





LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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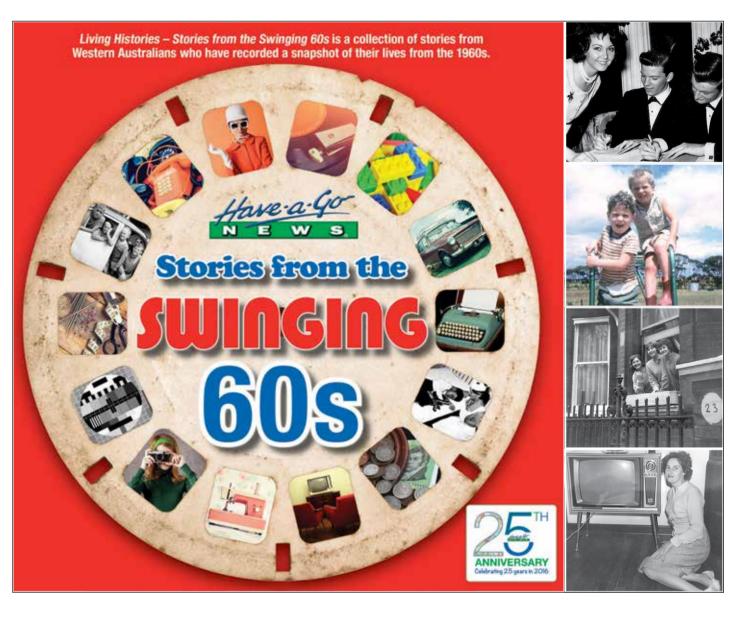


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Snapshot of WA history...



Clockwise from left; Stories from the Swinging 60s book cover - images from book contributors; Christine Tapper with the Allen brothers - Gwenda Hinkley's two sons - Shirley Walsh, Rae Cavanagh and Joyce Walsh on tour in London's Earls Court - Jan Howell with one of the first televisions

by Jennifer Merigan

STORIES from the Swinging 60s is a snapshot of life in Western Australia during the 1960s.

To celebrate the 25th anniversary of *Have a Go News* we have published this superbly designed book of stories collected from our readers recalling moments from their lives during that decade.

This was a decade of world change from the introduction of the contraceptive pill, the assassination of JFK, changing fashions with the mini skirt, the Vietnam War, the move to decimal currency, the Meckering earthquake and the first man landing on the moon.

Intertwined with world events the stories contained in the book paint a picture of the differences between life then and now.

differences between life then and now.

Many of them highlight the changes for

women during that decade.

The stories will touch your heart; from a single mother being made to give up her baby, to women being made to give up work once married.

There are stories from wives, mothers and women who began their careers from secretarial jobs to teachers, journalists and nurses.

There are tales of country life from men clearing the land, to hunting kangaroos, and stories from men who ventured to the north west at the beginning of the mining boom.

Recollections come from many 'Ten Pound Poms' who settled and learned to love the life here in WA.

These life stories of mothers, wives, husbands and children detail the simpler life of the 60s.

There are many photographs which accompany the stories and these capture

much of the essence of this time.

So much of quintessential Western Australia is encapsulated in the book and this will provide a lasting legacy and living history for us all and a tribute to the state's history.

Stories from the Swinging 60s is dedicated to our founding editor Judith Treby who passed away in May this year.

Judith lived through this decade as a young married woman; bore her children and was one who harnessed the changing times for women in the 1960s and become a wonderful example of today's modern woman.

Don't miss sharing in this wonderful collection of some of the history of WA.

The book makes an ideal Christmas present and can be purchased from the *Have a Go News* office for \$25. Call 9227 8283 or email livinghistories@haveagonews.com.au to reserve your copy.



From the editor's desk



IT'S hard to believe that our 25th anniversary year is drawing to a close.

This year was marked by the loss of my mother and our founding editor Judith Treby. As we come to this first Christmas without her my family and I have decided to spend the week in Bali.

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It'll be quite different for us from our normal celebrations but hopefully it will provide us with some comfort as we take time to rest and reflect.

Judith was loved and respected by so many people that it has been hard to find ways to honour her memory.

At this time of year I know many of us reflect on those we have lost so as a tribute to Judith we have dedicated the new book Living Histories -Stories from the Swinging

If you would like to purchase a copy of this book please call the office on

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The Holly Wood Tuesday Morning Show's last show for December will be Tuesday 13 December. The show will recommence at the Perth Town Hall on 14 February 2017 from 11am to 12noon.

The WA Health Department is encouraging people aged between 70-79 to receive the free shingles vaccination. Research shows that people in this age group are at the greatest risk of developing shingles. They are now available for people until October 2021. Contact your GP to arrange the injection.

I came across a statement from Dick Smith about extreme capitalism and the effects of this on our community including local producers. Many Australian brands such as IXL jam are being eradicated from supermarket shelves. We all tend to want the lowest price for goods and I myself look



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5'9" gorgeous lady; widowed, seeks romantic PH: TLD 0409 763 638 for a bargain, but it is time to think about what it costs our community. I do try and buy Australian products and support local shops as I see so many places closing down. I personally don't buy clothes on line but like to pop to a shop and try things on. This Christmas when we all tend to spend a little more than normal make an effort to shop locally and support our WA community.

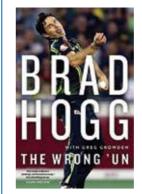
This is our last paper of the year and we have a load of giveaways for readers to celebrate the festive season. We have hampers, books, movies passes, concert tickets and more. I hope you enjoy our December issue and look forward to providing you with great news and opportunities through our pages in 2017.

Don't forget to like us on Facebook as we have a fun and active page and it keeps you up to date with Have a Go News between editions of the paper.

Our office will be closed from the 19 December and reopens on 5 January 2017. I take this opportunity to wish readers our readers and our advertisers a happy, healthy, joyous Christmas and a prosperous New Year. See you in 2017.

Jennifer Merigan

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



CULT hero of the Big Bash League - and in 2016 a star signing for the Melbourne Renegades - 45-year-old Brad Hogg is still in his prime, almost three decades after he first played senior cricket.

His career has been completely unlike that of other cricketing champions. As well as playing for his country, Brad has worked in shearing sheds and on the Fremantle wharf; he's been a postman, football umpire,

The Wrong 'Un - The Brad Hogg Story

treelopper and rouseabout, and he's even completed a finance degree along the way.

He has overcome countless setbacks - including a seven-year gap between his first and second Test appearances - before becoming one of Australia's most successful one-day and T20 players.

Now, for the first time. he reveals his true story. Memorable, sad, rousing, unpredictable and often hilarious, The Wrong 'Un is the inspirational story of one of the game's most popular players. "I can't stress how im-

portant blokes like Hoggy are to the psyche of a cricket team on tour," said Ricky Ponting.

The book was cowritten with Greg Cow-

don who said that many sportsmen are geniuses at hiding their frailties and camouflaging their weaknesses.

"But not Brad. He is so brutally honest, and so open... he has basically told me everything... and I mean everything, good and bad," he said

WIN WIN WIN

To be in the draw to win one of two copies of The Wrong Un simply send an email to win@ haveagonews.com. au with Hogg in the subject line or send an envelope to Brad Hogg C/- Have a Go News PO Box 1042, West Leederville 6901. Please include your name, address and phone num-

Funny historical fact

In 1974, The Guinness Book of World Records had its own entry from when it set a record as the fastest selling book in the world.

Quote of the month

"Age appears to be best in four things; old wood best to burn, old wine to drink, old friends to trust, and old authors to read." Francis Bacon

Word of the month

Triskaidekaphobia

Definition - Extreme superstition regarding the number thirteen.

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

Ageing research

snippet

ber on the reverse side.

Competition

As people age, they may find it more difficult to focus on certain tasks. But while distractions can be frustrating, they may not be as bad as we think. In a review published 15 November in Trends in Coanitive Sciences, researchers at the University of Toronto and Harvard University suggest that there may be some benefits to reduced focus, especially in people over 50. Using behavioural studies and neuroimaging evidence, the researchers discuss how being easily distracted can help adults with, for example, problem solving and learning new information.

Urban slang

Bae – Before anyone else - a significant other e.g. girlfriend or boyfriend...

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Eminent UWA Professor Barry Marshall at work



Barry Marshall

funding

Laureate's office for 10

years, has drastically cut

Luckily, for the sake of

the world's health, Pro-

fessor Marshall wasn't

obliged to retire at 65 be-

cause what confronts him

is globally phenomenal

After the Marshall/

Warren breakthrough in

relieving pain and suffer-

ing and death from ulcers

and cancer for millions of

people worldwide, a fur-

The microscopic stom-

ach bug, Helicobacter

pylori, that the two men

proved caused ulcers and

cancer (and not stress or

spicy foods) affects bil-

lions of people - half the

usually are enough kill the

bacterium but different

parts of the world have

different strains. Indig-

enous Australians have a

different variety to non-

Indigenous people. Chil-

dren get the damaging

worldwide including to

China where billions of

people have the bacteri-

um. The Chinese Govern-

ment has thrown its con-

siderable weight behind

Professor Marshall is

leading new and cus-

tomised drug-treatments

as the bug continues to

change and become re-

Professor Marshall in-

vented a breath test for

the bug and suggests

everyone takes it (via their

GP). H. pylori is com-

monly passed down from

mothers and is prevalent

in countries where moth-

ers pass food from their

also refining his latest in-

vention he calls it Noisy

Professor Marshall is

mouths to their children.

sistant to antibiotics.

antibiotics

Marshall's

is snowballing

world's population.

Powerful

bug, too.

Professor

Marshall clinics.

ther challenge awaits.

and history-making.

by Lee Tate

NOTCHING up 65 years, Barry Marshall can be forgiven for putting up his well-travelled feet. But it won't be for long. Just 25 minutes.

The Perth genius, who proved the world's doctors wrong about ulcers and a link to cancer takes me behind his desk to demonstrate the ease of his decades-old habit that keeps him mentally-fresh.

With a thin mat and a make-shift pillow from his cupboard the medico scientist stretches out for a power nap - with his phones switched off and an out-to-lunch note on the door.

Eating lunch isn't an issue. He has only one main meal a day, at night. Coffee and perhaps a banana will otherwise sustain him during the day.

His nap is always 25-minutes precisely.

"Even a few minutes more and I feel sleepy,' he says.

"I learned as I student that I could go to lectures, pay attention at the start and the finish but in-between I could switch off because I'd picked-up enough," smiled the eminent UWA professor.

With colleague Robin Warren, who's since retired, Professor Marshall brought home the 2005 Nobel Prize which gave them worldwide glory and paid them \$800,000 each.

However, it hasn't been enough money to cover his 11 years' research and development since the Nobel presentation in Sweden. Nor the much work ahead.

The WA Government, supporting the Nobel Guts. It's a belt worn by patients who have seriously grumbling stomachs, recording tummy sounds and indicating where they occur in the gut to be analysed later.

Professor Marshall says patients wearing gadgets to aid diagnosis will become common. Being non-invasive, they are appropriate particularly for children.

"There will probably be whole-body monitors, looking at things 20 different ways in some cases, says the high-tech enthusiast who, to help his early research, built his own home computer.

Professor Marshall straddles the medical, research and educational worlds. He has a UWAsupplied office at the QEII Medical Centre in Charles Gairdner Hospital. He gets part-salary from UWA and is a consultant to the hospital.

He also treats public patients, usually those with antibiotic-resistance to the bug and he has a research laboratory in Crawley to translate research into new products and practices that can be sold and distributed for the benefit of patients.

Professor Marshall is WA's Ambassador for Life Sciences and among appointments and positions is consultant gastroenterologist, nior research fellow, biotechnology director and hospital research patron. Other countries have

showered him with citations, awards, titles and positions.

At a conference in China, Professor Marshall was applauded by the 2,000-strong audience when he delivered his address in Mandarin (he began weekly lessons in 2008). He holds honorary professorships at eight Chinese Universities and is a member of the Chinese Academy of Engineering.

He was dubbed "the rock star scientist" in South Korea where he is now developing a vaccine voghurt that can be delivered directly to the stomach (Korea has one of the highest rates of gastric cancer in the world).

Japan, which has made a national commitment to eradicate H. pylori, predicts its gastric cancer epidemic will be gone within 10 years, saving untold lives and \$1 billion in health care costs. Marshall Centres are spreading in Singapore while the US pursues various treatment avenues.

Kalgoorlie-born The scientist, eldest of four to a fitter-and-turner father and nursing student mother describes how Australia could do more to stop disease among children by following America.

"A condition of US school entry is for students to have a vaccination certificate. When I was young I caught measles, mumps and chicken pox and it passed to my brothers and it meant my mother couldn't work.

"So it affects many others. Kids take these diseases to school. Vaccination certificates should be mandatory for school entry in Australia," he said.

Away from work demands, with wife Adrienne. Professor Marshall escapes to their Gingin farm to dabble with their interests including a small vineyard.

Between raising their four children, Adrienne has written many of her husband's papers and speeches including his Nobel Prize acceptance.

Professor Marshall confides to Have a Go News of his other dream. He wants to establish a computer museum on their property. He's an avid collector of vintage calculators and slide rules.

"They'll all in working condition," he said.

No doubt he'll be able to sort out any bugs.



New yoga program at Balga Autumn Club

BALGA Autumn Club has recently started a new concept for their members called chair yoga.

It has been received most favourably by members. Other interested people are welcome to join

Chair yoga is just one of the many other activities hosted at the centre including carpet bowls, bingo, craft line dancing and art classes - these are free of charge to club members.

Chair yoga takes place every Monday from 9-9.30am.

For more information please contact Kaye Costa, president on 9345 3561 or Barbara Price, secretary 9344 3215. The club's address is 81, Camberwell Road, Balga.



Aged Care Financial Planning



We all want the best for our parents in their final years. We want to make sure that they are comfortable, well fed and looked after.

Unfortunately, the day to day pressures of everyday living may mean that the family unit is not always able to provide the level of support required to achieve the above. Hence, Residential Age Care may be become a more viable option.

Accommodation deposits for residential age care are not cheap. Do you pay this upfront as one lump sum or make daily payments? Or do you do a combination of the two? Do you sell the family home or is it best to rent it out? How will you finance the ongoing daily care fees and how does this affect their Centrelink Age pension?

These are questions I can help you with.

CHARLES PENHEIRO

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

Email to production: production@haveagonews.com.au

Website: www.haveagonews.com.au

Printers

Founding Editor Editor

/Travel Editor **Journalists**

Rural Press

Judith Treby Jennifer Merigan

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

Columnists

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

Contributors

Noelene Swain Vince Garreffa Jeanette Woolerton

Lisa McMahon Admin Production/Graphic Artist Suyin Boehm

Advertising sales:

Advertising Sales Manager

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

Features Co-ordinator

Tammy Scott

Business Development Executive John Leskiewicz



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Vince Garreffa's cookbook out for Christmas



CELEBRITY butcher Vince Garreffa's crowd-funded recipe book, The Flesh In My Life, packed with tales about his early life, will be available for sale this Christmas.

The more than 200-page book focuses on Vince's Calabrian heritage and his arrival from Italy to Western Australia as a five-year-old and the experiences that shaped his life.

His story is one of so

WHY ARE ALL THE

ADS ON THIS PAGE FOR HAIR

REPLACEMENT THERAPIES?

CLOTHES FOR

EMPERORS

many migrants from wherever they came from Europe, capturing their struggle to work, to learn the language and becoming Australian.

Vince also shares recipes that his family bought from home as well as others he received from relatives and friends or created himself.

Sixty recipes celebrate the sixtieth anniversary of when he arrived in Australia on February 18, 1956 in a high quality, glossy publication packed with photographs and told in Vince's inimitable style.

Part profits from the book, which has been published through the generosity of crowd-funding contributions go to Mondo Community Warriors, which he runs with Lifeline patron Graham Mabury.

The Inglewood butcher has rubbed shoulders with many of Australia and the world's best chefs, but his

90

start in life was a humble one.

The boy from Calabria has for years regaled friends and customers with stories about his life that have made them laugh and

And finally Vince was convinced to put his stories down on paper and with the help of his family has produced a stylish contribution to the world of cookery books.

There is plenty of humour in the book as he tells some of the stories he has become much loved for through his adolescence and butcher's apprenticeship, his early 20s when he met his wife Anne, starting their family and opening Mondo di Carne, their butcher's shop, together.

The photography and styling in the book is simple and inviting to suit the delicious, home-style cooking which is close to Vince's

heart and comes alongside his very personal story.

The book costs \$50 and is available from Mondo Butchers in Inglewood and Boffins Books at 88, William St, Perth. It will be available from 13 Decem-

They are also available to order by post in Australia for an additional \$15.

Visit www.mondo.net.au. **WIN WIN WIN**

We have one signed copy of the book The Flesh in My Life to giveaway to a lucky reader. To be in the draw simply email win@haveagonews.com.au with Vince in the subject line or write to The Flesh in My Life C/- Have a Go News PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side.

closes

THING TO DAY.



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Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor

CHANGE is inevitable, but it's how you navigate it that matters. In this ever changing world we urge everyone who cares about our society - whether you live in Perth or Parkes – to remember we all deserve respect and dignity.

Our country's success is built on this very idea of a 'fair go' for all, a notion underpinned by the very basic principle of humanity. Humanity is universal in nature and urges that all people - no matter their gender, race or religion – to be treated with respect. and given the chance to live life in dignity.

In this world we have choices to make: a fair go for all, or just for some; unity or separation. We all have the chance to nurture and promote the kindness, compassion and goodness that are essential for human dignity.

At Red Cross, we work for unity, humanity and the inherent dignity of every person. We encourage all Australians and our community, political and business leaders to do the same.

> **Judy Slatyer** Australia Red Cross CEO

Dear Editor

Reality Show Rubbish

I THINK television show ideas are quickly being exhausted when these days all they come up with are so many pathetic (all, in fact) reality shows.

One ends and then five minutes later another begins. Love and dating shows, talent shows, Survivor, celebrity cooking - it's never ending. I know people watch all this drivel but please - let's get

> **Robert Tana** Noranda

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Honours for an actress who brings seniors life stories to the stage



Perth actor and director Jenny Davis

by Josephine Allison

TWENTY three years ago after Perth actor and director Jenny Davis lost her much-loved father in Britain, she started thinking about older people's life stories and the importance of preserving and passing them on to younger generations. The far reaching effects of her work - which blossomed into Perth's Agelink Theatre – has just been rewarded with Ms Davis being named WA's Juniper Champion for Seniors at the recent WA Seniors Awards.

Ms Davis, who also won the Arts and Culture Award, started Agelink Theatre in 1993 after settling in Perth from Britain in 1976 with husband Bernie and two young children.

"In 1993 my father, Harry Curtis, had died and I was always going to record his wonderful stories for myself and our family," she said by phone from Brisbane where she is appearing in the play *Tartuffe*. "They were stories about being a child in London in World War One and war-time stories, but I never did, so it was a missed opportunity.

"I've always known I was interested in oral histories so I sat down and started to think how I could utilise that, given that my other interest is theatre. Over the years we have gradually found different ways of bringing the stories to life.

'The other thing I was very conscious of at the time was that my father was incapacitated for the last few months of his life. He was in a nursing home in England and was really depressed. All the people around him I spoke to in the nursing home had a common complaint... they felt they were not of any use to society and could not contribute.

"It made them depressed and I thought these people have a great deal to contribute with wisdom and joy to pass on.

Ms Davis believes when people reach a certain stage of life as a senior it's a kind of duty to look back at life's patterns, where they came from and what they have achieved.

"It's something you have to do, it's a letting go and preparation for the great beyond," she says. "It seems that when I speak to people they sometimes recollect things they haven't thought of for a long time but these memories return very clearly.

"Early memories are bound up with the five senses and are very vivid. People tell me the details, sounds and smells about an event. This is why the five senses are important when dealing with people with dementia; it's very helpful in unlocking memories and getting people engaged in talking.'

She says her main aim is to recognise older people and be appreciative of what they have done. After all, almost everyone has an interesting story to tell. She achieves this through

theatre. "This has built a momentum over the past 23 years; we have done a variety of shows. It's hard to describe exactly what we do because

it differs slightly according to the content. We

always include music because it is a quick av-

enue back to a certain period of a person's life. "One of our interests is inter-generational. Young people don't have an in-depth knowledge of what it was like before the age of technology so they can get the feel of it and can look at their grandparents in a different way, approaching them for stories and information.

One of Agelink's most successful shows was Cis and Barbiche about the war-time romance between Barbara Rigby and Francis Usai. Barbara (later Harper Nelson) married and settled in Perth, donating her letters to the dashing Frenchman to the Yorkshire Air Museum. Agelink Theatre took the play to York in 2014 and has been approached to go to Liverpool in 2018 where another part of the story takes place.

"Winning the award means a great deal, partly because it's wonderful to be recognised by the community and your peers, people you work with and serve. It's really what Agelink is all about, affirming the value of people," she

"I very much appreciate it and also because I'm a migrant, coming to WA with my family when I was 27. I've been really welcomed by the community and have a wonderful life here. So I suppose it's extra sweet because of my adopted community.

Ms Davis says she vows every New Year will be less busy, but next year is already shaping up as rather full. She has appeared in Black Swan Theatre's Tartuffe this year while being involved in five Agelink projects. Next year she will appear in Black Swan's Switzerland about the late author Patricia Highsmith. Several projects are already lined up for Agelink Theatre, depending on fund-

One of the shows she is currently starting work on is the life of children's writer May Gibbs of Gumnut Babies. She spent part of her childhood in WA, returned to England and later settled in Sydney.

Ms Davis has four grandchildren (two live in Canberra). She likes gardening and making iam when she has the time. "I'm quite a domestic person and enjoy being at home,

Active Ageing in Peel - Calendars now on sale

SENIORS Recreation Council of WA, Peel branch's Active Ageing in Peel Calendar 2017 is now on sale.

Calendars cost \$5 each and will be sold by SRC volunteers at Bunnings Mandurah and Spud Shed until Christmas. Calendars can also be purchased from Mandurah Seniors and Community Centre (Accent), Lucky Charm Newsagency in the Pinjarra Shopping Centre complex, Citizens Advice Bureau in Mandurah (Mewburn Gardens).

For further information call Jan 9535 4749 or email dmc56456@bigpond.net.au



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Meet the columnists and contributors



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

regard to their particular condition.



Mike Goodall

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



Jon Lewis

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



Karen Majer

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



Samantha Noall

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



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

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



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



Rick came to Perth in 1971 and taught at Eden Hill School before launching into the "never ending story" of playing and singing country, rock n roll and the Blues 40 odd years later he is known as veteran musician, a senior, and a grumpy old ... But he says, "I still got most of my faculties...I think!" Rick will share updates on the local music



Jeanette Woolerton

scene each month.

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

HAVE-A-GO NEWS No. 297 DECEMBER 2016

My three Christmas wishes



by Rhonda Parker

AS I approach this Christmas I can't help but think what a difference a year makes. This year has brought life, laughter, love and much to keep me busy and engaged with life, but for some dear to me, it has had sorrow and loss.

Whatever a year has held, I always find that the sparkle of baubles on the Christmas tree brings optimism, one of the best things to pack for life's journey.

I am hanging three sparkling, beautiful baubles on my tree this year for you, my Have a Go News readers. Inside each of the baubles is a Christmas wish for us all to share in.

The first wish is for a cure for dementia. Too many of us know the heartache, difficulty and loss this condition brings. This year has brought some new hope from research. Let's all join and hope for a breakthrough so this wish will come true very soon.

The second wish is for better care and support for those with dementia and their carers, often a loving spouse. Better care could and should be happening now, informed, holistic care that responds to the person rather than the disease. This can make a huge difference to the lived experience of dementia. We want this wish to come true in 2017 for everyone living with dementia across WA.

My third wish is more personal. It's a wish that we will all know how empowered we are to give lasting, treasured gifts this Christmas. It's a wish that we all become great Christmas givers. I'm especially hoping you'll give these gifts to those you know who live with dementia and to the children in your life. These gifts will be felt or remembered long after the coloured wrapping paper is gone and the Christmas tree is packed away. The gifts to be given are special moments.

You don't need to queue at a busy checkout or impact your credit card to be a great Christmas giver. Smile with your eyes. Tell people they're

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special. Touch, laugh, care, make time. These are the syllables of the international language of love and care, understood by all, no matter the age or condition. These gifts become great possessions.

In his book What Are Old People For, Dr Bill Thomas wrote: "Wellbeing is elusive, highly subjective, and the most valuable of all human possessions."

Connectedness, meaning and joy are three of the seven domains of wellbeing that he wrote about. People with dementia yearn to be valued and relevant just as we all do. They want their lives to remain connected, have meaning and experience joy. This Christmas, you can contribute to those things. Christmas presents a perfect opportunity to be a great giver of gifts that will contribute to the most valuable of all human possession - well-

My first Christmas wish is some way off. My second can begin next year. My third Christmas wish can come true as soon as we decide to make it happen.

As you see the sparkling baubles decorating trees everywhere this Christmas, remember these three Christmas wishes and join with me to make them come true today, tomorrow, and into the future.

I trust you and those vou care about have a Christmas of love, laughter and memorable mo-



Reach out for health and happiness

by Karen Majer

'WISHING you health and happiness in the year ahead' is a common sentiment at this time of year.

We are bombarded by advice on diet and exercise to improve our health but happiness is a more nebulous concept. How can we make ourselves happier?

A long-term Harvard study following the lives of 724 men sheds some light. Reported in a TED Talk: What makes a good life? Lessons from the longest study on happiness by Robert Waldinger.

What are the lessons that come from the tens of thousands of pages of information that we've generated on these lives?

Well, the lessons aren't about wealth or fame or working harder and harder. The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period.

It turns out that people who are more socially connected to family, to friends, to community, are happier, they're physically healthier, and they live longer than people who are less well connected.

Sadly, these connections have been a casualty of modern living for many people, but there are plenty of things we can do to foster our relationships.

According to Robert Waldinger, it might be something as simple as replacing screen time with people time or livening up a stale relationship by doing something new together, or reaching out to that family member who you haven't spoken to in years.

In my community, volunteering plays a huge role in building relationships with other people with a common interest or passion.

The benefits extend well beyond personal happiness. Whether it is through restoring a precious natural area, driving an elderly person to appointments or joining the bush fire brigade, volunteers are improving life for everyone in the community.

I wish all Have a Go staff, writers and readers a healthy, happy and connected festive season. Here's

For more information: www.ted.com/talks/robert_ waldinger_what_makes_a_good_life_lessons_from_ the_longest_study_on_happiness

BOOK REVIEW



Swallowed by the Sea by Graeme Henderson Reviewed by Pat Paleeya

GRAEME Henderson is a maritime archaeologist and a former director of the Western Australian Maritime Museum. He has personally located and dived on many of the wrecks that are teatured in this book. The fifteen chapters

each deal with a different wreck and are set out chronologically, the first being the loss of the Tryal in 1622, the oldest known shipwreck in Australian waters, the last is the loss of the asylum boat SIEV221 in 2010.

In his introduction the author writes that the need to find cause and apportion blame remains constant and that human traits displayed during and after the wrecks. incompetence, skill, weakness and fortitude, led to the emergence of the most evocative stories.

These stories are absorbing, historically factual, but written with a compassionate look at

unfortunate souls caught up in the most catastrophic circumstances. The loss of the emigrate barque Cataraqui in 1845 (Chapter 9) was quite harrowing to read and was the worst civil maritime disaster ever in Australia. Of the 400 passengers who died most were families leaving the north of England for a better life. The Port Phillip Herald devoted a full front page to the disaster which can be read on page 126. Be warned, it's heartbreaking stuff.

with ancient maps, photographs of the wrecks, and many of the artefacts that have been recovered. There is interest on every page of this thoroughly absorbing maritime masterpiece, it cannot disappoint.

The book is illustrated

Copies are available from all good book stores, and online through Booktopia, Angus and Robertson and New South books, the RRP is \$44.99.

WIN WIN WIN

We have a copy to give away. To enter the draw please email to win@haveagonews. com.au, with the book title in the subject line or write to Swallowed by the Sea Competition, Have a Go News, PO Box 1042, West Leederville WA 6901. Don't forget to write your name. address and telephone number on the back of an envelope. Competition closes 31/12/16.

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Lake Leschenaultia LiveLighter Open Water Swim a huge success





Left; Executive officer Masters Swimming, Samantha Noall Above: Maida Vale Masters in the swim at Lake Leschenaultia

by Samantha Noall

SATURDAY 13 November saw more than 177 participants headed to gorgeous Lake Leschenaultia for the first round of the LiveLighter Open Water Series.

Maida Vale Masters celebrated 30 years of holding this great event and participants weren't disappointed. With a new course layout and fabulous weather the scene was set for a great event. The day commenced with the LiveLighter Novice event which sees parents and grandparents swim with their children or grandchildren and first time open water swimmers dipping their toes into the open water adven-

Following the novice event the more serious open water swimmers took on the 1600m course. There was much competition and some great results on the day.

The winners list is:

Female Age Group Winners:

Alana Cooper 26:48:82 1st Alana won closest to her nominated time

Rachael Cooper 24:56:56 1st 25-29 35-39 Ceinwen Roberts 22:08:74 1st 35-39 Helen Wilson 31:42:46 4th 35-39 Jennifer Cook 37:59:80 9th Jen

also won closest to her nominated time Claire Ware 25:54:62 2nd Claire 40-44 also won closest to her nominated time 40-44 Caroline Dyer 29:59:79 4th

50-54 Lesley Hart 29:03:20 4th 50-54 Sue Griffin 35:37:47 7th Elaine Bourne 46:20:53 9th 60-64 65-69 Andrea WIlliams 32:05:27 2nd 65-69 Kate Elliot 46:07:43 8th

Male Age Group Winners: 30-34

30-34

45-49

50-54

60-64

Stuart Anderson 26:23:46 2nd Greg Bourne 33:47:78 6th Ben Humphrevs 27:02:21 2nd Paul Waters 35:20:47 6th Alan Friday 37:32:15 8th

60-64 Brian Brady 39:09:18 10th 65-69 Russel Bourne 46:24:59 10th 70-74 Gwyn Williams 30:47:15 2nd

We should also mention that there is a strong family connection at this club with three members of the Williams/Roberts family taking out three age groups: Ceinwen Roberts (35-39yrs), her mum Andrea Williams (65-69 yrs) and her dad Gwyn Williams (70-74 yrs). Another member of this amazing family is very involved with putting the event together and that is Lynne Duncan auntie to Ceinwen and sister to Andrea Williams. What an effort. Congratulations to all

If you are interested in participating in the wonderful open water event conducted by our Masters Swimming WA Clubs please go to www.mswa.asn.au/events and click on the open water calendar. We have some great swims coming up at fantastic locations with a distance to suit everyone.

Life Certificates cause concern for expats



by Mike Goodall

THIS last month I have received hundreds of telephone call about Life Certificates and members being concerned that thev haven't received one.

The selection of who to send Life Certificates to is done at random by a computer. However, it seems to have selected WA as a prime target this year as I know of more than 50 handed in during the first week at my local post office.

If you haven't received a life certificate there is no need to worry unless you have moved house since your last communication with the International Pensions Centre. If you have moved house and not notified them, Life Certificate vour could have been posted to your old address and you could never receive it. Then as you have not responded to their request your pension will get stopped.

As I've written before it is essential that you notify all the authorities who vou work with if you move house. If your pension suddenly stops for no reason at all then please call the Interna-

tional Pension Centre on 00 11 44 191 218 7777 and have your national insurance number and previous address details handy. You will not lose any pension it will just be stopped until they sort out the details and when it is resumed the missing payments should be included.

Urgent: time is running out for those under state pension age. Additional Voluntary Contributions (AVC's) are currently available in two Classes. Class 2 or the more expensive Class 3. However, it is probable that legislation will be passed in the UK Parliament to stop the less expensive Class 2 contributions after April 2017. Most of you who are still working or have children who were born in the UK and left in their late teens/ early twenties are still eligible to apply to make AVC's at the Class 2 rate. Payments can be backdated for up to 10 years. Yes, 10 years of pension for only £145 per annum.

It is time to help your children set up their future pension while it is cost effective to do so. Anyone who would

like to discuss the above or any other aspects regarding their UK State Pensions, is welcome to contact Mike Goodall, BPiA's Coordinator in Western Australian on (08) 6364 0859 email:- mikecgoodall@ btconect.com or British Pensions in Australia on 1300 308 353.



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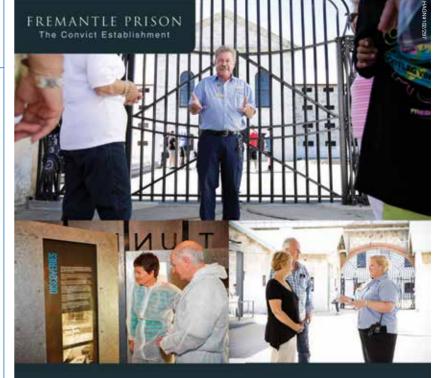
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Tackling the temptations of technology



by Jon Lewis

I BELIEVE we are far too dependent on catchy emerging technology. The revelation came to me at thirty thousand feet.

While sitting next to my darling wife I offered, excitedly, to update the software in her iPhone. A prompt had popped up on the screen and I wanted to press its inviting button.

We were sitting on the airport tarmac in a lowcost airline popular to many price conscious travellers

I knew while we were still in Australia my data plan was also low cost, so it made economic sense to proceed, I thought. By the way economic sense and common sense are not the same thing, as I discovered.

The download commenced, slowly, very slowly. After a few annoying minutes of rereading the same paragraph of

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my complimentary in-flight magazine, I looked again, nervously, at the phone. Slowly it was still downloading... in fact I think it may have, impossibly, been going backwards.

My darling wife suggested shutting it down. With many computers, today it's a simple and useful work around. I did as I was told and with a strange forbearing.

After all, it was now was time to turn off all electrical devices and prepare for take-off. The plane roared, people excitedly looked out of windows, babies cried and I waited, not so patiently, for the aircraft to level off. It did and when permission was granted, I switched on my wife's iPhone. (This was done in-flight mode)

Strange things happen when you mix technology and holidays. If you have your telephone, camera, photo album, map book, booking documents and more all in one electronic device, you want it to work. Especially if you are away, far from home for four, hopefully, fun filled

I switched on the phone of my darling, yet suspicious wife. I had feeble, painful, perhaps hopeful, expectations of it returning magically to normal. William Shake-

picture of a cable and a plug dressed together in a pleasant logo. In short the modern device required a full restore of software that could be done only at home. Yikes!

By now even I knew I was in trouble. To make matters worse, my dear wife was looking to me for an update on the now impossible situation.

I pointed to a cloud shaped like Africa and suggested we look for other continents.

My darling's eyes were suspicious and instead chose to look at the phone.

that "What does mean?" pointing to the now flashing logo.

After six years of practice I knew what to do and threw myself at her mercy. When all is lost, it's time to start the long journey back.

And so, I began...

Why do we burden ourselves so, with the temptation of technol-

Is it fear of being bored or missing out? Perhaps we believe all the hype of the advertising? Are we fooled into seeing a sleek device while being blind to all the cables, power adaptors, leads and power boards? All of the updates and downloads?

The remarkable mobile phone can now do more than ever it could before.

OFF TO A FLYING START

A time for contemplation and reflection through song



Rick Steele

by Rick Steele

"AND so this is Christmas and what have we done? Another year over; a new one just begun."

Thanks Mr Lennon for writing that song. I enjoy singing it every year and it makes me reflect about the last 12 months and contemplate my achievements or lack of and reflect on those humans closest to me.

Reading the paper or watching the news at this time of year can seem more harrowing than usual when you read the tragedies and misfortune that some people have to try and cope with.

When someone's nanna dies a week before Christmas at the age of 96. surely the grief cannot be compared with the loss of a child?

These days millions like me have another extended family. Facebook My Facebook family is very diverse and from all over the world. Three months ago I received a post from Petra, a grandma, formerly from Slovakia, who now lives on the island of Rugen, off the coast from Germany.

The post read something like; tomorrow would have been my son, Rico's 34th birthday and...

I read and empathised with her and realised that my son was pretty much the same age.

With that, I sent her a message of sympathy and tried to express some form of support for her family. Petra knows that I write and sing songs about such matters and a week or so later, I received this very moving poem titled: Unspoken.

"He was born in a long cold winter night in 1979

As the first child of the young parents in 1979

Grew up with love in his wonderful heart.

Together with brother and sister.

And the dark day came in 1995

And the message brought the pain, in 1995 Tears were like the river

in 1995 But the mother had to be strong for her children.

Because they had lost their beloved big brother in 1995 And the memories are

still in their hearts forever Tears are like a river. sometimes still in the hid-

And the pain is unspo-

And the wind still calls his name."

After picking myself up off my emotional floor, I decided to go for my stress reliever, my security blanket and picked up my old guitar.

There are chords that reflect sadness and or grief or perhaps gentle-

ness or soothing.

Before long I found myself gravitating towards a lullaby I had written for my son, which I used to sing to him while rocking him to sleep.

To my amazement and joy, I realised with a minimum of change... it

I sent a message back to Petra asking if I may put her lyrics to music and received a very positive reply. I am planning to record very soon and send it to her before Christmas but I can't help but think that it's a present marked, bitter-sweet.

I think one of the highlights of the year for me was singing in the Perth Concert Hall, with my friends from the Spirit of the Streets choir for Sing for Health week.

Last year on Christmas Day, my wife and I went to Charlie Gairdner Hospital and I sang special requests for our dear friend who sadly passed less than ten days later. The nurses made wonderful backup singers.

This year I am blessed and will see son, daughter-in-law and grandchildren back from USA.

Lucky boy! By the way, iust think about this... if you resolve to give up drinking, smoking and sex to try and live longer, it doesn't work. It just seems longer.

dears Cheers blessings.

O

Open daily from 10 to 5 It can even test a six-year speare once wrote 'To be or not to be', it was 'not marriage. Phone: 6161 3210 All the best and merry to be'. Christmas to you and A new image occupied the small screen meetyour family, from Gloria ing my eyes. A colourful and me, Jon :-) HELP US GET THE NEW YEAR



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- This is an indicative floor plan that may vary according to home location within the village. The information, dimensions and specifications on this floor plan are believed to be correct but is not guaranteed and may change without notice.
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HCA Dickens of a Christmas - L to R - Jenny Davis, Oliver (child) and Stuart Halusz, Bernie Davis, Anthony Howes (seated), Rebecca (back), Saskia, Molly Jones

CHRISTMAS Day as we know it today is largely based on the European cultural heritage the settlers brought with them to the colony. From candles to Christmas trees and decorations, there is a long history to that which we ritually engage in each December.

The Christmas tree is probably a Christian adaptation of the pagan tradition and rituals surrounding the winter solstice, which included the use of

evergreen boughs in the ceremonies. The practice of putting up special decorations at Christmas has a long history dating back to 15th century London. At that time it was the custom at Christmas for every house and all the parish churches to be: "decked with holm, ivy, bays, and whatsoever the season of the year afforded to be green". The heart-shaped leaves of ivy were said to symbolise the coming to

Heritage Corner: Celebrating Christmas in Perth

earth of Jesus, while holly was seen as protection against pagans and witch-

In Perth it seems we started decorating for Christmas, including a Christmas tree, as early as the 1880s, as this notice from the Daily News of 27 November, 1884 shows: "We understand that the WA Manufacturing Company proposes to maintain its well-earned reputation for progress and go, by exhibiting, during the coming Christmas season, a monster Christmas tree and fancy fair. We learn also that an arcade of greenery and flowers will extend from Goderich Street to Wellington Street the sides of which will be filled with stalls and bowers.

In 1886 the first mention is found of a Christmas carol service in Perth. *The West Australian* reported on 18 December: "On Christmas Eve the Choir of St.

George's Cathedral, under the leadership of Mr. J. F. Law, intend holding a special service of song, at which a series of Christmas carols will be given" and on 26 December the same year, the paper reported: "Yesterday morning, a special Christmas service was held in Wesley Church, Perth, when in addition to the hymns suitable to the season, the anthem Arise, shine, for Thy light is come was repeated. The sermon was preached by the Revd P. C. Thomas, who conducted the ser-

The tradition of using small candles to light up the Christmas tree probably dates back to the middle of the seventeenth century. However, it took two centuries for the tradition to become widely established first in Germany then spreading to Eastern Europe. Candles were glued with melted wax to a tree

vice.

branch or attached with pins. It was not until around 1890 that candleholders were first used for Christmas candles.

Electricity actually preceded the use of candle holders when in 1882 the first Christmas tree was lit by electricity. Edward Johnson, one of Thomas Edison's associates, lit up a Christmas tree in New York City with 80 small electric light bulbs. By the 1900s, department stores started using the new Christmas lights for their displays.

It is believed the instigation for many of the English customs come from the novella *A Christmas Carol* by Charles Dickens published in 1843.

Based on Dickens' tale, each year a wonderful group of performers and musicians come together and volunteer their time and talents to raise funds and help make Christmas a little happier for people

experiencing homelessness. Given his extraordinary philanthropic spirit and concern for those in need, Dickens would certainly have approved.

Now in its fifth year, director Anthony Howes said: "This year the production has been specifically developed to include more of Perth's professional performers. We are delighted to welcome back stalwart WA Senior of the Year Jenny Davis, with the addition of her entire Theatrical family

"Joining Jenny is Bernie Davis, their daughter Rebecca, her husband Stuart Halusz (associate director Black Swan Theatre Company) and their two children.

The Giovanni Consort will be guest musicians with the Royal Agricultural Society Perth Brass Ensemble and organist Stewart Smith.

Set in the historical 1890s space of Christ Church Par-

ish Church, Claremont, the audience will experience a wonderful story interwoven with beautiful music and, of course, everyone is invited to join in with their favourite Christmas carol.

There are two very special performances Sunday 11 December at either 2.30pm or 7pm. For more information you can contact the Christ Church parish office on 9384 9244. Bookings are with www. trybooking.com and tickets are only \$25 for adults and \$20 all concessions.

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



The history and future of stamp collecting: Part 10



by Mikel Smits

PHILIP von Ferrary was an eccentric stamp collector who compiled the most comprehensive and in real terms, valuable, world stamp collection ever known. He was so devoted and consumed with

collecting stamps it was considered to be his occupation, not that he bought and sold them to earn a living, more so because that's all he really did. Fortunately for him, family wealth was the means by which he was able to do

His father, the marquis Raffaele de Ferrari, and his mother, Marie de Brignole-Sale, were born in the early 1800s in Genoa, Italy. Raffaele's family dynasty made their fortune in banking and Philip's moth-

er was related to the royal family of Monaco with her father being the ambassador for Sardinia in Paris.

In 1837, Raffaele purchased the properties attached to the Dukedom of Galliera located in Bologna, Italy. The Dukedom had been created by Napoleon Bonaparte while campaigning in 1812. Following the acquisition of these assets, Pope Gregory XVI then bestowed the title of Duke of Galliera upon Raffaela and soon after that, King Victor-Em-

manuel II also added to his name the title of Prince de Luciedo. He also served as a senator in the Sardinian parliament. Sardinia became part of Italy upon unification in 1861.

Raffaela extended the family's already immense fortune by co-founding and establishing in Paris an international commercial bank called Credit Mobilier. The new bank rivalled that of the Rothschilds by financing the construction of major infrastructure projects such

as railways in France, Italy, Austria, Portugal and Latin America along with the Suez Canal and a tunnel through the European Alps enabling a more direct rail link between Rome and Paris. It also assisted in the financing of the 17 year project to redesign and reconstruct the city of Paris which began in 1853.

Meanwhile, tragedy had struck the family. Marie's firstborn died within a year and their second child died in 1847 aged only sixteen. Philip was born in 1850 at which time Marie was 39 years old. He became interested in stamp collecting while in his youth.

Raffaele died in 1876, his demise apparently having been attributed to him becoming stuck in one of his enormous safes. Soon after, Philip chose to renounce the family titles he had acquired and was then adopted by the Austrian Count de La Renotiere von Kriegsfeld who it is rumoured may have in fact been his legitimate father in any case.

Philip gained Austrian nationality and his name became Philip Ferrari de la Renotiere however he preferred Philip von Ferrary which is the name he always used from there on including on his calling cards. In time, the inheritances he received amounted to something equivalent to about five million pounds - a pretty penny or two to spend on his stamps, an incredible collection of which we'll get stuck into next



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by Jeanette Woolerton

SCOTTISH scientist, Alexander Fleming, discovered penicillin in 1928. His discovery resulted in the development of an effective antibiotic, which was first used in the treatment of infections in 1942.

However, over time, we have begun to take antibiotics for granted. Overuse has resulted in a crisis of resistance by most bacteria and antibiotics that continues to increase.

"Antibiotic resistance is one of the most pressing public health issues of our time. If we don't tackle it, we can go back to a time when even the simplest medical operations were not possible, and organ transplants, cancer chemotherapy or intensive care even less so," said Vytenis Andriukaitis, European Commissioner for Health and Food Safety.

"The European Commission will launch a new Action Plan next year so that we can, together

Antibiotics at risk

with our partners in the EU Member States and internationally, continue to ensure that the prevention and control of antibiotic resistance is strengthened within a one-health approach."

Dr Zsuzsanna Jakab, WHO regional director for Europe, says: "Surveillance of antibiotic resistance is the backbone of our work in defence of its effectiveness. Until we know where resistance is. we cannot prioritise action. This is why we focus on expanding the map of antibiotic resistance beyond the European Union countries through the Central Asian and Eastern European Surveillance of Antimicrobial Resistance (CAESAR) network.

"The report shows that patients are exposed to resistant bacteria in hospitals due to overuse and misuse of antibiotics, as well as poor infection prevention and control. We urge our leaders to use this evidence and accelerate their response to a major global health threat of our time."

These concerns are now being addressed with encouraging results.

Helen Zgurskaya, professor of chemistry and biochemistry at the Oklahoma University and her team members have discovered a new class of drugs that combat antibiotic resistance.

They used a supercomputer to identify four new chemicals that seek out and disrupt bacterial proteins called efflux pumps, a major cause of antibiotic resistance in bacteria.

"The first screening took only 20 minutes using 42,000 processors and yielded several promising results," said Professor Jerry Parks. "After more analysis, we narrowed down our list of molecules were likely to disrupt the function of the efflux pump."

The researchers next conducted laboratory experiments to confirm the disruption of the efflux pump and the antibiotic-reviving capability of four of the molecules selected. They then synthesised structural analogs of the efflux pump inhibitors and identified the properties essential for their activities

While science is finding solutions to antibiotic resistance, prevention is better than cure, so it is in our best interest to use antibiotics correctly and only when necessary to prevent further problems of resistance.

Celebrating 160 years of Holden in coins

by Mikel Smits

FOR almost 30 years my wife has been driving a 1962 Holden EK Special she fondly calls Doris. Doris is pale yellow with a white top and venetians in the rear window and spats covering her rear wheels. She's a real bewdy, well loved, and scoots around the streets of Perth as if she's a sports car – hopefully, she'll never die.

Holden has been celebrating it's 160th anniversary this year and in commemoration of this milestone, the Royal Australian Mint has released a series of 11 different padcoloured 50¢ coins featuring their various iconic models including the legendary FJ through to the last-of-the-line Commodore series.

Now some of you may be wondering how is it that Holden can be 160 years old. The explanation begins by realising the company originated as a leatherwork and saddlery business established in 1856 by a 21 year old English immigrant named James Alexander Holden. From premises on King William Street in Adelaide, the business manufactured harnesses, saddlery, travel goods, whips, carriage hardware and later expanded into the repair and renovation of horsedrawn carriages.

In 1885, Holden and his son, Henry, teamed up with harness and carriage maker, Henry Frost, and began trading as Holden and Frost. By the time of James Holden's death in 1897 the company

had achieved significant growth while also becoming a major supplier to government, in particular, of equipment required for the Boer War in South Africa.

Henry's son, Edward,

then joined the business in 1905 just a few years before the General Motors Corporation was formed in the US. Edward soon recognized the potential of the motor vehicle and come 1913 the company manufacturing began sidecars for motorcycles and then in the following year, custom-made bodies for motorcars. In that same year, General Motors established itself in Australia and started importing its

The year 1917 proved to be a landmark and turning point for Holden and Frost. The Australian Government introduced World War I trading restrictions whereby only one complete car for every three chassis could be imported into the country. In response, Holden Motor Body Builders was established as a division of Holden and Frost and began designing and manufacturing standardised car bodies for Buick and Dodge chassis. From around 600 car bodies built in 1918, by 1923 their production was ramped-up to 240 units per week utilising a workforce just exceeding 1000. Holden was now producing bodies for a number of other US car makers including Ford, Chevrolet and Studebaker as well as some European companies.

With business going a

100 miles per hour, Holden and Frost opened a second, more modern production line in Woodville, SA while at the same time receiving exclusive rights to fully assemble all of GM's cars at this plant.

Within a year, the company's annual production was over 22,000 bodies half of which were for GM. In 1925 the figure increased to 34,000, the workforce was now 2,600 and the factory floor area was the largest outside of North America and Europe. When Henry died in the following year he was succeeded by Edward.

General Motors (Australia) Pty Ltd was then formed with headquarters being moved to Mel-

bourne and more plants being opened in that city, Sydney, Brisbane and Perth. However, after having undergone this major and costly expansion program, the advent of the Great Depression, beginning in 1930, put the skids on sales and production was reduced to a minuscule fraction of what they had been.

To save the day, General Motors stepped in and purchased Holden Motor Body Builders, merged it with General Motors (Aust) P/L, formed General Motors-Holden's Ltd (GM-H) and appointed Edward Holden as it's first chairman... we'll cruise through the rest of Holden's history part month.

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From the pages of Have a Go News comes a real life love story...

A READER who has used the Friend to Friend service contacted us. She wanted to share her beautiful story to let other readers know some of the good things that happen because of what the team do at Have a Go News.

This story brought some tears in the office when we read it. Thank you for this heartfelt story.

HANK'S sudden end to a relationship left him with two tickets for a Mediterranean cruise and two tickets for a five-week tour of China.

He decided to treat his son and daughter-in-law to the Mediterranean cruise but he very much wanted to see China.

Hank had served in the American Navy during the Second World War and had stayed in the service for 20 vears afterwards. During those years he had travelled the world but had never been to China. He was now 82 years old and felt this could be his last chance but he did not want to make this trip alone.

Then he remembered the Friend to Friend page in Have a Go News. He decided he could make this work and may even find a long term, travel companion. So with the aid of his grandson he wrote and placed his ad on the Friend to Friend page.

At the age of 70 I enjoyed reading Have a Go News and keeping up with the world of senior Australians. Having lived on my own for about 12 years I would sometimes read the Friend to Friend page and think I should - Have a Go - and maybe reply to one of the advertisements.

But I never did find the courage, not until I saw this man's ad and his request - travel companion - for a trip to China.

I had just moved away from Perth to a smaller town and was still a little short of friends and things to do.

Here was a chance to be a travel companion to a man who sounded like a truly genuine gentleman. I had long been fascinated by the Great Wall of China and seeing the Terracotta Warriors was definitely on my bucket list.

Could I do this? Dare I do this? Yes, yes just do it. Quickly I dashed off a letter of reply, marched to the post box and pushed the letter in. Done. I waited, one week, two weeks, three

weeks and four, no reply.

Oh well never mind I was settling into my new home, finding things to do and making new friends.

Then one Sunday afternoon the phone rang and a heavily accent-ed American voice said, "Hi this is Hank. You wrote me a letter about a trip to China.'

It took a few moments to work out whom this could be and then I remembered the advertisement and my reply.

He apologised for taking so long to call me and explained he had received a few replies and as I did not live in Perth my letter had gone to the bottom of the pile.

He said he had been unsuccessful in finding a travel companion and I was his last hope. Last hope sounded good to me and I was sure I could be a great travel companion.

Hank then came to town and took me to lunch. We talked and talked, ate lunch then chatted some more over coffee. Four hours later he asked if we could meet up the next day before he headed home to

Well it wasn't love at first sight but we enjoyed each other's company and although he was 12 years older than me, I wanted to see him again; the Great Wall beckoned and the Warriors waved, could we share this dream? We made arrangements to meet again the following week.

I went with Hank on his trip to China, we walked the Great Wall and we were enchanted by the Terracot-

And so began a love story that lasted eight years, eight years of love and fun with travel and companionship.

He became the light in my life, the strength by my side and the man who held me close during the most frightening time of my life.

Then we travelled to Europe and England, cruised on big ships and

We toured Australia in a motor home, found a shared interest in Western Australia's Goldfields history; we roamed around old cemeteries intrigued by the past written on the gravestones.

We loved to play cards or board

games in the evenings, I never remember the television being turned on once in that motor home.

We travelled the Indian Pacific, cruised the Murray River and joined a young backpackers' tour to travel the Great Ocean Road. We never once lifting our own cases on that trip as the youngsters looked after this older couple so well; what a delight they were.

He came to live in my town but we never lived together, he had his home and I had mine.

We had love and laughter, a few tears and some of the best years of our lives.

We shared birthdays, Christmases and New Years.

Then quite suddenly his strength started to fail, he began to feel unwell and two days before his ninetieth birthday, he died as I held him in

It's been three years now and I just wanted to share our story.

A story that began once upon a time on your Friend to Friend page.

And this is not the end of my story it's - another bookmark.

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2 bed 1 bath







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Ahoy Elizabeth Quay - Duyfken has arrived



HAVING completed her 10-week adventure along the West Australian coast as part of her contribution to the Dirk Hartog 400th Anniversary, it was a quick turn-around for the *Duy*fken crew as they raced against the clock to have Duyfken berthed at Elizabeth Quay by 3pm on Tuesday 22 November.

Three bridges stood between Duyfken's berth in Fremantle and her new home at Elizabeth Quay, and despite good planning none of them had been built with draw bridges to make our task

The mast lifting took a few hours but once done we were off leaving the Sardine Wharf in our wake as Duyfken motored her way out of the fishing boat harbour and then through Fremantle Harbour enroute to the South Perth oresnore where we were to do something we'd never done before.

Duyfken did look most unusual as she motored down Fremantle Harbour. surrounded by 100,000 tonne ships. Someone commented that without her masts in place she looked more like a sam-

With the challenges of having a crane alongside Duvfken at Elizabeth Quav to lift the masts back in place we had to come up with an alternative - that being a barge with a heavy lift crane aboard. Neither the barge crane operators nor our crew had ever attempted re-stepping masts before using this method, so despite good planning there was still an air of expectation as to how it would all work out.

The good news is that we got the job done in just

on three hours. It was certainly a spectacle to behold for the thousands of vehicles that crossed the Narrows during that time. You can imagine their expression... "what the... is that?" "That, my friend, is a 16th century replica sailing ship and it's on Perth water, a sight to behold."

At 2.30pm the lines to the barge were released *Duyfken* headed across the waters to Elizabeth Quay. It was a grand entrance with hundreds of people crowding along the walkways to catch a glimpse of this historic

It took some real pushing and shoving to get Duyfken alongside her new home, but by 3.30pm the job was done. A big congrats to our Captain Robin Chester who joined our ranks as a volunteer after reading about Duyfken in Have a Go News, for once again getting Duyfken onto a challenging berth.

Duyfken is now on exhibition at Elizabeth Quay until 31 March 2017. We have a special price for seniors/concessions of just \$10, so why not make the trip down to the Quay and say hello.

The *Duyfken* team look forward to seeing you at Elizabeth Quay. www.duy fken.com

WIN WIN WIN

To coincide with the opening of the Duyfken Elizabeth Quay exhibition we are offering readers of Have a Go News the opportunity to win one of 20 double passes (valued at \$25) to view this exhibition. For your chance to win a double pass simply email your details to info@duvfken. com Competition closes 16/1/17.

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of being overweight or

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Have a Go Day 2016, a LiveLighter Event

On 9 November, Have a Go Day, a LiveLighter Event, was held in the beautiful grounds of Burswood Park and was once again a huge success. Thousands of people came along and participated in activities and enjoyed the entertainment and stalls available on the day.

This year the event was redesigned for the first time in many years and was run along the riverside of Burswood Park which enabled people to try canoeing on the river for the first time.

SRCWA would also like to thank the many volunteers who came on board on the day, volunteers from SRCWA, Department of Sport and Recreation, Have a Go News, SRCWA branches and the general public who kindly assisted with the many jobs it takes to manage such a large event.

It was a pleasure to welcome the Hon Colin Barnett, Premier of WA and the Minister for Seniors and Volunteering Hon Paul Miles to the Official Welcome which was emceed by Simon Beaumont from 882AM 6PR.

Shaun Nannup who is a wonderful storyteller, encouraged everyone to enjoy the event on the banks of the Swan River and conducted the inspiring Welcome to Country. The WA Police Pipe Band played the National Anthem and at the conclusion of the official welcome escorted the Over Fifty Five Walking Assn, The Heart Foundation, Mall Walkers and other participants for the official Have a Go Day walk through the grounds.

This year participants were encouraged to have a go at activities on the day which included; canoeing, walking, giant chess, giant jenga, Exergaming, pole walking, climbing wall, segways, Petanque, disc golf, blind golf, metal detecting, square dancing, ballroom dancing, Morris dancing, tap dancing, line dancing, Tai Chi, breathing exercises, cooking demonstrations and competitions. Everyone was treated to free tea, coffee and bottled water at the hospitality tents assisted by a large team of volunteers and compliments of Have a Go News.

Major Prize Winners

1st Prize donated by Crown Perth - \$2,000 Crown Towers Experience: Gerson Coelho

2nd Prize donated by Have a Go News and Kings Tours and Travel - \$500 Coles/Myer voucher: **Brenda Gardiner**

3rd Prize donated by Telstra Australia – Samsung Tablet & pre-paid sim card: **Vince Gerich**

4th Prize donated by Channel 7 Perth - Family pass to RAC Christmas Pageant including VIP function at Government House: Sau Ying Ngue

5th Prize donated by Sizzler Australia - \$200 Gift Card: Pam Hannan

6th Prize donated by Event Cinema Innaloo \$200 Gift Card: Issy Kilov Thank you to Channel 7's Rick Ardon and Have

a Go News' Jen Merigan for assisting with the major prize draw.

SRCWA wishes to express a huge thank you to all our valued sponsors and supporters who provide the means with which to make Have a Go a LiveLighter event a success, our sponsors are: Burswood Park Board, Lotterywest, Crown Perth, Have a Go News, Healthway, Dept of Sport and Recreation, Dept of Local Government & Communities, Channel 7, 882AM 6PR, Home in WA, Sterling New Life, Telstra, Studio TwentySix Photography, Phoenix Insurance Brokers, Kings Tours and Travel, Curtin Radio 100.1fm, Scarboro Toyota, Sizzler Australia and Event Cinema Inn-

SRCWA Christmas Variety Concert

Presented by Phil Paddon and Red Dog Music. When: Wednesday 14 December

Venue: Morley Sport and Recreation Centre,

12.30 to 5pm.

Cost: \$30pp

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

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

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



Obesity carries more disease risk as well as extra weight

exercise and diet. Overweight and obesity

are defined by the World Health Organization using the body mass index (BMI). BMI is used widely to monitor body weight es your risk of cardioby GPs and hospitals. vascular disease, Type 2 It is based on measured Diabetes, arthritis, some height and weight from the 2011-12 Australian Bureau of Statistics sur-

mostly can benefit from

You can calculate your BMI by entering enter your height and weight on the Australian Government's website on obesity. It is calculated by dividing your weight in kilograms by your height in metres squared. For example a person who is 165cm tall and weighs 64kg would have a BMI of 24. People with a BMI above 25 or more are classified as overweight and people with a BMI of 30 or greater are classified as obese.

Where your fat is stored is important in assessing overweight and obesity and your associated disease risk. Increased abdominal fat is associated with higher risk of cardiovascular disease, type 2 diabetes and cancer. Abdominal obesity is measured using waist circumference.

When looking at health risks in Australian adults, combine BMI with waist circumference as a measurement of disease risk. A waist circumference of

94cm in men and above 80cm in women is regarded as overweight, and a waist circumference above 102cm in men and 88cm in women is regarded as obese.

We are growing fatter each year. Two thirds of Australian adults (63 per cent) and one in four Australian children are overweight or obese. People living in outer regional and remote areas are 15 per cent more likely to be overweight or obese than people living in major cities.

Many chronic conditions are associated with obesity. Some of the worst ones are hypertension (high blood pressure) with increased risk of a stroke, cancer, Type 2 diabetes (which I wrote about last month), osteoarthritis and back pain from the extra strain of carrying too much weight.

Being overweight or obese is totally preventable. To prevent it we need to reduce our input (nutrition) and increase our output (activity levels). We can do this slowly by starting to choose lower energy foods and walking 10 minutes a day, increasing it to 30 minutes three times a week.

We all need to do our bit to reduce the strain on the Australian healthcare system and try to stay as healthy as we possibly can for ourselves, our families and the wider

Australian's choose Dr Google as a means of self diagnosis

by Frank Smith

obese.

AUSTRALIANS are using the Internet extensively to find out health and medical information according to a survey released during Be Medicinewise Week.

Two-thirds of older people said they look up information on health conditions on the Internet using search engines like Google before going to the doctor or pharmacy and 26 per cent say they look for information about medicines on the Internet if they are looking for a solution to a health problem.

MedicineWise's medical adviser, Dr Andrew Boyden said Google is not a good starting point.

Start with a government funded institution or a highly reputable academic site like a university teaching hospital. Funders scrutinise them to make sure they are using their funds appropriately.

"GPs often recommend patients access Health Direct website or the Better Health Channel. Links from these go to other qual-

"Be wary of websites with commercial interests. They are not always bad but question their motives," he said.

Pharmacist Aine Heaney says that finding good information about medicines is important, and that means asking questions of the right people and knowing how to source reliable information.

"If you or a loved one become ill, are prescribed a medicine or are referred for a medical test, it's natural to want to know more about

Medicinal

Home Care

Pet Products

the condition or treatment.

"However, while it is always a good idea to equip yourself with health-related information, it is important to be aware that not all health information you access on the internet is accurate or reliable.

"You need to be able to assess the reliability of information found on the internet, and understand limitations of what internet can tell you. Health information should be evidence-based, up-to-date and relevant to your situation.

"The health professionals that care for you are a reliable source of health information, but you may not always be able to talk to them." she said.

There are also services available like NPS Medicines Line (1300 633 424). You can phone to seek

individual medicines information from a health professional. There is also a weekly Pharmacist Hour on the NPS MedicineWise Facebook page.

Consumer Medicines Information (CMI) leaflets are available for all prescription medicines and many non-prescription medicines. CMIs are available on websites such as NPS MedicineWise or the Therapeutic Goods Administration (TGA), or you can ask your pharmacist to print them out for you.

The survey also looked at health behaviour of older Australians. Nearly 80 per cent of older people are taking two or more medicines per week. Not surprisingly 15 per cent said they used Dosette boxes or Webster packs to remember to take their medicines.

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procedures and have

time to get the feel of the

kayak if they have not

paddled previously. After

a break for morning tea

a short paddle round the

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Purchase a copy of the book Stories from the Swinging 60s - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s.

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Intertwined with world events the stories contained in the book paint a picture of the differences between life then and now. \$25.

Please contact Tahlia at Have a Go News if you would like to purchase a copy on either Tahlia@haveagonews.com.au or

Copies available for purchase direct from Have a Go News office at 137 Edward St, Perth or have it mailed out for an extra \$12 postage and handling.

Enjoy some fun kayaking around Mandurah



Linden Hill paddling Harvey Estuary

IT'S 8.30AM at the launch site car park at Erskine and kayaks are being unloaded as Mandurah over 55 Canoe Club members prepare for a paddle.

Four new faces watch proceedings. Two of them pre-arranged to take part in an introduction to paddling and the other two are there to observe and decide. It's the first Monday in the month, set aside to weicome new members before others set off on a paddle.

It's a typical paddling day, with more than twenty paddlers, men and women, ready to divide into two or three groups, with a leader and tailender chosen. The usual paddle is for an hour, a stop for morning tea and an hour to return.

The first group sets off with strong paddlers doing a more challenging paddle up to 10+ km and the medium group follows.

A leisurely group is included if numbers call for

Safety and self-assessment are important in the culture of the club. Socialising and keeping active while enjoying the waterways of Mandurah is the aim.

No previous kayaking experience is necessary before joining and regularly leads to continuing paddling for many years and new interests with the Mandurah Over 55

canals finishes off their morning.

members can then join four regular paddles before purchasing their own canoe and becoming members. The waterways Mandurah with choices of estuary and river paddling scheduled on Mondays, Wednesdays and Saturdays, are ideal for

experienced paddlers. New members are welcome and if you would like to have a go, in good company, here is the opportunity.

a wide range of new and

Phone Barry King on 9582 1034 to arrange to take part in the next new member's day on the first Monday of the month.

More information is available on the website www.mandurahover 55scanoeclub.myclub. org.au

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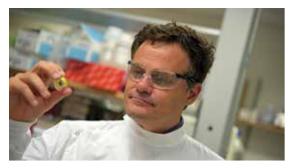
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Professor of Biomedical Engineering, Mark Kendall

by Frank Smith

VACCINATION has eliminated many infectious diseases in the past 200 years but being jabbed in the arm or butt with a needle is not on many people's list of favourite activities. Moreover up to 20 per cent of people have a real

Now after 160 years

needles are about to be replaced by a nanopatch providing minimally invasive vaccine delivery.

The nanopatch is the brainchild of Mark Kendall, Professor of Biomedical Engineering at the Australian Institute for Bioengineering and Nanotechnology at the University of Queensland.

It is a one cm square of

A nanopatch will result in no more jabs...

silicon with 20,000 microscopic spikes on one side that delivers vaccines directly to the skin's immune cells.

Coat the needles with dry vaccine, push it gently but firmly against the skin, and the vaccine is delivered just under the outer layer of skin.

It's painless, requires a fraction of the dose that an injection does, doesn't need refrigeration, puts the vaccine where it is most effective and eliminates needle phobia.

Research so far has been on mice but human clinical trials are underway in Brisbane, and a polio vaccine trial in Cuba is planned for 2017.

Professor Kendall responded to a call from the Bill and Melinda Gates Foundation seeking ideas for delivery of vaccines in developing countries. It's in these countries that the limitations of needles and syringes are most obvious.

Conventional wet vaccines have to be kept cold to the point of delivery and that can be a challenge in delivering to remote communities.

The needle and syringe were in use for long before we discovered the immune system. Todav we know that there is an important community of immune cells in the upper lavers of the skin. Professor Kendall reasoned that if we can deliver vaccines direct to those immune cells we can reduce doses and increase efficacy.

Potent immune responses can be generated by replacing the standard needle and syringe (which places vaccine into muscle) with devices that deliver vaccine to the skin's immune cells.

In a trial the University of Queensland team injected mice either conventionally or with the Nanopatch using a commercial influenza vaccine.

The Nanopatch, produced an equivalent immune response to that of the conventional intramuscular injection using needle and syringe with only 1/900 of the amount of vaccine.

Developing the concept has not been an easy path. Professor Kendall has had to push the science and business worlds to see the value of a new approach to vaccine delivery.

It took 70 presentations before he secured \$15 million funding for the University of Queensland spin-out company Vaxxas to commercialise the Nanopatch. Today Vaxxas has employes about 50 people and has started human trials to determine how people respond to Nanopatch.

Despite the global interest. Professor Kendall is keen to ensure that Australia continues to drive the development of the technology.

"We've got a chance to help stimulate fresh lines of innovation and biotechnology here," he says. "There's 14 million deaths per year due to infectious disease and so my vision for the Nanopatch is to get more effective vaccines to more people and help save lives.'

Last month Professor Mark Kendall was awarded the 2016 CSL Young Florey Medal. The award honours Australian researchers who have had significant achievements in biomedical science and/ or in advancing human

phobia about needles.

Talk: *Landline* has moved with the times but not its timeslot



by Lee Tate

THERE is a TV program that is jam-packed with true adventures and colourful, crusty characters and tells of a nation's constantly-changing fortunes.

It is distinctly homegrown Aussie fare, as dinkum as blue-heeler sheepdogs and flourishing like a field of cultivated canola.

It is the ABC's Landline. The program has not only survived the ravages of television-land but has held onto its timeslot for quarter of a century. How many programs can

boast that? Landline premiered on 2 February 1992 and its timeslot - high noon on Sundays - was obviously the ABC's masterstroke.

It feels right. It is handily repeated the following Monday. Landline was also the first program broadcast on the new ABC2 when the channel was launched on 7 March 2005.

When was the last time you watched it? For the unconverted, you don't know what you're miss-

Landline has moved with the times. No rural rambles about wool prices, the weather or painful

The program keeps moving with first-rate, straight-shooting commentary, tight editing, beautiful filming and careful topic choices, anchored by farm-girl-nextdoor, Pip Courtney.

This program is informative and important enough for it to be compulsory viewing for schoolkids (and probably all new arrivals to Australia as well as our politicians)

Landline is enlightening about the Australian rural way of life. It raises for students possibilities of job and business opportunities and keeps us all up-to-date on the evolution of Aussie food production, practices, prices and supply.

We're talking Australia's future.

Tightening city-country gap can only be beneficial especially when the concept of bringing the bush to the big smoke once a year via royal agricultural shows has slipped into mostly a kids' preoccupationwith fun rides and show bags.

There's something sobering and satisfying to see farming folk (and their dogs) working the land and fighting the odds to get their produce to customers. And, as Landline dutifully demonstrates, successful farming today is a slick, often high-tech operation.

We watch open-eyed as rams have their scrotums measured as an indicator of how they will

perform to produce highest-quality lambs. (Rams not measuring-up are culled). And we get the word of an expert, agricultural scientist Graham

A reporter reveals how small telcos in regional Australia are finding a way around a data drought by setting-up fixed wireless networks to broadcast a signal to paying customers in town from high-elevation grain silos, bucket elevators and buildings.

We are fascinated at Kangaroo Island's plans to not only wipe out 5,000 feral cats but to phase out domestic ownership of cats over the next 15 years.

In Queensland, a banana-growing family shares a heart-breaking

episode of a devastating fungus outbreak on their property 18 months ago. Do they sell their farm?

groundanother breaking report we are shown a greenhouse, 300 kilometres north of Adelaide, that relies on sunlight and sea water to grow tomatoes. Fresh water not needed.

And Australia's largest fruit and vegetable processor/manufacturer. SPC-Ardmona, is heroically fighting back after a range of problems forced it to close in 2014.

Bundaberg Queensland agronomist is making craft beers out of sweet potatoes, blueberries, pumpkins and other harvest seconds. It's a formidable fight against food waste.

And researchers Australia and around the globe are trying to breed resistant varieties of Cavendish bananas in a bid to protect supply of the world's most popular banana as the threat of a damaging fungus spreads.

The program maintains its weekly wraps on commodity prices for livestock and mining as well as detailed national weather rainfall reports but sensibly keeps them short and punchy.

Landline brings country closer to the city. And after 24 fruitful reporting years, miraculously keeps it fresh.

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

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A big range of stocking fillers for those with green thumbs













From left to right; Colin with Holman Modular Raised Garden Bed -Spread some festive cheer with a red Poinsettia - Richgro products will keep new editions to your garden well - Scotts Lawn Builder Extreme Green -Yates Garden Guide is a great gift - PowerFeed

by Colin Barlow

CHRISTMAS is almost upon us; it is time to give the garden a spruce up and find the perfect gardening gift ideas for your green fingered loved ones this Christmas. It doesn't matter if you have a large garden or small courtyard; I have found some terrific solutions to suit all budgets and individual tastes, so let's take a look.

If you want a gift that keeps on giving and is perfect for those of you who love cooking why not try growing your own vegetables and herbs on the Holman GreenWall or Slim GreenWall to supply all the ingredients to create your own Christmas summer salad. You can be picking and eating fresh food from right outside your door.

Another terrific way to grow vegies at home is with the Holman Modular Raised Garden Beds, which are quick and easy to assemble and can be easily connected together to create your own designer garden bed. They come in easily expandable modules with their own irrigation system and are rust and termite resistant.

If you want a long lasting gift that keeps on giving, potted plants are ideal. You can buy them ready made or easily make up your own by selecting a pot from the hundreds available. Then select a premium potting mix and a plant of your choice like a rose or lillypilly. An easy way to look after your new plants is to let Richgro safely take care of all of your pest, disease, fertilising and weed problems throughout your garden. You can even control pesky bugs without spraying with the granular Bug Killa.

For the perfect garden combination to keep you and your plants stress free over the holidays pick up some Seasol plant tonic and Powerfeed fertiliser. Available as a both a hose-on or liquid form or in a granular Powerfeed with Troforte form with added beneficial microbes to feed the soil and aid the uptake of nutrients.

If your lawn needs some TLC and quick results before the relatives come over for Chrissie, I have the perfect stocking fillers, Scotts Everydrop Premium Soil Wetter and Scotts Lawn Builder Extreme Green. Everydrop soil wetter will make every drop of water count; reducing run-off and increasing water and nutrient uptake and Extreme Green will green up your lawn in three days, just in time for Christmas

Boys certainly love their toys and power gardening tools will make your toy boy a cut above the rest. Whether it is a mower, hedge trim mers, whipper snipper, chainsaws or leaf blowers it will certainly make his day, but It may be hard to find a stocking to put it in.

Christmas would not be the same without a red Poinsettia on the table, and now there are even white, pink and speckled varieties and I love a blue Hydrangea and the delicate pink and blue lace cap varieties too. Plus you can plant them out in the garden after Christmas.

Moth orchids or Phalaenopsis will add a touch of elegance and sophistication to your home and are easy to care for despite their exotic appearance. Now there are even mini moth orchids to decorate your home.

If you are looking for some healthy fast food then ready to eat herb and vegie baskets are sure to tempt your tastebuds. You could even use them for Christmas dinner. Other great gifts ideas are mini gardens, trendy fiddle leaf figs and stunning mini-roses.

For beginners or keen gardeners, the Yates Garden Guide is the perfect solution to learn how to garden or gain handy tips from the experts. There are chapters on garden design, flowers, vegetables, pest and diseases plus 'How to' sections to make gardening much easier, and you may find some tips from me in there too.

For young and old gardeners alike the Grass Grow kits and easy to use Roll 'n' Grow Garden Mats from Mr Fothergill's will provide lots of interest and fun and they may even inspire a lifetime of gardening.

Remember if you are looking for the perfect gift for your loved ones this festive season, your local nursery, garden centre or hardware store has it covered whether its watering, growing, mowing, pruning or planting, all you have to do choose which one. Now that could be the hard bit.

Have a very merry Christmas and a happy new year and I look forward to another year of great gardening advice next year.

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GRAND ACTIVITIES A school holiday guide for parents and grandparents



The Velveteen Rabbit provides great holiday entertainment



SPARE Parts Puppet Theatre's production of The Velveteen Rabbit is an enchanting tale of the relationship between a child and his toy rabbit. Based on the book by Margery Williams, the story is about an old toy, but to the boy, the rabbit is real - and the scene is set for a story of great emotional power.

A wise horse, some bossy bulldozers, a flying fairy and a toy box full of crazy colourful toys makes The Velveteen Rabbit a magical puppetry experience, the perfect summer holidays entertainment.

Anybody who has had a favourite toy will be enchanted by this beloved classic.

Playing at Spare Parts Puppet Theatre, 1 Short Street Fremantle, (opposite Fremantle Train Station) from 3 – 28 January from 10am and 1pm daily and at 6.30pm 20 and 27 January.

Visit www.sppt.asn.au or telephone 9335 5044.

Nan and Pops Big Day Out - complimentary tickets for grandparents.

Book tickets to the 10am performances of The Velveteen Rabbit on Thursday the 5 or 19 of January and bring nan or pop along for free. There is a limit of one free grandparent per grandchild and all bookings need to be made over the phone. If you're a grandparent give them a call and book now on 9335 5044.

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FARM

SHOW

MEET THE WOMBAT

& FRIENDS SHOW

aily 11am 2pm 3.45pm

KANGAROOS

Moana - new animated tale from Disney

stopped - and no one today knows why.

From Walt Disney An-

imation Studios comes Moana, a sweeping, CG-animated adventure about a spirited teenager who sails out on a daring mission to prove herself a master way finder and fulfil her ancestors' unfinished quest.

During her journey, Moana (voice of Aujourney, li'i Cravalho) meets the once-mighty demi-god Maui (voice of Dwayne Johnson), and together, they traverse the open ocean on an action-packed voyage, encountering enormous

fiery creatures and impossible odds.

Directed by the renowned filmmaking team of Ron Clements and John Musker (The Little Mermaid, Aladdin, The Princess and the Frog) and produced by Osnat Shurer (Lifted, One Man Band), Moana sails into cinemas this Boxing Day.

WIN WIN WIN

To be in the draw to win a family pass for four people to Disney's Moana simply email win@haveagonews. com.au or call the office during office hours on 9227 8283. Competition closes 16/12/16.

The Maze offers great holiday entertainment

THESE holidays treat yourself and the grandkids to a fun day out at The Maze, home of the Outback Splash. Surrounded by lush green lawns, large trees and picturesque gardens it is a great place to relax in a safe and friendly environment. With six mazes, a giant jumping pillow, kids' playground, nine holes of mini golf, kangaroos, emus and koalas it is great fun for every age.

Visitors can keep cool all summer long with the outback splash waters-

lide playground, The plummet inflatable waterslide and the brand-new Octopus Bay kids splash zone.

The onsite cafe serves

delicious drinks and

refreshments

The onsite cafe serves delicious meals, amazing coffee, home-made cakes, scones and biscuits and all the snacks, ice-creams, drinks and refreshments needed to keep the energy high and the tummy happy.

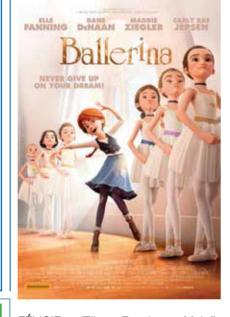
People are more than welcome to pack a picnic. There are complimentary barbecues available and expansive lawns for the rug, and don't forget a thermos.

For those who wish to book one of the Koala Experiences you can do so when purchasing tickets upon entry. And those who like to plan their day in advance check out the opening times and purchase tickets on the website www.themaze.com.

WIN WIN WIN

Exclusive to Have a Go News readers, The Maze is thrilled to be giving away one double pass and two family passes for these school holidays. To be in the draw, email win@haveagonews.com.au and include the word maze in the subject line. Alternatively, address an envelope to The Maze Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse side. Competition closes 31/12/16.

Ballerina: an animated film with themes of courage, friendship and realising dreams



THREE thousand years

ago, the greatest sailors in

the world voyaged across

the vast Pacific, discov-

ering the many islands of

Oceania. But then, for a

millennium, their voyages

(Elle Fanning cent and Super 8), a young orphan from Brittany, has only one passion: dance. Her wildest dream is becoming a prima ballerina at the Paris Opera.

With her best friend Victor, who

wants to become a great inventor, they devise a madcap plan to escape the orphanage for Paris, the City of Lights - at a time when they are still building the Eiffel Tower.

Félicie is up for anything to make her dream come true. She assumes the identity of her rival, Camille (Maddie Ziegler Dance Moms), to get into dance school. She puts up with gruelling workouts to master the grace and technique of ballet, and submits to the stress of auditions at the Opera.

With her mentor Odette and Victor, Félicie will fight like never before to surpass herself and learn from her mistakes. But nothing is too strenuous to make a dream come true.

Ballerina is to be released on 12

WIN WIN WIN

To be in the draw to win one of ten double passes to the Ballerina simply send an email to win@haveagonews.com.au with Ballerina in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 15/12/16.

Sing - a feel-good movie



FROM the creators of Despicable Me and The Secret Life Of Pets comes - Sing, the feel good movie event of the

Featuring more than 60 top music tracks - Sing hits cinemas Boxing Day. Matthew

naughey, Reese Witherspoon, Seth MacFarlane, Scarlett Johansson, John C. Reilly, Taron Egerton and Tori Kelly star in a musical comedy about finding the shining star that lives inside all of us. WIN WIN WIN

Universal tures and Have a Go News are giving you a chance to take your family along to see Sing this summer holidays, to go in the draw to win one of four family passes simply email win@haveagonews. office on 9227 8283 during business hours. 16/12/16. Closes Rated G #singmovie



E: stars@thespaceplace.com.au W: www.thespaceplace.com.au



Christmas under the sea

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- Tuesday 20 December Christmas Shark Sleepover: Treat your grandkids to an exclusive overnight stay at AQWA.
- Saturday 24 December See Scuba Santa!
- Gifts Galore Delight your family with AQWA entry passes and unique dive experiences. Available online or at AQWA.
- **NEW this summer** Adventure Bay, Treasure Hunter, Snorkel Discovery, Mermaids and more!











As soon as people leave the Perth metropolitan area; they are in the Royal Flying Doctor Service's coverage. Perth man Paul Fiddes, like most of us from the city, never thought he would need the life-saving services of the RFDS but he did. Read his story on page 31.



· Hanthana Tea Museum,

www.holidayplanet.com.au. You can also come in and see us at 299 Vincent Street, Leederville.

et's go travel options for the mature





Jennifer Merigan

LAST month Peter and Liz Croak dropped me a note to share some information to the readership. They are in their early 60s and are from the UK and have found reading this paper very informative.

Over the last four years they have travelled to different parts of the world house sitting. They are currently based in Rossmoyne looking after someone's house for 14 weeks

They said that house sitting has given them opportunities they would never have dreamed of doing before. The main reason most people use house sitters is so their pets can be looked after without being placed in a kennel or cattery.

recommend Thev that the best way to use house sitting is to establish where you want to go and then apply for sits. Once people organise their first sit they recommend applying for a second of third.

Book air tickets about 10 days before and seven days after the last sit, which allows time to visit family or do tourist things. They say a three month trip to the UK would then only have about three to four weeks of hotel bills.

If you would like more information visit www. trustedhousesitters.com or you can contact Peter and Liz on croakies@ gmail.com

As Christmas draws closer I take this opportunity to wish all our readers and advertisers the compliments of the season.

My family and I are off to Bali to celebrate Christmas and New Year as we decided to do something quite different for the festive season this year.

I look forward to providing you with lots of

The travel industry and readers are welcome

to contact the travel editor: Ph 9227 8283

Email: jen@haveagonews.com.au

travel information in 2017. we have some great stories to share in the New Year.

And to finish off 2016 here's a funny travel story from our journalist Frank Smith...

The border between Belgium and the Netherlands runs through the pub in the village of Baalle. Back when the Netherlands had much more stringent laws about closing time than Belgium, whenever Dutch closing time came around, people sitting in the Dutch part of the local bar would be asked to move to a table in the Belgian part, so they could continue to be served.

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

Happy trails

Jennifer Merigan Travel Editor

Enjoy Christmas down south with Funseeker Tours



A PRIVATE taxi will pick people up from their home when they join Funseeker Tours on a great five day, four night package to beautiful Busselton and surrounds.

The tour is inclusive of all morning teas, lunches and evening meals. There is single or en suite accommodation at the newly renovated Bayview Geographe Resort.

This is the perfect opportunity to enjoy staying right by the ocean.

On the first day guests will enjoy a cruise on the Collie River to see the grand canal dolphins and abundant

Day two visits Annie Brook Flower Farm and the delectable Candy Cow with an ice-cream at Millers before a visit to Edward winery for a tasting and to learn the history of the Matilda - a Tiger Moth aircraft that the owner's grandson flew around the world.

On Christmas Day transfers are available to local churches before a magnificent Christmas lunch. This year drinks are also included.

Day four meanders through Margaret River to Augusta to see the new marina and where the two oceans meet.

On the last day guests will enjoy visits to Harvey and Waroona en route to Perth where taxis await to run you

Funseeker Tours would love you to join them - call Sharon on 1300 660 668 for more information.

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- Adelaide on board the Overland 2 Nights accommodation in Adelaide
- 3 Day all inclusive rail journey Adelaide to Perth on board the Indian Pacific

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for clarity and space.

DEAR Editor, The New South Wales Gold Opal Card Issue help from a reader.

My name is Marion Carter and I recently visited friends in Perth where I was reading the November issue of Have a Go News.

My attention was drawn to the article headed "The New South Wales Gold Opal Issue" by Steve Collins.

I appreciate Mr. Collins' frustration when advised at the airport rail station that he could not access the temporary Gold Opal card because it had to be obtained on line.

This is not quite correct. Friends of mine travelled to Sydney from interstate late in January 2016, soon after the card pension tickets had ceased being on sale. They phoned the Opal card people (13 67 25) about two weeks prior to their visit to Sydney, their eligibility details being taken over the phone and the cards posted to them. Unfortunately, the cards had not arrived in the mail before they left home and hence they were unable to get the concession travel they were entitled to. These people do not have access to a computer.

These people had to pay full fare, so I was prompted to make further enquires regarding visitors from other states who arrive in Sydney and are confronted with no concession travel unless it is pre arranged for the temporary Gold Opal card.

My enquiries revealed that you can get a temporary Gold Opal card for the period of your stay upon presentation of your eligibility card at the information desk in the main concourse (under the clock) at Sydney Central Railway Station. Whilst this means paying full fare from the airport to central, you can be issued with the temporary Gold Opal card for the period of your stay.

This does work as two friends from Interstate visited Sydney in September and this is how they got their temporary Gold Opal cards upon arrival. The very helpful staff even worked out how much they needed to put on the card, including the \$12 airport tax at the end of their visit.

It would be helpful if there was a notice at the airport stations advising that you can get your temporary Gold Opal card at central. Suggestions of such a notice would probably be better directed to Sydney trains management from outside of NSW as NSW residents already have the Gold Opal card available for them. Better still, would be if the temporary Gold Opal card could be sold at the airport stations as this is where many eligible persons arrive in Sydney.

Yours sincerely

Marion Carter Canterbury NSW

17 December

18 December |

15 January

8 January

26 January |





DAY TOURS

- Christmas Lunch Mystery Tour Christmas Lunch Mystery Tour
- Elvis Presley Birthday Tour Busselton Dunsborough Yallingup Australia Day Mystery Tour
- 2016 Seniors \$85pp Adults \$90pp

2017 Seniors \$90pp Adults \$95pp Includes morning tea and lunch **EXTENDED TOURS**

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4 March, 4 days from \$945pp

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or explore the island's villages. Enjoy hotel stopovers in the enchanting city of Prague, including a tour of Cesky Krumlov, the UNESCO World Heritage city of Split, the 'pearl of the Adriatic' Dubrovnik, and Croatia's popular seaside resort, Tucepi.

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let's go travelling



Bulgari gems on show in Melbourne



to create.

'They are all one offs and they are all of the highest quality.'

Alongside emerald and diamond jewellery from the personal collection of Elizabeth Taylor, there are stunning pieces worn by Sophia Loren, Ingrid Bergman, Grace Kelly, Anita Ekberg and Gina Lollobrigida. The exhibition comprises more than 80 pieces, which include a ruby and diamond necklace worn by Sophia Loren in Robert Altman's 1994 film Prêt-a-Porter and a diamond necklace worn on the red carpet by British actress Keira

Unique to Bulgari's work

are his intricate tremblant brooches, which create the illusion of quivering.

The majority of the pieces in the show come from Bulgari's own collection, but some have also been loaned from private collectors and the National Museum of Qatar.

Visitors to the exhibition will also learn about the early beginnings of Sotirio Bulgari - from his first shop opening in 1884 to becoming one of the most respected jewellers in the world.

Entry is free and the screening will be held in the Clemenger BBDO Auditorium NGV.

For further information visit: www.ngv.vic.gov.au/ exhibition/italian-jewels/.

Largest and latest Princess Cruise ship drops in



The Emerald Princess

EMERALD Princess, Princess Cruises' largest ship to ever grace Australian shores stopped off in Fremantle for a day as part of its maiden voyage down

Have a Go News took a tour aboard this luxuriously appointed superliner and enjoyed lunch in its newest addition - Aussie celebrity chef Curtis Stone's Share, a stunningly appointed

125 seat specialty restaurant.
The Emerald Princess has something for everyone including shows by award winning Broadway producers, a casino, a plethora of bars and dining options including the Salty Dog pub home to the Ernesto burger, rated the best at sea, movies under the stars and the sanctuary where you can get away from the hustle and bustle of shipboard life in a resort style adults only hideaway.

Émerald Princess will call Sydney home for the next five months offer round trip cruises to New Zealand. the South Pacific and around Australia.



by Jeanette Woolerton

THIS festive season, as we celebrate the gift of giving and receiving, consider a trip to the National Gallery of Victoria (NGV), where a gem of an exhibition is currently taking

Throughout December and January, the NGV priceless showcases Bulgari jewellery, which includes emerald and diamond pieces gifted to actress Elizabeth Taylor on the set of Cleopatra.

The show, titled Italian Jewels: Bulgari Style, will feature more than eighty pieces of jewellery, with a focus on the La Dolce Vita period of the 1950s and 60s, when Rome was a popular location for Hollywood films.

Among the collection are jewels given to Elizabeth Taylor by Richard Burton (her fifth husband). One of the greatest attractions is an emerald ring he presented to her at the start of their love affair on the set of the film, Cleopatra, produced in 1963.

Taylor later auctioned

Above; Actress Elizabeth Taylor in a publicity photograph for The V.I.P.s (1963) film wearing her Bulgari platinum, emerald and diamond tremblant brooch: and Colombian emerald brooch with earrings, 1963 Photo © Photofest.

New York Left: Jeanette Woolerton

the ring, which featured a stunning octagonal stepcut Columbian emerald, with the note 'wear it with

According to Bulgari's brand and heritage creator, Lucia Boscaini, jewellery was a defining feature of leading actresses in the 50s and 60s. Elizabeth Taylor often wore her own pieces in the films that she featured in.

Ms Boscaini said the eight jewels that comprise Bulgari's Elizabeth Taylor collection were purchased at auction for about \$39 million in 2011.

"How much is it all worth today? I can't really say. It would be a little bit more than that, because of course, these pieces are becoming more and more valuable," she said.

Paola Di Trocchio, the NGV's fashion and textiles curator said Taylor's iewels were stunning.

"The emeralds are just absolutely exquisite. The romantic story behind them is also beautiful," she said. 'Some of the handcrafted jewels would have taken a year or more

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Day 1 - Cruise on the Collie River to see the Grand Canals dolphins and abundant birdlife. Day 2 - Annie Brook Flower Farm, Candy Cow, ice-cream

at Millers, Edward winery for a tasting and learn the history of the 'Matilda" - a tiger moth Day 3 - On Christmas day transfers are available to local

churches before a magnificent Christmas lunch, inclusive Day 4 - Margaret River to Augusta, see the new marina

and where the two oceans meet.. Day 5 - Harvey and Waroona en route to Perth

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Kangaroo Island - jam packed with sights and experiences

KANGAROO Island is jam packed with 'must see' sights and natural wonders and to help people discover these, SeaLink is offering two different, fully escorted tours to this amazing holiday destination.

The tours will be escorted by well-known South Australian tour escort, Shirley Tamm, who has more than 35 years' experience in the travel industry. It will explore Kangaroo Island's fascinating wildlife, spectacular coastal scenery, stunning landscapes, pristine beaches and unique local wines and produce.

'Our four-night Kangaroo Island Experience tour has been so popular for the past two years, but feedback from passengers was that they wanted even longer on Kangaroo Island, so I've put together a fantastic six day/five nights Ultimate Kangaroo Island tour," says Ms Tamm.

Both tours take in everyone's favourite places, like a guided walk through a colony of wild Australian Sea-lions at Seal Bay and the natural rugged beauty of Flinders Chase National Park, the Remarkable Rocks and Admirals Arch, a guided tour of the Light House at Cape Willoughby and Clifford's Honey Farm. We also visit the spectacular and interactive Raptor Domain, Birds of Prey Show and taste delicious yoghurt and cheese at Island Pure, South Australia's first sheep dairy.

The six day Ultimate Kangaroo Island Tour also includes the charming but secret beach and beauty of Stokes Bay, a visit to Emu Ridge Eucalyptus Distillery and Kangaroo Island Wildlife Park, that is home to 150 species of native Australian wildlife and more than 600 animals.

Also included is a delicious gourmet lunch at Andermel Marron Farm, wine tastings at the picturesque surroundings of Bay of Shoals and Dudley Winery and also KI Spirits, who have just won the title of Best Gin in

The four day/three nights Kangaroo Island Experience tours depart 20 April, 15 May, 25 September and 17 October 2017 and is priced from \$1179 per person twin share.

The six day/five nights Kangaroo Island Ultimate Tour departs on 30 October, 2017 and is priced from \$1799 per person twin share.

Both the four and six day Kangaroo Island tour prices include hotel pick up and drop off at selected Adelaide Hotels, return coach and ferry travel from Adelaide to Kangaroo Island, luxury coach travel, accommodation at the Seaside Inn in Kingscote, breakfasts daily, lunch and dinner on Kangaroo Island. Both tours also include all tour entry fees, guided tours and tastings and are fully escorted by Shirley Tamm from Adelaide.

For further information and bookings visit: www.sealink.com.au/escorted-holidays or call SeaLink's Group Tour Consultant on 08 8202 8608 or email escortedtours@sealink. com.au. Conditions apply.

News from the Perth Senior's Travel Club



From left to right; Ryan Newman, Anne Williams and Geoff Mead

by Anne Williams

HOW we have longed for this gorgeous warmer weather. It really revives the senses and gives people the feeling of 'let's get up and go-go'.
Well, Perth Seniors Trav-

el Club have some really great outings and trips to prepare for in 2017.

A cruise for three days and four nights is coming

up on the 18 to 21 December which will take you on a relaxed journey down the coast from Fremantle

Sometimes we just need that small break to recharge our batteries.

to Busselton and returning

to Fremantle.

Come join us, meet some new people, make friends and have some fun and have a chance Christmas rush.

You will be able to enjoy all the services and be spoilt aboard The Sun Prin-

In the New Year we will be offering various trips across Australia and overseas. A very special event will happen on 26 January with the Telethon Qantas flight to Antarctica. Call us and get the full details from our program sched-ule. This is one of the most exciting trips of the year. Plus we are helping to raise funds for Telethon.

March is cherry blossom time in Japan and is just the most beautiful experience, so do ask for details of this trip which will take place late March into April.

brings another April cruise to Esperance from Fremantle. Once again a fun and relaxing short trip

prices are available on request.

May brings a trip to see the Vivid Festival in Sydney and then on to Canberra.

For those of you who have not yet seen the gorgeous lights over the buildings in Sydney, here is your chance to spend five days with us at the Vivid Festival then on to Canberra for a couple of days to investigate the two Parliament Houses, old and new.

For all travel information call Geoff or Renee on 0473 514 944 and request the program schedule.

I take this opportunity to wish all our clients and friends a very happy Christmas and a healthy, happy and safe New Year for 2017.

Please see our advertisement on this page for more

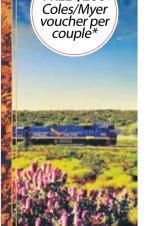




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3 nights at a 4 Star Sydney

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Australia Day on the **Murray Princess**

6 DAYS, 22 TO 27 JANUARY 2017



Tour Highlights

- ★ Visit historic Mannum
- ★ Tour the vineyard and visit the cellar door at Burk Salter Boutique Winery
- ★ Take a guided walking tour of the Swan Reach township and visit the Swan Reach Museum
- ★ See the towering sandstone cliffs at the Big Bend
- ★ Watch the Sunnydale Woolshed Show & go to the Native Wildlife Shelter
- ★ Enjoy a riverside Aussie Barbecue
- ★ Explore the Ngaut Ngaut Aboriginal Reserve archaeological sites with an expert local guide
- ★ Delight in a scenic tender boat ride

Tour Inclusions

- ✓ Home pick-up and return by Hughes
- ✓ Kings Tour Manager
- Exclusive Kings Tour with luxury coach travel on days 1, 2 & 6
- Return economy airfares and taxes
- ✓ 1-nights' accommodation in Adelaide at the
- 4-nights aboard the Murray Princess in an outside twin cabin
- Breakfast daily, 4 lunches and 5 dinners Sightseeing and entry fees as per the itinerary



The Charms of Tasmania

13 DAYS, 14 TO 26 MARCH 2017



Tour Highlights

- ★ Witness the magnificent lake and mountain views in Grindelwald
- ★ Visit the Beaconsfield Gold Mine and Heritage Museum
- ★ Morning Tea at Entally House
- ★ Free time to explore the town of Campbell
- ★ Experience a walk through the tree top canopy at the Tahune Air Walk
- ★ Visit Curringa Farm
- ★ View the majestic Russell Falls
- ★ World heritage Luncheon Cruise in Strahan
- ★ A guided tour of the Cradle Mountain National Park and Dove Lake
- ★ Tour of the Highfield House in Stanley
- ★ Morning tea at the House of Anvers chocolate

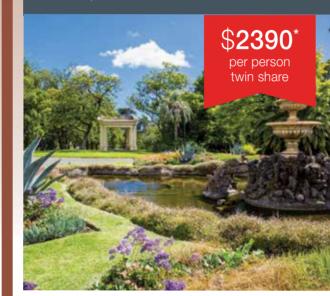
Tour Inclusions

- ✓ Home pick-up and return by Hughes
- ✓ Kings Tour Manager
- Return economy airfares
- 12 nights accommodation
- Exclusive Kings Tour throughout Tasmania in a
- Breakfast daily, 7 lunches and 9 dinners
- ✓ All sightseeing and entry fees as per the itinerary



Melbourne International Flower & Garden Show

6 DAYS, 28 MARCH TO 2 APRIL 2017



Tour Highlights

- ★ City sights tour of Melbourne
- ★ Visit Melbourne's iconic Eureka Tower
- ★ High Tea at one of Melbourne's Top Hotels
- ★ Travel back in time at the quaint village of Olinda
- ★ Enjoy lunch at the Cuckoo Restaurant not to be missed!
- ★ Visit Cloudehill Nursery

Tour Inclusions

- √ Home pick-up and return by Hughes
- ✓ Kings Tour Manager
- ✓ Exclusive Kings Tour
- ✓ Return economy airfares including taxes √ 5 nights' accommodation at the Travelodge
- ✓ Includes breakfast daily, 1 lunch, 1 high tea and 1
- Sightseeing and entry fees as per the itinerary



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New Zealand Cruise

17 DAYS, 19 FEBRUARY TO 7 MARCH 2017

KINGS



Imagine a land of immense and diverse landscape. Spectacular glaciers, picturesque fiords, rugged mountains, vast plains, rolling hills, and miles of coastline with sandy beaches. This is New Zealand! After arriving in Auckland and staying the night, we'll take you north to the Bay of Islands, ranked as one of NZ's top tourist drawcards where the turquoise waters of the bay are punctuated by around 150 undeveloped islands.

Tour Inclusions

- ✓ Home pick-up and return by Hughes
- ✓ Kings Tour Manager
- ✓ One way airfare including taxes from Perth to
- One way airfare including taxes from Sydney to
- √ 1 nights accommodation including early check-in at the Rendezvous Hotel, Auckland
- ✓ 2 nights accommodation at the Copthorne Hotel & Resort in the Bay of Islands
- √ 1 nights accommodation in the Amora Hotel,
- ✓ 12 nights cruise on—board the Emerald Princess
- ✓ Breakfast daily, 11 lunches and 14 dinners
- ✓ Transfers throughout



Sinale price from \$7100, Uparades Available, Price based on Category ID. The tour cost includes air taxes of \$120 pp which are subject to change. Optional Shore Excursions are an additional cost.

Hurry, Only 5 Seats Left!

Spanish Wonders & Mediterranean Cruise

Premium Selection of 2017 Overseas Tours

23 DAYS, 9 JUNE TO 1 JULY 2017



- ★ City tour in Toledo, Madrid, Córdoba, Seville and
- ★ Enjoy a full day to the city of Toledo including the Synagogue and Santo Tomé
- ★ Tour the Mosque of the Caliphs in Córdoba with a local guide
- ★ Visit the largest Gothic Cathedral in Seville
- ★ Experience the famous Alhambra Palace in Granada
- Admire the architecture of the Serrano and Quart Towers in Valencia
- Cruise through 5 countries; Spain, France, Italy, Croatia and Montenegro

Tour Inclusions

- ✓ Home pick-up and return by Hughes
- ✓ Kings Tour Manager
- ✓ Return economy airfares including taxes ✓ 8 nights accommodation throughout Spain
- ✓ 12 nights on-board the Brilliance of the Seas
- ✓ Port taxes and gratuities on the cruise ✓ Local guides
- ✓ Porterage and local charges
- ✓ Travel by luxury air-conditioned coach with reclining seats and an on-board restroom
- Breakfast daily, 12 lunches and 13 dinners
- Sightseeing and entry fees as per the itinerary



nale price from \$11750. Uparades Available, Based on Cateaory I Oceanyiew. he tour cost includes air taxes of \$150pp which are subject to change. tional Shore Excursions are an additional cost. No visa is required for this

ON SALE! Save up to \$600 Per Couple

1800 677 760 (freecall)

Nordic Fjords & Glacier Cruise

25 DAYS, 20 AUG TO 13 SEPT 2017



Tour Highlights

- ★ Visit six countries on this holiday Denmark, Norway, Iceland, Greenland, Canada and USA
- ★ In Copenhagen, see the three Royal Palaces and Rosenborg Castle
- ★ Find relaxation and new energy in the land of the Midnight Sun - Greenland
- ★ Finish the journey with free time to shop and explore New York City

Tour Inclusions

- / Home pick-up and return by Hughes
- Kings Tour Manager
- Return economy airfares including taxes ✓ 2 nights accommodation in Copenhagen
- ✓ 18 night on-board Holland America`s 'Zuiderdam'
- ✓ 2 nights accommodation in New York ✓ Transfers throughout
- Breakfast daily, 19 lunches and 20 dinners



Single price from \$14120, Upgrades Available. Based on Category K. Discount of \$300pp already applied to advertised price. The tour cost includes air taxes of \$160pp which are subject to change. Organised shore excursions are an addition pense. A visa waiver is required for Canada and the USA (additional expense).



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let's go travelling travel





Tour France with popular Australian writer Ann Rickard



Ann Rickard

POPULAR Queensland travel writer Ann Rickard, has been hosting tours in Provence for ten years.

She is familiar with the towns and villages, au fait with local festivals and knows the best markets in France. With her trusty husband Geoffrey, Ann celebrates everything that is glorious about France.

Ann takes only eight guests each European summer to share a magical twoweek party in Provence – next year from 24 June through 7 July.

"We base ourselves in a big house with pool in the heart of Uzes, a beautifully preserved town in the South of France surrounded by orchards and vineyards, just half an hour from Avignon," Ann said. "From there we explore iconic Provencal towns and villages including Rousssillon with its

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red ochre buildings, and L'isle sur la Sorgue, famous for its waterways and antique shops.

"We go to Les Baux de Provence with its castle ruins and spine-tingling experience of the sound and light illuminations at Les Carrieres de Lumieres. The beautiful city of Avignon is a highlight, and so is the Roman heritage town Arles where Van Gogh lived and painted for a year.

"Because we've been going every year for the past decade we have made many friends in Provence and love to introduce our Aussie guests to them. We meet them at the markets, enjoy village festivals with them, even have local musicians come and give us a private concert."

Ann says that although the two week Provence tour is structured with myriad highlights, it is also very personal and laid-back.

Ann and Geoffrey believe in an all-included cost so guests have nothing to spend during the tour – unless they want to go shopping of course (there is plenty of temptation).

"We include everything: pick-up and drop off in Avignon, transport in an airconditioned mini-bus, entry tickets, all meals, unlimited wine, guest chefs, restaurant visits... everything. There are no added expenses. We really do have the most wonderful time in France. All our past guests have become good friends and we keep in touch."

See the full itinerary at www.annrickard.com, or email: ann@annrickard. com or telephone 0408 557 311. Ann will answer all your questions.

Ann Rickard is a Queensland author of six travel books including *Ooh La! La! A French Romp*.

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INSUREANDGO

Try something different in the new year and take a sail around Perth waters



Come sailing with Jim Matan

JIM Matan invites readers to take up an opportunity to join a small group of people who get out on the water sailing a large yacht in the waters off Fremantle.

Sailing offers a great lifestyle with exercise and social activities at the Fremantle Sailing Club.

Jim, who is a semi retired com-

mercial yacht captain and an ex US Navy officer, says that people who are interested need not have experience in sailing because he is happy to teach the skills required for safe and efficient cruising.

The whole aim is for people to get together and have fun on this lovely cruising yacht.

"I envision four or five people at a time, both mature age men and women, with a mindset to take up a new activity.

"Our sailing will be mostly in the Freo to Rotto region, but there is the capacity, if the group wants, to go further," he said.

"I am unable to get full use from the yacht on my own, so I have come up with a plan that can benefit people who would like to get into the yachting lifestyle and I can also maintain my interest in sailing.

"We can move this yacht anywhere and the crew might want to sail it with me to a new home or perhaps relocate for the winter. Most winters I move her to Shark Bay or the Ningaloo reef.

"I am keen to sell shares in the yacht and work with the new owners until they know all about the various components, and until they have the knowledge, experience and skipper's tickets that are needed for safe sailing," he said.

Call Jim Matan to discuss any of these possibilities 0427 572 936.

Snap up a deal with Beyond Travel's new year early bird discounts to Europe





Left to right; Dubrovnik, Croatia - Moscow Red Square, Russia

BEYOND Travel, in conjunction with its recent launch of the 2017 brochure, has introduced the largest range of products for unique destinations in Eastern Europe, Balkans and Russia, with many offering great value early bird discounts and special.

Bonus travel vouchers worth up to \$500 per couple are available on a selection of 2017 special journey and small group

escorted tours when booked and deposit paid by 30 December this year.

The 20-day Moscow to Vienna premium escorted tour has up to \$500 travel vouchers available. Priced from \$5145 per person twin share, it travels through Russia, Estonia, Latvia, Lithuania, Poland, Czech Republic and Austria with 12 guaranteed departures between April and September.

ers are valid for a year and can be used on any additional Beyond Travel product, such as pre or post hotel accommodation, small ship cruises, European stopovers and

much more.
For those looking to cruise, discounts of up to \$600 per couple are on offer for numerous itineraries, such as the popular eight-day Adriatic Odyssey cruise holiday. A grund trip

from Dubrovnik, aboard the recently renovated MS Panorama, it visits coastal towns in Croatia, Montenegro, Albania and Greece.

Now priced from \$2748 per person twin share, there are numerous departures from June until

the end of September.
For information on all
Early Bird offers and order free brochures, visit
www.beyondtravel.com.







WA's GREAT Outdoors





Guy Bessell-Browne with a nice Abrolhos Islands coral trout

by Mike Roennfeldt

CORAL trout are one of my favourite fish for a whole heap of reasons. They are such fine looking individuals, with colours that are almost without peer in the world of fish. They possess an attitude that is the equal of the most aggressive of species and while they

Coral fish...rainbow of colours with attitude

fight hard, perhaps their most endearing quality is that they taste as good as anything that swims.

Trout are found in coral reef country from Geraldton north, rarely venturing south of there, although a couple have turned up in Perth waters over the years. Mind you, for every hundred people who excitedly think they have hooked one of these stunning fish in metro waters, ninety nine of them are disappointed to learn that what they have really caught is the superficially similar harlequin fish.

Essentially an ambush species, a trout will lie doggo in its coral hideaway waiting for a meal to swim past, then burst from cover to snatch its prey. This is part of what makes them so fascinating to catch in shallow water.

In the shallow lagoons of the remote Rowley Shoals, where coral outcrops dot the sand flats in just a couple of metres of water, I had some amazing fishing back in the 1980s, running a surface popper over the top of these bombies. It was there I first got to witness close-up the explosive nature of a coral trout ambush.

While the fish inside the lagoons at the Rowleys are relatively small, some of the biggest trout you will see anywhere live on the outside dropoffs, where hooking a fish of 10kg or more on a trolled minnow lure barely raises an eyebrow.

The Abrolhos Islands is another area that holds a prolific population of coral trout, albeit mostly on the small side. Once again, most are caught by trolling in 10m of water

While coral trout are very enthusiastic lure takers, most are caught by conventional bottom fishing methods. Drifting through or anchoring up in coral country brings trout into calculations and they are likely to be part of a mixed bag of tropical species that includes spangled emperor, Rankin cod, baldchin groper and even red emperor.

Trout generally average 1-4 kg in weight, but can grow much bigger in areas that aren't subject to intense fishing pressure. They can be very strong in the initial stages of a fight, as they try with all their might to get back into the line-eating coral they call home. Once coaxed off the bottom, a trout will still fight quite strongly, but without that first mad intensity.

Of the big four northern bottom species mentioned, coral trout is easily my favourite on the table. The firm white flesh can be prepared just about any old way, but they really shine when shallow fried after being dipped in milk, egg and breadcrumbs. To add an extra little something, try fine grating some parmesan cheese into the breadcrumb mix. Serve with a squeeze of lemon, rocket salad and fresh chips.

Experience summer in the city at the Parmelia Hilton Perth



Queen guest room

PERTH CBD has come of age and as the beautiful warm weather approaches, it truly comes into its own. With so much going on, why not plan a summer or weekend break in the city at Parmelia Hilton Perth?

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stroll from Elizabeth Quay on the stunning Swan River, the hotel is surrounded by an endless supply of restaurants, bars entertainment options, including the Perth Convention and Exhibition

Centre, Brookfield Place, His Majesty's Theatre and Perth Arena

Whilst you enjoy your stay, be sure to experience the hotel's popular Adelphi Grill. This unique and contemporary restaurant and bar offers a diverse menu of juicy sizzling steaks, fresh fish on the grill and delicious seasonal offerings created by chef Chad Miskiewicz.

Guests can return to their private oasis after a day of activities to take in the Hilton's world-renowned Just a short five-minute hospitality. The recently renovated outdoor pool provides the perfect spot to recharge and soak up Perth's summer sunshine with views across the Perth CBD.

Parmelia Hilton general manager David Constantine says: "Whether you are local, from regional WA, interstate or from overseas, our guests can enjoy this city in its finest months for a very affordable price. In addition to the quality rooms and prime location – it's the service that really impresses our guests.'

Book direct at www. perth.hilton.com or call 9215 2000.

WIN WIN WIN

To be in the draw to win an overnight stay on a Sunday night in a king deluxe guest room with buffet breakfast in Adelphi Grill and valet parking simply email win@haveagonews.com. au with Parmelia in the subject line or send an envelope to Parmelia Hilton Competition - C/-Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes 5/1/17.

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- Bromus Dam free camping area with bushwalks, lots to explore or a great place to have a BBQ or picnic. • Mt Jimberlana - 5km east of town, offering spectacular views from
- the top with a picnic area at the base. Phoenix Park - educational, historical and is close to the town centre
- Community Resource Centre Year local connection







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WA's GREAT Outdoors CARAVANNING • CAMPING • ACCOMMODATION et's g**otravelling**

On the first evening people were invited to

speak about their various

experiences during that

came from ex president

Bronwen who related the tale of her fishing trip

where after catching sev-

eral small bream, she then

excitedly landed a big

speaker was Michael Filby, a professional pho-

tographer and conserva-

tionist who showed his

wonderful photographs

and told us of his work

in preserving the pristine

Our second speaker

was Jackie Manning from

the Department of Parks

and Wildlife who spoke of

Entertainment on the

final evening was a Quiz

Night run by the club his-

torian Gordon who had

collated 60 questions

which he presented with

ners Rhonda and Estelle

chocolates and wine and

thanked for all the time

they had put in to making

this a most memorable

Friday morning and it

was time to say farewell

to Walpole as a happy

group of over 55s wend-

ed their way homewards.

part of the Over 55 Walk-

ers Club contact president

Alan Spencer on 0414 753

612 or email: aspencer2@

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Our social

her work in the area

beauty of this area.

evening's

The story of the night

afternoon.

Johnnie.

Tuesday

Over 55 Walkers Club enjoy an annual getaway to picturesque Walpole



The Giant Tingle Tree is located seven kilometres from Walpole

by Valerie Barnett

THE ANNUAL getaway of the Over 55 Walking Association of WA (OFFWA) headed off to Walpole in October.

Most members travelled by car but six members used their free trip with TransWA

Our home for the break was The Treetop Motel. Each evening we had a delicious dinner and we made use of the room for

our evening entertainment. The morning after our arrival members gathered and walked to Coalmine Beach where the walk coordinators Kevin and Doug served a sausage sizzle lunch with drinks and cake.

Thanks to John F. John K, Rhonda and Estelle who were the waiters for the

After the lunch many walked the three kilometres back to the motel for a siesta but other members of the group took off to do some sightseeing at the Treetop Walk, Conspicuous Cliffs and the giant Tingle Tree.

One of the many highlights of the trip was the Wow Cruises around the Nornalup/Walpole inlet. The vessel holds about 30 passengers and is captained by Gary Muir who is entertainment personified.

boat departs Swarbrick Jetty at 10am for the two and a half hour trip and Gary's commentary is full of historical facts and amusing anecdotes.

Each evening before dinner people gathered in each other's rooms for drinks and nibbles then off to the dining room for a scrumptious dinner.

Big bash for Rose and Crown's 175th birthday this month



ROSE and Crown in Guildford is WA's oldest hotel still operating and it is throwing a party to celebrate its 175th birthday.

The hotel has invited 10 Swan Valley wineries to showcase their wines in a market-place festival from 5pm to 8pm on Thursday 15 December.

Tickets to the event are available from www.rosecrown.com.au for \$25 and include a voucher for finger food and tastings and a premium commemorative wine glass.

Owner, Mark Weber said the birthdav celebrations were a significant milestone in the development of the

"The hotel has come a long way since Thomas Jecks established his haberdashery store on the site in 1839, apparently for the price of a goat," he

While the exact date original owner Thomas Jecks poured his first beer at the pub, is unknown, it's only one of many mysteries that surround the pub.

There have been many ghost sightings over the years, there is a walled up tunnel that apparently used to run

between the hotel cellar and the river and there's an ancient rose in the beer garden that is claimed to be one of the oldest in WA.

What is known is the Rose and Crown is WA's oldest operating hotel and the second oldest in Australia.

The main building is Georgian in style and built from local hand-made bricks laid in a Flemmish bond. The steeply pitched roof is built from local and English hardwoods and was originally covered in timber shingles.

Mr Weber says he and his wife Tracy are proud to be custodians of the historic hotel.

They have sunk millions of dollars into refurbishing and plan to continue developing the hotel for future genera-

WIN WIN WIN

For a chance to win one of five double tickets to the Rose and Crown's birthday celebrations on Thursday 15 December, simply email win@haveagonews.com.au or call the office on 92278283 during business hours. Competition closes 13/12/16.





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WA's GREAT Outdoors CARAVANNING CAMPING ACCOMMODATION



Paul's personal lifesaving experience with the Royal Flying Doctor







Left to right; Paul Fiddes - The Cape to Cape Mountain Bike Track - Images kindly supplied by Cape to Cape Mountain bike event Western Australia and Digital Black, Queensland.

A POSITIVE attitude to life and a taste for adventure saw 61-year-old bike rider Paul Fiddes compete in the Cape to Cape Mountain Bike Race held in the southwest region of WA.

Over four gruelling days, more than 1,300 competitors take part in the annual event, designed to test competitors bike riding skills on the bush

The father and grandfather says that one of things he likes the most about his cycling is the camaraderie of riding with his friends. He says a day out on the bike in the forest is sensational.

"People's worlds shrink as they get older and I am determined for that

not to happen to me," said Paul.

When the start gun went off for the race Paul said he was telling himself not to be too competitive. A relatively strong road rider, he was in the top 200 of the pack by the time they reached the top of the first hill.

Paul said as he free wheeled down the hill, he kept gathering pace. About two thirds of the way down, he remembers flying through the air before hitting the ground.

"One minute I was in this event with adrenaline pumping and the next minute I am lying on the ground, not being able to move. I'd become helpless in a split second," he said.

He was on the track. Bikes were

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pansive lagoon style

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have a sneak peak of

Crown Towers just prior

Crown Towers has

its own entrance at the

back of the Crown Perth,

to the grand opening.

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speeding past. He knew he had to get off the track, and fast. A friend stopped to help him and noticed two bones sticking out of his wrist. There was a lot of blood and Paul was having difficulty in breathing from a punctured lung.

Paul knew he was in serious trou-

Eventually a vehicle accessed the track and he was taken to a regional hospital. An operation was performed there, but this was just a stop gap measure to keep him alive until he could be transferred to Royal Perth Hospital.

Paul required intensive medical care and this is where the Royal Flying Doctor Service (RFDS) stepped in to administer his transfer back to

"I knew I was in good hands with the RFDS, but I'm a city guy and I never thought I would need this service," said Paul.

Paul was one of thousands of people who RFDS deliver life saving outcomes to, across the vast state of Western Australia each year.

It's one of those services most of us think we'll never need or use because we think 'that's the service for country people' but that is far from

The fact is, as soon as you leave the Perth metro area you're in RFDS country. This includes areas as close to home as Bunbury, Busselton, Margaret River and even Rottnest island.

Paul's story is not unique - there are many stories of people when travelling in WA have found they require the services of the RFDS.

RFDS is a not-for-profit aero medical service and requires people's help and generosity to keep flying.

This Christmas as many of us prepare to travel around Western Australia give a thought to the Royal Flying Doctor Service, they may just save you or your loved one's life one day.

See the donation slip on page 8. Call 9417 6400 to donate or visit www.flyingdoctor.org.au/wa



The Epicurean Restaurant

THE NEW Crown Towers has opened and is the pinnacle of luxury and the largest hotel in Perth, boasting 500 quest rooms, Crown Spa, acclaimed restaurants and bars, event spaces and resort style pools.

Crown Towers Perth showcases world class interiors with luxuriously designed guest rooms, suites and villas boasting uninterrupted views.

designed follow the signs along with the latest technolo-Resort Drive. gy and renowned Crown Be prepared to be im-

pressed with the quality of the landscaping on the way to the entrance. The lobby entrance

is sublime and offers a quality that has not been seen in Perth before. Superbly trained staff

are on call to help with any request and steer people in the right direction. The Crystal Club of-

fers unique views of the Swan River and skyline with a style of décor that has not been available in Perth.

Crown Towers brings a new era of luxury to Perth

We were very excited to be part of the first function in the Crown Ballroom and the food and service where again superb.

The new restaurant Epicurean offers an outstanding array of international cuisine and has a series of different culinary stations. Diners can choose from seafood, sushi, salads, Asian dim sum, Western food as well as an authentic tandoori oven

for those who love Indian cuisine. Guests will be mesmorised with the dessert station and its chocolate fountains.

Don't forget to join the Crown Rewards program which takes over from the Crown Club card and utilise these on play, stay, dine or drinks.

Crown Towers is now open for bookings, call 9362 8888.



Our park is situated in a quiet seaside town and adjacent to a picturesque 9 hole golf course and is a short walk to town amenities including the country club and general store.

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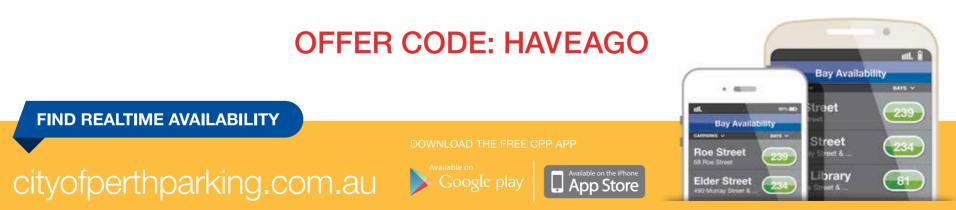
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Bubbles for the festive season

Vince's meatball and potato timballo



by Vince Gareffa

THIS is one of the 60 recipes contained in Vince Garreffa's autobiography, The Flesh in My Life which was released this month. See page 4 for how to purchase

Anyone who saw the 'Big Night' will remember what a performance it was to cook the famous Timballo. This is my lazy cook's version. This dish goes wonderfully well with a good tomato chutney or a salad of diced tomatoes, cucumbers, spring onions and a vinaigrette dressing. Great for a buffet or picnic.

Ingredients serves 6 to 8 500 g mini meatballs

500 g sweet potato – thinly sliced on a mandolin

500 g boiled potatoes - mashed or put through a ricer

200 g diced lean ham sliced into batons

500 g zucchini (no seeds) skin and a little flesh in 1.5cm slices

4 eggs beaten

150 g parmesan cheese grated

200 g pecorino cheese in small cubes

20 g flat leaf parsley leaves finely chopped

20 g basil leaves finely chopped butter to coat baking dish

40 ml extra virgin olive oil salt and freshly cracked black pepper

Method

Brush a round 23cm baking pan with lots of butter Fry the zucchini in oil on medium high for five minutes or until golden brown. Remove and place onto paper towel to drain off excess oil.

Fry the meatballs in the same pan until they are a light golden brown (not dark brown), remove then drain on paper.

Mix the potato mash, ham, eggs, parmesan, pecori-

no, zucchini, parsley and basil.

Line the sides and bottom of your baking dish with slices of sweet potato overlapping so there are no

Put half of your filling into your pan being careful of the slices of sweet potato.

Add the meatballs evenly over the mix,

Cover with the other half of your filling then lay more

sweet potato slices on top to cover.

lar recipe of mine, don't

hesitate to drop me a line at Have a Go News. Address your enquiry to Vince Garreffa c/- Have a Go

News PO Box 1042, West Leederville 6901, or email

your question to vince@

telephone number so I can

haveagonews.com.au. Please include your

Brush with a little oil and bake in a preheated oven at 160°C for one hour then let it rest for 30 – 60 minutes.

Serve warm or at room temperature. Tip the Timballo out of the pan carefully, upside down onto a plate and cut it into wedges.

Letters to...

Vince Garreffa

Buon Appetito

Christmas pork parcel



1.25kg meat and fat minced mix (70% pork shoulder meat, 30% pork fat) 50gm cranberries

15gm pistachio

10gm Italian parsley

25gm salt 5gm pepper

2 x 350gm puff pastry sheets (30cm x 30cm each)

2 x 50gm strip of pork rind

Makes 2 parcels.

Preparation:

Preparation time: 30 Mins

Get your butcher to mince the pork shoulder meat and pork fat together twice through the mincer.

Then mix the meat mix, salt, pepper, parsley, pistachio nuts and cranberries together.

Divide the entire mix into two even portions.

Wrap each portion of the mix inside a pastry sheet in the shape of an elegant parcel and hold the parcel closed with a strip of crackle.

Cooking:

Cooking time: 5 minute prep for oven - total time about 1 hour 20 mins.

Whisk an egg and use it to baste the parcel being careful not to baste the crackle.

Place on a tiny sheet of wax paper on a wire rack on a tray in a pre heated oven at 175 degrees for 40 minutes.

Turn the heat down to 150 degrees and cook for another 15 - 30 minutes, until a minimum of 60 degrees internal temperature is reached in the centre using a temperature probe.

Any additional tips:

Rest for 10 minutes then serve with salad, vegetables or mash and gravy. Each parcel serves 2 persons.

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Chicken or vegetarian baguette Salt 'n' Pepper Squid Fish and chip basket with tartare sauce Spring rolls with sweet chilli sauce PLUS 1 middy of beer/cider or 1 glass of wine or cup of tea or coffee

by Frank Smith

are plenty of other good reasons to celebrate at this time of year. For starters there is Advent, Yuletide, Weihnachten, Hanukkah, Saturnalia and Mithras' birthday (25 December). So let's celebrate. What better way

EVEN if Christmas is not your thing there

than with bubbles?

Bolle Felici Prosecco is pale, golden straw in colour with a green hue. The nose is lively fresh citrus with hints of honey and white flowers. The palate is fresh and clean, with ripe citrus, lemon, green apple flavours. The finish is light, refreshing, and crisp with a citrus note. RRP \$18.

Jacob's Creek Classic Chardonnay Pinot Noir NV is mid straw green with a persistent mousse. The bouquet is lemon citrus with red currants. Citrus flavours are enhanced with creamy nutty yeasty palate. The wine finishes soft crisp and clean. RRP \$14.99.

Jacob's Creek Trilogy Brut Cuvee NV is mid straw green in colour. A bouquet of bread crust and red currant leads to creamy and biscuity development. Palate shows lively fruit flavours married with creamy yeast characters which carry through to a long clean finish. RRP

Segura Viudas Brut Reserva This wine is characterised by its elegant and persistent mousse. The aromas are of white fruits, citrus and tropical fruits and light flowers. The palate is full of flavour, with good acidity and notes of lime and pineapple. It is dry and long on the finish. RRP \$15.

Katnook Founder's Block Sparkling Chardonnay Pinot Noir. The wine is

rose gold in colour with aromas of fresh fruit, glace pears and soft quince. The palate is sweet pear, quince and light caramel. A fine long lasting mousse leads to a fresh, lingering finish. RRP

TRILOG

Taylor's Estate Pinot Noir Chardonnay Brut Cuvee The wine is pale yellow colour. The bouquet is of clean citrus/ lemon fragrances with floral blossom, toffee almonds and hints of vanilla and rose water. The palate displays fresh citrus zest and stone fruit with a subtle honeyed toast and poached pear richness. The wine finishes clean, crisp and refreshing. RRP \$19.

Yellowglen Alessandra Pinot Noir Chardonnay 2013 is pale yellow in colour. The nose is bready and biscuity balanced by crisp apple and citrus. Lemony acidity adds to a full and rich palate. It has a persistent mousse and mineral finish. RRP \$21.99.

Yellowglen Brut Cuvee Yellow is light straw in colour with a persistent bead. It has a nose of strawberries and cream with a citrus lift. The palate displays melon, pineapple and citrus flavours. The wine has a crisp, clean finish. RRP \$12.99

Yellow 65 is bubbles with fewer calories (65/150ml glass) and only 6.5 per cent alcohol. The wine is bright straw coloured with tropical fruit aromas. The palate is crisp and bright with refreshing flavours of tropical fruit with citrus and a dry finish. RRP \$12.99.

The Lane Lois Blanc de Blanc is palest lemon with green hues. The nose is of lemon sorbet, cracked wheat and fresh green apple. The palate displays clean lemon, lime and minerality. It has a fine bead and taut acid length. RRP \$23.

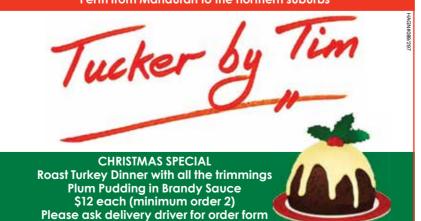


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Brunch with T

- The crowning glory for brunch

Knife and fork talk with the Dining Divas



Left to right; Coco Cabana Cuban's classic beefburger and chickpea tortilla wrap

by Pat Paleeya and Judith Cohen

DINING DIVAS took a trip out to Joondalup to try some Cuban food at the Coco Cabana Cuban restaurant, this month.

If you're after a light but satisfying lunch then Coco Cabana hits the spot. Situated next door to the Joondalup railway station just outside the shopping centre, access

is a breeze. The interior of the restaurant is a mix of Cuban comfort and includes a large outdoor area which enhances a delightful dining experience.

We chose from the \$9.90 lunch menu with an option of chips at \$3 extra.

From the list of choices we ordered classic beefburger and a chicken tortilla wrap.

The beef pattie was moist with a light herb taste, layered with Swiss cheese, iceberg lettuce, tomato, aioli and tomato relish. It was very delicious.

The chicken tortilla wrap consisted of marinated chicken, mixed lettuce, tomato salsa, quacamole, house sauce and aioli. The mixture of flavours blended into a most tasty and moreish mouthful.

Young enthusiastic and attentive staff gave the impression that these Dining Divas were the most important customers in the restaurant. When we left were

both humming a Barry Manilow tune. Can't think why can you? Highly recommended.

Three and a half forks. Coco Cabana Cu-

ban, Lakeside Joondalup Shopping Centre, 9300 9772.

Ratings

Four forks - overall good food and service

Three forks - reasonably good food and service but

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Five forks- excellent food and service

could make some improvements

Two forks – food and service needs improvement

One forks - would not recommend

Many beautiful wines from Maniimup are music to the ears



Bob Hatton

by Jennifer Merigan

ON a visit to the Unwined Festival in Subiaco a month or so ago I ran into longtime Have a Go News reader Bob Hatton.

Bob was offering tastings and selling wines from his family operated vineyard Woodgate Wines which is situated in Manjimup.

The distinctive label of a tree with music notes attracted me to their stall and I was more than chuffed to run into Bob who we have known through the paper for years.

Bob told me that they believe that good music and fine wines make the perfect match for celebrations and happy times and this is where the design of the label came from

The wine maker Mark Aitken began his career in wine making after graduating from Curtin University in 2000, he then established his own contract business in 2006 and now continues to produce award-winning wines at Woodgate.

In 2015 he was awarded the Best Small Producer of the Year trophy by Ray Jordan and James Halliday gave the vineyard a five star rating.

This year the vineyard has taken out quite a few awards including the best red of the show at Bird Cameron Timber Towns Show and the Gold Medal and best Shiraz at the Sydney International Wine Show.

I personally loved the Cabernet Franc and this also won a gold medal in Sydney.

The other favourite of mine was the Woodgate Reserve Carnelian Liqueur 2009, which is aged in French oak and is a beausmooth fortified wine, the bottle is unique and it would make a perfect Christmas gift.

For more information about the whole range visit www.woodgatewines. com.au/

Bob carries stock of most of the wines and can distribute them in Perth. Call him on 0418 955 559 for orders and more information.

1300 130 827

or 9335 1552

Above, left to right:

BRUNCH

MONEY

Bircher muesli and fresh fruit - scrambled eggs, mushrooms, grilled tomato, hash browns, smoked salmon and potato rösti - a taste of the fried rice and noodles and a side of miso soup

Above; Tahlia Merigan

by Tahlia Merigan

AS the end of the year draws near I decided to celebrate with our editor Jen Merigan and visit Crown Perth and try the buffet at the Atrium Restaurant.

The Atrium provides breakfast/brunch 10.30am and is the perfect spot to start a day out at Crown Perth. The atmosphere is bright and pleasant.

There is literally something for everyone at this buffet and I wasn't surprised to see that the restaurant has taken out a few gold plate awards for its amazing buffets.

Every time I walked around the buffet I found something new. They had the full hot breakfast with all the trimmings including two types of bacon (crispy and normal), make your own omelette, a selection of cold meats, pastries, bread, a selection of cheeses fresh

fruit and stewed fruit, dim sum, miso soup, congee, noodles, fried rice and a selection of curries, a range of juices, toasts, cereals. There was so much on offer that I'm sure I've missed something off the list.

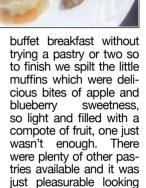
Jen started breakfast with bircher museli and a selection of fruit which she said it was fresh and tastv

I started with a selection of hot food including scrambled eggs, mushrooms, grilled tomato, hash browns, smoked salmon and potato rösti. mushrooms and scrambled eggs were perfectly cooked and the eggs fluffy and light. The rösti and hash browns beautiful and were crunchy just how I like them.

They also made me my very own pot of pep-permint tea when we were offered tea and coffee and the service was prompt when clearing plates and offering re-. freshments.

For the second course or plate, Jen went for a hot English breakfast and I went for sweets with pancakes, waffles, and on the other side of the plate, a taste of the fried rice and noodles and a side of miso soup. The miso soup is the best I've had in Perth, the base was so flavoursome it was a good as ones I had tried in Japan and you could add your own condiments to it, if you wished.

You can not leave a



at them all. The quality of the food and service was excellent - the chefs chat to diners and are available to help with any requests when deciding on a dish.

As much as we tried. we didn't sample everything on offer but we certainly gave it our best shot, part of the fun is just wandering around admiring the array of dishes.

It's great value for the price of \$39 per person and would be the perfect start for a day of celebration or a great catch up with friends.

Everything we tried was delicious and we decided to give Atrium 4.5 spoons.

Ătrium Restaurant, Crown Perth. Eastern Hwy, Great Burswood. Open every day for breakfast 6.30-10.30am (bookings a must). Phone 1800 790 729.







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Five spoons – excellent food and service – you must go! Four spoons – overall good food and service well worth

Three spoons – reasonably good food and service but

Two spoons - food and service needs improvement.

could make some improvements.

One spoon – would not recommend.

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Cheery cherries



Cherry Mocktail by Noelene Swain

CHERRY season is here and although this year's crop is a little later than usual due to the slow start to spring, it promis-

es to yield good size fruit. Cherries have a very short season so it's now time to enjoy this season's locally grown cherries through to Christmas. They are arriving fresh from the south west of the State – extending from the hills area around Dwellingup, Donnybrook, Manjimup and through to Mt Barker - essentially the coldest areas of the state.

Ideally cherries need 1100 hours of temperatures below 7°C followed by a mild spring. This limits the locations in WA that are able to grow cherries.

Cherries are best enjoyed fresh from the stem so choose carefully.

When choosing cherries look for fresh green stems and firm, plump and bright-looking fruit. Cherries are only picked if they are mature so any you buy will be sweet and juicy. Most cherries are red although the white varieties make a stunning appearance in time for

Christmas.

If you do need to keep them, cherries should be stored correctly to get the best flavour and texture. Keep in the crisper drawer in the fridge in a clean, plastic bag, keeping the end loose. This allows air to circulate and slows deterioration. Cherries can be stored for up to a week in this way. Wash just before use and gently pat dry with a clean towel.

Glossy red cherries have a special appeal at Christmas and even a few can provide a touch of luxury. A bowl of perfect cherries as a table centre-piece during a meal is indeed a treat for the senses. Use cherries as decoration on desserts like pavlova and chocolate cakes, arrange over the top of fruit salad or simply use a tiny bunch at each place setting at the table.

For those who can't resist the temptation, here are some creative recipe

Cherry cheesecake in a glass



Cheesecake ingredients: 2 sheets gelatine 2 limes. zested and juiced 200g cream cheese 500g yoghurt Greek style

Cherry compote ingredients: 150ml cherry juice 3 tablespoon caster sugar

450g fresh cherries, pitted 1 cinnamon stick

star anise

2 teaspoon cornflour

To make the cheesecakes: Soak the gelatine sheets in cold water for five minutes. Warm the lime juice in a small pan or in the microwave. Do not let it get too hot otherwise the gelatine will not set. Squeeze out the water from the gelatine and drop it into the lime juice, then stir until dissolved. Beat the cream cheese, yoghurt, sugar and lime zest together until smooth. Beat in lime juice and pour into four stemmed glasses, cover and chill for at least one hour or until set.

To make the cherry compote: Cook juice and sugar in a saucepan on medium heat stirring occasionally until sugar dissolves. Put in cherries and spices and let simmer for about 10 minutes, stirring occasionally. Dissolve corn flour in two tablespoons of water and stir through cherries. Boil for another minute, and then let

the compote cool completely.

500g cherries, halved and pitted 1 cup red wine vinegar 1 onion, finely chopped ½ cup brown sugar 1/2 cup Craisins

½ cinnamon stick 2 teaspoon freshly grated

3 whole cloves

Combine all the ingredients in a heavy-based saucepan. Stir over low heat until the sugar has dissolved, then increase the heat to medium-high and bring just to the boil. Cover, reduce the heat to low and simmer for 45 minutes. Remove the lid from the pan, and adjust the heat so the mixture continues to simmer. Cook for a further 10-15 minutes, until the liquid has reduced and the mixture has thickened slightly (it will thicken further on cooling). Keep a close eye on the mixture towards the end of cooking time and stir occasionally so it doesn't catch on the bot-

Cool to room temperature, and transfer to a glass or ceramic bowl. Cover with a lid or gladwrap.

What's fresh and best now in the markets



Herbs: In our book, herbs make the feast at Christmas. There aren't many dishes out there that don't benefit from a sprinkling of green zinginess - be it basil, coriander, chives, or my perennial favourite, dill, which pairs exceptionally well with summer seafood. Experiment with the under-utilised flavours of Thai basil, marjoram, sage (great for stuffing your turkey or chook) and chervil. People can go all out and pot some fresh herbs as a beautiful, living present - wrap with a big red bow.

Grapes: Bunches of dewy, plump grapes are plentiful and seducing hedonists everywhere with their sweet, juicy charm. Christmas and the holiday season is the ideal time to enjoy magnificent fresh table grapes from all corners of Western Australia; with more than 30 different varieties grown commercially, there's an abundance of flavour that will keep you munching happily all summer long. Keep your eyes peeled for dawn. crimson and flame seedless, and the large crisp red globes.

Cherries: Can any other fruit be as perfect for festive celebrations as fresh WA grown cherries? These rubyhued and snow white wonders are deliciously sweet and plump and make an ideal centrepiece for a Christmas table. No need to serve dessert, just start nibbling. Cherries should be stored in the vegetable crisper in a clean, plastic bag with the air removed. Better still, to avoid bruising or bumping, store in an airtight container and use within three to four days.

Valencia Oranges: A great way to give your day a alowing start is with a glass of freshly squeezed orange juice and an excellent way to detox, post Christmas festivities. 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.

Cherry chutney



5 minutes; Cooking: 55 minutes; Serves 1.5 cups

THIS cherry chutney goes beautifully with turkey, ham or pork and is great on sandwiches with cold meat

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

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Downsizing



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The offices are located within a short walk from Perth or McIver Railway Stations.

Please contact Lily directly on 9221 8077 to make an appointment, making sure you mention that you are a COTA member.



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Your comments needed on Seniors Housing Strategy



"...35 per cent of seniors, Australia-wide seek to downsize..."

MINISTER for Housing, Brendon Grylls has just released a draft Seniors Housing Strategy for public comment.

He said this is a critical step towards helping seniors – or last homebuyers – on low-to-moderate incomes to age well in their community

"Helping seniors to transition to appropriate housing is vital for a more enjoyable and fulfilling lifestyle in older age – while potentially freeing up housing for the next generation," he said.

"Last homebuyers are just as important as first homebuyers, but for too long this group has been overlooked."

Downsizing is one way home owners can move into more appropriate housing and increase their income. The report says that the majority of seniors consider the size and bedroom configurations of their current dwellings appropriate and therefore plan to age in place. However 35 per cent of seniors, Australia-wide seek to downsize, although WA currently has the lowest rate of downsizing in Australia.

Motivations to downsize are prompted by a desire to release housing equity, particularly early in retirement, difficulty in maintaining home and garden and health issues later in life

The strategy says not being able to move from a large home can place a financial burden on seniors in terms of utilities, rates, property upkeep and maintenance as well as mortgage payments for those who do not own their properties outright — effectively locking them into their home.

A key barrier is lack of access to affordable downsizing options in areas where seniors want to live. In WA, there is limited diversity in housing stock, with 82 per cent of properties having three or more bedrooms.

Downsizing will not necessarily improve the financial situation of home owners as moving into a smaller property does not necessarily equate to down-pricing. In Perth most recent developments of retirement housing has been at the premium end of the market.

More affordable retirement options are largely restricted to lifestyle villages, often on the outskirts of the Perth metropolitan area, forcing seniors on low to moderate incomes

to relocate out of their local community.

Many seniors are reluctant to leave the familiarity of their community as they age. In addition, relocating away from informal support networks may also increase the demand for government-funded support services to replace them. Families and communities also lose the benefit of the informal support provided by seniors, who are often active volunteers

A number of ideas on how to make it easier to downsize resulted from public consultation during the formation of the strategy.

These included a downsizer's grant, making it compulsory for all large scale developments to include housing for seniors, government support for bridging finance for downsizing and ways to make better use of larger properties without downsizing.

Notably absent were suggestions for reducing the stamp duty on downsizing and more generous treatment of the equity released by Centrelink.

The draft Seniors Housing Strategy can be downloaded from www.housing.wa.gov.au/ or a hard copy obtained from Shelter WA on 9325 6660.

Readers can make submissions to the Strategy up to 16 December either online (preferred): www.surveymonkey.com/r/seniorshousingdiscussionpaper email: seniors@housing.wa.gov.au or by post: 99 Plain St East Perth WA 6004 (Attn: Cassie Harrison).

SwanCare's sea change option proves a winner

MOST people know SwanCare for having the largest single-site retirement and aged care community in Western Australia at Bentley Park, but not many know that it also runs a much smaller, country club-style retirement village in the South West at Australind Rise.

Australind Rise is a premium retirement estate just 15 minutes' drive from Bunbury, a short

stroll away from the beautiful Leschenault Inlet and less than 10 minutes' walk to the banks of the Collie River.

Australind Rise boasts excellent amenities including a clubhouse with an open lounge, restaurant-grade kitchen and barbecue deck, library, games area, gymnasium and heated swimming pool.

Australind Rise residents enjoy

modern two or three bedroom villas featuring practical, cleverly-designed flexible spaces and open plan living areas that lead directly onto the under-roof alfresco area.

"Australind Rise is really like living at a country club," SwanCare Australind Rise manager Margaret Robinson said. "There's all the resort-style facilities, large luxury villas, the Inlet

location and we are less than four minutes' drive from Bunbury Golf Club."

SwanCare now has an established villa currently available and is taking expressions of interest for units in Stage 3 of the village's development. Contact Margaret on 1300 290 820, email margaret.robinson@swancare.com.au or visit www.australin drise.com.au



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Downsizing ADVERTISING FEATURE



Summer security means looking out for home and car while out and about



WA Police's Sgt Andrew Maher said that "...thefts do increase over summer months..."

to become a little com-

placent over the relaxing

summer months and

that's what thieves are

counting on. Don't leave

valuables in cars, try and

park your car in a well-

lit area at night, ensure

the vehicle is locked and

remove any detachable

items such as a GPS

and navigational aids.

Don't leave loose coins

and mobile phones in

the console for people to

see, in fact anything an

Sgt Maher said people heading for the beach

and leaving their cars

in a nearby car park

should be extra careful.

Offenders will often walk

around a car, see some-

thing they want, smash

a window and remove

opportunist can get.

by Josephine Allison

SUMMER is almost here and with it comes more life spent outdoors. Hot weather means open windows at home and in cars and the need to be super vigilant when it comes to security, according to Sgt Andrew Maher, of WA Police media

"WA Police are working hard to respond to crime in our community," he says. "Crooks are always motivated by easy targets. We are asking people to help themselves and us by making it tougher for crooks by being more aware of making changes to how they look after their valuables.

"It's easy for people

"These thefts do increase over summer months," he said. "Shopping centre car parks are also a target though these days they are a lot busier with CCTV prevention. When shopping, don't leave a handbag unattended in a trolley; you see that quite a lot. I have watched CCTV of that happening. Seniors and others leave their bag on a trolley, go to a shelf for something, turn around and their bag is gone.

"Be wary of someone who tries to distract you and be observant of anyone who might be suspicious. Keep a minimal amount of cash in your wallet or purse, even at home.

"My late grandmother was always prone to keeping big amounts of money. I would say: 'Nan you need to keep that money safe, like at the bank'. Also important is not to keep your pin number inside an old bank book."

WA police statistics for the nine months from January to September this year, show 99 house burglaries in Perth, 112 in South Perth and 80 in Mirrabooka. Various other suburbs north and south of the river show

equally high figures.

As far as the family home is concerned, Sgt Maher says keep doors and windows locked, keep valuable items such as laptops and computers out of sight and don't leave spare house keys hidden outside.

"You have to think how crooks would think and leaving keys under a mat or pot plant is pretty obvious, whereas if you bury it somewhere you know where it is. Keep shrubs and trees trimmed and away from the house and don't announce on social media you are going away on holiday."

Sadly, these days even a visit to the cemetery to pay tribute to a loved one is not immune with recent cases of cars being broken into while the owner is at the cemetery.

"Car parks in cemeteries often have lots of bushes and shrubs and someone could be lurking in bushes waiting for a chance which is a scary thought."

Sgt Maher's final message is: "Don't change the summer fun and enjoyment of being out and about and socialising. Just be more vigilant."

Toilet seat solves problems for arthritis sufferers



BIDET Shop customer Mabel suffers with arthritis and a painful back condition but has found a bidet has made the everyday task a much simpler.

"it's marvelous! I've always wanted a paperless bidet in my bathroom and I wish I found it years ago", Mabel said.

"The bidet simply replaced the existing toilet seat and automatically cleaned without toilet paper. The friendly staff explained that the bidet toilet seat has many health benefits as well as the comfort factors of a heated seat and other features."

features."

The bidet can be used in two simple steps. Press the bottom/feminine wash button and the bidet provides a stream of warm water to clean thoroughly. Then with just the push of another button, warm air gently dries without the

need for toilet paper.

Mabel said that al-

though The Bidet Shop offered to send out a brochure pack, she decided to order one straight away. Well it arrived a few days later. She installed the seat herself easily and as she had been told, it fitted perfectly on her original toilet bowl.

"It is the best investment I have made in my personal health and hygiene in years and I no longer find going to the toilet an issue.

toilet an issue.

"Give it a go!" She says. "I did and I couldn't be happier."

For more information or to purchase call The Bidet Shop on 08 6315 4252

Have a Go News' readers may qualify to have their bidet fully funded. Please call to ask how.





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Kardinya's exciting development... The Heights... reaches new levels for a unique lifestyle



Heather and Steve Rawlings living at The Heights

THE HEIGHTS in Kardinva is a brand new house and land development by leading WA property group Pindan.

Located in the heart of the established suburb of Kardinya, The Heights features a range of architecturally designed turnkey house and land pack-

Sales Agent, Matthew Smith, said the house and land packages not only offered exceptional value, but all the hard work was

"Each home comes with floor coverings, paint-

ing, fencing and generous front and rear landscaping. Owners can literally move in upon completion and not have a thing to do, except choose curtains," he said.

"Often when you are building a new home there are hidden costs in the finishing, but with The Heights all you need to worry about is your furniture.'

The Heights is surrounded by long estab-lished parklands overlooking Alan Edwards Reserve. It is also well connected to education, leisure, retail and medical facilities and is set to benefit from the new Murdoch Health and Knowl-

edge Precinct. "The new Murdoch Activity Centre includes Fiona Stanley Hospital, St John of God Hospital, Murdoch University and South Metropolitan TAFE and with the recent announcement of further infrastructure investment in this area, Kardinya is well placed to benefit from this," Mr Smith said.

The Heights is located just 250m from the Kardinva Park Shopping Centre and just 10 minutes drive to Garden City.

One couple who are looking forward to their new low maintenance lifestyle are Heather and Steve Rawlings, who purchased a home in Stage 1 of The Heights.

Their children have all left the family home in Willetton and the couple is looking forward to moving to a smaller, lower maintenance lot.

"We have been looking to downsize for a couple of years had not found anything we were happy with," Mrs Rawlings said.

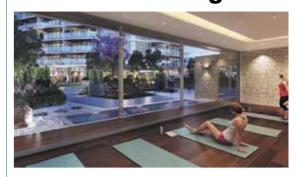
"When we found The Heights, we just knew it would suit us. It has meant we can move closer to Fremantle and our family, without compromising on location or style of home.

"We currently live on a large block and we would prefer not to spend our spare time on the upkeep that comes with a larger block, so the low maintenance lifestyle was a huge draw card," she said. The Heights in located

on Buckingham Crescent in Kardinya and is adjacent to North Lake Road and nearby South Street, with easy access to Fre-mantle and the Perth CBD with the freeway and Murdoch train station nearby.

Prospective purchasers are invited to visit theheightskardinya.com or call Matthew Smith on 0430 766 360.

Dollars and sense of downsizing



UPKEEP and maintenance of the family home be-comes too difficult for a lot of retirees, but there is an option to live independently without having to make a decision to enter a retirement village.

Downsizing to an apartment, such as Finbar's Civic Heart located in South Perth, where everything in your new home is managed and maintained by the strata company, provides true independence, enabling people to continue and flourish with their current way of life.

But it's not just a question of convenience. If people sit down and work out their actual costs, including time and effort, they would be surprised that the synergies of paying strata fees provides a much better outcome for the wallet as well as their lifestyle.

When living in a detached home, people know that it needs significant work to keep it maintained.

Whether it's cleaning the gutters, fixing the reticulation, putting out the bins (don't forget), cleaning the pool, mowing the lawn, weeding the garden, sweeping up the leaves, getting the air condition-ing serviced, resealing the decking, fixing a cracked tile, cleaning the external windows... whew! it can become quite overwhelm-

Put a dollar value on each (if not already paying someone to do it) and people will quickly realise that a quarterly strata levy makes good, practical sense while being kind to the hip-pocket.

Not only can people be a part of the ultimate in out-sourcing, they also have the added benefit of having a range of amenities at their fingertips that are un-matched in Perth. Imagine having not just a 25m resort-style pool but a library, two theatrettes. a sauna, a steam room, putting greens, a wellness centre and gardens, private dining rooms, wine cellar, extensive barbecue areas, and a games room with pool table. Civic Heart provides an opportunity to live how people deserve to

If people think downsizing could work for them, go to www.civicheart.com. au and take the first step to a better lifestyle.

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- 2 bedrooms (double robes to main bedroom)
- 1 bathroom newly renovated
- Freshly painted Ducted air conditioning Storeroom. Front and rear courtyards
- · Free standing lock up garage at rear of

 - Resident can select new floor coverings to living and bedroom

Mandurah Village (Unit 21) 22 Third Ave, Mandurah \$180,000

- 2 bedrooms (double robes to main bedroom)
- Newly renovated kitchen, laundry & bathroom Freshly painted • Ceiling fans. Storeroom
- Front and rear courtyards
- · Free standing lock up garage outside front door
- Resident can select new floor coverings to living and bedroom
- Large built in robes in bedrooms 1 & 2

Coral Estate (Unit 29) 1 Anzac Place, Mandurah

- 3 bedroom, 1 bathroom Lock up garage under main roof with room
- Large built in robes in bedrooms 1 & 2
- Freshly painted

· Floor tiles - kitchen/dining area

- Ceiling fan in main bedroom
- · Spilt system and fan in lounge/dining · Laminated wood flooring throughout
- Medi-alarm

Coral Estate (Unit 34) 1 Anzac Place, Mandurah

- 3 bedroom, 1 bathroom
- Lock up garage under main roof for storage Canvas blinds front windows and rear patio
- Large built in robes in bedrooms 1 & 2
- Freshly painted
- Spilt system in dining/lounge

\$280,000 ono

- Spilt system in bedroom
- living area and bedroom
- · Floor tiles kitchen/dining area

- Resident can select new floor coverings to
- Solar panels installed
- Medi-alarm

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Downsizing ADVERTISING FEATURE

What will you do at 65...

FOR an ever increasing number of Australians the dream of retiring at 65, hitching up the caravan and touring the country side is becoming just that, a dream.

Figures from the Australian Bureau of Statistics indicate that one in five Australians more than 45 years of age are planning to continue working up to their 70th birthday.

But what is this working future going to look like? Will it be full-time employment or part-time work to top up retirement savings?

What we do know is that retirement is no longer the destination it used to be.

When the pension was introduced in 1908 it was never intended to be a future fund. In fact, most people's futures were quite short with life expectancy between 55 and 65 years of age. Now we are living well beyond 80 but our finances are struggling to keep up.

So where to now for the hundreds of thousands of Australians heading towards 'retirement' without the financial backing to keep them afloat?

A growing number of people more than 50 years of age are now putting their skills and experience to use in their own businesses, becoming senior entrepreneurs or SeniorPreneurs to supplement their retirement income.

In the 2011-12 financial year, almost 600,000 small business owners were 55 years of age and over, In the same period, 35 per cent of all new small businesses started by seniors.

Men and women born before 1965 have spent a lifetime developing skills and expertise, building networks and figuring out that all important work/life balance. Why put that to waste just because you hit an arbitrary number?

What type of business you choose is limited only by your imagination but here are a few things you should consider if you're thinking about a foray into the world as a senior entrepreneur:

1. What do you love doing?

Find ways to be involved in doing the things you love. Follow your passion and aim to reap rewards on all levels: financially, mentally and emotionally. Working on something that interests you personally can be more sustainable and rewarding because a labour of love doesn't feel like work.

2. Find like-minded people

Find people who share your interests regardless of any age differences. Discussing ideas with people experienced in the areas you may not be

familiar with can lift your ideas from the drawing board into reality, without you having to pay for expensive mistakes.

Consider contacting organisations like the SeniorPreneurs Foundation or Elderberrygroups like these can help you connect with other people who are forging ahead to become their own boss. You can also go to the Queensland Government business website for more tips and tricks on setting up a small business.

3. Make your workspace fit your lifestyle

Many small businesses are run out of spare rooms, garages and sheds. In today's online world there is no need to go to great expense renting space to start your business. Just make sure you check vou're not breaking any local regulations before you fire up the furnace in the back yard.

4. Be clear on your objective

If your goal is simply to earn enough to allow you to be financially independent in retirement, there is little point racking up huge debt to fund the venture. Before you jump in with both feet consider your current financial position:

How much do you need to 'earn' to maintain a comfortable retirement?

How much can you

earn before you impact any Government entitlements you may be getting or could be eligible for in the future?

What will be the best strategy for your Superannuation payout?

5. Financing your venture

There are a number of strategies you can use to fund your new venture, such as redrawing on your mortgage or taking out a small loan. Alternatively, there may grants available. Again, before pursuing any of these options it's worth seeking guidance from a financial adviser.

After all, the idea of setting up a small business at this stage of your life is to provide for the luxuries of life, not to earn enough to repay

Ultimately your 'retirement' is what you make of it. It doesn't necessarily mean you stop working, it just means having the freedom to do what you want to do, when, where and how you want to do it.

Whatever your financial goals and individual circumstances there is always something you can improve on or build up. Seeing a good financial planner is a great place to start.

Tony Rigby is an Authorised Representative of AMP Financial Planning Pty Ltd, ABN 89 051 208 327, AFS Licence No. 232706.



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Bethanie Esprit home to vibrant Eaton Village



BETHANIE, one of Western Australia's most well known not-for-profit aged care and retirement living providers, is excited to announce a number of villas are available at the popular Bethanie Esprit Lifestyle Village, Eaton.

Bethanie Esprit offers a vibrant, friendly and relaxed lifestyle for people who want to really enjoy the retirement phase of their life. Living at Bethanie Esprit ensures that residents of the southwest are amongst friends within the resort-style village, somewhere they are proud to call home.

Bethanie CEO Chris How says the new way of living for WA's over 55s would not be complete without choice and freedom in mind.

"The planning process for Bethanie Esprit has focused on how we can offer our residents a wider range of accommodation options than previously offered at any other lifestyle village in Western Australia," said

"The new clubhouse located in the heart of the community, with accompanying bowling-green, putting course, men's shed, barbecue area and heated swimming pool, provides the perfect place for residents to get settled into the vibrant Bethanie community life-

"There are also considerable advantages of living so centrally. Choose a direction and you'll find worlds of discovery: south to the coastal hinterlands and vinevards, east to the picturesque Ferguson Valley and the hills of the Wellington district bushlands, north to Mandurah and Perth, west to clean beaches and the estuary with all the delights of swimming, diving, crabbing and fishing - all before returning to the Esprit village to catch up with friends over a glass of wine," Chris continued.

Villas at Bethanie Esprit start from \$399,000 and each feature two double bedrooms, a study, bathroom, powder room and double-lock-up garage. Villas purchased before 28 February 2017 will receive free ducted air-conditioning unit or a patio.

The Bethanie Esprit Lifestyle Village, located at 97 IIlawarra Drive, Eaton is open Fridays from 2.30-3.30pm or at a time to suit. For more information call 131 151, or visit bethanie.com.au.

Western Australian of the Year Awards 2017

DO YOU know someone who should be recognised for excellence and achievement at as state, national or international level?

People can be recognised through the Western Australian of the Year Awards which are announced on WA Day on 1 June

Last year's Business Award Winner and Western Australian of the Year Adrian Fini said that to be named Western Australian of the Year was a great honour, not just for him but for his family, colleagues and everyone else who had been closely involved in his work.

"I'm very proud of the personal contribution I have been able to make to WA and am looking forward to promoting the State for many years to come.

"It our job to create the future in front of us and we shouldn't wait for that," said Mr Fini.

People are encouraged to nominate someone they believe should be recognised and celebrated for their outstanding contribution to WA.

There are seven award categories which can be selected: Aboriginal, Arts and Culture, Business, Community, Professions, Sport and Youth.

It's very easy to make an nomination - it will only takes about five to ten minutes to complete the nomination form.

Check out everything you need to know to make a nomination here: http://celebratewa.com.au/ western-australian-of-the-yearawards/.

Retire to the good life at Australind Rise

\$459,000 No stamp duty

We are pleased to announce the rare offering of an established home for sale at Australind Rise, a premium retirement estate just 15 minutes from Bunbury and meters from the Leschenault Inlet.

Amenities include a clubhouse with an lounge, kitchen and BBQ deck, library, games area, gymnasium and heated swimming pool.







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- secure, gated community

Contact Margaret Robinson on 1300 290 820 Christina Street, Australind www.australindrise.com.au





Australian Medical Association WA want health policies released now to allow debate on various critical issues

WESTERN Australian political parties must immediately release their health election policies to allow voters to fully debate the future of health in WA, said the Australian Medical Association (WA).

"Health plans should not be hidden from the voting public. Too often they are announced in the last few days before an election to avoid professional and public scrutiny," said AMA (WA) president Dr Andrew Miller.

"Health remains mismanaged with health services short of funds and the lack of beds in public hospitals now the worst in Australia

despite the massive increased budget allocations of recent years," Dr Miller said.

"Health should be front and centre of the policy undertakings given by any political party in its efforts to win the support of the WA pub-

"With more than a quarter of the state budget going to health and its dominance in the lives of the population in WA it is vital that all parties reveal their plans for health in the next few weeks.

"Western Australians have a strong interest in health and will not be taken for fools. They will demand details on what is being promised in the health area, and see through spin, glib promises and arrogant building announcements," he said.

The AMA (WA) has met with the major political parties in recent weeks and has called on them to incorporate six key issues in their planned policies. These issues include Capacity and Services, Mental Health Research, Rural Health, Health Infrastructure and Clinical Workforce.

The AMA (WA) has sent copies of its 2017 WA State Election Health Policy Statement to all WA State politicians.

Dr Miller said it was important that politicians listened to those who work with patients in the health sector.

"We will be striving to make our politicians honest when it comes to health. There has been a massive trophy hospital building program underway over the last eight years, but the population of WA has been growing strongly and now we have less beds and community services than before. Billions of tax dollars have been spent on unnecessarily complex and mismanaged projects," Dr Miller said.

"A number of undertakings made in the 2013 State election, such as the redevelopment of Royal Perth Hospital have not materialised. In addition, despite the opening of Fiona Stanley Hospital and the Midland Health Campus, there remains a serious shortage of available hospital beds. This has to be rectified.

"The AMA looks forward to engaging with all sides in a constructive way to spotlight the critical issues in health and make sure our next state government is capable of turning the tide, whoever is elected," Dr Miller said.

New funding arrangements for residential aged care



THE ASSISTANT Minister for Health and Aged Care, Ken Wyatt, has outlined a revised package of aged-care funding measures to ensure the sector is funded and sustainable into the future

Mr Wyatt's changes to the Aged Care Funding Instrument (ACFI) have been announced after extensive consultation with the sector.

These changes balance funding the nation's growing aged care bill, while taking into account provider feedback on how to fund residents needing the highest level of care.

"Consultation with the sector has been a feature of aged care reform," Mr Wyatt said. 'The sector will continue to play a key role in co-designing reform initiatives aimed at ensuring a sustainable aged care system.'

The Government has listened to concerns

of providers and adjusted or removed some of the previously proposed changes relating to the delivery of complex pain management," Mr Wyatt said.

The revised package increases the viability supplement for eligible rural and remote services. This is in addition to the increase already announced in the Budget and reflects the Government's continuing commitment to ensuring high-quality aged care for rural and regional Australia.

"It is important to the integrity of the funding arrangements that certain changes to the Complex High Care domain go ahead to ensure funding appropriately reflects the care needs of residents, contemporary care practices and is clinically appropriate," Mr Wyatt

The revised package provides more certainty for the sector and will deliver sustainable expenditure growth over the short term while paving the way for longer-term reforms. Both the Government and the sector want a more stable and sustainable funding system and we will be consulting closely with the sector on longer-term reform options," he said.

The Department of Health would be closely monitoring provider claiming patterns and that additional funding had been allocated to improve compliance systems.

vm@dalecottages.org www.dalecottages.org

Further details on the revised package of measures are included in the attached fact sheet. https://agedcare.health. gov.au/fact-sheet-changes-to-residential-aged-care-funding-arrangements-1-janu-



COME AND ASK US. You may be pleasantly surprised how we help to simplify retirement living information for you.

ENNY MARTIN enjoyed a long career as an events organiser. Conferences, exhibitions, corporate receptions, award ceremonies... you name it, Jenny could organise it!

When she finally retired, Jenny applied her wellhoned skills to managing a very lively retirement. She and her husband James maintained a busy social calendar and Jenny took an active part in village life, also involving herself in community volunteer work. Whether it was running the village fete, throwing one of her huge garden parties or reading to toddlers at the local library, Jenny was always busy!

But Jenny began experiencing hearing loss. She found herself unable to follow conversations at parties and often pretended to hear what others were saying, to avoid drawing attention to her problem. At committee meetings, Jenny could no longer take part easily as she simply couldn't hear well enough. Her husband complained that he had to repeat comments several times before Jenny would hear him properly. She dreaded picking up the telephone because she often could not hear the other speaker at all.

Hearing loss isolated Jenny from her life

Gradually, Jenny began cutting back on activities, she no longer hosted her popular annual parties, she dropped out of the village fete committee, the local WI and other social clubs. She began spending more and more time at home. Jenny was isolating herself. husband **James** persuaded her to try hearing devices but Jenny spotted an ad for MICRO

"My poor hearing left me socially **isolated**"

Jenny Martin changed from social butterfly to 'stay-at-home' recluse - until she discovered the MICRO Ampli-Ear.

"My hearing is now crystal clear thanks to MICRO Ampli-Ear "

Jenny Martin

By ANN WINCHESTER

couldn't find one to suit all her needs.

Jenny explains: "I knew I had a problem and I did try various hearing devices but failed to find one that both worked well - and was easy to wear. Some were terribly fiddly to use, others were very uncomfortable and many were also awfully expensive. And some hearing devices are just so obvious and unattractive.

Yes, I confess to being a little vain! The last thing I wanted was a bulky plastic lump protruding from my ear. So I really just gave up and started to withdraw from almost all my activities. Poor hearing was making social situations difficult and embarrassing. This was a shock to my friends and family, as I am known to be quite the social butterfly!"

"Thank Goodness for MICRO Ampli-Ear!"

"Thank goodness Ampli-Ear in a magazine. It sounded like the hearing device I'd been hoping for, but failing to find. As the testimonials were impressive and the price was so modest, I did not hesitate in placing an order for two. And now? Well, I've got my life back! I just pop the MICRO Ampli-Ear in easily and enjoy crystal clear hearing immediately! The sound adjustment is super simple and changing batteries is no problem. It is so discreet and comfortable, that I actually forget about it. It's party time at the Martin house again!".

The MICRO Ampli-Ear hearing device is only available direct from Century Mail. They are currently offering discount on two, a reduced price of only \$59.95 each. You can order on their phone free number 1800 83 84 89.

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Seniors embrace Sterling Advantage

AN INNOVATIVE approach to retirement housing is helping seniors free up debt and live without the burden of rents, rates and ongoing associated costs. Established by an experienced team who developed Armstrong Jones and Settlers Lifestyle Villages, Sterling New Life is working to give seniors the retirement lifestyle they deserve.

All too often our clients came to us saying either they wanted to retire but didn't believe they had sufficient money to do so or, they wanted to retire but didn't want to go into a retirement home and preferred to stay in their existing community to be close to their family and friends. Sterling New Life allows seniors to secure a home in a location of their choice for around 60 per cent of its market value, with no ongoing weekly fees.

With Sterling New Life, residents have the potential to stay in their

own home or relocate to an area of their own choosing, while writing off the burden of mortgage debt, rates and other ownership costs. Sterling New Life founder Ray Jones said the initiative was the equivalent of a retirement village, spread out amongst the suburbs and the Southwest and is an option to downsizing in your preferred area.

"Most retirement villages have to spend several million dollars on facilities – they have swimming pools, they have clubhouses. All of these facilities can go largely unused after a period of time and can become very costly for retirees" he said. "Because we don't need to spend those millions of dollars on facilities due to most local councils having fantastic facilities in these areas, we can discount the price back by about 40 per cent from what you would have to pay if you went into a retirement village".

The feedback has been immense – Sterling New Life clients rave about the concept because it allows them the benefit of downsizing in an area of their choice with less debt and annual costs, while being able to free up their capital and preserve their investment.

Heading into retirement should be about enjoying the lifestyle that you have spent so long working for, whether it's travelling, spending more time with loved ones, pursuing a new interest or just taking time to relax. Retirement should be your golden years and not a time of financial concern or angst. Sterling New Life strives to create this carefree environment and allows retirees to start living the lifestyle they have dreamt of.

For more information on Sterling New Life and how it can work for you visit www.sterlingnewlife.com.au or call 1300 665 890.

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Call for a no obligation free chat now 1300 665 890



* Conditions apply



Caitlin Hulcup brings the magic of Christmas to Christ Church, Claremont



THE beautiful candlelit interior of Christ Church Claremont is the setting for a glowing program of Christmas songs *Noel-Christmas* through the magic of art song. International mezzo soprano Caitlin Hulcup will make her only Australian appearance as part of the prestigious SwanSongs recital series.

Caitlin, who will appear 7.30pm Friday, 16 December, was educated in WA, graduating from WAAPA before studying in Melbourne and London. Perth audiences will remember her electrifying Carmen, Donna Elvira in *Don Giovanni* and a virtuosic Rosina in *The Barber of Seville*. Now based in Vienna, she is genuine international hot property.

Limelight magazine wrote: "Caitlin Hulcup is quite remarkable... every gesture of voice and body is eloquent and controlled. Her instrument is a pure stream of liquid silver, flowing in the arias, nuanced in the crucial... recitative."

The Christ Church Claremont program will feature Spanish master Rodrigo's touching portrait of the holy shepherd, the Christ child, through Debussy's evocation of children from war-torn 1914 made homeless at Christmas, to strikingly vivacious folk like settings of Christmas texts by Joaquin Nin. The whole story is covered in a unique assembly of beautiful music.

The SwanSongs series has presented topnotch series from WA and interstate in a series "that ranges from the very good to the outright brilliant... SwanSongs not only gives performing opportunities to some highly gifted musicians, but also showcases the talent of David Wickham himself. I know a good accompanist when I hear one." (ArtsHub).

The concert itself, one singer with one pianist, has the most intimate and varied of musical forms – food for the heart and the brain – as the singer seems to speak to each individual personally.

There is a beautifully curated selection of music by Britten, Howells, the French-speaking Absil, Massenet, Debussy, Ravel and Canteloube, the Italian Respighi, German-speaking Wolf and Richard Strauss, and Spaniards Rodrigo and Nin.

Christ Church Claremont will feature its antique Bechstein piano. Refreshments are provided in the interval. Tickets: www.trybooking.com/MFFP

Home grown WA book will have you racing for more





Left; Author and motoring historian, Graeme Cocks - Red Dust Racers Lake Perkolilli circa 1927

DESCRIBED recently as the most important book ever published on Western Australian motor racing history, *Red Dust Racers* has been acclaimed around the world and short-listed for the world's most important international motoring awards.

The book tells the largely unknown story of the Lake Perkolilli race track 23km northeast of Kalgoorlie and documents the emergence of

motor sport in Western Australia.

Written by Perth author and motoring historian Graeme Cocks, it took 20 years of research to put together. The book represents a passionate search to unlock the mysteries of the Goldfields claypan and the incredible stories of early motoring in WA. He scoured archives and interviewed countless people to find out more about the people and the cars and

motorcycles that raced at Lake Perkolilli.

"This book is for anyone with an interest in motoring in Western Australia. It shows how important motor cars have been to Western Australia, opening up the outback and creating local legends of the sport," said Graeme.

Red Dust Racers traces the arrival of the motor car in Western Australia in 1898, then the rise of motor sporting events,

including the first race between motor tricycles in Perth. The first motor car race was held in the Goldfields in 1909 at the Boulder racecourse — a horse track.

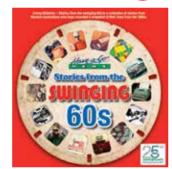
With the inventiveness of Australian bush mechanics, many of the cars which raced at Lake Perkolilli were modified from stock models, hotted-up, bodies removed and stripped for racing. These Aussie specials were often incredibly fast. A Ford V8 which raced at Perkolilli was modified by Perth Ford dealer Ossie Cranston in the 1930s and later achieved fastest time at an Australian Grand Prix.

Red Dust Racers is 488 pages in coffee table format with 1,200 images (most never before published) and the results of every event held on the claypan. The index is 18 pages long to enable families to track down the exploits of their ancestors who raced. Only 1000 books have been printed, every one numbered.

Copies of *Red Dust Racers* are available for \$149.50 from the publisher, Motoring Past at www. motoringpast.com.au.



Looking for the ideal Christmas gift?



Purchase a copy of the book *Stories from the Swinging 60s* - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s.

This was a decade of change from the introduction of the contraceptive pill, the assassination of JFK, changing fashions with the mini skirt, the Vietnam War, the move to decimal currency, the Meckering earthquake and the first man landing on the moon.

Intertwined with world events the stories contained in the book paint a picture of the differences between life then and now. \$25.

Please contact Tahlia at Have a Go News if you would like to purchase a copy on either Tahlia@haveagonews.com.au or 9227 8283.

Copies available for purchase direct from Have a Go News office at 137 Edward St, Perth or have it mailed out for an extra \$12 postage and handling.

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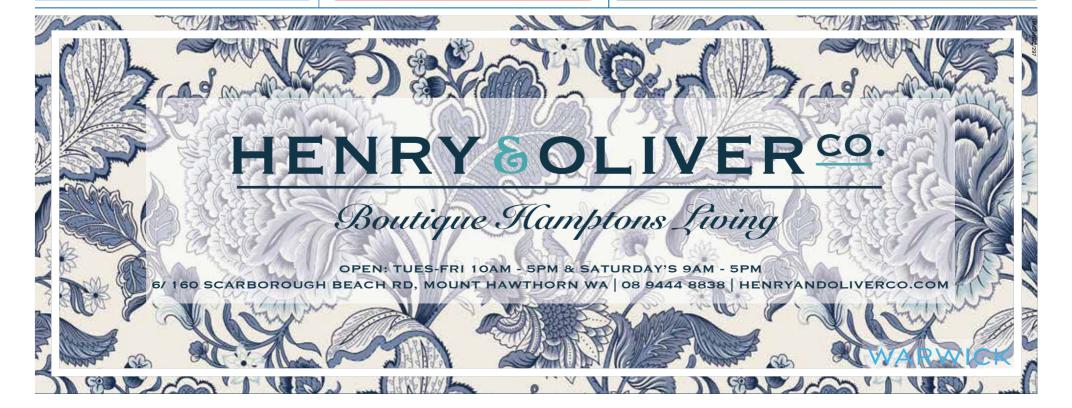
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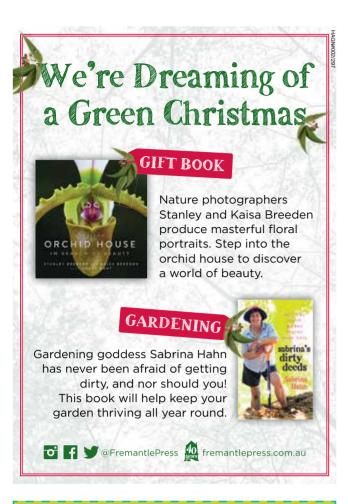
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*Reach us online www.haveagonews.com.au 3,319,648 hits in 2015



Christmas **VARIETY CONCERT**



Wednesday 14 December, 12.30pm - 5pm

Morley Sport and Recreation Centre



Band of Mates

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

"Keyboard Extraordinaire"

accompanied by local drummer Phil Rego

Sharon Heaslip Singer, songwriter and one of Australia's leading female

vocalists of Australian Bush Ballads and country songs. Justin Standley Most popular balladeer 2016 (ICMA),

APRA/TSA New Songwriter Award 2015, Toyota Star Maker Finalist 2014 X Factor Finalist 2012

Local talent studying at WAAPA, has performed at Disneyland California, Crown Theatre and Perth Concert Hall.

Tickets \$30 each available from Seniors Recreation Council WA

Phone: 9492 9771

Refreshments at interval included

Go nuts this Christmas with Morish Nuts.



ARCHIE Moroni and Marie Mapp started Morish Nuts in a rented town house in Cottesloe, with Archie cooking half-kilo batches on a camping gas ring and Marie bagging and tying the cellophane bags with curling ribbon.

These first offerings were then sold at the local universities and markets. The reception to Morish Nuts was so enthusiastic that more time had to be allocated to Morish Nuts and less to Archie's studies at university, until eventually his studies were placed on long term hold to concentrate on producing Morish Nuts.

Morish Nuts are still made the same individual way, except they can now produce more from their factory in the Swan Valley, at 640 Great Northern Highway, Herne Hill. Their spacious kitchen also enables them to experiment with new products for people's enjoyment.

Only premium selected nuts are used from Australian producers whenever possible. They roast and lightly caramel-coat them to enhance the natural flavour of the nuts and kernels. No colorant, additive or preservative is added. Their savoury Morish Nuts products are an excellent option for those who prefer a healthier snack.

Morish Nuts are available at craft fairs, agricultural shows, field days or special events. Buy them from mobile market barrows, at their stall in the Fremantle Markets, their factory and gift shop at 640 Great Northern Highway, Herne Hill, or from Morish's Perth city store centrally located at Watertown. Should people find it difficult to attend fairs or shows, they do offer a comprehensive mail order service and would welcome adding your name to their list of satisfied customers.

WIN WIN WIN

Morish Nuts is the ideal gift to share with your family, friends and business colleagues this Christmas and some lucky reader will win a fantastic hamper. To be in the draw to win one of Morish's popular MnM Cooler Bags filled with Morish Nuts, Mondo Nougat and a Swan Valley wine from an award winning family winery, email win@haveagone ws.com.au with the word Nuts in the subject line. Alternatively, address an envelope to Morish Nuts Competition, PO Box 1042 West Leederville WA 6901 with your contact details on the back. Competition closes 31/12/16.

Stylish furniture from across the globe



ELAINE and Robert Ellis moved from Dublin nearly four years ago to start a new home in Perth.

They always wanted to

own their own business and since they had their baby boy Henry, decided the time was right to embark on this adventure.

They had a passion for furniture and in October 2015 opened the doors of their shop; Henry & Oliver.

have lovingly They hand picked and depieces from signed across the globe. The store is filled with beauiful and timeless pieces of furniture inspired by the Hamptons coastal style with many unique pieces that customers won't find elsewhere.

They look forward to welcoming Have a Go News' readers to their store where they will be able to find that certain something to suit all styles.

See advertisement on

Enjoy Lions traditional cakes and puddings and help charities



THE Lions Christmas cake and pudding program has been a major fund raising project of Lions Australia since 1965 and raised more than \$56mil-

The proceeds from this project are donated back into the community on great causes including Blindness Prevention and Vision improvement projects, medical research, children's mobility foundation, eye health program, hearing dogs, disaster relief, aged care, drug awareness, youth programs.

Lions Christmas cakes and pud-

dings are an important fund raising project of Lions Clubs in Australia. Funds raised are donated to projects that benefit the community locally, nationally or internationally.

This year's range includes: Lions Christmas Cake 1.5kg \$16 Lions Christmas Cake 1kg \$12 Lions Christmas Pudding 900am \$12

Lions Mini Cake 80gm \$2

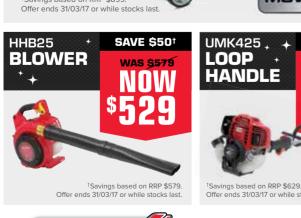
To order your Lions Christmas cakes and puddings or to obtain the name of the participating Lions Club nearest you, please either e-mail or phone the state coordinator PDG Allan Lowe on 0404 789 467 or email al.lowe@ bigpond.net.au

WIN WIN WIN

To be in the draw to win a Lions Christmas cake or pudding email win@haveagonews.com.au include the word Cake in the subject line or address an envelope to Lions Christmas comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse side. Competition ends 31/12/16.









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† Offer ends 31/03/2017. See in store for full T&C's







POWER EQUIPMENT

Love my Honda

Celebrate the Christmas festival at St Johns Court

CHRISTMAS draws closer so Perth comes alive with many activities to celebrate this special time of year.

The Symbolic Christmas Tree Festival will be held from 4 to 16 December and features enchanting Christmas tree displays as well as an array of special events over the

festival duration.

Visitors will be mesmerised by the superb selection of decorated Christmas trees and can also participate in Christmas craft classes, Christmas cookery classes, Christmas carols in the courtyard, Morning Melodies and wine and cheese evening.

Morning Melodies will feature

guest artists and takes place at 10am on Friday 16 December.

To book a place at the cooking, decorating and craft event call Kay on 0408 925 611.

The festival will be held at St Johns Court and Church at 16 Aberdeen Street in Perth with the tree displays taking place from 10am to 4pm each day.

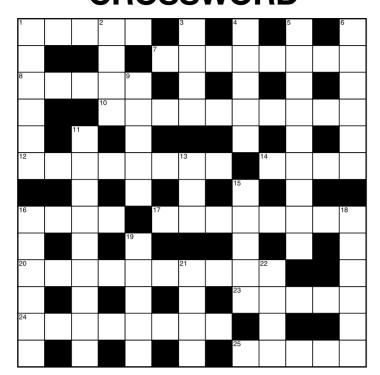


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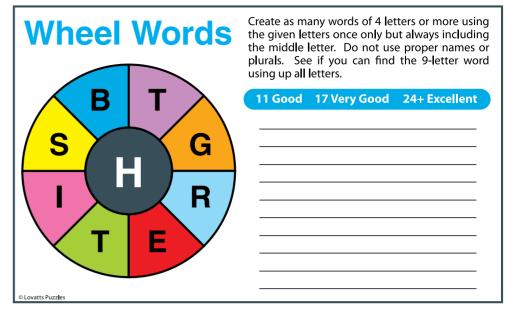


ACROSS

- 1. Lovers' squabbles
- 7. Undid (skirt)
- 8. Fear
- 10. Children
- 12. Rissole 14. Yemen port
- 16. Burlesque actress
- 17. Exerted (oneself)
- 20. Intensifying (of war) 23. Relieved
- 24. All of space, the ...
- 25. Situate

DOWN

- 1. Monotony
- 2. Become tattered
- 3. Unknown writer
- 4. Refreshments booth
- 5. Widening
- 6. Light-bulb inventor
- 9. Niggling worry
- 11. Documents fastener
- 13. ... sleeping dogs lie
- 15. NE US state Personal money order
- 18. Dally 19. Director, Woody ...
- 21. Assignment
- 22. Prison



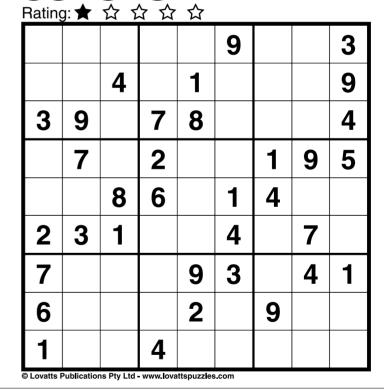


ON-DEMAND TRANSPORT

Thanks to SHOFER for sponsoring the puzzle page. Solutions will be in next month's issue.



Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.



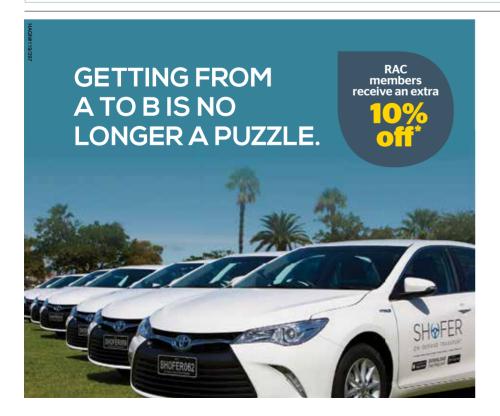
#295 November edition PUZZLES Solutions E W I



7	2	3	9	5	1	8	4	6
6	5	8	4	3	2	1	9	7
4	1	9	8	7	6	3	2	5
1	4	7	5	8	3	2	6	9
3	6	5	7	2	9	4	8	1
9	8	2	1	6	4	5	7	3
5	9	6	3	4	8	7	1	2
8	7	1	2	9	5	6	3	4
2	3	4	6	1	7	9	5	8

Wheel Words PX 0005

Solution: Heir, Herb, Hers, Hire, Sigh, This, Berth, Bight, Birth, Eight, Girth, Heist, Right, Shier, Shire, Shirt, Sight, Their, Tight, Tithe, Bright, Hitter, Sigher, Theist, Thirst, Tights, Tither, Sighter, Tighter. 9-letter word: BRIGHTEST



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FREE For over 45's only	Please nominate a category for your advertisement. Tick one box only. Travel companion Pen friend Seeking a friend Seeking a partner	NG: Non ga NOR: North iver TLC: Tende
Name Postco	de	Each person may one entry every stop: Please read new instruction of the print clearly in ink using only or send the completed coupon to: Friend to Friend PO Box 1042 West Leederville WA 6901. Obtaining replies to your Friend Po Box entry: Please include two stamped (C5 envelopes. These envelopes 23x16cm and are obtainable from Entries not accompanied by envelopes will not be considered.

Each person may submit one entry every month.

ND: Non drinker NG: Non gambler NOR: North of River TLC: Tender loving care

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

Obtaining replies to your Friend to Friend Reply Box entry:

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

Seeking a Friend

A HAPPY slim, easygoing lady, NOR, WLTM sincere. voung at heart romantic gent, approx 75 for company with similar interests; music, dance, GSOH, life in general. Fin/sec, prefer landline.

Reply Box 7319

ATTRACTIVE lady, mid 70s, likes walking, movies and life in general. WLTM genuine gent, NS, SD for friendship and companionship, 73-79, NOR, landlines please.

Reply Box 7317

AUST lady, 65, interests; movies, music, walking, my dogs, ND, NS, GSOH, NOR, not into camping, caravanning, like holidays within Australia, short stay. WLTM male companion, 65-70, don't mind SD, live NOR.

Reply Box 7316

SINGLE?

"MAKE A FRESH START IN 2017 BY

MEETING SOMEONE SPECIAL!"

9371 0380

BOORAGOON LADY 69 slim, blue eyes, brn hair, very

natural attr looks, youthful, country girl,loves farm life, reading, music, keeping fit & healthy, animal lover,

compassionate & kind, sk farmer/countryminded aent

QUINNS ROCK LADY 68 trim, petite, active, very well

grmd, brn eyed brunette, british, loves walks, yoga,

dancing, social outings & loves the comforts of being at

home. Sk well grmd, clean living gent 65-75.

TUART HILL LADY 70 very attr, slim, elegant & d.t.earth,

brunette, youthful, well travelled, ret. Businesswoman,

Cooking is her passion. Sk smart, loving man w/ GSOH

66-76.

SUBIACO LADY 71 slim, petite blond w/ pretty blue eyes,

arts, bridge, odd game of golf, sk bright, kind, well grmd

man who likes to do things 67-77.

MANDURAH LADY 70 loves caravan travel. Tired of

being alone. Is friendly, respectful, d.t.earth & happy in

life. Animal lover , loves country life, o/doors & has

family values. Sk gent 66-76.

ROCKINGHAM GENT 77, 6'1', well built, keeps fit, well

grmd, very kind, funloving man, not into aires or

graces..born UK, is just a nice man who sks genuine

lady 70-80 for companionship & doing things as a

couple. Must like his little dog.

BALLAJURA GENT 68 handsome, fair w/ blue eyes, Euro,

wid, ret. Professional, educated, very well travelled,

honest, big sense humour, sk funloving lady 55-68 who

doesn't take herself too seriously.

KARDINYA GENT 72 Tall, trim, handsome, very well grmd/mannered, ret. Professional, articulate & well

spoken, funloving, kind, personable. Sk youthful, active,

well pres lady 65-73 near his area.

ENGLISH rose, 67, WLTM gentleman, age immaterial for friendship or possibly partner. I am caring and gentle, like good conversation and am formally a nurse in UK. I live in East Perth. Photo appreciated.

Reply Box 7321

Reply Box 7336

GENT 70, UK, born, NS, SD, NG, no ties, quiet nature, enjoy occasional dining out, country drives, occasional camping. WLTM lady intelligent, quiet nights, movies, NOR, life in general, GSOH, sincere, loyal, replies. Prefer landline.

GENT UK/Australian, 180cm tall, presentable, educated, VGSOH, NS/ SD. Interests; gym, coastal walking, beach, family, travel, seeks compatible, attractive, NS, lady to 65, initially companion, possible relationship, talk over

Reply Box 7329

GENTLEMAN 58, fin sec, Leederville, partner died 10 years ago, looking for gentleman who has GSOH, SD, NS, NG. My interests; cinema, dining out, gardening, travelling, walking. Gay man. Photo appreciated.

Reply Box 7332

GENTLEMAN 60s, well presented, educated, professional, semi retired, fin sec, 5'11", medium build, NS, SD, Asian Australian, live clode to Perth. Seeks elegant romantic, 65+ Australian lady for friendship, travel, companion and more. ALA. Reply Box 7324

HAPPY guy 66, 5'6", medium build, NS, SD, seeks, lady, 50-60s. Loves movies, music etc. Look no further if you want a caring, thoughtful, well tempered guy, Let's meet for coffee. Photo appreciated. ALA

Reply Box 7328

HER disability prevents intimacy. Gent, 72, 5'7" tall, 74kg, seeking compatible lady to discreetly enjoy and share the fruit of the most perfect pleasure ever invented at your place. Meet at a cafe and become acquainted.

Reply Box 7312

Reply Box 7325

Reply Box 7315

IS THERE a well presented, active, around 70, gentleman out there with a sense of adventure who would like company for social outings and weekend getaways, NS, SD, GSOH. Maybe you? Friends to start.

LADY 65, healthy, active, WLTM, sincere, caring, gentleman, 60 to 72. Enjoys music, 50-60, 70s dancing, cycling, nature, animals, NS, SD, GSOH.

LADY 65, WLTM happy, NS, man. I'm fit and healthy, still working, finsec, NS, NOR, SD, family oriented, loves travel, laughter, friendship, values sincerity but shallow ok, on occasion. Let's

meet ALA. Reply Box 7314

LADY 72+, attractive, UK born, slim, 160cm, fit, healthy, well balanced, own home, SOR 6163, likes travelling, outings, WLTM genuine, honest, caring gent with GSOH, fin sec with no ties, long term if compatible.

Reply Box 7341

www.haveagonews.com.au

LADY of mature age, slim, active, pleasant appearance if a little frayed at the edges. Enjoys life in general, NS, SD, GSOH. WLTM gentleman, similar, would suggest, discuss interests, likes etc over coffee, tea, whatever.

Reply Box 7318

LADY seeking friendship and company for any outings. Easily pleased. slim, independant, DTE, GSOH, SD, caring, sincere, honest. I miss laughter in my life. Have coffee with me. Nothing ventured, nothing gained.

Reply Box 7344

LOOKING for new members for mixed singles social group, ages 50s-60s, Meets SOR. Members choose several outings per month. Come along to our next meeting. No fees apply.

Reply Box 7327

MATURE lady seeks dance partner for social ballroom, old time and new vogue, experienced preferred, Bunbury Australind area, hopefully for New Years Eve dance. Reply Box 7323

MISSED you under the Christmas tree, lady 70s, still hoping to find gent 68-70, NS, SD, honest, caring, enjoys life, no baggage, travel, caravanning, music, loves love and laughter, what a way to start the new year, new beginning adventures, let's meet for coffee to chat and see where it

could lead. ALA. Reply Box 7322

Visit Have a Go News online: www.haveagonews.com.au

SENIOR lady would like to contact senior lady interested in sharing state room on short cruise in 2017 etc coral coast, fly cruise Singapore Fremantle, likes mixing activities, NS, SD.

Reply Box 7340

SINGLE Kiwi lady, 70, ship. NOR.

Reply Box 7309

Seeking a Partner

ACTIVE, healthy, interesting, warm-hearted, caring and DTE lady NOR seeking caring and kind gent. Reply Box 7320

AUSTRALIAN 57, living in Leeuwin region, likes the outdoors, mature, DTE. Interests; gardening, caravanning, bush walking. Seeks lady similar age and interests. Let's meet for a friendly chat.

Reply Box 7310

CHOCOLATE skin, gentleman, 50-70, GSOH, ALA, NS, SD, NOR, seeking a lady, 50-60, let's meet first for sensual relationship, easygoing.

Reply Box 7313

ENGLISH AUSTRALIAN lady 67, attractive well presented, medium build, 5'2". GSOH, DTE, living Cannington area, Likes; gardening, reading, walking, country drives, socialising. WLTM refined, educated, sincere gentleman, 65-72, genuine replies only. Photo appreciated.

Reply Box 7326

ENGLISH Australian ladv. 68, young at heart looking for gent the same, all rounder, DTE, who is top class, family man, educated, loving heart, kind, caring, adventures, own home, pommy sense of humour, spiritual person. Reply Box 7331

GENT 59 active, fit, healthy, fin sec. NS, easygoing, GSOH with ties. well presented, positive attitude, enjoys movies, dining, various interests. WLTM lady, caring affectionate, let's meet for a

Reply Box 7334

GENT 63, Christian. I WLTM a born again Christian, lady, 30-49, NS for TLC, romance, I go to TAFE. Computer, fin sec, have mortgage in Northam. She needs own transport. I have licence.

Reply Box 7337

GENT 71, UK born, fit, healthy. Santa, I have been a good boy, can't you help me to find that special lady; slim to medium build, 66-73 with similar interests; 60s music, travel in/out Australia, walking, caravanning, dining out, country drives. Let's meet over a coffee. ALA.

Reply Box 7311

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

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

eg. Reply Box 4100

c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901.

(example only) Send your reply on a single sheet of paper.

Place in a small envelope 11B (measures approx. 14 x 9cm).

No greeting cards or bulky items.

All replies will be forwarded at the end of each month.

All replies are strictly confidential and are not opened.

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



GENT early 70s, WLTM lady similar age, no ties, travel if compatible, It's a big country out there. I'm not much of a letter writer so please put contact number.

Reply Box 7339

GENTLEMAN slim, medium build, NS, SD, NG, live SOR, 68, lonely, likes dancing. WLTM lady for friend, view relationship, nationality open. Genuine replies only please.

Reply Box 7333

LADY living in Perth area, sincere, enjoys family life, music, country drives, WLTM gent 70 plus, caring, affectionate, NS, SD. Reply Box 7343

PERTH man 59, divorced. well presented, trim, well mannered, intelligent, WLTM a nice lady for a relationship.

Reply Box 7335

Visit Have a Go News online: www.haveagonews.com.au WIDOW mixed nationality, SOR, slim, attractive, active, loves life and many interests. Seeks genuine slim gent 70+, NS, SD for good times together, outings, travels, drives but most of all a love relationship if compatible.

Reply Box 7338

Seeking a Travel **Companion**

FEMALE 63. WLTM lady for trips nationally and overseas. Thinking to travel to Canada and Alaska June 2017. But it can also be China, Vietnam or Russia. Like to meet you now. SOR. Reply Box 7308

WIDOW 67, self sufficient with small caravan and sedan car to travel north and south, WLTM a handy gentleman with own m/ home or caravan, NS, SD, GSOH, DTE, no ties or baggage. Likes fishing and bush camping.

Reply Box 7330



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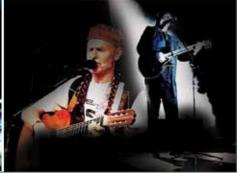
SINCERE lady WLTM genuine guy, NS, SD, intelligent with real and happy outlook on life to share varied interests that include music, dancing, movies, walking. Let's meet for coffee.

Reply Box 7342

medium build. Interests; dining in/out, music, drives, travelling, socialising GSOH, SD, DTE, TLC. WLTM gent with same interests, honest, sincere, future relation-

Celebrate with the big concert under the stars at El Caballo for New Year's Eve





Left to right; Performers Mark Shelley, John Robertson, Willie Nelson (Mark Shelley) and Roy Orbison (John Robertson)

THIS New Year's Eve come and celebrate under the stars at El Caballo with a fabulous line up of bands at this very special concert.

Enjoy the sounds of Simon and Garfun-kel, Willie Nelson and Roy Orbison with a tribute concert to see in the New Year.

Shelley and Robertson and their live band recreate the magic, the sound and the stories of those memorable times inspired by Simon and Garfunkel's remarkable reunion concert in Central Park in New York.

With more than 70 million record sales and 10 Grammy Awards, Simon and Garfunkel are one of the greatest vocal duos of all time. Their songs, harmony and message defined the term 'folk rock' and reflected the mood and social revolution

Supported by an international production enjoy the dulcet sounds of Willie Nelson and Roy Orbison as 'Willie and Roy - The Legends' perform.

John Robertson is remarkable as Willie Nelson and Mark Shelley captures Roy Orbison without a doubt as both perform

the world's best characterisations of Willie and Rov.

Their appearance, voices, manner and 'spirit' of Willie and Roy are uncanny.

Enjoy the hits of On the Road Again, To All the Girls I've Loved Before, Always on my Mind, Pretty Woman, Crying, Only the Lonely...their list of hit songs seems

Enjoy VIP tickets and meet and greet the stars of the show with an exclusive VIP cocktail party with canapés, champagne, red/white wine, beer and soft drinks followed by an exclusive buffet dinner served with a selection of salads, seafood, meats, pasta, vegetables and desserts.

VIP guests to enjoy preferential seating in the first three rows with an exclusive VIP bar area that includes beverage during the event (champagne, red/white wine, beer and soft drinks) from 5pm to midnight

General admission unreserved seating is available with chairs provided but unallocated, first in best dressed. Located close to the stage area, behind VIP allocation. (Limited seating available)

People are welcome to bring along their own low chair and/or picnic rug for general admission seating. People with high chairs will be seated towards the rear of this section so as to not inhibit the view of other patrons.

A seating area is provided for those with wheelchair requirements when booking in advance.

Gates will open at 4pm, VIP cocktail party 5pm, buffet dinner from 6pm and the show commences 8pm.

There will be a range of fast food outlets and beverages available during the

This is a fully licensed venue.

Buses will be leaving from three popular pick up areas, Midland Railway Station, Mundaring and York.

Please note a minimum of 25 people per pick up point is required in order to confirm the bus services. Please book your bus tickets in advance, and have a safe trip back home.

Caravan and camping sites are available for \$20 per unpowered site - portable toilets and lighting tower will be

All tickets available through El Caballo Resort on 08 9573 3777 or online at www.elcaballo.com.au and email resort@ eclv.com.au All patrons must have a valid ticket for entry. Please note that Companion Cards receives 20 per cent.
WIN WIN WIN

To be in the draw to win one of four double passes to El Caballo's New Years Eve concert email win@ haveagonews.com.au and include the word 2017 in the subject line. Alternatively, phone the Have a Go News office on 9227 8283 during business hours and leave your details. Competition ends 20/12/16.

Tickets to Cirque du Soleil's all-new show Kooza makes the perfect Christmas gift for young and old



Matt Beard Costumes: Marie-Chantale Vaillancourt ©2012 Cirque du Soleil

CIRQUE du Soleil is currently wowing Australian audiences with its all-new production, Kooza, which arrives in Perth on 13 April for a limited engagement under the Big Top at Belmont Park Racecourse. One of the most acrobatically breathtaking shows in the Cirque du Soleil stable, Kooza is a colourful, sparkling homage to the traditions of circus and combines thrilling acrobatics with the art of

Kooza opened to rave reviews and a standing ovation in Brisbane last week. The Courier Mail said, "This is Cirque du Soleil's pinnacle... so spectacular, so obviously death-defying,

so totally insane that I found myself with my hands over my face... We all love Cirque du Soleil but this time they have outdone themselves... And I haven't laughed so much in ages.'

For those looking for the perfect Christmas gift to treat every single member of the family, Kooza is your

More than seven million people around the world have already enjoyed the magic, wonder and incredible feats of Kooza.

Tickets for the Perth season of Kooza are available at www.cirquedusoleil.com/kooza or by phone on toll free 1800 036 685.

Win tickets to the Upper Reach twilight concert series



UPPER Reach Winery in the Swan Valley is celebrating its annual vintage with a series of intimate concerts, again this year.

The 2017 vintage will mark the fourteenth year of Twilight Concerts which combine great wine, food and live music in beautiful surroundings overlooking the vineyard.

The four 2017 outdoor concerts in February and March feature bands with music to get audiences up and dancing.

Upper Reach owner Laura Pearse said tickets to the concerts would make the ideal Christmas gift for those difficultto-find-a-present-for people.

The first concert on Saturday, 4 February features Nueva Salsa with its Cuban salsa music. cha cha and samba.

On Saturday, 18 February, popular concert regular Adam Hall returns to Upper Reach with the Soul Playboys and then again on Saturday, 4 March with

The final concert of the year will be on Saturday, 18 March, with Straight Ahead Big Band, an 18-piece outfit playing big band classics.

Laura said the intimate concerts are always popular so people wanting to attend should book early.

"They are selling out earlier and earlier each year," Laura says. "People can bring a picnic and enjoy the sunset before we get them up and dancing, or they can book dinner and the show, with dinner at Broads Restaurant overlooking the band performing on stage below."

General admission for the concert is \$39 per person, free admission for children under four and \$18 for five to 17-year-

A general admission season pass to all four concerts costs \$130 per person.

Upper Reach's range of award winning wines will be on sale by the bottle or the glass at

Laura says she and winemaker husband Derek love the con-

"It's a fabulous way for us to celebrate vintage and to give something back to our wonderful visitors throughout the year," she says.

Concert tickets are available from: www.upperreach.com.au

Upper Reach Winery is at 77 Memorial Avenue, Baskerville and is open every day from 11am to 5pm. Cellar door 9296 0078

Broads Restaurant is open for lunch every day from Thursday to Monday and Sunday for breakfast. Phone 9296 3883.

WIN WIN WIN

Upper Reach is giving away two double tickets to the 4 February concerts and two double tickets to the 18 March concert, simply email win@haveagonews.com.au with Upper Reach in the subject line or send an envelope to Upper Reach - C/- Have a Go News - PO Box 1042, West Leederville 6901. Please include your name, address and phone number on the reverse side. Competition closes

Community NOTEBOOK

CANDLELIGHT CAROLS-SOUTH BEACH

18 December 6pm - 9pm South Fremantle. Free event 9342 9999.

KADIDJINY PARK CHRISTMAS MARKET

Melville 17 December 5pm start. Free family event Market stalls, variety of food, Christmas carols, Santa and Christmas lights.

CAROLS BY CANDLELIGHT

Cottesloe Civic Centre Sunday 18 December 7pm onwards Pack a picnic. Family friendly.

BREAR PARK. MT. LAWLEY

Central Ave. Sunday 18 December 4-8pm Bouncy castle, live music and sausage sizzle Presented by Salvation Army Perth Fortress Corps.

CHRISTMAS NATIVITY

The story of Christmas live on stage. Tuesday 20 December - Fri 23 December 6.30pm-8.30pm Forrest Place Perth. Free family event.

CAROLS BY CANDELIGHT BAYSWATER

Saturday 17 December Halliday Park. Coode St. Childrens entertainment 5-7pm. Spot prize for best dressed children Carols commencing 7pm. Non-perishable food items welcomed for the Salvation Army.

CHRISTMAS AT LAKE MONGER RESERVE

15 December

4pm-8pm.

Bring a picnic or choose from the Hawkers Market Children's entertainment and Christmas carols.

NORTH BEACH CAROLS

Charles Riley Reserve 18 December 4.30pm onwards.

Children's entertainment plus sausage sizzle, live music and an evening of carol singing starting at

CHRISTMAS PROJECTIONS ON THE G.P.O.

2 – 19 December 7.30pm -11.30pm 20 - 23 December 8.30pm-11.30pm Free event. Forrest Place New custom animated projections will light up

the façade of the GPO enhancing the buildings heritage features with celebratory colour.

CAVERSHAM CAROLS

Kids activities 5.30-7.30pm. Carols from 7.30pm Dayton Park at the end of Coast Rd. Caversham.

COMBINED CHURCHES OF GUILDFORD'S CAROLS BY CANDLELIGHT

18 December 7pm. Bring a picnic. Performances by local schools, bands and choirs Stirling Square. Guildford.

TOODYAY CAROLS IN THE PARK

18 December 7.30pm to approx 9pm Duidgee Park. Free event. Donations towards the Salvation Army may be placed under the Christmas tree.



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

50

The original Best of British concert is back...



Best of British concert returns

Band with their moving

performance of Highland

Cathedral, the ICW Arts

Orchestra and Chorus

lead by Ashley Arbuckle

and conducted by lan

The concert will take

place at Perth Concert

Hall on at 7.30pm on

Thursday 15 December.

All tickets include a free

program and a goody

bag of UK treats cour-

tesy of British Provender.

Tickets are on sale now – book through

Ticketmaster www.tick-

WIN WIN WIN

to win one of two

double passes to the

Best of British concert

on the 15 December

simply email win@

haveagonews.com.

au with British in the

subject line of call the

office during business

hours on 9227 8283.

closes

Competition

13/12/16.

To be in the draw

etmaster.com.au

Westrip OAM.

FOLLOWING last year's sell-out concert and overwhelming demand, ICW Productions is delighted to return with The Original Best of British Concert at the Perth Concert Hall.

Best of British includes a list of the all-time favourites, new acts, plenty of giveaways and of course full audience flag waving

and patriotic singing.

Perth's loveable larrikin Max Kay AM joins the concert again as MC for the evening leading the audience through a selection of sing-alongs, gags and stories. Joining Max on stage is renowned West Australian actor Michael Loney, with a selection of the best of Noel Coward, and the glorious tones from opera singer Emma **Pettemerides**

And, back by popular demand, is the showstopping sounds of the Perth Highland Pipe

0.000

Perth Now

'World-class comedy

Limelight Magazine

'Marvellous'

The West Australian

'A real lark of a night'

Rosalie Blum - a mysterious and surprising film



VINCENT Machot knows his life by heart. He shares it between his hairdressing salon, his cousin, his cat, and his too invasive mother.

But life sometimes surprises even the most cautious - he meets up with Rosalie Blum, a mysterious and lonely woman, he is convinced to have already met her. But where?

Intrigued, he decides to follow her everywhere, hoping to learn more. He did not suspect that this would take him on an adventure full of surprises, where he will discover fantastic and endearing characters. One thing is certain: Vincent Machot's life will change.

In Palace Cinemas 26 December

WIN WIN WIN

To be in the draw to win one of five double passes to Rosalie Blum simply send an email to win@haveagonews. com.au with Rosalie in the subject line or call the Have a Go News office during business hours on 9227 closes 15/12/16.

Sully - Miracle on the Hudson film comes to DVD



OSCAR-winning director Clint Eastwood brings us Warner Bros and Village Roadshow Pictures' drama Sully, starring Oscar winner Tom Hanks as Captain Chesley 'Sully' Sullenberger.

On January 15, 2009, the world witnessed the miracle on the Hudson when Captain 'Sully Sullenberger glided his disabled plane onto the frigid waters of the Hud-

son River, saving the lives of all 155 aboard.

However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career.

Sully also stars Aaron Eckhart as Sully's co-pilot, Jeff Skiles, and Oscar nominee Laura Linney as Sully's wife, Lorrie Sullenberger.

Available on DVD on 14 December RRP \$44.95 Blu-Ray and \$39.95 DVD.

WIN WIN WIN

To be in the draw to win one of five DVDs of Sully simply send an email to win@haveagonews.com. au with Sully in the subject line or write to Sully DVD competition c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes

Be part of the **Faulty Towers** dining experience

AUSTRALIAN born Faulty Towers The Dining Experience returns to Fringe World Perth for its sixth year, with even more five-star reviews on its plate. Every performance of the globetrotting show is different, it is a unique experi-

More than 70 per cent of this globe-trotting show is improvised, making no two performances ever the same. With lashings of audience participation, huge spoonfuls of laughter and bowlfuls of

spontaneity, it is easy to see why critics hail our actors Paul O'Neill (Basil), Karen Hamilton (Sybil) and Andrew Foreman (Manuel) as 'flawless' (Buzzcuts).

Chaos greets people as soon as they walk through the door in this fully immersive experience, where guests become the diners in the infamous BBC hotel restaurant. A true blend of ingenious comedy, a unique theatrical script and a delicious meal, this multi-sensory show is perfect for comedy fans, theatre fanatics and anyone who just fancies going out for a dinner they will never forget.

Faulty Towers the Dining Experience

will be performed from 20 January until 19 February 2017 at Rigby's Bar and Bistro, 221 St Georges Terrace, Perth.

further information 1300 308 193.

Local writers debut in new season of works for Stirling Players

STIRLING Players' Midsummer Mix is the first production of the 2017 season. It will premiere three one-act plays by local writers. Siobhan Wright's The Bright Side of Life is a comedy set in a Dublin nursing home. The second of-

fering is from James Forte who has written a romantic ghost story with a cast of young people called the Lives that are parallel. Finaly Yvette Wall has contributed Being Juliet - a comedy set in the Green Room of a theatre during the perfor-

mance of a play. Stirling Players en-

Stirling Players present

courage people to not only come along to watch their plays but would love you to get involved with the the-

Members receive a monthly newsletter, discounted tickets and the opportunity to be part of the show. Visit www. stirlingplayers.com.au for more details.

A season of One-Act emieres by local writer

Stirling Theatre January 2017

City.Stirling

Victoria - a masterpiece on DVD



THE lavish costume drama Victoria is the start of a landmark account of the life of one of history's greatest monarchs.

With cinematic production values and an ensemble cast of awardwinning talent, envisaged as a multi-series, Victoria draws on real-life events and the Queen's own exhaustive diaries to paint a vivid portrait of her transformation from an

impulsive eighteen-year-old to her early years as wife, mother and head of a global empire.

A saga of interlocking circles, stretching from the upper echelons of the royal court to the below-stairs staff, this is a story of passionate affairs, power struggles and unrequited love, at the centre of which stands the new Queen - a strong, complex and wilful woman who must, somehow, become an enduring icon.

Released on DVD/BLU RAY on 21 December RRP

WIN WIN WIN

To be in the draw to win one of five DVDs of Victoria simply send an email to win@haveagonews. com.au with Victoria in the subject line or write to Victoria DVD competition c/- Have a Go News PO Box 1042, West Leederville 6901. Competition







SCENE SOCIALL



























success with lots of people coming riverside at Burswood Park to enjoy the day's entertainment and activities. Seen at the event were:

SCENE (1): Clockwise from left; Seniors Minister Paul Miles with Premier Colin Barnett, SRC's Dawn Yates and SRC president Hugh Rogers - The WA Police Pipe Band lead a large group of walkers around the grounds and entertained people throughout the day -6PR broadcast live at the event - with Gary Rendall and Gary Adshead on the mike - Have a Go News' Quentin Smythe had a go on a seated segway - Monica Kos served teas and coffees and spun the Have a Go News' chocolate wheel - Channel 7's Rick Ardon popped in to the hospitality tent to meet people and serve teas and coffees with Anthony von Leonhardi -Aussie Redback Tours were on hand to meet people - The Mad Tatters were a colourful addition to the day.

*Reach us online www.haveagonews.com.au 3,319,648 hits in 2015

SCENE (2): THE Big Bethanie Bake Off grand finale was held on Wednesday 9 November live from Burswood Park at Have a Go Day, a LiveLighter

Continuing the aim of closing the intergenerational gap between our seniors and youngsters, the competition saw four finalists from each of the seniors and under 18s categories cook their favourite family recipe, accompanied by a story reflecting the their family's life, culture and history.

The event was hosted by West Australian chef and MC, Don Hancey and accompanied by a panel of judges Margaret Johnson, food contributor for The West Australian, Patrick O'Brien, executive director Hospitality and Trades West Coast Institute and Chris How, Bethanie CEO.

To add to the excitement, West Coast Eagles player, Lewis Jetter came down to show support to his grandmother, Melba Wallam, a finalist in the third heat who prepared damper using traditional bush ingredients. Colin Barnett also made an appearance to see where the delicious smells were coming from and was pleased to find young WA kids competing amongst our seniors.

Winners of the 2016 Big Bethanie Bake Off:

- · Best Senior Award Marjorie Ugle, Bethanie Maali Social Centre Kangaroo Patties
- Best Kid Award Mikayla Richardson, Orana Catholic Primary School -Melanzane Con Salsa
- · 2016 Big Bethanie Bake Off Champion Joshua Wenz, Whitfords Catholic Primary School - Oma's Pancakes 2 Ways.



PH: 9354 4124





SCENE (2): Top left, anti clockwise, from left to right; Sherry, Marjorie and Don Hancey - Jess Higgins, Mikayla Richardson, Joshua Wenz, Marjorie Ugle, Patrick O'Brien, Robin Juniper, Chris How, Melba Wallam, Don Hancey and Naw Bee Be.

Right; Clockwise from top left; The judges Patrick O'Brien, Chris How and Margaret Johnson - Lewis Jetters and Melba Wallam - Margaret Johnson, Chris How. Premier Colin Barnett and Glenys Godfrey MLA.



SCENE (3): THE Society of Women Writers WA hosted the popular Seniors Workshops, Writing your Life Story on 12 November as an event during Seniors Week. Twenty-seven people attended the Life Writing workshop in the morning and thirteen attended Publishing Your Life Story and Photo Restoration in the afternoon. The Society of Women Writers WA meets on the third Tuesday of the month at Citiplace except in December, when the committee has a wellearned break. Visitors are always welcome. For enquiries about future events. workshops or membership, please telephone 0415 840 031, email swwofwa@ gmail.com or visit www.swwofwa.com







SCENE (4): Clockwise from left; The Governor of WA Kerry Sanderson AC with Legacy WA president James Ford - The new ballroom at Crown Towers provided a festive at-mosphere - 6PR's Steve Mills with Marlene Robins and Legacy WA James Ford with Governor Sanderson took time to chat to many of the



SCENE (4): THE annual Legacy lunch for war widows was held at the new Crown Ballroom at Crown Towers on 5 December. More than 500 people attended the lunch. The Governor Kerry Sanderson was the guest of honour and took time to chat to many of the ladies. 6PR's Steve Mills emceed the lunch and guests were treated to raffles and entertainment by Wayne Pride.



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