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NEWS

LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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Suchet sashays into Perth



David Suchet © Ben Symons

narrated many. His voice is so warm and expressive it is a pleasure to listen to him speak.

"I really enjoy the documentary world and I love presenting as me and I really enjoy narrating as well," he said.

At 73, I asked him whether he had thoughts of retirement.

"They say actors never retire, the telephone stops ringing.

"I am waiting to see how my theatre career turns out, I am waiting to see if I get any great zonking roles and whether I do them, but certainly as far as film, television and radio, goes you never say no," he said.

In a world where people are living and working longer, I asked him how he thought society had changed in how we view getting older?

"I think the view of age is very, very, different to what it was before, however as far as casting is concerned, in terms of the nature of roles it may be more limited, but I am still enjoying my career very, very much."

A career as an actor can be physically demanding and I asked him how he manages his health and well-being.

"Because I am an actor, my mind, my body and my voice are my business - you hire me, I have to be fit mentally and physically as I possibly can to be able to play my roles to the best of my ability.

"I think it's terribly important to stay fit as you get older and I am very lucky my son has two gyms in the town of Bath and comes from a sports science background.

"He is very knowledgeable about nutrition and exercise and he's inspired my wife and I to really keep going to the gym and have a trainer and work out three times a week as a minimum and to try to eat as nutritious food as possible."

continued on page 15

by Jennifer Merigan

WORLD famous for his 25-year television role as Agatha Christie's *Poirot*, David Suchet will return to Perth this January to present a retrospective about his career and life.

On a recent visit to Australia the charming David Suchet took time to speak with *Have a Go News* about this very personal look into his life and career.

Beginning his career in 1969 he has worked across stage, film, television and radio but it was his role as *Poirot* which propelled him to world-wide fame.

"I was cast in the role of *Poirot* in 1987 and that launched me in a completely new way" he said

"*Poirot*, being watched by so many people, allowed me to take on heavy lead characters and I would bring bums

on seats.

"It afforded me the opportunity to play leading roles and great roles in radio, film, television and theatre"

His most recent television work was playing the CEO of a large media company in the BBC television drama *Press*, which follows rival newspaper editors and reporters as their industry struggles to contend with the explosion of

online media.

We spoke about the future of newspapers and David confesses to still loving the feel, smell and struggle of reading a real newspaper. Although he does use digital newspaper apps when travelling. He says that newspapers and books will always have a place in his world.

Another string in his rather long bow is the documentary world. He has made several and



Have a Go NEWS

IN THIS ISSUE



let's go travelling

- New York City
- London Calling returns
- Russia
- Buying a rig



Have a Go News'
Jo Allison interviews authors Ailsa Piper & Tony Doherty



- International Volunteer Day
- Where opinions matter
- Food & Wine - reviews, recipes and more

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From the editor's desk



Jennifer Merigan

It always warms my soul to get out and about in the community attending events and meeting lots of lovely people. Last month I joined the South Perth Seniors Centre for their 60th anniversary celebration at the Royal Perth Golf Club and it was such a pleasure to a part of the celebrations of this very active centre.

The Seniors Recreation Council's informative Be Connected event was another function I attended and was an excellent opportunity for attendees to find out more about technology. Coleen Wright had everyone up and dancing with her Robot Buddy and she wanted me to advise readers that she is now offering one on one sessions online. Some people are able to have the cost covered from their home care packages, call her on 0405 036 208 to find out more.

I also attended the gorgeous Ida Smith's 100th birthday with the Sterling Silver Singers

Choir, the Foodbank 25th anniversary, the season launches for WA Ballet and WA Opera and Channel Nine's program launch for 2020. It was a busy and rewarding month.

As we head into WA Seniors Week I look forward to meeting more people at the various events.

Channel Nine will be running some community events throughout November and look forward to meeting *Have a Go News* readers. See page 5 for more details.

The Royal Commission released an interim report about the aged care system at the end of October stating that the industry needs fundamental reform and there was some pretty grim reading in there.

From personal experience, I think we are pretty lucky in WA with many of our providers working exceptionally hard to provide the best care possible for our elders.

Executive officer of the Seniors Recreation Council of WA, Dawn Yates wanted to share some of her experiences with readers to give people another perspective. Dawn's mother suffered from dementia and eventually had to be moved to a nursing home due to her condition. She was cared for

at Brightwater in Mount Lawley for six years and Dawn said the care her mother received was excellent.

She said that she felt that because so much bad news was being reported in the media from the Royal Commission that many organisations and their staff must be feeling quite despondent and that this overrides much of the good work which is done here in WA.

Dawn is also the organiser of the Aged Care Games which provide an activity day for people in care across metropolitan and regional areas. Dawn meets hundreds of people and their carers from many providers during the games and that her experiences of the aged care providers across WA have been nothing but exemplary.

This month more readers have taken up the question and answer service from the Department of Human Services' general manager Hank Jongen. It makes me feel happy to be able to get information and resolutions for people quickly.

Our resident lawyer Raymond Tan is particularly concerned about elder abuse and people are invited to send in their questions and he will offer free legal advice for general queries, email ray@tanandtanlawyers.

com or info@haveago news.com.au.

The *Have a Go News* Facebook page provides us with the opportunity to interact with people on a daily basis and we would love to have you onboard with us on that platform. We have jokes, quizzes, giveaways and lots of events. Join the more than 10,500 people who follow us there.

We have really ramped up the stories we are filling on the *Have a Go News* website, providing another opportunity for us to share more information with people which we can't include in the paper. It's a free service and offers a lot of topical news for people to access with no pay walls, no fake news and no celebrity stories.

If you would like to receive the paper electronically, we offer people a free service to deliver the paper to your inbox on the day of publication. Sign up at readers@haveagonews.com.au

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Jennifer Merigan
Editor
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Ageing research snippet

THE latest health research finds that probiotics may offer benefits against a raft of health conditions, including allergies, arthritis, asthma, cancer, depression, heart disease, and gastrointestinal issues and may even help with weight loss and cognitive function. There are many foods naturally loaded with probiotics which are mainly fermented foods such as yoghurt, kombucha, tempeh, miso, and

sauerkraut. For people who don't enjoy these foods they can still enjoy the health benefits from probiotics by taking a supplement. Probiotics are particularly recommended after a course of antibiotics. Always check with your doctor first to make sure supplements are right for you. World-wide research shows that probiotics can play an important role in achieving and maintaining good health.

Have a Go News Quick Quiz

1. Tiger Woods won how many majors in a decade?
 2. Nat Fyfe was unconscious playing which team?
 3. Which Oscar winner won \$850,000 in defamation?
 4. The Federal Government went to the 2019 election with a majority of how many seats?
 5. Bill Shorten's wife's name is?
 6. Which WA Treasurer became Australia's Attorney-General?
 7. Elon Musk heads which car company?
 8. Which political party chased US gun lobby money?
 9. Which comedian invented the Mr G character?
 10. Which body controls Australian elections?
- See answers on page 44.

Urban slang

GOAT
AN acronym for "greatest of all time," which can be used to refer to athletes, actors or entertainers...

Quote of the month

WHEN we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure.

Peter Marshall

Great West Aussies - Did you know?

AUSTRALIA'S freestyle surfer of the 1980s, WA's Jodie Cooper became world No 2 in 1985. When she retired after 11 years in 1993, she had claimed 13 international titles.

Funny historical fact

IN 1314 King Edward II banned football in England because he thought the game was too violent.

Word of the month

Elucubrate (verb)
TO produce something with lengthy and intensive effort by study usually at night.



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The priest and the actress – an unlikely friendship which produced a book



Left to right; Ailsa Piper and Tony Doherty

by Josephine Allison

AN unlikely friendship between Sydney Catholic priest Tony Doherty and then Melbourne based actor, turned writer, Ailsa Piper, started with a simple email which evolved into a on-going correspondence on life experiences

and observations.

Now the book charting their friendship, *The Attachment, Letters From a Most Unlikely Friendship*, is charming readers.

Have a Go News caught up with the pair by phone in Sydney where Ailsa has moved. The easy banter and wit shared between them is

a result of a love of conversation, literature and life with its many highs and lows transformed into email letters

"Friendships are interesting things, there is a subtlety about the growth of friendship and it doesn't move in a straight line but rather in a sort of wave pattern, as life does," says Tony who has worked as a priest and educator in Sydney for more than 50 years.

"I believe our friendship has been a huge surprise, not because I have a friend from a different generation but because we come at the world slightly differently," says Ailsa. "I am always aching to slow down and deal with the inner restlessness that has been with me all my life."

"I start from a slow pace, this woman encourages me to walk faster," said Tony.

"Tony has lived in the one place all his life and has a deep connection with Sydney, whereas I have lived in several

different places," says Ailsa. "His deep and significant link with Sydney is a beautiful thing."

Ailsa Piper is a storyteller and walker and has worked as a writer, director, actor, teacher, speaker and broadcaster. In 2012 her first book, *Sinister Across Spain*, the story of her 1300km walk along a less-travelled pilgrim trail, was published. The book prompted Tony Doherty to email Ailsa to say how much he had enjoyed it and a friendship between inquiring minds began.

"Our friendship has been enormously valuable to me," says Tony. "My profession demands celibacy and my work pattern can be quite intense, but to involve myself in the writing world is a different trajectory."

Once the decision was made to turn more than eight months of email letters into a book, the hard work started. When it came to publish, the pair decided the email letters were not enough so they

spent 18 months coming up with a way to frame them. The result is dialogues to the reader to replicate conversations and essays on various topics.

The accolades the book has received has been a great surprise to Ailsa and Tony. "We both worked on it very hard but wondered if we would find a publisher," says Ailsa. "To our surprise and delight, it has been received brilliantly."

"There are many things I like about Tony and he was an incredible support after my husband Pete died, but that came after we had been friends for some years. At 85 he has one of the most open and questioning minds I know. He is one of those people you can hand a book to, he will look into it and have good questions."

Ailsa has always been a passionate letter writer, growing up in outback WA where the arrival of the mail truck was a big event.

"I wrote letters to my grandparents and pen pals and still keep up a correspondence."

Her father, John, and two brothers live in Perth and she visits about three times a year.

Ailsa says she likes email or handwritten letters because people listen differently.

"With a verbal conversation you have the urge to jump in and say things but with a letter you hear out a person and respond in full. You can go deeper and richer."

Although he has now resigned from caring

for a parish, Tony is still busy carrying out many priestly duties and writing about priests he has known via a podcast.

"It is deeply satisfying dipping into my own memory, like fishing to gradually draw memories from your mind," he said.

The Attachment – Letters From a Most Unlikely Friendship (Allen&Unwin), \$29.99, by Ailsa Piper and Tony Doherty, is available from good bookshops.

Spring into summer...

FOR their final concert of the year, on Sunday 24 November, Swan Harmony Singers present a feast of music that includes jazz classics, a couple of musical theatre hits, a lilting Scottish ballad, traditional numbers and, with Christmas fast approaching, some seasonal favourites.

For those who couldn't make the choir's Darlington concert in October, come along and get into a festive mood at the Salvation Army Citadel in Swan View. After the concert, enjoy afternoon tea with choir members.

Mark your diary for 3pm, Sunday 24 November, at Salvation Army Church Hall, Morrison Road, (car park behind on Christowe Road) in Swan View.

Tickets (including a scrumptious afternoon tea) cost adults \$20, concessions \$15, groups of 10 or more \$150. Children under 10 free.

More details please call Maureen on 9299 6588 or advance bookings Ronnie Wood on 0419 961 711.

Fancy a cuppa, and talk?

PATRICK Cornish will emcee the Christmas edition of *Booked in for a Cuppa* hosted by Royal Western Australian Historical Society.

A variety of guest speakers will give brief talks on great WA reads while the audience enjoys a cuppa.

This talk will include *Have a Go News'* journalist Lee Tate speaking about his book *Awesome WA*, John Horsfall, Richard Offen and Sue Clarke.

Held on Friday 29 November at 10 am at Stirling House at 49 Broadway in Nedlands, tickets are \$10.

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

The Have a Go News DECEMBER edition will be published on Monday 9/12/19



Have a Go News was founded in 1991 by Judith Treby (Dec) and Quentin Smythe (Dec)

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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor, Hear! Hear!
I REPLY to Merri Forrest's letter on hearing loss and the impact it has on one's life in the October 2019.

Firstly I thank you Merri for saying it how it is. Having a hearing loss, I can relate to everything you had to say. It does create loneliness even though you are out with people. I'm sure we have all had to endure moments that makes one feel they just want to escape; just get home to our own space.

At times I feel humiliated that some people think because I cannot hear properly due to hearing loss and loud background noise that I am also dumb.

I have even had people say: "it's no good talking to her as she

can't hear you" which is an incorrect statement as I am not completely deaf.

I also find it very uncomfortable when people yell into my ears – that makes it worse.

What I find most difficult is on the mobile phone, so I've had to go to the added expense of a landline.

I have tried a few techniques to make communication more workable. This includes making sure I sit away from the noisy area where possible. I am up front in stating I have a hearing loss – if you want to have a conversation maybe we can move to a quieter area or catch up sometime for a coffee.

Unfortunately this doesn't work that often. Due to this my social

life has dropped off.

The editor did suggest contacting the local seniors centre. I have tried that approach, however they don't appear to be interested.

Maybe we should start up our own little groups wherever we live. I live NOR in Perth and am happy to start up a group that could meet once a fortnight in a quiet venue and support one another.

I'm not saying that people do not understand; I have met some lovely understanding people, however one needs to walk in another person's shoes to really realise.

Kind regards,

Susanne Josic
Via email

Dear Editor,
THE recent release of the Australian Institute of Health and Welfare report *Burden of Tobacco Use in Australia* revealed the ongoing divide between city and regional public health outcomes yet again.

Smoking is the leading preventable cause of death and disease in Australia and claims the lives of more than 21,000 Australians each year. Rural people have higher smoking rates and suffer nearly twice the harm from smoking compared to those in major cities. As a general practitioner and harm reduction specialist for more than 30 years it's frustrating to see it being neglected, particularly in the bush.

The Government has allocated a miserly \$25 million dollars for a media campaign over four years but has no other new strategies to reduce the smoking rate which has stalled since 2013.

In contrast, smoking rates are falling faster than ever in countries such as the UK and US where vaping is a central part of their quit smoking strategy.

Vaping is a far safer alternative for smokers who are unable to quit with conventional treatments and is actively encouraged by the UK and New Zealand governments. It is perplexing that Australia remains the only Western democracy to ban vaping.

People in rural areas of the eastern states are suffering from a heartbreaking drought. They are also being punished financially by the high tobacco prices. Vaping is a significantly cheaper alternative to smoking, yet it is banned.

All Australians, especially those in rural and remote areas should question why effective, lifesaving alternatives such as vaping are not available to Australian smokers.

Sincerely,

Conjoint Associate Professor
Colin Mendelsohn (UNSW)

Foundation chairman and board member Australian Tobacco Harm Reduction Association (ATHRA)

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- Maytime:**
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19 WANTING YOU
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Dear Editor,
I COULDN'T help but smile at Numbat's observations in October's *Have a Go News* Let's go Travelling.

I'm not a nomad, not even a traveller these days, but I am going grey – fully expected, as a septuagenarian.

It was very interesting to read the comments and grumbles about travellers' encounters, but mention could and should be made of the grievances we all encounter in our daily lives.

Personally, I know

I've become less patient, less tolerant as I've aged, and my family smile when I describe myself as 'old and grumpy'.

I use this description too, when having to (endlessly) provide my date of birth for identification purpose for even the smallest enquiry, whether by phone or online.

"Does anyone else feel this too?"

I think that by the time we reach a certain age, we have certain expectations – not necessarily too ex-

treme – just everyday service and politeness, sadly often lacking in many areas and outlets these days.

By the time we reach our 70s, we're growing tired of all the BS. By that, I don't mean bank stuff, although they also leave a lot to be desired, in many ways.

My list is endless, and perhaps yours is too, but does anybody care? I guess we just have to accept modern day living. Such is life!

Florence Mellott
Ferndale

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Here's a hundred reasons to find your voice and start singing



Nicole De Hoog and Ida Smith

by Jennifer Merigan
UWA School of Music

conducted a program
12 years ago promoting
the value of singing for

older people, particularly
if they were affected by
Alzheimer's or dementia.

Facilitator of the program, Nicole De Hoog, established choirs for seniors with many still active.

Nicole now leads the Sterling Silver Singers Choir which was established during the program and who meet in Dianella every Thursday morning.

I was invited to visit the choir to help celebrate one of their member's 100th birthday.

When I arrived more than 50 people were belting out, *I Still Call Australia Home* and it was a joy to hear.

The birthday girl Ida Smith, who attends the choir weekly, was so warm and friendly it was a pleasure for me to be a part of her special celebration.

Ida still lives indepen-

dently in Darlington and has loved music all her life.

In the 1950s and '60s she sang in many choirs, various operas and with the Gilbert and Sullivan Society.

Her musical gifts have passed down the generations because choir leader Nicole, who also happens to be one of Ida's three daughters, is a musician and Nicole's son Stu McCleod is the guitarist in the well-known band *Eskimo Joe*.

Ida said she is so very grateful to be able to live independently and still be on her feet.

I asked her what felt like to reach 100.

"It's quite wonderful, it really is, you just go along and all of a sudden you're 100 and ev-

eryone has made such a fuss."

Ida said that life has been good to her, she had a wonderful marriage to her husband who passed away several years ago and has three lovely daughters, 10 grandchildren and seven great grandchildren.

"I'm very ordinary but I believe God has looked out for me all these years," said Ida.

Ida remains active and gets out and about with bible study, the choir, shopping, and church every Sunday.

Born in Scotland, at 97 Ida returned to her homeland for a trip down memory lane.

I asked what she thought her secret for longevity was and she said she walked a lot

when she was young, loved singing and music and has kept active with gardening and housework although she doesn't vacuum anymore.

The Sterling Silver Singers Choir meet at 10am every Thursday at the Guide Hall, Jim Satchel Reserve, Light Street, Dianella.

Any one is welcome to join this caring and friendly group and choir leader Nicole says you don't have to be a singer just come along. For more information call Nicole on 0431 893 514.

To see Ida and the choir in action visit the *Have a Go News* Facebook page for a stirring rendition of *I Still Call Australia Home*.

Happy birthday Ida from all of us!

Nine News keep it local and want to meet *Have a Go News* readers



Left to right; Matthew Pavlich, Tracy Vo, Louise Momber, Michael Thomson and Paddy Sweeney

NINE News team love telling the local stories that matter to Perth, and now they want to meet *Have a Go News* readers.

Channel Nine has been part of the fabric of Western Australia for more than five decades, broadcasting into homes

over generations.

A lot has changed over the years, and in October 2016, after 51 years in Dianella, Channel Nine moved into their incredible, purpose-built studio, right in the heart of the CBD.

Nine News is in fact

Perth's fastest growing news service, and the only 6pm bulletin to be experiencing positive year on year growth

among people in the Perth metro area.

But it's the community connection the station is really proud of, through local partnerships, events, stories and people.

From the top of the Terrace the team broadcast the local news every day, but this time they'll be leaving the studio and heading to a café nearby for people to meet the team over a free morning tea.

This series of special community events will run throughout November in suburban cafes across town and people can meet the Nine News presenters at different local cafes over the month, chatting to the community over a cuppa.

Michael Thomson (Thommo), who anchors Perth's Nine News, will be at every catch up, along with many of the other presenters.

Come down and meet the team every Wednesday from 10am to 11.30am in November at the following cafes:

Wednesday 13 No-

vember – May Street Larder 23/155 Canning Highway in East Fremantle.

Wednesday 20 November – Little H Café at 34 Marri Road in Duncraig.

Wednesday 27 November – Little Guildford, 104 Swan Street in Guildford.

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Some vegetables are better to eat than others for a healthier heart



Dr Lauren Blekkenhorst

by Frank Smith

AUSTRALIAN dietary guidelines state we should eat five to six serves of different types and coloured vegetables every day. In addition to vitamins and minerals, vegetables provide an excellent source of fibre which is good for gut

health and plant bioactives that help fight inflammation and oxidative stress.

Research by Dr Lauren Blekkenhorst, a post-doctoral research fellow in the School of Medical and Health Sciences at Edith Cowan University, has found that eating vegetables high in nitrate, such as spinach, rocket and lettuce, may reduce the risk of heart disease and stroke by up to 40 per cent.

“Heart disease claims the life of someone every 12 minutes in Australia, making it our leading cause of death,” Dr Blekkenhorst said.

“We know that eating a wide variety of vegetables can reduce your risk of heart disease. Current research, thanks to a

\$640,000 NHMRC grant, will allow me to dig deeper and look at which specific vegetables provide the greatest reduction in risk.”

“I will also be exploring what particular components of these vegetables provide the protective effects against heart disease. There are many bioactive compounds in vegetables that we still don’t know much about.”

Dr Blekkenhorst’s research will focus on three groups of vegetables:

Cruciferous vegetables – broccoli, cabbage, cauliflower and Brussels sprouts.

Allium vegetables – onions, garlic and leeks.

Leafy green vegetables – spinach, rocket and lettuce.

“Some sulphur-con-

taining compounds are found almost exclusively in cruciferous and allium vegetables. There is some evidence that these compounds may play a role in preventing heart disease.

“Leafy green vegetables are a rich source of inorganic nitrate, which my previous research has shown may protect against heart disease and stroke.

“Nitrate is converted in the mouth to nitrite and subsequently to nitric oxide within the body. This helps reduce blood pressure and increase blood flow, allowing vital nutrients and phytochemicals to be delivered throughout the body,” she said.

Nitrates and nitrites are sometimes used as preservatives in foods, such

as bacon, ham and sausages. Earlier research has indicated that nitrates can be converted in the body to nitrosamines which in the right environment in the body may cause cancer.

“Vegetables contain a number of other components, such as vitamin C and polyphenols, that enhance the reduction of nitrite to nitric oxide and potentially send nitrate on the right pathway,” she said.

She said previous clinical trials investigating the effects of dietary nitrate on blood vessel health have shown consistent findings amongst healthy populations, with mixed results for older and at risk populations.

“It will be interesting to tease out why we don’t

see the same consistent effects of consuming vegetables high in nitrate among older people at risk of heart disease.”

Dr Blekkenhorst said the first part of the project will involve studying the diets of more than 500,000 people around the world to establish which types of vegetables are associated with a reduced risk of heart disease.

“We will then establish causal effects using randomised controlled trials to show definitively which vegetables are the best for heart health.”

It is not possible to conduct double blind trials, the gold standard of medical science, in dietary intervention studies because the volunteers know what they are eating.

Most nutrition interven-

tion studies ask participants to self-report what their background diet is during the intervention. However, people do not have perfect memories and reports are also biased by their relationship to the interviewer.

To overcome this limitation Dr Blekkenhorst plans to back up food diaries with measuring biomarkers in blood and urine samples.

Dr Blekkenhorst is looking for men and women between the ages of 50 and 75 for a six-week study to improve diet and blood vessel health. Volunteers will be recruited at the beginning next year.

For information on volunteering call 0432 752 165 or email thevesselstudy@ecu.edu.au.

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University of the Third Age members explore Rottnest Island



University of the Third Age (U3A) in Rottnest

NORTH Coast region of University of the Third Age (U3A) which meets in Hammersley had a

memorable excursion to Rottnest in late September with 35 members heading across for

the visit. Three Rottnest Volunteer Guides are U3A members. They helped

with planning and information.

One of the main tenets of U3A is that learning is an important part of people's lives, no matter what their vintage and it can be fun too. The guides explained the chequered history of Rottnest Island and pointed out the interesting colonial architecture in the settlement. Rottnest has the greatest number of colonial buildings in one small area anywhere in Australia. They also regaled members with stories of some of the terrible shipwrecks that occurred there.

A two-hour coach trip around the whole island included stops at Kingstown Barracks, Parker Point, the WWII guns at Oliver Hill, the Wadjemup Lighthouse, the West End, City of York Bay (site of the worst shipwreck) and Geordie Bay. Fascinating commentary ensured that everyone had a good understanding of the flora and fauna, the geology and the recent and ancient history of this unique limestone island.

Lunch was back at the settlement. This is the only part of the island where people live – the rest being pristine as it is an “A” class reserve.

After this the party split into three walking groups. One was a quokka walk and yes, selfies were taken. Another group learnt about the tragic years when the island was an Aboriginal prison and the third walked along the beach to hear more about the wrecks and reefs and the work of the pilot boat.

U3A North Coast chairman, Dee Tartt, said: “We had a wonderful day at Rottnest Island and many would like to do it again.”

All agreed that it was a memorable day and were grateful for the knowledge and expertise shown by the guides.

If you would like to join U3A North Coast, contact June Barns on jnbarns@bigpond.com

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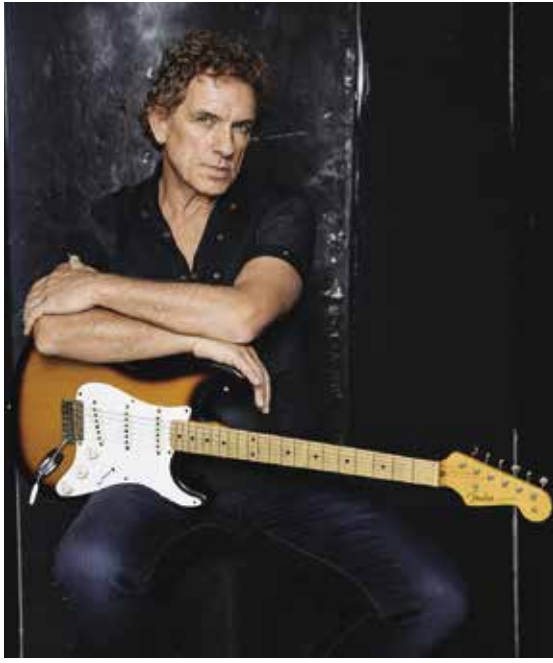
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Australian music icon returns to Perth to celebrate 30th anniversary



Ian Moss

by Brad Elborough

IT'S time to play a game of 'Wow, has it really been that long?'.

It has been 46 years since iconic Australian rock group *Cold Chisel* formed; and 35 years since they first broke up.

And it was 30 years ago that now 64-year-old Ian Moss, a found-

ing member of *Chisel*, launched his successful solo career with his debut album *Matchbook*.

Tucker's Daughter is just one of the songs from that album that has stood the test of time and that you will be able to belt out without thinking.

Things went pretty well for Ian after the initial reign of *Cold Chisel*, but

he looks back now and admits that it was out of character for him to have taken such a risk.

"When I think back, it took a bit of guts," he said. "Towards the end of *Cold Chisel*, when we called it quits back then, it was hard work. We had lived in each other's pockets for a long time and it was really hard to keep burning that brightly and that intensely."

"What we ended up doing is what most bands should do – realise you can't just burn and burn and burn and to take time off."

"You start having thoughts – 'I want to do my own thing; I am sick of this style of music; I want to do something different; I'll really show them'."

"Then you get out on your own and you think: 'shit, where is my support? Where are my mates?'."

Ian forced himself to continue making music after the members of *Cold Chisel* went their own ways.

Don Walker, another *Chisel* original, continued to write songs and told Ian that he had faith in

him as a solo artist and would give him first dibs at whatever he came up with.

With that knowledge, Ian started to get on with it.

It took him about five years and a trip to the US to get *Matchbook* out. He's really not one to rush these things. His latest album, titled Ian Moss, was released in 2018, 22 years after his previous.

The *Matchbook* tour isn't an opportunity to introduce all of his latest music to his fans though. There will be a couple on the play list, but this is a celebration of that first album. Of course, there will be a few *Cold Chisel* songs featured too, which is only fair as Ian sings some of their anthems, such as *Bow River* any-way.

Touring for Ian will be a little different this time around to what it was like 30-40 years ago.

Can you image what being on the road with *Cold Chisel* would have been like in the 1980s?

"In the old days you could go absolutely nuts," Ian remembered. "Have a gig on Tuesday night and

party all night, have bugger all sleep and get up and do that six nights in a row."

"These days, most people are playing week-ends. You have plenty of recovery time between gigs."

"It will be tough going, but I am ready – I am ready."

To get ready, Ian has been upping his fitness.

He hates running, but power walking, swimming, cycling and cardio boxing have worked their way into his routine in place of partying.

Adding to the need for Ian to be tour-fit is the recent announcement that *Cold Chisel* will be touring again before the end of this year. In fact, the boys will be in rehearsals while Ian is in Perth finishing his responsibilities with *Matchbook*.

Having played and sung the songs that will feature on both tours for three-to-four decades, Ian won't have much trouble catching up with the others in their tour preparations.

And if something strange happens and Ian misses a word of *Tele-*

phone Booth, or Jimmy Barnes freezes on a line of *Khe Sanh* most people in the audience will be able assist.

Ian explains why his music is still popular, among different generations, whenever it is played live or on a juke-box.

"All I can tell you, largely it comes down to song quality," he said. "That is something Don Walker was really ferocious about in the early days."

"Anyone can bung a song together reasonably quickly, but if you want something that really means something and is going to last a long time, you have to knuckle down."

"He wouldn't just let anything through. If you come along with something half-baked, half-finished... other bands would say: 'this is good enough, isn't it? This will do, won't it?'."

"He'd just pull it apart, to the last syllable."

"What's that word doing there?"

"Conversely, we'd be on tour doing a sound check and Don would be on a piano playing

through a song we'd never heard before. 'It's just a new song I'm working on, it's not finished yet. There are a couple of words in the second line of the third verse that just not happening'."

"He'd sit on it for days, weeks or months, but when you got them, you get it. This really locks the song; makes this song. This is a song forever, not just for this week."

"In 40 years, people are still going to be singing this. That's what it is all about."

He couldn't be any closer to the truth.

Ian will be at Crown Perth on Saturday, 7 December celebrating the anniversary of when that tough decision to go it alone after the band split finally paid off.

Ian Moss *Matchbook* 30th Anniversary Tour Saturday, 7 December – Crown Theatre Perth ianmoss.com.au/tour/

Cold Chisel will play two gigs in WA:

Tuesday, 31 December – Fremantle Park.

Wednesday, 1 January – Barnard Park, Busselton.

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Seniors are welcome to use the specially designed equipment which includes table tennis tables, modified swings and balance equipment including a sturdy walkway that is only 150mm off the ground.

There is also a flying fox for the brave, whether young or old.

If you are looking for a great way to get some more exercise and relive some of those childhood memories make a visit to Jo Wheatley Play Space at Beaton Park on the Esplanade just past the Perth Flying Squadron Yacht Club.

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SENIORS DISCOUNT DENTAL

Where opinions matter - it's time to change society's attitudes to ageing



Lee Tate

by Lee Tate

OUR business and government leaders need to seriously change their mindset if they are to cater for and capitalise on

Australia's rapidly-ageing population.

This is not just about looking after oldies, but embracing them as useful, contributing and legitimate members of a diverse society. Future retirees will need to have a different attitude, too.

On a journalist exchange program decades ago, I was amazed at how much respect the Japanese afforded their senior citizens.

Older Japanese seemed to be fitter, more interested and actively engaged in life rather

than giving the then-Aussie impression of fading-away into retirement with a spot of fishing, golf or caravanning.

Since then, greying Aussies have raised the bar. There are more joiners and participants in studies, activities and sports. Our three levels of government offer more services, interests and attractions for seniors.

But the bar is still not high enough if the Japanese are anything to go by. Tokyo-based journalist Melanie Brock notes that Japanese in their 40s, 50s and 60s are referred to as middle seniors.

In Japan they talk about what your second life should look like. People seriously think about their later years, plan them and get on with it.

More than a quarter of Japanese are over 65. Their life expectancy is 81 for men and an admirable 87.3 for women.

"Japan has a public holiday dedicated to the aged and people respect old folk," says reporter Brock.

She notes that their pension system isn't flash and they don't have Australia's compulsory superannuation, so many retirees don't have much choice other than work on past 65 in some capacity. Those who don't are more likely to get involved in structured activities and new learning.

Ageing population means living standards in the future will grow at a slower pace than over the past 40 years, says a Federal Government report *Australia to 2050*:

Future Challenges.

"Population ageing is projected to result in a declining labour force participation rate, gradually falling average hours worked and falling growth in the share of the population that is working," says the report.

The number of people aged 65 to 84 years is expected to more than double and the number of people 85 and over more than quadruple to over 1.8 million by 2050.

The proportion of people aged 65 years or over would increase from 13 per cent in 2010 to 23 per cent by June 2050. At the same time, the proportion of working-age people in the total population is expected to fall by seven per cent to 60 per cent.

So there will be rela-

tively fewer people of working age to support an increasing number of older Australians. An ageing population will also place greater demands on government services.

Japanese accept that they have to save to support their post-retirement lives. But there are opportunities with a government recruitment agency dedicated to ageing people. Oldies are encouraged to set-up businesses with \$20,000-plus subsidies.

Japan is adopting specific measures, including artificial intelligence for long-term care, as well as for online treatments and diagnosis, enhanced remote medical care and increased spending on women's health and regenerative medicine.

There's also an attitude

of life-long learning by the people.

"In many ways, other countries look to Japan for lessons on how to age gracefully," says Brock.

Japanese governments, businesses, bureaucracies, learning institutions and the medical world have all embraced ageing and continue to enhance it. But so too have those yet to start their journey on the retirement road.

Australia has acknowledged its ageing challenge. It's just a start.

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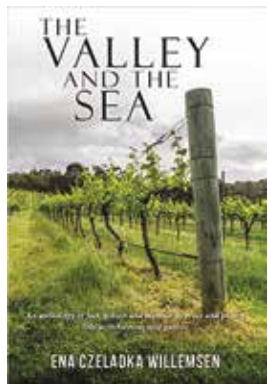
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Book Review – an anthology of fact, fiction and memoir in prose and poetry



Reviewed by Pat Paleeya

THE VALLEY AND THE SEA is a collection of

writings that cover many genres, a pot pourri of more than 100 true and fictional pieces.

There are personal memories, poetry, short stories, musings, observations and the trials and tribulations of life in general.

There are also some quite quirky pieces. Page 213 for example has a Chinchilla cat and a Chihuahua dog writing letters to the RSPCA.

There are snippets of local history throughout. The author's father settled in Australia in

1924 as an migrant from Croatia. He established a vineyard in Herne Hill where his knowledge of viticulture from the old country was put to good use.

Page 19... going to the seaside – paints a portrayal of a very resourceful father when he used dried pumpkin gourds as a learn-to-swim aid for his young daughter.

Page 61... left side up – concerns itself with us left handers (yes, I am sinistral) facing problems adjusting to a right-hand world.

"Almost from birth left handers are made to feel ashamed and prefer to be invisible," says the writer.

I can't agree with that statement and judging by the authors writing skills it didn't hamper her at all, quite the visible sinistral!

This is a book that can be dipped into in no particular order, depending on the reader's mood. There is comedy, a little poetry and even a little nostalgia.

The Valley and the Sea by Ena Czeladka Willem-

sen RRP \$25 with part proceeds to Heart Foundation.

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Asbestos Awareness Week highlights battle against asbestos related diseases



Merredin ADSA Walk participants

by Josephine Allison

THE statistics are startling: Western Australia has the highest incidence of asbestos related deaths in the country per head of population, mainly because of mining, manufacturing and distribution. The Asbestos Diseases Society of Australia Inc (ADSA) has played a big role in WA to help people affected by the deadly disease which can strike at any age.

Asbestos Awareness Week from 18 to 22 November will focus on the society's 35 year struggle for justice and combating asbestos diseases. Several events are planned.

The society's chief operating officer, Melita Markey says the society has come a long way from the early days when it was fighting for recognition of asbestos related diseases and the rights of affected workers.

The medical and legal progress was slow.

"In those days, people who were diagnosed with asbestos related diseases, especially mesothelioma, could not

even receive Centrelink benefits. Our office had to provide food parcels. People were dying and really struggling.

"The society spent a lot of time in the early days lobbying the State Government and industry to provide a framework to gain recognition that these people existed. The spectre of Wittenoom loomed large and it was not just miners affected but travellers, teachers, nurses, police and other public servants in town.

"Many children who grew up there in the town (1948-1966) were affected."

Wittenoom, in the Pilbara region, was the site of the now infamous blue asbestos mine that has already claimed thousands of lives. Wittenoom is now considered to be Australia's largest industrial disaster.

But it is not only former Wittenoom residents who are affected; virtually everyone was, from the home handyman to the wife helping her husband erect a fence or washing asbestos covered work clothes. Asbestos is part of the

community and people have to learn to live with and manage it.

A new generation of young tradies must be vigilant in the way they handle asbestos, especially when dismantling

fences and meter boards. With correct regulation and management, diseases associated with asbestos are preventable.

Society president Robert Vojakovic is a former Wittenoom mine worker who, after leaving the asbestos mine in 1962, studied and gained a Bachelor degree in Commerce. During the 1970s he became aware of the lack of support available for former Wittenoom workers who later developed asbestos related lung diseases.

Realising the enormity of the problem, in 1984 Robert incorporated the Asbestos Diseases Society of Australia in WA. He has received many awards down the years including a Member of the Order of Australia (AM) in 1993. In 2011 he was named the WA Sen-

ior Australian of the Year.

Rose Marie Vojakovic has worked tirelessly for more than 35 years to support asbestos disease sufferers, working as a counsellor for them and their families. She was made a Member of the Order of Australia (AM) in 2009 and, in 2016, was named a WA finalist for Senior Australian of the Year. The names of both the Vojakovics and the ADSA are on the benefactors' wall at UWA for their tireless commitment to funding medical research into treating and curing asbestos related diseases.

Medical research into the asbestos related diseases is ongoing with groundbreaking work carried out at the University of WA National Centre for Asbestos Related Diseases (NCARD) in Nedlands where Melita

Markey is a board member. The society now focuses on cutting edge treatment trials, funding needs and putting pressure on government to fund research.

In August last year a memorial plaque supported by the Asbestos Diseases Society of Australia and Unions WA was unveiled at Solidarity Park opposite Parliament House in Perth to honour the 4000 Western Australians who have died from asbestos related diseases.

The Asbestos Diseases Society last year refurbished its Osborne Park premises with a \$25,000 State Government grant. A new testing room screens exposure to asbestos.

Asbestos Awareness Week in WA will see the ADSA Walk from Augusta to Perth from 10

to 15 November to raise money for mesothelioma research and awareness (see adsawalk.org.au or call 1800 646 690).

An ecumenical memorial service will be held at the Redemptorist Monastery, Vincent Street, North Perth, 9.30am Friday 22 November to honour those who have died from asbestos related diseases.

The Asbestos Diseases Society of Australia extends an invitation to all those who have lost loved ones to these deadly but preventable diseases. If anyone has concerns regarding asbestos disease exposure, please see a doctor or call the society office on 1800 646 690 or 08 0344 4077 to make an appointment to see a doctor onsite who specialises in asbestos related diseases.

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Plenty of activity here! Over 55s enjoy being active in their local community.

Forget sitting at home, it seems over 55s are showing up their younger counterparts when it comes to socialising.

A recent study by The Australian Institute of Health and Welfare* has shown that almost all people aged over 65 are actively social, with up to 98% entertaining at home in the three months prior. Further to this, a huge 77% had participated in recreational activities away from home in the last year.

Fortunately for Alchera Living, one of Perth's longest running retirement village operators, the over 55s community was out in full force on Saturday, 5 October, for the latest Open Day at The Reserve, despite all those full calendars!

"We were delighted with the turnout today," said Alchera Living CEO, Alan Marshall, speaking on the day. "The beautiful spring weather is ideal for a walk around the gardens at Weeronga which are looking fantastic".

Between garden and apartment tours, yoga demonstrations, a morning tea hosted by our residents, specialist talks and local clubs displays, attendees enjoyed a smorgasbord of activities on the day.

"A great thing about our new apartments in The Reserve, is just how social residents can be", says Mr Marshall, "they're spacious with large balconies and great views so plenty of room for visitors and guests, and they share remarkable facilities that residents can enjoy".

'Remarkable' is right - the apartments and associated new facilities have introduced a wealth of enriching spaces to Alchera's Weeronga village, including a brand new indoor heated swimming pool, a fully equipped gymnasium, additional barbecue area and a refurbished Social Centre that residents are welcome to use at any time. Another benefit, for those who value their peace and quiet, there are stunning gardens to enjoy and a host of options in the immediate area including libraries, cafes, parks and more.

Eligible applicants can secure a new apartment at The Reserve from just \$420,000 (after a \$20,000 Early Bird Bonus offer available for a limited time*), each with its own secure storeroom and car bay/s. The Reserve is also fitted with electronic access for peace of mind and is situated within a secure gated community.

To organise an obligation-free private viewing of the completed display apartment, call Jodie on 0429 893 018 or visit www.thereserve.net.au.

*The Australian Institute of Health and Welfare, 2018.

**Terms and conditions apply, see website for details

Social life lacking some spark?

AN active social life is a proven way to promote mental health and well being, so come along to the Claremont Yacht Club and meet up with members of Just Friends, an active social club for singles over 60.

The group meet at 7.30pm at the Yacht Club on the second and fourth Tuesday of each month and has a great social program.

Planned future functions include a picnic, a house party, lunches north and south of the river between Rockingham and the Swan Valley, dinners, a visit to the theatre and, of course, a Christmas party.

Visitors are welcomed to come and try. They may attend up to three functions before joining.

If you would like more information about this friendly club phone Carol on 0417 679 854.

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Planning for aged care - navigating what can be a difficult process



Hank Jongen

by Hank Jongen
General manager
Department of Human
Services

THE decision to enter aged care is seldom an easy one to make. It's a major life change and can understandably be a highly emotional time for people and

their families.

The reality for many people is that aged care may be just around the corner, whether it's helping a partner or parent to enter aged care, or considering your own plans for the future.

We know it can be an overwhelming and complex process to navigate, but early planning can help to take the stress and uncertainty out of it when the time comes to make the transition.

The best place to start is at the My Aged Care website www.myagedcare.gov.au. Here, you can learn about the different types of

aged care, arrange assessment for aged care services, and find an aged care provider in your area. There's even a handy fee estimator tool on the website so you can find out what you may need to pay towards an aged care home or a home care package.

Our Financial Information Service can also help you to understand the financial aspects of aged care. You can speak to a Financial Information Service Officer or attend one of their free seminars on aged care in WA to learn more about fees and charges, and different options

to fund aged care depending on your circumstances. For more information visit www.humanservices.gov.au/fis.

If you're thinking of entering an aged care facility or getting help with living at home, we may be able to help with the costs. We can offset some of the cost of your care based on your income, assets, and type of care you need. Once you've been assessed as suitable to enter aged care by an Aged Care Assessment Team, we'll then do a means assessment to determine if you have to pay a means-tested fee

towards the cost of your care and what this fee will be.

We've made vast improvements to the aged care forms this year. They have been significantly trimmed back in size and the front page now make it clearer who needs to complete them. For instance, customers entering residential care don't need to fill in a form if they get a means tested income support payment from Centrelink or the Department of Veterans' Affairs (DVA), and don't own their own home.

Customers commencing a Home Care Package also don't

need to fill in a form if they get a means tested income support payment from Centrelink or DVA.

This is because we'll use the information we already hold about their income and assets to calculate their means-tested fees for aged care.

It is important customers make sure their income and assets are up to date when they enter into care so their assessment can be completed automatically. They can do this by accessing their Centrelink online account or by calling Centrelink on 132 300 or DVA on 1800 555 254.

There's even a digital form which tailors questions to a person's circumstances, and you can lodge this using your Centrelink online account on myGov or by printing and returning it to us. These forms are available to print at humanservices.gov.au/agedcare or you can request a copy by calling us or visiting a service centre.

Ed: If you have a question you would like answered don't hesitate to write to us and we will pass it on - email info@haveagone.com.au with Hank in the subject line.

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Advice necessary when preparing a will



Director of Perth based
Tan and Tan Lawyers
Raymond Tan

by Raymond Tan

ONE of the most interesting aspects of my job is taking instructions from my clients when they are doing their estate planning. It is great to discuss how they have accumulated their assets and what plans they have to ensure that they are passed on to their beneficiaries.

In many relationships, the husband and wife (or

de facto partners) usually see me to give me instructions for a mutual will. Very often, the parties say to me: "If I die, I wish to give everything to my spouse."

That sounds so great and loving. Both spouses will look at me with a smile and say they both agree.

I then tell them to consider this: If you have children and you give everything to your spouse, especially if the children are still young, what could possibly happen?

Well, your spouse could possibly remarry in the future. If they remarry, the new spouse will have a claim on the whole estate to the detriment of the children.

This is where it gets interesting as I get different responses from each spouse. Suddenly it clicks in the wife's brain.

"Oh yes, my husband

will definitely quickly marry a pretty young blonde. My children will lose out."

The husband often has a different view, thinking his loving wife will remain single after his death, mourning the loss of him, her beloved husband.

I did have such a case where I acted for a client whose husband and my client used to go on cruises every year.

The husband passed away and I was told by my client that she still continued going on cruises with her husband even after his death. Perplexed, I asked her how was that possible.

She told me that his ashes were in an urn which she brought on her cruises.

"Wow," I said, "You must really have loved your husband".

I then asked her what she does on the cruises and she said she goes dancing. I did not ask her more. Suffice to say, six months later she came to see me to prepare a new will as she was going to marry someone she met on the cruise.

So, you never know where love will lead you. However, see a lawyer for advice regarding your will to prepare you for where your love leads you. A lawyer should be able to guide you to the best way to ensure your assets are protected and gifted properly to the ones you love.

Readers can contact Mr Tan through Have a Go News via email info@haveagone.com.au with Legal Advice in the subject line or direct at ray@tanandtanlawyers.com where he offers free legal advice for general queries.

RETIRE WELL



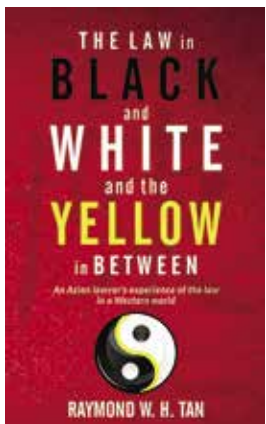
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A simple and easy to understand guide to Australian law



THE LAW in Black and White and the Yellow in Between is a guide to Australian law which offers general advice to protect yourself and family.

Written by local lawyer Raymond Tan, it gives his perspective to the laws of Australia and is intended to clear up some of the mysteries that a layperson may have about the law and how it applies to them.

There is information about estate planning, family and migration issues all smattered with interesting and entertaining anecdotes from Raymond.

As an Asian lawyer practising law in Australia for more than 29 years he believes it is an honour to protect the legal interests of his clients.

Raymond also likes to give back to the community and has taken part in the St Vinnies CEO Sleepout for 10 years. He also offers free general advice to *Have a Go News* readers in each edition.

Hard copies will be available later in the year. To purchase the book visit www.amazon.com.au/Law-Black-White-Yellow-Between-ebook/dp/B07Z3JHH42/

More Home Care services for less money? Too easy.

Home Care is designed to help you stay in your home as you get older. Funded by the Federal Government, Home Care packages are made up of individually selected services that make life a little easier. Some of those services include cleaning, gardening, meal preparation, home maintenance, shopping, medication administration and more.

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FREE MID-WEEK EVENTS

Get involved with free Crown Life events this November. Don't miss free Ballroom Dancing lessons, Zumba Gold sessions and the popular Showtime performances at Groove Bar & Lounge in the Casino.

See crownperth.com.au for full schedule.

Event dates and times may change without notice and are subject to availability.



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LIVE A LITTLE BRIGHTER

Can you reduce your risk of developing dementia?



Danielle Wrench

by Danielle Wrench
General manager
Alzheimer's WA

YES is the answer. As we get older, it is normal to experience changes to brain function, such as slower processing of information and increased forgetfulness. However, we often associate increased forgetfulness with Alzheimer's disease or dementia. Although people with dementia experience forgetfulness,

dementia itself is not a normal part of ageing.

Yet in a recent world-wide survey commissioned by Alzheimer's Disease International, two in three people, including over 60 per cent of health practitioners said they believe dementia to be a normal part of ageing. In addition, 25 per cent of people think there is nothing they can do to prevent dementia.

The prevalence of dementia in Australia is increasing due to our ageing population and for many older Australians this is a growing concern. Most people can reduce their risk of developing dementia as they age by making changes to their lifestyle.

Although one in three people over the age of 85 are currently developing dementia in Australia,

the good news is that research has shown some dementia diagnoses can be prevented by following certain risk reduction strategies.

A healthy active lifestyle, normal body weight and blood pressure, positive social interactions, mental stimulation and management of stress appear to be key factors in preventing or delaying the onset of Alzheimer's disease in up to 30 per cent of cases.

Just last week new guidelines were released for GPs in Australia that will help them recommend appropriate lifestyle changes to their patients. The guidelines were developed by the Dementia Centre for Research Collaboration and are based on ten years of research. They may go some way towards

reducing the number of people being diagnosed with dementia in Australia in the future, by providing evidence-based guidance to GPs on modifiable risk factors.

Minimise your risk of dementia by following these steps:

- Eat a healthy diet: avoid processed foods, eat lots of fish, fresh fruit, vegetables and nuts.
- Ensure you get enough sleep: at least six to eight hours.
- Stay socially active: stay connected face to face with people whose company you enjoy.
- Engage in mentally challenging activities: learn new and challenging things. This promotes new connections between the brain cells.
- Increase exercise: any exercise that increases the heart rate – ideally five x 40 minutes per week, plus muscle strength training if possible.

ally five x 40 minutes per week, plus muscle strength training if possible.

- Reduce alcohol consumption.
- Quit smoking.

What's good for the heart is good for the brain, so make sure you take care of your blood pressure, cholesterol, blood sugar and body weight.

If you would like further information on reducing your risk of dementia, want to know more about our services or just to chat, call us on 1300 66 77 88, email support@alzheimerswa.org.au or visit www.alzheimerswa.org.au. We will also be at Have a Go Day 2019 on Wednesday 13 November, so be sure to come along and visit our stand.

Rally to save family headstones

SAVING Family Headstones at Karrakatta is a group dedicated to bringing to an end the redevelopment program currently operating in Karrakatta Cemetery.

This program sees the headstones and memorials of our service personnel, pioneers, early settlers, mums, dads and children removed from the gravesite. Most people in WA are unaware this is happening – those that do know are appalled.

People own their family headstones – yet the Government has been systematically removing, damaging or destroying them for 50 years.

Saving Family Headstones encourages interested people to be at the rally to bring a stop the redevelopment program at Karrakatta.

Arrive at Parliament House steps on Wednesday 27 November at 12noon.

A big attendance will ensure the Government is fully aware the people of WA want this disrespectful process to stop.

Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
WOULD you please ask Mr Hank Jongen the following question:

I am a widow, no children, my only income is the age pension and I am still paying a mortgage on my house that I am living in.

A friend of mine needs to store some household furniture and as she knows that I have to find some money to replace this old computer, she has asked to store the furniture in my garage and shed and pay me \$100 per month for a period of between six to 12 months.

The money would go into my bank account and I would be taking it out straight away I would appreciate knowing what I need to do.

Mrs Margaret Anne Ryan
Ballajura

Response

Dear Margaret,

You will need to declare this income to Centrelink within 14 days of when you start receiving the payment from your friend. Once this is recorded, you don't need to tell us each time you're paid as we'll know that you receive this amount every month.

We'll need to know about any changes, if for example, the amount your friend pays increases. Expenses incurred in earning the income, such as a portion of the interest on the mortgage of your home, may be able to reduce the amount of income that we assess. Just remember to notify Centrelink again as soon as the income stops.

If you're also using the garage and shed personally, we won't assess them as an asset. There's some really helpful information on our website about this humanservices.gov.au/realestateincome

I'd also like to clarify a point you made about what's often referred to as 'robodebt', as there have been a lot of misconceptions on what this is. This compliance program focuses on income earned from employment. It looks at cases where there's a discrepancy between the income a customer has reported to Centrelink, and the income their employer has reported to the Australian Taxation Office.

If you or any readers receive a letter about their previously reported employment income, they can call us on the number listed in the letter and we'll step them through the process.

Sincerely,

Hank Jongen
Department of Human Services

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Drop in to the Silver Chain Rest Stop at Have a Go Day

Take a trip down memory lane and visit the house that you grew up in with our Virtual Reality technology.

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I'm doing ok, say 99 per cent of people... but there are many who are not



Rick Steele

by Rick Steele

A GOVERNMENT agent collecting statistics walked into a house to find granny swinging from the chandeliers and grandpa trying to wash a

parrot while watching Dr Phil with the volume on eleven.

"Do you think your family suffers from their mental illness?" he asked the frazzled housewife.

"No, I think they really quite enjoy it," she replied.

My father used to say: "Ninety nine per cent of the world is mad."

"And I suppose you're in the one per cent!" My mother would reply.

"Of course," he would retort.

I have mentioned before that my father was a parish priest and the

chaplain at the Mount Eden gaol. Visiting parishioners and inmates was a crucial part of the job.

Mental illness, as we look at it today, had hardly been invented. He could be talking to a murderer one morning and comforting that 'crazy' widow down the road in the afternoon.

I read in my local paper, that the not-for-profit, Mental Illness Fellowship of Australia (MIFA) now estimates 3.8 million Australians live with a mental illness. That sounds like an extraordi-

nary high number within a population of 25 million. If one were to cast a net over the extended family, one in six would be deemed disturbed.

I would think that figure would rise at Christmas time.

I am writing a song at the moment which is like an answer to my dad's line.

My song is called: *I'm the most normal bloke I know.*

I hope to perform it at Bridgetown this year, even though the Festival is blues and my song is sort of country. Some

people would say, we are deranged to drive three hours into a beautiful picturesque country town where up to 15,000 people gather for music, relaxation, a cleansing ale or a glass of red and end up in a strange bed.

I slept in the back of a truck for nearly ten years. I suppose that could be construed as being not quite the full bottle.

Some people dance for a couple of hours on end during the day and then go and do it again at night.

Does that mean they're a plank short of

a floor, or have a bovine missing in the top paddock?

I've heard people talk about me, saying I must be ten bob short of a quid 'cause I have been playing in bars and clubs for more than 50 years.

On Monday the eleventh of November at eleven we will remember them and be grateful that we live in peace and freedom.

Remember also that Seniors Week begins on Sunday 10 November with the free *Have a Go Day* at Burswood Park on Wednesday

13 November.

We all know and don't need to be reminded that the silly season comes next; but, She'll be right cause you're the most normal pal I know.

"Now, remember. As far as anybody knows, we're a nice normal family," says Homer Simpson.

Cheers dears.

Rick Steele and pals will be wending down the Swan River on Sunday 24 November.

They will be aboard the *SS Decoy*, paddle steamer and fun is a priority



Jon Lewis

by Jon Lewis
6PR overnight announcer

AS as I lay in the darkness tormented by not being able to sleep, moaning to myself that somehow the life I have chosen was not fair... an idea came to me.

This idea was born of a conversation I had on air with my 6PR radio guest, accredited exercise physiologist, Simon Cummings.

He has been spending his time understand-

ing pain and its management.

Interestingly to me he says there are some circumstances where to do more will not make it hurt more and might actually help recovery.

So rather than being debilitated with pain, in some circumstances you can enjoy being bilitated and it may even result in some recovery.

As with most things, interest is sparked when we see a personal advantage. Laying in the darkness with a cheeky crack of sun light peeking from under the door I realised my advantage.

The green light of my 1980s digital clock radio informed me it was only 1.37pm. I had not slept for nearly long enough.

I could easily lay there awake for two hours, I knew that, wasting time on the Internet (don't tell my darling wife), watching a bit of TV and moaning... or, I could see how much I could do in the same time?

It occurred to me if I did quite a lot, it wouldn't be any more painful than lying here in misery and I might even feel better for it.

So, I got up and had a delicious coffee, then I put the washing machine on. So far easy.

Collecting the car keys, I drove to the post office as I needed to mail a parcel.

The sun was shining, and it felt nice to be outside. Returning home I spent an hour in Gloria's

glorious garage gymnasium. I was feeling happy. Between sets I tidied and vacuumed. (Do tell my darling wife).

Something, rather important I do while exercising is think. While I'm lifting heavy things my mind is free to wonder. I enjoy this very much. I spent this particular time wondering about what I would write in my *Have a Go News* column?

Can you guess what I came up with?

I expect my decades young digital clock to be greenly blinking 3.37pm. Time for bed, although I have a feeling I've forgotten something? Oh well... Good night!

All the best.

Embarking on a new career at 78



Barry moved to Perth from Sheffield, South Yorkshire in 1966 as a Ten Pound Pom. Within one week of arriving he had secured a job with a spare parts business.

Two years later he saw an advertisement to train as a massage therapist at American Health Studios, which was located below His Majesty's Theatre. He decided to give it a go.

He learned deep tissue, myofascial, trigger point and relaxation massage techniques. He later worked for the Laurie Potter health club group, before branching out on his own as a massage therapist and massage therapy teacher.

He estimates he has taught massage therapy to more than 2000 people across Western Australia, via courses offered at his Wembley clinic, at the Perth Academy of Natural Therapies, at TAFEs across metropolitan and regional WA, and to sports science and sports medicine students.

Before he leaves for Japan, Barry works seven days a week. When asked what motivates him, he says his work is a passion and not a job, so coming to work every day is no big deal.

MOST people don't embark on a new chapter of their career at 78 years old, but that's precisely what well-known Wembley massage therapist Barry Harwood (pictured above) is doing.

Barry is emigrating to Japan with his wife Ally, where he will offer massage appointments and she will teach English.

Barry has earned a reputation as an icon of the WA massage industry. His massage technique is used for injury prevention, stress management and relaxation.

Are you taking too many medicines - check with your GP to review



Dr Amy Page
by Frank Smith
NEARLY one million people, mainly seniors, are taking five or more medications every day, not counting

over-the-counter medications not prescribed by a medical practitioner. A University of WA team led by Dr Amy Page, say using several medicines concurrently - polypharmacy - places older people at risk of harm, including from adverse drug reactions and possibly including nutritional deficiencies, falls, frailty, impaired cognition, more frequent hospitalisation and premature death. The team analysed a random sample of Pharmaceutical Benefits Scheme (PBS) data for people aged 70 years and over. They found that in 2017, over 36 per cent of older Australians (over 935,000) were experiencing polypharmacy. "Rates of polypharmacy were higher among women than men (36.6 per cent against 35.4 per cent). The rate of polypharmacy increased with age to nearly 44 per cent of people aged 80 - 84 years and 46 per cent of those aged 85 - 89 years," said Dr Page. "The prevalence of polypharmacy among older people increased by nine per cent from 2006 to 2017 and the total number of people experiencing polypharmacy increased by 52 per cent. "Some medical conditions need, and benefit from, medicines. This needs to be balanced against the risk that they may contribute to adverse health outcomes. "We now have a range of different drugs that are effective in preventing heart attacks, strokes, and fractures. We have medicines to that

can alleviate the symptoms of many common conditions, medicines that make us feel better when we suffer pain, nausea, gastric reflux, and other unpleasant symptoms. "But medicines can have side effects. And the more medicines we take, the more likely we are to experience these adverse effects. "There is no direct evidence taking multiple medications causes harm, only that it is linked to an increase in risk of having a fall, increased hospital admissions and being frail." Another problem is the risk of mistaking medicines and taking too many doses of one drug or taking does at the wrong time. "Health professionals are increasingly aware of the risk of harm for older people who take five or more medications. "While older people may need a number of different medicines to manage their health, sometimes there are medicines that we can reduce. "If someone is interested in taking fewer medications, they should talk to their doctor or pharmacist to see if there are any that they are able to stop taking." Dr Page is the NHMRC Early Career Fellow at the UWA Centre for Optimisation of Medicines and the lead pharmacist rehabilitation aged and community care at the pharmacy department at Alfred Health in Melbourne. The study was published in the *Medical Journal of Australia*, last month.

Members are the heart and soul of Probus Clubs



Nancy Trigwell and Jill Manning
by Graeme McNally
Vasse Probus
WESTERN Australian Probus Clubs rely heavily on the continued support of their ordinary membership. Presidents and committees come and go but, the devoted attendance of the rank and file members at general meetings and club activities is what determines the success of

the best indication we have that our clubs are soundly based. The Probus Club of Vasse (Inc) is very fortunate in having several of these long-term club members. Nancy Trigwell of Busselton joined the Probus Club of Vasse 25 years ago in March 1994. She has continually served as an ordinary member always available to help in any capacity within her abilities. She recalls many enjoyable outings including boat rides from Augusta up the Blackwood River to Molloy Island for lunch during those years. Outings are one of the most important drawcards of Probus Clubs and she has enjoyed them all. Jill Manning of Busselton has also served some 25 years as a member of Vasse Club. Shel was encouraged to join Probus Club of Vasse by Nancy and did so in November 1994, having been a member of another Probus Club previously. Over the years Jill has filled the position of president, trip/outings coordinator and several other important roles. Congratulations to Jill and Nancy for their service and support over those 25 years. To those members that have faithfully served long term and continue to serve our Probus Clubs throughout Western Australia, we thank you for your devotion and continuing service. If you would like to join a club visit www.probusouthpacific.org

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Gardens from Eden

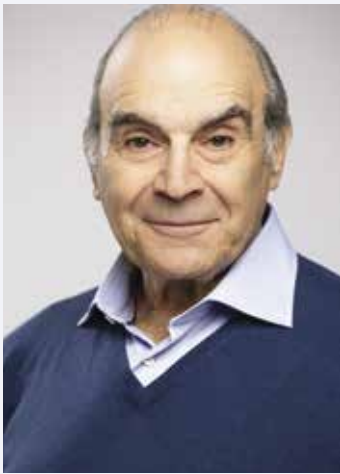
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Suchet sashays into Perth

by Jennifer Merigan continued from front cover



David Suchet © Ben Symons
With his warm and friendly personality emanating across the phone there is no doubt his

show will provide people with an entertaining experience. "I am so excited about this show and I can tell you it will be a full retrospective of my life and career. "I will be talking about *Poirot* and how I developed his character. "I will be talking to you about a theatre role, a film role and what happens then and how does David Suchet prepare for a role. "I am a character actor and I study the script in a different way. "I then will be talking about Shakespeare and I will be doing some Shakespeare speeches which will give an indication how I study the text and speak it out aloud. "It will not only be a retrospective of my life, my work and how my career has progressed but the man behind the mask. I also will show clips from various films and television shows," he said. He says it will be a wonderful chance for him to meet the people of Perth. "I look forward to seeing all the lovely audience in Perth who have supported me over the years and say hello as me and to share my life and career with you," he said. David Suchet will play the Perth Concert Hall on Saturday 18 January 2020 for two performances at 2pm and 7.30pm. To book tickets please visit: www.perthconcerthall.com.au

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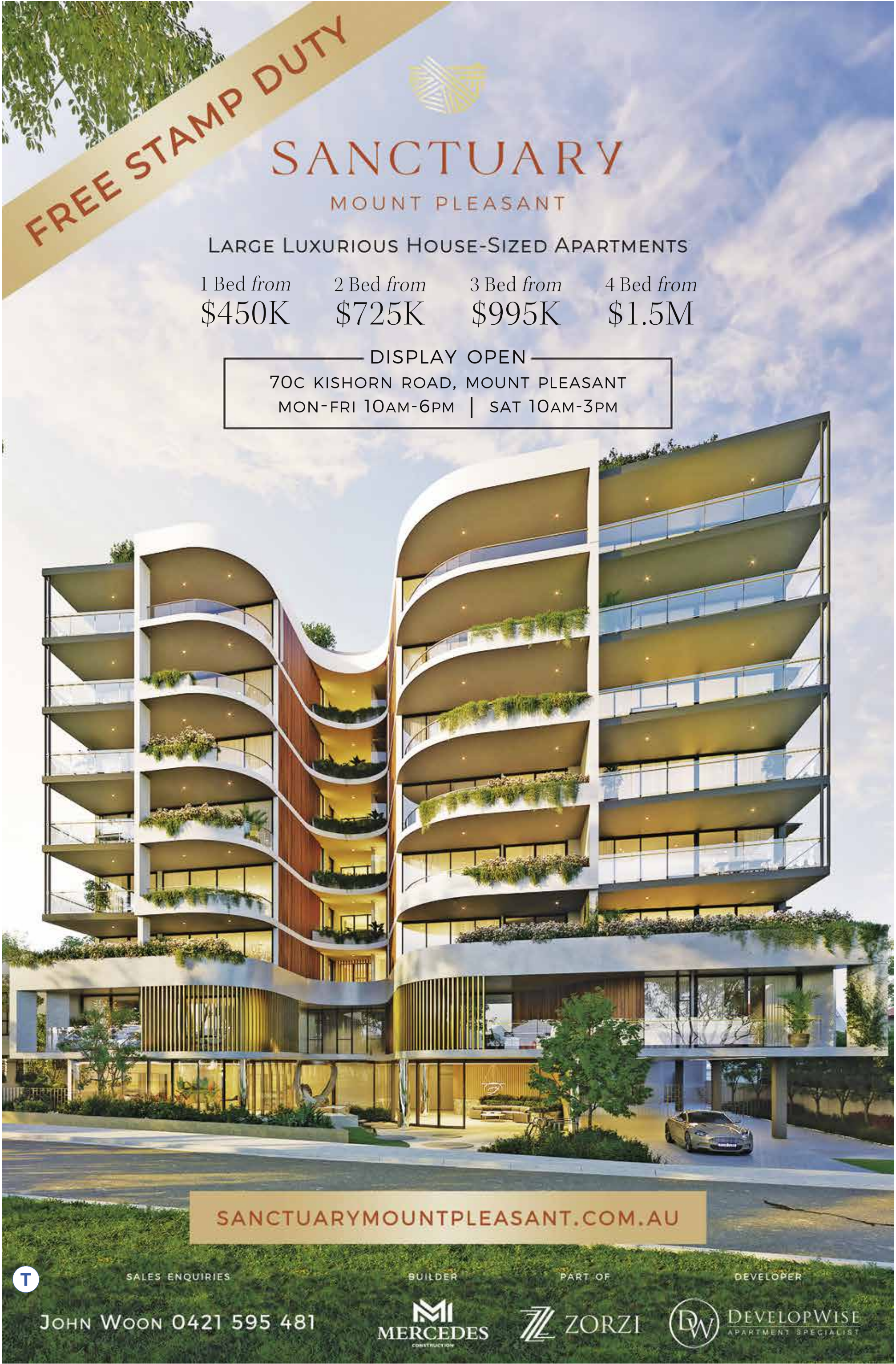
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TV Talk with Lee Tate - having a look at what children are watching on television



Lee Tate

WHAT are kids watching on television? Amid the avalanche of kids' TV programs over the past decade came their own dedicated stations. There's never been so many choices. So what programs are the kids selecting and what do they contain? To find out, I sat down

early one evening with nine-year-old granddaughter. She chose kids' station ABC Me on Channel 23. On came *Officially Amazing*. We braced ourselves for nonsense but it turned out to be linked to *Guinness World Records*. They really were going to have a crack at breaking records, monitored by a Guinness judge and watched by panel of kids. In the first challenge, some fool, albeit protectively-dressed, dangled from a railing behind a jet to beat a 25-second world record for resisting the thrust of the jet engine before being blown off. Next, a few guys tackled the world record for burpees (squat thrust, a full body exercise used in strength training and as an aerobic exercise). One guy was serious and beat the mark; the others pretty much just entertained the kids. The program's pace was breath-taking and suitably-silly but professionally-produced. There was a dancing poodle which broke the world-record for rotations on its hind legs. Then came Ashley, a Brit judo champ, who beat the world record for highest number of judo

throws of one person in a minute with 41 throws. With the program's music, child cheering and madcap themes and fast pace, we then witnessed the new world record for eating jelly with chopsticks - 398g, winning by 96g. *Horrible Histories* came next. Fascinating, historical facts, blended with character send-ups and witty (or silly) quips. We were told about rotten Romans, their barbarian skills and bloody conquests - in the nicest possible ways, of course. Apparently Romans invented the book after years of having to put their poems on long

scroll of paper. In the fabulous French section, we were told an upper class joker set-up a garden hose to shoot water up ladies' dresses when they stepped over it. He also had a jokester's spitting statue plus a trap-door anyone could fall into. In the terrible Tudors section we learnt tanners used animal poo for leather tanning in huge drums. Sometimes the fumes were so overwhelming that tanners fell into the mix and drowned. When the toilets in the royal palace were being cleaned and sent out strong smells, the

Queens would take-over homes of titled people who sometimes had to camp outside. Ladies used to dye their hair in wee to copy the Queen's hair colour. Aztecs, we were informed ate crickets, howler monkeys and specially-bred hairless dogs. In Britain's notorious, flea-ridden, Georgian Newgate Prison, inmates could bribe guards to live in comparative luxury. Vicious Vikings invented words including beserk, anger, die, cake and hit. Vile Victorians disapproved of noses being blown in public and men

smelling of onions. leg was a rude word. A joke was made of the 1916 Battle of the Somme where British troops moved forward just two miles over five months at a cost of 620,000 soldiers' lives. So, this is what kids are watching. These shows are entertaining and, to a point, educational. They are not distracting cartoons nor mindless computer games. How valuable they are to young minds is a question best left to education experts. Parents and minds should also stay on to watch. And let the TV industry know how they see it.



Mike Goodall

THE UK High Court has dismissed the claim that recent changes to the state pension age (SPA) for women was discriminatory because they were not given adequate notice of the change. The lack of notification

Information on claiming a British state pension in Australia

to women affected by three major law changes had a serious effect on many who had already made lifestyle decisions in anticipation of retiring on a pension. Some who would otherwise received their pensions at age 60 will have to wait until they are 66. The UK government appears to have learned the lesson about lack of communication. Last month they wrote to all UK pensioners living in the EU confirming that they will continue to re-

ceive their annual state pension increases until at least April 2023. The UK State Pension will increase by four per cent from 6 April 2020. This is the largest single increase since the triple lock (the higher of earnings, price inflation or 2.5 per cent over the course of the year) was introduced in 2010. The UK Government claim that they cannot afford to pay the annual State Pension increases for 50 per cent of expat pensioners. However, in a response to a freedom

of information request, they have confirmed that some of the surplus money it gets in National Insurance Contributions (NIC's) is used to reduce the national debt. The law that allows the government to do this was only introduced in 1992. The government claims that no one is getting less than they are currently due in pensions or benefits as a result of this because, they say expats have no legal right to receive the increases unless there is an agreement

specifying this. In 2017/18 the balance in the National Insurance Fund increased by £2 billion. This resulted in a surplus balance of £24 billion which was used to reduce the National Debt. The cost of uprating expat pension worldwide would be just over £500 million a year, so it is ridiculous to claim that they are unable to afford the increase. Since April 2016, partners no longer inherit their deceased spouse's state pension if their partner died before hit-

ting state retirement age. However if they died before April 2016 without reaching SPA, their surviving partner can inherit some of their SERPS. (State Second pension) provided that they had not remarried. While these amounts can be relatively small, a woman who reached SPA before 6 April 2016 can still receive a pension increase based upon both her deceased husband or her ex-husband's contributions, if divorced and not remarried.

UK Expats born before 6 May 1954 reach State Pension Age on or before 6 November 2019. UK Expats born between 6 May 1954 and 5 June 1954 will be eligible to claim their UK State Pensions from 6 January 2020. Anyone who would like to discuss the above in greater detail or want to understand their options regarding their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mikec.goodall@btconnect.com.

ASBESTOS AWARENESS MONTH NOVEMBER 2019
Asbestos Diseases Society of Australia

Dedicated to saving lives through walking for medical research

Please donate to the ADSA walks to treat and cure mesothelioma

Donations remain open until 30 November 2019.

If you would like to donate to this important cause call 1800 646 690 or visit www.adsawalk.org.au



Need support?
The team is here to help.

For over 35 years, The ADSA has been helping thousands of Australians and their loved ones with asbestos related issues access independent advice and assistance. Today the Advisory Service continues to provide advice to members and the public in the following areas;

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- + Industrial and environmental hygiene

What are the warning signs to be aware of?

Prior to a person being diagnosed, they may experience;

- + shortness of breath + persistent coughs + rapid weight loss
- + chest or abdominal pains + blood in the sputum



Seniors Recreation Council Jottings



Liveliighter Peel Aged Care Games

On Tuesday 8 October the SRCWA Liveliighter Aged Care Games were held in the Peel region. SRCWA Peel branch president Jan McGlinn and her group of dedicated volunteers were supported by Alcoa Australia staff and volunteers and SRCWA state office to present an event for seniors in care. Twelve teams competed in a specially modified range of activities.

The games were opened by Waroona Shire president Councillor Mike Walmsley. *Swing and Sway* performed dance routines for the lunch time entertainment. The best presented team on the day (as awarded by our independent judge) was Coolibah Colts and Fillies, in third place was Silver Chain Happy Galahs, second place was Alzheimer's WA Ella's Heroes and first place by a small margin was the Bedingfield Lodge Mexicans. The oldest competitor on the day was 102-year-old, Vivienne Ferguson, from Wearne House. SRCWA thanks and acknowledges the hard work by the team from Alcoa Australia staff, SRCWA state branch volunteers and SRCWA staff who helped to make this a most enjoyable event for the participants and such a great success. Remember Liveliighter by eating a rainbow of fruits and vegetables. Thank you to Liveliighter Healthway, ALCOA, Shire of Waroona and Government of Western Australia for their generous support of the games.

VALE: Leigh Davis 16/03/44 - 3/10/19

Leigh joined SRCWA in 2002 and became vice president in 2008 and served on the SMAC committee from 2014 - 2016. He was a board member until he retired in 2018. Leigh was instrumental in providing sound advice to the organisation and developing its risk management documents. He was a valued member of the Have a Go Day committee and spent many years coordinating the Fremantle Masters Games where the Aged Care Games events for seniors was reintroduced. Leigh will be sadly missed and our condolences go to his wife Betty and all his family.

**Age is no barrier at Have a Go Day,
a Liveliighter Event, Burswood Park,
Wednesday 13 November - 9am to 3pm**

The theme is *Age is No Barrier*, and there will be a wide variety of activities for people to have a go including boomerang throwing, walking hockey and football, trishaws for seniors to ride around the park and lots of technology things to try. The hospitality tents provide free tea, coffee and bottled water for people to relax and socialise at and there is a variety of entertainment. Don't miss the WA Police Pipe Band, country music artist Terry Bennetts, *The Haze Band* and a variety of other artists. Please see more about *Have a Go Day*, a Liveliighter Event on page of this edition of *Have a Go News*. Further information is available by calling 9492 9771.

**Liveliighter Activity Information Day
Bunbury**

The Liveliighter Activity Information Day for Bunbury was held on Friday 13 September at the South West Italian Club with about 900 people in attendance. Around 50 metro and regional businesses and organisations provided information and activities. A wide range of activities were available to try out including, Zumba Gold, Heart Sports, a gardening workshop and pole walking to name a few. After a few songs from the *Serenading Singers* Don Punch MLA for Bunbury officially opened the event. *Sol y Sombra - Spanish Dancer* Nicole Kostezky sponsored by South West Women's Health and Information Centre wowed the crowd with her flamenco dancing. Local Zumba legend Betty McCleary ran a few pop-up Zumba classes and the *Rusty Nails Band* provided entertainment throughout the day. SRCWA thanks and acknowledges all the hard work of, the SRCWA Bunbury branch under the guidance of president, Barbara Fleay with her team of dedicated volunteers who made this event a great success. Special mention to the emcee for the day Fiona Hinds. Thanks to the Bunbury Regional Corrective Services staff and trustees for setting up and packing down the event and to the Southwest Italian Club, City of Bunbury, Red Cross and Bunnings for their valuable support for this event. Our appreciation goes to Liveliighter Healthway, for sponsoring this event and to WA State Government for their continued support.

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



SRC President, Hugh Rogers



Calmer waters return for canoe club as spring arrives



A colourful Shelley Beach

by Jeremy Haslam

AFTER the excitement of the last few months, which saw the white water and the slower (less dramatic) moving water enthusiasts brave the elements in their separate groups, it was back to just mainstreamers and leisurelies.

Splitting into two groups has been a great

benefit for the club, the paddlers being able to choose freely between a faster longer outing, or a shorter more sedate one. Distances are not always that different, but the slower pace of the leisurelies seems to work.

The first outing was from Middle Swan reserve where for the past several months Swan Shire have been under-

taking much remediation work resulting in a greatly improved selection of launch sites. The weather though was cold and wet so only 14 brave souls ventured out, being rewarded with improving weather for their troubles. A lot of schoolkids in kayaks with variable, shall we say, paddling skills were easily avoided — great to see so many enjoying the river.

The next outing, from Deep Water Point, required some cunning planning to get a parking slot due to the popularity of the local café; some even deciding to breakfast there early and secure a place. The day started out windy, blowing in everyone's faces, while we split into our two usual groups and paddled down the river past the ever smart South of Perth Yacht Club. After the usual morning tea,

the mainstreamers decided to go back via the eastern shore with the wind in their faces (both ways), while the leisurelies (with the wind at their backs) hugged the western shore. Mainstreamers 11km and leisurelies 9km for the morning.

The first outing of October was on a sunny warm day from Sandy Beach down under the Tonkin Highway bridge and past the Ascot Racecourse to morning tea at Garrett Road. The pleasure of seeing a pair of dolphins making their leisurely but powerful way up river was an added bonus.

The following week was fine and warm too, with a good number of members setting out from Shelley Beach, with the leisurelies outnumbering the mainstreamers for once.

Morning tea was at Deep Water Point after finding Bull Creek too

shallow for much exploring due to the low tide. On return the mainstreamers headed for Aquinas Bay then Salter Point and the Lagoon conservation area where once again low water prevented all but one doing any further exploring (he was lighter — no cake at morning tea). The so-called convict fence near Shelley Beach is always of interest, and the council workers had stopped the din that had been there at launch, so a quiet lunch was had by all.

The Over 55 Canoe Club can be contacted via the president, Iris, on 9310 1841 or the secretary, Dale, on 9418 1216.



WOW Swims - the community swim series for everyone



Ports Swim Thru

by Samantha Parrotte
Masters Swimming WA

WEATHER is finally warming up, which means that a thermal wetsuit is no longer required to give open water swimming a try.

WOW Swims is an open water swimming series comprising seven swims taking place between November and March each year. They have a range of distances from 250m to 10km, meaning that there is a swim for everyone, regardless of age or ability.

With affordable entry costs and a range of discounted entry options, WOW Swims are inclusive and friendly, encouraging families across generations to take part.

The first swim of the series is hosted by Maida Vale Masters at Lake Leschenaultia on the 10 November. It is a perfect opportunity to give open water swimming a try in calm waters. There is a non-competitive 'Go Jump in the Lake' swim

of 400m which is great fun for everyone, as well as swims up to 3200m.

The second swim of the series is the Fremantle Ports Swim Thru hosted by Fremantle Masters Swimming Club, which was the first ever open water swim in WA, first held in 1922. This event will be on 14 December and with three distances to pick from, provides a gorgeous morning out at the beautiful and calm South Beach, Fremantle.

For the more experienced swimmers, we have the Christmas 10km which will be hosted on 21 December. This can be used as a qualifier for the Rottneest Channel swim.

The WOW Swims Series provides a perfect opportunity to explore the world of open water swimming, so why not give it a go?

Bring your grandchildren and make a family day of it. Have a look at www.wowswims.com.au to register for your first ever open water swim.

NOW TAKING EARLY BIRD 2020 BOOKINGS for tours to KALGOORLIE

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Explore Kalgoorlie-Boulder



Unearth the history and heritage of the outback City, to discover a wealth of treasures. Package includes three nights accommodation including Continental or Buffet breakfast, Tours of the Super Pit, Questa Casa Bordello and Kalgoorlie-Boulder Audio Walking tour.

DAY 1. PERTH TO KALGOORLIE

Depart Perth on the Prospector at 7.10am and arrive in Kalgoorlie at 2pm. Transfer to your hotel (at your own expense) and free afternoon to explore the city.

DAY 2-3. TOURING KALGOORLIE-BOULDER

Over these two days, undertake tours to the Super Pit Questa Casa Bordello and Kalgoorlie-Boulder Audio Walking Tour. Explore the streets, have a meal in a historical hotel, check out the museum.

NB Clothing restrictions apply on Super Pit Tour

DAY 4. KALGOORLIE TO PERTH

Transfer to the rail station (own expense) and depart at 7.05am, arriving back into Perth at 1.45pm.

Book with Kalgoorlie-Boulder Visitor Centre
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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 gift voucher.

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

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

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

1. Gladys Knight/Mushroom Group
2. Beds 4 U
3. Diabetes WA
4. Deposit Bond Australia
5. Sanctuary Mt Pleasant
6. Pinjarra Paceway
7. Bicton
8. Teranca Mews
9. Better Nature
10. Keystone Hypnotherapy
11. Byford Fugitive

Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/11/19.

Congratulations to D Parker of Harrisdale our September 2019 winner.

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food & WINE

...eat, drink and be merry...

ADVERTISING FEATURE

...eat, drink and be merry...

Brunch with T - historic Guildford always has so much to discover



Left to right; Little Guildford at Gardens of Guildford is a 20-minute drive from Perth - Italian bruschetta - pesto mushrooms - lovely alfresco area with a great view of the historic Rose & Crown



by Tahlia Merigan

GUILDFORD is really under-valued. Its significant heritage dates back to the establishment of the town by the Swan River Colony in 1829. I didn't realise, but this little town is registered with the National Trust and the WA State Register of Heritage Places. It's also the gateway to the Swan Valley and with all these attributes it's only a 20-minute drive

from Perth, so mark it on your list for a visit. I found a lovely cafe in Swan Street for this month's brunch. Little Guildford at Gardens of Guildford is a heritage style cafe with a large outdoor seating area surrounded by greenery and a quaint inside cafe. It has a warm and friendly feel and the day we went had a busy trade throughout the morning. They offer breakfast until 11.30am and all-day brunch until 2pm. We chose to sit in the very lovely alfresco area with a great view to the historic Rose and Crown, built in 1841, surrounded by herbs and shrubs. Menus are on the table and then its counter service for orders.

We decided to try the all-day brunch menu which offers five different dishes. They also offer gluten free bread and vegan options and extras can be added to dishes. Drinks is always the starting point and I ordered a standard flat white (\$4.50) and my guest a flat white in a mug (\$5.80) and we shared a cold pressed apple and lemon juice (\$7). It seems the longer I do this column the more I find that cafes just don't make hot coffee - the coffee was lovely, smooth and the cups warmed but it was lukewarm - it's a bugbear of mine and it seems to happen everywhere. Perhaps its health and safety but I just don't get it.

Anyway let's get to the food. I ordered pesto mushrooms (\$21) which were oven baked medium sized mushrooms (six in all), on toasted sourdough with two perfectly poached eggs topped with shaved parmesan, drizzled with truffle oil and served with a smattering of pesto around the dish. I was rather hungry and decided to add a serve of bacon (\$6). This dish was delicious, all the flavours worked perfectly together including the very generous serving of bacon. The home-made pesto really made the mushrooms sing. I was impressed with presentation and flavours and you know when you both go quiet the food is good.

My guest ordered Italian bruschetta (\$19) which was baked balsamic cherry tomatoes on grilled panini with rocket and basil oil, a poached egg, melted parmesan and fresh prosciutto. My guest said the dish was delicious and the basil oil really complemented the flavours of the perfectly poached egg and roasted tomatoes. He said the prosciutto was excellent quality not that rubbery stuff you usually get and the only thing he could fault was the lack of melted parmesan. It was a really generous serving and again beautifully presented. We both enjoyed the food, the service was friendly, from an all-boy

team of waiters and cooks, and the food came out less than 10 minutes from order. They also had a good selection of pastries and cakes and offered assistance for anyone who had dietary allergies. It was a pleasant morning in a historic part of Perth. My recommendation enjoy brunch and then take in a heritage trail walk around town.

3.5 spoons
Closed Tuesdays
Little Guildford, Gardens of Guildford, 104 Swan Street, Guildford.
Phone: 9378 2223
www.gardensofguildford.com.au



T's spoon ratings	
Five spoons	– excellent food and service – you must go!
Four spoons	– overall good food and service well worth a visit!
Three spoons	– reasonably good food and service but could make some improvements.
Two spoons	– food and service needs improvement.
One spoon	– would not recommend.



Left to right; Sovereign Arms' \$15 senior's menu offers six choices - fish and chips and Caesar salad

by Pat Paleeya and Judith Cohen

JOONDALUP once again provided a great lunch venue in the guise of the Sovereign Arms which is situated in the Lakeside Shopping Centre.

As we Divas do, we went trawling for any specials on offer. The best special we found was the \$15 seniors menu at the aforementioned pub. We were escorted to our table by a very smiley young (in our day waitress)

wait person and took our seats inside the restaurant as opposed to alfresco, as it was little chilly outside. The menu offered six food choices, we opted for fish and chips and Caesar salad which had an option of adding chick-

Knife and fork talk with the Dining Divas

en for \$5 extra. The Caesar salad was crisp, croutons crunchy, with lots of tasty bacon strips. The accompanying chicken was the moistest this Diva has eaten in a long while. The whole Caesar salad was dressed to perfection and not drowned as many restaurants make the mistake of doing. Very, very yummy fare. The fish chips and salad didn't disappoint either. The fish was small but well cooked and ample, the tartare sauce set it off very well. The chips were as chippy as they should be, not greasy or oily, just right. The salad was a mixture of colours, a kaleidoscope on

a plate. Baby spinach, tomato, red cabbage, bean sprouts, cucumber and perhaps a few more ingredients that this Diva has forgotten to mention (sorry!). The dressing on the salad was piquant and tangy and absolutely delicious. Perhaps this was the chef's secret recipe. The staff were delightful and attentive and any

request was met with a genuine desire to please the customer. This is a very clean restaurant, even the three second rule could be dismissed if you were a little careless with your chook leg. There was also plenty of seating inside and out to cater for the many people who patronise this popular restaurant. We will be back.

3½ Forks
The Sovereign Arms, Shop C4 Lakeside Shopping Centre, Joondalup
www.thesovereign.com.au
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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 fork	– would not recommend

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Spring into summer oranges and celebrate the spoils of our local citrus industry



It's a great time for citrus lovers...

by Noelene Swain

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

Together with these new orchard regions, 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 bang.

Whilst Navel orange varieties are available only in the winter months, the summer orange is a unique Valencia variety which gives orange lovers the opportunity to enjoy fresh, local citrus right up until Christmas.

The summer orange is a Midnight Valencia – virtually seedless and unmistakably juicy, making them ideal for juicing as well as for eating.

Midnight's skin colour can be known to be a little fickle though. If picked just at the right time, they are radiant orange but if left a little longer on the trees, they tinge to green again from the radiant sunshine. Orchardists keep a close eye on these summer beauties to ensure they're picked, packed and delivered to local consumers right on time to maximise colour, 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.

1. Look for fruit that is heavy for its size, to be guaranteed that it will be full of juice.

2. Citrus fruits should generally be firm.
 3. Oranges are picked mature and ready to eat and do not ripen after picking.
 4. Store citrus in the fridge, especially in summer.
 5. Much of the citrus flavour comes from the aromatic oils in the rind.
 6. Use a zester or microplane grate to remove just the oil rich zest, avoid the white pith which is bitter.
 7. Frozen oranges are a refreshing snack or addition to fruit smoothies.
 8. Orange juice prevents the browning of the cut surfaces on fruits and vegetables.
 9. 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.
 10. When extracting juice, roll fruit on the bench to release the juice more easily.
- Be sure to get your healthy summer glow with local Summer Oranges.
- Prepared by Fresh Finesse Fresh Food Promotions*

Orange crêpe



Preparation: 5mins;
cooking: 15 mins; serves: 4

Crêpe batter
¼ cup plain flour
1 egg, lightly beaten
½ cup milk
1 teaspoon oil

Sauce
1 tablespoon butter
1 orange, juice and rind
2 tablespoon orange liqueur
1 tablespoon honey

Filling
2 oranges segmented

SIFT flour into a bowl. Gradually stir in egg, milk and oil. Mix to smooth batter. Allow to stand for 15 minutes.

Brush a heated frying pan with oil. Add a quarter of the batter. Cook until set and lightly browned underneath. Turn crepe carefully. Cook other side. Repeat with remaining batter.

To make sauce, heat butter in frying pan. Stir in orange juice, rind, orange liqueur and honey. Cook for a minute or two over low heat. Divide orange between crepes. Roll crepes, with orange and place on individual serving plates.

Pour over warm orange sauce. Garnish with long strips of orange zest and fresh mint. Serve immediately.

Beetroot and orange rocket salad



Preparation: 8mins;
serves: 4

3 summer oranges, skin removed, cut into segments
4 to 6 Lebanese cucumbers, sliced
½ cup chopped roasted walnuts
¼ cup coriander leaves, chopped
3 cups rocket leaves
1 beetroot, cooked, peeled and sliced

1 tablespoon sweet chilli sauce,
1 tablespoon light soy sauce
Juice of 1 lime
Fresh lime wedges, to serve

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

Orange berry spritzer

Preparation: 5mins;
serves: 8-10

A DELICIOUSLY refreshing mocktail that's just as fancy as any cocktail.

4 cups (1L) 100 per cent cranberry juice, chilled
2 cups (500ml) fresh squeezed orange juice, chilled
4 cups (1L) Schweppes ginger ale, chilled
Frozen berries in place of ice
Orange slices for garnish

In a large jug, mix cranberry juice and orange juice. When ready to serve, add ginger ale and frozen berries. Garnish with orange slices and berries



What's fresh this month

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 it keeps well in the fridge, ready for that morning burst of energy and Vitamin C.

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.

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 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 north west is of excellent quality and best cooked and eaten as soon as you can after buying, as fresh corn is most definitely the juiciest. If keeping for more than a day, parboil the corn for a minute (this will help slow down the conversion of sugars) before refrigerating or freezing. Nutrients in vegetables are frequently found in their raw state; in this case, 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.



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The city that never sleeps...New York. Read Ray Wardrop's guide to NYC on page 27.



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travel options for the mature west australian



Jennifer Merigan

THIS month in our travel pages Ray Wardrop takes us to the city that never sleeps with his brilliant guide to New York. Gary Tate shares his experience of a Scenic river cruise through Moscow and St Petersburg in Russia and our

very own grey nomad Lee Tate offers readers advice on buying a rig for those who want to hit the open road.

★★★★

Fremantle Ports says that this summer's cruise season has begun with *Sea Princess* visiting the terminal on 20 October. The port is now providing a shuttle service for turnaround ships (those ships with a complete passenger exchange) which will assist people to make train or bus connections and access accommodation in Perth or Fremantle.

There are 29 cruise

ship visits scheduled for 2019/20 with 14 transit visits and 15 turnaround visits. Two ships will call into Perth for the first time with *Boudicca* on 19 December and *Majestic Princess* on the 22 February. Two of the giants of the sea will return next year with *Radiance of the Seas* visiting on 25 February and everyone's favourite Cunard ship *Queen Mary 2* coming into port on 14 March.

Many people like to visit Fremantle when ships come in and you can find a detailed list of cruise ships arriving into the port at www.fremantleports.com.au

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★★★★

Travel insurance is still one of the questions I am asked about regularly from readers especially those with a pre-existing health condition. Most pre-existing conditions can be covered but that comes at a price. Don't just take it for granted that you are covered even if you have filled out the medical form and declared you have the condition.

We had a reader share his experience last year about double checking this process and finding he wasn't covered for

his heart condition even though he had stated it on the medical form. It is always the policy holder's responsibility to check and ensure they are covered.

These are a few companies that we have had good feedback from people and also cover people aged over 80. Travel Insurance Saver will cover people under 99, All Clear, 1Cover, Boomers and Simply Travel Insurance have no age limits. It always pays to get at least three quotes and shop around, speak to the company and tell them

your condition when obtaining a quote.

★★★★

Sydney University's Charles Perkins Centre is working with Qantas on ways to reduce fatigue from long haul flights. Some of their recommendations include not to drink alcohol or take sleeping tablets during a flight. The other tip is to go outdoors for sunlight on arrival at your destination. It is one of most important strategies for syncing the body clock and apparently only 47 per cent of passengers make the effort to do this.

★★★★

If you have a travel issue, would like to send in a photo from a recent holiday or 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

Enjoy during the festive season with Club 55 Travel club

COME and join Chris from Club 55 Travel for a great three-day break to the Margaret River, Augusta and Busseton region in early December.

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Telephone Monday – Friday between 9am and 2pm on 1300 653 696. There are no strangers at Club 55, just friends you are yet to meet.

Barb from Island Explorer holidays says being a senior isn't that bad

THE word senior is bandied about a lot these days – but what does it really mean?

According to Mr Google (a lot of us know him well) it means of or for older or more experienced people i.e. senior citizens or high or higher in rank or status – 'he is a senior Finance Ministry official'.

I prefer the second, the first makes me

feel old – which I am in body but in memories I have many.

When called a senior I prefer to think 'higher in rank' and then take advantage of the senior citizens perks. It's not all bad being of an undetermined age.

Time to smell the roses. For the first time in 48 years of marriage my husband and I have the time for each other. That's a luxury younger people don't have, they are always on the go.

Expand your social circle. There are clubs to go and meet up like Red Hatters for the ladies and Men's Sheds

for the men and many more.

Get some exercise (within the boundaries of body, mind and budget) – I recently joined Prime Movers (an exercise group for over 50s). Or perhaps you like golf, walking or cycling – the list is endless.

Travel – the world's your oyster if you have the budget. Packages come in all prices and they also rank the fitness level (good for us).

All in all, it's not too bad being a senior – higher in rank with time on our hands and things to explore.

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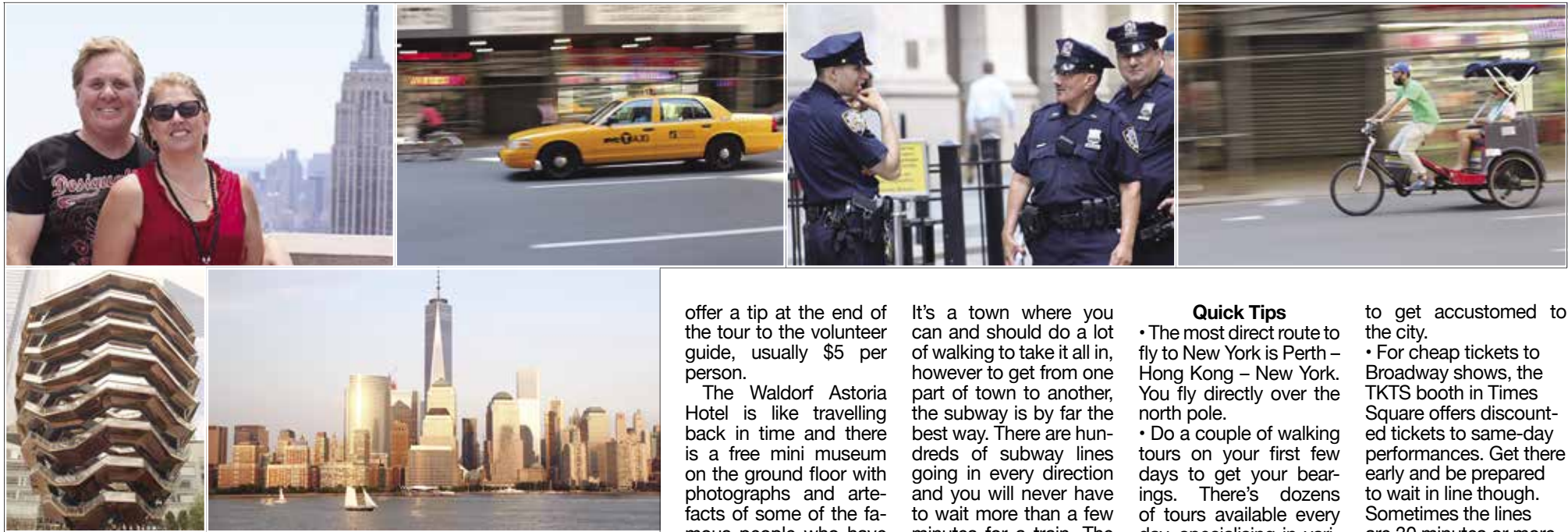
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travel options for the mature west australian

New York... your guide to the city that never sleeps



Clockwise from left; Ray and Karen Wardrop in New York City - Taxi - NY policemen - Trike - lower Manhattan - Vessel

by Ray Wardrop

NEW York is the furthest city from Perth at 18,700 kms away. But while you can't fly further to any destination on earth, a visit to New York is like no other and so worth the long distance.

To add some perspective, Rottneest is 19 km² and Manhattan 59 km² and while the population of Rottneest can be measured in the dozens, Manhattan is measured in the millions. But that's part of what makes New York the most incredible city in the world and why I've visited the Big Apple six times, most recently in June this year.

People often ask me what it is I like most about New York and I always reply, "the people". New Yorkers generally have a lot of attitude but it is a really positive attitude. They are friendly, very helpful and are not shy in offering an opinion which I find quite fun. Most of all though is their unabashed pride of their city. Maybe this is partly as a result of the September 11 attack on the city and the subsequent galvanising of the community. I also always open up a chat with a "G'day" - New

Yorkers generally love Aussies.

My second favourite thing about New York is the architecture. Beautiful art deco and gothic buildings are concentrated throughout the midtown area. Among my favourites are Grand Central Terminal, the Chrysler Building, Empire State Building, the Flat Iron Building, the Waldorf Astoria, Carnegie Hall, Radio City Hall and the Dakota Apartment Building (where John Lennon lived and Yoko Ono still does).

You can spend an

hour or more exploring the magnificent Grand Central and I thoroughly recommend that you take a guided walking tour conducted by volunteer guides, to learn about its history, including how Jackie Onassis saved it from demolition and where famous movie scenes were filmed, including Cary Grant's scene in Alfred Hitchcock's masterpiece *North by Northwest*. Also look out for the Campbell Apartment bar, a hidden old-world gem inside. Please note you will be obliged to

offer a tip at the end of the tour to the volunteer guide, usually \$5 per person.

The Waldorf Astoria Hotel is like travelling back in time and there is a free mini museum on the ground floor with photographs and artefacts of some of the famous people who have either lived or stayed there. The mosaic tiles on the foyer floor are incredible.

For a view of midtown and upper Manhattan instead of going to the top of the Empire State Building like most people do, go to the Top of the Rock - the observation deck on the Rockefeller Building. From there you will actually get to view the Empire State Building (instead of being on it) and you'll also get a 360° view which takes in Central Park.

Getting around New York is relatively easy.

It's a town where you can and should do a lot of walking to take it all in, however to get from one part of town to another, the subway is by far the best way. There are hundreds of subway lines going in every direction and you will never have to wait more than a few minutes for a train. The subway map has colour coded and numbered lines which you can get the hang of pretty quickly after just a couple of rides. All stations are clearly marked above and below ground with these same codes.

I thoroughly recommend you start off a visit to New York with a guided walking tour that includes subway rides. That way your guide can teach you how to ride the subway. And buy a multi-day pass. It works out to be great value at under \$10 a day (AUD) for unlimited travel.

Quick Tips

- The most direct route to fly to New York is Perth - Hong Kong - New York. You fly directly over the north pole.
- Do a couple of walking tours on your first few days to get your bearings. There's dozens of tours available every day, specialising in various topics like history, architecture, food, gangsters etc. It's a great way

to get accustomed to the city.

- For cheap tickets to Broadway shows, the TKTS booth in Times Square offers discounted tickets to same-day performances. Get there early and be prepared to wait in line though. Sometimes the lines are 30 minutes or more long, but the discounts are usually pretty good.

continued on page 28

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- 3 night Magnetic Island package including ferry, car hire and accommodation
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- 3 nights in Cairns
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PRICES FROM: \$2910 PER PERSON TWIN SHARE
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- 3 nights in Sydney
- Sydney Harbour - Premium Harbour Story Cruise
- Rail travel on XPT Train from Sydney to Melbourne in First Class Seat
- 3 nights in Melbourne • Full day Puffing Billy Steam Train & Wine Country tour
- Rail travel on The Overland from Melbourne to Adelaide in Red Premium Seat (Includes meals and non-alcoholic drinks)
- 3 nights in Adelaide • Half day Adelaide Highlights Tour
- Full day Barossa Food & Wine Experience tour
- One way economy airfare from Adelaide to Perth

PRICES FROM: \$4790 PER PERSON TWIN SHARE
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DEPARTS: SUNDAYS

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ADVERTISING FEATURE



travel options for the mature west australian

New York... your guide to the city that never sleeps

by Ray Wardrop continued from page 27



• Use a website named Viator.com for your excursions. They are nearly always cheaper than box offices or other websites.

• Taxes – Be aware that

unlike our GST – US taxes are not normally quoted in the price of anything. They are added to the price when you go to pay.

• Tipping is not compul-

sory but it certainly is expected, but only when you are provided with a service. You don't tip for normal shopping or if you go to a counter at a bar to be served. The standard tip for good service is now 20 per cent of the bill (before the tax is added) however I normally round up to an even amount so it sits somewhere between 10 per cent and 20 per cent. I have on occasions not tipped at all if I've received less than satisfactory service. Tip tour guides at the end of a tour the standard tip of \$5.

• Airport to hotel transfers can be expensive. A taxi ride from JFK to Manhattan will be \$70 USD plus tip. The cheapest way is by airport shuttle bus and there are a number of companies to choose from. Just be prepared for the ride to take a little

longer than a taxi, as passengers are dropped off at their various hotels. You may be first off or you may be the last. Either way, you get a nice bus ride around Manhattan taking in the sites. You need to book online ahead of travel.

• The hottest months are mid-June, July and August when temperatures can get very hot. September weather is normally more welcoming. Winter is very cold and not normally a good time to go.

• Don't be afraid to try out the subway, but if that's not your thing, then taxi is the next best. You'll never have to wait more than a minute for a taxi in New York.

• Hop-on-hop-off bus tours aren't a personal favourite of mine, but they are popular. Make the most of them by starting out early in the day when

you buy an all-day pass.

• When riding on the subway you'll most likely encounter buskers. They are annoying, illegal and frowned upon. If you encounter this, just turn your head the other way and do not give them anything.

• On the other hand, you will encounter some sensationally talented buskers in the subway stations (not on the trains) and their performances are enhanced by the acoustics of the subway. If you enjoy any of them, drop a coin in their hat or guitar case.

Must See

• **Central Park** – walk it or ride on a horse drawn carriage or take a guided tour on a trike. These can be expensive but the City has imposed maximum limits on what they can charge. If you can, try and find other people to join you and share the costs of a horse

drawn carriage.

• **The High Line** – a fantastic walk along a restored elevated train track, lined with gardens through the meat packing district (this is free).

• **The Vessel** – A brand new (free) amazing attraction in the Hudson Yards area. It's like a stairway into the skies but has an elevator for those who can't walk the stairs. It's located at the northern end of the High Line so look at combining the two activities. Book your free tickets for The Vessel online a month out from your trip.

• **9/11 Memorial and Museum** – downtown where the Twin Towers used to stand. It's amazing.

• **One World Observatory** – next to 9/11 Memorial. Not only an incredible view, but a spectacular multimedia elevator ride and sensational surprise

when you hop out of the elevator more than 100 floors up. Book online before you go.

• **Statue of Liberty** – you can pay to go on a river cruise or you can see it by riding free on the Staten Island ferry.

• **Walk the Brooklyn Bridge** (free).

• **Washington Square near Greenwich Village** – a personal favourite of mine. Visit on a sunny weekend day to watch and listen to the various music performers busking in the park.

• **Grand Central Terminal**.

• **USS Intrepid Museum** – A retired and famous aircraft carrier permanently docked on the Hudson River. Displays include an actual space shuttle and a retired Concorde jet along with military aircraft.

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REGULAR advertiser and expert Italian tour operator Vita Italian Tours is pleased to offer *Have a Go News* readers 10 per cent discount on some of their 2020 tours.

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Discover the bird life...

BIRDLIFE Education Committee is the local arm of BirdLife Australia. Members visit all sorts of community groups and undertake bird presentations in local areas. They can provide binoculars and take people on a bird walk.

They have made presentations to a variety of organisations including, garden clubs, Rotary clubs, golf clubs, town council community groups, retirement villages, aged care facilities and friends of local bushland to name a few.

Bird watching has many benefits; it allows retired adults to reconnect with nature and possibly kindle an interest in birdwatching, which has both spiritual and physical benefits.

Once an interest in birds captures people, the desire to read books, get binoculars, and begin venturing out on daily walks becomes all consuming.

Bird watching is a very popular and growing pastime for both men and women. The promise of spotting new species can give people something fun to chat about with family and friends.

Bird watching is a low-key activity in nature with a purpose. Something you can do alone or with others. Moreover it inspires gratitude for life's small gifts.

The Birdlife Education Committee will arrange to visit groups wherever they are and supply all the necessary equipment for the presentation, including a projector and projector screen.

The most popular presentations discuss birds of the local area, passing on interesting and maybe little known or quirky facts by using great photos and recorded bird calls which may help answer that nagging question, "What bird is that?"

Usually presentations go for one hour, including about 10 minutes for questions.

For anyone who would like to get out and about, BirdLife Australia is happy to provide binoculars and take people birdwatching and hopefully find some interesting and maybe unusual birds.

A bird walk can be coupled with a presentation or on its own for any length of time but usually for no more than one and half hours.

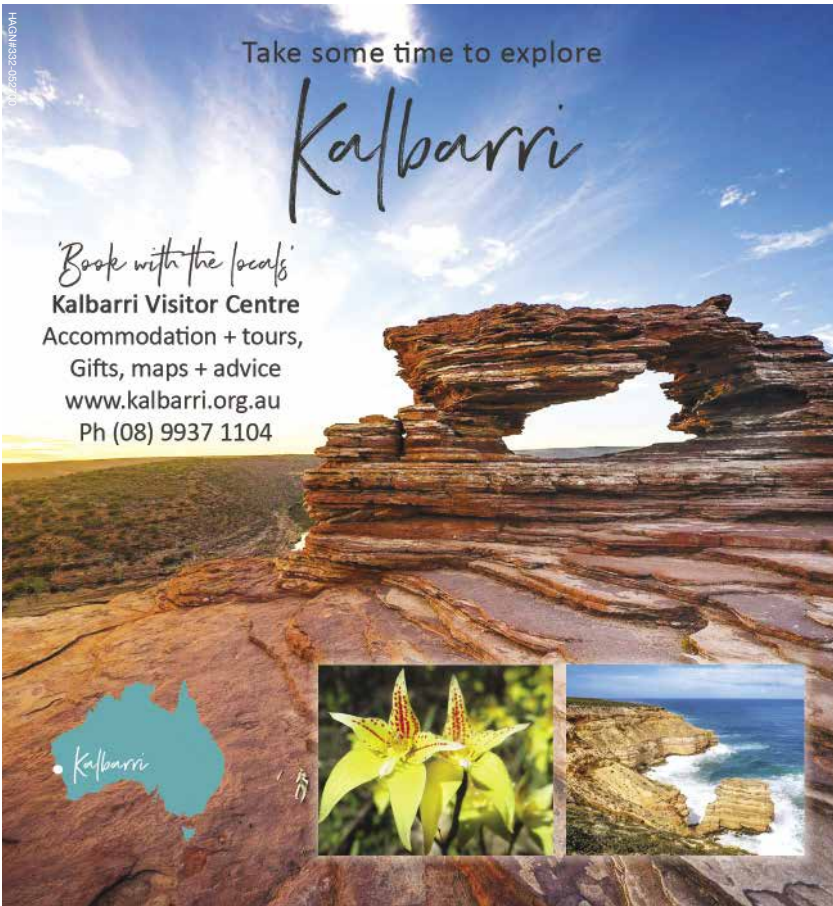
For anyone interested in finding out more about the activities on offer, why not contact the office and speak to the office manager on: 9383 7749 or wa@birdlife.org.au

Birdlife members look forward to meeting people and sharing their love and passion for birds.

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MELBOURNE AUSTRALIAN OPEN

4 DAYS > 31 Jan to 3 Feb 2020

Inclusions & highlights

- Pre/post tour transfers (ex Perth, WA)
- Airfares and taxes (ex Perth, WA)
- 3 nights – Novotel Melbourne on Collins
- Premium reserved seating, Rod Laver Arena
- Australian Open Ladies Singles Final Tennis Action
- Australian Open Men's Singles Final Tennis Action
- Afternoon tea at The Windsor Hotel
- Queen Victoria Market guided tour
- Royal Exhibition building tour

Price: **\$3410** pptw
\$430 single option



ADELAIDE CRAFT & QUILT FAIR

6 DAYS > 10 to 15 Mar 2020

Inclusions & highlights

- Pre/post tour transfers (ex Perth, WA)
- Airfares and taxes (ex Perth, WA)
- 5 nights – Hotel Grand Chancellor Adelaide
- Craft and Quilt Fair Adelaide
- Adelaide Hills and Barossa touring
- Barossa Farmers Markets
- Central Markets breakfast tour
- Art Gallery of South Australia
- Adelaide Botanic Gardens guided tour

Price: **\$2615** pptw
\$365 single option



MELBOURNE INTERNATIONAL FLOWER SHOW

5 DAYS > 26 to 30 Mar 2020

Inclusions & highlights

- Pre/post transfers (ex Perth, WA)
- Airfares and taxes (ex Perth, WA)
- 4 nights – Novotel Melbourne on Collins
- Melbourne International Flower & Garden Show entry
- Premium seats, Cirque Du Soleil Kurios
- Old Melbourne Gaol guided experience
- Queen Victoria Market
- St Kilda Botanical Gardens
- Dinner at Crown Casino

Price: **\$2915** pptw
\$520 single option

Western Australia Events



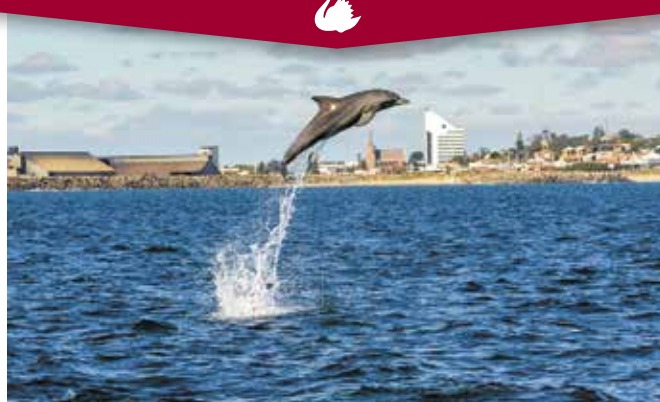
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- National Anzac Centre
- Princess Royal Fortress
- Denmark Toffee Factory
- Torndirrup National Park
- Darrel Radcliffe's bush gallery

Price: **\$1050** pptw
\$160 single option



AUSTRALIA DAY IN BUNBURY

4 DAYS > 24 to 27 Jan 2020

Inclusions & highlights

- Pre/post tour transfers (ex Perth, WA)
- 3 nights – Quality Hotel Lighthouse, Bunbury
- Hotham Valley Railway
- Australia Day celebrations and fireworks
- Australia Day evening cruise
- Dolphin Discovery Centre and Dolphinarium
- Bunbury Museum and Heritage Centre
- Dardanup Heritage Park

Price: **\$1370** pptw
\$250 single option



WINE, WOMEN & SONG JALBROOK ESTATE, BALINGUP

3 DAYS > 21 to 23 Feb 2020

Inclusions & highlights

- Pre/post tour transfers (ex Perth, WA)
- 2 nights – Nelsons of Bridgetown
- Brierley Jigsaw Gallery
- Bridgetown Old Gaol
- Bridgetown Pottery
- Harvey Dickson's Country Music Centre
- Jalbrook Estate Concert – An evening with the South West Opera Ensemble
- Farewell lunch

Price: **\$970** pptw
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ADVERTISING FEATURE

travel options for the mature west australian

Discover Waroona's mini art trail



Chloe and Luke with Stroblyl yarn bombed toilet

AS part of Peel Open Studios (www.peelopenstudios.com), Waroona will be showcasing its mini art trail, featuring street and community art, the Waroona Visitor

Centre and Gallery, and four open studios.

With a wide mix of talent and media on show, the trail will delight visitors as it takes them on a journey from the frivolous to the fabulous.

Meet Lynne Neil from Ravenscroft Textiles and view her fashion designs and stunning textile art that beautifully reflects the colours of the environment.

The Woods of the West gallery showcases the exceptional skill of master craftsman Les Rowe's fine woodwork, including jewellery boxes, platters, bowls and boards.

At Merino Dreaming, Carmen Tyrer shows her multi-faceted talents ranging from beautiful street and community art, the Waroona Visitor

cold porcelain that perfectly mimic local flora.

At Red Tail Gallery meet Lesley Austin whose inspiring works range from detailed flora and fauna to colourful semi-abstracts.

Along Waroona's main street people will find fun and colourful yarn bombing, a fabulous 55m Brenton See mural filled with local flora and fauna, creatively carved and painted bush poles depicting local heritage, and the exquisite 'symphysis' leaves in aluminium that symbolise Waroona's connection to country through community and environment.

Last but certainly not least, Waroona Visitor Centre's gallery is filled with quality art and craft from numerous talented locals and is open seven days a week from 9.30am to 3.30pm.

Make sure to mark one of the November weekends on your calendar (9/10 or 16/17). The studios are open on these dates between 10 am and 4pm (Woods of the West closing at 2pm on the 10th).

For information on other things to see and do, and dining and accommodation, visit www.waroona.wa.gov.au or call the Visitor Centre on 9733 1506.

Enjoy a unique experience in the Mackerel Islands



It's fish like this nice Spaniard that keep people coming back to the Mackerel Islands

by Mike Roennfeldt

THEVENARD Island is the central spot in a group of islands off Onslow that is universally known by its marketing name as the Mackerel Islands. The resort on Thevenard is a laid-back affair, featuring several well-spaced beachfront cabins and a group of dongas surrounding the communal bar, dining and activity centre known as Club Thevenard. It's a place much loved by the West Australian boat fishing community and certainly holds plenty of special memories for me.

I have enjoyed far too many unforgettable moments up there to list here, but they include close-up experiences with massive and powerful cobia, bone-crushing giant trevally, electric fast Span-

ish mackerel, wildly cartwheeling queenfish, crazy hordes of bludger trevally, serene vacuuming of the surface by huge manta rays and the uplifting sight of brilliantly hued red emperor, coral trout and Rankin cod hitting the surface alongside the boat.

I think I was first there in the mid-1980s and have been back many times since, often as part of the annual Seafari, run by *Western Angler* magazine. Seafaris are fantastic experiences, attracting both new and experienced crews who tow their boats up from Perth and spend a week trying their luck around the maze of islands in that part of the world.

Meals, accommodation and plenty of experienced advice are provided and it's a heap of fun. For someone wanting to get

some experience of boat fishing in the north west, a Seafari is probably the very best way to do it and enquiries should be directed to Scott Coghlan at *Western Angler*.

Apart from the annual Seafari, the operators of the resort on Thevenard have numerous options for those who want to experience the area's magic for themselves, either with or without their own boat. Two, three and five-bedroom beachfront cabins can be booked or you can stay in single or double Club Thevenard rooms. Full meal packages are available, boat or aircraft transfers to and from Onslow can be arranged and most outdoor items you need can be hired, including fishing and snorkelling gear, kayaks, stand-up paddle boards, Plaka boats and boat moorings. Fishing charters from either Thevenard or Onslow can be booked on a per-person or share-rod basis.

The resort also offers three-day or seven-day all-inclusive packages, with gets you transfers, all meals, accommodation in a beachfront cabin and two or five days charter fishing respectively. The use of quality fishing gear plus bait and all fish being cleaned, filleted and bagged is included. Prices range from \$1550 to \$3600 per person.

Activities for non-fishers include half days spent whale watching (July to August) and two-hour turtle tours (November to March).

The Mackerel Islands is the sort of place that people just keep going back to year after year.

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ADVERTISING FEATURE

travel options for the mature west australian

The intriguing, historic and fascinating country that is Russia



Left to right; St Petersburg - Hermitage - Mandrog - Kerry Uglich markets

by Gary Tate

RUSSIA has always held a fascination for me. After doing our research we chose Scenic's 15-day all inclusive 'Jewels of Russia'. This allowed us five days on a ship in the capital of Moscow, five days of scenic river cruising and then four days sightseeing in St Petersburg.

Arriving in Moscow we were met and taken to our floating home the Scenic Tsar. Our first morning in Moscow was spent on a sightseeing city tour, followed by a ride on the Moscow Metro. We passed large and impressive statues, many monuments and memorials and the world famous Bolshoi Theatre with its incredible facade.

Then the amazing multi-faceted and vividly coloured St Basil's Cathedral comes into view in Red Square, which is bordered by the Kremlin, Lenin's Mausoleum, State Historical Museum and Gum Shopping Centre.

Our first stop was at the golden domed Christ the Saviour Church. An earpiece allows us to listen to the commentary as we walk around this beautiful church.

The next stop was Sparrow Hill to take in the scenic Moscow panorama. Below us is the impressive

Grand Sports Arena with old and new Moscow in the background.

A short bus ride took us to the Moscow underground, one of 232 stations and part of a 397 km network. We descend more than 60 m by a long steep escalator to the platform level to be greeted with marble walls and sparkling chandeliers. Massive mosaics adorn the ends of the platforms. Trains stop every minute, every half minute in peak times. Our guides shepherd us aboard some very packed carriages and we ride past several stations to our stop. Disembarking we are awestruck by bronze statues and wall murals depicting Russian life and patriotic themes.

Next we lunched at an Armenian restaurant prior to a walking tour of Red Square which includes going inside St Basil's Cathedral. There we were gob smacked by the exquisite murals and frescos adorning the walls and ceilings. As we enter one of the many chambers a five man vocal ensemble, The Doros, greet us with songs that fill the church.

The second morning we spend inside the red walled Kremlin. There is the world's biggest cannon, 39 tonnes, never fired in anger and the world's biggest bell, 202 tonnes,

never rung. The Presidential Guard march past, in their fine blue and gold uniforms.

Tonight we attended the Golden Ring Theatre for a Russian folkloric show. Russian dancers, musicians, acrobats and high flying trampoline acts keep the audience spellbound for almost two hours.

On day three we attended the State Cosmonautics Museum. After a tour we met Russian Cosmonaut Aleksandr Ivanovich. In the evening our destination was the world famous Old Moscow Circus, with clowns, acrobats, circus animals and a stunning ball act featuring giant Faberge style eggs which contained performers in sparkling costumes that they changed in a split second.

Day four there was a choice of the World War Two Museum or the famous Tretyakov Gallery. We opted for the gallery. Tretyakov Gallery

is housed in a beautiful building and the collection contains more than 130,000 amazing Russian artworks. One of the many highlights was Andrei Rublev's Trinity from 1420.

After that we departed Moscow for five days of scenic cruising through 1321 km and 18 locks to St Petersburg.

Our first stop is Uglich, founded in 937 where we explored the town and craft markets, followed the next day by a ballroom dance demonstration and a tour of the historic city of Yaroslavl.

Sunday saw us arriving at Goritsy and a tour of The Monastery of St Cyrils of the White Lake, founded 1397.

On Monday afternoon we arrive at Kizhi Island in Lake Onega, Europe's second largest. Kizhi is an open air museum containing more than 80 18th and 19th century wooden buildings.

Next day we visit Mandrog, a traditional Russian

village and living museum, complete with artists, musicians and artisans demonstrating their talents and wares for sale.

Scenic Tsar soon arrived in St Petersburg, founded in 1703 by Peter the Great. It contains 90 rivers and canals, 40 islands, 308 bridges, 200 museums and 80 theatres. A morning city orientation tour was followed by a tour of the world renowned Hermitage contain-

ing three million art works including paintings by Da Vinci, Rembrandt and Raffaello.

Thursday morning was spent in the beauty of St Isaac's Cathedral, a canal tour and ballet at Prince Vladimir's Palace.

Friday morning we visited the world's longest palace, Catherine's, which includes the sumptuous Amber Room (valued at \$500 million).

Saturday had us daz-

zled by the opulence of Peterhof Palace. We wandered past 150 fountains set in manicured grounds to the hydrofoil to cross the Gulf of Finland back to St Petersburg. Sunday a leisurely walk around the local area gives us some exercise before the flight back to Perth.

Russia exceeded all our expectations with friendly people, prosperity, culture, opulence, incredible history and beautiful scenery.

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ADVERTISING FEATURE



travel options for the mature west australian

Introducing friends to the many delights of the south west



by Karen Majer

DO you have a favourite place that you love to show to interstate or overseas visitors?

When friends Peter and Gael Trusler visited from Melbourne this spring my husband Boyd and I were excited to tick off Peter's wish list of rock formations, caves, wildflowers and our unique fauna.

Peter had a special reason for his interest. As an artist, biological scientist and palaeontological researcher, he sees the world through unique eyes. His only previous extended visit to Western Australia was to study the living biomats and thrombolite

(ancient forms of microbial communities) formations along the south-west coast, a visit he describes as: "an opportunity not to be missed as part of my investigations into reconstructions of Ediacaran ecosystems."

"The Ediacaran was a time in earth's history when the first multicellular life was evolving some 635-540 million years ago. The fossil forms from this time are not just weird, they are difficult to reconstruct and understand as functional

creatures, let alone comprehend the roles they played in ancient marine ecosystems. So scientists are forced to look to rare and extreme environments among today's ecosystems, such as the thrombolites, for clues to the way that such systems may have functioned."

So, through this initial experience, his reason to return to WVA was informed by his scientific mind's eye – that there were other unusual natural things to witness here.

"What I was to experience was beyond my imaginings," he remarked.

Rock forms hold a special fascination for Peter and are represented in some of his spectacular paintings. On a trip that took in the Pinnacles, Mount Gibson, the Stirlings, Porongorups, Denmark coastline and our home region of the Capes, he had plenty of opportunity to immerse himself in the landscape.

"We traversed the ancient eroded granite monoliths that appeared strewn across the wheat-belt," he said. "The eons having stripped them of their overlying rock and soils: they protruded from little bush reserves in all manner of weird and wonderful, curving shapes. You could be forgiven for thinking that the elements had finally revealed slumbering giant souls that had been imprisoned deep within the earth's crust. They

brought to mind a belief that is attributed to Michelangelo, the sculptor, who felt his task was to simply to uncover the figures that already lay within his chosen blocks of marble.

"But these granite tors suggested the active processes of their creation. They bore long lines of faults, were shedding hardened outer layers in big curved sheets or were being undercut by wind and water, forming long curving waves in some places and creating spherical boulders that had become perched high upon the rock that was crumbling from beneath them."

"Large flat, more cohesive expanses had become studded with craters as the elements ground out divots; accumulating their creative agency of water and gravel as they grew. Some craters developed miniature moss and herb gardens amid inhospitable expanses of granular rock. In the dryer countryside the granites were coloured in oxidised oranges and striated with black moulds in lines of watershed. Nearer the coast they remained greyer, but more dappled in mosses and lichens."

The coastline held special fascination for him.

"Along the coast the granites were also being exposed and carved by the pounding surf. Their magnificent sculptural forms were subtly different in some respects. Here, I



Left; Karen Majer

Above; Dr Peter Trusler at Mushroom Rocks Mt Gibson

was encouraged to look more closely by a local geologist. He pointed to the altered nature of the granite and the contorted rocks at our feet. Therein lay the evidence of the impenetrable separation of two major crustal plates from the time when the Gondwanaland super continent began to break apart.

"Curiously, we were discussing the ancient Australian landforms of the south west while standing upon the only part of it that actually belonged to the Indian sub-continent."

The Kings Park Wildflower Festival had our keen photographer in raptures, as did the orchids, banksias and huge trees of the tingle and karri forests.

"Even though the native plant communities are now isolated by many means, their original integrity is still discernible here. To see massive, old growth trees from the main streets of towns is a spectacular experience that is, sadly, very rare elsewhere. To witness

such a uniquely ancient flora is extraordinary."

Peter's appreciation of the beauty and connectedness of everything he sees inspired us to an even greater gratitude for the wonders of the place we call home and the people we share it with.

"The south west is a mind-expanding place, and not purely a refuge in the sense of guarding what is now rare. Sure, the rivers are clean, the bush is not choked with weeds and a good proportion of the endemic wildlife can still be seen. But what impressed me most was a community spirit of informed integration and a genuine sense of stewardship in the region."

"That process is profound, it is intelligent, heartfelt and optimistic."

"In the context of burgeoning, global human population pressures, it seems to me that it is this local attitude above all that needs to be exported world-wide," he said.

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ADVERTISING FEATURE



travel options for the mature west australian

Buying a rig - all the tips and tricks from an experienced grey nomad



Setting up camp with the rig

by Lee Tate

WANT to hit the road for the first time but unsure of the right rig or chariot

to choose?

Choices abound: caravan, campervan, Winnebago, pop-up, pop-out, camper trailer or

converted bus, perhaps towing a tiny car or carrying a motorbike.

Every year come innovations, updated models

and varying buyer demands as ever younger people join the caravan and camping clan.

Some of the biggest rigs imaginable have rolled onto the market. Big, of course, isn't always best, especially for the novice nomad. Horses for courses was never more appropriate. Fools rush in, as many road travellers have learned.

What is your rig mostly for? Short breaks, long holidays, long distances, mainly shorter city-fringe trips? Off-road or sealed road? Of course, it can be many or all of these.

Eliminate what you probably won't use: "We wouldn't want a bus or a

camper trailer nor a costlier, dedicated off-road caravan."

A first thought might be: "let's get a Winnebago with nothing to tow". But consider what happens when you pull up at a holiday site, park your vehicle and unpack. You've set-up your table and chairs and outside gear but you've forgotten to bring certain foods or wine.

Do you pack-up everything into the vehicle? Or perhaps risk leaving all the gear out on the vacant site while you drive into town?

Of course, you could attach a motorbike on the back of the vehicle

for quick access to shops. But how practical is a motorbike in all weather and carrying a load? The motorbike will need maintenance and constant cleaning of road grime too.

Would a camper van, pop-up or pop-out fill the bill? They are cheaper to buy and run than a caravan and quick to set-up. But you also have far less protection and insulation from noise, wind, sun and rain – and likely canvas flapping.

These rigs have their own place in the mix, especially for younger, more flexible travellers and also for short holidays.

A small caravan of 14ft-16ft (caravan-talk is still in feet) might appeal: Cheaper than a big one to buy and easier and cheaper to tow. And needing less parking space at home and away.

Plenty of people have found they serve only as a first-buy. All caravans are space-restrictive and on long holidays and in lousy weather, longer vans come into their own.

So perhaps, for a range of holidays over coming years, the most suitable caravan might be around 20ft.

After purchasing, the next step is vital: thorough testing. We bought our van in near-new condition after exhaustive checking of that model's details. This narrows your search, online and in newspapers, and is easier comparing prices.

The sellers told us they wanted to change models because the seating configuration didn't suit them. Fair enough. They even towed it to our home because we hadn't brought our 4WD. They then happily took us through everything that opened and shut.

Caravans have many different layouts: some en suites are further from the bed, fridge sizes and placements vary and exit doors are placed differently. Do you really want a dishwasher, washing machine or clothes dryer? Do you need a

double-axle or single-axle van?

Re-sale on caravans is usually quite good, which is worth bearing in mind when considering how much you are paying. Online scanning will show you going re-sale prices and availability.

There are always specials on new models at caravan and camping shows. But best not to be tempted by a nicely-discounted van you haven't already decided on.

Second-hand vans come-up all the time. Some retirees get all set with their new vans but are stopped by illness, injury, family complications or worse and have to sell.

Talk to a few van owners. Stroll through any van park and you'll encounter owners who are friendly with helpful information and more than happy to enlighten the novice.

Next: the towing car. This is critical. You might be surprised how many 4WDs are not rated for towing caravans or bigger vans. The RAC can give advice here and 4WD specs can also be checked online. Don't buy an under-powered car. Best to go for a big-name 4WD which are more reliable and better for re-sale prices.

Consider where you'll be regularly parking your van.

Keep wheel bearings greased. Jack-up the van every three months and quarter-turn the wheels to distribute the grease.

Final leg in the purchasing journey: load up your rig and make several weekend test-runs. You don't have to travel far, just to do some reasonable-distance towing, park the van, stay a couple of nights, use and open everything.

New vans often have teething problems. Pre-owned vans might have niggling little faults that previous owners are hiding or have learned to live with.

Embrace whatever rig you choose. Feel comfortable with it before you tackle the great outdoors.

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ADVERTISING FEATURE

travel options for the mature west australian

Commune with nature in WA's tourist friendly...Porongurups



Left to right; Nancy Peak - Hovea - Balancing Rock

by Frank Smith

THERE aren't many places in WA where you can climb a mountain. Perhaps the best known is the Stirling Range in the Great Southern. But just 20km south of the Stirlings and 45km north of Albany is the smaller, more tourist friendly Porongurup range. The 600m plus granite domes were formed millions of years ago when Australia separated from Antarctica in the break-up of the protocontinent Gondwanaland. A massive bubble of molten rock rose from

deep in the earth's mantle and pushed upwards into the overlying continental rock. Over the eons since, erosion has worn away the softer rock, first exposing the granite hills and then rounding and incising them into the 12km long range we see today. Soils formed by erosion of the granite rocks has provided suitable substrate for a range of trees – marri, jarrah, yate and the magnificent karri, one of the tallest trees in WA. Karri occupies the better soils and moister habitats. Separated for 5000 years from the karris of

Walpole and Manjimup the Porongurup karris have evolved to be different and more tolerant of drought than their cousins. Much of the surrounding area has been cleared for farming and more recently for growing wine grapes. There are some dozen operating wineries. Most have cellar doors open at least for some days of the week and two also provide food including one – Zarephath Wines – that began life under a monastic community called Christ's Circle. All sell a variety of wine styles, but of par-

ticular interest to wine buffs are the cool climate Rieslings and Pinot Noirs. There is also a whisky distillery but as yet no local brewery. There are several accommodation options ranging from back-packer dormitories, homestays to self-contained chalets with magnificent views across the mountains. Most people come to the Porongurups to walk in the mountain air. The National Park has developed several walks ranging from grade two – easily managed by most seniors – to two tougher prospects, a

grade four scramble to the top of Devil's slide the highest point of the range and the Castle Rock and Granite skywalk. This leads 2.5km uphill from Castle Rock picnic area, passing the amazing balancing rock. A karri viewpoint and a skywalk bolted to the apex of Castle rock. All provide magnificent views across farmland to Albany and the Great Southern Ocean or north to the rugged Stirling range. Half the fun of the walks are the fauna and flora you are likely to meet along the way. The range has some 700

species of plants, some of which are found nowhere else. You are also likely to meet a range of birds from wedge tailed eagles to tiny wrens and rufous tree creepers scooting up and down the tree trunks. On one walk I disturbed a 1.5m long carpet python about as thick as a man's wrist. Although not poisonous it nevertheless gave me quite a start. For those artistically

inclined there are galleries and studios with a wide range of artworks for exhibition and sale. Other than wineries, places to eat include Karribank with a restaurant serving meals most evenings, a Thai restaurant and the Porongurup village inn. But the best things about a trip to the Porongurups is coming home refreshed from exercise and communing with nature.

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ingly quiet run on blacktop and an extremely assured performance and handling off road. The Cruisinator was a pleasure to drive and made it possible to enjoy extended holidays away in remote areas. The couple got to fulfil their dream to enjoy the beautiful country and experience the warmth of people living in the outback. They spent many days in remote environs, encountering wild buffalos, camels, dingoes, snakes, lizards, emus, platypus, wallabies, kangaroos, crocodiles, bandicoots, flying foxes, feral pigs, humpback whales and a myriad of beautiful and often very vocal bird species. The Cruisinator offers an abundance of features for travellers. For more details see advertisement on page 36, visit them at the Perth 4WD Show or visit www.bonetticampers.com.au.

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ADVERTISING FEATURE

travel options for the mature west australian

Public Silo Trail of Western Australia... a new self-drive journey



Pingrup silos

by Carmen Jenner

PUBLIC Silo Trail is a 1000km self-drive journey linking six outback towns all the way from Northam to Albany in the Great Southern.

The juxtaposition of the silos adorned by local and international artists seems surreal against fields of golden canola, granite out-

crops and pink lakes. The partnership between FORM, a not-for-profit cultural organisation, and the CBH Group presents the state's largest outdoor art gallery in an unprecedented fashion.

On the approach to Northam you're greeted with whimsical and vibrant patterns on eight grain silos by art-

ists Hense (USA) and Phlegm (UK). The town is a great pitstop for a gander through the Bilya Koort Boodja Cultural Centre and lunch at the Riversedge Café next door or Lume Café.

Next hit the Great Southern Highway for the three-hour drive south to Katanning. The town is adorned in vi-

brant murals depicting nature, animals, coastal scenes and Islamic calligraphy in whimsical, geometric and abstract formations.

That night we sank into the luxurious Premier Mill Hotel in Katanning, the first of three hotel conversions by Dôme owner Nigel Oakey.

The boutique hotel houses a Dôme café with a difference – an after five menu serving seasonal classics such as beef cheeks and pork belly. The Cordial Bar in the basement was once used as wine cellar and serves cocktails, tapas and sodas – a delightful reminder of the original owner Frederick Piesse, whose vision transformed the town. Manufacturing lemonade was just one of his many ventures.

Each of the 22 rooms is a moody industrial oasis and a throwback to its glory years as a profitable flour mill. Exposed timber walls, steel beams and vaulted open ceilings makes for an unforgettable stay. The old mill whistle once sounded for the workers and nowadays the whistle blows at midday as a celebration of heritage-meets-

contemporary design.

Heading 100km towards Pingrup there is an intriguing burst of colour on the horizon as a dog on a tractor, jockey on a horse and lamb cradled by a man is depicted by Miami-based, Dominican-born street artist EVOCA1.

Stop for lunch in Pinstrup at The Store Café 6343 for its all-Australian menu including sausage rolls meaty enough to feed a family, all day brunch, lavender coffee and Plantagenet beef burgers.

Before its opening in 2018 the locals were at least an hour away from fresh bread and milk.

Co-manager Stacey Newman says: "The silos are a landmark and people come for the point of difference."

About 50km north-east, it's easy to see why Newdegate made the silo trail when you're perched in front of the region's towering wildlife, including a western bearded lizard, mallee fowl, thigh spotted tree frog, red-tailed phascogale and a droplet representing wishful rain emblazoned by Perth muralist Brenton See.

Walkers Hill Vineyard 30km away in Lake Grace might just be

one of the most remote vineyards in the state. The terrain wouldn't allow for a productive cereal crop so Bill Walker planted the first vines in 1995. His Shiraz won a gold medal in 2002.

Another surprise awaits. You'd normally associate seafood with the coast and yet Cambinata Yabbies supply yabbies around the world, meeting a 200kg weekly demand from their farm in Kukerin, 300km south east of Perth.

The Nenke family also run the eco-friendly Mary's Farm Cottages. The one and two-bedroom self-contained cottages are the perfect place to enjoy the many goodies you may have collected along the way, including a hamper from Cambinata Yabbies.

The nearby town of Dumbleyung mightn't be a familiar name, but in 1964 it made international headlines when Donald Campbell broke the world water speed record at 444.7 km/h in his Bluebird K7 on the huge salt lake, now a popular spot for watersports and bird watching. There's a replica of the Bluebird in town not far from the

Dumbleyung Mini Mall, established by six retailers who share the space selling unique local products.

With the outback firmly etched in our souls and 4WD, we made the two-and-a-half-hour journey south to Albany to view the most controversial silo of them all – a seahorse sprawled across four silos by Brooklyn street art duo Yok & Sheryo.

It received mixed reactions from the locals, but Craig Pullin, owner of Beach House at Bayside in Albany says: "We love the silos and that people are planning their holidays around them and visiting the smaller towns."

Each of the Beach House's Mediterranean-inspired rooms are exquisitely decorated and the elaborate breakfast spreads set you up for a day of exploring including Albany's street art, as well as Denmark, Walpole, Porongurups and Stirling Ranges.

Craig quite rightly recommends: "Take your time. There's so much to see."

Carmen Jenner was an appreciative guest of FORM and all the operators mentioned.

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travel options for the mature west australian

London Calling is back - *Laughing Matters: The State of a Nation*



Above: Brexit political motives satirical cartoon by Gary Barker, 2017.
© V&A Gary Barker
Jayson Mansaray

by Jayson Mansaray

IT is a fraught time in England and indeed Europe. At the time of writing our prime minister has asked for an extension to the Brexit deadline and our prime minister is still Boris Johnson, at least until the general election in December. All of this has brought many debates in the country about identity, sovereignty and class, so it seems like a good time to look at how Britain has used humour in the past to approach its enemies, conquests, and politics.

The place for this is the free permanent display on at the Victoria and Albert museum (V&A) called *Laughing Matters: The State of a Nation*, an exhibition that looks at notions

Queen Victoria is featured too. Meanwhile *Allies and Enemies* reflects on war-time and the legacy of the Second World War including German propaganda from the period.

Taking its name from Cool Britannia (think Britpop successes *Oasis*, *Spice Girls* and *Blur*) *Cruel Britannia* shows how fears, prejudices and anxieties were reinforced. Here grease-paint used in minstrelsy performances and Chinese puppets from the mid-19th century poppy wars between Britain and the Qing Dynasty show how comedy encouraged discrimination. Along with representations of British subjects from African countries there was also the Welsh and Scottish, sheet music of Taffy

was a Welshman, Taffy was a Thief being aimed directly at the former.

As *Laughing Matters: The State of a Nation* brings up questions about British identity, its sovereignty and its future separate to the European Union (EU). It is also a time for your own London Calling columnist to ponder his own identity and it's a complex one at that. Born and raised Down Under, the product of a white Australian grandma (third generation), Sierre Leonean grandfather and an African American father, add to this someone who holds both an Australian and British passport, it's always been worthy of explanation. So, whilst at the V&A, I took advantage of one of the many free guided walks the gallery

offers – specifically African Heritage Tours in Europe 1600 – 1815.

It was interesting to hear one of the museum's researchers point out facts that hinted at Africa's place in the V&A collection, highlighting hidden gems like a painting of Peter the Great thought to possibly depict the Tsar with his African page, a young Abram Petrovich Gannibal. The page would become a famed general and part of Russian nobility, he was also the great-grandfather of the romantic poet Alexander Pushkin. There was a print from 1802 of Toussaint Louverture, leader of the Haitian Revolution and a delicate biscuit porcelain piece from the famed Sèvres company. The ceramic fig-

ure is called 'Nature' and sees nature depicted as a woman feeding two children (one of African descent). It is meant to represent the end of slavery and a new post-revolution egalitarian nature.

It's now one of the largest exhibition spaces in London.

The Victoria & Albert Museum, in all its grandeur, is one of the most affordable with most of the galleries, and multiple tours daily, accessible for free. A low-cost opportunity for some humour, politics and hidden gems of historical importance you may have never noticed before.

Get in touch: @Mr_Man saray or JaysonMansaray@gmail.com

FAST FACTS
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point, Grand Entrance): *African Heritage Tours in Europe 1600 to 1815.*
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Paid exhibition: Cars: Accelerating the Modern World - 23 November 2019 – 19 April 2020.
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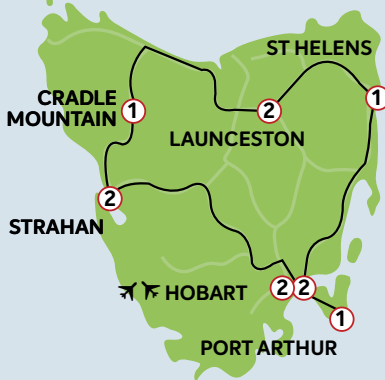
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by Zofia St James

DOROTHY Parker wrote: "I don't know much about being a millionaire, but I bet I'd be darling at it," many years ago. Wouldn't we all?

I hope you are all enjoying November as much as I am. I love the warmth, the longer days, seeing the purple Jacaranda blossoms absolutely everywhere and starting to prepare for the social and festive season ahead.

I am starting to make mental notes for Christmas. I enjoy the process of thinking about these things, but I am acutely aware of the sense of panic that starts to rise in some people, such as my mother, when thinking about this pointy end of the year.

Let us take a moment to relax, breathe and reboot.

We are blessed to be able to enjoy, dream and visualise what we want to accomplish in the weeks ahead. So arm yourself with a notebook and a smile and start to write down what you'd like to get done in order to feel organised and have a sense of joy come December.

When you are asked if you are organised, you can reply with a resounding: "yes!"

Especially if you are going to be hosting in your home around Christmas, try to focus on getting the gardens, alfresco areas and where you'll be dining organised first.

Decorate at the end of November or the first day of December to start the month feeling your home is ready and in the Christmas spirit.

If you haven't already done so, set aside a day very early in the month to do the gift shopping.

And do enjoy this, don't consider the monetary value just the thoughtfulness for the recipient.

Be wrapped and ready to go well before the middle of the month, leaving you then with only the food and table decorations to think about.

Don't overthink anything, create a simple menu, buy simple meaningful gifts and be conscious that you are giving a beautiful and memorable day to those you love.

I am certainly no millionaire and I wouldn't say I spend like one, but I do know how to create beautiful rooms and decorate like one.

It takes an eye and a little daring to make a statement, but it really is fun and I do believe everyone has it in them, even if it needs dragging out them.

Simplicity is the key and if it pops your eye, it's going to pop others' too.

There is a new colour palette arising in interiors. They include not only the dusty blush that's been around for the last few seasons but gorgeous earth tones like terracotta, saffron, jade green, brick and azure blue. There is something for everyone to be enjoyed in soft furnishings, homewares and artwork to give your neutral areas a fresh look.

Also take note of the exciting possibilities available now in beautiful outdoor furniture and accessories and have fun creating an outdoor living room.

Christmas decorations have evolved from scary plastic or breakable glass to easily applied clip-ons in an array of the new season's colours and traditional red.

Don't fear the pressure of trying to make a perfect Christmas Day but see it from the perspective of reflecting that another year has been ours. Embrace it for better or worse with gratefulness and enjoyment of family, friends and life.

We can at least choose to feel like a millionaire and spread happiness all around like glitter. Have a wonderful month.

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 zofia@stjames@hotmail.com

Find out more about the Royal Flying Doctor Service

THE next speaker at the Association of Independent Retirees Mandurah regional branch (AIR) will be Melva Stone OAM who will talk about The Royal Flying Doctor Service.

Melva has had extensive experience with this important and life-saving service and received an Order of Australia Medal for her work in this field.

AIR meets on the fourth Monday of every month. Their next meeting will take place at 9.30am on Monday 25 November at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

Visitors are welcome to join the group and are invited to stay for morning tea.

For enquiries please ring Shirley Lloyd on 9582 1541.

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ADVERTISING FEATURE

Ageing with choice - a new government housing policy for seniors



Left to right; Connect Victoria Park, Luke Garswood - Minister for Housing, Peter Tinley and Minister for Seniors, Mick Murray with the report

by Frank Smith

MINISTER for Seniors, Mick Murray and Minister of Housing, Peter Tinley, have launched a five-year strategy aimed at ensuring all seniors are able, if they wish, to age in place, where they feel valued and connected to family and friends.

While media releases praising the report were everywhere, it took a little searching by *Have a Go News* to get a copy of the actual report.

Ageing with Choice analyses the problems faced by many older people in the WA community admirably. It is less convincing with the

solutions it offers.

While some 70 per cent of seniors own their own homes, or have leases for life, others are less secure.

Recent surveys found that the number of people retiring, still with a mortgage has increased by 80 per cent. More than half of older

households cannot afford to buy a basic apartment.

Nearly 24,000 seniors are living in insecure private rentals. Average rents in Perth, take up nearly half the single age pension, even with Commonwealth rent assistance.

Most private renters (seven per cent of seniors) are experiencing housing stress – where tenants spend more than 30 per cent of their income on rent.

The number of homeless seniors, especially women, has increased by 27 per cent. This latter statistic is probably an understatement as many homeless are hidden from view. They are couch surfing or living with friends or relations in cramped conditions.

Curiously the report made no mention of granny flats, which can provide a satisfactory

and affordable solution, especially for widows and widowers who want to live independently, but close to their children.

The report makes the important point that less than five per cent of houses are designed to support ageing in place. Universal access requires step free entrances wider doors and passages to accommodate wheel chairs, accessible showers, handrails next to toilets and safe working areas.

Even fewer rental houses, either private or publicly owned, are so designed. Moreover retrofitting them is an expense that private landlords are unlikely to undertake.

Most of the solutions offered in the report lack substance to say the least. They include: information, education, advocacy and awareness for consumers, industry and

local decision makers to improve housing choices for older people.

Demonstrating and trialling innovative housing options to expand the supply of affordable homes that can support ageing in place

Streamlining government efforts and leveraging government programs and investment to achieve better outcomes for older people.

The only comment on spending is \$560 million spent on social housing in 2015-17 which halved the priority waiting list for accommodation. Future spending is not mentioned.

One policy recommendation that is well worthwhile is to build a higher proportion of houses to liveable design standards. The extra cost at the construction stage is small and even if the houses are initially designed to be occupied

by younger people. They will inevitably get old. This policy will have little impact at first but will be invaluable in future years.

At present less than five per cent of new homes are built to universal design, yet one third of homes house a person over 65.

While considering design standards, it is a pity the report missed the opportunity to encourage construction of passive solar and low carbon housing. The extra cost will be more than repaid in lower power bills, greater comfort and improve sustainability.

The report is good in identifying problems in housing our increasing number of older people. But pious words, however well-intentioned, will not replace the need for capital investment by government and the private sector in suitable age-friendly housing.

New zero house stamp duty means Sanctuary downsizers will benefit

THE WA State Government recently announced that for two years starting from 23 October 2019, buyers who enter into a pre-construction contract to purchase an apartment will receive a massive 75 per cent rebate off their stamp duty up to \$50,000.

To be eligible for this rebate, the development must not have started construction.

A new apartment development in 3-5

Wren Street, Mount Pleasant, called the Sanctuary is one of the few off-the-plan projects to be eligible for the Stamp Duty Rebate Scheme.

On top of that, as part of a special offer, the developer will rebate the remaining 25 per cent stamp duty, making all Sanctuary purchases 100 per cent stamp duty free.

This is a fantastic opportunity for downsizers to secure their apartment now, as

demand will increase for premium pre-construction projects like Sanctuary.

Sanctuary residences are nearly 1.5 times bigger than your typical apartments on the market, with an abundance of storage space throughout.

Mercedes Construction, part of the Zoorzi Group has been appointed as the builder.

With an exclusive collection of 47 residences, located in a quiet leafy street close

to the Canning River, this development is already 30 per cent sold and winning the hearts of downsizers and owner-occupiers alike, with 90 per cent of Sanctuary purchasers being 50 years and over.

Construction is expected to commence March/April 2020, for an estimated completion November/December 2021. For more information, call John 0421 595 481 or visit www.sanctuarymountpleasant.com.au

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"I now have the lifestyle where I'm able to relax. There are so many things to do here. I love the swimming pool!"

STEPHANIE





Downsizing

ADVERTISING FEATURE

When should you update your will?

ARE you one of the responsible minority of Australians who already has a will?

If so, when should you update it?

Firstly, you need to consider any changes to your circumstances and whether any of them will affect your will.

Have you, for example:

- been married or divorced since you made your last will? If so, you now effectively have no will, because marriage or divorce automatically revokes a will.
- started living with someone? People who qualify as a de facto partner may be entitled to bring a claim against your estate if you do not

provide for them.

- had a child, or more children (via birth or adoption)? Does your current will consider all your children? If you are unsure, see a lawyer for advice. You might want to discuss the position with respect to any step-children too.

Other situations that might require an update

or your will include:

- Your executor has died, become ill or incapacitated. A will without a suitable executor might still be valid, but another executor will need to be found, and the whole process after your death is much less straight forward.
- You own a business, have a family trust, or various superannuation assets. How will these be dealt with after your death? A new estate plan might be needed to consider, for example, the continuity of a business or a self-managed superannuation fund.
- Overseas will: Any person who has overseas assets or a will from another country should seek legal advice about how Australian and overseas assets can be dealt with.

For more information see Bespoke Wills & Estates' advertisement on page 12 or call 9445 2686.

This document contains general information only and does not constitute legal advice. Liability is limited by a scheme approved under Professional Standards Legislation

Homes with special offers...

SIENA Living has two homes available from \$119,900 each. There has never been a better time to look at the retirement village lifestyle.

"Combine these prices with the lowest weekly fees and no exit fees, while living in a near new home means life cannot get much better," said village manager Kellie Briggs. "Residents enjoy an active social life, either in our club house, or being as close as we are to the many amenities Mandurah has to offer, which means there is always some-

thing to do," she said

The homes for sale have two bedrooms, a large, spacious bathroom, two outdoor living areas and have been architect designed for ageing in place, a feature rarely seen in villages. Reverse cycle air-conditioning and high energy ratings mean low heating and cooling bills, and a bigger than average auto-open garage gives plenty of room to move around.

To view these homes contact Kellie on 0424 284 889.

Upgrade your toilet seat to a bidet

MS Nash said: "as a health conscious person and personal hygiene being high on my list I always wanted a bidet in my bathroom, but I got a quote from a plumber a while ago and I was shocked by the price."

Then her luck changed. She discovered The Bidet Shop ad in this newspaper a few months ago, offering Coway Bidet Toilet seat that just replaces her existing toilet seat and

can be installed in just a few minutes and for much less money.

She contacted The Bidet Shop and spoke to one of the very helpful staff who explained how the bidet worked and its other features, such as a heated seat and soft closing lid.

Ms Nash said, "The bidet is wonderful because it just replaces my existing toilet seat and automatically cleans me without the need of toilet paper."

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 you off with a gentle stream of warm air.

Ms Nash ordered one and her new bidet arrived in the mail a few days later.

Have a Go News' readers may qualify to have their bidet fully funded. Please call them on 08 6315 4252 to ask how.

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www.terancamews.com.au

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Wheel Words:

Able, Bale, Balm, Bane, Beam, Bean, Beau, Bema, Blue, Club, Cube, Lamb, Lube, Numb, Abeam, Album, Amble, Banal, Blame, Cabal, Cable, Umbel, Becalm, Cabman, Nebula, Unable, Albumen, Balance, Clubman.
9-letter word: AMBULANCE.

Have a Go News Quiz Page 2:

1. 14. 2. St Kilda. 3. Geoffrey Rush. 4. 3 seats. 5. Chloe. 6. Christian Porter. 7. Tesla. 8. One Nation. 9. Chris Lilley. 10. Australian Electoral Commission

Downsizing

ADVERTISING FEATURE



Kate and Scott's dome house beats the mortgage blues



From left to right; Scott and Kate Ryan-Taylor's new house located at Kendenup, Western Australia - Kate in her kitchen - Kate and Scott in their bathroom

by Frank Smith

SCOTT and Kate Ryan-Taylor moved into their new house, at Kendenup in WA's Great Southern, last month, about the same time as they finished paying off the construction costs.

Kate worked full-time and Scott part-time while they were building, so they were able to pay it off as they went along.

They aim to become semi-retired in their 50s.

The out-of-pocket costs of their new house was \$41,500. This included a water tank electrical wiring \$6,500, plumbing \$7,500 and solar cells as the house is off-grid.

Their new house is made of bags of earth

– a mixture of sand, clay and gravel – laid in rows like bricks and held together with barbed wire to form a dome-shaped structure.

In many ways it is like rammed earth construction with the rammed earth in bags. The bags are 40kg feed bags tamped into shape as each course is laid. As the walls rise they slope inwards to form a dome shape integrating roof and walls.

The Ryan-Taylors purchased house plans from a website in the USA and took two years to modified it conform to Australian building regulations.

The couple told the ABC they had to look at everything, from the en-

ergy efficiency to bush-fire safety, an engineer to sign off on the foundations and structural integrity of the building and a building surveyor to do a certified design compliance.

After two years and several compromises on the original design concept, they were able to meet Australian building codes and received full council approval.

The Plantagenet Shire proved supportive, even sending out staff on a friendly visit to learn about the construction method as the house neared completion.

"This one will be the first dome shaped house made completely from earth bags to get all the approvals in Australia,"

said Kate.

After two years spent in research and planning they began laying the concrete pad in 2017, doing nearly all the work themselves except for the plumbing and electrical wiring.

Scott says volunteers did about five per cent of the work in return for learning about the building technique.

"Volunteers weren't a great help. We had to teach them first and none stayed for more than one day," said Scott.

"We mixed and laid the concrete ourselves, using shovels and a cement mixer to make the concrete from tonnes of cement, sand and blue metal," said Kate.

The earth bags used in the wall and dome construction weighed around 500 tonnes alone.

"We did not realise what hard work was involved," said Kate. "But you get used to it after a while. I don't have a good head for heights and struggled to work at four to five metres."

They aimed to move around eight tonnes of earthbags per day aided only with their tractor and front-end loader.

The walls are water-proofed with a coat of cob render followed by lime plaster, thus ensuring moisture cannot seep through the walls and preventing mould formation.

The resulting house is

88m² and provides more than adequate accommodation for a couple.

"We could go to a second storey," said Kate. "Dome houses must be as high as they are wide so we have 6.3m in the main area."

"The house is bushfire and earthquake proof. There is nothing to burn," said Scott.

What is the next project?

They are starting to landscape around the house and Scott wants to return most of their 11ha property to the native bush of Yate, Jarrah, Wandoo and Marri.

"We are already seeing more bird life," he said.

They also plan to grow fruit trees and are

designing a walipini, a sort of semi underground greenhouse with a glass or polycarbonate roof. It uses the warmth of the sun together with the insulating properties of the earth to create a plant-friendly growing environment.

Kate runs a business helping country businesses improve their marketing and use of social media.

"It is different in the country. You can't separate work and home. You need to be flexible."

The Ryan Taylors are aiming to achieve a work-life balance.

"We can now have an enviable lifestyle. We will be able to pay off the mortgage on the land in five years," said Kate.

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ADVERTISING FEATURE

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Scratching the surface of why older people are more susceptible to itches...



Burswood
Dermatology's
Dr Ernest Tan

by Frank Smith

ITCH is the most common skin complaint in older people, with up to 40 per cent of older adults having an annoying itch.

"Pruritus or itch is a common problem in the elderly," said Dr Ernest Tan of Burswood Dermatology.

"The prevalence of chronic itch in the elderly is unclear but can vary from 10 per cent upwards. In some coun-

tries, such as the USA, to up to one third of nursing home patients reported itch."

It's probably one of the most common complaints that dermatologists encounter in the older population. The primary cause of itch is xerosis or dry skin or age-associated skin changes, such as a decrease in oils on the skin surface, a reduction in sweat and sebum production, and diminished barrier repair.

Diseases such as chronic kidney, liver and endocrine disorders that cause itching are also more common in older patients.

In less well-run aged care homes, itching might be caused by scabies mites, lice and excessive-

ly hot and dry air-conditioning. But often there is no obvious cause.

"With age, our skin produces less oil than it did when we were younger, and there's a decrease in collagen production that makes the skin more susceptible to environmental assaults like a dry environment or topical irritants like soaps," Dr Mary Sheu, director in the department of dermatology at Johns Hopkins School of Medicine told Aging Well.

Writing in *The Conversation*, Drs Yuen Lei and Yan-Gang Sun of the Chinese Institute of Neuroscience, said that until recently itch was thought to be the same as low intensity pain, but we now know that it is sensed through an independent

nerve pathway.

They say acute itch evolved as a warning signal to protect us from a potential threat.

After detecting this stimulus, cells in the skin (called keratinocytes) communicate with immune cells beneath them. These immune cells release chemicals such as histamines to clear away any potential invading pathogens. At the same time, they activate sensory nerve fibres which send a warning message to the brain. This we perceive as an itch.

Usually when we feel an itch, we scratch it. This usually solves the immediate problem but sometimes the more we scratch, the itchier we feel. This vicious itch-scratch cycle can be-

come a serious problem for patients with dry skin and dermatological conditions such as dermatitis and psoriasis. This is because excessive scratching damages your skin and may cause a secondary infection which worsen the itching.

Dr Tan said simple measures which can help or prevent itch in the elderly include: quick showers with cool or lukewarm water (2-3 minutes) and use of a soap free substitute.

"When drying after showers pat dry rather than rub to reduce itch induction, make liberal use of moisturisers on partly damp skin after showers (moisturisers from a tub or tube are usually better than those in a pump pack).

"Also avoid excessive heating in winter, add a humidifier in winters to enhance indoor humidity, avoid the use of electric blankets, minimise direct contact of skin with synthetic or woollen clothing and, keep your fingernails short."

If itching persists or worsens, stop scratching and go see a doctor.

"It is important to see a dermatologist or medical practitioner for management when the above measures do not settle the itch," said Dr Tan.

"If there is a rash or skin lesions associated with the itch, and the itch is intolerable and persists through the day without any rash, this suggests the itch may be caused by a systemic disease," he said.



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Supporting your loved ones on their journey with diabetes

WHEN Wayne Beard's eyesight began to deteriorate, his partner Jane Duncan knew something wasn't right.

After booking in with their GP for a blood test, results confirmed that Wayne had type 2 diabetes.

The diagnosis came as a shock to the couple, who were told Wayne's blood glucose was dangerously high at 28 mmol/L and that he could not return to his job as a long-haul truck driver until it dropped to 18 or below.

While Wayne was prescribed

medication, the doctor also advised him to make drastic changes to his eating habits to help get things under control.

For Jane, supporting Wayne on his journey to better health has been life-changing.

"Nothing has changed my life so much," she says.

"These changes have helped him maintain a lower blood glucose level and helped him lose weight, giving him an opportunity to a longer, healthier life."

Wayne and Jane are now planning to attend Diabetes WA's Desmond program for

people with type 2 diabetes.

As Wayne's key support person, Jane is eager to learn more about diabetes and understand how to help him better manage his condition.

World Diabetes Day is on 14 November, and this year the theme is 'Family and Diabetes'.

As part of that theme, Diabetes WA encourages those who support people living with diabetes to attend a workshop with them, to find out more about how they can support their loved ones.

For more information, visit www.diabeteswa.com.au.



Jane Duncan and Wayne Beard



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Robert finds Baptistcare home care choice makes life easier



Robert Woodford with Baptistcare customer engagement consultant Glenis Dickinson

DECIDING who provides the care you need to stay in your own home has never been easier, as Robert Woodford discovered when he made the move to Baptistcare earlier this year.

Now the 74-year-old receives the domestic help and social support he needs to continue living in the Maddington home he shared with his late wife Evelyn for more than 12 years.

As well as looking after weekly chores such as changing the sheets and mopping the floors, the Baptistcare home care team takes Mr Woodford out and about twice a week to meet people in his local community.

“Choosing Baptistcare to provide my

home care services was easy. All I had to do was pick up the phone and everything I needed was provided. I am very happy,” Mr Woodford said.

“Hopefully I can look after myself at home for another 10 years or more. At the moment help for domestic tasks and getting out and about is what I need, and that’s just what Baptistcare is providing.”

People have more choice and control than ever before in terms of the help they need at home and who they choose to provide that help.

Even those already receiving a home care package can easily switch providers if they’re not happy with the care they’re receiving, they have moved house, or just

want to talk to someone about making the most of their home care budget.

Mr Woodford said once he had received his home care package approval he rang Baptistcare with the approval code and was soon sitting down to run through everything.

“The people who come to the house are very helpful and one of the ladies is a regular so we are forming a nice bond,” he said.

“There is a lot of talk about looking after yourself and there’s lots of services and help available to you; people should take advantage of it.”

If you or your loved ones would like more information about your home care options, contact Baptistcare on 1300 660 640 or visit baptistcare.com.au

New exercise and cognitive program



Exercise helps older people keep fit

STAY SHARP is a program aimed at increasing independence by promoting better physical and cognitive health. This is achieved through eccentric exercises and fun coordination exercises aimed at challenging and stimulating the brain.

Daily physical activities and exercises consist of static (isometric), shortening (concentric) and lengthening (eccentric) muscle contractions. For example, when walking down stairs, front thigh muscles (quadriceps) perform mainly concentric contractions while supporting our body mass on each stair. This is a typical eccentric exercise, as is slowly lowering ourselves on to chairs in a controlled manner. Strong quadriceps are essential for good balance.

Stay Sharp was developed by Professor Ken Nosaka from Edith Cowan University in Joondalup with Dr Jenny Brockis, the brain doctor.

As people age, muscle mass decreases, often leading to fatigue and frequently loss of balance. This can result in falls and subsequent debilitating fractures.

Stay Sharp participants have been shown to have increased muscle mass and bone density, thus achieving better balance and also, greater mental acuity.

The social aspect of the program is important. Exercises are held weekly for one hour followed by a thirty minute tea break, the last hour being devoted to cognitive health sessions. These classes have

been running for more than three years in the metropolitan area, they are popular, consistently well attended and over time, many friendships have been formed.

Our society is ageing rapidly; reducing the future burden of chronic disease, and or poten-

tial cognitive decline through programs such as this, is a very positive step in helping ourselves to live longer, healthier and more fulfilling lives.

For expressions of interest in attending classes in the northern suburbs, please contact Tina on 0409 881 759.

How does chronic pain affect families?

by Better Nature

CHRONIC pain rarely affects just one person.

Family members can be a huge help to people suffering from chronic pain, giving them hope, support and reminding them that there’s still a lot of pleasure to be had from life.

When you’re caring for someone in chronic pain, the added responsibility and worry can have a big impact emotionally. You’ve suddenly got less time to spend doing things you used to enjoy, plus there are often financial costs adding to the pressure.

Both the person suffering from chronic pain and their loved ones will find it hard to deal with.

So, here’s a few tips to help guide you through the situation

and make it through the tough times.

Chronic pain is not an individual problem. If you’re the carer for someone with chronic pain, you may feel guilty about not being able to relieve their distress or suffering. Let them know that you’re in this together and that together, you will find a way forward. This shows them they’re not alone.

Try to be open and honest about your feelings. Even if you’re both fed up or frustrated, being able to vocalise that will help your relationship and your mental health.

Chronic pain robs

people of their independence – this can leave them to feel worthless and guilty over not contributing to the family. Find ways the person can still feel like a valued part of the family such as responsibilities that suit their new normal so they feel useful. This will also take the pressure off you and may free up some of your time.

Medications can impact how we feel. There are many natural solutions now, such as Better Nature products that can temporarily relieve pain in muscles and joints and to help with chronic pain on a day-to-day basis.

Read, learn, ask for opinions and research as much as you can about the illness and pain management. It may not be possible to eliminate pain, but there often ways to reduce it. An effective management plan can make a real difference to the emotional well being of everyone involved.

Take care of yourself. There are no medals for martyrs. Take all the help you can get and don’t be afraid to ask for more. Ask family, friends or your medical support team for help.

Take time for yourself regularly and make your own mental and physical health a priority.

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Recruits needed for world's largest genetic study of skin cancer



Senior scientist, Professor David Whiteman

by Frank Smith

AUSTRALIA leads the world in the incidence of skin cancer, largely due to our sunny climate and propensity for baring our flesh out of doors, in spite of a cartoon seagull cajoling us to slip, slop and slap.

Although the incidence of skin cancer has fallen dramatically since the Sunsmart campaign was launched, each year more than 400,000 Aus-

tralian are treated for all forms of skin cancer, including melanoma, squamous cell carcinoma and basal cell carcinoma.

More than 12,000 Australians are diagnosed each year with invasive melanoma, which is the deadliest type of skin cancer.

Now scientists based at the QIMR Berghofer Medical Research Institute in Queensland want to collect DNA samples from 20,000 adults – in-

cluding people with and without skin cancer and with a range of skin types – to better understand the role genes play in the disease.

Senior scientist, Professor David Whiteman said 44,000 Queenslanders took part in the first stage of the QSkin study to help document the burden of the disease and better understand how skin cancers develop.

"We now want to find out what genes are in-

involved. We have already analysed genetic information from more than 18,000 of those original study participants, but in the next phase of the research, we want to supercharge that effort and include more Australians – not just Queenslanders – in the research.

He said there is evidence that people can differ in their susceptibility to skin cancers. As skin pigments darken they provide more protection from the sun. Aboriginal and other peoples from hot, dry countries have developed a high degree of resistance.

"By comparing genetic data from a large cross-section of people, we will also get vital information about how skin cancers develop, so we can work towards better ways of preventing and treating them.

"The first stage of our QSkin study helped us develop a melanoma risk predictor, which is now online and available for public use.

"However, we are

particularly urging Australians aged over 30 to sign up.

"You don't have to have had skin cancer to sign up. It's just as important for people with no history of skin cancer to join this study so we can find the protective genes that reduce the risk of these cancers."

The study's project manager, Dr Catherine Olsen, said participating in the research is easy and unobtrusive.

"DNA collection now only requires participants to provide a saliva sample. We also want our volunteers to take a short survey about their general health, skin characteristics and sun habits," she said.

"The DNA samples will allow us to see how genes vary for different people, and how they might be related to skin cancer risk," she said.

To find out more information or take part in the study visit the QSkin Genetics web page publications.qimrberghofer.edu.au/Custom/QSkinMelanomaRisk/

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Keeping balance

IN an easygoing workshop for beginners, Ralf Rauker, renowned the-

atre director, will guide people to bring body and mind into equilibrium through simple, playful exercises that actors learn as part of their toolkit.

Through some basic skills of movement, voice and speech, participants will discover ways of connecting and being in the here and now – the essence of good acting.

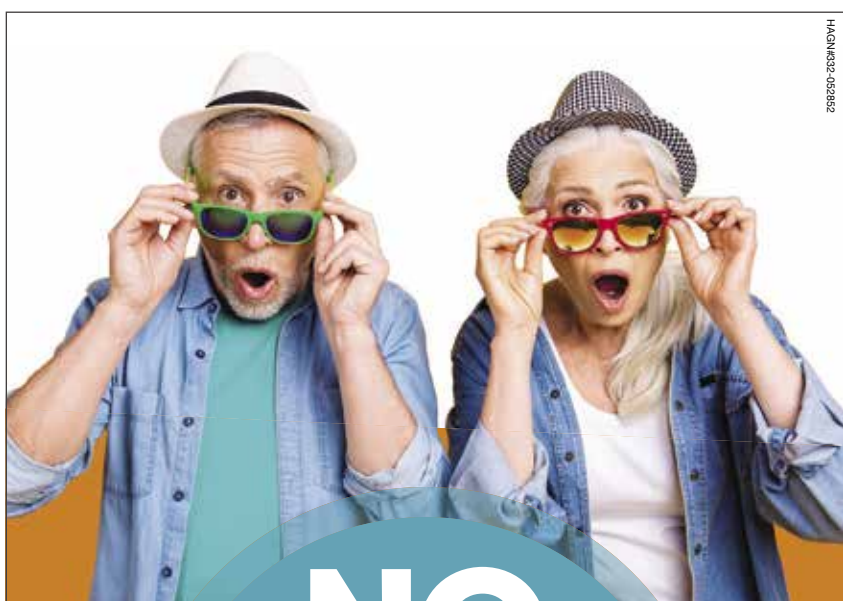
It makes total sense that we can learn skills useful in for daily life, from those experts in communication.

Practising these skills builds confidence which of course is an essential ingredient for a full, whole-hearted eldering.

From speaking what really matters to being more solid on your feet, people will walk away with more confidence and a more sprightly step than when they came.

Join Connect – Balance – Belong for gentle fun as they help people find trust on their feet and in their heart and together strengthen life in the community. It's about rediscovering that sense of community and knowing that we belong in the world, no matter what's going on around us.

The cost is a donation between \$5 to \$15, the program will be run at the Cockburn Seniors Centre. Further details can be gained from Helene on 0429 110 595.



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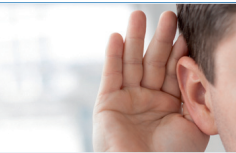


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HOME Chef has been providing home-delivered meal service for 35 years. It is a WA owned and operated local business based in Bassendean.

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Home Chef has been a valued service to busy families, anyone living with a disability, people recuperating from illness, and older Australians seeking to stay independently in their own home.

Many carers have found Home Chef to be of great support in providing meals to their loved ones. Home Chef can offer seniors a discount and has special pricing for customers that receive a Home Care Package (HCP) where they may only have to pay between \$2.30 and \$2.76 for the main meal.

Home Chef also works with aged and disability providers, and local companies who need the caterer pack range for small or large social gatherings, or resident's meals. Caterers packs can serve between five to 10 people depending on the meal type.

Call Home Chef today to discuss your needs on 9378 2544 or email info@homechef.com.au. They look forward to hearing from you.

Are you applying enough sunscreen outdoors?



WITH summer fast approaching, Cancer Council WA urges all Western Australian to brush up on their sun protection knowledge. A recent survey showing that 19 per cent of WA adults rarely or never use sunscreen.

Sunsmart manager, Mark Strickland, said recent survey results showed that there was still a reluctance by some adults to use sunscreen.

"Our figures indicate that around 65 per cent of all adults and teens do use sunscreen always or usually when they are outside," Mr Strickland said.

"We need to see that figure rise if we are going to continue

to reduce skin cancer in WA.

"Using sunscreen regularly has been shown to reduce the risk of skin cancer, including the deadliest form, melanoma, yet daily sunscreen use in Australia is less than 20 per cent.

"In addition, we know that many Australians don't apply enough sunscreen for adequate protection."

Mr Strickland said that being SunSmart was a simple and effective way of reducing your risk of developing skin cancer.

"Two in three Australians will develop skin cancer before the age of 70, and every year 2,000 people die from this disease," he said.

"Most skin cancers can be treated if found early, so it's important that you learn how to check your skin for the early signs of skin cancer."

Cancer Council WA recommends applying sunscreen 20 minutes before going outside. When applying sunscreen you need at least one teaspoon per limb, one for the front of the body, one for the back and one for the head. A full body application for an adult should be at least 35 mls or seven teaspoons.

Sunscreen should be reapplied every two hours if you are spending time outdoors and after swimming, sweating or towel drying.

Sunscreen should always be used in combination with other sun protection measures including SunSmart clothing, broad-brimmed hats, sunglasses and seeking shade whenever the UV index reaches three or above.

Visit Cancer Council WA's retail shop located at 334 Rokeby Road Subiaco WA 6008, for sun production products and information.

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Have a Go Day 2019 - A LiveLighter Event

All roads lead to Burswood Park for 2019's *Have a Go Day*



Left to right; The WA Police Pipe Band provide fabulous entertainment during the day - Silver Chain's new Virtual Reality System will be available for people to try and take them to places around the world - have a go at one of the many activities

HAVE a Go Day is the premiere event of Seniors Week 2019. Readers are encouraged to come along for a fabulous free day of fun and entertainment on Wednesday 13 November from 9am to 3pm at Burswood Park, right next door to Crown Perth.

The event is specifically designed for older people to get out, have a go and see the range of information, services and activities available to help them live the best life possible.

Simon Beaumont from 6PR will emcee the opening and the Minister for Seniors, Ageing and Volunteering Mick Murray will officially welcome everyone at 10.30am.

Following the formal proceedings, the Over 55 Walking Association will lead the annual walk

around the park.

Try your hand at canoeing on the river, test your skills on the climbing wall, have a go at throwing a boomerang, find out about the latest technology and enjoy great entertainment.

Event organisers' Seniors Recreation Council of WA remind everyone that age is no barrier and invite everyone and anyone over 50 to come along dressed to participate.

Are you looking for a new hobby? There is a huge range of clubs and groups for people to join from dancing to collectables to exercise groups.

Have a Go News runs the hospitality tents and thanks to our partners AGL we have a bigger and better chocolate wheel which will spin every hour from 10am to 2pm with great prizes to win.

Enjoy free tea, coffee and water and take some time to sit and relax before you head off to have more fun.

Cycling Without Age will be offering rides around the park on their specially built and piloted trishaws.

There will be plenty of entertainment to enjoy, including performances from Terry Bennetts, The Haze Band, and the WA Police Pipe Band.

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

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

For those who want to become more savvy

with technology, Tech Savvy Seniors will be on hand and there will be electronic activities to try, including Seniors Exergaming and Laser Pistol Shooting.

Silver Chain will have their VR headsets giving people the opportunity to digitally visit places where they grew up or where they would like to visit.

There is so much to see and do – if you have never been before you will be amazed at this unique event for mature people.

See you at Burswood Park on Wednesday 13 November from 9am to 3pm.

For your complete guide to the day see our Seniors Week Events Guide at www.haveagonews.com.au/paper/10-2019/SWEG2019digital.pdf

Join a Men's Shed and contribute to the community while having fun

SIMPLY being a member of a Men's Shed enhances men's health and wellbeing in many ways, including overcoming social isolation and providing meaningful activities. There is a positive impact on physical and mental health.

The common theme in all Men's Sheds is about men feeling useful and by contributing to their com-

munities – valued, learning or sharing their skills, making friends, networking and availing themselves of health information programs and opportunities.

They work on projects, contribute to the community, learn new skills, unwind and talk with mates. Activities vary widely, as groups pursue their members' interests. These

include woodwork, metalwork, gardening, music groups and whatever the members are interested in.

Many Men's Sheds also contribute to the maintenance and development of local community facilities.

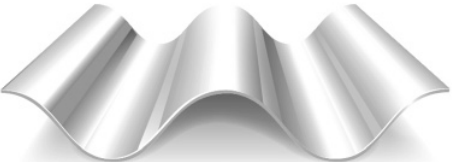
Older and retired men are typically reluctant to recognise and discuss their health and frequently avoid

seeking health advice or submitting to routine health checks. Mixing with other men of similar age and health status makes these discussions easier and less confronting.

In some cases, men have also become disconnected from their local community. It could be they have had a central focus on work and family. Some men find the going


hard as life changes through retirement, job loss, loss of their partner or relationship breakdown. Perhaps a Men's Shed could offer the solution.

There are 185 Men's Sheds throughout Western Australia. To find a Shed near you go to the Mens Sheds of WA website www.menssheds.org.au.



MEN'S SHEDS

— OF WA —



What happens in a Men's Shed may surprise you. The men you meet may surprise you. But what may surprise you the most is how good sharing projects and a cuppa in a Shed makes you feel.

If you know someone who might benefit from joining a Shed, please pass this information on.

With 180 Sheds in WA, chances are there's one near you. You can search at: www.mensshedswa.org.au/sheds-near-you

Boogie Beats keeps seniors moving

WA STAGE School has been involved in programs for seniors since 2012 when Renae O'Neill was teaching the Beat the Feet program which

was created by Max and Heather Ogier.

In early 2017, they decided to separate the businesses and Boogie Beats was born.

Since then Boogie Beats classes have grown and developed to much more than just a dance class. The ladies who participate love to socialise after class and lots of new friendships have been formed.

The classes are designed to apply gentle movements including stretching, strengthening and balance exercises.

Lately, they have also included some co-ordination exercises as well as good posture building. By keeping active, the spine remains healthy and pain and discomfort is alleviated.

As people grow older, they want to keep standing tall without too much effort, but with confidence.

The Boogie Beats dance routines are designed to keep people moving to build a little fitness. With easy steps and lots of movement and pattern work, they help build stamina and self-confidence and work on memory muscle.

Keeping the classes upbeat as well as including some slow songs to create a perfect balance of boogie and grace. WA Stage School include a mix of songs – favourites old and new – they even have student choices on occasion. In the last term of the year they recap on the routines they have completed during the year.

Remember the old saying 'use or lose it' – well WA Stage School uses it and they do it well. To find out more about these classes see the advertisement on this page.

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Meet the team behind WA's 1st Village Hub



Connect Village Hub in Victoria Park is inspired by the US Village Movement and has built a community of people aged 55+ committed to active and healthy living, social connectedness and support for each other.

Join us at Town of Victoria Park site 4 at *Have a Go Day* to learn about Village Hubs and how you can be part of a movement that is changing ageing!



CONNECT
Village Hub

www.facebook.com/connectvictoriapark
www.connectvictoriapark.org
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Things to know about the National Disability Insurance Scheme and Aged Care...



THE NDIS supports people with disability, their families and carers. People who start

the NDIS before age 65 may choose to keep receiving services under the scheme as they age. For those over the age of 65 the Commonwealth Continuity of Support (CoS) Programme will make sure older people with disability who are not eligible for the National Disability Insurance Scheme (NDIS) will still be supported as the NDIS is rolled out across Australia. The CoS Programme will make sure that older Australians who are receiving state and territory-managed specialist disability services are supported to receive similar services to those they received before the change. Services for clients will not need to change and people will not need to move and continuity of support arrangements will allow clients to continue to receive services. For those who may require some extra support and don't have a disability the Commonwealth Home Support Programme (CHSP) helps senior Australians access entry-level support services to live independently and safely at home, these can include meals and other services, personal care, allied health care, transport and social support. To find out more about the NDIS – www.ndis.gov.au or call 1800 800 110. The first step to access government-funded aged care services is to call My Aged Care on 1800 200 422 or visit to find out more on how to aged care services visit www.myagedcare.gov.au

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COMMUNITY NOTEBOOK

THE ROSICRUCIANS
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P&F CHRISTMAS MARKETS
Brighton Catholic Primary School
Friday 29 November between 5pm -7.30pm
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1051 Connolly Drive, Butler free entry.

JUNIPER CHRYSTAL HALLIDAY
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Morning tea will be available, raffle, and lots of exquisite products for sale.
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Monthly meetings 1.30pm-3.30pm held the last Thursday of each month.
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Afternoon tea.
Further information Bev Hannan 0428 053 324 bevhannan06@gmail.com

COUNTRY WOMENS ASSOCIATION (MIDLAND BRANCH)
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The Ascension Hall Spring Park Rd. Midland
Contact Maureen Barker 9576 1334 maureenbarker1@gmail.com

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

Celebrating International Volunteer Day 5 December

Opportunities galore to fly high at RAAFA's Aviation Museum



MARY Shaw is a relatively new volunteer at RAAFA's Aviation Museum, having followed in her husband's footsteps and lent a helping hand

at the museum over the last two years.
“My husband was very involved with the museum and I heard that they needed some help in the library, so I started volunteering there once a week,” says Mary, who worked as an orthoptist during her working life, a profession that works with ophthalmologists to investigate and manage eye disease.
“I really enjoy helping out with different jobs. It gets you out of the house and you end up talking to different people, and that creates friendships over time.”
“The people at the museum are lovely, and not only is it something I’m very much enjoying during my retirement, but it has also made me realise that you don’t need to know too much about aviation and aircraft to find the voluntary work at the museum very meaningful.”
Mary says the museum is always looking for additional volunteers.
“There are so many things you can help with, whether it’s in the library, in the display section, in the model making department, at the shop or as a guide. There really is so much diversity, you could volunteer in five different capacities each day of the week if you really wanted to,” she laughs.
To find out more about volunteer opportunities contact museum manager, Trevor Fettis, on 9311 4471 or tfettis@raafawa.org.au.

It’s International Volunteer Day in the Wheatbelt

VOLUNTEERING WA and the Wheatbelt Volunteer Hub would like to invite all Wheatbelt volunteers to help celebrate International Volunteer Day 2019.
They would love people to join them on Thursday 5 December from 10am to 11.30am at the Wheatbelt Volunteer Hub inside the Northam Recreation Centre for morning tea.
Red is the colour of volunteering and attendees are asked to wear something red.
RSVP to Tanya@volunteeringwa.com.au or call 9621 2143 by 19 November.

2019 International Volunteer Day Garden Party at Government House

INTERNATIONAL Volunteer Day (IVD), mandated by the UN General Assembly, is held each year on 5 December across the world and recognises the outstanding contribution that volunteers make in their communities.
With more than 600,000 volunteers in Western Australia, International Volunteer Day is a day for mass celebration.
Organisations with volunteers celebrate the contributions of thousands of people who support their programs and services to the community.
Various events are held around Western Australia including Volunteering WA’s annual garden party hosted by the Patron, the Governor of Western Australia His Excellency the Honourable Kim Beazley AC Governor of Western Australia. The Hon Mick Murray MLA Minister for Volunteering will also be in attendance.
The event is held in the gardens of Government House and more than 500 volunteers, dignitaries and organisations come together and enjoy a wonderful afternoon of celebration.
The Garden Party will be held on Thursday 5 December from 4pm in the lower gardens of Government House. Guests will enjoy canapés, refreshments and live music by *Proof the Band’s Acoustic Duo*.
Tickets are \$33 plus GST. For general enquiries call 9482 4333 and for ticket enquiries please email bookings@volunteeringwa.org.au
Remember to wear something red, the colour of volunteering.

Want to volunteer but not sure where to start?

The Swan Volunteer Resource Centre provides a free referral service to both those looking to volunteer, and organisations looking to recruit volunteers in the City of Swan.
Get started by contacting us via email at swan.volunteers@swan.wa.gov.au or telephone 9278 9690.

www.swan.wa.gov.au/volunteer

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Research underway on attaining a healthy gut in later life



Fibre intake is very important for older people

by Frank Smith

A HUMAN is not just one organism. It is billions – one person and billions of gut microorganisms. And these microorganism, call the microbiota,

are essential to our health and survival. Dr Paul Blatchford a microbiologist based with CSIRO in Adelaide, is one of a team researching the effect of ageing on gut health.

“The microbiome is relatively stable during an adult’s life, but after the age of around 55 the diversity (number of different species) starts to decrease, especially of those species that

ferment fibre to produce butyrate and other short chain fatty acids,” he said. “This leads to a decrease in gut pH and an increase in the time it takes to transport gut contents through the colon. It also increases the chance of a leaky gut. “Research into the impact of changes in gut microbiota on health is still in its early stage, but lack of butyrate does leads to low grade inflammation increasing in the lower colon,” Dr Blatchford said. Meanwhile researchers at the University of Western Ontario, Canada have studied the gut microbiota of more than 1000 Chinese aged from three to 100 years old. “If you are ridiculously healthy and 90 years old, your gut microbiota is not that different from a healthy 30 year old in the same population,” said

Professor Greg Gloor, at Lawson Health Research Institute. Whether this is cause or effect is not clear. Writing in the *Journal of Nutrition and Healthy Aging*, Dr Manish Kumar and colleagues of Chalmers University of Technology, Sweden says the lower level of short chain fatty acids in the intestines of older people may lead to increased secretion of mucus by the intestinal epithelial cells, which, in turn, makes it easier for pathogens to enter the body. As we get older our immune system becomes less effective and that, combined with changes in the composition and structure of the gut microbiota, can lead to disorders such as obesity, inflammatory bowel disease, irritable bowel syndrome, type 1 and type 2 diabetes, atherosclerosis

and allergies as well as deterioration in gut-related functions such as digestion and constipation. Dr Blatchford says that maintaining a balanced gut microbiota by diets including the right sort of fibre (prebiotics) or taking probiotics may help in preventing age-related pathological conditions and promote longevity. “Most of the protein and carbohydrate is digested in the upper gut. By the time food has got to the lower gut, fibre is the main substrate. “Increasing fibre intake and including a wider range of fibres increases gut pH and encourages good fermentation which is beneficial to the colon,” he said. Many older people consume low amount of fibrous diet because of reduced sense of taste and smell. This change in diet causes negative impact on gut microbiota diversity, in particular the diversity of Bifidobacteria species decreases as we age. Bifidobacteria given as probiotics caused increasing stool frequency and prevented inflammation in the elderly in one study.

Fibre intake is very important for older people because fibrous substrates act as prebiotics for developing beneficial gut microbiota. Plant-based diets have a higher fibre content than animal-based diets. Probiotics have been widely promoted as beneficial to gut health. “There is not large amount of evidence for probiotics improving human health. But lactobacteria caused some improvement in animal studies. This disappears when the supplement is stopped,” said Dr Blatchford. “Antibiotics have a big negative impact on the microbial profile. The biome takes some time to recover and probiotics help recolonise the gut with desirable bacteria,” he said. “Maintaining diversity of your gut as you age is a biomarker of healthy ageing, just like low-cholesterol is a biomarker of a healthy circulatory system,” Professor Gloor said. So eat up those two pieces of fruit and three vegetables (at least) every day.



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How changing your colour scheme can improve your look



VERONIQUE (pictured above) was a ballerina for the West Australian Ballet Company and decided to use Your Colours service because she said she used to wear beige, olive green, brown and orange combinations, but was constantly asked whether she was okay. “Being fit and healthy, I was perplexed, apparently I looked ill even though I felt great. My mother, who also wore ‘winter’ colours, found out about ‘Colours’ and their influence. She had her colours done and introduced me to this amazing concept more than 35 years ago, when Your Colours first opened in Claremont,” said Veroniqua. “Since that first experience, Colours has become a part of my life, like second nature – an inner sense automatically directing me towards vibrancy and colour. It was like a whole new world opened up for me. “No more “are you okay?” instead it was “wow, you look so well...” “Thank you Your Colours for your amazing contribution, guidance and assistance. “I highly recommend to have your colours done to anyone wishing to understand this incredible concept and start living your true colours and your true stunning look,” she said. “It is an experience of a lifetime – that lasts a lifetime.” After enjoying a 35-year stint in Bon Marche Arcade, Perth City, Your Colours has found its new home on Green Street in Mt Hawthorn. A group of personal stylists are passionate about helping people to look and feel beautiful and discover a new confidence to go out and achieve their goals no matter what a person’s age. Find out what Your Colours is all about here: www.yourcolours.com.au or see advertisement on page 9.

*Offer only available to residential customers in WA in areas where AGL operates and who hold a valid Seniors Card or who are over 62 years of age.

Let's GO MOTORING

ADVERTISING FEATURE

A journey of innovation from the team at Volkswagen



Volkswagen 2019 Touareg launch edition



by Tony McManus,
Host, Saturday Night
Show, 6PR Perth

WHAT constitutes being posh? Can a car be posh? What is a posh restaurant? Is a fine wine posh? If a person refers to you as being posh, is that

a compliment masquerading as criticism? How do we really regard anyone identify as being posh? Do we love them, or be overcome with a sense of resentment? What makes a person, place or thing, posh? Ask these questions of friends and family, then notice the strong opinion from them; you will be intrigued. Which brings me to one of the finest offerings from Volkswagen in a long time, in the form of the new 2019 Touareg Launch Edition.

From the moment I entered, this large, luxurious SUV, I was overwhelmed with a sense of well-being. Hard to explain, but I felt special and yes, even stylish. The heated/cooled, patterned seats are wonderfully comfortable; firm, but not unkindly. The capable 3.0-litre diesel engine, fires up with the press of a button; 190 kW ready to move swiftly to your destination. However, before driving away, I needed to put myself through a 45 minute familiarisation program. The touchscreen known

as Innovation, lives in the dashboard; (all 15 inches, in traditional measurements), simultaneously intuitive, disarming and gorgeous to look at. It's also great fun to use, like a massive smart phone. Wave your hand across the screen and you might be changing radio stations or the temperature. Wave again and adjust seat cooling. Seems to have a mind of its own. I needed more time to figure it out. And administering a business from this vehicle is more a reality and appealing

than ever. Don't you love the idea of never paying office rent? Selecting comfort drive mode, will all but eliminate the annoying bumps we come across on most roads around Perth. The smooth, quiet ride is well controlled; the driver's seat a fabulous place to be. New Touareg starts at \$89,990 and sets new benchmarks. Others will now need to play catch-up footy. Seems Volkswagen can indeed, be a little posh. Whatever that means.

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GREAT HOME and GARDENING



Are your plants going to pot? Using the best potting mix will keep plants healthy



Left to right; Colin Barlow with colourful pots full of spring flowers - Australian Standard premium potting mix saves water and money - WA Fern Society and Palm & Cycad Society

by Colin Barlow

If you love growing plants like I do, or you want to be on trend with the latest plant fashions on Instagram, Pinterest or Facebook, then maybe growing a plant or two (or lots) is an absolute must. They can be grown both inside and outside of the house under the patio, or outside in the garden. You will even find plants at all the latest trendy local restaurants, bars and shops.

This trend of growing plants is also beneficial for our own health and wellbeing. Studies show a reduction of air

pollutants where plants are grown. Plus, there is improved physical and mental health for those who surround themselves with greenery.

With high house prices throughout Australia, units, apartments and rentals have become more commonplace. As a consequence, many people don't have much space or room for a garden. But many people still like to grow plants and there is a simple solution, just grow some in pots. There is a terrific range of both lightweight and heavier pots in an extensive range of plastic, ceramic or earthenware

materials to suit almost any garden design style or home. So you can now go potty for choice.

Lately on *Home in WA*, I have been planting up a range of colourful pots full of spring flowers that would look wonderful on any patio or balcony. I have used the delightful Princess Lavender and Osteospermum 'Purple Sun' with trailing ivy leaved geranium and Helichrysum in one pot, flowering and foliage plants to provide year-round interest including Heuchera, Lamium, Calibrachoa, ivy and Pelargonium in another, plus one filled with gorgeous

native Kangaroo paws, flame pea, fan flower and cushion bush.

The trick is that if you want your plants to look as good as these grown at the nursery, you need to use an Australian Standard premium potting mix with the white ticks on a red background. It may be more expensive initially than the cheaper bags of potting mixes, but by using premium potting mix which contains quality ingredients you will save both water and money in the long term. Moreover you will grow stronger and healthier plants, and your fingers will be a little greener.

Those cheap bags of potting mixes are the most common reason for plant failure, so you really do get what you pay for.

So, does your potting mix get the tick of approval?

According to the Australian Standard for Potting Mixes 3743 there are technically two grades of potting mix generally sold in nurseries, garden centres, supermarkets and hardware stores – regular and premium.

Regular potting mixes (white ticks on a black background logo) must comply with the Australian Standards regarding their composition and characteristics. The standards include the pH, air-filled porosity, wettability, plus other scientific testing to ensure that they are free from harmful pathogens, pests and diseases. The inclusion of controlled-release fertiliser in regular standard potting mixes is not compulsory, so most do not include it in the mix. These regular mixes usually require the consumer to feed the potted plants more by adding their own fertiliser.

Premium potting mixes (white ticks on a red background logo) must also comply with the Australian Standards regarding their composition and characteristics. This is the highest or top standard and includes all of those in the regular standard plus the inclusion of controlled-release fertiliser to provide adequate plant growth for at least a one or two months.

So, this is the one that we should all be using as consumers and lovers of plants, if we want to get great results.

Non-Australian Standard potting mixes: (These do not include the Australian Standard logo of the

white ticks on a coloured background): As the Australian Standards system for producers of potting mixes is not obligatory, these potting mixes have not been tested against the Australian Standards for potting mixes. Consequently, these mixes do not comply with the Australian Standard, so you don't know what you are getting or have any idea what is in them. Many of them even have ticks on the bag, but these are not the Australian Standard ticks.

The use of non-Australian Standard potting mixes is quite common. When I have been in nurseries and hardware stores on the weekend, I have seen consumers purchasing expensive pots and plants, spending anywhere upwards of \$100. Only then to see then trying to save some money by spending \$3 to \$5 on the cheapest bag of potting mix to pot up their plant with. Ultimately the plant sadly struggles and then eventually succumbs and dies, usually due to poor drainage and compaction, or from the lack of moisture retention and wettability due to the poor-quality ingredients in this cheap potting mix.

So, I ask you to join my personal campaign to use only premium Australian standard potting mixes next time your plants need potting up. All of the leading nurseries, garden centres and hardware stores will stock some of the leading brands that conform to these potting mix standards including Scotts Osmocote, Richgro, Baileys, Yates, Decco, Amgrow and Brunings.

So, for perfect professional plants like the horticultural experts grow, use only a premium potting

mix next time your plants need potting up. And don't forget that it must have the Australian Standard premium potting mix logo tick of approval.

If you want to get even further ahead of the game you can use the Osmocote Professional Premium Plus Potting Mix which is even better than the premium mix and includes additional water crystals, growth stimulants, controlled release fertiliser and coir peat. Osmocote Professional Premium Plus Potting Mix is available at Bunnings stores and you can find out more at osmocote.com.au.

The spring shows are almost over

As we quickly head towards balmy summer days and the hectic Christmas period ahead, try to stop and take in a few plant shows, garden visits or agricultural show to end the year in style.

• The Cactus and Succulent Society of WA show at the South Perth Community Centre Hall, on the corner of Sandgate Street and South Terrace, South Perth takes centre stage on 16 November from 10am to 4pm. Adult entry \$5. The new and expanded show format will display a large number of exquisite, weird and unusual plants, with many available for sale. There will be refreshments available. For further information contact Bob Hunter on 0438 906 229, email: info@csswa.org.au or visit their website www.csswa.org.au

• The WA Fern Society and Palm and Cycad Society Plant Sale is on from the 16 and 17 November at the Manning Community Centre on the corner of Bradshaw Crescent and Jarman Avenue, Manning. Don't miss the chance to pick up some great plants for indoors, the garden or covered outdoor areas. Entry is free and it is open from 10am until 5pm each day. Call Ray Chester on 0402 045 620 for further information on ferns. For details on palms call Karen Surace on 9444 7233.

• The Wanneroo Agricultural Society Annual Show takes place at the Wanneroo Showgrounds, Wanneroo Road, Wanneroo on 29 and 30 November. The grounds are open from 4pm until 10pm on Friday and from 9am until 10pm on Saturday. There is lots of entertainment for all the family each day with amusement rides, side-show alley, show jumping and local produce and displays. For show details go to www.wannerooshow.com

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arts



WA Opera closes the decade with a diverse program



WA OPERA'S music director Chris van Tuinen has developed a program for the 2020 season which takes diversity of choice and access to new levels.

The program will open in February with a re-staging of Jimmy Chi's

coming of age musical *Bran Nue Dae* at the Regal Theatre. The production marks the 30th anniversary of this first ever Aboriginal musical and will be presented in association with Perth Festival.

The annual Opera in

the Park which takes advantage of the balmy Perth summer evening will be Engelbert Humperdinck's *Hansel and Gretel* which will be sung in English.

Also as part of Perth Festival, WASO and WA Opera will present Beethoven's only opera *Fidelio* at the Perth Concert Hall. This promises to be one of the highlights of the festival.

A new work called *Star Navigator* which is written by Tim Finn OBE will be presented in March at the Perth Concert Hall.

In May WA Opera will move to Winthrop Hall at UWA for Mendelssohn's towering oratorio *Elijah*, which will see more than 150 performers singing from the stage, galleries and central floor.

The first main stream production will begin at His Majesty's Theatre in

July featuring the two, one act, operas *Cavalleria Rusticana* and *Pagliacci*.

For the young and young at heart the company will present in October *The Nightingale* a beautiful story based on Hans Christian Andersen's story about a Chinese emperor who is enchanted by a singing nightingale in his garden.

The season will conclude with the Australian debut of *Così fan Tutte*.

The WA Opera will return to the regions in 2020 with performances in iconic WA locations and regional venues as well as education tours for primary and secondary schools.

Packages for the season are on sale now and can be booked at www.waopera.asn.au or call 6212 9292 during business hours.

Two Australian authors release feel good fiction



RIVERSTONE Ridge an authentic and heartfelt story about uncovering who you truly are and where you belong from bestselling Australian author Mandy Magro.

After making a mistake that felt like the end of the world to her teenage self, Nina Jones fled the small town of Huntingvale. Now sixteen years later her beloved adoptive mother, Bea, has passed away, forcing Nina to return and decide whether to sell her family home, Riverstone Ridge. But even though Bea can't be there to help her through it all, she's left Nina five letters, one sent each week, to finally share the secrets she'd been unable to reveal in life.

For Logan Steele, Ni-

na's return is the catalyst he's needed to finally move beyond his tragic past and start living again. But only if she stays. When mysterious and increasingly worrisome accidents start happening around the homestead, both Logan's cop instincts and his protective feelings toward Nina spur him to investigate. Will he be able to piece together the puzzle of the past in time?

And with dark family secrets emerging from Bea's last words rippling into the present day, how will Nina find the courage to be truthful to the one man who has always held her heart?

Riverstone Ridge by Mandy Magro. Published by MIRA – RRP \$29.95



Long Way Home a warm and winsome rural romance about second chances and belonging from USA Today best-selling Australian author Nicola Marsh.

Eleven years ago, Ruby Aston left Brock-enridge – and its small-town gossip – for the anonymity of the big city. Now, a grieving Ruby is forced to come home to the place she loathes. But it also means returning to someone she's always regretted leaving behind.

Connor Delaney is determined to prove himself and not get by on his family name alone. To do this he needs to acquire the local roadhouse. He never anticipated the owner would be the same bad girl who ditched him at the high school ball and was never heard from again.

For Alisha Nathieson, the grief of suddenly losing her dear friend and employer Clara Aston has forced her to examine her choice to stay and support her ageing parents. As she battles a growing need to explore her past, temptation wars with duty. And then there are her feelings for handsome chef Harry, who has secrets of his own.

In following their hearts, will this unlikely trio lose what they've craved all along?

Long Way Home by Nicola Marsh Published by MIRA – RRP \$29.95

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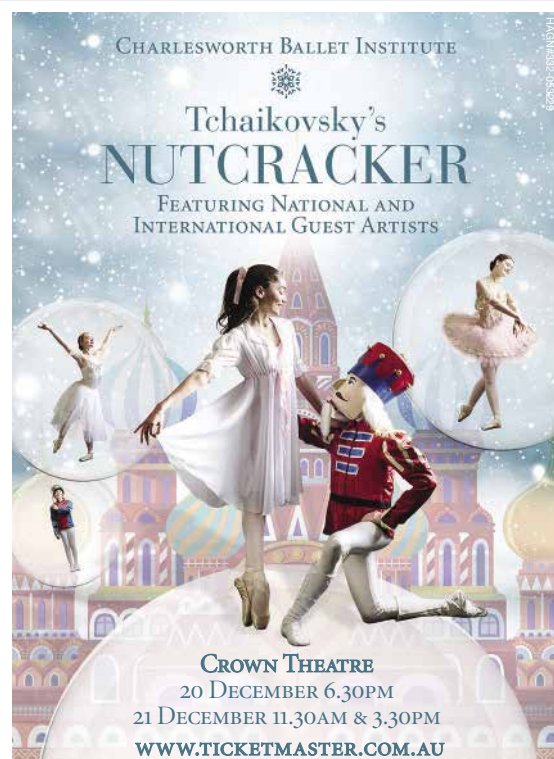
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WA Ballet set to leap to new heights for its 2020 season



WA Ballet's *The Nutcracker* featuring Matthew Lehmann and Nikki Blain © Frances Andrijich

WEST AUSTRALIAN Ballet's season will start as it has for the past 27 years, with contemporary triple-bill *Light and*

Shadow: Ballet at the Quarry in February as a part of Perth Festival.

With works from two living choreographic legends and a co-production with innovative world-leaders Dutch National Ballet, this year's Quarry season will rock Perth.

The company will then return to the historic West Australian Ballet Centre for a seven show run of *Genesis* in March. The annual creative showcase sees the dancers take charge of the choreography in this experimental multi-work season.

In May, Perth's children will have their dreams come true with the Australian premiere of *The Sleeping Beauty*. The classical ballet is set the music of Tchaikovsky played live

by West Australian Symphony Orchestra (WASO) under conductor Judith Yan.

June will see the introduction of a new season at the State Theatre Centre of WA aptly named *State* which will be a modern multi-work season.

In September, fear will reign again as multi award-winning *Dracula* makes a return to the His Majesty's Theatre after a record-breaking, sell-out world premiere season in 2018.

WASO will be led by Perth conductor Jessica Gethin as they play Wojciech Kilar's entrancing score that featured in the movie *Bram Stoker's Dracula*.

Currently planned for October, the whole company will

undertake a five-city tour of classical cornerstone, *Giselle*, to the People's Republic of China.

To complete the year in November, high-demand family Christmas favourite *The Nutcracker* will return, but in a dual season with a multi-work production: *Gala*.

The limited 12 performances of *The Nutcracker* will see the continuation of the family ballet tradition at Christmas as Clara enters the Land of the Sweets and journey's through battles with the Rat King and dance of the Sugar Plum Fairy.

GALA will feature an exclusive seven performances of some of the Company's most-loved works including; *Radio & Juliet*, *Zip Zap Zoom*,

Takuto and excerpts from *Le Corsaire*, *The Great Gatsby* and others.

This tasting plate of acclaimed works will encourage patrons to dress up for a night of glamour to add to the gala experience.

Alongside these seven WA seasons, West Australian Ballet will run an extended Regional Education and Community program over the next three years after grant support from Lotterywest.

Adult classes will also continue to be taught by the company's current and former dancers at the state-of-the-art studios for those wanting fitness, fun and enrichment.

Find out more at www.waballet.com.au or call 9214 0707.

All aboard the ghost train for one of the world's scariest plays

HARBOUR Theatre's final production for 2019 will be *The Ghost Train*, which tells the story of a group of travellers stuck in a remote and haunted railway station, proving that this 1923 thriller hasn't run out of steam.

Written by Arnold Ridley, who is probably most famous as the actor who played Private Godfrey in the television series *Dad's Army*, this story of a group of travellers stranded for the night in a remote Cornish station was inspired by his own experience of a missed connection.

Although written more than 90 years ago *The Ghost Train* is still as popular today as it was then with many stage adaptations still being produced.

When asked why she chose this play, director Ann Speicher said: "I love a good scary story at Christmas time and this one does not disappoint."

"The characters are all clearly defined and the plot is so incredibly well thought out."

"Although there are some funny moments in this play, Ridley's aim was that it was always to be

played straight, which makes it an even scarier experience for audiences who can expect plenty of goose-bumps from this production," said Ann.

The Ghost Train plays at Harbour Theatre for a strictly limited season on 6, 7, 9 and 11 to 14 December at 7.30pm with matinees on Sunday 8 and 15 December at 2pm.

BOOKINGS @ www.taztix.com.au or 9255 3336. Transaction fees apply.

Harbour Theatre is located at Mosman Park Memorial Hall, 16 Lochee Street, Mosman Park.

Find out what's backstage at the Perth Concert Hall

PERTH Concert Hall conducts regular backstage tours of the venue.

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The next tour will be held on Tuesday 26 November. Each session runs for about 30 minutes and tours begin at 10.15am and 11.15am.

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ANN SPEICHER

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ARNOLD RIDLEY'S
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All Aboard on 6, 7, 9, 11, 12, 13, 14 December @ 7.30pm
Matinees 8 & 15 December @ 2pm
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\$25.50 Full • \$23.50 Conc • \$20.50 Child <15 y/o or f/t student *Ticket fees apply

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For further info visit www.harbourtheatre.org.au

MOSARTS

ART for ALL

November 11-17 Celebration of Youth
- End of year exhibition for the children that
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for more information**

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*Proceeds to the Atwell House Restoration Fund

**The Tivoli
Christmas Show**

Enjoy an evening of song,
dance & laughter
celebrating Christmas

Sing-a-long with your favourite
Christmas songs that will
get you in the festive spirit!

SHOW DATES
Matinees Sunday 12noon - limited seating
November 10, 17, 24 December 1, 8
Evenings Fridays 8pm
November 15, 22, 29 December 6, 13

TICKETS Adult \$20, Pensioner \$17, Child \$10
Ticket includes meal of chicken & chips,
tea & coffee BYO alcohol

BOOKINGS
Email: tivolibookings@hotmail.com
Phone: 9364 5463
Website: www.tivoli.org.au



Everyone loves a pantomime...

PANTOMIME is innocent family entertainment for all ages drawn from ancient theatrical traditions, going back as far as the 16th century commedia dell'arte tradition of Italy, overlaid and mixed with the British stage traditions of music hall.

The panto, as it's affectionately called, has developed along certain fixed lines – incorporating song, dance, buffoonery, slapstick, cross-dressing, in-jokes, topical references, audience participation, mild sexual innuendo and an occasional disregard of the convention of the 'fourth wall' by directly addressing the audience directly.

The dame (almost always played by a man) is a hugely comic role and the principal boy is usually played by a young woman in breeches. The audience are presumed to know the plot, most often a well-known fairy tale, and wild liberties are taken with it.

This Christmas season entertainment is Garrick Theatre's production of *Puss in Boots* – with songs, a few jokes and lots of fun for all.

Directed by Douglas Sutherland-Bruce, with musical direction by Lyn Brown and choreography by Siobhan Vincent, *Puss in Boots* includes all the traditional ingredients, with a cast of nearly 40, a live band, 'killer rabbits', a talking cat, an ogre and a beautiful princess.

Puss in Boots opens on 28 November and runs until the 14 December at 8pm, Garrick Theatre, 16 Meadow Street, Guildford.

There are matinees on the Saturdays and Sundays.

Tickets cost \$25 (adults), \$15 (children under 12) and \$75 (family – two adults and two children) and may be booked by ringing Elaine on 9378 1990 or on-line at Trybooking on www.trybooking.com/BFQWN.

America's 50th anniversary tour to Perth



BEST known for their classic hits of the '70s and '80s including *Ventura Highway*, *Horse with No Name*, *I Need You*, *Don't Cross the River*, *Tin Man*, *Sister Golden Hair*, and *You Can Do Magic*, America return to Australia and New Zealand to kick start summer later

this year.

Celebrating their 50th Anniversary, the iconic classic rock duo of Gerry Beckley and Dewey Bunnell will perform a 10-date tour. The iconic classic-rock favourite America has amassed six certified gold and/or platinum albums, with their first greatest hits collection, *History*, exceeding four million in sales.

America lead singers, songwriters and guitarists Gerry and Dewey, continue to be a band capable of transcending borders with their uplifting music and positive message.

Embracing a rainbow of divergent cultures, America's audience continues to grow, comprising a loyal legion of first, second and third generation fans, all bearing testament to the group's enduring appeal.

The Grammy Award winners were considered cornerstones of the 1970's Top 40 and FM rock radio and have gained more than 1.4 million monthly listeners on Spotify, with eight songs receiving over two million streams. This includes: *A Horse with No Name* (42 million+ streams), *Sister Golden Hair* (11 million+ streams) and *Ventura Highway* (10 million+ streams).

Join America as they celebrate their 50th anniversary in Perth on Sunday 8 December at the Perth Concert Hall.

Bookings www.bluesfesttouring.com.au.

WASO West Australian Symphony Orchestra

9326 0000
waso.com.au



Organ Symphony

MACA LIMITED CLASSICS SERIES
Fri 15 & Sat 16 November 7.30pm
Perth Concert Hall

3000 pipes in all their glory.

To hear Perth Concert Hall's 3000-pipe organ in the exhilarating finale of Saint-Saëns' grandly romantic Third Symphony is completely unforgettable!

Lionel Bringuier conductor
Alexander Gavrylyuk piano

Tickets from \$33*



Discovery Concert: The Art of Orchestration

MASTERS SERIES
Fri 22 & Sat 23 November 7.30pm
Perth Concert Hall

Illuminating masterpieces from keyboard to symphony.

Principal Conductor Asher Fisch explores how great composers transformed works originally conceived for solo keyboard into the orchestral masterpieces that we know and love.

Asher Fisch conductor/presenter
Siobhan Stagg soprano
(2019 WASO Artist in Association)
Joseph Nolan organ

Tickets from \$33*



Verdi's Requiem

MACA LIMITED CLASSICS SERIES
Fri 29 & Sat 30 November 7.30pm
Perth Concert Hall

Operatic in its earth-shaking intensity.

Verdi's great sacred masterpiece is staggeringly beautiful, dramatically exhilarating and heartfelt in its outpouring of human grief and devotion. This will be an incomparable concert experience.

Asher Fisch conductor
Siobhan Stagg soprano
(2019 WASO Artist in Association)
Stefanie Irányi mezzo soprano
Paul O'Neill tenor
Warwick Fyfe baritone
WASO Chorus
St George's Cathedral Consort
Tasmanian Symphony Orchestra Chorus

Tickets from \$53*

True story of British artist



ARTIST L. S Lowry (Timothy Spall) lives all his life with his over-bearing mother Elizabeth (Vanessa Redgrave) who constantly tries to dissuade him from pursuing his artistic ambitions whilst never failing to remind him what a disappointment he is to her.

Spending his days as a rent collector Lowry takes art classes in the evening and paints well into the early hours of the morning, yearning for his work to be appreciated in London (and beyond).

While his disdainful mother is the ultimate obstacle to his success, she is the very reason Lowry paints anything at all – desperate to create something, anything, which will make her happy.

Discover more about this British artist in *Mrs Lowry & Son*.

In cinemas 28 November.

WIN WIN WIN
Thanks to Rialto Distribution we are giving away 10 in-season double passes to some lucky winners. To be in the draw simply email win@haveagoneews.com.au with Lowry in the subject line or write to Mrs Lowry & Son c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 23/11/19.

Great actors in Jumanji



in order to escape the world's most dangerous game.

Starring Dwayne Johnson, Jack Black, Kevin Hart, Karen Gillan, Nick Jonas, Awkwafina, Ser'Darius Blain, Madison Iseman, Morgan Turner, Alex Wolff with Danny Glover and Danny DeVito.

In cinemas 26 December.

WIN WIN WIN
Thanks to Sony Pictures we have 10 double passes to give away to some lucky readers. To be in the draw simply email win@haveagoneews.com.au with Jumanji in the subject line or write to Jumanji c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/12/19.

IN *Jumanji: The Next Level*, the gang is back but the game has changed. As they return to Jumanji to rescue one of their own, they discover that nothing is as they expect. The players will have to brave parts unknown and unexplored, from the arid deserts to the snowy mountains,

Wesfarmers Arts
Principal Partner



The West Australian



Australia Council for the Arts



Department of Local Government, Sport and Cultural Industries

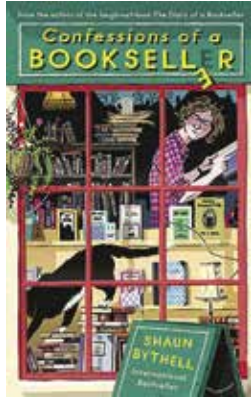


Asher Fisch appears courtesy of Wesfarmers Arts. *A one-off handling fee of \$6.60 per transaction applies to all web, phone and mail bookings. A fee of \$3.85 applies to over the counter bookings. An additional fee of \$4.40 per transaction applies for delivery via Registered Post.

MACG14332-253067



A selection of new books to sit back, read, relax and enjoy



Reviewed by Lezly Herbert

Starting From Now
by Fleur McDonald
(Allen & Unwin)
ESPERANCE author Fleur McDonald has lived and worked on farms for much of her life. She tackles the big issues in her best-selling books and this time she deals with animal activism in regional Australia. Journalist Zara Ellison goes

back to the family farm in Barker when her brother becomes ill, but she manages to still write for *The Farming Telegraph*. After losing her father in a car accident four years previously, she feels she needs to help her mother with the farm. Torn between the city and country lifestyles, Zara befriends some of the protesters for an investigative story and uncovers some

deadly sabotage.
Confessions of a Book Seller
by Shaun Bythell
(Allen & Unwin)
Shaun Bythell owns the Book Shop in the small Scottish town of Wigtown in Galloway. Despite the decline in bookshops worldwide, he continues to buy second-hand books, light the wood fires and field the most incredibly inane questions thrown at him by customers.

In this sequel to *The Diary of a Bookseller* (2017), we follow him for a year as he lists the paltry takings of his shop as well as the continual requests for discounts. He writes about struggles with on-line selling platforms and staff and shares priceless gems from his customers. I loved that a piece of paper found in an old book was worth more than the book itself.



New film with all-star cast pays tribute to Agatha Christie

ACCLAIMED writer and director Rian Johnson (*Brick*, *Looper*, *Star Wars: The Last Jedi*) pays tribute to mystery mastermind Agatha Christie in *Knives Out*, a fresh, modern-day murder mystery where everyone is a suspect. When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his

85th birthday, the inquisitive and debonair Detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate. From Harlan's dysfunctional family, to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death. With an all-star

ensemble cast including Chris Evans, Ada de Armas, Jamie Lee Curtis, Toni Collette, Don Johnson, Michael Shannon, Lakeith Stanfield, Katherine Langford and Jaeden Martell, *Knives Out* is a fun, witty and stylish whodunit guaranteed to keep the audience guessing until the very end. In cinemas 28 November.

WIN WIN WIN
Thanks to Studiocanal we have 10 double in-season passes to give-away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Knives in the subject line or write to Knives Out PO Box 1042, West Leederville 6901. Closes 25/11/19.

Official Secrets - real life political thriller comes to the screens this month

IT'S 2003. As politicians in Britain and the US angle to invade Iraq, GCHQ translator Katharine Gun (Keira Knightley) leaks a classified e-mail that urges spying on members of the UN Security Council to force through the resolution to go to war. Charged with breaking the Official Secrets Act, and facing imprisonment, Katharine and her lawyers set out to defend her actions. With her life, liberty and

marriage threatened, she must stand up for what she believes in. Starring Keira Knightley as Katharine Gun and Ralph Fiennes as Ben Emmerson, Adam Bakri (*Omar*) as Katharine's husband Yasar, Matthew Goode (*Downton Abbey*, *Brideshead Revisited*) as Observer journalist Peter Beaumont, and Conleth Hill (*Game of Thrones*) as the paper's editor, Roger Alton.

In cinemas 21 November.
WIN WIN WIN
We have 10 double in-season passes to give away to Official Secrets for some lucky readers to win. To be in the draw simply email win@haveagonews.com.au with Secrets in the subject line or call the office during business hours on 9227 8283. Closes 20/11/19.



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- ☐ Pen friend
- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered

GSOH: Good sense of humour

SD: Social drinker

NS: Non smoker

SOR: South of River

WLTM: Would like to meet
- DTE: Down to earth

ND: Non drinker

NG: Non gambler

NOR: North of River

TLC: Tender loving care

Name

Address

..... Postcode

Phone

I am over 45 years of age

(Signature)

Each person may submit one entry every month.

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.

Seeking a Friend

CHRISTIAN lady 47, cinema, travel, day trips, music, gardening, theatre, dogs. WLTM gent, SD, NS, NG, GSOH. Let's chat over coffee.

Reply Box 8392

GENT 61, WLTM a nice lady. I am presentable, intelligent and fin sec. Please write with your phone number.

Reply Box 8402

GENT 70, 5'11", solid build, WLTM lady SD, NS, no ties or baggage, free to travel Australia in large caravan, all mod cons. Enjoy happy hours, share all expenses, will travel to meet. ALA.

Reply Box 8414

GENT 71, SOR, healthy, active, tall, GSOH, enjoys music, dining in/out, travel, many other interests. WLTM a slim, medium build lady that has similar interests to share a long term relationship. Let's be happy together. ALA.

Reply Box 8411

GENT UK Australian, 70, 180cm tall, presentable, educated, VGSOH, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks intelligent, attractive, compatible, easygoing lady to mid 60s, all travel modes, destinations considered. Northern suburbs, coffee?

Reply Box 8400

ITALIAN lady 69, SOR, nice personality WLTM gent. I enjoy dancing, music, gardening, walking, movies, if you would like to meet for coffee, Rockingham area. ALA.

Reply Box 8413

LADY 70 WLTM gentleman to share next 30 years together, explore travel, especially Australia. Enjoy usual social activities together, friendship leading to possible relationship. It's never too late. Just a phone call to say hi.

Reply Box 8386

NEWS UPDATED DAILY
www.haveagonews.com.au

LADY 79 NS, ND, NG, DTE, lives south west between Pinjarra and Bunbury, needs gent for old time, new vogue dancing partner with happy dancing feet. GSOH.

Reply Box 8404

LADY late 50s, petite, fit, GSOH, enjoys walking, outdoors, nature, environmental values, seeks similar gent NS, up to 65, friend/partner.

Reply Box 8390

LADY living just NOR, 70, youthful, adventurous, active, independent, reliable with GSOH, enjoys keeping fit, theatre and live entertainment, seeks gent, healthy and active for maybe travel if compatible and enjoy life together. ALA.

Reply Box 8391

LADY Peel area WLTM tall gent, 70s, with GSOH, widower, DTE, social, easygoing, enjoys travel for friendship/relationship with happy blonde widow who enjoys most things in life but missing that someone special. ALA.

Reply Box 8385

LADY WLTM gent, 79-80, TLC, longterm friend, evenings in, cinema, dining in/out, NOR, SD, NG, NS, genuine, walks, travel.

Reply Box 8398

LOOKING for people who love gardening and who would like to help me get my garden into order. I have a muscular condition and find it difficult to maintain my garden. Plenty of free coffee or tea and a sandwich for any helpers. I'm retired, on a pension and live in the Melville shire.

Reply Box 8415

NEWS UPDATED DAILY
www.haveagonews.com.au

SEEKING NS, company, especially weekends socialising, sightseeing, drives, walks, travel, traditional jazz, cinema, more. Not into religion or football. I am 70+ lady, slim, active, positive, young outlook, NOR, postcode 6026. Let's chat over coffee. ALA.

Reply Box 8408

YOUNG looking, young at heart, 68, English Australian guy, 6' tall, solid build, own hair, own teeth, wants to befriend sensitive caring lady. "You see I'm just a snowman standing in the seat and rain" (to quote Leonard Cohen), love nature, music, well travelled, GSOH, SD, NS, NOR.

Reply Box 8395

Seeking a Partner

AUSSIE gent 70, retired, VGSOH, NS, SD, NG, easygoing, fit, healthy, well presented. WLTM lady who also looks after herself and is looking for a genuine, honest, DTE guy with plenty of TLC. Interests; music, dining, good conversation, country outings, outdoors. I'd love to hear from you.

Reply Box 8409

AUSSIE male, postcode 6290, semi-retired, med build, no baggage, sociable, intelligent, considerate, quiet achiever, DTE, broad sense of humour, non-religious, quiet lifestyle, versatile, NS into sports, homelife, outdoors, outback travels. Seeking similar warm natured, honest, appreciative, tidy lady, under 70.

Reply Box 8403

COUNTRY guy, postcode 6489 65, 6'3" tall, retired, fin sec, GSOH, SD, DTE, prolific reader, free spirit, gardening, 60s and 70s music, WLTM country lady 50-70, hippie, big girl out there okay, TLC, guaranteed. Genuine only please. ALA.

Reply Box 8396

ENGLISH lady, postcode 6107, attractive, feminine, educated, pleasant, personality, med build, VGSOH, 55, ND, own home, fin sec. WLTM well groomed, single gentleman (not separated) 67-72 for long term, permanent relationship. I enjoy music, reading, walking, country drives, current affairs, thanks. ALA.

Reply Box 8410

FILIPINO lady 68, NS, DTE, NOR, WLTM gent same age plus NS, medium build, fin sec, likes cooking, entertaining, gardening, cruising, music, fitness, enjoys dancing, widow, loves social activities for seniors. Let's meet for coffee, chat.

Reply Box 8389

GENT 64, English Australian, 6'4" tall, slim, DTE, open minded, no ties. Interests; conversation, music, galleries, art, fitness, cooking, gardening. NS, SD, WLTM slim ethnic lady SOR, 54-64, friendship, relationship. ALA.

Reply Box 8388

GENT 79, active, NS, enjoys walking, beach, movies, life in general. Seeks lady for friendship, relationship for long term. SOR.

Reply Box 8387

GUY 61, 185cm tall, GSOH, NS, SD, likes bike riding, dancing, barbecues, movies, dining out, bushwalking, AFL, cricket, travelling, WLTM genuine lady 55+ for friendship, view to relationship. Let's meet and have a chat.

Reply Box 8405

LADY 61, intelligent, independent, GSOH, who enjoys reading, gardening, movies, dining out, seeks a man, similar age, GSOH, SD, NG, NOR for company or outings and activities. ALA.

Reply Box 8412

LADY 70, Australian, SOR, intelligent, happy, good looks! Would love a similar male companion for outings and company. Quiet type preferred. Metro only please.

Reply Box 8406

LADY tall, slim, fit, enjoys most social activities, reading, walking, dining in/out, travel, movies etc. Fin sec. WLTM active man 68-75, NS to share above, enjoy new experiences, explore future compatibility. I'm open. Partner, friend, travel companion.

Reply Box 8399

NORTHERN suburbs, NS, SD, GSOH, fit, active widower, mid 70s, WLTM easygoing, slim, medium build happy lady. Interests; beach walks, picnics, country drives, weekends away, travel, family, genuine. Meet for coffee.

Reply Box 8393

VIBRANT active lady, various interests; beach, fun-cycling, travel, diners, socialising. Seeks tall, 63-69, gent, fun-loving, NS, NG, SD, loving, honest, caring, permanent relationship. We could enhance one another's lives.

Reply Box 8407

GENT 68, looking for male companion to go to Thailand. Must be pensioner and in reasonable fitness. Going back in February for 2 to 3 weeks. I have contacts for everything we need. Please, no time wasters. ALA. Thornlie area.

Reply Box 8401

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:
eg. Reply Box 4100
c/- Friend to Friend,
PO Box 1042,
West Leederville, WA 6901.
(example only)

Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14 x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope. 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.



NEWS UPDATED DAILY
www.haveagonews.com.au

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?
We featured a couple who married from meeting through the column in the March 2019 issue.
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.



*conditions apply

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SCENE SOCIALLY



SCENE (1): THE South Perth Seniors Centre celebrated their 60th anniversary with a gala lunch at the Royal Perth Golf Club on Tuesday 15 October. *Have a Go News* was pleased to be part of the celebrations with more than 200 people in attendance at the event. One of the founders of the organisation 98 year old Bill Grayden along with City of South Perth councillors and the outgoing Mayor, members, volunteers and friends enjoyed the lunch. It was a celebration of a wonderful community organisation which has done much for people in the area. Well done to Margaret and her team for marking the anniversary with such a stylish event.

SCENE (1): Far left; Molly Wreford. Top row, from left to right; Vida Corbett, Bruce Robins and Stella Gasteiger - Eileen Truchert and Teresa Arbuthnot - Anne O'Neil and South Perth Seniors president Ross O'Neil - Peter and Paggy Marrett. Second row, L-R; Bill Grayden and Cheryle Irons - Kathlyne McIntyre and outgoing Mayor Sue Doherty - Jane and Father Nick Freeland - Grainne Collins and Maree Sibraa. Third row, L-R; Val Faulkner and Stella Dival. Fourth row; MC Wayne Muller and South Perth Seniors manager Margaret Evans

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SCENE (2): FOODBANK WA marked their 25th anniversary at their headquarters in Welshpool on 24 October. They launched the historical book *The Giving Pantry* and gave a moving overview of the organisation from its humble beginnings in 1994 run only by volunteers to the large organisation it is today. Foodbank reduces food insecurity to people across the state, also delivers nutrition education and the School Breakfast program to 400 schools. Our partners AGL have also made significant contributions to the organisation since arriving in WA.

SCENE (2): AGL WA state manager Jackie Shervington with *Have a Go News* editor Jennifer Merigan

SCENE (3): SENIORS Recreation Council held a Tech Savvy Seniors special event on Friday 18 October for Be Connected Week. The seminar is to encourage and help people get connected online and find out more about technology. More than 70 people attended the well organised free event which was hosted by SRC's Martin Yates. People participated in demonstrations from Silver Chain of their Virtual Reality system, everyone danced along to Robot Buddy, and a bank of computers were set up for people to use. Consumer Protection were on hand to educate people about scams, representatives from NBN, Camera Electronics, Trails WA and Independent Living Centre offered product demonstrations and information. If you would like to register to attend one of these informative free events, contact Seniors Recreation Council on 9492 9773.



SCENE (3): Top row from left to right; Pierre Yang MLC with Martin Yates - Independent Living Centre's Jema Karich and Lisa Ozsdolay - Dawn Yates and Phil Paddon. Second row L-R; Christine and Janet - Freda and Graham Caslake - Barbara and Betty - Zita and Bob. Third row L-R; Denis and Claudine - Jennifer and Tyrone - Connie and Joyce - Robot Buddy's Coleen Wright.

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If a loved one is contending with dementia and is ready for residential care, call us today. We offer the tailored care they need and the comfort they deserve.