 746 or schedule your tour online now at www.berrington.com.au

Email: info@berrington.com.au







health options for the mature west australian





Stem cell nutrition is helping many in Perth



Sandra will present talks this month on stem cells

THERE has been a lot of recent publicity about stem cells, and now there is a great natural product that people can take to assist their own adult stem cell migration from bone marrow to other biody tissues. This product is not only is it safe, affordable, easy to take and effective, but it is now here in Australia.

Stem cells are the only cells in our body capable of repair and renewal. We need them every day, for our daily repair and re-newal. Cells are constantly breaking down and being replaced, but the older we get, fewer and fewer stem cells are able to be released.

The National Institute of Health has identified 74 treatable diseases using stem cells therapy. So, it makes sense therefore. to increase the number of stem cells available. What are the facts?

The more stem cells you have in your blood stream the healthier you

You always make stem cells, but their ability to move from the bone marrow decreases as you age

The number of stem cells in our blood stream declines as we age. By the age of 35 we have 45 per cent fewer, rising to 50 per cent by the age of 50 and 90 per cent by the age of 65.

Every time you consume two capsules of stem cell nutrition, within an hour up to 34 per cent more stem cells are released into the bloodstream. This has been proven to be potentially an extra 4 to 9 million stem cells in circulation.

See Stem Cell advert on page 5 in this issue.

Helping to live well at home

HOME Nurse Services is a new and innovative provider of in-home specialist nursing and medical care. Their highly experienced nurse practitioners specialise in primary health and aged care.

The service is ideal for people who wish to ensure that they or their loved ones receive the best of care in their current environment, be that a residential facility, independent living unit or their private home.

In addition to treating illnesses, providing wound, catheter and post hospital discharge care, Home Nurse Services' nurse practitioners can prescribe medication, make medical referrals and assist with the understanding, communication and management of necessary clinical care.

Importantly, through active collaboration, Home Nurse Services complements the existing care being provided by general practitioners, residential care operators and home care package providers. This approach can help clients proactively manage their health to avoid undesirable acute issues and reduce hospitalisation.

Home Nurse Services is a national company and is able to offer a variety of services to suit a client's needs, from one-off consultations through to long term care arrangements. Further information is available at the website homenurse.com.au or by calling Grant Oldfield, the WA state manager, on 1300 00 33 33.

Foothills Denture clinic gives full service in Midland

FOOTHILLS Denture Clinic provide affordable professional services to their clients by the father-daughter team of Malcolm and Raynee McArthur.

Denture repairs can be done while you wait, and denture relines are usually a same day service.

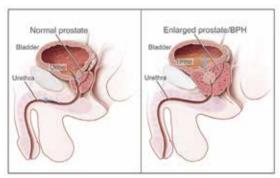
The clinic is qualified to make all dentures including part acrylic and metal dentures and they are now registered to provide implants retained over dentures.

The Foothills Denture Clinic is a Medibank Private preferred provider, HBF participating provider and deals with Veterans' Affairs, pensioner discounts and country clients.

Either Mal or Raynee will be happy to discuss any queries, free

Visit shop 4, 16 The Avenue, Midland or call 9250 1733.

Prostate surgery may be unnecessary for many men



Benign Prostatic Hyperplasia Source; wikipedia

IT is a well-known fact that surgery on the prostate for BPH (benign prostatic hyperplasia or enlarged prostate) has a high incidence of complications and unwanted side-effects.

The chief complaints after surgery are impaired sexual function and incontinence.

The prostate gland secretes a fluid that is discharged with sperm. The gland itself surrounds the urethra, which is the tube that carries urine from the bladder out through the tip of the penis (see the picture). As the prostate grows larger, it may press on the urethra. This narrowing of the urethra can cause some men with prostate enlargement to have trouble urinating. Prostate enlargement is often the most common health problem in men older than 40 years.

However there may be good news for those men suffering from this condition and considering surgery. Magnus Shield, recently approved for use in Australia, has been clinically proven to help alleviate the symptoms of an enlarged prostate, thus eliminating the need for invasive surgery.

Research showed use of Magnus Shield for six months improved or eliminated night-time urination in 60 per cent of patients, compared with improvement in 30 per cent of those taking a placebo.

Fifty-seven per cent of patients using Magnus Shield showed improved bladder emptying, compared with 10 per cent in the placebo group.

The research found no adverse allergic or other reactions in patients usually allergic to pollen when given an oral dose of Magnus Shield.

Distributed by Gram-inex Australia, Magnus Shield does not require a prescription and can be bought over-the-counter in pharmacies. Already widespread use in Victoria and New South

Wales, Magnus Shield is now available locally in Western Australia at pharmacies and chemists. including Optimal Pharmacy Plus Dianella, located at Shop 50 - 53 in Dianella Plaza Shopping Centre.

Pharmacy Optimal Plus Dianella is popular with the locals for their excellent service. To find out if Magnus Shield can help you or someone you know, call to see them. For further enquiries or for a complete list of WA stockists please call 1300 360 289.

New outlet in Nedlands

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





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2018 Seniors Week ROUNDUP Sunday 11 November to Saturday 17 November









Celebrating our unsung senior heroes in WA during 2018 Seniors Week













Juniper WA Lifetime Achievement Awards metropolitan and regional finalists from left to right; Vincenzo Garreffa - Nilda Eisen - Faye Dean - Grant Westthorp - Mary Elizabeth Williams, Age Friendly local council finalist; Mandurah Taxis Pty Ltd, (front) Annie Abbott with Nessie and (back) John Ritchie, Steven Baker and Mark Wilson. Picture: Jon Hewson



FOR 33 years WA has paid tribute to extraordinary people aged 60 and over by presenting the WA Seniors Awards. The awards are a partnership between Western Australian State Government and Council on the Ageing (WA) to celebrate older Western Australians and their contributions to the commu-

The Juniper WA Seniors Awards 2018 pays tribute to a worthy group of unsung heroes who work tirelessly to improve the lives of other people within their communities.

There are so many good people who on a daily basis go about their business of helping others with little recognition or even the desire to be recognised

The Juniper WA Seniors Awards provides an opportunity to recognise and thank these people for their outstanding contributions and to highlight to the rest of the community that these attitudes and values can make it a more meaningful place to live in.

This year the awards have expanded and include extra categories to acknowledge age friendly businesses and local

Have a Go News extends our congratulations to the finalists and we are proud to sponsor this pro-

Juniper WA Lifetime Achievement Awards *Awards* (Metropolitan & Regional) Finalists

The 2018 finalists for the Juniper WA Metropolitan and Regional Lifetime Achievement Awards are people from diverse backgrounds who have all contributed to the fabric of life across our State.

Graeme Bland

Graeme Bland, 77 has provided a lifetime of service. He joined the Royal Australian Airforce in 1957 and served in Malaya, Thailand and Australia. After retirement Mr Bland joined the RAAF Association (WA Division) in 1991 and has contributed greatly to the Association particularly to the Aviation Heritage Museum. He has been a very active volun-teer and fundraiser for the museum over many years. Mr Bland also works as a pension officer assisting veterans to access their full entitlements. He was awarded Life Membership of the Air Force Association for his extensive work in the WA division.

Nilda Eisen

Since settling in Perth in 1972 from Argentina, Nilda Eisen has worked tirelessly to improve the lives of people from culturally and linguistically diverse (CaLD) communities both through her professional and personal life. Since 2009, Ms Eisen has been the president of the Board of Umbrella Multicultural Community Care Services. She has also been board member for 14 years. She has initiated programs including raising awareness of elder abuse and encouraging breast screening services for CaLD communities. She currently volunteers for Books on Wheels, Stirling Silver Program and is a Justice of the Peace for the City of Stirling and State Library. She continues to be committed to improving the lives of CaLD

communities in Perth. Vincenzo Garreffa

Vincenzo Garreffa has a passion for food and giving. At 67, he devotes more than half his life to raising money and offering his services for charity events to raise important funds for Lifeline. For 21 years Vince has held an annual brunch in his backyard for Lifeline and over the years has raised more than \$3 million dollars for this important charity. This year the event saw more than \$400,000 dollars collected all going direct to the charity. Vince believes if you are going to donate then you donate everything. There is nothing better than food, hospitality and generosity and this has been his catch cry to continue to encourage the community to donate vital funds for Lifeline and other local charities.

continued on page 51





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Kick back, relax and discover regional WA on one of our luxury road coaches or trains.

Leave your car at home and enjoy the stunning scenery that WA has to offer. Whether you're heading to a family reunion, a special event, catching up with friends or just want to experience somewhere new, we'd love to have you on board.

We can take you to more than 240 destinations in regional WA including Kalbarri, Kalgoorlie, Esperance, Bunbury and Margaret River. All our services are spacious, air conditioned and fully accessible, with on board bathroom facilities.

With 50% discount for Seniors and WA Pensioners, there has never been a better time to travel with us. Don't forget, WA Pensioner Concession cardholders and Veterans' Gold cardholders receive four free trips on Transwa services every two years.

To book your next holiday, or to see where Transwa can take you, call 1300 662 205 or visit transwa.wa.gov.au.



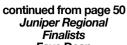






2018 Seniors Week ROUNDU

Sunday 11 November to Saturday 17 November



Faye Dean Karajarri Elder, Faye Dean lives in the Bidyadanga Community in the north west. Since 2014 she has been working with the Dementia Partnership Project for the Bidyadanga community in conjunction with Alzheimer's WA. The project develops resources and assists stakeholders to interact with people with dementia in remote communities and helps to reduce their negative portrayal due to a lack of understanding. An elder herself Ms Dean is the community care team leader and has driven the project through its twoyear implementation period. She was keen to add value to elders' lives and believed this program has provided a better understanding throughout the community of dealing with elders with dementia. The increased knowledge has encouraged people in remote communities to age in place on their traditional country.

Grant Westthorp

For more than 10 years Grant Westthorp has contributed significantly to the health and wellbeing of men in the Great Southern region. Grant, now a senior himself, is the chief executive officer of the Men's Resource Centre in Albany and has a passion to create meaningful and appropriate resources for men. After fielding questions from men during 8000 wellness checks conducted by the centre, he saw the need to create a men's survival handbook. The first was released in 2013 and more than 18,000 copies have been distributed with five updates and reprints. Grant saw the need to reach more men with a broader audience and through the McCusker Citizenship Internship Program, he was able to develop the book into an app. Currently 2000 downloads of the resource tool has occurred and it is available in Australia. New Zealand and the USA. His aim is to help men develop personal resilience.

Mary Elizabeth Williams

About five years ago Mary Williams instigated the Stepping Out 2 Program in Denmark to connect community members who were isolated and lonely. Over that time she has fundraised and developed the group to be a self-sustaining enterprise. Through this program she became aware of the impact of cancer treatment on people in regional areas and with a group of volunteers actively campaigned to have a radiation facility set up in Albany. She has clocked up 75,000kms on her journey and raised more than \$25,000 as well as lobbying local, state and federal governments for the facility. The highlight of her campaign is the recent announcement by the federal government to fund up to \$6.6 million dollars towards the facility. Mary is a wonderful example of what can be done to change and enhance rural communities.

Age Friendly local council finalists The City of Joondalup The City of Joondalup offer a comprehensive

program within its boundaries to promote a positive view of seniors and ageing. They contribute significantly to the lives of their older residents with a variety of programs including their Community Transport Program, the Platinum 50+ adventure program, Duncraig Seniors Centre, Books on Wheels and the Get on Board program which encourages and assists seniors to utilise public transport in the area. The City has a draft Age Friendly Community Plan and offers age friendly training for businesses in the area. They utilise social media to promote many events and activities and as over 32 per cent of its population is made up of people aged 50 and over they are keen to ensure their older residents feel valued with the provision of many activities and ser-

The City of Fremantle

The City of Fremantle is committed to assisting people in its locality to age positively and actively. Their dedicated positive ageing officer collaborates with many providers about seniors activities. They are recognised by the World Health Organisation and are members of the Global Network for Age Friendly Cities and Communities. They are committed to maintain and increase social participation of older people in their locality and run a broad range of programs including recreational, wellbeing and learning opportunities. They are also committed to ensuring that older people have the same opportunities and access to the City's facilities as younger ones. They are also committed to ensuring that housing is diverse and affordable and designed to meet the needs of older people now and in the fu-

Age Friendly Business Award finalists Kings Tours and Travel

Kings Tours and Travel is a family business established more than 30 years ago to provide tours for older people. Now owned by second generation Jenny Franceschi, Kings is an age friendly business inside and out with team members aged from 25 to 75. Kings offers a unique ability to provide specialized travel services for older people and has many touch points with their clients. The tour managers form strong bonds with clients with many friendships formed. Recently Kings has established a social club for solo travellers running regular social events allowing single people to connect and make friends. There is no promotion of holidays at these events; it is purely for people to connect and establish friendships. Kings may be a business; but no business survives without being au-

Mandurah Taxis Pty Ltd

Operating in the Peel region since 1959. Mandurah Taxis takes a twoprong approach to being age friendly. Firstly, they provide 24/7 demand, door to door, capped price personalised transport including wheelchair access vehicles. Access to good transport is an essential part of the health and well-being for older people. They also provide pink taxis with female only drivers which has proven popular with their older passengers. The other aspect that Mandurah

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Have a Go Day 2018, site #66

Put a spring in your step.

Taxis assists older people is with employment. They have a team of very experienced drivers aged 70 and over and this provides these people with an opportunity for part time work and to stay connected with their community. Mandurah Taxis appreciate their senior drivers as well as the senior passengers who they transport on daily basis.

Coffea Fine Espresso Café

Located in the AMP Garden City Age Friendly Shopping Centre Coffea Fine Espresso Café was one of the first businesses to join the Melville Age Friendly Accessible Business network established in 2016. Owner Euro Lumb did not hesitate to train his staff to welcome older people, those with a disability and ultimately all customers. After consultations with management and feedback from people in the area he decided to initiate a regular memory café where people with dementia and their carers could come to a welcoming and safe space. The café runs once a month on the last Tuesday and has been an enlightening project within the wider community.
Since its inception more than 1000 people have attended the memory café and people who live with dementia and their families visit the café outside of the scheduled time as they feel safe, respected and well served by the trained staff.

The winners of the Juniper WA Seniors Awards will be announced at a gala ceremony on Saturday 17 November at the Hilton Hotel with the Minister for Seniors Mick Murray.

Proudly sponsored by Have a Go News.





Clockwise from top left; Age Friendly Business Award finalists, Kings' Jenny Franceschi and Coffea Fine Espresso Cafe - Age Friendly local council finalist, The City of Fremantle







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2018 Seniors Week ROUNDUP Sunday 11 November to Saturday 17 November







Thanks to AGL you can win a south west escape on board the Astor



AGL are celebrating Seniors Week 2018 and are giving attendees to *Have a Go Day* the chance to win a cruise for two aboard the *Astor*.

The lucky winners will enjoy five nights aboard the *Astor* as she sails to the glorious south west visiting the ports of Esperance and Albany.

Included in the cruise is delicious full board cuisine, afternoon teas and late-night snack, self-service tea and coffee, big show entertainment, cabarets and classical interludes, daytime activities and leisure facilities, porterage and port taxes.

This cruise departs Fremantle on 29 January 2019 for five nights and is valued at more than \$2,000.

For your chance to win, just fill in your details on the coupon on below, agree to be contacted about AGL gas plans and bring along to the *Have a Go News* hospitality tent at *Have a Go Day*, stand number 106. For an extra chance to win talk to an AGL representative

at Have A Go Day.

For full terms and conditions visit www.haveagonews.com.au

AGL – it's gas plus a whole lot more... proud partners of *Have a Go News*.



Advocare

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Uncertain about your rights in your home or residential care service?

Call us for free, confidential information and support on 9479 7566 or visit www.advocare.org.au

Human Rights Don't Diminish With Age

WA Elder Abuse Helpline 1300 724 679

Free community talks: your guide to wills



THE Public Trustee will deliver free talks during Seniors Week on wills and the importance of planning ahead, should you not be able to make decisions for yourself in older life.

Presented by Etta Palumbo, WA's best known public speaker on wills and director at the Public Trustee, the talks aim to educate individuals on the need to make legally valid wills. The talk provides basic understanding of deceased estate and financial administration processes, including safeguarding against financial or elder abuse in

"We always look forward to being part of Seniors Week and sharing our knowledge about important considerations and documents for seniors in preparation for their much older years and their eventual passing," said Ms Palumbo.

"Our Seniors Week events are very popular so we encourage you to book early to secure a seat and avoid disappointment," she said.

According to research conducted by the Public Trustee, 49 per cent of West Australians have never made a will and a further 34 per cent acknowledge that their will is not up-to-date.

"Writing a will and being prepared can be easy, cost-effective and far less distressing for loved ones compared to dying intestate. The Public Trustee is committed to helping West Australian's access information and services to help them through the process," said Ms Palumbe.

Perth Events at Public Trustee, 533 Hay Street, Perth.

Monday 12 November 10.15am – 11.45am.

Tuesday 13 November 10.15am – 11.45am.

Tuesday 13 November 1pm – 2.30pm.

Rockingham and Mandurah Events

Thursday 15 November 10.15am – 11.45am at Gary Holland Community Centre, Rockingham

Friday 16 Nov 10.15 am – 11.45am at Mandurah Offshore Fishing and Sailing Club, Mandurah.

Complimentary refreshments will be served 15 minutes before each event session time. Bookings are essential. They can be made online via www.trybooking.com/XUXV or phone 1300 746 116.

The Public Trustee is located at 553 Pier Street, Perth and can be contacted on 1300 746 116 or simply visit the website for more information www. publictrustee.com.au.

the **POWer**of humanity

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 and have been approved for or are receiving services through a Home Care Package.

For those who don't have regular contact with family or friends, the volunteer provides companionship and friendship through regular social visits which may include sharing a chat and cuppa, reminiscing, reading or listening to music.



For more information about the Community Visitors Scheme please call the Coordinator on 9225 8848

Thanks to AGL
Win a cruise aboard the Astor





Thanks to AGL attendees to *Have a Go Day* have the opportunity to be in the draw to win a South West Escape aboard the *Astor* for two people valued at more than \$2000.

For your chance to win, just fill in your details on the coupon, agree to be contacted about AGL gas plans and bring along to the *Have a Go News* hospitality tent at *Have a Go Day*, stand number 106. For an extra chance to win talk to an AGL representative on the day.

Name
Address
Phone Number

П	Yes.	I have	gas	to	mv	home
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Terms and conditions can be found at www.haveagonews.com.au

I consent to being contacted by AGL to discuss AGL gas offers, and for my personal information to be handled in accordance with the AGL and *Have a Go News'* Privacy
 Policies, available at agl.com.au/privacy and www.haveagonews.com.au/private-policy

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2018 Seniors Week ROUNDUP Sunday 11 November to Saturday 17 November









Parliament remembers during Seniors Week 2018



IF a good old fashioned yarn washed down with a nice hot cuppa appeals to you, then Seniors Week at the WA Parliament is the place to be.

Returning by popular demand is Quirky Tales and True Stories, an engaging and often humorous look at the history of our State Parliament.

This special event has become increasingly popular with our senior Western Australian citizens interested in the fascinating facts

hind the bills, spills and rumour mills. A place shrouded in mystery for many, Quirky Tales and True Stories unveils the mystique and mythology by delving deeply into the inner workings of the Parliament of Western Australia.

Also during Seniors Week, the WA Parliament is marking 100 years since the end of World War I, so the Talk and Tour will include a special feature segment Parliament Remembers. More than 32,000 Western Australians served in the Great War, so Parliament will be reflecting upon the significant contributions and sacrifices our men and women have made. Rare film footage and little known facts will be

unearthed to commemorate this significant anniversary.

After the entertaining talk and a freshly prepared morning or afternoon tea, guests will have an in-depth tour of Parliament House, focusing upon its architecture, history and art collection.

Make your Seniors Week one to remember and reserve your place now. Scheduled from the 12 to 16 of November, these one and a half hour tours will run twice daily from 10.15am and 1pm. Bookings are essential and places strictly limited to 20 people per tour. The cost is a modest \$5 per person to cover light refreshments. To secure your place give Cherie or Tina a ring on 9222 7259.

A head start for next year



MANY of us have 'increase our physical activity' on our list of New Year's resolutions. The lovely weather in November provides an ideal opportunity to get out and about.

Whether you choose a new activity at the Have a Go Day or just make a

commitment to walk further, make sure you set yourself up for success. Get the correct gear so that you are ready.

It can take time to work out what suits you and exactly what you need. For example, if you choose to increase your walking, don't hit the pavement without first protecting your feet. Get yourself a good pair of shoes that provide cushioning from heel impact and a firm insole to support your foot during each stride.

At Have a Go Day in Burswood Park, you can check out Springy Feet's display of twelve different styles of pain-relief Z-CoiL footwear at site #66. With summer sandals, shoes with breathable mesh uppers or all-leather uppers, laces or Velcro fasteners and hiking boots - there is bound to be a style to suit your needs and new activity.

Your resolution is within reach. Get properly prepared and get out there. If walking: head up, arms swinging, core working, and feet supported. By starting now, you can make sure your new good habit is underway for 2019.

Look for Springy Feet's display site#66, Have A Go Day, Burswood Park on 14 November or call 0404 877 006 for a fitting in East Fremantle.

Join Seniors Week events in Denmark

DENMARK Community Resource Centre is celebrating Seniors Week 2018 with a variety of events to connect older adults to groups and services in the community.

On Monday 12 November they will hold a mini expo with workshops from 9am to 4pm which are open to all. The day kicks off with mobility and exercise classes and follows on with workshops about healthy eating, skin cancer talks, ageing well and living independently and being connected programs

In the afternoon there will be a talk from a walking group and arts and crafts with story telling by a Noongar elder.

On Friday 16 November there will be a wine and cheese evening in the gallery with guest speaker Karl O'Callaghan which will run from 5.30pm to 7.30pm.

For more information and bookings contact 9848 2842 or email reception@denmarkcrc.com.au.

A new style of Pilates for those with mobility challenges

HAVE you ever wanted to try Pilates but are concerned that it will be too athletic?

Do you have mobility concerns that prevent you from getting down on the mat and back up again?

Do you suffer from conditions that affect your balance or stability?

Are rheumatoid arthritis or osteoporosis preventing you from participating in traditional mat Pilates classes?

Would you like to improve your cognitive function through progressive movement sequences?

If you answered 'yes' to any of these questions then Stay Sharp Pilates is for you.

The class is conducted

seated in a stable chair. We work with a series of props to support your posture and stability so that you can move your body with ease and confidence. We work the entire body focusing on spinal mobility, core activation, small muscle groups as well as global ones to improve your body's mobility, flexibility and agility. You will leave the class feeling invigorated, elongated and with a sharp mental focus for the rest of the day.

As class participants progress we move to standing exercises using the chair for stability and balance in addition to muscle activation and strenath.

out Work like-minded participants in a safe and encouraging environment with a highly skilled and experienced Pilates practitioner.

Classes run in six week blocks and commence on Tuesday 13 November from 2-3 pm. Get the discounted rate of \$72 and pay for the term in full or \$15 per class to pay as you go. Stay Sharp Pilates

runs at the Tattersall's Bowling Club on Plain Street, East Perth. Plentiful free parking available on site along with convenient bus access.

Bookings essential. Call Tina 0409 881 759 or email tina.schwarz08@ gmail.com

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Vhat's up

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Celebrate International Volunteer Day - Wednesday 5 December

Volunteering helps fills the void when friends drop off the perch

by Frank Smith

IT IS well established that the emotional health and well being of older people is better if they have a large social network. With smaller families and increased mobility our children and grandchildren often live far away. Hence for social contacts we are increasing dependent on our circle of friends.

However friends tend to be in our own age group and may well drop off the perch before us, leaving us with a shortfall in social contacts.

Volunteering is one way of avoiding social isolation. to find out how this works Professor Kaarin Anstay and her team at the University of New South Wales studied a group of nearly 1600 seniors over a four year period.

They found that seniors mostly volunteered to meet their emotional needs, such as feeling valued in the community and spending time

Volunteers who have only recently retired want to put their accumulated knowledge and skills to good use, but this becomes a less important part of their motivation as they get

The study found that the longer a person spent volunteering the more satisfaction they gained from it, but the level of satisfaction increased most in those participants who lost more friends through death than those who lost fewer.

Changes in social network size - in number of friends, but not of relations - influenced how satisfied they were with life as a whole and vol-

The authors said these findings highlighting the importance of social engagement for mental health in older adulthood.

They also concluded that organisations that wanted to recruit more volunteers should emphasis emotional goals that could be achieved through volunteering.

Dr Kirsten Holmes of Curtin University says volunteering can provide both continuity when people leave work and also a new activity.

"Often people start volunteering in retirement but not necessarily for a completely new interest or organisation - it is a different way of getting involved," she said.

"People who have never previously volunteered during their working lives appear to get the most benefit," she said.

Professor Anstay said the value of volunteering depended on whether the volunteer was single or in a relationship.

More frequent volunteering is advantageous

in increasing life satisfaction, especially in individuals whose social network size has decreased over time (ie who have lost friends or family members).

"Clearly social engagement in older adulthood is beneficial to mental and physical health, and volunteering is one way to increase

"However it is not simply a case of the more volunteering the better. There is a sweet spot for each individual that is the optimum time spent volunteering. she said.

Some 31 per cent of people over 65 regularly volunteer to at least come extent. Volunteering is also of immense benefit to society as a whole. Most not-for-profit activities depend largely on volunteers and volunteers contribute some 750 million hours of work worth an estimated \$3 billion annually.

Urgent volunteer puppy raisers required to help raise guide dogs



VISABILITY has provided innovative, life-changing services to people living with disabilities for more than 100 years. Their professional therapy and support services assist people across a range of ages and disabilities in their homes, at school, at work and in the community.

This includes the guide dog program run by Guide Dogs

VisAbility and Guide Dogs WA have a dedicated team of more than 240 volunteers of all ages and walks of life involved

in a wide range of engaging activities. One crucial volunteer role is puppy raising.

Volunteer puppy raisers welcome an eight to ten-week-old puppy into their home and, with support from Guide Dogs WA, spend the next year introducing the puppy to the environments and experiences they will encounter as a working dog.

Guide Dogs WA puppy raising coordinator Leonora Flower said: "We are urgently looking for people who live within about 40 minutes' drive

of Victoria Park, and who are at home most of the time. The puppy needs a secure yard and to sleep inside the home.

"Our volunteer puppy raisers make an incredible contribution in preparing a playful pup to one day become a guide, therapy or autism assistance dog, who will transform the life of a Western Australian who is blind, vision impaired or living with disability," Ms Flower said.

The team at Guide Dogs WA provide handler training and support plus veterinary care and all food, bedding, toys and grooming equipment.

By becoming a part of Vis-Ability's volunteer team, you can use your spare time to learn new skills, meet new people and know you are making a difference to people living with disabilities.

If you or someone you know wants to be part of the life changing journey of raising a guide dog puppy, find out more and apply online at the Guide Dogs WA website www.bit.ly/become-a-board



During the last 25 years we have gained an extensive experience in providing aged care services to seniors of many nationalities in the Perth metropolitan area

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Hellenic Community Aged Care relies on a dedicated group of individual volunteers and community associations in support of our

Sincere thanks from the residents.

If you are interested in volunteering for our residents please give us a call.

Hellenic Community Aged Care

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FAX 9376 5839 www.hcwa.org





to help us staff the 2018 IGA Perth Royal Show Image courtesy of Delmarre Design

wishes to thank our volunteers for their time and effort



Thank You City of Perth Volunteers

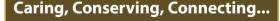
The City of Perth volunteers play an integral role in providing much needed services to the iCity Kiosk, Citiplace Community Centre and the Access and Inclusion Advisory Group.

The volunteer team are invaluable to the City of Perth, its visitors and the local community.

As such, the City of Perth would like to thank the volunteers for their time, energy and incredible commitment in 2018.

For further information or to volunteer, contact info.city@ cityofperth.wa.gov.au.







Guided Tours - Seniors and groups welcome Take a a guided tour at Kanyana and learn about our unique wildlife while supporting our hospital.

Nocturnal Tour - 7pm-9pm, 1st Friday and 2nd Saturday, monthly - Meet some amazing nocturnal animals and passionate

Discovery Tour - 10am-12noon, Thursdays & Sundays Experience close encounters with native animals and explore

interactive displays Meet and greet - 30 minutes with a special animal.

Volunteering

Consider donating your time to Kanyana by volunteering. We regularly host volunteer information sessions. Contact us to register your interest.



For bookings visit www.kanyanawildlife.org.au email info@kanyanawildlife.org.au or phone 9291 3900 We are located at 120 Gilchrist Road, Lesmurdie

arts film in the second of the

An evening with Karen Carpenter



Johnny Young and Narelle Belle

she would be happy.

"It's not a tribute

show, it's a celebration

of the Carpenter mu-

sic and sharing the life

of Karen Carpenter, it's

been the highlight of my

the show while continuing with his Sydney ra-

dio show on 2CH where

the latest figures show

he has doubled his rat-

still sings with his band

at various performanc-

es around Australia and puts aside time to

spend with his fami-

ly including grandkids

that he has just hosted

for the school holidays.

en Carpenter starring

Narelle Belle and The

Carpenter Band with

special guest appearance by Johnny Young

plays on Sunday 9 De-

cember at 6pm at the Astor Theatre Perth.

Bookings: at www.as

tortheatreperth.com or

An Evening with Kar-

The septuagenarian

ings.

John has worked on

career," said Narelle.

by Lee Tate

WITH his nose for spotting raw talent, Johnny Young heard his 6IX radio producer Narelle Belle singing a Karen Carpenter song – and a new star was born.

"I thought Narelle deserved to be heard by a wide audience – she brings out the real sound of Karen Carpenter," John said.

"At first I asked Narelle to sing on my radio show and the audience loved it, so we held some performances in Perth so they could come and see Narelle sing live.

"We put together a show at Friends restaurant in Perth and everyone who went loved it. We ended up doing eight shows there."

Narelle went on to do successful performances in the south-west and now has management to steer her upcoming shows in the eastern states.

"Narelle doesn't want to lose her WA audiences and has come back to do a Perth show at the Astor on 9 December.

I love the Astor," says John. "I started going to the Astor when I was five-years-old to watch the movies like Superman and serials.

"Now it's been converted to a wonderful theatre for performances: the sound and stage are really great. It really is a delight."

John, who will be onstage introducing Narelle, her eight-piece band and her backing singers, says his former radio colleague has a bright future in a very competitive field.

"Karen Carpenter is, of course, a unique talent but Narelle really does have that same beautiful sound with all the respect for Karen Carpenter.

"This has been a labour of love, getting the best Carpenter arrangements and the back-up singers with the band. But it's been a real joy."

Narelle Belle told Have a Go News that if she could do this show for the rest of her life

New Welsh drama keeps the faith

A HUSBAND, three children and a happy family: Faith had it all. One day, however, her husband leaves for work and never arrives there.

She discovers he has been leading a double life with a fake identity. He bankrupted their law firm and got involved in a criminal underworld, all the time parading as the banest and reliable manufactures.

the honest and reliable man she thought she knew.
This ordinary woman finds herself having to fight to protect her family and her sanity. This propels her into a lonely, frantic search in which she discovers as much about her unexplored self as her missing husband.

A mix of gripping suspense but also humour and hope are on the menu of this beautiful intimate thrill-

Keeping Faith DVD contains 8 x 58 minute episodes, RRP \$34.95.

WIN WIN WIN

Thanks to Acorn Media we have 10 copies to giveaway. To be in the draw simply email win@ haveagonews.com.au with Faith in the subject line or write to Keeping the Faith DVD competition. C/- Have a Go News PO Box 1042, West Leedervile 6901. Competition closes 1/12/18.

World War I love story presented by local theatre



Cast members during rehearsal

1916: A Love Story, is an original musical play written by West Australian resident, John Beaton. It is directed by Neroli Sweetman who is well known in many WA theatres including the Regal Theatre.

The story begins in late 1916 in Glen Forrest and at the Midland Railway Workshops – and focuses on the final month of the Australian referendum on conscription.

Should Australian men be made to go to war or should they be volunteers? It's a question that bitterly divides families, organisations and finally

the whole country.

But people still fell in love, went to work, worried about their sons, brothers and husbands overseas, organised fêtes and dressed up to go to the moving pictures in Midland.

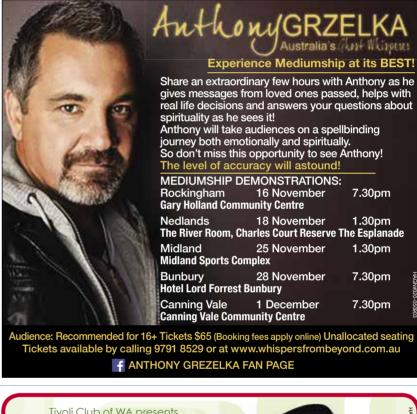
Meanwhile, World War I continued in Europe and the numbers of dead, injured and missing grew day by day.

This moving and uplifting production will open on Sunday, 11 November at 2 pm at Marloo Theatre, Greenmount.

Tickets are available on trybooking.com/ XVPX or 0498 998 552.

Prices are \$25 – adult; \$22 – concession; \$18 – child/members; group bookings 10+\$20 pp.









arts = Market

Italian Tenors charm again



DIRECT from Italy, the Italian Tenors, three of Europe's most successful operatic tenors, have become a worldwide pop-opera phenomenon.

Fabio La Mattina, Sabino Gaita and Evans Tonon toured Australia in 2016 on their inaugural tour which saw the group play to sell out performances Australia wide.

The Italian Tenors signed to Universal Records, combine their classical roots with Neapolitan songs and their own blend of Italian pop,

which is not only evident on their self-titled album but is sung with the flair and virtuosity that is uniquely them.

Their encore Australian tour promises all the Italian charm and vocal power of their recently sold out European tour. Together with their live band, the evening promises to be an incredible musical montage of vocal passion and entertainment excellence.

Don't miss them this year as they return to Perth. See advertisement on page 55 for details.

Max Wung



METROPOLITAN Symphony Orchestra, also known as MetSO, is Perth's leading community orchestra. Established in 1977, the orchestra has performed regularly ever since, providing a musical home for keen amateur musicians covering an age range from seventeen to over seventy.

The next concert will be held on Sunday 18 November at the Newman College Auditorium.

At this concert, cellist Max Wung (age 13) will join the orchestra to perform Tchaikovsky's Variations on a Rococo Theme. This will be the third time Max has performed with MetSO.

Max has studied the cello with Rod McGrath and Xiaole Wu since 2010 and recently attained his Associate in Music Diploma with distinction. Max has also studied the piano with Jana Kovar from the age of six.

Burhan Güner will conduct the concert. He is a conductor, musicologist, writer, and presenter with experience in opera houses in Australia and Europe, including West Australian Opera, Opera Holland Park (UK), and Komische Oper Berlin (Germany).

He is currently working with the opera department at the West Australian Academy of Performing Arts. Burhan enjoys giving talks and developing and presenting shows about music.

The orchestra will also perform Beethoven's *Symphony No.1* and Delibes' *Le Roi S'Amuse*.

Bookings are available by phone (call Andrea on 0435 174 550). Tickets can also be purchased online at www.metso.asn.au A limited number of tickets will be available at the door at the Newman College Auditorium, 216 Empire Avenue, Churchlands.

More information about the Metropolitan Symphony Orchestra is available at www.metso.asn.au.

WIN WIN WIN

The Metropolitan Symphony Orchestra is giving away five free double passes for its next concert, to be held at 3pm on Sunday 18 November at the Newman College Auditorium, 216 Empire Avenue, Churchlands. The orchestra is offering these five free double passes. To be in the draw simply email win@haveagonews.com.au with Metso in the subject line or phone the office during business hours on 9227 8283. Competition closes 14/11/18.

Love the movies?
See the latest movie reviews and win tickets

www.haveagonews.com.au



PERTH audiences can celebrate the festive season with Marina Prior, the leading lady of theatre and Carols by Candlelight, as she performs her most cherished and beloved Christmas songs in WA for the first time on Friday 14 December.

Christmas With Marina Prior at the Astor Theatre will be a captivating mix of traditional Christmas classics and delightful arrangements of family favourites as well as moments of reflection and stories of treasured Christmas occasions.

Joining Marina on stage is her long-time friend and renowned pianist David Cameron to share carols such as Angels We Have Heard On High, Mary's Boy Child and When A Child Is Born. Audiences can also expect to hear musical theatre arrangements that Marina has made her signature show stoppers.

Adored by audiences of all ages, Marina Prior's name is synon-

ymous with the Christmas Carol Season – having featured an incredible 27 times in the annual Carols by Candlelight concert televised by Channel 9 and watched by more than one million people across Australia each

Christmas with Marina

"I'm so honoured to be included in the Carols concert each year and now to bring a part of that and my favourite Christmas songs to share with Perth audiences, is very special indeed," says Marina.

December.

Aside from her annual Carols by Candlelight appearances, Marina is best known for her starring roles in The Phantom of The Opera, Les Miserables, Cats, The Pirates of Penzance, West Side Story and Guys & Dolls among many others. She has also performed alongside international stars including Richard Harris and José Carreras.

In 2006, Marina was honoured with an induction into Australia's 100 Entertainers of the Century.

Presented by SK Entertainment and Limelight Consulting, Christmas With Marina Prior will be a stunning exclusive evening of Christmas celebration with Australia's leading lady. Tickets on sale now.

Don't miss the show at the Astor Theatre on 14 December at 7pm. Tickets available at www.astortheatreperth. com/or through Ticketek.

WIN WIN WIN

Thanks to Limelight Consulting we have one double pass to give away to Christmas with Marina Prior for one lucky reader. To be in the draw simply email win@haveagone ws.com.au with Marina in the subject line or write to Marina Prior C/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 1/12/18.









Presentes! - a personal odyssey of love and loss in a foreign land



Suzanne Ingelbrecht and Cathy Travers

SUZANNE Ingelbrecht performs Presentes! a personal odyssey of love and loss in Argentina, from 28 November to 1

December, 8pm at Minnawarra Chapel, City of Armadale, for a season of four shows.

Song and seduction,

tango and tragedy, this is a very personal story of Suzanne's experiences from the birthplace of tango (Buenos Aires) to the land of fire (Tierra del Fuego); the disappeared victims of South America's 'dirty war' in the '70s - and the disintegration of a long standing friendship.

This one hour performance is a riveting ride on one strong independent woman's shoulders as she cleverly recounts childhood memories of climbing as high as she could up a gnarly yew tree - "because I wanted to be a boy. Boys could do anything. They could be anyone. They could go off, see the world. Do what the hell they liked" to the devastating effects that men could also create in other countries

from politics and power. As a middle aged woman, she refuses to disappear.

"I want to challenge myself every day. I refuse to disappear because I am growing older," said Ms Ingelbrecht.

"And to make this theatrical performance authentic - I have to perform it myself. This is my own story and therefore I have to tell it. I've never done this before, so it's really stepping out of my

comfort zone."

Presentes! Not only means 'now', 'in the present', but more importantly refers to the 'disapvictims who peared' in the 1970s who live on in the present through The Avuelas (Madres de la Plaza) the mothers, now grandmothers, who march every Thursday afternoon around the Plaza de Mayo, Buenos Aires, as they have done for 40 years, protesting their children's 'disappearance' - a euphemism for their torture and murder, Ms Ingelbrecht explained.

Funded by the De-

partment of Local Government, Sport and Cultural Industries (DLGSC) Culture and the Arts (WA), City of Armadale, Creative **Partnerships** Australia through the Australian Cultural Fund, and Bendigo Bank Roleystone-Karragullen, tickets are free.

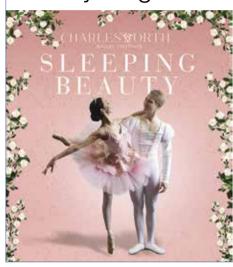
"I don't want to give

16 17, 22, 23, 24, 29, 30 Nov Matinees 18 & 25 Novembe Matinees 18 & 25 November 2 Stirling Theatre, Morris Place, Innalo Tickets \$25 full, \$22 concession, \$20 Bookings: Morris Newsagency 9446 the impression that this play is all doom and gloom. It ends with a thank you to life: that this is what it's all about grabbing life and making the most of being alive and in the moment.

To book your free ticket, register at: www. presentes-theshow. eventbrite.com



WA's young ballet stars take to the stage for Sleeping Beauty



THE power of true love's kiss, a beautiful princess, and her enchanting kingdom - Princess Aurora was cursed at birth by the wicked fairy Carabosse, that on her 16th birthday she will prick her finger on a needle and die. With the magic of the Lilac Fairy, she doesn't die - she falls into a deep slumber, awaiting her awakening with a kiss from a Prince.

Marius Petipa's, Sleeping Beauty, was first performed in 1890, and features the elegant score of Tchaikovsky. This iconic production, with simply extravagant sets, stunning costumes and magical characters will sweep you off your feet, into the fairy tale... it's not to be missed.

The Charlesworth Ballet Institute presents Sleeping Beauty at Crown Theatre Perth on Friday 14 December, at 6.30pm and Saturday 15 December, at 11.30am and 3.30pm.

Please support the work of our up and coming stars at this magnificent production at Crown Theatre.

Tickets available through www.ticketmaster.com and Have a Go News readers can used the word Beauty to receive a dis-

WIN WIN WIN

We have two double passes to giveaway to each performance of Sleeping Beauty at Crown Perth. To be in the draw simply email win@haveagonews.com.au with Beauty in the subject line or write to Sleeping Beauty Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 30/11/18.



Thank you to all of

our followers for your

continuing support during

2018 and we look forward to

seeing you in 2019.

Check our website for

our upcoming show in December.

www.oldmilltheatre.com.au

Bookings 9367 8719

City Stirling ency 9446 9120 and www.trybooking.com/XMJH

Don't miss Disney's new take on a classic Christmas story...



DISNEY presents a twist to the classic Christmas tale with the movie The Nutcracker and the Four Realms.

Young Clara needs a magical, one-of-a-kind key to unlock a box that contains a priceless gift. A golden thread leads

her to the coveted key, but it soon disappears into a strange and mysterious parallel world. In that world, she meets a soldier named Phillip, a group of mice and the regents who preside over three realms

When Clara finds herself in a world that's home to Land of Snowflakes, Land of Flowers and Land of Sweets, she must brave the ominous Fourth Realm and its ruling tyrant, Mother Ginger, retrieve the key and restore harmony to the unstable land. Starring Keira Knightley, Helen Mirren and Morgan Freeman.

In cinemas 22 Novem-

WIN WIN WIN Thanks to Disney we have 10 double passes to giveaway to Nutcracker and the Fourth Realm. To be in the draw simply email win@haveagonews. com.au with Disney in the subject line or write

to Disney competition. C/- Have a Go News PO Box 1042. Leederville 6901.

ART for ALL

November 5-11 Pam Lockwood and Bev Johnson's "Capturing the Light", an exhibition featuring watercolour and acrylics.

They will be the guest presenters at Lunch in the Gallery, November 7, 12-2pm.

November 12-18 "Celebration of Youth" - End of year exhibition for the children that attended Atwell art classes in 2018.

November 23 - December 16 Christmas Bazaar

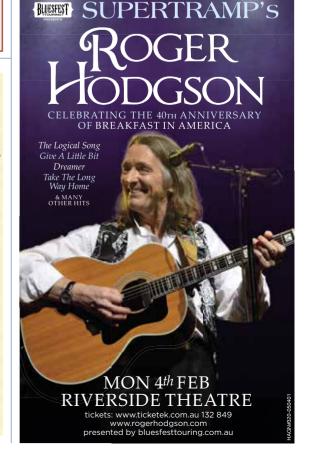


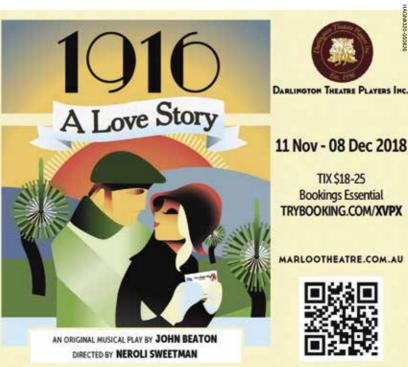
Check website or Facebook for more information ATWELL GALLERY AT ATWELL ARTS CENTRE 586 Canning Hwy, (Cnr North Lake) Alfred Cove

Ph: 9330 2800 www.atwellarts.com











www.astortheatreperth.com



Kevin Bloody Wilson joins the WA Police Pipe Band to raise funds for Police Legacy



WA POLICE Pipe Band have recently recorded a charity single with the world famous song writing comedian, Kevin Bloody Wilson. They have called The Outback Highland Band and all proceeds from the single will go to WA Police Legacy and the Police Families Assistance Council.

Police Pipe Band officer in charge, Sgt Ian Stewart said: "we had been looking at various ways to publicise the great work that WA Police Legacy do, whilst also raising money to help support the families of police officers who have been killed or seriously injured in the line of duty.

"Using the power of music, we decided instead of creating a large scale concert, recording a charity single was the most cost effective way to achieve our goal, so we began working on our very own Christmas single.

"Kevin, who is a big supporter of the band, heard what we were doing and he immediately jumped on board, offering to write a brand new song especially for WA Police Legacy and he did it all for free," said Sgt Stewart.

After throwing a few ideas around the table The Outback Highland Band was created. The song itself is loosely based on Kevin's grandparents coming to Australia from Scotland many years ago and loving their new life in Australia, but they also kept a few Scottish Christmas traditions and passed them down through

the generations. "We support a large number of charities and fundraising events within the community and we hope that our single is a huge success in Australia and around the world, but to do that, we need the help of every reader of Have a Go News to promote it to all their family and friends and for everyone out there to buy the single. Every cent raised will go directly to WA Police Legacy," he said.

A special thanks to Kevin Bloody Wilson for giving up time during his Australian tour to write and record the song with the band and to the Police Pipe Band Supporters' Association who financed the project.

The digital download is now available for sale at www.wapol. com.au/downloads with a minimum cost of \$2, but any amount can be donated.

The hard copy CD will cost \$5, plus postage and packing, from WA Police Legacy. Go to website www.policelegacywa.org.au/

The song is also available from all leading digital download

Don't miss WASO's performance of the Russian masterworks



The most profound of Shostakovich's War Symphonies echoes the suffering of 1943 on a tremendous scale. It is both ferocious and harrowing.

A statement of personal grief amid mass devastation, the poignant ending yearns not for heroic victory, but

for peace.

Prokofiev was on the verge of returning to Russia after decades in the West when he wrote his bittersweet Second Violin Concerto.

Violinist, Ning Fena re-

turns to astonish Perth audiences with his effortless, soaring virtuosity joined by the fantastically talented conductor, Karina Canellakis who hails from New York.

The Russian Master-

works will be performed on Friday 23 and Saturday 24 November, 7.30pm at the Perth Concert Hall.

Call 9326 0000 or visit www.waso.com.au for

Kick off summer with the Fremantle Folk Festival



MUSIC, arts, food and culture are at the hear

of our unique port city.

The third annual Fremantle Folk Festival will be held in the historic Princess May Park, Clancy's Fish Pub Fremantle and surrounds, on a new summery date of Saturday 1 De-

This all-day event will include a large outdoor stage, as well as the iconic Clancy's stage - fully decked out with impressive lighting, visuals, decorations, roaming entertainers, the works.

While there's plenty of incredible live talent and delicious craft beer for the grownups, there'll also be a fully dedicated kids activity area with workshops and shows in the Circus WA big top and nature play zone - a sensory delight for all ages and types. Limited capacity means you can expect minimal clashes, good facilities, shorter lines and a classic house party feel.

The first line up announcement includes perennial Melbourne festival act Things of Stone and Wood, multi WAM award winner Grace Barbé, troublesome troubadour Peter Bibby, folk prodigy Jack Davies and The Bush Chooks and the beloved rock'n'blues sounds of Blue Shaddy.

It wouldn't be the Fremantle Folk Festival without a few surprises too, such as the Chung Wah Chinese Orchestra and a giant pub choir led by the brilliant duo that is Jim Fisher and Natalie Gillespie.

With plenty more to be announced people won't want to miss this year's Freo Folk Fest. clancysfishpub.oztix.com.au/?Event=94136





7-16 December

Book at www.TAZtix.com.au or 9255 3336

*Tickets: \$25.50 full • \$23.50 conc • \$20.50 child

Child under 15 yo or full-time student *Ticket fees apply

Find us at Camelot,
16 Lochee Street, Mosman Park

MUSARTS documents

Asher Fisch Conducts Dvořák's **New World**

MORNING SYMPHONY SERIES

Thu 15 Nov 11am Perth Concert Hall

Dvořák's musical love letter to the New World, his earthy and dynamic Ninth Symphony, was performed at WASO's very first concert in 1928! Ninety years later, it is still adored for its youthful energy and wistful tempo.

Tickets from \$30*



Grieg's Piano Concerto & Dvořák's

MACA LIMITED CLASSICS SERIES

Fri 16 & Sat 17 Nov 7.30pm Perth Concert Hall

The concert begins with a world premiere from award-winning West Australian composer Lachlan Skipworth. followed by Grieg's much-loved Piano Concerto and concluding with Dvořák's Ninth Symphony.

Tickets from \$33*



Karina Canellakis & Ning Feng: Russian Masterworks

MASTERS SERIES

Fri 23 & Sat 24 Nov 7.30pm Perth Concert Hall

Rising star Karina Canellakis leads the most profound of Shostakovich's 'War Symphonies', and Ning Feng returns to astonish you in Prokofiev's Second Violin Concerto.

Tickets from \$33*



Handel's Messiah

SPECIAL EVENT

Fri 7 Dec 7.30pm & Sat 8 Dec 2pm MATINEE Perth Concert Hall

Hallelujah! Conductor Christian Curnyn leads WASO and the WASO Chorus with Sara Macliver and Fiona Campbell in one of the best-loved choral works, a beloved Christmas tradition to be shared by all.

Tickets from \$40*

WASO.COM.AU **BOOK NOW**

9326 0000















SCENE SOCIALLY





















SCENE (1): Clockwise from top left; Claudine and Dennis Bates - Julette Bevan, Martin Yates and Catherine the Great - Fay Canning and Myfanwy Jones - Danuta Lamers, Victoria Ingram and Connie Wells - Helen and Paul Farks - Malcolm Stokes and Marilyn van Sambeeck - Geoff and Pauline Mincham - Aviva and Peter McGuire and Heather Davies - Dawn Yates and Bev Wallis.

SCENE (1): SENIORS Recreation Council of WA celebrated Get on Line Week from 15 – 21 October with a Seniors Tech Expo. The event offered participants the opportunity to find out about getting online and utilising the internet, offering information and advice were Telstra, NBN, Scams Watch, Mobile Alert, My Health Record and Samsung. More than 50 people attended the free event which included a light lunch. SRC run a variety of these workshops throughout the year. Register your details at 9492 9773 if you would like to be included on the alert list for future events.



SCENE (2): THE Australian Mustard Seed Organisation supports orphans around the world particularly in Burma. Some of the group visited Burma recently to be a part of the marriage ceremony of two of the people from the orphanage they support. Anyone interested in becoming part of the group can contact Johanna Sanders on 9354 7454.

SCENE (2): From left to right; Yvonne Bishop, Johanna Sanders, Margo Clarke, bride and groom, Pam Wasley and Glyns Covington.









SCENE (4): WE ARE the Champions, hit songs from *The Greatest Showman*, and John Lennon's, *Imagine*, were crowd favourites in the Yagan Square singalong on Saturday 20 October, as more than 1,000 people united in song, for World Singing Day. The Perth event held in Yagan Square was part of a global sing-along, where people from over 200 cities gathered in public spaces to sing. People of all ages and backgrounds – from shower singers to celebrities were invited to join an event. Lyrics to well-known classic songs were beamed out from the digital tower in the giant karaoke sing-along. Voicemoves WA (Inc) spokesperson, Matthew Clements said they were pleased with the outcome of the day and got a lot of interest from people wanting to join a choir. People interested in joining a community choir can visit the website: www.voicemoves.com.au.











SCENE (3): THE City of Nedlands has paid thanks to its volunteers with its annual appreciation event at John Leckie Pavilion on Monday 22 October. Organised by the Nedlands Volunteer Resource Centre, Nedlands mayor Max Hipkins attended the event and expressed his appreciation for the contribution volunteers make. "A willingness to go above and beyond for the good of our shared community is at the heart of volunteering and it's also the heart of what makes the City of Nedlands such an inclusive and caring place," said mayor Hipkins. People interested in volunteering can contact the Nedlands Volunteer Resource Centre on 9273 3640 or email volunteering@nedlands. wa.gov.au. The centre is located upstairs in the Nedlands Library, 60-64 Stirling Highway.

SCENE (3): Top row from left to right; Bill Vincent, Judith Robinson and Vincent Bauch. Second row from L-R; Anthea Harris, Antonia Taylor and Talola John. Third row L-R; Rafal AlKnany and Sam Salo - Julie Martin and Tracey Hage - Dianne Harbourne, Sheila Hayes and Diana Salvaris. Fourth row; Anthea Harris and Ying Ying Shi. Fifth row L-R; Tracey Hage and Pam Milne. Below far right; Maria Krzak, Robyn Forrest and Catherine Plowman





SCENE (5): RADIO station 94.5 radio announcers Peter Curulli and Lisa Shaw visited the beautiful Berrington Aged Care facility in Como recently to interview some of the residents about their lives and family. Peter and Lisa toured the facility and enjoyed lunch with the residents. They had a great time sharing stories. Radio 94.5 filmed the interviews and they can be watched at their website. SCENE (5): From left to right; Berrington residents; Molly, Venia, Sandra and Wyn with 94.5 announcers Peter and Lisa.





How hearing aids have helped with my tinnitus and chronic migraines

Gidday, my name is Joanne Hayward, and I am a Chronic Migraine and Tinnitus suffer.

My neurologist referred me to Brad Hutchinson Hearing where I was fortunate enough to be seen by audiologist Ana Marinova. Ana's testing showed minimal hearing loss, but nevertheless suggested that I trail hearing aids to help deal with the tinnitus.

The benefit I received from the hearing aids right from the start was wonderful in providing significant tinnitus relief. I found my head was clearer, because I didn't have a constant ringing in my head all the time. This enabled me to focus, think and concentrate without distraction, because my mind was no longer having to tune into the perpetual

The hearing aids have been positive in many other ways as well. As a person with some hearing loss, I hadn't realized I was struggling

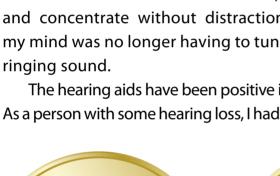
to hear what people were saying. My mind now was no longer having to work so hard to concentrate on what was being said.

> I was also not aware of the many sounds around me in my everyday life that I was not hearing, like the movement of the leaves on trees, and rain hitting the ground.

And in large open spaces, I am able to hear more clearly and process information with relative ease.

The chronic migraines, I feel definitely are better. The clarity in my head, and the ongoing treatment from my neurologist are lessening my weekly attacks. People who know me also have noticed huge positive improvements in my wellbeing.

It has been fantastic to receive this help. I would like to sincerely thank Ana and the staff at Brad Hutchinson Hearing for their care and support in helping to improve my quality of life. Joanne Hayward



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FREE **SERVICES FOR PENSIONERS & VETERANS**

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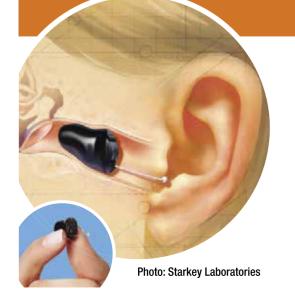
Brad Hutchinson Hearing's professionals are the hearing-in-noise specialists.

Audiologist Ana Marii

with Joanne Hay

Let us prove to you how effortless hearing should be - even in background noise - with a 2-week home hearing aid trial*. No cost. No obligation.

*conditions apply



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