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VOLUME 27 NO.05 ISSUE NO.309 DECEMBER 2017

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Pompeii in Perth



A selection of the fascinating objects on display at the exhibition

WA MARITIME Museum's international exhibition Escape from Pompeii: the untold Roman rescue reveals the story of the dramatic rescue attempt following one of history's most famous and devastating natural disasters – the eruption of Mount Vesuvius and the destruction of Pompeii.

In 79 AD Mount Vesuvius erupted, burying the cities of Pompeii and Herculaneum under huge waves of volcanic ash and debris. The falling ash, pumice and catastrophic pyroclastic surges, en-

cased and preserved the two maritime cities and the residents who were unable to escape.

When excavation began in the area, about 1700 years later, researchers were astounded to find intact the buildings, objects and remains of those who died in one of history's most famous natural disasters.

The exhibition displays everyday objects, from saucepans to jars that stored wine, olive oil or garum (the fish sauce for which Pompeii was famous), and even some

examples of food, such as a preserved loaf of bread.

Five haunting body casts of victims of the eruption are also included, capturing their final moments preserved in ash.

While many know of the tragic eruption that preserved these cities for 2000 years, very few know that the Roman navy attempted to evacuate people affected by the eruption or its important role in the success of the Roman Empire.

Explore how the Ro-

man navy attempted to evacuate people affected by the eruption. This exhibition relies on the contemporary accounts of Pliny the Younger, the nephew of the commander of the fleet. He described what he himself observed and experienced, and from what he learned from those who saw his uncle in action.

Visitors will see a rostrum (used to ram other vessels) from a Roman warship recovered from the site of a famous sea battle, reliefs celebrating Rome's naval victories, and objects that reflect the results of its control of the seas which show how by 79 AD the entire Mediterranean Sea was under the control of one state -Rome – for the first and only time in history.

Escape from Pompeii: the untold Roman rescue closes on 4 February, leaving just a few weeks to see this exhibition. Don't miss this rare opportunity to view 2000-year-old Roman artifacts in Fremantle. Visit www.museum.wa.gov.au for more information and tickets.

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From the editor's desk



TAKE this opportunity to remind you to be vigilant about scammers especially if you own a computer or a smart

They are getting more sophisticated every day. One of our volunteers told us that they were expecting contact from Telstra recently and got caught up in a scam.

They were telephoned by someone saying they were from Telstra and because they were waiting on contact from the company, presumed it was legitimate. They were directed to go into their computer which they did and by following the instructions the computer was infected with a virus and they lost all their information.

If anyone makes contact with you by phone always question their authenticity or simply hang up.

I have had calls supposedly from the Bureau of Statistics and when I have questioned them they usually hang up. I also have had calls supposedly from the Australian Taxation Office and again when questioned they have hung up. Both those government departments still use mail and do not call people.

Another scam I have heard about is emails received from people who you know are asking for money to be deposited to an account. The email looks legitimate, but the scammers have used a mask function on the

A good way to check whether something is legitimate is to check the email address - hit reply (but don't reply) and you can usually see whether it's from the correct person. With so many scams around I think it's prudent to give the person who is asking for money a call.

I receive many emails every day and I would say at least a quarter of them would be some sort of scams, I just hit delete.

The more infromation we share about scams the more savvy we all become and therefore reduce the chances of losing money or having our computers infected with a virus.

*** This year has certainly flown by and here we are in December preparing for another Christmas. I personally love the festive season, I love decorating the house, giving gifts and cooking.

Each year my partner and I like to make our own gifts for friends and family, he makes a lovely relish and this year I am giving homemade soap a go.

Instead of spending lots of money on sometimes unwanted gifts these are something from the heart and at the end of the day the Christmas spirit is ábout love and spending time with family and friends.

It also provides an opportunity to think about the year gone, remember loved ones past and to say thanks for the many good things that have happened in our lives over the year.

I do hope that you have enjoyed each edition of the paper over the 12 months. The team and I have put a lot of effort into improv-

Australian Pottery
 Badges

ing content and I hope that we provide you with quality information.

I take this opportunity to thank our advertisers who support the paper each month without them we would not be able to bring the paper to so many people.

I also thank the many people who contribute to this paper over the

I hope you enjoy our final issue for 2017, we are celebrating the Christmas season with lots of opportunities to win prizes and of course lots of great stories.

We did a little calculation in the office this month and we have given away more than 1000 prizes of various sorts this year.

Keep entering our competitions and also take the time to visit our new look website as we have lots of articles, information and competitions. The website is updated daily and many of the items are not included in the paper. Visit www.haveagonews. com.au. We also have an active Facebook page so please take a moment to like the page we have lots of fun there every day.

I take this opportunity to wish you a merry Christmas and a happy, healthy and prosperous New Year.

Jennifer Merigan

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Ageing research snippet

Want more brain power as you get older - have more sex... RESEARCHERS from Oxford and Coventry University in the UK claim that having sex improves brain function as you age.

The study involved 73 people aged between 50 and 83 and found that those who had sex often scored higher in a series of tests which measured their verbal fluency and ability to perceive objects and the spaces between them. The study was published in The Journals of Gerontology, Series B: Psychological and Social Sciences

Funny historical fact

"GO ON, get out, last words are for fools who haven't said enough," said revolutionary philosopher Karl Marx to his housekeeper on his death bed in 1883. She had asked him if he wanted to say something that she could record for posterity. He died soon afterwards.

Urban slang

Jelly or jel

Envious. Jealous. Player-hating. Seething with resentment. It is one of the Seven Deadly Sins. I'm totally jel of her

new car...

Have a Go News Quick Quiz

- 1. What business in WA has a crown logo?
- 2. Who is Travel Editor of Have a Go News?
- 3. Name America's most distant State.
- 4. Where did the Wallabies beat the All Blacks last October?
- 5. Which current Channel 7 sportscaster played for the Eagles?
- 6. Where is Carnarvon Gorge?
- 7. Name the WA soldier to be awarded a VC after Afghanistan?
- 8. The Midlands Workshops closed in 1994, 1992 or 2001?
- 9. Who is Australia's Immigration Minister?
- 10. How many vehicles were made by Holden (17.6m, 8.6m or 7.6 million?). See page 17 for answers.

Word of the month

opsimath noun

Enamel Petrol/Oil Signs

A person who begins to learn or study only late in life. Origin

Late 19th century: Greek opsifrom maths', from opse late + the stem mathlearn.

Great West Aussies - Did you know?

ON A train trip in Victoria to collect funds for a WA orphanage future Perth bishop Matthew Gibney stopped at Glenrowan on 28 June 1880 where police were shooting it out with Ned Kelly's gang. Gibney administered last rites to a wounded Kelly. But he survived only to be hanged five months later.

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See pages 47 to 51 for our Christmas **Gift Guide**



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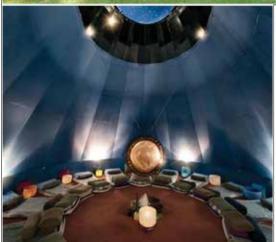
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When life is too much.... sample the soothing effects of the sound chamber





Top L-R; Norma Hughes, Naomi Tyrrell, Jillian Thomas, Geraldine Riggir and Dorothy Coe Above; Satori Sounds interior

by Josephine Allison

THE sounds of gongs resonate across the grounds at Willow Pond in Canning Vale as a group emerge from a sound chamber after an uplifting session. It's a peaceful haven in a busy world far removed from the sound of traffic rushing by outside.

Women and men alike are taking advantage of

the lasting benefits of Satori Sounds inside the dedicated, architecturally designed sound chamber. It's safe and effortless and bathes participants with gentle vibrations, taking them into a meditative state, says managing director Dorothy Coe who runs the centre with fellow director, trainerassessor Sensei Ramon Lawrence OAM.

"The sound chamber

holds 14 people, using heavy vibration instruments such as gongs, didgeridoo and crystal singing bowls," she said. "As we play these instruments, sound and vibration penetrates the body. We experience total and deep peace in body and mind, our spirit is allowed to soar, heal our bodies and return the mind to

Gongs and the didgeridoo are two of the oldest instruments, known to be traditionally used for ceremonial purposes and healing. The gong has the broadest tone range of any instrument and has a vast array of harmonics.

Inside the dedicated sound chamber, the sound and vibrations bounce off eight winged panels, creating 32 reflections and 32 refractions from a single strike, taking people into a meditative state, even if they have not meditated before.

As the sounds and vibrations move through

the body, there is a sense of relaxation, moving participants from 'eyes open' beta consciousness through alpha, theta and delta states. The sounds move through every cell, cleansing and impelling blood to every

It is not unusual for people to feel tingling sensations in hands and feet as blood is delivered to nerve endings. Most sessions close with the sound of a crystal singing bowl and the last sounds emanate from a finely tuned chime contrasting with the deeper vibrations experienced in the past hour.

part of the body.

I spoke with Geraldine Riggir, Jillian Thomas, Normie Hughes and Naomi Tyrrell, who are all currently approaching Black Belt qualifications and take part in sessions at Satori Sounds.

Jillian Thomas said she had always been interested in energy medi-

"It's wonderful, I have a few health problems and

now I have loads of energy," she said.

Geraldine Riggir said she was interested in esoteric things.

"I had been looking for a different direction personal development when I found Satori Sounds.'

Normie Hughes said she also taught yoga and found the sound chamber and use of gongs a natural extension and Naomi Tyrrell said she found the sessions fed the body system and gave strength.

Dorothy Coe is a martial artist, practising sound and vibration therapy, holding the rank of 7th Dan, Master.

"I am currently running my first graduate Shodan (1st Dan) course and to my surprise have four students aged over 60 and one over 70," she said. "I have been practising my art for almost 20 years and must admit I was surprised to see our seniors lining up

to learn."

Dorothy herself is past 65 and believes it sustains her wellness.

"I am really excited to see seniors taking up this challenge and working physically with gongs. Some are using muscles that have not previously been active and others are working on balance, posture and timing. I have watched these women work through the pain and build muscle memory and am totally inspired."

The students are required to give back to the community and have already helped people with acquired brain injured and young cancer sufferers.

Ramon Lawrence is a Grand Master of 11 different arts. He is past 70 and still practices martial arts daily.

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Over the past 10 years. Satori Sounds, an accredited provider of complementary medicine, has welcomed teachers including Aboriginal elders, scientists, physicists. nuclear physicists, psychologists, neuroscientists and physicians.

The Satori training team would like to extend an invitation to any seniors wishing to experience sound and vibration therapy. Every Friday morning until the end of December the Satori team will provide seniors sessions for a big discount price of \$35. Phone Satori Sounds on 9456 3023 to book. This price is only available for seniors.

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Beautiful music at the Holly Wood South Perth Civic Centre **Tuesday Morning**

by Michelle Davies

WHAT a pleasure it was to listen to the Applecross/Mt Pleasant CWA branch choir, as they collaborated with Diane Davies-White, manager of Keynotes, to present a wonderful show of evergreens from the world of musical comedy and

Show

The audience sat enthralled as we listened to such songs as The Sound of Music, and Out of Our Dreams, followed by Derrick Sloane of Keynotes, singing in his melodious deep voice, I've Got Plenty of Nothing, If Ever I Would Leave You, and other beautiful songs. Diane joined with Derrick in a duet, singing Blue Heaven, Dessert Sona. I Would Have Danced All Night.

Moya Sherlock also of Keynotes, gave us a beautiful rendition of Copenhagen on the grand

Contact Diana 9364 7819 or Jean 9354 9817 from the Applecross/Mt Pleasant choir if you would like to join them. They would be pleased to welcome new members.

Diane Davies-White, delighted us with her singing, and is available for bookings: 9304 7920.

The Holly Wood Tuesday Morning Show will recommence on 13 February at 11am in the Perth Town Hall, with a concert by The Silver Threads Brass Band. Please join us for a great morning.

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Journalists

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Postal Address: PO Box 1042 West Leederville

WA 6901

Tel: (08) 9227 8283 Fax: (08) 9227 8293

Please 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

Founding Editor **Judith Treby Fditor** Jennifer Merigan /Travel Editor

Assistant to the Editor

Printers

Tahlia Merigan

Rural Press

Contributors **Noelene Swain** Vince Garreffa

Admin

Lisa McMahon

Josephine Allison

Brad Elborough

Frank Smith

Colin Barlow

Karen Maier

Hugh Rogers

Tahlia Merigan

Mike Roennfeldt

Jon Lewis

Lee Tate

Production/Graphic Artist Suyin Boehm

Advertising sales:

Advertising Sales Manager

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

Features Manager

Tammy Scott

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Getting the family back together



The Humanitarian Group CEO Helen Pearce

by Frank Smith

WHEN people are forced to flee from their home country due to war or persecution families are often split up. Often wives and children are still in danger and unable to join their spouse or parents in Australia.

Humanitarian The Group, based in Victoria Park, is a not-for-profit organisation that is focused on empowering vulnerable people by providing professional and accessible migration assistance, legal advice and education and in many cases trying to put humpty dumpty together

again.

Humanitarian The Group CEO Helen Pearce worked in commercial law after she graduated, later spending seven years in the US with her husband. When she returned to Australia she began to worry about the way we are treating refugees. As a result she began to study refugee law.

"I have two children and I want them to grow up with a belief in what they do," she said.

Seven years ago she volunteered at the Humanitarian Group and two years later she was

offered a contract, becoming the group's CEO and principal solicitor.

"In March 2013 a change in government policy removed protection from many people on humanitarian visas. This became a baptism of fire for me. As refugee policy changed, the name and scope of the Humanitarian Group changed to meet the new challenge."

Humanitarian Group provided help for people from 80 different countries last year. A major part of the work is family reunion. Getting families back together is a complex process and the government no longer provides funding to help people on humanitarian visas reunite and family reunion is not allowed for people on temporary visas.

Helen Pearce is a finalist in the 2017 Australian Human Right Commission Awards.

She said one of their clients thought his wife and children had been killed. Later he heard that they had been seen on a rubbish dump in Africa.

After a long and complex process, including a DNA test to prove their relationship they we eventually allowed to come to Australia.

the reunion. He smiled for the first time in two

years. "There are also Ebola orphans - children orphaned by ebola in Africa. We should be able to bring them out and unite them with family, such as uncles and aunts in Australia.

The group helps educate visa holders about their rights and obligations in Australia and how to utilise the protection that Australian law offers them. This includes sessions at schools helping children settle in to their new country.

Helen says the organisation would welcome more volunteers.

"It is crucial to provide refugees with advice but we don't have the capacity to help as many as

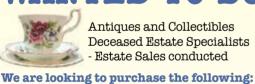
"It is a satisfying area of work and you don't have to be a lawyer. Language skills are also useful but not essential.

"We give volunteers training in cultural awareness and being able to handle the stress of hearing stories of torture and deprivation.'

For further information call 9227 7311 or email helen@thehumanitarian group.org.au



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Communication is the key says veteran television reporter Tina Altieri



Tina Altieri

by Lee Tate

TINA ALTIERI relishes much-varied life, commuting between Singapore and Perth, speaking to audiences across while maintaining focus on her Singapore and Perth families.

Coming up for 30 years as a media performer, television veteran

presenter/reporter has developed a thriving communications business, advising corporate leaders how to deliver successful presentations and best present their

Fresh from advising Chinese corporate captains, Tina is in Perth to speak with business leaders before heading

messages.

back home to Singapore, putting aside time to speak with Have a Go

focus is always family first, the most important aspect of all." she says.

"My work is my other love and yes, I have hugely supportive and understanding husband. We talk often with our boys about the value of work, about commitment and pouring your passion in everything we do. I hope these conversations stick because it's what we really believe in."

Hubby Stephen is a business consultant, born in Singapore and educated in Perth. Sons Jackson, 10, and Sam, 4, go to school in Singapore. During every school holidays, including Christmas, they are all back in Perth, catching up with Tina's mum, brother Dominic and his family.

Twice a year, Tina - still a favourite with TV networks - fills-in for Monika Kos on Seven's Today Tonight. There are also occasional TV specials for Tina to tackle.

At 48, Tina hopes to be able to maintain her energy and interest but says the variety in her life is a factor in her positive outlook.

"I am a working mum but I'm so lucky to be able to do what I love and to have the family we have," she said.

Tina went to Singapore as a teenager on her first overseas jaunt and was stunned by the bright lights and the diverse cultures of South-East Asia. She felt she would always have some connection and keeps a foot firmly-planted in each country.

Tina's diary in corporate communications is kept full without her ever having to advertise or promote herself.

"It's been word-ofmouth. The business is just me and a ridiculously small home office and I have some very loyal clients who reach out when they need me. It's all about the relationships I've built over the past de-

The girl from Girrawheen High School studied broadcasting at WAA-PA and began her career as a radio reporter at 6IX News.

Tina joined the Channel Ten Eyewitness News team, the youngest newsreader in Australia at 19.

She read news on Channel Nine for 11 years before heading to Sydney to present Sky News Australia for two years.

Her assignments for Seven included a travel and lifestyle series called The Wonders of Western Australia and a special on Bali. Tina also supports Seven's Telethon.

Audiences and viewers can relate to Tina. always unflappable before the cameras.

Guided by her mentor and friend Ann Conti. who was reading Channel Nine's news at the time, Tina stood in for Peter Waltham when he left Channel Nine. She presented news alongside Liam Bartlett, Terry Willesee and Peter Holland.

Passionate about communicating effectively, Tina has the runs on the board to train leaders in businesses around Australia and Asia on how to present and pitch more powerfully.

She is often called to be guest speaker at conferences around the world, including the International Congress and Convention Association mega event (around 2000 delegates) and is a conference MC veteran.

Tina says the media landscape changed dramatically in the years she's been in TV but despite criticism there is still a lot to be positive about.

"Things are just not what they used to be and the challenge is in finding new ways to connect and engage with our audiences.

"l'm always heartened when I see experienced reporters and presenters on the job. It's important to have a mix in any newsroom.

"As a junior reporter, I grew tremendously from learning from well-worn, senior journos who understood the craft beautifully. I think it's our role as experienced reporters - to pass that on.

a young presenter or reporter make a mistake but then I realise that person was exactly like me when I started. Anxious, eager to please, nervous about making a hideous mistake on live TV – we've all been there.

"We owe it to the industry to help the ones. the and comers.

"I'm fortunate. I'm do-

ing what I love. I still have the passion for television. If you don't have the passion, I'm convinced it shows," she said.

Tina is active but no gym junkie or committed

jogger.
"I like to swim and do yoga. I'm not great at it but I enjoy it and whether you're in Perth or Singapore there is never a shortage of places to swim or spots to lay a yoga mat."

Tina has long adapted to Singapore's heat.

"I sometimes miss the cool, crisp air of winter but I can get back to Perth often enough and enjoy its special freshness. Luckily, I don't get too homesick. There are a lot of Singapore-Perth links, she said.

Tina says she always had a love of talking and communicating. At 14 she saw her future as telling stories either as a journalist or a

"Being a journalist is a good way of doing that", says Tina.



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Donations of magazines needed for Friends of Royal Perth Hospital

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

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

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

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

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



Stay Sharp Program as seen on Channel 7 Today Tonight

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weeks

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A return to calmer waters for members of the Over 55 Canoe Club



Over 55 Canoe Club members paddle by the Duyfken moored at South of Perth Yacht Club

by Jeremy Haslam

OUR return to calmer waters was not without problems - from one very wintry outing to the last one where it threatened 38°C

At a major club out-

ing to Mandurah the two

groups — mainstream and leisurelies - started at Keith Holmes Reserve and were able to take in the Boat Harbour, the Mandurah Estuary and various canals at their chosen pace.

The members bid a sad farewell to the old Mandurah Bridge and welcomed new Mandurah Bridge. The weather was perfect for paddling, with so much to see.

Of course the much anticipated highlight was lunch at the home of one of our members, joining in joyous camaraderie, supported by lashings of delicious cold meats and salad in fresh bread rolls, cakes, slices and drinks all round. This has become a yearly event and much enjoyed.

The next week saw fewer members braving the elements and the construction works down at Kent Street Weir, to paddle from Masons Landing in the cold and wet. But at least the high water meant that there was a welcome diversion or two off the main river.

The following week was sausage sizzle time. Do they just eat and drink all the time, these ancient Pretending naddlers? they were there for the delightful weather and the prospect of a pleasant trip from the Garratt Road Bridge, a good number of members set off in their two groups for the channels around Ascot Park, ending at Bristile Park for morning tea (more food). A quick look at the Maylands Amateur Boat Builders Yard to ponder dreams fulfilled and thwarted, then back into their maintenancefree craft for the dash to the sausages and the fresh coffee. Another highly social time, with many wives, husbands, and partners – as well as some retired paddlers coming especially for the event.

The next outing was from Deep Water Point the mainstream with group dashing off to the Narrows Bridge while the leisurelies pottered down to the Swan. To everyone's delight the Duyfken was moored alongside the dock at the yacht club, requiring a pause and time for inspection. The leisurelies continued on to Jeff Joseph Reserve for morning tea, meeting the mainstream group back at Deep Water Point for lunch (those mainstreamers were whacked).

The last outing from Middle Swan Reserve downstream drew fewer people (no food) because of the threatened high temperature. As it was the paddle was kept short, with a diversion Blackadder Creek for some. The weather was steamy, but the variable breeze kept the fleet cooler than on land.

Although the club is now full and not anticipating any new members until 2019, if you have any questions please phone club president Kate (9526 2168) or secretary Ken (9447 5624).

Win a \$200 shopping voucher



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

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

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

Look out for these advertisements in

sequential order to discover the blue circled letter to make up the Ad Word.

- 1. Easy Access Kitchens
- 2. WA Museum
- 3. Telecommunications Ombudsman
- 4. The Diamond Club
- 5. Hetherington Funerals
- 6. Willow Creek Mews 7. Finbar
- 8. Unlock Your Block
- 9. Noelle's Animal Care
- 10. Mother Earth Aromatherapy 11. Atwell Arts

Entrants can enter via email win@ haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/12/17.

Congratulations to Margaret Bissett our August winner and Shirley Genefini our September winner.

Big Splash art event to aid young

FOUR times as many young people now present to hospital emergency departments with mental health crises, including repeated selfinjury and attempted suicide, compared to five years ago.

The Big Splash WA initiative aims to help change this with an art event that will take place in the streets, parks and public spaces of Perth and surrounds in 2017.

A huge pod of wildly colourful dolphin sculptures painted by local artists will swim into town as part of a mass public art exhibition to raise awareness and valuable funds for Perth Hospital's Children's child and adolescent mental health unit.

the same time schools will have the opportunity to participate with a smaller dolphin delivered for them to paint.

Schools will also receive a mental health education pack. This is being compiled by clinical experts and provides ways for children to become actively engaged with their own mental health in an age-appropriate manner.

In developing this schools program a collaboration has been formed between a number of mental health and education organisations to ensure the correct content is delivered.

If you are a teacher, parent or grandparent you can get involved. Contact Deirdre Whiston, Perth Children's Hospital Foundation, telephone 9489 1100 email bigsplash@pchf. org.au.

David

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Letters to the Editor

Submissions may be edited for clarity and space.

Dear Editor,

I HAVE been reading Lee Tate's television article in Have a Go News.

First I would like to say there are some ads and shows on TV that I feel strongly are unsuitable.

1 BCF which is very suggestive even though they are the initials of the com-

2 All the betting adverts which will be a problem in years to come with the younger generation. They should not be shown on TV at all.

3 Home and Away has become too objectionable with drugs, sex and many other issues that seem to be tak-

en as normal. At one time the issues were relevant, but now have gone too far in the wrong direction.

Not only that, but as other people have commented there are so many adverts these days during shows that there seems to be more time spent airing them than on the actual show.

I once had Foxtel but that too started to show adverts so I cancelled.

The best shows seem to be on ABC but I do watch a fair few repeat British shows on 72.

Regards.

Margaret Johnson



And we know you

Our staff and volunteers are the ones who know; when to ring the doorbell twice because you may not have heard it the first time; how you prefer your washing to be hung; and even when you like to get a little creative with your artwork.

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Hawkes shares his 48 years of broadcasting in **Mandurah**

RADIO and television presenter David Hawkes is the guest speaker at the next Association of Independent Retirees (AIR) meeting.

He will share story of surviving on air over 48 years.

The meeting will take place at 9.30am on Monday 22 January 2018 at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

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

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

A gene has been found that extends lifespan by ten years...



The Amish hold the gene

by Frank Smith

A CHANCE mutation in a single gene occurred six generations ago to one member of the Old Order Amish community in Indiana USA.

This mutation oc-

curred to a gene called SERPINE1 that makes a protein (PAI-1) that extends lifespan.

Douglas Professor Vaughan of Northwestern University, Chicago, and his team have now studied this mutated

gene in 177 members of the community. Of these 43 carry one copy of the mutation (heterozygous), and seven carry two copies (homozygous).

Heterozygous viduals had significantly longer telomeres. Telomeres are caps at the end of each chromosome which shorten every time a cell divides. Short telomeres are a sign that the body's cells are wearing out and age-

ing.
The average telomere length is highly correlated with chronological age. It becomes nine per cent shorter every decade in most people, however the telomeres of the mutation carriers were on average 10 per

cent longer.

A husband and wife couple is a common ancestor to all individuals identified in the study as having the mutated gene. The Amish live in several communities throughout the US and Canada. They stress humility, family and community, separation from the modern world and almost always marry within the community.

Ancestral records showed that carriers of the mutant gene lived, on average, ten years longer than non-carriers 85 years versus 75 The researchvears. ers excluded individuals who died before the age of 45 to reduce any bias from premature cause

of death, including infection, accidents or in childbirth.

Mice without the SER-PINE1 gene or whose PAI-1 is chemically inhibited are protected from symptoms of ageing including telomere shortening, and live longer.

In the Amish community heterozygous carriers of the mutation had 50 per cent lower PAI-1 levels in their blood than non-carriers, while homozygous individuals for the mutation had no detectable PAI-1.

Amish, who were not carries of the mutation, had similar rates of hypertension and type 2 diabetes to other members of the US population. However none of those with the mutant gene had type 2 diabetes and they had 28 per cent lower

fasting insulin levels. Circulating PAI-1 levels are strongly correlated with fasting insulin levels in the US population.

The carriers appear to be completely protected from diabetes," Professor Vaughan told New Scientist.

Only seven Amish had two copies of the mutant gene and all were under 35, so it is not clear what effect this had on their longevity.

PAI-1 is important in

cell death. In the ageing process senescent cells accumulate in the tissues and contribute to

senility. Drugs that target PAI-1 are already being developed and are currently in early-phase clinical testing in humans in Japan.

There are numerous groups that may benefit from a drug blocking PAI-1," says Vaughan. People with a single copy of the mutant gene appear to be healthy, therefore drugs that reduce PAI-1 activity may well be safe.

The research was published in Science Advances in October 2017.

Vibe lifestylers living longer and stronger



Professor Bob Ziegler at NLV

IN A first for Western Australian older adults - residents of the National Lifestyle Village's Vibe Village in Baldivis - have formed the first class of the new mobile service of Living Longer Living

Stronger. Living Longer Living Stronger manager Phil Airey and instructor Pam Henley were joined by the Council on the Ageing's Professor Bob Ziegler to launch the new service at Vibe Village.

"The Council on the Ageing have operated this program successfully in Western Australia since 2004 in more than 50 fitness facilities and clinics around the state - helping tens of thousands of seniors achieve their best quality and length of life," said Mr Airey.

"This is the start of our newest service which brings our expert level physical training and fun group classes to retirement

Vibe can enjoy the very best on their WANTED

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communities, so se-

niors in villages like

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Professor Ziegler explained how the program can help manage or reduce conditions such as osteoarthritis, osteoporosis, muscle loss, and even cognitive decline.

Instructor Pam Henley explained how she would keep classes lively, interesting and fun while ensuring safety and progress towards goals. Around 20 residents are keen on commencing and have booked in for assessments

"We are interested on bringing the service to as many seniors as possible, and motivating them to live active, healthy and long lives in their communities of choice. National Lifestyle Villages are a perfect partner for this service," Mr Airey

said. For more information on bringing Living Longer Living Stronger to your retirement community or group, please contact the Council on the Ageing WA on 9472 0104.





Volunteer Board Member

An opportunity has arisen for people with management experience and an interest in aged & disability services to take on a position on the Board of Management of Astley Care Inc a local provider of community services in the Gosnells area for over 30 years.

Meetings are held at 9.30am on the third Monday of each month. An information package may be obtained from

the CEO 9490 2393 or anne@astleycare.com.au 'Expressions of Interest' outlining previous experience to:

The Chairperson Astley Care Inc PO Box 645, Gosnells 6990



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

CHRISTMAS brings with it a chance for us to reflect on the joys we have experienced throughout the year. In previous years I have written of my three Christmas This year my wishes. thoughts turn to hopes and dreams.

I am reminded of something I read recently: 'learn from yesterday,

Hopes and dreams - how we can all make a difference to Christmas

live for today, hope for tomorrow'.

This quote, by Albert Einstein, reminds us all to be thankful for what we have right now. Christmas brings with it the opportunity to share and reflect on what we have to be grateful for (and mostly it's the things money can't buy). The new year brings a new beginning and the opportunity to look forward and dream.

There is something almost magical about Christmas in the way it can bring a family together. Never is it more important than at Christmas to know we are loved and supported by our family. Feelings of loneliness can be heightened at this time of year, and this also rings true for our loved ones living with dementia.

Simply being present is one of the best gifts you can give to anyone, but especially so for those with dementia. Don't be uncomfortable. Reminisce about the past through sharing stories, looking at photographs or playing music. Laugh, touch, share, smile. Cognitive damage may take away some of what you have shared, but the relationship, love and memories remain intact. Tap into them to give the gift of joy and meaning this Christmas.

On a broader scale, we can all make a difference to the care and support of people living with dementia across our neighbourhoods and commu-

We know that each week, there are 180 new

diagnoses of dementia in Western Australia; more than one person every hour. My hope for the coming year is that this number will decline. But the sad reality is that it will most likely increase. As such, it has never been more important to focus on the support and care we can provide to people living with dementia and

their carers and families. The landscape of aged care is changing and we must change with it. My team has worked tirelessly this year to in-crease the range and impact of our work, both by directly responding to those with dementia and by increasing our partnerships with hospitals, aged and disability providers, researchers and all levels of government.

More people are becoming aware of dementia and donating their time or money towards research in risk reduction and treatments. We are all heartened to hear that Bill Gates has recently donated \$100 million of his own money to dementia research. Íf you would like to make a difference in your way, you can donate to our Alzheimer's WA's Christmas Appeal by visiting www.alzheimerswa.org. au/make-a-difference.

Hopes and dreams are powerful, and Christmas is the perfect time to embrace these. Hope for a world where people living with dementia and their families will feel supported and valued. Dream for it. Work for it. As Margaret Mead said: "never doubt that a small group of committed citizens can change the world. It is the only thing that ever

This Christmas I wish you hope and I bid you to dream. Be present with those you love and face the new year with hope and energy. I look forward to join with you again next year as we hope, dream and work to build the world we want for those we care about.

Add up the wasted time and just get on with the job at hand



by Jon Lewis 6PR Overnight Presenter Monday to Friday

IT OCCURRED to me at one time that avoiding work actually takes up more time than complet-

Think about it... if you see a job that needs to

be done, you may first spend quite some time considering whether it needs to be done now or could it be done later. And you might spend some more time thinking when 'later' could actually be.

There is also the miserable time spent feeling unhappy at not having completed the job. And even more time taken wishing you could just be done with

it or wishing you could forget it. If you add up all this time it could equal or actually be greater than the time it takes to complete the job.

If you were to put all of this thought in one word, you would have a Scrabble winning collection of letters forming the 19 point winner... procrastination.

Procrastinating rarely has any advantages, certainly none that come to my mind.

Time is precious or at least I believe it should be seen as precious.

In life things that are given without charge tend to be taken for granted. Every day, every hour, every minute we receive free of charge and, perhaps too often, it is all too casually wasted.

"What a waste of time" you might say or "that is an hour I will never get back" perhaps you might even say to someone "another time?"

By the way, there is a great satisfaction in looking back at a job well done and there is even satisfaction looking back at a job that is just done.

At times even looking back at a job done poorly will provide some satisfaction. That at least it is done.

Try this... think about something that needs doing and think about how many hours all up you have spent thinking about it. Now think about how long it would actually take to do it?

Thank you for thinking, for now, I am done! Merry Christmas and all the best.

Antique Fairs Take a step back in time



Craigie: Craigie Leisure Centre Whitfords Avenue, Craigie Sunday 14 January 9am-3pm Entry: Adults \$5 Kids FREE

Fremantle: Italian Club 65 Marine Terrace, Fremantle Saturday 3 February 9am-3.30pm Entry: Adults \$14 Kids FREE

For enquiries phone Fair Co-ordinator Warren 0417 536 472

New kayaking club seeks members

MANY existing canoeing clubs have more than enough members, so a new club is being formed to take the spill.

The Riverpark Kayak Club will begin in March 2018. It is especially designed for mature age people.

The initial format is to welcome people to a friendly, easy and pleasurable Wednesday morning paddle on the Swan, Canning and other local rivers.

Newcomers will be given tuition in quiet water conditions and taught a paddling style with an emphasis on injury avoidance and associated skills.

Kayaking and canoeing are experiencing a peak in popularity and this club should provide people with the opportunity to participate in group paddling.

For further information please contact Ron Jess on 9447 6610.



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For more information on any of our 10 West Australian retirement villages, visit retireinwa.com.au or free call 1800 550 550

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Left to right; Dr Peter Underwood -Karen Majer

by Karen Majer

AS we head into the season of 'on Earth peace, goodwill towards men', it is timely that the Nobel Peace Prize 2017 was awarded to the International Campaign to Abolish Nuclear Weapons (ICAN) for... its work to draw attention to the catastrophic humanitarian consequences of any use of nuclear weapons and for its ground-breaking efforts to achieve a treaty-based prohibition of such weapons.

Western Australian Dr Peter Underwood has been engaged with the peace movement as a leading member of the Medical Association for the Prevention of War

This year's Nobel prize brings hope for peace

(MAPW) since its inception in 1988. MAPW is an affiliate of International Physicians for the Prevention of Nuclear War which won the Nobel Peace Prize in 1985.

"Ten years ago a group of us got together, led by Tillman Ruff, the late Bill Williams, Dimity Hawkins and others," he told me.

"We recognised that the nuclear arms debate had stalled and that the 1970 Nuclear Non-Proliferation Treaty is gutless in the face of the threat."

In a small back room in Melbourne, a few committed individuals took on the monumental challenge of getting nuclear weapons declared illegal, a status already conferred on chemical and biological weapons.

"We recognised that what was desperately needed was a fresh, dynamic thrust to bring the danger of nuclear weapons back into international consciousness, and eventually to get them banned. ICAN was born.

"The achievement by a tiny group, made up mostly of volunteers with a grant from the Norwegian government, is stun-Dr Underwood said.

"Against enormous odds and entrenched opposition from all the nuclear states and Australia, ICAN worked with the United Nations to achieve a ban on the use of nuclear weapons."

On 7 July 2017, 122 countries meeting at the United Nations conference in New York adopted the Treaty on the Prohibition of Nuclear Weapons. The treaty is the first multilateral legally-binding instrument for nuclear disarmament to have been negotiated in 20 years. It prohibits a range of nuclear-weapon-related activities, such as undertaking to develop, test, produce, manufacture, acquire, possess or stockpile nuclear weapons or other nuclear explosive devices, as well as the use or threat of use of these

"Although it has yet to be formally ratified, it shows the collective good will of the United Nations states and highlights the horrendous

weapons.

nature of nuclear weapons," Dr Underwood

Nobel Peace Prize has significant implications. People are acutely aware of the dangers of nuclear war because of the tensions between North Korea and the USA. The world has had seven near misses when we've been seconds away from a nuclear incident since World

"Now is a critical time for people to get behind a global move to ban nuclear weapons.

"That is my great hope - that nuclear weapons will be eliminated."

If you would like to help, you can donate to MAPW or ICAN to support their work, or volunteer your time with MAPW. Talk to family and friends about peace and let our politicians know that Australia should sign up to the Treaty.

"Sometimes we feel that in the great scheme of things our efforts are of little worth," Dr Underwood said. "But the greatest and most powerful ideas and projects have the humblest origins - in the compassionate hearts of men and women."

Let us all join with Dr Underwood and ICAN in that great hope of a more peaceful world for current and future genera-

I wish all Have a Go readers a happy festive season and a peaceful vear ahead.

We're happy little vegemites... and it's the season to be jolly



by Rick Steele

AS one of my long-lost past lovers said to me once: "that was quick wasn't it?"

I am referring of course to the year that has gone. Mamma told me that as

you get older the years goes quicker.

You weren't kidding were you Maa?

December is here already, and soon those gorgeous Christmas albums will be advertised.

I hear Tiger Woods is putting one out this year. It's called; 'I'm dreaming of a white mistress."

Spirit of the Streets choir is rehearsing our Christmas repertoire and getting ready for the numerous engagements (gigs) we have booked for the celebration season.

The department stores

and our favourite hardware stores are already hammering out the specials and 'save, save, save'

I love the cartoon of husband and wife staggering out of shop covered in 'save' signs, and the husband saying: "How are we ever going to pay back what we just saved?"

Yes, friends and neighbours, 'tis the season to be jolly. Perhaps that should be: 'tis the season to be wary? To be caring? To be thankful? To be all of those.

I can still remember JFK at what I think was his inauguration speech, when he said:

"Ask not what your country can do for you, but what you can do for your country.'

My, how things have changed, and with 'Don't push the button Donald' tweeting his little heart out about 'crooked Hillary' and Malcolm trying to work out who was born where, and where their mummy and daddy came from. What's a poor boy supposed to do?

To quote my dear de-

parted Maa again. "Ricky, you have to learn to cope.

I was always Ricky among the family, but when we had visitors, it was: "Richard, please get Aunty Myrtle another cup of tea.'

The Collins Australian Pocket Dictionary definition of cope is to successfully deal with problems or troubles etc.

Yeah, well that's what I'll be doing this Christmas. I will be seeing my family, some of them for the first time in three years. I shall try and be well behaved, polite, keep my carbon footprint small, carry a hanky and change my underwear when required.

I am blessed in many ways but especially that my family all care for each other and have always been so supportive.

Every year about this time I include in my repertoire a Bob Dylan song called, Oh Sister. "Oh sister when I knock at your door, you should not treat me like a stranger.'

I wish to encourage people who are estranged from their family to try one more time to share this precious time on our favourite planet.

All the best to y'all, and I hope you have a wonderful Christmas and a happy new beer!

The teacher asked the class one morning where God lived.

Jennifer put her hand up immediately. "Miss, Miss Ooh I know!"

"Well?"

"In the bathroom Miss." "Why, do you say that?" Said the teacher.

"'Cause every morning dad bangs on the bathroom door and says, God, are you still in there?"

Cheers dears



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B













The city comes alive this Christmas and New Year as streets and malls light up and transform for you to explore. It is the perfect place to celebrate the season your way, with 52 days of events and activities.

CHRISTMAS LIGHTS TRAIL

Throughout the city

Until 25 December

FREE, Family friendly

Take a journey to discover the new Christmas Lights Trail. Be mesmerised as malls, streets and parks across the city brighten with animated lights, projections and lively festivities.

CHRISTMAS PROJECTIONS

St George's Cathedral, Cathedral Square



Until 23 December FREE, Family friendly

With a brand new location in 2017, the enchanting animated projections will light up the facade of St George's Cathedral, enhancing this beautiful building's features with colour.

NORTHBRIDGE OUTDOOR MOVIES -**FESTIVE FLICKS**

The Piazza, Northbridge



Every Saturday, until 30 December

FREE, Family friendly

Check out one of the nearby restaurants or grab

some tasty takeaway and pull up a beanbag for free double-feature* movie screenings at 5.30pm and 8.30pm. All your Christmas favourites will be featured.

*25 November and 30 December 5.30pm screenings only.

CHRISTMAS CARNIVAL

Forrest Place



9 to 10 December

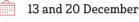


FREE, Family friendly

The carnival is coming to town and it's bringing a truckload of Christmas fun with it, including free rides and activities for the whole family to enjoy. It's the perfect day for some festive family fun.

BRASS ON THE GRASS

Victoria Gardens, East Perth



FREE, Family friendly

Head to the beautiful surrounds of Victoria Gardens to enjoy the smooth sounds of the City of Perth Band performing Christmas concerts.

CHRISTMAS NATIVITY



Supreme Court Gardens



20 to 22 December

FREE, Family friendly

At a brand new location in 2017, bring your picnic rug and share in the story of Christmas, brought to life on stage with hundreds of performers, live animals and Christmas carols at Supreme Court Gardens.

CHILDREN'S CHRISTMAS SERVICE

St George's Cathedral, Cathedral Square

16 December

FREE, Family friendly

See the traditional story of Christmas unfold as your children take part by dressing up as angels, shepherds, animals and kings for the annual Children's Christmas Service at the Cathedral

CHRISTMAS DAY SERVICES

St George's Cathedral, Cathedral Square

25 December

FREE, Family friendly

The Cathedral's two Christmas Day services are varied in style with an 8am Holy Eucharist and congregational carols, and a 10am Choral Eucharist with full choir and congregational carols.

■ Songs and sounds

Bring your Christmas cheer and raise your voice at a feast of carol and musical events this season.

WAYO CHRISTMAS SPECTACULAR

His Maiesty's Theatre

13 December

Ticketed, Family friendly

CITY CAROLLERS

Murray Street and Hay Street Malls



FREE, Family friendly

WASO SYMPHONY IN THE CITY

Langley Park

16 December

FREE, Family friendly

IGA CAROLS BY CANDLELIGHT FOR VARIETY

Langley Park



FREE, Family friendly

Markets

The market scene is bursting at the seams this festive season - there truly is something for everyone.

TWILIGHT HAWKERS MARKET

Forrest Place



8 and 15 December

FREE, Family friendly

PERTH HOME GROWN

Murray Street Mall

Every Sunday, except 31 December

FREE, Family friendly

MADE ON THE LEFT CHRISTMAS MARKET

Perth Cultural Centre 9 and 10 December

FREE, Family friendly

Accurate as at time of print. Details subject to change. Go to visitperthcity.com for details.







Heritage Corner: It's summer - let's celebrate our beautiful beaches

ENJOYING the beach and the positive health benefits of the sea, the sand and the sun was not a new concept when Australians Western started flocking to our golden shores to escape often-unrelenting summer heat.

Dr Robert Wittie, a Beverley (UK) Grammar School graduate became the first person to advocate the health benefits of sea water. In 1667 he advised gout sufferers to bathe at Scarborough in

Yorkshire, where a mineral spring flowed into the sea. Because of the infiltration of seawater, this spring had a salty taste and was consequently considered to be a cure for all manner of ills. No doubt, this early advocacy established the belief that the sea was indeed good for our general health.

Closer to home, in September 1886, a beach district in Perth was named Cottesloe by Sir Frederick Broome (Western Australia's Governor 1883 - 1890). He chose the name Cottesloe in honour of the brother of Captain CH Fremantle who became Baron Cottesloe in 1874.

With the rise in popularity of going to the beach, or seaside as many Perth residents called it, as a form of recreation, Cottesloe beach began to attract residents and day visitors. In 1872 the Perth to Fremantle track was transformed into a road, making access to the beach much easier.

In 1906 a jetty was constructed at Cottesloe beach. It reminded new Australians of the ubiquitous seaside piers of their European homelands. These memories inspired locals to nickname the jetty and location: 'the Brighton of the West'.

News of the jetty spread and the beach gradually became a popular venue for sea bathing, and indeed mixed sea bathing. It is not really surprising that the growing trend was met with grave disapproval. Records from 1903 indicate Australians were only allowed to visit public beaches for bathing during daylight hours and not at all on Sundays, Christmas and Easter - a rule which was eventually revoked in the 1920s. You can imagine with such strict regulations, what the response would be to men and women sharing the same water... heaven forbid! To address the problem and calm complaining beachgoers, the council erected a notice which many felt was not

The notice read:

enough to stop the pos-

sible degradation of so-

"Regulation costume for Men and Women; dress of dark material - serge, flannel or flannelette extending over the shoulder to the knee. Those in swimsuits should not loiter on the beach or on the jetty. Private boxes are permitted on the beach on payment of annual rent of £1, or 10s for each additional room.'

Mixed bathing was finally permitted in the 1940s.

Before then, however, there was another very pressing need for beachgoers, that of safety. So many people entering the water were inexperienced and those who were, were mostly unfamiliar with the dangers of our coastline.

started when the plank road from the Main This led to the forma-Street electric tramway tion of the Surf Lifesavto Niookenbooroo (now ing movement in Westcalled Innaloo) was com-

ern Australia, which was

founded at Cottesloe beach in 1909. A club-

house building was com-

pleted in 1912, opposite

the Cottesloe Hotel, on

what was then called

(now Marine Parade).

Membership quickly grew

to 50 by 1914, however

the outbreak of the WWI

meant 80 per cent of

members left to defend

the Empire. That did not

stop the movement in WA

and since 1909, 31 Surf

Life Saving clubs have

been established around

the State, including at

another of our beloved

the Scarborough area

The development in

beaches, Scarborough.

Terrace

Swanbourne

pleted in 1912. Up until 1920 access to Scarborough was either along the plank road, followed by a bush track to the coast or alternatively a bush track around the western side of Herdsman's Lake from Subiaco railway station. During the summer months visitors used to travel along these routes to the beach in horsedrawn vehicles.

In 1932, the Perth Road Board officially opened The Esplanade, also known as The Promenade. As it was bituminised, more visitors and residents were attracted to the area and Scarborough leaped ahead.

The Scarboro Surf Life Saving Club opened in January 1934. However, before then, this popular stretch sand was governed by

beach Appointed in 1932, his roles included recording the names of male bathers who dared to roll down the tops of their swimming trunks. It was three-years later before men were officially given approval to be bare topped on the beach. How things have changed.

For more information about Perth's heritage, visit www.heritageperth. com and follow us on www.face Facebook book.com/HeritagePerth or twitter.com/heritagep







9 Lessons and Carols

Monday 18 December at 7.30pm The traditional festival of Nine Lesson and Carols, sung with the Geogorian Singers. The service is followed by champagne reception and mince pies.

Family Nativity Service

Christmas Eve at 5pm

A short family service where all the children can take part in a nativity play (costumes provided) and sing carols

Carols & Midnight Mass

Christmas Eve with carols at 10pm Midnight Mass to follow at 10.45pm

Christmas Day

Traditional Holy Communion at 10.15am

www.stpatricksmtlawley.com



NEW YEAR'S EVE CONCERT UNDER THE STARS

TRIBUTE



Enjoy a great night out - Tickets from only \$59.00!

BOOK NOW | 9573 3777 www.elcaballo.com.au

DON'T DRINK AND DRIVE - CARAVAN AND CAMPING SPACE AVAILABLE SHUTTLE SERVICE FROM PERTH TO THIS EVENT - BOOKINGS ESSENTIAL

3349 Great Eastern Highway, Wooroloo





CHRISTMAS FUN AND GAMES



CHRISTMAS FUN FOR JUST \$10

Every day
Until 24 December

Members can jump on board the Crown Bus for just \$10, and get transport, a Christmas buffet lunch at Carvers plus bonus vouchers for extra fun.

Visit crownperth.com.au



\$10 Fun Pack still runs after 24 December 2017 with regular Carvers Buffet. \$10 Crown Rewards member price, \$15 for non-members, excludes bonus vouchers when you travel on the metro service. Visit crownperth.com.au for details.



\$5 WINES

Every day

Casino bars

Enjoy wine and sparkling from just \$5, or beer from \$8.

Join us for a drink today.



Fusion

meshbar

gícove

Not to be used in conjunction with any Crown offer or discounts including tiel Crown Rewards member discounts. Not available at EVE and MINQ.



FESTIVE MENUS UNDER \$20

Every day

Lunch or dinner

Enjoy delicious selected menus, with mains from just \$14.95.

Value never tasted so good.

Market &co

JUNCTION GRILL



Conditions apply. See crownperth.com.au. Available daily for a limited time. Excludes upper menus. Not to be used in conjunction with any other offer or discount. Images for illustration purposes only. Jungtion Grill and 88 Nordla Bar are 18.4, yearuse.



MAKE YOUR CHOICE (AND CHECK IT TWICE!)

Fridays and Saturdays, 1 - 23 December

Dine or play to earn entries, then be at the 8pm, 9pm and 10pm draws for your chance to win cash and prizes.

Have you been naughty or nice?

Conditions apply, see crownperth.com.au. You must be present to win



DID you watch Little Big Shots on Channel Seven? That was smart programming – clever choice of genuinely talented youngsters and short segments with a host, Shane Jacobson, who can relate to little kids who aren't fazed in front of the cameras.

It's a program centred on kids but for everyone. How about a program centred on seniors for everybody?

I reckon it might have

The Australian Museum of Motion Picture

and Television, Western Region Inc

Classics of the Silver Screen

2017 Film Program presents for your pleasure

White Christmas

starring Bing Crosby and Danny Kaye

Monday 11 December

Live organ music before the show

Admission; Members \$5 Seniors \$8 Public \$10

Grand Cygnet Cinema, Preston Street, Como

Ph 9367 1663

Doors open 9.15am Screening starts 10am

Email: waregion@ammpt.asn.au or write to

The Secretary, PO Box 5147 Dalkeith WA 6009

Preserving the rich heritage of Western Australia's Moving Image Industries

TV Talk with Lee Tate

legs. If done correctly.

We already have a television show for old stuff –

Antiques Roadshow, one of the world's most popular shows

There are zillions of shows for sports, plenty of programming for women and, of course, there was Young Talent Time which was Australia's longestrunning continuous TV program.

TV programs can be age-specific but who wants to watch crinkly old dodderers attempting to relive their younger years?

That's not what we want. Seniors have experience and valid opinions. Plenty find new talents. It's a matter of choosing

the right, bright, talented people.

Seniors in Europe, Asia and America excel on the media and in public life. They are given the opportunity but they've earned it. They are good talent.

We have plenty of talent to choose from, of course. The program wouldn't focus on seniors for the sake of being seniors. It would feature fascinating folk who are seniors.

Such a program could perhaps have a mixed-gender panel of modern thinkers, innovators and motivators. They wouldn't be hard to find and they could be an inspiration to old and young.

Australian entertainers are, of course, world-class. Many senior singers, dancers and comedians still perform. Those who aren't are generally itching to get up. There's a bottomless pit to choose from.

We just don't want to see oldies who are passed it making a frail attempt. For genuine performers we could have little flashbacks.

Visiting overseas innovators, entertainers and past stars would be guests, revealing something about their lives since they left the limelight. Some would just be interview subjects, some would perform.

Our program could talk to sports stars with useful tips for seniors and aspiring new talent.

There is so much from the past that can be passed on to wide audiences – without lecturing. History is not bunk. You just have to choose the interesting bits and make it short. TV viewers, undoubtedly, want something more than the shallow programming that dominates so much of the

It is, naturally, a matter of economics. But corporates support seniors. So do governments. Just look at their advertising, sponsorship and support in seniors' outlets including Have a Go News.

Seniors are mature and interested and active. They shop, the attend activities, they travel. Big-time.

There would be no shortage of advertisers for seniors' TV programming if it's done the right way, focusing on the genuine talents, the correct issues and with producers and presenters in the right frame of mind. People who are 'with it'.

Naming the program would be a key challenge. While it centres on seniors and features seniors, it should have a name that has widespread appeal.

Little Big Shots was a masterstroke. They didn't call it Our Young Stars or Kids Do It Better which might suggest little kids struggling to be stars.

Forget Golden Oldies or even seniors in our title. Perhaps something like: That's Life! or Timeline.

Ed's note - We had a program called *Have a Go TV* in 2006 which featured all of the above.

What do you think? Perhaps we should transmit it to the networks. Email me your ideas leet ate@live.com.au

Free help available for landline issues

A WORKING landline phone service is a necessity for many Australians. In the last financial year one quarter of the 13,623 complaints Western Australians made to the Telecommunications Industry Ombudsman, were about a landline service issue.

Organising a landline phone service install or repair can be complicated, frustrating and time consuming, but free help is available.

WA residents Jeff and Hazel* recently purchased a property in a location with poor mobile phone coverage and satellite internet service. They had a contract with Green Phones* to connect a new landline service which would also be used for Jeff's business.

The new landline service required digging, trenching and cabling works at the new property. Four months after the scheduled start date the landline service was still not installed so Jeff lodged an online complaint with the Telecommunications Industry Ombudsman.

Jeff said he and Hazel were frustrated dealing with Green Phones because of their staff's lack of knowledge about the works to be completed, their lack of accountability and the difficulty he and his wife had communicating with them.

When the complaint was not resolved at first contact with Green Phones the Telecommunications Industry Ombudsman started conciliation. The aim of conciliation was to progress the installation of the landline service as quickly as possible and for Green Phones to establish an interim service at Jeff and Hazel's property.

The Telecommunications Industry

Ombudsman sought an explanation from Green Phones as to why the trenching work had not started and who was responsible for this work. In response, Green Phones provided information about the costs of possible solutions including a satellite voice service or the installation of a copper extension.

The most viable solution was a copper extension but the works would take time. Green Phones offered Jeff and Hazel an interim satellite service but despite requests from the Telecommunications Industry Ombudsman to fast track this, the interim satellite service was not installed.

Jeff and Hazel's frustration was compounded further when technicians twice failed to meet appointments, leading to the postponement of business meetings in Sydney. The ongoing delays meant their case progressed to a Telecommunications Industry Ombudsman investigation.

Ultimately, Green Phones successfully installed Jeff and Hazel's landline service before the interim service was ever delivered. Jeff accepted a credit for all connection charges and payment of over \$7,700 under the Customer Service Guarantee Standard.

If you are a residential consumer or small business owner like Jeff and Hazel you should firstly aim to resolve your complaint with your phone or internet provider.

If the complaint remains unresolved visit the Telecommunications Industry Ombudsman at www.tio.com.au or call 1800 062 058.

*Names of individuals, organisations and companies have been changed.

Do you have a problem with your phone or internet service?

The Telecommunications Industry Ombudsman can help.

The Telecommunications Industry Ombudsman provides a free and independent dispute resolution service for residential consumers and small businesses who have an unresolved complaint about their phone or internet service.

Call us: 1800 062 058*

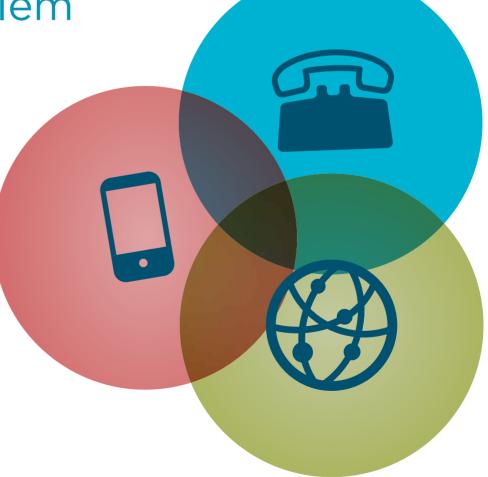
Go online: www.tio.com.au

S-Q-3 Interpreter

Interpreting sevice: 131 450



For more information, visit www.relayservice.gov.au









Sterling New Life can offer you a path to care-free retirement. When there seems to be no end to debt or housing worries, our affordable housing solution allows you to free up cash to enjoy an improved lifestyle today.

THE SMART HOUSING SOLUTION: ENQUIRE ABOUT A PROPERTY NEAR YOU



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2 Bedroom, 2 Bathroom Available from \$195,000* Contact Andy on 0427 087 660



DAYTON 18 Topaz Road

3 Bedroom, 2 Bathroom Available from \$230,000* Contact Kevin on 0416 267 558



GREENFIELDS Unit 3/22 Kwella Entrance

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HEATHRIDGE 6/103 Caridean Street

3 Bedroom, 2 Bathroom Available from \$303,500* Contact Mark on 0418 952 250



ALKIMOS 45 Zodiac Drive

3 Bedroom, 2 Bathroom Available from \$204,500* Contact Mark on 0418 952 250



SOUTHERN RIVER 18 Buncrana View

3 Bedroom, 2 Bathroom Available from \$232,500* Contact Kevin on 0416 267 558

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Call us on: 1300 665 890



Hugh Rogers, Council State President

Seniors Recreation Council of WA (SRCWA) would like to congratulate our state president Hugh Rogers who has been nominated as a finalist in the 2018 Western Australia Senior Australian of the Year Awards. Hugh has been volunteering with SRCWA for 25 years and has been the state president since 2001. Hugh's vi-

sion, creativity and initiative have helped SRCWA achieve success with its programs which assist thousands of people to stay healthy, connected and part of their community. We wish Hugh all the best in the upcoming award ceremony. SRCWA Executive Officer - Dawn Yates.



Have a Go Day 2017, a LiveLighter Event Celebrating 25 years in Burswood Park

Have a Go Day 2017, a LiveLighter Event was held on Wednesday 1 November in Burswood Park. This was the 25th anniversary of the event in the magnificent grounds of Burswood Park and the weather was awesome. The feedback from people hails it as the best Have a Go Day ever.

Over the years the event has grown dramatically from a small event held around the sound shell to stretching along the river. This year there were 230 site holders and many thousands of people participated in a mixture of activity, information, health services and hospitality sites. Thanks to the Public Transport Authority, Burswood Management Aquatic Group and Sport and Recreation camps division for special permission to include canoeing on the river. Thank you to our major partner Healthway, which promote the LiveLighter message.

A wonderful team of volunteer coordinators work tirelessly for 12 months and spend three 12 hour days organising this amazing event. We would like to pay tribute to all those who have contributed in the development and presentation of our flagship event. The coordinating committee organise the layout of the event, manage the transport, shuttle busses and parking, coordinate different areas around the grounds, manage set up and pack down and so many other jobs it would be impossible to name them all. SR-CWA would also like to thank the many volunteers who came on board on the day, our volunteers, people from Have a Go News, SRCWA branches, Sport and Recreation WA staff and others who kindly assist with the many jobs required to manage such a large event. We would also like to thank the trustees from Wooroloo Prison who help set up and pack down the event. Have a Go Day would not be possible without all these

A bia thank you to Lotterywest which supported us with a grant and to Dept of Local Government, Sport and Cultural Industries and Dept of Communities for their ongoing support.
We extend thanks to our media partners for

their wonderful support and promotion of Have a Go Day - Have a Go News, Channel 7, Channel Seven's Home in WA, 882am 6PR, Sport and Recreation WA and Curtin 100.1fm.

The official opening was emceed by 6PR's Simon Beaumont and opened by Minister for Seniors and Ageing the Hon Mick Murray MLA. The WA Police Pipe Band played the National Anthem and then followed SRCWA vice president Phil Paddon for the official walk with members of the Over 55 Walking Association, walkers from the Heart Foundation, COTAWA mall walkers and many of the public.

This year the entertainment stage sponsored by Sterling New Life was located in the middle of the grounds in a perfect location accessible from all directions. The entertainment was emby Terry Bennetts and the line-up included Laura Downing, Terry Bennetts, the WA Police Pipe Band, the Prime Movers celebrating their 30th anniversary, Rock n Jive, WA Bush Poets and Yarnspinners and Trinity School for Seniors Ukulele group. The crowds throughout the day enjoyed the line-up and many participated in demonstrations by Prime Movers and Rock n Jive.

MAJOR PRIZE WINNERS

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

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

3rd Prize donated by Telstra Australia – Samsung Tablet and pre-paid sim card: Marilyn Potter 4th Prize donated by Channel 7 Perth - Familv pass to RAC Christmas Pageant including VIP

function at Government House: Barbara Tan 5th Prize donated by Sizzler Australia - \$200 Gift Card: Irene Yek

On behalf of everyone at SRC we wish to express a huge thank you to all our valued sponsors and supporters who provide the means with which to make Have a Go Day, a LiveLighter Event a success.

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

An ironic stamp on crime



by Mickel Smits

LAST month I introduced the most infamous and skilled stamp forger ever known, Giovanni de Spe-

He fled the Italian authorities and set himself up in Paris following an expose on his forgeries published in 1909 by a German philatelic journal. He changed his first name to Jean, worked as a labourer by day and after hours studied and acquired further expertise in papers, chemical treatments, printing techniques and photography, thereby improving his ability to produce extraordinarily convincing forgeries of rare stamps.

HAVE-A-GO NEWS No. 309 DECEMBER 2017

Ironically however, his talent for philatelic deception, contributed to his undoing in a way he undoubtedly did not expect. In 1942, now aged 58 and by then forging a very comfortable living for himself, the French postal and customs authorities intercepted a package of 18 forgeries he had sent to a dealer in Portugal.

Valuers considered the contents were genuine and worth in excess of 60,000 francs. He was charged and convicted for exporting capital without a licence and evasion of customs duties. He appealed, claiming the stamps were just artistic works and not genuine. His appeal set in motion a legal drama that would span a decade.

An eminent philatelist, engaged by the court, deemed the stamps to be genuine, reported that the catalogue value was about 275,000 francs, yet he considered they would retail for 300,000 due to their superior

The stakes had now been raised against Sperati, a predicament of his own making. Not to be outdone, in a subsequent appeal, he cunningly presented three more identical sets of the so-called genuine stamps in question. They differed in no respect whatsoever including their postmarks. The court was forced to bring in another renowned philatelist who in turn formed a committee of experts. The outcome was that they found: "these reproductions are such as would deceive even an advanced collector who has not available the material means to compare such pieces.

Sperati then was charged for fraud. However, it was not illegal to produce imitations of stamps as long as they were endorsed and sold as such. He contended he produced them to satisfy his passion for stamps and creating fine art while also assisting collectors by selling them at a fraction of the genuine article's price. He conceded that while, on this occasion, he was at fault by not annotating on

the back of his forgeries that they were such, he would make all efforts to diligently do so in future.

Meanwhile, his trials received international attention and publicity particularly in the philatelic press. Orders for reprints of his forgeries streamed in from around the world. Business could not be brisker and he wallowed in the tributes paid by collectors for the exacting care he took to provide such superb quality imitations.

In the end, he was convicted on a minor (nuisance) charge with a modest fine. He'd made his stamps, and licked 'them' too.

For more information phone 9325 3252 or email smits@westnet. com.au

Trans-Australia line 100th anniversary commemorated with a special coin release



by Mickel Smits

MY EARLIEST memory of a favourite TV show is Casey Jones, the tales of a pioneering railway engine driver who courageously criss-crossed midwest America in his smoke-billowing ironhorse, the Cannonball Express.

İ still remember the lyrics of the show's theme song, the Ballad of Casey Jones. You may imagine

then my excitement as an eight year old when my parents announced we would be making the move from Adelaide to Perth and travelling on the Trans-Australia Railway. It turned out to be a very long and uneventful journey - we did not encounter any marauding Red Indians, gangs of train robbers or stop to rescue a damsel in distress tied down across the track.

To celebrate the 100th anniversary of the opening of the Trans-Australia line, the Royal Australian Mint has released special edition gold, silver and aluminium-bronze coins featuring the old train steaming across the Nullarbor horizon.

The railway line was the first major infrastructure achievement of the newly-formed Federal parliament. Its construction however was a precondition negotiated by Lord John Forrest before Western Australia agreed to join the Federation in 1901. In those days, WA's isolation required travellers and freight to transit by ship across the Great Australian Bight, a long and sometimes harrow-

ing journey. For the railway to proceed. South Australians also had to agree and legislate for the service to pass through their state. Federal legislation to enable the surveying of the line was passed in 1907, in 1911 approval to proceed was granted and a year later a team in Port Augusta began construction of the 1700 km standard gauge track, with another heading eastwards from Kalgoorlie six months later. The immense distance and harsh, desolate Nullarbor plain where extremes of heat and cold were to be endured along with flies and typhoid all took their The advent of World

War I impacted the supply of materials and combined with strikes and political turmoil, progress was further hampered. The estimated £4 million cost blew out and what was expected to take three years to complete eventually took five. The east and west teams met up in October 1917 at the tiny settlement of Ooldea, 860 kms west of Port Augusta.

At first the passenger service was known as the Great Western Express and later the Trans-Australia. With the line being narrow gauge from Adelaide to Port Augusta and likewise Kalgoorlie to Perth, passengers had to change trains at Port Augusta and Kalgoorlie. In 1970 the Indian Pacific service was inaugurated and ran on standard gauge track all the way across the country. Hence there was no longer any need to switch trains, which for me were the only memorable moments I recall of my journey, other than arriving at Perth station.

For more information phone 9325 3252 or smits@westnet. email com.au

Lifeline WA extending services through the metro area

LIFELINE WA's separation and bereavement counselling is available to families and individuals, including children, at the Northbridge and Whitfords locations, and can additionally be accessed statewide via telephone and video

The service will be extended to two new locations in Ellenbrook and Byford in January 2018. This will ensure more people can access face-to-face separation and bereavement counselling in the greater Perth region.

also highlights

Lifeline WA's continued commitment to supporting vulnerable populations as part of their mission to support people in crisis and create opportunities for emotional well-being.

Lifeline WA chief executive officer Lorna MacGregor says separation and bereavement counselling are an integral part of Lifeline WA's services.

"Marital separation, divorce, and bereavement are highly stressful events in a person's life," she said.

"Providing prevention services to those most at risk relieves distress and empowers people to make positive life decisions.

bereavement counselling can be made directly by individuals or through by an agency. Contact Lifeline on 9261 4444 or email recep tion@lifelinewa.org.au.

NB: Lifeline's 24-hour telephone crisis line 13 11 14 is pronounced 'thirteen eleven fourteen'

For 24/7 crisis support or suicide prevention services, call Lifeline on 13 11 14 or visit

Need Cash? Referrals to Lifeline WA's separation and www.lifelinewa.org.au We Buy Unwanted Jewellery

Е

Turn all that unwanted **Gold & Diamond** Jewellery in to Cash.







PERTH GOLD AND JEWELLERY BUYERS C4/165 Grand Boulevard, Joondalup Contact us: +61 (8) 9301 5880

licence nr. 00001330



CAVERSHAM WILDLIFE PARK

Community NOTEBOOK

CITY OF GOSNELLS

A Travel Club for Gosnells residents aged over 55. Meets first Friday each month at Addie Mills Centre 2 Astley Street, Gosnells. Enq 9391 6030

For more info email commsjobs@gosnells.wa.gov.au

VOLUNTEER POSITION

The Carradine Choir Armadale would like to hear from a suitably talented pianist interested in filling the position of accompanist to our community based choir. Details June 9496 0319 or Glynes 9390 8045

ED CONNECT

For one hour a week help make a positive difference in a young person's life. Become an Ed Connect volunteer and help out at your local school. Ph 9444 86466

www.edconnectaustralia.org.au

EOS SOCIAL CLUB

Invites 50+ singles to join them for a variety of social activities incl a monthly social evening at South Perth A great way to make new friends. Ph Jan 6250 0885 admin@eosclub01.com

CHRISTMAS CAROLS AROUND TOWN BASSENDEAN

Sunday 17 Dec 7.30pm

Bassendean Oval (Steel Blue Oval)
Free programs, candles may be purchased at event.
No pets please

BAYSWATER

Saturday 16 December Halliday Park Coode Street, 5pm onwards, programs and candles available for gold coin donation. Non-perishable food items welcomed for Vinnies Christmas Food Appeal

СОМО

Sunday 17 December, 6.30pm-9pm Neil McDougall Park, Ley Street Como Cost gold coin donation. Hosted by South Perth Lions Big Band

COTTESLOE

Sunday 17 December, 7pm BYO picnic on the Cottesloe Civic Centre Main lawn 6pm

LAKE MONGER

Thursday 14 December 4pm-8pm Lake Monger Drive Wembley Free event.

TOODYAY

Sunday 17 December 7.30-9pm
Duidgee Park Toodyay Free entry
Donations to Salvation Army can be placed under the tree on the day.

NEW YEAR'S EVE CELEBRATIONS

ROCKINGHAM

Sunday 31 December, 5pm-12am Fireworks, live music, childrens activities etc Churchill Park, Rockingham Beach Event is smoke and alcohol-free

MANDURAH

Sunday 31 December Fireworks 9pm and midnight. Live DJ all night, entertainment, activities and amusements. Event is smoke and alcohol-free Please leave pets at home.

ALBANY

Sunday 31 December 4pm-9pm Anzac Peace Park, Albany Spectacular firework display over Princess Royal Harbour.

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

Add life to your years...

A directory of sport and recreation for over 50s



To obtain a free copy of the 20th edition

Add Life to your years directory please
contact Dawn at the

Seniors Recreation Council on 9492 9773
or email info@srcwa.asn.au

#309 December edition PUZZLES Solutions

6	8	9	4	3	5	2	1	7
2	3	4	7	1	6	5	9	8
1	7	5	2	9	8	3	6	4
8	9	7	6	4	3	1	5	2
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3	4	1	8	5	2	6	7	9
4	6	2	9	8	1	7	3	5
7	5	8	3	6	4	9	2	1
9	1	3	5	2	7	8	4	6

V O C A L U М L TEND P H A R A O H S В RENTA L E A D S O N J A C K U $R \mid E \mid F \mid E \mid R \mid E \mid E \mid D$ V | E | T | Ε DEDU D С O L

Wheel Words: : Alar, Aura, Rant, Runt, Tart, Turn, Altar, Attar, Aural, Lunar, Ulnar, Ultra, Antral, Rattan, Tartan, Truant, Natural, Tuatara, Tarlatan. 9-letter word: TARANTULA

Alphabet Soup: Zelda, Jacqui, Evita, Phillis, Becky, Frieda, Gwen, Donna, Meryl, Alexa.

Have a Go News Quiz Page 2: 1 Crown Casino. 2. Jennifer Merigan. 3. Hawaii. 4. Brisbane. 5. Adrian Barich. 6. Queensland. 7. Ben Roberts-Smith. 8. 1994. 9. Peter Dutton. 10. 7.6m.

Five BIG reasons to consider a smaller funeral home

We work harder to earn your business.
We can't afford to provide anything less than
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You're not just our client, you're our boss.

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GREAT HOME and GARDENING

ADVERTISING FEATURE



Indoor plants make the perfect gift with surprising health benefits











Left to right; Cast Iron Plant - Moth Orchid - Lady Palm and Calathea - Arrowhead and Calathea - Peacelily

by Colin Barlow

ONE of the biggest trends at the moment are indoor plants, whether you are on Facebook, Instagram or Pinterest, everybody is going crazy for them and they make wonderful gifts for Christmas with surprising benefits for your health.

Why has there been a revival in interest in in-

door plants you may ask? Many people of my generation grew up with a plant on the windowsill, in my case a prickly pear cactus, or even on top of the old big television set, this time

a rubber plant. Then they tended to disappear for a generation as they were seen as a little boring or square. For a number of years interior design has tended to focus on the colours, furnishings and layout of our home rather than indoor plants, but that has all changed for the better.

Indoor plants are now popular again with younger people. As many of them live in smaller homes, apartments or are renters, they are less likely to have a garden or be prepared to spend money and time on one that doesn't belong to them. Indoor plants add a personal touch to your home that you can take with you when you move, so are perfect for all ages and stages of life especially if you have downsized.

So what are the benefits of indoor plants and which ones are the best to grow? Let's take a look.

Studies by NASA in the 80s and 90s suggested that some indoor plants may reduce levels of indoor air pollution in homes and offices by absorbing potentially harmful gases, such as formaldehyde, benzene and trichloroethylene, emitted by home furnishings.

Some of the best plants to help reduce these toxins were the golden cane palm, lady palm, bamboo palm, dwarf date palm, dracaena deremensis 'Janet Craig', philodendron spp, Boston fern, rubber plant, spider plant, ficus macleilandii 'Alii', chrysanthemum and peace lily.

The biggest problem with growing plants successfully indoor is inadequate light. Most plants will survive if they get adequate bright light or early morning sun away from hot uncovered north facing windows. You can still

grow plants in more dimly lit areas of your home, but you will need to give them a spell outdoors in a partially shaded position or move them to a brighter spot every couple of months, otherwise they may deteriorate. You should always choose plants that will grow in low light for the best results; many of these come from rainforest environments where they grow in lower light conditions.

My pick of the best plants for low light include: devil's ivy, dumb cane, ZZ plant, Chinese evergreen, Calathea spp, Maranta spp, parlour palm, heartleaf philodendron, cast iron plant, corn plant, Boston fern, peace lily, Anthurium, English ivy, arrowhead vine, Swiss cheese plant, moth orchid, spider plant and Hoya.

So this Christmas why not buy your loved ones or even treat yourself to an indoor plant or two? Check out your local hard-ware store or nursery for the extensive range available and even try teaming it with a beautiful ceramic pot to make the perfect Christmas gift.

Even the owners of commercial properties are now seeing the long-term benefits of using real indoor plants within their buildings. I have just designed some creative indoor displays including an in-situ balcony planter, trellis screen and numerous potted displays within the new inner city bar and restaurant Market Grounds, which is built on the site of the old Perth produce markets between the Perth Arena and new bus station. So if you are looking for indoor plant inspiration why not check it

I hope that you have a Merry Christmas and a happy and prosperous New Year.



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Have a Go News provides mature Western Australians with quality lifestyle information for them to live a healthy and fulfilling life

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*Conditions apply. May also include offers and promotions throughout the month.

classes AND courses Avertising feature

Don't give up on exercise - try simple slow movements

OLDER people often give up exercising. It's too hard, too difficult, too hot, too cold - my back aches or my knee is stiff or I haven't got the energy.

The simple, slow, small movements used in the Awareness Through Movement® lessons can be done safely while sitting, lying, standing or kneeling. Everyone learns at their own pace and rests when they need to. If some movements are too difficult, they can be done in imagination only. There is no pressure to compete, just playing and exploring what is easy for you and learning how to make it even easier.

We all have habitual ways of doing things, we couldn't exist without them, but as we get older they become stronger and deeper. We even sleep in our habits.

Simply being right or left handed has a huge effect on our skeletons. Protective movement patterns from old, long forgotten injuries are another form of habit. These layers of habits slowly pull us more

out of alignment as we get older.

The Feldenkrais Method® offers many gentle non-habitual ways of doing activities that can release us from these faulty habits and make us more efficient in everything we do, even helping our balance.

This is neuroplasticity (being able to change the pathways in the brain) at its best. The side effects are often relief from pain and the discovery that you improve in other areas of life. As you clear your brain of unnecessary clutter, your thinking can be clearer too.

Challenge Your Habits Begin to notice how you stand. Do you have more weight on one foot than the other? Try shifting the weight to the other leg or to

Try cleaning your teeth with the brush in your nondominant hand.

Put your jacket on with the non-dominant arm going in first.

When you go for a walk, vary your path or change directions.

Open a door with your non-dominant hand.

Find different ways to sit. Sit on the floor or on your bed, each day for a few minutes.

We were not designed to sit in chairs, so sitting naturally on the floor with crossed legs or side sitting helps us to use our hips, pelvis and spine in the way they were designed to be used. This keeps the hips more supple so that they are less likely to break if we fall. We also retain the ability to get up and down easily, no matter how old we are, thus reducing the fear of falling.

The future is yours and you don't have to deteriorate as an oldie. I am 74 and still practising and learning. Email me and I will help you to achieve better health and well being: wa.div@ feldenkrais.org.au

Printed with permission from the Australian Feldenkrais Guild. This article is online as well as other interesting articles and videos at www.feldenkrais. org.au

Stay Sharp program commences in 2018

AFTER a very successful year the Stay Sharp program has great pleasure in advising readers of Have a Go News that the popular and more importantly beneficial program, will run again next year.

The introductory Stay Sharp Program is an eight-week course for the over 55s introducing them to the basics of eccentric exercise coupled with cognitive exercises and memory sessions with the aim of reducing a person's risk of developing dementia and related conditions.

Professor Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the benefits of eccentric exercises and will again teach the sessions in 2018.

Dr Jenny Brockis (The Brain Fitness

holiday program from 15 to 28 January.

it www.nedlands.wa.gov.au/tresillian/recreational-courses.

The Tresillian Arts Centre is at 21 Tyrell Street, Nedlands.

Doctor and renowned author) has committed her valuable time to help us develop the cognitive and memory component of the program in a mission to keep those brains active.

The physical and cognitive aspects complement each other perfectly and have proved to be enormously beneficial to all participants.

So are you ready to start making a simple change and enjoy the benefits of the Stay Sharp Program? You must agree that prevention is better than a cure. The program will begin again for newcomers on Thursday 1 February at 9.30 am

For more details about registering ring 6558 1833 or refer to the advert on page 5 in this issue.

Fun and fitness dance class for 50+

THE WA Stage School family will help make you feel welcome and thoroughly enjoy your first class. In no time at all you'll feel part of the family.

Boogie Beats is a healthy program of dance and active movement with you in mind.

They listened to the public when they've asked for:

A class that offers regular active movement to improve health, fitness and memory. But it also has to be fun - not boring and definitely not too difficult.

A program that can be tailored to suit individual needs, where you can come along on a regular basis, up to three times a week and be safe in the knowledge that the

teacher will help you work to your level and your individual needs.

A class where the music has a good beat that makes you want to move and even better if it brings back some past memories.

The final request from the public was that they wanted to be taught by professionals in the field of dance and exercise. Professionals who wouldn't treat them as though they were 'over the hill'. Professionals who make every effort to fulfill their needs not just occasionally, but at every single class they attend.

Please don't despair after your first lesson, it is normal to feel as though you have two left feet and you can't remember anything you

learnt. How do we know this? Because that's the feeling most people have expressed in past years when participating in classes. It is perfectly normal and extremely common. But the more you come along, the easier it will get.

The only questions

vou need to ask vourself initially are: Did you enjoy it? And did you have fun? If the answer is ves. then they look forward to welcoming you to your next lesson and sharing the good times that the future holds.

See advertisement on this page for details.



Have a Go News is now available from Kings Tours and Travel, Mandurah Branch **Mandurah Central Shopping Centre** Shop 3, 8-10 Smart Street Mall Ph 9584 8982





Your New Year's resolution is ready to go!

Tresillian Arts Centre enrolments open

ENROLMENTS for the 2018 term one program at the Tresillian Arts Centre open 11

Tresillian is a vibrant community arts centre that provides recreational courses and

activities for members. There are four term programs each year with a wide variety

of courses on offer including arts, ceramics, handicrafts, fun and games, health and

Classes for term one start 12 February and run until 6 April. There is also a school

For more details, call 9389 1977, email tresillian@nedlands.wa.gov.au or vis-

HAVE you been putting off exercising or are you looking for a new way to meet other couples and singles and live lively?

December.

Would you like to get fit, have fun and meet lovely people all at the same time? If so, give square dancing a go. Square Dancing provides a great cost-effective and fun way of achieving this. Research has shown doing something as simple as a couple of hours of square dancing per week could have significant health benefits for you.

Square dancing is all about walking and moving to the instructions of a caller, while enjoying upbeat music. Callers start with easy to follow moves and gradually introduce more challenging ones and, before you know it, you have mastered square dancing.

Men love these easy to follow moves and almost treat them like military commands that are fun to execute. They are not on show so they also relax and enjoy the social interaction.

As the square dance moves are easily mastered through repetition and always in English, it means you are able to square dance anywhere in the world.

It is terrific for your

health, especially when it is mixed with good music and lots of happy sociable people of all ages.

The Square Dance Society of WA is starting new classes for you to have a go and try for yourselves and discover the enjoyment.

The venue is the North Perth Town Hall - Wednesday's 7.30-9.30pm \$10/ night starting 17 January. For bookings and en-

quiries ring Steve and Ju-

lie on 9243 1200 or 0419 900 441 or visit www. squaredance.org.au more information.

YouTube for Search: Square Dance for the Whole Family or Ann Jois The Squaredance Song.

There are many Square Dance Clubs across WA so don't miss out.

This is your opportunity to join a large group of fun and fitness classes on Wednesday nights – see you there.

Zumba Gold® AND LINE DANCING

Low Impact, suitable for Beginners and Seniors **Classes Monday to Thursday**



Southern Suburbs: Gosnells Maddington Rossmoyne Step Line Dance Southern River

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www.step2it.iinet.net.au www.tina4.zumba.com

vcaencore **Program dates for Term One 2018**

Rockingham Aqua-Jetty (NEW VENUE) 87 Warnbro Sound Avenue, Warnbro 16 Feb to 13 Apr, 1-3pm, no program Good Friday 30/04 Riverton Leisureplex, Cnr High and Riley Rds, Riverton 16 Feb to 13 Apr, 12-2pm, no program Good Friday 30/04

Wanneroo Aquamotion Civic Drive, Wanneroo, 15 Feb to 5 Apr, 6-8pm

Bunbury, St John of God Hospital, 700 Robertson Drive, Bunbury, 16 Feb to 13 Apr, 11am-1pm No program Good Friday 30/04

Albany, Health Campus, Hydrotherapy Pool 30 Warden Ave, Spencer Park, 7 Feb to 28 Mar, 4pm-6pm

To enquire about enrolment call 1800 305 150, 9440 3501 or email programs@ywcaperth.com.au **Funded by the WA Department of Health**



Experience the fun of Boogie Beats, a specialised dance program for over 50's!

Easy-to-learn dance steps | Great music Low physical impact | Lots of fun Cost is only \$8 per class!

MONDAYS 9:30am - 10:30am WEDNESDAYS 9:30am - 10:30am FRIDAYS 10:30am - 11:30am at WA Stage School - Unit 6/2 Mulgul Rd, Malaga **Enrolment and more information:** Ph: 9249 8558 | Email: reception@wastageschool.com.au



FELDENKRAIS DISCOVERY DAY

The Feldenkrais Method Come and find out how this work can help you be the best you can be!

Saturday 3 February 1pm to 4.45pm

Bendat Parents and Community Centre 36 Dodd Street, Wembley Choose one workshop from each of the two sessions. In each session there will be four or five choices.



For further details phone Jenny 0448 446 253

Freecall 1800 001 550 Email wa.div@feldenkrais.org.au or visit www.feldenkrais.org.au





Ready for fitness, fun & friendship? Classes starting soon in Perth and country areas Let's try square dance ABC It's great fun exercising mind & body If you like to walk, then you will love

SQUARE DANCING

YouTube - Square dance ABC or The Squaredance Song Anna Jois Contact Steve 9243 1200 or 0419 900 441

Free call 1800 643 277

www.squaredance.org.au squaredance@iinet.net.au



Brunch with T George St Café - a lovely brunch spot in Kensington





by Tahlia Merigan

THIS month the hot weather has really hit Perth so Dan and I ventured to George Street Café and Patisserie in Kensington.

The décor is an eclectic mix of vintage and retro furniture both inside and out. It wasn't too hot the day we went so we chose to enjoy the shaded area out the front of the café.

Dan ordered a cappuccino (\$3.80) and I ordered an almond milk chai latte (\$4.50). My chai latte was perfectly creamy and had the right amount of flavour so it wasn't overpowering.

Dan said this was one of the best coffees he has had in a while. It was well-bodied and not at all watery.



Tahlia's smoked salmon benedict (plate above) and Dan's Belgian waffles served with vanilla bean ice cream, banana and salted caramel (plate below)

By the time we got to the café we were quite hungry but we had trouble deciding what to eat. In the end, Dan chose the Belgian waffles with vanilla bean ice cream, warm banana and salted caramel (\$12.95) and I ordered the smoked salmon benedict (\$17.95) for my-

When the waffle came out we loved the presentation with fairy floss on top. The waffle was delicious with a nice soft texture and not too sweet overall. The only fault Dan found was the vanilla bean ice cream was slightly icy.

My smoked salmon benedict had a generous amount of salmon and hollandaise sauce which was lovingly slathered on top. The sauce was delicious and creamy but still had that zing aftertaste which complimented the overall dish.

With the friendly staff, good pricing and deli-cious coffee Dan and I would recommend coming to George St café for breakfast, brunch or even morning or afternoon tea with a delicious selection of baked goods available on the counter.

Overall we give them four spoons. George St Café and

Patisserie, 2/49 George St, Kensington Tuesday Sunday 6.30am - 3pm

Knife and fork talk with the Dining Divas lunching solo in Morley



Grilled barramundi with chips and salad

by Pat Paleeya

JUDITH, my usual dining companion, is on leave this month. But not being one to feel intimidated by dining alone I decided to try one of the eateries at Coventry Markets, Morley.

There are a few cafes and restaurants along the frontage of the markets, but I was swayed towards the Two40Three Bar and Grill as it offered an impressive amount of choices on the \$12.50 lunch menu.

There is a bar where you order and pay for your lunch before heading to the dining area, which is quite large, having indoor and outdoor seating. It is casual and comfortable

I ordered grilled barramundi with chips and salad from a choice of around 12 dishes on the lunch spe-

The fish was ample for the price, grilled perfectly and moist. There were plenty of pencil thin chips but they lacked crispness and colour, I couldn't work out just how they'd been cooked. The salad consisted of a few salad leaves and snow pea sprouts, not really a salad more of a garnish.

A better salad offering would have improved my meal. I expected a little more than just greenery. A couple of cherry toms, a sliver of onion and perhaps a slice or two of cucumber would suffice.

From a personal perspective, of course, I feel that half a dozen chunky cut chips and a better salad offering would elevate a slightly disappointing repast to a top notch nosh.

The staff do a fine job as they are quite busy, friendly and efficient. They carry out their duties like smiling emojis and because of this I am awarding two and a half forks

Two40Three Bar and Grill, Coventry Village, Shop 5 - 243-253 Walter Rd, Morley Ph 9275 3665



Knife and fork talk ratings

Five forks - excellent food and service

Four forks - overall good food and service

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

Two forks – food and service needs improvement

One forks – would not recommend

WEEK DAY LUNCH SPECIALS*

PINK DUCK

Lunch special \$15.95 11am-9pm everyday 59 Rockingham Beach Rd Rockingham Ph 9529 3053

ODIN TAVERN

Seniors lunch (present seniors card) Mon-Thur 11am-2pm 51 Erindale Rd Balcatta Ph 9345 3316

BAYSWATER TAVERN \$19.95 Seniors buffet

Mon-Fri 12pm-2.30pm Railway Parade Ph 9271 711

CHARLES HOTEL 414 Seniors lunch

Tues-Fri 12pm-2.30pm Charles Street Ph 9444 1051

WOODBRIDGE HOTEL

Under \$15 Seniors menu Mon-Fri 11.30am onwards East St Guildford Ph 9377 1199

KALAMUNDA HOTEL \$15 Seniors lunch menu

Mon-Fri 12-2.30pm 43 Railway Parade Kalamunda Ph 9257 1084

KINGSWAY BAR AND BISTRO

\$18 Seniors Menu Mon-Thur 11.30am-3pm 211 Kingsway Rd Darch Ph 93039144

HIGH WYCOMBE TAVERN

\$10 Seniors menu Mon-Wed 11.30am-3pm 530 Kalamunda Rd 9454 2236

ESTIA CAFÉ & RESTAURANT

\$20 Lunch special incl a glass of wine or beer Wed-Fri 11am-3pm 836 Beaufort Street Inglewood 9371 5585

ST GEORGE HOTEL

\$12 Senior lunch special (present seniors card) Mon-Fri 12-3pm (except public holidays) 2 Morris Road Ph 9446 2424

*Present seniors card

T's spoon ratings

MONEY

Four spoons

Three spoons

Two spoons One spoon

reasonably good food and service but could



AT WILLOW POND

Alfresco Restaurant

Museum & Gardens

Apple Cake wins the Big Bethanie Bake Off finale



Big Bethanie Bake Off senior finalists



Become a member for discounted lunches

HAPPY CHRISTMAS TO ALL OUR MEMBERS & THANK YOU FOR YOUR SUPPORT IN 2017

Services available (by appointment - members only*): Podiatry - Tuesday & Thursday 9am-12.30pm* Hairdresser - Tuesday & Thursday 8.30am-12.30pm* Lifestyle activities: Scrabble, Bridge, Bingo, Rummicub, Chess, Mahjong, Indoor Bowls, Yoga,

Tai Chi, Heartmoves and Zumba. FREE iPad classes. Scrapbooking and beads on Fridays. Singercise on Wednesdays

Meals on Wheels: Available over holiday season, delivered daily, \$10 per person, soup, main course & sweets. 17 December 2017: Final lunch for the year Reopening for 2018: Monday 8 January



MYSTERY BUS TRIP TWICE A MONTH! 53 Coode Street, South Perth For bookings or further info phone the centre 9367 9880 conditions apply, advertised prices are for members



CHRISTMAS

Gourmet Buffet Lunch Tuesday 25 December 11.30am-2.30pm

SENIORS CARD SPECIAL

KIDS EAT FREE SPECIAL

Receive one free kids meal with every adult dish ordered. Offer available for children 12 and under, Monday to Thursday only.

BOOKING REQUIRED 9456 1362 459 Nicholson Road, Canning Vale www.willowpond.com.au

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

GRAND FINALE of the Big Bethanie Bake Off was held live from Burswood Park on Wednesday 1 November at Have a Go Day. Continuing the aim of closing the intergenerational

gap between 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 on their family's life, culture and history.

The event was hosted by West Australian foodie and media personality Verity James accompanied by a panel of judges including executive director hospitality and trades West Coast Institute, Patrick O'Brien, food columnist Margaret Johnson and Bethanie CEO

"This is now our fourth year running the Big Bethanie Bake Off and it's such a joy each year to see the interaction between the generations - despite some fierce competition going on in the background.

"Choosing a winner gets harder every year, but the joy on all the finalists faces when they finish their cook and present their dishes to us is priceless." said

Winners of the 2017 Big Bethanie Bake Off:

Best Senior Award - Linda Millington, Bethanie Gwelup - gingerbread cake with lemon icing Best Student Award - Oscar Hawks, St Anthony's

School - whitebait fritters 2017 Big Bethanie Bake Off Champion - Priya Bielawski, Sacred Heart Primary School - dorset

apple cake Priya's delicious winning dorset apple cake has been handed down through the generations, with her father receiving it from his grandmother via a special

and very treasured hand written recipe booklet from Start planning to include your family recipe in next

year's Bake Off. For further information please visit www.bigbethaniebakeoff.com or contact Bethanie on 131

Ed's note: I contributed a recipe to this year's cookbook. We have copies of the cookbook in the office.

Sparkling wine, bubbles and champagne for Christmas



by Frank Smith

MOST people enjoy a glass or more of sparkling wine over Christmas. We are not allowed to call it Champagne anymore unless it comes from the Champagne district of France. However the French, to their credit, allow all sparkling wines to compete in a blind tasting called Effervescents du Monde. Some years the judges

prefer Australian sparkling to the native product.

Here are some sparkling wines that we think are

good value for this festive season.

Voyager Estate Sparkling Blanc de Blanc 2014. Made from 100 per cent Chardonnay by the traditional method, this wine is pale straw in colour, with aromas of lime and lemon and hints of grapefruit, overlaid with yeasty fresh bread. The palate is fresh with citrus and nashi pear flavours and a clean creamy crisp finish.

Voyager Estate Sparkling Chenin Blanc 2014. Chenin is not a variety commonly used to make sparkling, but it results in a pale bright straw coloured wine with aromas of red apples and grapefruit and a pleasant mouthfeel leading to flavours of toasty oat crumble and a clean, crisp finish. RRP \$30.

Azahara Sparkling Chardonnay Pinot Noir. This unusual Spanish style wine (Azahara means orange blossom in Spanish) comes from South Australia's Fleurieu Peninsular. The colour is pale straw with aromas of lemon, pear and light toast. Acidity on the palate is balanced with fresh lemon and yeasty flavours. A good lengthy finish is complemented with a fine persistent bead. RRP \$15.

Tyrell's Sparkling Chardonnay Pinot Noir from the Hunter Valley combines the traditional sparkling grape varieties of Chardonnay and Pinot Noir to create a sparkling wine that is light and fresh. It has aromas of yeast and biscuit dough whilst the palate features crisp Chardonnay flavours and light yeastiness. A creamy texture and the fruit flavours give good length and a refreshing finish. RRP \$32

Yellowtail Bubbles has aromas of tropical fruits, a dash of lime juice and a hint of fresh cut flowers. Bubbles explodes with millions of fine, dancing bubbles creating a fresh and creamy mouth feel. A fruit basket of lemon, lime and citrus flavours on the palate creates a refreshing wine with a light and crisp finish. RRP \$10.

Yellowtail Pink Bubbles is a sparkling wine with a twist - a pink hue and the suggestions of red grape flavours adds an extra dimension. Pink Bubbles has soft floral aromas with hints of wild strawberry, red cherry and sweet musky notes. The palate is soft and creamy with flavours of strawberries, red cherry, spice and a hint of tropical fruit. RRP \$10.

Prosecco is an Italian style sparkling wine made from the Glera grape that is becoming popular amongst Australian wine lovers.

Zonte's Footstep Bolle Felici Prosecco is pale, golden straw in colour with a green hue. It has aromas of fresh citrus with hints of honey and white flowers. The palate begins fresh and clean, with ripe citrus, lemon, green apple flavours, followed by delicate touches of white grapefruit and nectarine with a hint of minerality. The finish is light, refreshing and crisp with a citrus curd note, RRP \$20.

Yellowtail Prosecco from south-eastern Australia exhibits aromas of lemon, lime citrus and vanilla with subtle hints of tropical fruit. The palate displays zesty citrus flavours with hints of nashi pear. It has a refreshing acidity and a smooth effervescent finish. RRP \$15.

Merry cherry Christmas - pop a cherry on top

by Noelene Swain

THE WA cherry season is here and this year's crop is looking as irresistible as ever. Sunny spring days have sweetened the fruit, which promises to be of good size.

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 - 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 places in WA that are able to grow them.

Cherries are best enjoyed fresh from the

stem so choose carefully. Look for fresh green stems and firm, plump and brightlooking 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. Put them in the crisper drawer of 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.

The 2017 cherry season was officially launched at Market City, Canning Vale on Friday 8 December with the annual Charity Cherry Auction. More than \$1 million has been raised for the Perth Children's Hospital since the auction began in 1992. This year's funds will support the Foundations mental health priority to support children and teen-

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



Cherry chutney

THIS cherry chutney goes beautifully with turkey, ham or pork and is great on sandwiches with cold meat. It will also make an ideal gift to that special someone who has everything.

500g cherries, halved and pitted

- 1 cup red wine vinegar
- 1 onion, finely chopped ½ cup brown sugar
- ½ cup raisins
- ½ cinnamon stick
- 2 teaspoons freshly grated ginger
- 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 bottom.

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



Preparation: 10 minutes; cooking: 5 minutes; serves: 2

Cherry and chorizo tapas COMBINE casual Mediterranean spirit

- with fresh tasty cherries to enjoy this special summer treat.
- 2 chorizo sausages
- 1 clove garlic, crushed
- 2 teaspoons olive oil
- 1 teaspoon finely diced lemon rind
- 1 tablespoon finely chopped continental parsley
- 200g freshly pitted cherries (seeds removed)

Preparation

Cut the sausages into 1cm thick slices. Then heat the oil in a frying pan and gently cook them until crisp on both sides. When the sausages are cooked, add garlic, cherries, lemon rind and parsley. Quickly cook, stirring constantly. Serve immediately with slices of thick bread, a fresh crisp green salad with tomato wedges and other tapas dishes.

No cook Mondays in Inglewood

STROLL down Beaufort Street from 7th Avenue to 10th Avenue every Monday night for the perfect opportunity to enjoy a variety of food vans and interesting stalls at the return of the Inglewood Monday night markets.

From 6pm to 9pm every Monday night until April come along and soak up the atmosphere at this fabulous community event.

A variety of stall holders sell fresh produce, gifts, candles, honey and of course just about every cuisine from all over the world as well as regular entertainment are on offer every Monday night. See you there!



Preparation: 5 mins, makes: 3 litres

Rind of 1 lemon 500g cherries, fresh or canned 500ml orange juice freshly squeezed 1 punnet strawberries, hulled and halved 500g assorted berries, fresh or frozen 1 litre lemonade or soda water 500ml ginger ale 1 cup cold black tea

ice cubes mint leaves

COMBINE altogether and serve. Decorate with fresh cherries, mint and ice.

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Stringless beans: When you're unsure just what the temperature will be, these are a good choice as they are equally good hot or at room temperature. They go exceptionally well with Mediterranean flavours; toss beans with olives, feta cheese and slow-roasted tomatoes, finishing with a drizzle of extra virgin olive oil for a colourfully appropriate platter to take along to a Christmas barbeque

Button mushrooms: These tiny mushrooms are the perfect size for popping into summer salads, on to pizzas and into easy pasta dishes. There's no need to wash them, just brush any dirt off and trim the stems a little. Button mushrooms make fantastic entertaining nibbles; simply marinate whole mushrooms for 30 minutes in olive oil, white wine vinegar and a touch of sugar, then toss with fresh herbs. Serve as finger food with toothpicks or as part of a buffet with wedges of toasted Turkish bread.

Mangoes: Now is the time to include your taste for the tropics, with the Ord River mango season in full flight. Most people will wish for no more than to slice each 'cheek' from the flat stone, cut a diamond pattern in the flesh and flex the mango half to turn the sweet flesh outwards. Eat as is, or slice the dices away from the skin to add to salads; mango, avocado, coriander and a squeeze of lime juice are a particularly good combination.

Cherries: WA-grown cherries are starting their season just in time for the launch of the special Christmas packs at Market City's Charity Cherry Auction on 8 December. Enjoy them now as a treat and put them on your Christmas shopping list as a bright, cheery and edible table centre piece. Cherries are extremely seasonal, with peak supply occurring between December and January. Cherries are picked and packaged when they are ripe as they will not continue to ripen once picked. Ideal in pies, tarts, muffins or simply eaten on their own.



Turkey on Time - the perfect turkey for Christmas Day



by Vince Garreffa

SHORT of oven space? Don't know how to fit in all your cooking on Christmas morning? Well, this recipe helps by cooking the turkey during the night. That way the oven is free from 6am to noon to cook all the rest of your banquet. The turkey cooks from 6pm overnight at 100°C till 6am, at which time you wrap it really well in heavy duty alfoil and store it in a small esky to stay warm till lunch time.

Ingredients for 1 medium turkey 1 x 4 - 5 kg free range turkey 500 g chicken mince 1 onion finely chopped 200 ml white wine 1 cup breadcrumbs 300 g cranberries zest of 2 oranges 2 garlic cloves chopped 2 tablespoons marjoram leaves ½ cup chopped Italian parsley 50 ml extra vigin olive oil (EVOO) + extra salt and pepper

- Ingredients for dry rub for turkey
- 1 tablespoon salt
- 1 teaspoon black pepper teaspoon mild paprika
- 1 teaspoon garlic powder
- 1 teaspoon thyme leaves

1 teaspoon chopped rosemary

Rub the 50ml of EVOO all over the turkey, then mix all the dry rub ingredients together before rubbing them all over the turkey skin. Discard any dry rub that won't stick to the turkey and let the bird rest while you make

Cook the onion in a little EVOO in a big frypan till it's clear, then add the chicken mince. Cook stirring well to break up the mince for five minutes. Add the wine and the cranberries stirring for two minutes. Now add orange zest, garlic, marjoram and Italian parsley, stirring for one minute.

Take the mix off the heat and add the breadcrumbs, mixing well. Cool the mix and fill the inside of the turkey with it. Tuck the wings, tie the legs and roast at 100°C for 12 hours. If you haven't got the patience roast at 175°C for about 21/2 to 3 hours till the internal temperature of the turkey is minimum 65°C.

Merry Christmas!

Glaze your own ham this Christmas and wow your guests



by Vince Garreffa

WHAT a wonderful tradition it is to glaze your own ham at home. Glazing a good ham makes it brilliant. Warm 50 per cent honey and 50 per cent brown sugar and mix well. Then you can be creative. Add a touch of something fruity like orange juice, apple juice, pineapple juice, plus a little drop of port just to give it your personal signature glaze.

Ingredients 1 good ham (cooked) 1 cup honey 1 cup brown sugar

100 ml juice (your

50ml port or liquer

glacé cherries pineapple slices whole cloves

Method

Cut out a kings pointy crown in the skin around the shank ½ cm deep. The rest of the skin covering the ham should be removed by putting your thumb between the skin and the fat at the end opposite to the shank. Moving your thumb side to side releases the skin from the fat. Eventually you can get fingers in and then the hand till you can peel all the skin you don't want on.

If this is difficult, pour boiling water over the skin you wish to remove (do this safely in your clean sink). This will help the skin come away easilv. This skin is great crackle. Bake it at 250°C for 30 to 40 minutes till it bubbles into crackle.

Now back to the ham; cut some criss cross lines 1cm deep into the fat to create diamond squares or any geometry you remember from school.

Place the ham on a tray in a hot oven at 225°C and with a pastry brush paint the fat with your glaze every 10 min for 30 minutes to an hour until it's golden brown. If the skin around the shank starts to burn or curl cover it with alfoil to protect it.

After you have a nice brown fat ham decorate it with slices of pineapple cut thin and also glacé cherries cut in half and speared into the ham with cloves. Now one last time in the oven with one last paint of glaze over all the fruit.

Serve hot immediately or cool quickly in your second drinks fridge, if you've got one, so that it can keep for a week. Cooling a hot ham in the fridge warms all the other foods in your fridge, not a good idea.

The ham will have lost some of its moisture and have a more intense flavour with a yummy sweet fat. A good friend and

famous food personality, Josephine Farley gave me this recipe back in 1980, my second year in business and it has not stopped creating smiles since.

Buon appetito.



Join us online for more recipes:



Letters to...Vince Garreffa

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



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DECEMBER 2017 Karijini - the jewel in the Pilbara • Fishing in Kalbarri • Happy 50th Anniversary QE2 Have a 60 News' travel liftout .. for the mature traveller

Three Harleys, Three Aussies, One American Dream is the name of Stephen Starling's book highlighting his 5000 mile motorcycle adventure around the USA. Brad Elborough speaks to Stephen about his experience and how age is no barrier to living your dreams. See page 25 for more.

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let's go travelling













Clockwise from top left; the views from the villa - riding a segway and volcanic beach

FRANK Smith has shared some travel trivia from his trip to the UK earlier in the year. He saw this on a sign on a motorway service area in England:

"Alcohol purchased in this motorway service area cannot be consumed inside or outside the premises.

doesn't certainly

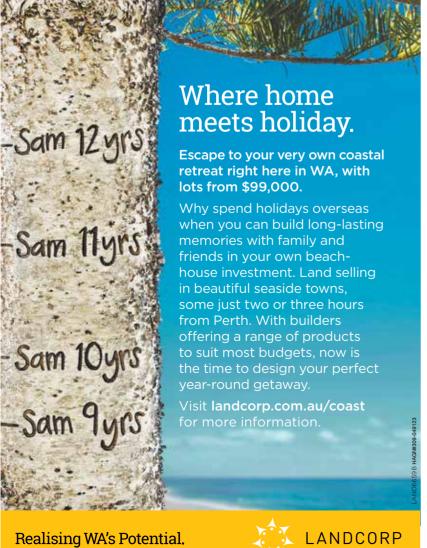


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leave manv does it?

Last month I enjoyed a small break in Bali where we spent five days at a beautiful resort called the Soori near Tanah Lot. We certainly timed our departure well with the volcanic eruptions subsiding at the time. It's the first time I have been to Bali and really not done anything but read books and relax.

The resort was located between a black sand beach and a village which was basically untouched by tourists with no shops or restaurants.

It was a wonderful way to escape the rat race and see how the Balinese live the more traditional

We did undertake a Segway tour of the village and I was quite proud of myself. After a few nervous minutes getting my confidence up, I was zooming around the place and really got into it by the end of the trip.

It provided an interesting and fun way to see the village and we got lots of laughs and waves from the residents.

December is the perfect time to start thinking about your travel plans for the new year. I'm currently planning some of our features for next year and some exciting com-

I take the opportunity to wish all our readers a very Merry Christmas. For those who are travelling over the festive break I wish you a safe and happy journey.

petitions

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

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

Jennifer Merigan

Travel Editor



Happy trails

How Fawlty Towers almost faultered - Britain's hilarious hotel television show



The Fawlty Towers team, Basil, Sybil, Polly the long-suffering maid, and Manuel the hotel's constantly confused Spanish waiter. (BBC TV)

by David Ellis

UNLIKELY as it sounds. one of the world's greatest TV comedy series, Fawlty Towers almost never made it to air after BBC executives who read the script for the first episode, gave it an emphatic thumbs down.

Husband and wife team John Cleese and Connie Booth had taken nearly four months to write and perfect that first script, and casting themselves into it with John Cleese taking the role of Basil Fawlty, and Connie Booth the longsuffering maid Polly. But when they submitted it to the BBC, it was dismissed by the comedy script editor as: "a collec-

tion of clichés and stock characters which I can't see being anything but a disaster.

And the head of TV comedy told John Cleese "You're going to have to get it out of the hotel, John. You can't do the whole thing in a hotel..."

But thankfully the head of BBC TV light entertainment, Bill Cotton stepped in and suggested that while he too; could see nothing funny in the scripts," he trusted John Cleese to know what he was doing, and gave it the go-ahead.

Cleese told later how got the idea for Fawlty Towers in the early 1970s while staying at a hotel in Torquay. The hotel's

manager, he said, "was the rudest man I've come across in my life," after the fellow threw a timetable at a guest who asked when the next bus was due into town, and took another guest's briefcase off him and put it behind an outside garden wall, "because it might have a bomb in it.'

And he abused an American guest in front of others at the breakfast table "for not having British table manners" the way he used his knife and fork.

Other incidents and guests that John Cleese witnessed at the Torquay hotel were also the catalyst for Basil Fawlty's wife Sybil, including a lady guest's repetitive "Ooohhh I knooooooow" while talking on the public telephone, and her braying laugh that was later assigned to Sybil, to be described by Basil as "like someone machinegunning a seal."

Fawlty Towers went on to rank No 1 on the list of the 100 Greatest British Television Programs in 2000, yet despite that, just twelve episodes were ever made, six in 1975 and another six in

Struth - he left how much in the hotel room?

by David Ellis

AN Australian traveller who left close to AU\$40,000 in Australian and Thai currency in a hotel room in Bangkok when he checked out, certainly chose the right hotel to do it in.

Because a maid who found the money, instead of slipping it into a brown paper bag, resigning and walking out of the hotel to disappear somewhere up-country with what was the equivalent of around 15 years of what she would earn cleaning guests' rooms and scrubbing their toilets, handed it in to management who in turn told local police, who then tracked down the foraetful owner.

The maid, a Ms Noina Durana has had praise heaped upon her by local Thai tourism authorities, while the 40room Armoni Hotel By Andacura in the Sukhumvit 11 area of Bangkok where she works, has reaped international kudos from her honesty.

And while the appreciative owner of the forgotten money said he would share his experience of Ms Durana's honesty with everyone he knew on his return to Australia, he made no mention of a few Thai baht (the local currency) perhaps going her way.



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Three mates, three Harleys and 5000 miles of US countryside





Left to right; Pigtail Bridges Custer State Park South Dakota - Stephen, Jim and Peter on Los Angeles California

by Brad Elborough

IT took the trio of friends about a year to plan their trip of a lifetime: riding Harley Davidsons some 5000 miles (8000km) throughout the west coast of the USA.

But really, the seed was planted in Stephen Starling's mind almost half a century earlier.

In the 1960s and 70s, while growing up in the UK, Stephen listened to BBC broadcaster Alistair Cooke's weekly show -Letter from America.

The respected journalist would talk passionately about the progressive nation and really portrayed it

as the land of opportunity. Some 50 years later, Stephen was still curious.

"In recent years, with things like the Global Financial Crisis and growing racial tensions, I wondered whether it was all still true," he said. "Was the US still the place where dreams can come true?

So, Stephen and his mates Jim Cheeseman and Peter Melzer - all members of Perth's Ulysses Club, for motorbike riders over the age of 40 - decided it was now or never if they were going to go.

Jim, a veteran of the metal fabrication industry and keen country and western music enthusiast, was starting to struggle with a sore knee. Peter, a finance broker and night owl who likes to check out pubs and clubs when he travels, was starting to experience trouble with his eyes

Stephen, the business management consultant. knew that the group of mates, now all in their mid60s, had to get their act together.

ing Harleys, as opposed to taking their own bikes, or buying them when they landed in the States, was the way to go.

What they didn't really anticipate was the extreme weather conditions that they would encounter.

"Sometimes it was frightening," downright Stephen recalled.

"We had a plan to ride down the spine of the Rockies (Denver, Colorado) and ended up being chased by a snowstorm for 10 days.

"It was crazy looking back, riding at 10,000 feet, with visibility of about 20 to 30m on a road without side rails, or crash barriers. It was scarv.

"Two weeks later we were in the Mojave Desert, outside Las Vegas, in 40°C. The tarmac was soft and seemed to be moving about.'

The extremes were not confined to the weather. The accommodation they experienced along the way provided them with some variety also.

The derelict hotel they booked into in Wyoming was like something out of movie based on a Stephen King horror story.

"If you've seen Psycho and know of the Bates Motel, it was like that," Stephen said.

"Here we were staying in a bit of a ghost town, in a wooden shanty

"That was one extreme. And then there was Las Vegas and Reno, which offer such great deals. We stayed in suites at a Reno casino that had gold taps and very flash fittings.'

The entire trip spanned five weeks, and took place They decided that hirbetween September and October, 2014.

You can read all about it in Stephen's book Three Harleys, Three Aussies. One American Dream: A 5000-mile Motorcycle Adventure Around the USA which is available in some bookstores or to download on Amazon Kindle.

They planned their journey around visiting mainly national parks - although they did take some time to enjoy some of the touristy things as well.

They travelled as far east as South Dakota and the 242,756 acres of the Badlands National Park, where the Kevin Costner movie Dances With Wolves was filmed.

moonscape-like The scenery of Badlands has an important place in US history and the group made the special detour to explore it. It is an Indian Reservation and is close to where the Wounded Knee Massacre took place, when (in 1890) nearly 300 Minneconjou Sioux Indians and 30 US Army soldiers were killed in a bloody battle.

Detours were common, although they didn't really have a set itinerary to detour from.

They tried to stay away from what Stephen calls 'fabricated tourist attractions' - the things listed in guide books and tourism advertisements that 'should never be missed'.

Places such as San Francisco's Fisherman's Wharf and much of the famous Route 66, fell into that category for them.

But more often, they relied on locals to lead them to places they should visit. they had. When we looked at it,

Motorbike enthusiasts would often point the trio in certain directions for the most scenic routes and the Harleys caught the interest of a one percenter motorcycle club in a place called Medicine Hat (located in the desert just over the Canadian border).

Stephen said that after enjoying a few beers with the club's members, they pulled out their maps and pointed to areas they just

"They told us to go through Canyon Lands National Park, which is upstream from the Grand Canyon," he said. "We ended up racing alongside the Colorado River, on twisty little roads, with red and black rocks either side of us.

"Then, one local in Denver, once he found out Jim loved country and western music, told us about a place called Grizzly Rose Salon and Dance Empo-

"It was apparently the place to go.

"We got in to a taxi and started driving out to an industrial area, like Cannington; full of warehouses.

'This place was the size of a Bunnings warehouse; it was like a stock yard, with posts and rail fences.

But the bar was 50m long and a big crowd gathered for a long and enjoyable night of listening and dancing to country and western music.

It's those experiences that make Stephen glad they diverted from their initial plan of riding from one coast to the other. He doesn't think that the journey would have been anywhere near as enjoyable if

middle did look to be flat and boring," he said.

"And when Jim had the idea of visiting eight of the most famous national parks, that formed the road we would take.

'So, for anyone going to US, my advice is to pick an area and explore that. It gives you the time and flexibility to experience it properly.'

For the motorbike enthusiasts reading this, the decision to hire the Harley Davidsons ended up being a good one.

Despite their initial concerns - mainly that they would be stuck with old bikes that would break down and eat into their

Get caught in the travel web with

travel time, no issues eventuated.

"Harley Davidson is famous brand, but 10 years ago they went through a bad patch in regard to bikes needing maintenance," Stephen said. "There was a question about reliability and they got a bit of a bad

"But the bikes we had were less than two years old: the latest models. They had features such as keyless ignition and electronic cruise control.

'Three bikes, doing 5000 miles each, they didn't break down.

"We were reassured and impressed."



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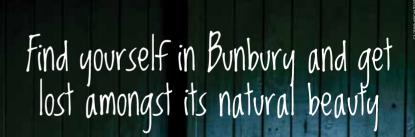
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Celebrating an icon – QE2's fiftieth anniversary voyage...













Left to right; A bronze cast of Queen Elizabeth - QE2 in port - dancing the night away - view from the deck

by Chris Frame

THIS year marked the 50th anniversary of the launch of the most famous ocean liner the Queen Elizabeth 2 (commonly known as QE2) which was named by HM Queen Elizabeth II at Clydebank, Scotland in September 1967 before

of a crowd of more than 50,000 people.

Even before QE2 was launched she was unique in the long line of transatlantic liners; for the QE2 was the last major ocean liner ordered and the last passenger ship built at the famed John Brown Shipyard in Clydebank, Scotland. This earned her the title

of 'last of the great ocean liners', a title she held until 2004 when her ultimate successor, Queen Mary 2, entered service.

QE2 entered service in a time when most large passenger ships were beina retired. Since 1958, the jet airliner had rapidly eroded the customer base of ocean liners, leading to the collapse or amalgamation of many well known shipping companies.

Cunard Line had been operating transatlantic liners since 1840, and had for the most part been one of the leading international travel brands. But Cunard were unable to escape the wrath of the jet, and by the mid-1960s were losing millions of pounds per year.

Their ageing fleet comprised primarily pre-World

War II liners, led by the iconic and much revered RMS Queen Mary and Queen Elizabeth. However, mounting losses led to the retirement of even these iconic ships and Cunard were left with a much smaller fleet.

With this in mind, it may seem strange that the line was building a new ocean liner in 1967. But where their old fleet failed against the jet, QE2 would succeed - thanks to her unique dual purpose de-

This allowed QE2 to operate as a transatlantic liner in the summer months, offering passengers a nostalgic ocean crossing by sea when the weather was at its best. However, intermixed with crossings, QE2 would spend much of the year cruising, allowing her to turn a profit year

This was the genius that was QE2.

the critic's Despite claims that the ship was facing an uncertain future, and rumours that she would be scrapped before she entered service, QE2 went on to sail for nearly 40 years. She carried 2.5 million passengers over 5.6 million nautical miles making her the furthest travelled ship ever.

When QE2 retired in 2008, she was sold to Dubai for use as a floating hotel. Her final voyage departed Southampton on 11 November 2008 and when it went on sale, sold out within minutes.

Her final day as a Cunard ship was 27 November when she was handed over to her new owners in a quiet ceremony on the bridge. Her final master, Captain Ian McNaught made the last ever log entry before the ship's title was officially transferred.

Her removal from service left a noticeable gap on the international travel stage, and despite the passage of time, many of her regular guests still miss the QE2.

So it was met with much delight when Cunard announced the hosting of a special QE2 themed voyage aboard their new ship, Queen Elizabeth, to mark the 50th anniversary of QE2's launch.

The voyage departed

Southampton on 8 November 2017 and took in a variety of Mediterranean ports. Notable calls included Dubrovnik where guests marvelled at the old city, Corfu where pristine beaches stretch as far as the eye can see, and Venice with its UNESCO-

Despite the exciting and varied itinerary, the main focus of the voyage was honouring QE2. To that end, the majority of passengers aboard were former QE2 guests, specifically choosing this voyage to reunite with their fellow passengers.

heritage canals.

A number of special events were arranged for the voyage. These included QE2-themed lectures not only by myself, but also from Commodore Ron Warwick and Captain lan McNaught, both former QE2 captains.

There were QE2 quizzes, speeches by former-QE2 social hostess Maureen Ryan, a QE2 cooking demonstration, QE2 themed dances and special dinners. On each of the five formal nights, a QE2 theme was intro-

duced and paired with an historical menu that included a written account of the ship's life.

Themes covered the royal connection, QE2's triumph as an ocean liner, her role as a troopship during the Falklands War, and the ship's remarkable career cruising the world.

On 20 September the celebrations culminated when, while at sea enroute to Gibraltar, 'QE2 Day' paid tribute to the ship's launch. Timed to coincide with the day of the 50th anniversary, festivities included a QE2 themed ball and a special series of lectures as well as a Q&A panel with former QE2 crew.

The 17-night voyage came to an end all too quickly and by 25 September the Queen Elizabeth was alongside in Southampton. As passengers disembarked there was an overwhelming feeling that a meaningful tribute had been witnessed to a very special ship.

Chris Frame travelled aboard Queen Elizabeth as a guest speaker courtesy of Cunard Line.

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Immersion in Provence







Top row; Cafe in Place aux Herbes Second row, left to right; Olives in the market - Rest by the house pool

author Ann Rickard has been hosting small groups in Provence for the past 13 years. She specialises in looking after baby-boomers who love to travel and party. There are a few places left for her June 2018

Base yourself for two glorious weeks in a large house with pool in the duchy town of Uzes, on the border of Gard and Provence. From there make delightful day trips to all the beautiful Provençal towns and iconic

"We take only eight guests," Ann said. "We focus on an intimate family-like environment, going out together in our nine-seater minivan to towns such as Les Baux de Provence, L'Isle sur la Sorgue, Avignon, Arles, Nîmes and some of the smaller, lesser known villages.

Guests take all meals together, many of them prepared in-nouse by iocal chefs focussing on produce, others in restaurants from the highend to the authentically rustic. Local musicians entertain on some nights.

"We want people to immerse themselves in French culture, see some

of the beautiful sights and enjoy good food, wine and company," Ann said.

"We show the best of Provence at a structured but leisurely pace.

"Time for resting by the pool, especially after a day of touring, is important, and our guests love free afternoons to explore Uzes right outside our door. It is a picturesque leafy town full of boutique shops, cafes, restaurants and twice-weekly vibrant markets said to be the best in France.

Pont-du-Gard, "The the aqueduct built by the Romans 2,000 years ago, is a short drive away. We picnic beneath its mighty structure by the Gardon river. It is the highlight of all our highlights.

Ann insists that tour costs are all-inclusive of accommodation, food, transfers, coach travel, restaurant visits, entry tickets to sites. entertainment and very much more.

i wani people to know that once they have paid, there are no other costs," she said. "This way guests know their budget... lots of money left over for spending in the beautiful shops in the towns we visit."

For full itinerary and

Mother and daughter create wonderful holiday memories together



Well travelled pair - Fleur Batchelor and her mum Gwen Sampev

FLEUR BATCHELOR saw a Kings Tours and Travel advertisement in Have a Go News in 2010 and thought booking an escorted holiday would be the perfect distraction for her Mum, Gwen Sampey whose husband and family dog had passed away in the same week.

Fleur organised the trip and within two days Gwen was packed and away on her first Kings holi-

day.
"I felt reassured that Mum would be looked after with Kings as she had never travelled alone.

"They offer a wonderful safety network for their passengers with the way they plan their trips from home pick up and drop off, tour managers, camaraderie from the group and with just about everything included," said Fleur.

Gwen returned from the trip and loved the experience so much that she has kept on travelling with Kings over the last seven years. She says that her favourite trips were to Northern Italy and a Mediter-

Fleur and Gwen have also been on quite a few mother and daughter trips together. The first was a visit to the Melbourne Flower Show.

"We loved the whole concept of travelling in a group, it was fun and we enjoyed all the experiences on offer with the trip.

"Escorted tours offer the opportunity to see and do many things you just wouldn't do travelling on your own as well as meeting lots of lovely people,' said Gwen and Fleur.

The next trip the pair undertook together was the Singapore Christmas Lights tour. They both loved this trip and Gwen has decided to go again this year to savour the Christmas experience in Singapore.

Gwen and Fleur love their time together travelling and they also get great enjoyment from planning

"We're really keen to do a Cherry Blossom tour and have a cultural immersion in all that is Japanese," they said.

Travelling together provides them with an opportunity to make wonderful memories and they both feel they are part of the Kings family.

"We love meeting so many of the wonderful people who travel with Kings and love the fact that everything is taken care of to ensure a fun and happy holiday experience.

This mother and daughter certainly have the travel bug, look out for them on their next Kings adventure.

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The top five hot spot travel destinations to visit next year









Left to right; Boracay, The Philippines. Photo Philippines Tourism - Tintswalo, Atlantic Coast South Africa - Monaco - Downtown LA, Walt Disney Concert Hall. Photo by Matt Marriott

by Len Rutledge

THE TRAVEL and tourism industry is booming as more and more people take advantage of low airfares and increased opportunities to see new places. While there has been resistance to increased visitor numbers in some European destinations, much of the world still welcomes visitors with open arms.

The following destinations are sure to please if you visit in 2018.

The Philippines

Brilliant green rice fields, teeming cities, colourful jeepneys, stunning beaches, and smilhappy-go-lucky people are all part of the Philippines scene. With more than 7000 tropical islands to choose from, you can find what you are looking for. Divers have long known about the country's underwater attractions while Northern Palawan is perfect for sea kayakers, and Boracay is a world-class kiteboarding and beach destina-

The Philippines was colonised by Spain and the US for 400 years and vestiges of that era can be seen in exuberant town festivals and centuries-old stone churches, while huge shopping malls, fast-food chains and widespread spoken English come from the influence of the Americans.

Manila, the capital, is a pulsating hub that blends the quaint with the modern, the mundane with the extraordinary. Cebu is a choice tourist destination with balmy weather, pristine beaches, crystalline waters, and luxurious resorts. Banaue is a place for nature adventures and cultural immersion; the rice terraces are quite extraordinary. Palawan has thick green forest, whitesand beaches, sparkling

water and magnificently sculpted jade islands.

Philippines Airlines flies from Brisbane, Cairns, Darwin, Melbourne and Sydney to Manila.

South Africa

Go almost anywhere in South Africa and you can experience a combination of nature, wildlife, culture, adventure, heritage and style. During these tough economic times, it's good to find a bargain destination where you can afford luxury and even have spending money left over. There is natural beauty in mountains, forests, coasts and deserts and world-class facilities.

It is not possible to talk about South Africa without mentioning wildlife. Everyone wants to see the big five, but there are also whales, penguins, meer-kats, wild dogs, birds and much more. If you are looking to experience wildlife viewing in luxury, Tintswalo Safari Lodge (tintswalo.com/safari/), in the pristine private Manyeleti Game Reserve could be your answer. It shares an unfenced boundary with the renowned Kruger National Park and suites are decorated to reflect colonial times.

The same company has beach-side Tintswalo Atlantic, a 5 star, awardwinning boutique lodge nestled at the base of Table Mountain National Park near Cape Town. This is one of the city's hidden gems. The views of a wild sea crashing below contrasting with a roaring fire and fabulous welcome drinks will set the tone for a memorable

For a city location, the all-suites Michelangelo Towers (www.legacyhotels.co.za/en/hotels/ michelangelotowers) in Sandton, Johannesburg appeals because it is directly connected to the Michelangelo Towers Mall

and the Sandton Convention Centre, and is located directly opposite Sandton City and Nelson Mandela Square in the in heart of South Africa's Richest Square Mile.

Monaco

Situated at France's south eastern corner near the Italian border, occupying an area of just 2.8 km², Monaco might be the second smallest country in the world (after the Vatican), but what it lacks in size it sure makes up for in attitude and variety.

There is an ornate opera house, Michelin-starred restaurants and casinos, palaces, cathedrals, supercars, mega yachts, deluxe hotels and designer boutiques. There are also museums and galleries, festivals, nightclubs, and gardens with exotic plants and sea views.

The country is one of the most surprising and rewarding destinations in Europe. It is just 30 minutes by car, bus or taxi from Nice Airport through hairpin bends and along rocky cliffs. Monaco enjoys over 300 days of sunshine a year and a temperate climate.

Los Angeles

Many readers will have been to Los Angeles, USA but most will not be aware of the wide range of museums, art galleries and concert halls that are spread throughout the city. In the downtown area the futuristic Walt Disney Theatre is an architectural masterpiece and is right next door to the city's newest cultural and design showpiece, The Broad. L.A.Live is another vibrant entertainment complex offering restaurants and live music venues.

The Westside perhaps has even more attractions. There is the Getty Centre located atop the Santa Monica Mountains then on Museum Row

there is the Los Angeles County Museum of Art, Pettersen Automotive Museum, the Craft and Folk Museum and the La Brea Tar Pits and Museum. In Century City you will find the Annenberg Space for Photography.

Hollywood, known as the entertainment capital of the world, is an essential part of the L.A. experience. Film enthusiasts will love the renovated TCL Chinese Theatre and you can tour the Dolby Theatre, home of the Oscars. Not far away is Universal Studios Hollywood with its rides, shows and tours.

If you consider LA nothing more than a gateway to the USA, you had better re-think. It is one of the top picks for places to visit in 2018.

www.LenRutledge. com

www.smart Check traveller.gov.au for travel warning advice before booking holidays.

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- Home pick-up and return by Hughes
- Fully Escorted by a Kings Tour Manager
- Return Economy Airfares and taxes
- Breakfast daily, 6 lunches and 7 dinners
- 3 night's accommodation Peppers Waymouth Hotel & 4 nights' accommodation on-board the Murray Princess
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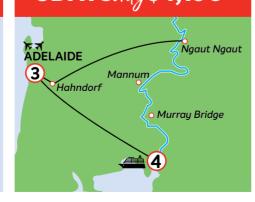
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- **★**Spirit of Darwin for a Sunset Dinner Cruise
- **★**Tour of Darwin including lunch **★**Mindil Beach Sunset Markets ★Breakfast with the 'crocs'
- **★**Sunset Dinner at Cullen Bay **★**Tour of Litchfield National Park including lunch ★ Katherine Gorge Cruise ★Guided Tour of Broome & Kununurra
- **★**Lake Argyle Luncheon Cruise **★**El Questro Station & Chamberlain River Cruise ★Willie Creek Pearl Farm Tour ★Sunset Dinner at Cable Beach
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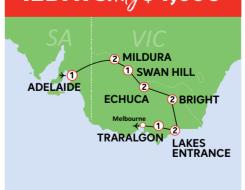
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A nice Kalbarri tailor and a popper

Happy fishing memories made in Kalbarri

by Mike Roennfeldt

I WAS up in Kalbarri recently, my first trip back there in 20 years. There was a time when I went there every year, usually just after Easter, and the fishing was consistently great.

I used to take up a 4.2m tinny and fish the mackerel run just a few km out from the mouth. We did well on the Spaniards and occasionally picked up nice yellowfin tuna, some of them up in the 25-30kg range. While quite a few of the other boats up there trolled gardies, we stuck with lures and enjoyed consistent success with early model Halco Laser Pros, Rapala CDs and the like.

The boat fishing was usually done by breakfast time and after lazing around town through the middle of the day we often headed off late afternoon to try our luck along the beaches for tailor or in the river for bream. So many happy fishing memories.

This time there was no boat and serious fishing was off the agenda. But that didn't stop me making a bee-line for the northern end of the Blue Holes as soon as we had unpacked the car. I had enjoyed one of my most memorable tailor moments there 20 years before and I was itching to try and repeat the experience.

Well, it didn't work out quite as spectacularly as the on previous occasion, but I did land a semi respectable chopper on a Roosta popper and it put on a bit of a performance before I was able to wash it up onto the reef top. A quick photo and it was back swimming, but if I'd realised that it was to be the last fish I would catch for the next couple of days I would have kept it for the table.

The swell got up and the weed came in, so our light spinning outfits weren't up to the beach fishing challenges. We checked out some of the upriver spots one evening without seriously fishing and heard a few stories about the chunky mulloway and solid giant herring that have been providing an unexpected bonus for bream fishermen up there recently.

Add to that the extraordinary reports of big bonefish being hooked from the beach at Wagoe and it's clear that Kalbarri is still capable of turning on a few surprises.

It was good to learn that Kalbarri Boat Hire will ferry you across the river to walk and fish the northern coastal spots for a reasonable \$5 return. A bell on a post on the northern shore alerts the operator to come and pick you up for the trip back.

Kalbarri is still a great spot and full of fishing options. I won't leave it so long before returning next time

New owners at Kalbarri Palm Resort look forward to welcoming readers



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NEW new owners / lessees of Kalbarri Palm Resort have recently given this perfectly located resort a new lease on life with new curtains, carpets and various important features like comfy pillows and all new linen and towels.

Located right i

to beaches, town and places of interest, 80 per cent of the resort's rooms are at ground level, which is great for seniors and coach groups.

The spacious gar-

town for easy walking

The spacious gardens and grounds include two pools, playground and various barbecue areas and bowling greens.

The new resort managers, Kellie and Brendan, have years of experience in resorts in Cervantes, Geraldton and Kalbarri and will personally ensure your stay at Palm Resort is a great one.

They will even collect you from the TransWA bus upon your arrival in this tranquil WA coastal town.

At the moment, some excellent specials include three nights for just \$259 and extras included such as a restaurant breakfast, bottle of wine and chocolates as well a free upgrade to deluxe suite.

That is just \$86 per night per couple.

The gift voucher for Christmas promotion of this package makes a great present for family and friends. Give them a call on free call 1800 819 029, email stay@palmresort.com.au or visit the website at www.palmresort.com.au

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TASMANIA never ceases to fascinate the staff of Aussie Redback Tours. Sharon Kersting, the owner, completed her seventh tour there last month and she was just as amazed as the passengers on the

"It is such a beautiful part of Australia. Everywhere you look you see something special to hold in your memory. Spectacular waterfalls, mountains, rivers, ocean, cliffs, parks and reserves keep you enthralled, and the historical buildings and history surrounding them is just as amazing," she said.

On Sharon's recent

tour, she and her passengers were also treated to up-close-and-personal moments with some of the local echidnas and wombats, who foraged around oblivious of everyone around them. The passengers were also very fortunate to see

whales breaching at a beach near St Helens. It made for a very memorable tour.

A passenger from the November tour sent Sharon an email once she'd returned, saying: "I really enjoyed this tour of Tasmania. My favorites places are Cradle Mountain and Wineglass Bay. But actually, I liked all the places. Animals and wildlife are beautiful. The hotels were of very good quality and the professionalism of Sharon is excellent. She knew how to transmit us her love of nature. I would recommend this tour to all my friends".

A fine testament to the professionalism of the company.

Aussie Redback Tours will be running two tours to Tasmania next year (one in March and one in October) so if this is a place you've always wanted to visit, be sure to contact Sharon or Renata to make your booking.

Also, their 2018 brochure is out now. It includes 24 one-day tours, 22 extended tours throughout Australia, and five art tours.

If you'd like a copy to be sent to you, phone Sharon or Renata at Aussie Redback Tours on 1300 662 026, or email them at aussieredbacktours@yahoo.com.au. Visit their website www.aussieredbacktours.com.au for more details on tours, the

company, and blog posts.
And don't forget to see their ad in this issue for more information about tours coming up over the next few months.









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Karijini National Park - explore the jewel of the Pilbara





by Lee Tate

A DINGO, apparently on a mission, trots past us as we drive through WA's wonderful wilderness into Karijini National Park.

Ahead of us is a landscape so breathtaking that we truly believe we have entered holiday heaven.

But first comes holiday hell. A wrong turn along a dusty red road leads us onto corrugations that

shake and rattle us and our 4WD so much that we think we are being punished for some nefarious crime.

On and on it goes shake, rattle and rock - and we encounter another car in the same predicament but going in the opposite direction. He stops to ask about the roads ahead, assuring us there's not much more to go. Thankfully.

heavens

open. There's nothing more soothing or satisfying after long days of driving on outback roads than to come across lush greenery, healthy foliage and even trees around fabulous fresh water pools and deep, colourful gorges standing proud with their rich minerals,

The place is brimming with animals, although you'd be lucky to see a dingo like us. Eagle-eyes

exotic plants and birdlife.

might sight a roo, euro, bat, goanna, snake, lizard or frog. Watch for little rock piles built by pebblemound mice.

So, after our wrong turn and 30kms of bonerattling Mt Bruce Road, instead of being at Hamersley Gorge we find ourselves stepping into Mother Nature's magic at Dales camping ground.

Down we go on metal steps in a steep decline that we bear in mind we'll

have to climb up when coming back. But it was never a problem and added to the thrill.

Highly-recommended: light with walk shoes, hat, water, sunscreen and light food. Plus camera - that's essential. There are plenty of easy treks and trails that suit kids, slow-coaches and people with disabilities or creaking joints.

We are witnessing wonders two billion years in the making. Worldwide, it's hard to match.

We are at Circular Pool. A couple take a dip. It's an irresistible, picturesque pool between towering pillars of banded-iron formations

A short stroll takes us to Fern Pool, another peak into paradise. A young couple is sun-baking on a rock, a retired Albany couple looks on, taking tea from their thermos. We swap travel tales.

Karijini, 1380 kms north

of Perth, is gigantic and generously-endowed with gorgeous gorges. How best to tackle it all?

If you are the serious camping type, there are two sites in the national park with basic facilities: barbecues, picnic tables and toilets. No power or water. There's good spaces between individual camping sites with trees about.

Dales and Savannah campgrounds both incur fees. Everything is explained at an awardwinning visitors' centre with its innovative design representing a goanna moving through the country – symbolic to the local Banyjima people.

We stayed at Tom Price with full camping facilities and the town's shops, cafes, attractions, library and fuel. The campground is beneath Mt Nameless, topping out at 1128 metres.

Tom Price is worthy of a

visit. The town is supported by the mine - you can take a guided tour - has history and offers mountain-top views, walking opportunities and, we discovered, magnificentlycoloured rocks galore.

The drive into Karijini can be done in stages each day with picnic package and water. Go in the winter months. Warm weather is assured. Blue sky after blue sky.

Park entrance fees are reasonable with season passes available and seniors' discounts. Honesty boxes greet you at the entrances. Rangers patrol.

An upmarket place to stay, Karijini Eco Retreat in the Savannah campground, has 54 campsites plus tented cabins - some with ensuites.

Karijini, over 600,000 hectares, is WA's secondlargest national park.

They call Karijini the iewel of the Pilbara.

It's priceless.

Mystical, magical, remote and pristine - the 2018 Karijini Experience







Left to right; Deborah Cheetham - Aboriginal performers - guests enjoy the dinner

WESTERN Australia's mystical remote and Karijini National Park is famed for its gorges and towering cliffs, provides the spectacular backdrop to what has become one of the state's bucket list

events. This annual cultural event encourages visitors to experience the magnificence of the Karijini National Park through music, songs, story, image and other physical activities connecting people to the landscape and its peo-

The sixth annual Karijini Experience, including opera in the gorge, degustation meals and the celebration of Aboriginal culture will be held in WA's second biggest national park for six days from 17 April to 22 April, 2018.

In the heart of the Pilbara, around 1400km from Perth and 80km north-east of Tom Price, the Karijini Experience gives visitors an opportunity to stay and camp in the park or to glamp it up at the Karijini Eco Retreat and to experience both the unspoiled nature of the region and to share in a series of unique events.

As well as many free, family friendly activities and workshops focused on art, culture and enrichment there are plenty of opportunities to indulge in culture, music, food and art as well as becoming immersed in the stunning Karijini landscape.

In 2015, the Nintirri Centre Inc assumed event management responsibility to ensure the long-term sustainability of the event that was growing rapidly and providing the inland Pilbara with much needed economic diversification opportunities.

Nintirri CEO James Jarvis said what sets the Karijini Experience apart from other regional events and festivals is its unique setting and strong sense of place, combined with a growing recognition for the authenticity of its Aboriginal cultural content and connection to coun-

The event is held on the traditional lands of Banyjima people and features the culture and traditions of the Aboriginal language groups who are connected to the inland Pilbara.

The Karijini Experience is timed to coincide with school holidays and Pilbara weather at its best.

Some of the highlights of the Experience include, a Welcome to Country ceremony and corroboree.

Renowned chef Paul Iskov and Fervor popup dining will create an

amazing event featuring native ingredients and locally sourced produce for the celebration dinner and two degustation

meals. Celebrated Aboriginal soprano, Deborah Cheetham returns for Opera in the Gorge with the WA Symphony Orchestra, a choral workshop at the Karijini Eco Retreat and then, Opera under the Stars which is a family friendly event.

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all ages, a fashion

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show with wide

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culminating in a

Saturday evening

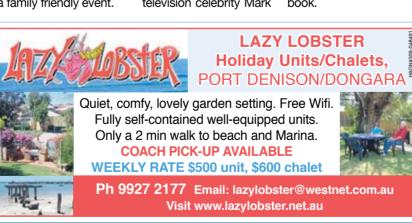
odeo spectacula

Astronomy WA are attending for World Astronomy Day to celebrate the new moon with telescopes doing sky tours and astrophotography workshops. Organisers, not-for-profit community group The Nintirri Centre, which operates out of Tom Price is planning to team the event with cultural yarns about the

night sky. Aboriginal chef and television celebrity Mark Olive will present a bush tucker high tea.

Singers Gina Williams and Archie Roach will be among the headline music acts.

Now is the perfect time to plan a visit to the Karijini Experience. Make a note in your diary, to keep abreast of new activities or for ticket bookings go to www. karijiniexperience.com or find them on Face-





400 comm xhibitors Sheep Ute muster Horses Craft Photography Rodeo (Saturday) Lifestyle displays Shearing Wool handling Wine baa Entertainment Machinery Markets Sheep dogs

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Jackson Browne to perform at Leeuwin



ICONIC singer-songwriter Jackson Browne will perform at the 34th annual Leeuwin Concert on Saturday 24 March, 2018, at Leeuwin Estate Winery, Margaret River.

Jackson Browne has written and performed some of the most literate and moving songs in popular music, including: These Days, The Pretender, Running on

Empty, Doctor My Eyes, Take It Easy, Lawyers In Love and Somebody's Baby

He was inducted into the Rock and Roll Hall of Fame in 2004 and the Songwriter's Hall of Fame in 2007. He has defined a genre of songwriting charged with honesty, emotion and personal politics.

Accompanying Jackson Browne will be long-time band mates Bob Glaub (bass), Mauricio Lewak (Drums), Val McCallum (guitar), Alethea Mills (Vocals), Chavonne Stewart (vocals), Jeff Young (keyboards), and the acclaimed multi-instrumentalist Greg Leisz (guitar, lap steel, pedal steel).

Described as the most extraordinary concerts ever held in Australia, the Leeuwin Concerts now enjoy a 33-year history. They have featured an eclectic mix of the world's finest musicians and entertainers including Ray Charles, Tom Jones, Sting, Roxy Music, Dame Kiri Te Kanawa. James Galway, Diana Ross, Carole King, Diana Krall, Chris Isaak and James Taylor.

The Leeuwin Concert Series is a highlight in Australia's social and cultural calendar. Visitors from all over Australia and abroad make the pilgrimage to the estate to enjoy the music of the industry's greatest performers.

Attired in anything from top hats to t-shirts, they picnic on the lawns whilst enjoying these remarkable events. As the sun sets over a majestic backdrop of karri forest and music fills the natural amphitheatre, Leeuwin's famous kookaburras commence their cackling chorus to the amusement of guests and entertainers alike.

Restaurant tickets, Prelude Picnic package and Concert Club package tickets are still available. Call 9430 4099 info@ leeuwinestate.com.au www.leeuwinestate.com.au

WA coast offers lots to build holiday memories



et's gotravelling

THINK again If you believe building a family beach house along Western Australia's stunning coast is out of reach. That is the clear message from Land-Corp.

The State Government's land development agency has blocks available at surprising prices in some of the most beautiful coastal towns in Western Australia, stretching from the Kimberley in the north, throughout the stunning Coral Coast and along the State's scenic South. LandCorp general

manager regional Stuart Nahajski says building in beachside communities including Broome, Kalbarri, Cervantes, Leeman, Green Head, Onslow, Denmark and Hopetoun provides people with the perfect chance to holiday at home on the WA coast.

"Many of our coastal land estates are a comfortable driving distance from Perth. In fact you could be on the beach with the kids or grand-kids while international travellers are still waiting in the departure lounge."

Mr Nahajski says not

only is the land within reach from an access perspective, it represents extraordinary and unique purchasing value.

"There are few places in Australia or anywhere in the world where you can buy coastal land two to three hours from the capital city from as little as \$160 per square metre," he said.

"Apart from traditional construction methods and materials, WA builders are also providing creative and cost effective solutions such as modular homes, and there is a growing market for DIY kit homes."

Mr Nahajski says many Western Australians had grown up with the tradition of holidays at the family beach house, and buying into the coastal lifestyle offered a holiday-like experience all year round.

"We think it's an investment in happy memories that you can share with your partner, children and grandchildren," he said.

You can check out the LandCorp coastal community lots around the state by visiting www. landcorp.com.au/coast



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The management and staff of *Have a Go News* take this opportunity to wish you a Merry Christmas and a Happy New Year.

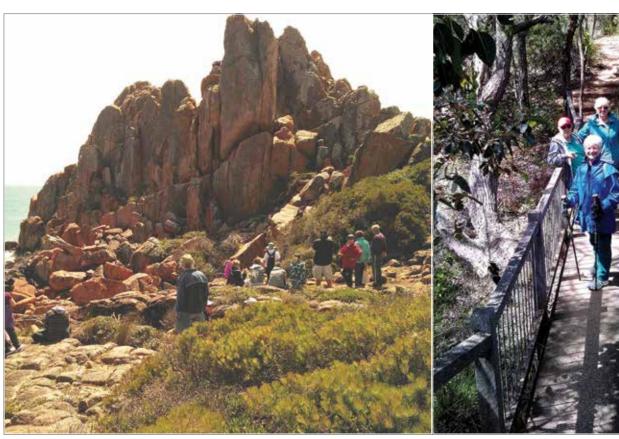
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Over 55 walking club descend on Busselton for annual getaway





Members of the Over Fifty-five Walking Association enjoy a walk along the beach path towards Dunsborough

by Valerie Barnett

LAST month 60 members of the Over Fifty-five Walking Association of WA (OFFWA) enjoyed their annual getaway to Busselton, staying at the Bayview Geographe Re-

A comprehensive pro-

gram had been put together by members Joy, Sue, Ann and Fran. The theme for the first evening was 'Bohemian'. Everyone attended (most dressed in wigs and costumes in keeping with the theme) visiting one of the villas for drinks and nibbles before heading

off to the dining room for a delicious buffet meal. After the meal those in Bohemian attire paraded and prizes were awarded for the best costumes.

The next morning a walk was arranged along the beach path towards Dunsborough. I don't think anyone actually

made it all the way there, as it is 19 km and the weather was slightly inclement.

A barbecue at the resort had been arranged for lunch. Tasty sausages and fresh rolls had been sourced from small, local providers (instead of using the supermarkets)

and the club's chefs Dirk, Ian, Doug and the two John's cooked while Kevin 'the onion king' added his special ingredient to the tasty fare.

After lunch we were free to explore Busselton before assembling back at the Bayview dining room where we were entertained by the Vasse ladies acapella choir. They made beautiful music and their leader even got us all involved in joining them in four-part har-

Wednesday was a beautiful day and we all jumped into our cars and headed for Meelup Beach where we were encouraged to walk along the picturesque beach path to Castle Rock. Lunch was provided by Sue and Poppy who had been up since the crack of dawn putting together fresh rolls filled with ham, cheese and salad, followed by biscuits, fruit and cool

A restful afternoon back at the resort gave us time to work on our entries for the limerick and craft competition to be judged the following day.

After the evening meal we were organised into tables of eight for a quiz night conducted by guru Gordon and his assistant

We were warned that anyone caught consulting a mobile phone or tablet would immediately be disqualified. Thinking caps were donned, much whispering ensued and finally one table was pronounced the winner and the members were rewarded with bars of Lindt chocolate.

The last full day dawned sunny with clear blue skies. Some folk attacked the seven kilometre walk to the Busselton Jetty while others drove there and then enjoyed the walk along the jetty, many descending on the Goose Café for reparative refreshments then off to the wineries for lunch - there is no shortage of them in this area.

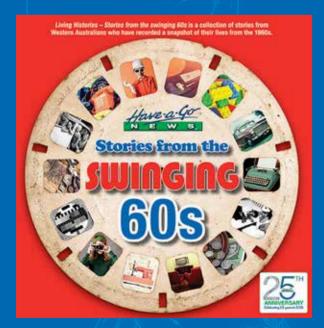
As the sun was setting we gathered for a final sundowner and then off to the dining room for our evening meal. Limericks and craft entries had been judged (there are some amazingly talented people within our group) and prizes distributed.

A talent show followed introduced by the club's musical duo Jenny and

Friday morning and it was time to head for home. Hugs and kisses all round - even though we will all be seeing each other again at our weekly walk on Tuesday. So ended a wonderful getaway at the Bayview Resort in Busselton.

If you would like to join the Over 55 Walking Association simply log on to www.over55walk ingassociation.myclub. org.au phone 0490 472 145, or email over55walk ingassoc@gmail.com

Stories from the Swinging 60s... a smapshot of WA history



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











POZZLES

SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

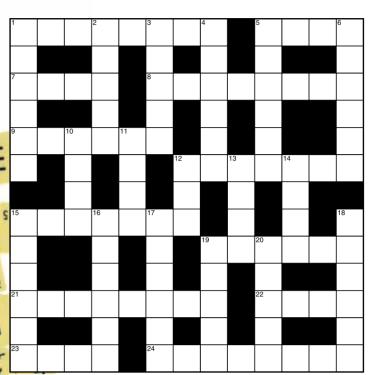
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#309 December edition PUZZLES

Solutions appear on page 17

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CROSSWORD



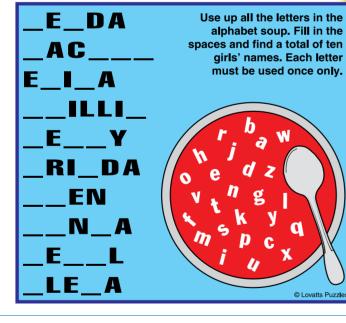
ACROSS

- 1. Express through speech
- 5. Healing gel, aloe ...
- 7. Minister (to)
- 8. Ancient Nile kings 9. Hiring cost
- 12. Shooting stars
- 15. Lures (5,2)
- 19. Elevate (4,2) 21. Umpired
- 22. Bill rejection
- 23. Spoke to 24. Subtracted

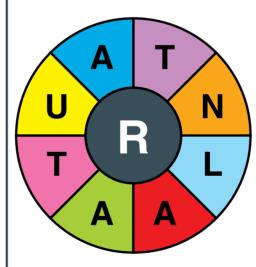
DOWN

- Electors
 Accounts check
- 3. Propel
- 4. Pass (of years)5. Feasible
- 6. Estimate (damages)
- 10. Space agency 11. Invites
- 12. Fellow
- 13. Salad fish
- 14. Hog noise
- 15. Gained knowledge
- 16. Guard
- 17. Insult
- 18. Maintain (law)
- 19. World-weary 20. Municipal

ALPHABET SOUP



Wheel Words



Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

6 Good	9 Very Good	12+ Excellent

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*Conditions apply. May also include offers and promotions throughout the monti

Entries not accompanied by the correct sized envelopes will not be considered for publication.

			HAVE-A-GO NEWS	5 NO. 309 DECEMBER 201	′ '
Friend to Friend 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	Abbreviations use ALA: All letters an GSOH: Good sens SD: Social drinker NS: Non smoker SOR: South of Riv WLTM: Would like	se of humour	nd DTE: Down to earth ND: Non drinker NG: Non gambler NOR: North of River TLC: Tender loving care	
Name	Address		one e STOP: Please rea Write your advertis print clearly in ink Send the complete Friend to Friend PO Box 1042 West Leederville Obtaining replies Reply Box entry: Please include tw	WA 6901.	Please word.
1		obtainable from Australia P			

Seeking a Friend

AUSSIE GENT early 70s, own home, self funded, NS, ND, GSOH, high testosterone level, WLTM lady who would appreciate plenty of TLC and mutual enjoyment, age, nationality open. Ladies don't die wondering. ALA. SOR.

Reply Box 7703

AUSSIE/SCOTTISH lady, 70s, slim, fair complexion. Good natured, kind, considerate, own home. WLTM kind man, 6153 area for companionship, only share good company together, Applecross, Adross and Fremantle areas.

Reply Box 7705

CHRISTIAN gentleman 80, loving, caring, lots of TLC, fin sec, GSOH, NS, SD, NG, WLTM lady for friendship, SOR preferred. Let's meet for coffee and a chat and see where it takes us.

Reply Box 7712

COME on guys SOR get real! I am seeking a true friend. Someone to share interests, outings and possibly some travel. Where is that special man 65+ with the intelligence to realise that sex isn't everything and that platonic friends can also enjoy fun, meaningful and emotionally supportive relationships

Reply Box 7716

DANCING partner for 76 year old lady wanted. Please Santa I want one for New Years Eve. Happy dancing, south west.

Reply Box 7711

GENT 66, Croatian Australian, average build, 5'7", retired, dancing partner, love movies, dinners, SD, NOR, WLTM lady with GSOH, NOR, 50-60, life is too short, chat over a cof-

Reply Box 7700

GENT 69 GSOH, WLTM lady 65-73 to enjoy dancing, country music and rock'n'roll. Love to hear from you.

Reply Box 7694

GENT 70s, ties, happy, active. Looking for discreet, ongoing, intimate, romantic times with a happy, loving lady, any age, any nationality, your place only. Rockingham, Pinjarra, Mandurah area.

Reply Box 7717

GENT 80, NS, SD, NG, own home, Mandurah, fin sec, fit and healthy, WLTM lady who would appreciate old fashioned TLC, dining out, country drives, dancing.

Reply Box 7718

GENT UK/Australian, well presented, 68, 5'11", educated, fin sec, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks compatible, attractive, slimmish, easy going, lady to mid 60s, initially for companion, maybe travel, who ion, maybe knows? NOR. Reply Box 7702

IT WOULD be nice to celebrate the festive season and beyond with a caring. sincere gent about 75, similar interests. I'm slim, easygoing lady, GSOH, enjoy happy times, good company, music, family friends, prefer landline, NOR.

Reply Box 7701

LOVELY Christian lady, 68, financially comfortable, GSOH, NS, many interests including travel, caravanning, theatre. friends, country music. Live south west but often in Perth. Looking for best friend for long term rela-

tionship if compatible. Reply Box 7719

NOR lady 67, 5'6", NS, SD, DTE, likes outdoors, movies, music, dining, sincere, loving, intelligent. WLTM gent for friendship first, respectful, giving, sharing, family oriented, enjoy good times, TLC, hugs, kisses, love is a bo-

Reply Box 7707

SENIORS looking to form a group of happy, honest, socially adjusted people. SOR, CBD for weekly outings. Participants must present with neat dress code, NS, SD, email address, mobile number appreciated

Reply Box 7695

VERY nice English lady: educated, talented, WLTM gent, 70-80, GSOH, fin sec, honest, sincere. I'm medium build and height, NG, NS. I look forward to meeting that special friend. Perhaps partner if compatible. SOR.

Reply Box 7699

NEW WEBSITE Visit Have a Go News online: www.haveagonews.com.au

Seeking a Partner

[⊥] Phone I am over 45 years of age (Signature)

CARING nice Asian lady, 60+, slim, NS, ND, NG, interests; movies, travel, healthy. home life, seeking a life time partner 60+, has similar life values, compatible, knows how to treat a lady, genuine replies only Reply Box 7713

ENGLISH gent 70+, NS, SD, DTE, WLTM lady 70+ for movies, music, drives, travel, along with lots of TLC. Please, genuine replies only as I am looking for a long term partner. Coffee and chat.

Reply Box 7710

FIT gent, 74, active, well preserved, TLC, lady. Interests; walking, outings and share good times together. Let's meet for coffee and chat SOR

Reply Box 7696

GENT 68 WLTM lady, NS, companion-relationship. Likes music, movies, theatre, outings, travel and sharing the simple things in life. If you want to meet a caring man with a GSOH please reply

Reply Box 7714

GENT 70+ would like to contact lady to establish long term relationship. could include travel within WA or maybe Australia. NOR, NG, NS, GSOH. include phone Please number if possible. Reply Box 7693

GENT 72, UK born, NS, SD, GSOH, DTE, fit and healthy, fin sec. Santa can you find that special lady; slim to med build, 65-74 with similar interests; 60s music, cruising, travel in/ out Australia, walking, caravanning, dining out, movies, country drives. Let's meet over a coffee.

Reply Box 7708

I AM going to 'have a go' and see if I can meet a sincere and caring gentleman. I am 67, NS, SD live SOR, want to know more? Drop me a line to

Reply Box 7720

LADY 70s WLTM gent who is caring, GSOH, SD, NS, for company, outings, family time and quiet times together, NOR.

Reply Box 7715

NICE guy, 60, seeks a NS. SD. Lady, a well presented, intelligent and financially secure man is looking forward to your reply

PRETTY lady 69, UK only. ALA

SINGLE Kiwi ladv 71. medium build. Interests; dining in/out, music, drives, travelling, WLTM gent with same interests, honest, sincere, future relationship, NOR, gent, same age. I am also young at heart.

SKINNY lady is sought by slim male. I am 60, active, healthy and well mannered. Looking for a long term companion.

Reply Box 7706

NEW WEBSITE Visit Have a Go News online: www.haveagonews.com.au

Seeking a Travel Companion

Reply Box 7704

Friend to Friend: When replying to an entry... Reply Box 7698

born, well mannered, well groomed, educated, fin sec, medium build, enjoys reading, walking, current affairs, good conversation, gardening. WLTM unattached, sincere, well presented gentleman, 65-72, SOR, genuine replies

Reply Box 7697

socialising, GSOH, SD, DTE, TLC,

Reply Box 7709

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Friend page.

Get writing

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your coupon.

RECENTLY retired, I'm heading north to Broome Kimberley region in April 2018. Like to travel with a lady, sleep under stars. Well read, like gardening, live in hills, Helena Valley, writing story on pearling history.

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,

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Send your reply on a single sheet of paper. Place in a small envelope 11B

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No greeting cards, bulky items and photos. All replies will be forwarded at the end of each month.

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WILLETTON LADY 71 very attractive, slim, petite, blue eyed blonde, modern, young at heart, funloving, friendly, enj bowls, dancing, movies, dining, love

caravan travel, sk gent 68-80 CANNINGTON LADY 65 Pretty Thai lady, slim, petite, kind, sweet natured & quiet, love cooking, dancing, travel, homelife, keep fit, meditation. Sk good, honest

clean living gent 65-75. FREMANTLE GENT 80 friendly, d.t.earth, intelligent, keeps fit & trim, has more a country mindset & good old fashioned manners. Sk easygoing, outdoor

lady w/ GSOH 75-80. MT NASURA GENT 80 British, wid, 178cm tall, slim, fit, healthy, full of life, loves music, live shows, concerts, boats, cars, travel/cruises & enj a good chat. Sk lady w/

old values 75-85.

EDGEWATER GENT 83 Retired teacher, well grmd/ spoken, active, enj bowls, keep fit, dancing, reading, travel, current affairs. SK lady close by to meet for coffee, dinner, movies etc

HILLS GENT 79 Kind, caring, sincere, intelligent man w/ broad life experience looking for a lady similar who looks well, is active. Enj gardening, growing & eating healthy food, living a full, happy life.



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health options for the mature west australian





You need to exercise for health and it can be good for your sex life

by Frank Smith

HARDLY a month passes without some health authority telling us we should take more exer-

In March Public Health England listed physical inactivity as one of the top ten causes of disease and disability.

In October the Black Institute found Dog that as little as one or two hours of exercise a week can prevent depression, while the UK Wildlife Trust found that most volunteers digging ditches and building bird

tables in the open air mortality and cardiovashad better mental health within six weeks.

Also last month a study in the prestigious medical journal, The Lancet, of 130,000 people in 17 countries showed that one in 12 deaths from cardiovascular diseases

heart attack, stroke, or heart failure - can be prevented by as little as 150 minutes of exercise per week.

The study lead by Professor Scott Lear of Simon Fraser University in Canada, found that physical activity is associated with a lower risk of

cular disease irrespective of country, other risk factors, the type of physical activity and whether the activity is for leisure or if it is taken as part of daily transport, at work, or housework.

"Meeting physical activity guidelines by "Meeting walking for as little as 30 minutes most days of the week has a substantial benefit, and higher physical activity is associated with even lower risks," said Professor Lear.

Physical activity represents a lower cost approach to preventing cardiovascular disease compared to drugs or eating more fruit and vegetables.

The more activity a person does the lower their risk of mortality and cardiovascular disease. The study found no ceiling effect and no risks associated with extremely high levels of physical activity.

The authors recommend building physical activity into one's daily lifestyle to achieve higher levels and reduce risk as much as possible. But that doesn't necessarily mean you have to pump

iron at the gym.

"Our study found that high physical activity was only possible in people who completed physical activity as a form of transport, part of their job or through housework. Nearly 38 per cent of people who acted in this way attaining this level of activity, compared to less than three per cent who were only physically active in their leisure time," said Professor Lear.

Dr Nick Cavell of Oxford told the Guardian that humans were not designed to spend their

lives sitting at a desk or computer.

"We are hunter-gatherers. We were designed to be physically active all day long. Our bodies are still stuck in neolithic times, while our minds are in the 21st century."

He said exercise is especially important for women as they age to avoid weakened arm muscles and bone thinning that can lead to fractures.

But ordinary daily activities, such as household chores, shopping and gardening count as exer-

"Internet shopping is bad for you. Anything you can think of that uses muscles counts as exercise. Walk back from the local shops carrying bags of groceries, digging in the garden, or yoga," he

And there is a bonus for when men do a fair share of the housework. A study published in the Journal of Family Psychology last year authored by Professor Matt Johnson of Alberta University found that heterosexual couples who share household chores enjoy better and more frequent sex.

Colourful flowers make it easy to find the way at Braemar Cooinda



Residents inspect the colourful murals

THERE'S a new look at a partnership between the Braemar Cooinda thanks to Melville based facility and the local high school.

Residents of the multi-storey Braemar facility joined forces with six school students to design and paint colourful murals on the entrances of each floor; with the aim of making it easy for residents to identify which level they were on when exiting the lifts.

The work was done in partnership with Melville Senior High school, and is a visual example of the relationship-centred approach that Braemar adheres to.

"When residents told us that they sometimes found it confusing to navigate the building, we asked them

what they thought would help. It was actually a resident's idea to paint the pillars different colours to improve wayfinding when exiting the lifts," explains Carol Dickson, Cooinda's facility manager.

Rather than just calling in a painter, the Braemar team worked out a way to engage residents in the process, while providing them with a social and engaging activity at the same time.

"Our team thought, 'why not take it a step further and involve the local school'. The residents and students came together to work out a design for each level and, over the course of several days,

the space was transformed. Residents love the new designs and have made some great new friends in the process."

The work sees a yellow colour scheme with sunflowers introduced on level 1, while blue and purple hues dominate the murals on level 2. The resulting effect is a vibrant, pleasant perspective in the lounges that make it easier for residents to quickly identify where they are.

Braemar CEO Wayne

Belcher said that the work was something the residents could take personal pride in.

"For everyone, decorating your home is an essential part of expressing your personality. To enable our residents to decorate their living space at Braemar Cooinda is a wonderful reflection of the creativity that people have: regardless of their age. It is a great example of how a practical solution can be achieved in a fun and engaging way."

Braemar Cooinda was opened in 2016 and offers 108 beds including a specialist care service for people with advanced care needs. A team of aged care professionals offer care and support around the clock while meals are prepared fresh on



Frank's grandkids don't mind when he drops in on them.

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healthy living ADVERTISING FEATURE



health options for the mature west australian



New trial means wearable technology may prevent falls



Left to right: Ray Fleming of Adelaide and AmblGeM Trial Co-ordinator, Dr Joanne Dollard

by Frank Smith

RESEARCHERS at Curtin University and the University of Adelaide have begun a project to test wearable technology that aims to reduce the enormous toll of falls among older Australians in hospitals.

Professor Keith Hill of Curtin University says on average a fall in hospital extends the length of stay by eight days and increases health care costs by \$6500.

Nearly 70 per cent of falls happen to the over 75s, almost half with cognitive impairment. Current fall prevention programs in hospitals are of limited effectiveness and the number of falls is increasing.

At present wards with frail older people experience some eight falls per 1000 patient bed-days (PBD) compared to 4.8 falls/PBD for the hospital overall.

'Many falls in hospitals shouldn't happen, but they do. Patients are at increased risk from the reason they are in hospital in addition to their existing risk of fall," said Professor Hill.

The trial will test the Ambient Intelligent Geriatric Management system (AmblGeM) which consists of a sensor incorporated into clothing. The AmblGeM senses movements that might increase the wearer's risk of falling, as well as alerting staff if a patient in their care is doing something that may put them at risk, such as walking to the bathroom themselves when they should have staff supervision.

The AmblGeM device is fitted in the pocket of a singlet close to the chest. It contains accelerometers and sensors for measuring movement patterns and distance from receiving stations in the roof, and reports risky movements to staff, including details of patient, location and what they are doing.

"The cost of equipping several high falls risk wards in a hospital with sensors is around \$200,000 but the AmblGeM device itself costs only around \$2 plus the singlet. This is low in relation to the benefits obtained," he said

The AmblGeM system can be personalised to suit individual needs and a second device can be incorporated into walking aids. If the patient is supposed to use a walking aid but starts to walk without one, it warns nursing

Staff carry a smart phone with an App that alerts them to attend and assist the patient to reduce any risk arising from their actions.

In a trial planned for two wards at Sir Charles Gairdner Hospital, patients wearing the device will be compared with those receiving

standard care. All participants are over 65 and some will have cognitive impairment, others will be from culturally and linguistically diverse backgrounds.

The trial will calculate the number of falls per participant bed days for patients with and without the AmbIGeM and falls that cause injury. In addition it will estimate the cost-benefits of using the AmblGeM on eligible patients both in hospital and for three months after discharge.

Professor Hill says the AmblGeM could also be adopted in aged care homes where there is a limited area to cover and residents are at increased risk of fall.

"Managing falls is important. When someone has a fall they lose confidence, which results in them limiting their activity. This increases the risk of further falls," he said.

AmblGeM is being trialed as part of a collaboration with Sir Charles Gairdner Hospital, The Queen Elizabeth Hospital and the University of Adelaide. The project is funded by a \$1.6 million NHMRC grant.

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A tale of two clients - it's time to think about your wishes



WITH the festive season fast approaching our thoughts turn to making time to catching up with our families

During this time Matthew Morgan from Lifecare Law believes families should take the opportunity of considering and discussing their Lifecare Law wishes with the people close to them.

Recently we acted for two different clients - Client A and Client B. Both clients came to us with similar situations but the outcomes were very different. Both had elderly parents in their late 80s, Parent A and Parent B, who unfortunately were now suffering from dementia and could no longer care or make decisions for themselves.

Parent A had made several choices some time ago and taken steps to obtain some timely legal advice and execute Enduring Powers of Attorney and Guardianship, appointing client A as both their attorney and guard-Parent A also had a conversation with their other family members explaining to them the appointment of client A and what their wishes were should the time come that they are no longer able to either care or make decisions for themselves.

The result of this planning and communication was that the transition to Client A becoming Parent A's attorney and guardian was seamless and all family members knew this transition was what Parent A wanted.

The experience of Client B was, unfortunately, different. Parent B had a will drafted years ago but had not sought recent legal advice on the will or whether Enduring Powers of Attorney and Guardianship would be applicable to them. In addition they had also told different family members of different ways in which they wanted to be cared for later in life and who they trusted to take on this responsibility.

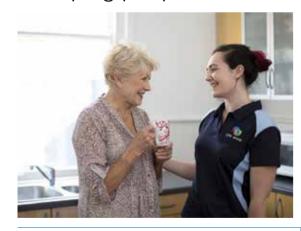
What resulted was that family members disputed with each other as to who would be responsible for Parent B and what decisions would be made on their behalf. In this case not only did the lack of clarity around Parent B's wishes change this from being a family matter to a legal matter, with all the time and financial costs associated with it, but it left a once close family

Talking about what happens when ageing issues affect you or someone close to you can sometimes be uncomfortable and emotional. That is the reason why so many people avoid having these discussions. The downside, however, of not having these discussions is that people can leave behind a legacy of family disunity which can take a long time to heal, if it ever

While it may not be the first topic around the dinner table, barbecue or pool this Christmas, try to take some time while your family is around to at least start this conversation.

It may be the most valuable gift you give to your family.

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. siveness. At CPE Group there are no basic daily fees or exit fees and only a 12 per cent administration fee of each package value. CPE Group's Support Manager, Eileen Wilson, can discuss home care package options available on 1300 665 082.

See their advertisement on page 8 in this edition.



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Care and Ageing Expo success leads to another show in 2018











Minister for Ageing Ken Wyatt visited the inaugural expo - audience members - John Burgess broadcasted from the event - guests and exhibitors

FOLLOWING the success of the inaugural Care and Ageing Expo in Perth, Leading Age Services Australia has announced dates for a 2018 expo.

It will be held at the Perth Convention and Exhibition Centre on 4 and 5 August.

Richard Campbell, organiser of the expo, said if there was one thing that became abundantly clear at the first Care and Ageing Expo in Perth in July this year, it was that middle-aged children aren't talking to their parents about what the future holds for them in their later vears

And even more scary, they are uncomfortable about raising the issue with their parents.

Mr Campbell said the expo was the first of its kind in Australia and this year had attracted more than 60 exhibitors. Many of them had already expressed interest in booking stands for next year.

"The feedback I received from exhibitors is that there is a great thirst for information on what's available," he

"Both in the lead-up to the show and while the show was on, I spoke to many people in their 50s and 60s who were uncertain about what the future held for their parents who were in their 70s or 80s.

"I asked several of them if they would be coming along with their parents. I was really surprised to find that they were reluctant to invite them to the expo.

"They either presumed their parents already had their latter years planned for, or they thought they would be offended at any suggestion they should start thinking about the next stage of

"The sad thing is that a fall or a sudden realisation that elderly parents are no longer able to care for themselves makes it hard to consider options in a timely manner."

Mr Campbell said both the seminars and the range of exhibitors at this year's expo showed how diverse the aged care market was becoming with a far greater range of in-home care options and residential aged care homes.

While it was great that there were now services available for all sorts of needs that take into consideration cultural diversity, dementia care, the wide range of lifestyle villages, residential care facilities, home care services and much more, it required time to consider

those options - something that becomes a luxury when pressure was on make significant lifestyle changes.

"We really need to find a way to begin discussions with our parents about what they are contemplating.

"Many of them don't even contemplate anything other than living in their own homes until they die.

"And when that is no longer an option it can lead to some very awkward conversations," he said.

Sean Rooney, CEO of Leading Age Services Australia (LASA), the national peak body representing providers of age services, said that it was timely for LASA to create the Care and Ageing Expo to showcase the wide range of services available to our ageing pop-

"The whole of the aged

care industry now has a much broader responsibility in terms of helping consumers understand the options available to them as we enter an unprecedented period of competition and choice," he said.

"Now more than ever, the consumer has the opportunity to compare the market and make an informed decision about their aged care.

"It can be bewildering, particularly when these kinds of decisions are suddenly thrust on elderly parents and their middle-aged children, to have a meaningful conversation and to reach the best decision for each family.

"In a society where we plan for most of the major events in our lives - birthmilestones, weddings, retirement and even funerals - we are still reluctant to plan for what can be the most vulnerable time in our lives - our aged care.

"It's a conversation that can be stressful and confronting for both the person concerned and their family and/or carers, but clarity around these important decisions provides reassurance in knowing that a loved one's voice has been heard and their wishes are being fulfilled.'

Communication will be a key issue at the 2018 Care and Ageing Expo which is scheduled to be held at the Perth Convention and Exhibition Centre on August 4 and 5.

"We are already planning seminars for next year to hopefully appeal to parents and their children to sit down together and plan their futures together," Mr Rooney said.

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Seniors go surfing at Braemar



RESIDENTS are learning to surf - so to speak - at Presbyterian Care's aged care facilities,

thanks to an Australian government initiative.

The broadband for seniors program - Be Connected - is being launched at the not-for-profit aged care provider this week, thanks to a government grant aimed at building seniors' confidence with new technology and assisting them to keep up-to-date with online news.

Residents involved in the program will trial iPads to check weather updates, view online news, access video content from popular sites such as YouTube

Set your spirit free

and even FaceTime to connect with family and friends.

The initiative adds a real benefit to the quality of life of aged care residents and forms part of Braemar's commitment to relationship-centred care, where resident requests are included in the services offered.

Braemar Presbyterian care chief executive, Wayne Belcher (OAM). says seniors are set to gain an enormous amount from the new technology, both in learning and social connectedness.

"We are in the age of the internet, and it can be disempowering for older people in the community when they don't know how to use new technologies." he

'My first experience of online banking was when visiting residents in a nursing home in the Netherlands in 2006. Technology has come a long way since then, but we should never think that our elders are beyond grasping even the newest of technologies; we are pleased to be able to offer education sessions to our residents. as both a learning tool and also as a valuable social outlet.

"Social connectedness and maintaining relationships is an important part of the human experience. While nothing can fully replace face to face contact. digital tools such as these iPads allow our residents to connect to family and friends on the other side of the globe, something they were unable to easily do in the past."

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bianca@heart2heartconnections.live www.heart2heartconnections.live

Black Swan's 2018 season a fascinating mix of classic and contemporary



Amy Mathews as Olive and Kelton Pell as Roo in Summer of the Seventeenth Doll. © Cameron Etchells

by Josephine Allison

NEW Black Swan The-

atre artistic director Clare Watson has literally hit the ground running for the company's 2018 season. In a busy year she will direct three works including a much-anticipated new play based on wellknown Australian television personality Adriana

Next year's season is a fascinating mix of classic and contemporary works to be staged in the Heath Ledger Theatre and Studio Underground. Many of the plays will be interspersed with pop-up activities, discussions, podcasts and film screenings to increase audience enjoyment.

Clare Watson said the company curated the 2018 season by asking the question: "What should we be talking about right now, as citizens of the world, as Western Australians, as humans?

"We wanted the theatre you see at Black Swan to catalyse and contribute to the big conversations,' she says. The 2018 season aims to encourage compassion, extend empathy and, most importantly, to entertain. There will be three mainstage shows in the Health Ledger Theatre with a record five shows in the Studio Underground.

Next year's season kicks off on 1 March with Clare Watson directing You Know We Belong Together by Julia Hales and collaborators. Hales offers a deeply personal account of her own experiences of love as a daughter, actor, dreamer and person with Down syndrome.

From 5 May-20 May, much-loved Australian classic Ray Lawler's Summer of the Seventeenth Doll directed by Adam Mitchell is a new WA production. Set in

Living Histories - Stories from the swinging 60s is a collection of stories from Mistern Australians who have recorded a manabet of their lives from the 1960s.

1950s Melbourne, The Doll revolves around the events of the seventeenth summer where two mates on yet another "layoff" season, come back to "live it up" in the city with their girlfriends. But this summer things start to change.

The thought-provoking HIR (a gender-neutral pronoun of his and her and pronounced here) by Taylor Mac and directed by Zoe Pepper is an audacious dive into the dysfunctional family playpen of American theatre. Isaac returns home after serving a three-year stint in Afghanistan to find his family household in revolt. It runs from 10 May to 27

Stephen Sondheim's Assassins directed by Roger Hodgman from 16 June to 1 July builds on Black Swan's success in presenting contemporary

Stories from the

Swinging 60s...

a snapshot of WA history

musical works. The work personifies Sondheim's signature blend of stunning lyrics and beautiful music, embracing a range of American musical traditions from the 1860s to the 1980s.

The Events (the sleeper hit of the 2013 Edinburgh Festival) by David Greig and directed by Clare Watson comes to Perth from 21 June to 8 July after successful seasons in the eastern states. One of Australia's top actors, Catherine McClements (Water Rats, Rush), plays Claire, a vicar and leader of the community choir until a catastrophic event shatters everyone.

Based on a true story, Skylab by Melodie Reynolds-Diarra and directed by Kyle J Morrison runs from 16 August to 2 September. In July 1979 NASA's Skylab is hurtling towards Earth, about to crash land near Esperance. Nev, Jem and the kids have no idea their world is about to change.

From 20 October to 4 November, Sarah Ruhl's In the Next Room or The Vibrator Play directed by Jeffrey Jay Fowler is a sassy work about power and passion set in the 1880s, just after the advent of electricity.

Xenides, a new work by Clare Watson, premieres from 25 October to 11 November. Audiences will revisit Adriana Xenides. the darling of TV Week and glossy magazines who appeared in almost every lounge room across the country as the longest serving game show hostess. She died far too young.

It is an energetic Australian musical expose that is both hilarious and tender, a tribute and a protest.

Remembering the Hougoumont

"Only those who have stood within the bars, and heard the din of devils and the appalling sounds of despair, blended in a diapason that made every hatch mouth a vent of hell, can imagine the horrors of the hold of a convict ship." - John Boyle O'Reilly, Fenian prisoner and poet.

THE INAUGURAL Fenians Fremantle and Freedom Festival, the first Irish cultural festival in Australia of its kind, takes place in Fremantle from 5 to 14 January 2018. The ten-day cultural festival is a celebration of Irish culture and influence in Australia, inspired by 150th anniversary of the arrival of the last convict ship to Australia, the *Hougou*mont, that landed in Fremantle Western Australia on 10 January 1868.

Of the 280 convicts aboard, 62 were Irish political prisoners known as Fenians. Many of the Fenians were well-educated, and two of them, John Flood, a journalist and John Boyle O' Reilly, a poet – published seven editions of an on-board newspaper *The Wild Goose* to keep up the spirits of the prisoners on board.

The militant Fenians were sentenced to prison for at least 20 years, some for life, whilst the civilians were able to become ticket-of-leave men. The original edition of The Wild Goose will be on free public display at Fremantle Prison during the Festival.

In a plot worthy of a Hollywood blockbuster, John Boyle O' Reilly famously escaped to America where he became editor of the Boston Pilot.

Never forgetting his fellow Fenians, he conjured a plan involving a rich investor, a whaling ship called the Catalpa and a crowd-funding campaign to bust out the remaining prisoners from Fremantle Prison and transport them to freedom in America.

Festival artistic director Joanna Robertson, the Irish-born proprietor of Fremantle's Kidogo Arthouse said, "The Fenians Fremantle and Freedom Festival celebrates the cultural influence that the Fenians and other Irish immigrants have

"We are inviting the 2.5 million Australians that have Irish ancestry, and the 80,000 plus Irish born living here, along with those interested in history and a love of great entertainment to join us in Fremantle during the Festival.'

"Nationally and internationally we are also hoping to contact descendants of the 62 Fenians transported on the Hougoumont in 1868, to gather their stories, tell them about the Festival and also give them the opportunity to come to Fremantle to be a part of this anniversary cele-

Names of the Fenians onboard the Hougoumont can be found at members.iinet.net.au/~perthdps/convicts/ con-wa42.html. Descendants are asked to contact festival organisers with stories of their ancestors at info@fenians festival.com.au.

The Festival's program features 11 key events and a raft of others that will take place over 10 days throughout Fre-

The music program co-directed by Lucky Oceans and Donough O'Donovan showcases concert performances by legendary Irish musicians Martin Hayes, Dennis Cahill and Declan O'Rourke. Renowned Irish poet and writer,

Tony Curtis will be giving readings and running workshops.
There is an invitation art exhibition by well-known artists responding to the story of the Fenians. Contemporary Irish film will be celebrated with a selection of four extraordinary Irish-made feature films never before shown in WA.

There will be traditional Irish dance and literature, performances and readings based on extracts from The Wild Goose and John Boyle O'Reilly's poetry; comedy, and historical walks. Fremantle's Kidogo Arthouse will be a hub for festival-goers with a range of events and performances to be announced

Tickets for all events are now on-sale at Eventbrite.com.

au - search for Fenians Festival.

Just announced is the Feast of the Wild Goose, the Festival closing party, a sumptuous feast of primal cooking and entertainment to be held in Bannister Street on 14 January from 6-10pm. Tickets are \$140 each and available at Eventbrite.com.au or Fremantle outlets: The Hougoumont Hotel, Attic, Stable Hands and Kidogo Arthouse.

More information about the festival can be found online at www.feniansfestival.com.au or on facebook.com/feni ansfestival.

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

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Downsizing FEATURE



Easy options for planning festive menus and the Christmas table





by Zofia St James

ahead.

DECEMBER is the sea-

son of festivities but also

a time to reflect upon the

vear and anticipate and

plan for changes that lie

As I write this I am sur-

rounded by boxes and

chaos as I prepare to

move into another apart-

ment and then get settled

While the moving pro-

cess is about as dread-

ed as root canal therapy,

it's the feeling that once I

am in and set up that I'm

focusing on. I am excited

about the change it gives

me as we go into a brand

new year.

in time for Christmas.



Left to right; Adorn your dining table or alfresco area for Christmas at Domayne Homewares -Zofia

So how are your Christmas preparations going? Last month I touched on colour schemes that might inspire the mood for entertaining.

This month, I thought I would talk about dressing your Christmas table with some suggestions that will complement the menu you are planning.

Everyone associates red with Christmas and for those who seek a modern take on traditional fare combined with the trusty red and green look, this is for you. Combine red with white and silver. If you have a white dinner setting and a silver cutlery service that would be per-

fect and looks fresh. Having something large and red as the centrepiece, such as a small red Christmas tree decorated with white and silver baubles or even a tall vase with red gladioli adds drama and scale. Silver or stainless steel

bowls can be placed at different heights and filled with fresh cherries, berries and red and silver foil wrapped chocolates. A beautiful Christmas cake on a cake stand with fresh holly on top adds flare. This theme suits a roast turkey with cranberry sauce, glazed ham latticed with candied red cherries, fresh salads with pomegranate scattered through and a pavlova topped with cream, raspberries and delicate pink Persian fairy floss.

Soft pinks, raspberry, copper baubles with gold accents on accessories like cutlery and edged glassware would make for a very pretty afternoon or morning tea. A posy or two of flowers, white table cloth and napkins and you're all set to entertain and sip Earl Grey or a glass of bubbly, cupcakes, gingerbread and smoked salmon, cream cheese with fresh dill and chives on little slices of baguette.

Alfresco dining is really easy, casual and breezy for a warm day under shade. Make your out-door space look lush and green with the festive addition of fairy lights, your look is complete. Set your outdoor table with botanical or tropical inspired dinnerware - this looks gorgeous combined with festive yellow accents and gives depth with accessories like black glassware or cutlery.

Obtain a giant Monsteria leaf and place lemons and leaf in the vase as a tropical centrepiece. spread of seafood delights, smoked trout terrine, salads, fruit kebabs and sorbets would top this off perfectly.

It really can be so much fun to think about the decorating part as well as the actual menu plan.

I do hope that December is a truly beautiful and blessed month for you all. Have fun and stay safe.

Merry Christmas to you all. Love Zofia xx

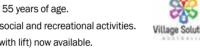
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Rangeview residents, Barbara and Len Cockman

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ping Centre, so residents are a short five-minute walk to the local Coles store, pharmacy, restaurant, tavern, post office, hairdresser, café, flow-er shop, bottle shop, bakery, medical offices, physical fitness gym, travel agent, newsagency and fast food outlets.

Moreover there is public transport across the street and a large green belt with playground and pond for the grandchil-

It does not get better than this.

Rangeview Village itself boasts the very best in construction, beauty and comfort. Each villa is detached, double brick and tile, with energy efficient glazed windows, high-ceilings, extensive tile work, caesarstone counter tops, reverse cycle air-conditioners, intruder alarms, dishwasher and covered private alfresco areas.

This secure and gated community is in stage three of construction with a number of brand new villas available. It features a fabulous clubhouse for the use of all the residents with regular social activities including exercise classes, sundowners and Friday night social club dinners.

Two and three-bedroom villa options are available with one or two bathrooms and lock garages attached. All communal areas are maintained. People have the freedom to enjoy life to its fullest, whether they stay and enjoy the social atmosphere of the village or travel the world.

Life is splendid at

Rangeview Village.

moved Rangeview Village 14 months ago knowing that it is a developing boutique, over 55s retirement village. The Village's residents were very welcoming and friendly, with a willingness to help one another when necessary.

"The new Clubhouse has taken the Village to another exciting level. We feel the village offers what we want in our future years of growing older together," said residents, Rangeview Barbara and Len Cock-

Rangeview Retirement Villages offers residents a lifestyle of companionship, comfort and security in a friendly and relaxed environment. For more information about Rangeview Village visit the home open on Monday to Friday between 10am and 1pm or telephone village management on 9355 3400 for a private appointment

Rangeview Village is located at Denver Rise / Chipping Drive, High Wycombe. Visit www. villagesolutions.com.au for more information.

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Downsizing ADVERTISING FEATURE



Downsizing a great decision...



Downsizing was the best decision for Jennie Watkinson and Norman Johnson

"TO BE honest, we thought we might be making the downsizing move too soon, but when we viewed our apartment at RAAFA's Air Force Memorial Estate in Bull Creek we just fell in love with it because of the beautiful view down to the river, and over towards Perth's CBD," said Jennie Watkinson, whose sister happens to live at RAAFA's Merriwa Estate.

Jennie explains that she and husband Norman are baby boomers, and started to become very aware of the fact that thousands of their generation would be looking to downsize their home in future years.

"It was very daunting and quite overwhelming to

move from our big four bedroom home, particularly as we had so much stuff, including lots of furniture and possessions from my grandmother and mother. But the girls in the office were absolutely unbelievable every step of the way; they couldn't have been more helpful," she said.

Jennie and Norman moved into their two-bedroom, two bathroom, north facing apartment back in April and say they have settled well and couldn't be happier.

"It really is like walking into a hotel, we just love it," said Norm. "It has been designed so well, you really can't fault it and the location is extremely convenient.

One key factor that the couple particularly appreciate is to be able to lock up and leave the apartment.

"We really love the fact that we can just shut the door if we're going to go off and travel and we don't have to worry about anything. We had a large garden with 50 or more rosebushes in our previous home, and neither of us miss maintaining the garden or doing the pruning," she said.

"Moving here is definitely a lifestyle change, it's a great lifestyle and we've been welcomed with open arms. Norman and I still maintain a life outside of the estate as we have a number of friends and activities that we're involved with, but we're also really enjoying immersing ourselves in the community here and volunteering our time in the shop and driving the buggy.

"We really couldn't think of anywhere else we'd

Complications on voluntary contributions to UK State Pensions



by Mike Goodall

UK NEWSPAPER reports claim that specialist staff in Her Majesty's Revenue and Customs (HMRC) and the Department of Work and Pension (DWP) are misleading applicants who have applied to pay Additional Voluntary Contributions to enhance their UK State Pension.

They may not be giving correct advice and in some cases, highlighted by the newspapers, have advised applicants to pay for years that do not result in increased pensions. When they attempt to claim back their additional (unnecessary) payments a refund is being refused by HMRC.

The problem arises due to the changes in the way that pensions were calculated after 5 April 2016. It affects all those who reached

State Pension Age (SPA) after that date.

Everyone has made different contributions over their lifetime to build up their entitlement to State Pension. This causes complications for most of those who have worked in the UK the longest. Pensioners are also affected differently depending upon whether they have also contributed to the State Second Pension (S2P or SERPS) over their UK working

Precedents have been set for those who have been given inaccurate advice by the DWP or HMRC and their money returned. However, I wonder how many advisors in Australia are fully up to date with these complications and know how to ensure that their clients are not paying for years that do not count.

The International Consortium of British Pensioners (ICBP) directors are visiting the UK and are still campaigning for partial pension uprating as a step towards full uprating/parity.

As Christian Porter, the Minister for Social Services told me, if they win partial uprating we can all forget about full uprating, as no one will be prepared to listen to us in either the UK or the Australian Parliament.

The UK Labour Party will attempt to overturn the statutory instrument (SI) that allows the UK Government to continue to freeze our pensions next March. There are the numbers on our side to out vote the government. If the SI is successfully challenged without a permanent agreement it will have to be challenged annually.

To avoid embarrassment, the government are likely to want to negotiate a deal prior to March. However, this will probably only give partial uprating and not parity. Older pensioners are the worst affected and would not benefit from partial uprating.

The campaign contin-

Anyone who would like to discuss the above in greater detail or requires help on any aspect of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via email: mikec goodall@btconnect.com

New management at Willow Creek Mews



SIENA LIVING prepares to take over the management of Willow Creek Mews in Greenfields, Mandurah and some of their homes are being offered for sale at prices not seen for years.

The village is now four years old and after establishing itself as the most affordable village in Western Australia, Siena Living thinks it is ready to go further.

Willow Creek Mews appeals to retirees who want a quality home in peaceful surroundings and the assurance of continued affordability in an unpredictable world. This has seen the village mature, but there is more to life than affordability. A village needs to embrace all its residents so they become an integral part of their community and enjoy every day, be it within the village or outside, retired or nearly retired. It is not about the chosen few - it is about everyone.

Village manager Kellie Briggs is enthusiastic about the changes. She says: "With the long term management contract in place it means we can now have much more control on the destiny of the village rather than just trying to influence it.

"It enables residents to get involved at the ground level and know their input will contribute to the fu-

ture well-being of the vil-

"The developers put the building blocks for our village in place and without doubt have created a financial structure like no other village. It is now our turn, and that of the residents, to build on those foundations to create the village they want to live in, and one we want to be involved in."

But it isn't just the financial structure that is unique, even though it has been internationally recognised and set to be trialled in Canada and the UK.

"Every home is designed to the principles of 'Ageing in Place' where every aspect of ageing has been taken into consideration to ensure a resident does not need to move out of their home prior to nursing home care being needed."

Care can be brought to the home under a host of community care packages from an array of local health providers and this is a big draw for many retirees.

Priced from \$138,000. Homes are all built with a minimum seven star energy rating and that means lower heating and cooling bills. Design features like a raised ceiling in the open plan living areas, a huge double bedroom and an extra-large study or spare bedroom all add up to make these homes that little bit special. All homes

have a large undercover garage, European appliances, fitted carpets or timber effect flooring and two outdoor living areas.

For those not wanting to buy. Siena Living has set aside several homes as rentals for suitably qualified tenants who can, if they want, opt for long term leases.

Willow Creek Mews is located in Greenfields and convenient for shops, buses, and the Peel Health Campus. It is only a few minutes bus ride to the train station or to Mandurah foreshore where the unique lifestyle of Mandurah can be enjoyed to the full

The village is regulated by the Retirement Villages Act and financially structured to maximise all current State and Federal concessions. People can inspect villas by making an appointment with Kellie on 0424 284 889.





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* Homes sold on a Life Lease Regulated by the Retirement Villages Act

Downsizing



A quest for turning the page on rare and valuable old books



Bob Wardle

by Frank Smith

BOB Wardle and his partner Pia run the Lost Knowledge Bookshop in Margaret River.

The bookshop, in an old weatherboard house, is filled with 16,000 second hand volumes of mainly non-fiction including reference books, Latin, logic, crafts, workshop manuals, how to do it books, biographies, skills, and works on science and philosophy.

"They are all stuff people thought would never sell," says Bob.

"I got involved by a bizarre accident. I was running a T-shirt design and printing business in Nedlands 15 years ago when I met Pia, she became very ill and I could not leave her."

It was verge collection time so Bob went fossicking for valuables abandoned on the verge and collected 32 sacks full, including many books.

One book was Dante's *Divine Comedy* and there were also chemistry books.

It occurred to Bob that there could be a market for these discarded items and set out

to sell them on eBay.

"I was able to sell valuable old books and good furniture, but I gradually moved to selling books and vintage HiFi items. That became the lost knowledge concept.

"It is difficult to deliver homewares if you sell them. Books are easy; you just put them in a prepaid satchel and post them off."

That was the start of a unique business. Now Bob buys hard to sell books at garage sales, from op shops and the massive annual Save the Children Fund book sale at the University of WA.

"Donors come into op shops with a pile of books. The shops sell novels quite easily, especially paper backs, but non-fiction is left unsold. I've trained them not to bin books that I can sell," he said.

Bob buys the apparently unsaleable items and puts them on eBay. He has a catalogue of around 6000 books on eBay at any one time, collecting money through PayPal.

He's been doing this seriously for five years now. At first he worked part time in disability support, but now he's a full time book seller. "I sell 80 per cent of books on eBay and 20 per cent in the book store.

"It is easy to find rare non-fiction, age is less significant than that the subject is im-

portant to someone.

Bob's father was an engineer who worked for GCHQ, the British spy agency on cryptog-

raphy.

"Maths makes cryptography work. I picked up an interest and knowledge of science, medicine and technical books through him. That helps me work out what is worth keeping and what will sell," he said.

Many technical subjects, such as medicine and physics don't change much over time. Scientists might discover a new particle but the old ones are still there.

In spite of some clear success in a unique niche market Bob says it is still hard to make a living.

But he has an occasional stroke of luck. He obtained his car by swopping it for three books on world railways.

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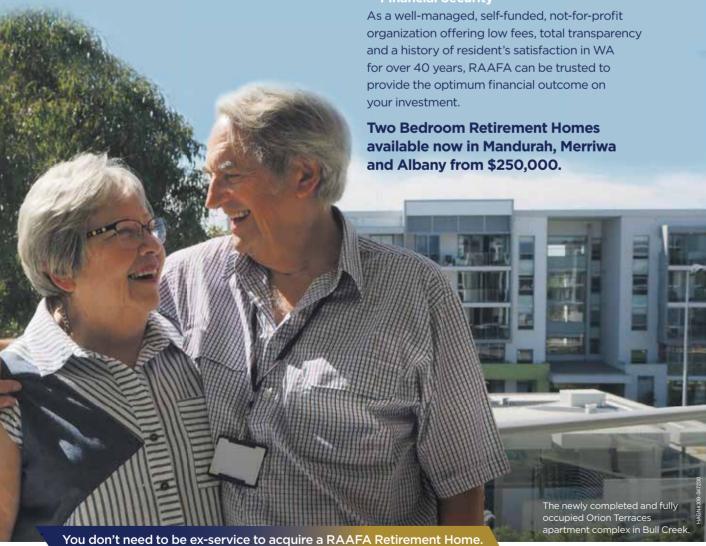
Retirement Living apartments and/or units, are located in RAAFA Estates in Bull Creek, Merriwa, Mandurah and Albany. In all these communities you can have the peace of mind to

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Over 55s Scenic Lake Estate Village



THE new Scenic Lake Estate is a locally owned and operated picturesque lifestyle village. It caters for the active over 55s looking to downsize and become part of a friendly, social environment.

Established along the Wongong River, the nature-inspired estate offers affordable, quality built homes and facilities, all within a secure and welcoming community.

The desirable location in Champion Lakes of-

fers a range of nearby amenities and services such as shopping precincts, restaurants, cafés, hospital, train station and health care professionals.

Scenic Lakes tranquil landscape is complemented by the substantial lodge and resort style facilities for residents to enjoy.

For more details on the Scenic Lake Estate phone 9390 3909 or visit www.sceniclakeestate.

Bidets can help 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 had found it years ago," Mabel said. "The bidet simply replaced the existing toilet seat and automatically cleans 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," she said.

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 although The Bidet Shop offered to send out a brochure pack, she decided to order a bidet straight away. It arrived a few days later.

"It is the best investment I have made in my personal health and hygiene in years and I no longer find going to the toilet an issue."

"Give it a go" She says. "I did and I couldn't be hap-

Have a Go readers may qualify to have their bidet fully funded. Please call The Bidet Shop to ask how.

For more information or to purchase call The Bidet Shop on 08 6315 4252.

Downsizing Downstrian Policy Control


Delve into your DNA to find out where your ancestors come from



by Frank Smith

MANY of us are interested in our ancestry, especially as we get older and no members of earlier generations are around to retell the family history.

The prime resources, available in most European countries, are records of births, marriages and death during the previous 300 years and often two hundred years of census data.

Other sources of information include military, criminal and shipping records. However you may have to do some guessing because many people have the same surname and some surnames appear in the records with a range of spellings depending on the literacy of the person who made the record.

All these are accessible via ancestry websites, usually for a fee.

However for information about your more remote ancestry you need dig into your DNA to provide independent information of your ethnic background.

In recent years DNA tests have become affordable. There are now five direct-to-consumer testing companies providing genealogical information: Family Tree DNA, 23andMe, Ancestry DNA, My Heritage DNA and Living DNA.

DNA ancestry tests look for single nucleotide polymorphisms (SNPs). Each SNP represents a difference in a single DNA building block. Your DNA profile is compared by a computer algorithm to others of known ancestry in a database maintained by the testing company.

You pay for a test kit to be mailed to you and then send it back with either scrapings from inside your cheek or saliva samples.

In due course you will get estimates of your ethnicity and admixture usually from centuries ago. For example percentage of Irish, Jewish or Italian specific genes in your DNA.

You may also be

matched to other people who have been tested at the same company, and are related in recent generations. Close family matches are very accurate

You will also get a raw data file of your results. This is a text file containing about 700,000 rows of numbers, about 6MB in size when zipped. Save a copy to your computer, and you can use it to upload to other testing companies that accept data from outside sources for searches in their database.

Associate Professor David Groth says DNA tests are very powerful when used in animal populations, but for humans, placing you in an ethnic groups depends on small groups of genes.

"For example Neanderthal genes are found in Caucasians but are not found in Africans," he said.

"Genes for blue eyes suggest Scandinavian ancestry. But there can be differences within a family to due to recombination of gene between siblings. It is not a random process.

"DNA tests can usually pick unusual ethnicity. Accuracy varies, but is good in isolated populations such as Finns, who have a unique genotype and other northern European, Scottish, Irish and African ancestors but not so good where population have become mixed as in Mediterranean and

Middle Eastern peoples.

"Some groups, for instance Vikings, spread their genes around."

"Sometimes it is possible to break down ancestry into regional percentages.

"When whole genome tests become available and affordable they might be more accurate, but DNA tests now are based on 3-500,000 SNPs which should provide good indications of ethnicity.

"They might improve as algorithms evolve and databases increase over time. The world is mixing more and more.

"It is really a gimmick," he said.

But it's a gimmick many people are interested in exploring.

Sabina Apartments located riverside will set new benchmark in Applecross

STUNNING riverside location and jacaranda-lined streets make Applecross one of Perth's most sought after suburbs, but with a median house price of \$1.5 million, it is an address that has been out of reach of many homebuyers – until now.

Finbar's Sabina Apartments, due for launch in the new year, will provide homebuyers with an opportunity to enjoy all the benefits of living in this desirable suburb at an affordable price.

Featuring 180 luxurious one, two and three-bedroom residences in a stylish 30-storey building, Sabina Apartments will feature resort-style amenities at a level unlike anything seen before in Perth.

Ronald Chan, chief operations officer, Finbar, said Sabina Apartments provides a variety of living options to suit a range of different purchasers at a significant discount to the median price point for a house in the area.

"This development provides an opportunity for families, couples and younger buyers to purchase in an area that would otherwise be unattainable for them. It offers older residents already living in the area the ability to downsize whilst maintaining the luxury lifestyle they are used to in the area they love."

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

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

Located only seven kilometres from Perth City at 908 Canning Highway, Sabina Apartments is within immediate proximity to riverfront pedestrian and cycle paths, high frequency public transport and the freeway network. It is also conveniently located nearby to attractions

including the Raffles Hotel complex and Heathcote Cultural Reserve as well as schools, riverside reserves, sporting facilities, food outlets, small shops and Garden City Shopping Centre.

Demolition of the existing buildings is currently underway with the launch of Sabina Apartments scheduled in the new year. Prices start from \$410,000 for a one-bedroom apartment, \$590,000 for a two-bedroom apartment and \$870,000 for a three-bedroom apartment.

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



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Downsizing FEATURE



Big idea grows from small household living aged care initiative



MERCY Health has introduced an entirely new model of care at its not-for-profit homes in Western Australia, Edgewater and Claremont, with

plans to roll the initiative out across all its future developments.

The small household model has proven highly successful in the Nether-

lands and other European countries, and is based on the concept of a social model of care whereby seniors live in a household of no more than eight people, rather than the larger group settings of traditional aged care services. This strengthens individualised care and promotes independence and autonomy, enabling older people to live enriched lives, including those living with dementia.

Individual households contain a fully functioning kitchen and laundry along with a lounge, dining area and outdoor garden. Each resident has their own room and ensuite. It's akin to living in one's own home where spaces that create socialisation and community engagement are promoted.

Anita Ghose, national director, residential aged care – Mercy Health, explains the concept is focused on creating a home-like, normalised daily living experiences, which is facilitated by a dedicated multi-skilled team of care companions who assist residents with all their care needs and activities.

"After many years of research and review into the caring of older people, and especially those living with dementia, this new model of care is built around relationships, personal enablement and choice, meaningful living and reduced loneliness, isolation and boredom," she says.

"Our focus at Mercy Health is on enrichment and better practices to support this. When we researched the small household model discovered its proven benefits, we wanted to embrace it fully ourselves. We're excited to have introduced it at Mercy Place Edgewater and also Mercy Place Mont Clare in Claremont.

It forms part of our building designs for all new developments across Australia.

"Each household is autonomous, the care team has total control of their own budget, they do all their own menus, cooking, cleaning and laundry together with the residents. We know that consistency of care, smaller living environments and strong social relationships are critical factors in enhancing wellbeing.

"We are already seeing some very encouraging results for our residents in our small households, including an increase in weight, a reduction in medication and in falls."

The small household living concept has been inspired by De Hogeweyk Dementia Village in the Netherlands.

Small community households are at the centre of Mercy Health's model of care, with care partners - who include nursing, allied health. pastoral care and other key staff within the aged care home - called upon when required. Importantly, community is a big part of the home and the engagement with residents occurs naturally and spontaneously.

Whiteman Park reunion for Perth's last ever tram and its former driver



George Conner

THE INTRODUCTION of Tram 66 to the Whiteman Park Heritage Tram Tours after a

painstaking 23-year restoration has special significance for Bunbury's George Conner.

The 97-year-old drove Tram 66 while still running on Perth roads. The tram was in service from April 1917 through to its iconic final day when the tramways closed in 1958.

It was the last tram ever to run through the streets of Perth, so Mr Conner didn't think he would ever see the grand old dame of the tramways again.

But thanks to the team at Baptistcare who provide him with home care support, and the generosity of the Perth Electric Tramway Society, Mr Conner has boarded his beloved Tram 66 one more time.

Chief executive officer, Russell Bricknell, said when Baptistcare staff heard Mr Conner reminiscing about his days as a tram driver and also discovered that Tram 66 had been restored and offering rides to the public around Whiteman Park, they made inquiries to see how they could bring the two together.

"Our philosophy is very much about helping people pursue their personal goals and passions, and live life to the full, no matter what their age." he said.

"Mr Conner's support workers found out that Tram 66 was part of the heritage trams operating in Whiteman Park. "So, they arranged for him to make the 200km trip to Whiteman Park to meet members of the Perth Electric Tramway Society Inc and jump on board the tram for the first time in 59 years."

Mr Bricknell said Mr Conner was joined by his niece, great nieces and nephews and great great nieces and nephews which meant four generations of the Conner family enjoyed the reunion.

"It was an incredible day which meant so much to Mr Conner and a fantastic example of how Baptistcare staff always go above and beyond to keep the people in our care happy and healthy," he said.



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Serviced apartments offer a new category for retirement living in Menora



BETHANIE, one of Western Australia's leading not-for-profit aged care and retirement living providers, is preparing to open 48 serviced apartments in the premium inner suburb of Menora, offering West Australians a completely new category of retirement living.

WA's first serviced apartments for seniors will provide the perfect balance of support and independence, sitting in between what is offered in independent living units and aged

care facilities.

Targeted at those aged 80 years and over, the innovative apartments offer a level of care and affordable luxury unlike anything else in WA. From freshly cooked daily meals, weekly cleaning and laundry, to the built-in health technology, and maintaining an active social life, residents can live independently whilst enjoying a tailored level of support as needed.

Bethanie CEO Chris How said: "We

saw a gap in the market for an option which just wasn't available here in WA offering retirement living in a completely serviced apartment.

"We know how important it is within the ageing process to retain independence - what these serviced apartments offer is the option to remove some of the necessary everyday tasks that can become more difficult and perhaps keep us from staying at home for longer.

Due for completion this month, the apartments will complement the existing villas and apartments that form part of the stylish village called Bethanie on the Park. They have been finished to an exceptional standard, offering modern living in a picturesque location on the doorstep of Yokine Reserve, and also featuring views of Perth city.

"In 1992 Bethanie built a leading facility in Bethanie on the Park, and ironically now we are once again leading the way with these serviced apartments."

Bethanie hospitality consultant Tony Rutherford will offer a chalkboard menu with a commitment to delivering fresh.

A Simple Life - Anything But a poignant tale by local author Ron Pass

seasonal produce and a menu that will change weekly.

Residents can delight in the social aspect of dining in the garden dining room, sharing meals with their friends, family and fellow neighbours, or they can have their meal delivered to their door and enjoyed in the privacy of their own apartment.

Ample research shows technology can assist with caring for the elderly by enabling 24-hour care and peace of mind. With residents' health and wellness a top priority, Bethanie has applied new technologies throughout the first-of-its-kind property - for example, each apartment will be equipped with devices that recognise if the resident has a fall, triggering an alarm for the Bethanie village manager to respond to the apartment within minutes. It means residents will be supported by the latest technology to ensure the highest level of care with minimal inter-

"We are offering our ageing population the chance to remain independent, with peace of mind that help is never far away. With sociability and independence not only provided but encouraged, this new service is a great option for general practitioners to guide their patients - especially given the health support options we will have on hand 24/7," Mr How said.

Every apartment features a balcony large enough to house an outdoor setting and barbecue. Plus, residents will have access to the Bethanie on the Park clubhouse with additional features including a ballroom, dining area, bar and entertainment zone, library, hair salon, on-site wellness centre (podiatry, physio, allied health services) and a fully equipped gymnasium.

With one and two bedroom apartments available, these stunning apartments offer affordable luxury with prices starting from \$385,000 and for less than \$45 per day, meals, cleaning, laundry and Bethanie's unique exclusive health and wellness technology app are all included.

Registrations of interest are open now by contacting Bethanie on 13 11 51 or visiting www.bethanie.com.au.

Reviewed by Pat Paleeya

RON Pass writes in his preface that this memoir started as a gimmick, but in putting his life experiences on paper he began to enjoy the flood of memories that it

evoked

Written ostensibly for family and friends he decided to publish his work and we readers have been lucky enough to have the chance to share his stories.

When his beloved wife Alice died in 2009 Ron almost gave up writing only to remember how

Alice would always encourage him to finish his book. With this memory to spur him he carried

The result is a book full of humour, unforgettable characters, and of a life lived around the Gascoyne, Murchison and Geraldton area from the 1940s onwards.

He has a great love of horses and has been a horse-trainer, a jockey, a stockman and, for

many years, a volunteer firefighter. He is also a prolific bush poet and has included some of his poems in the book.

He has had many ups and downs in his life but never comes across as a man who couldn't deal with life's blows.

In 1961 his five-yearold son Allan ran in front of a car and died in hospital that same day. Ron writes that that day changed the course, attitude and expectations of his life. Although he may not think so himself, his sensitivity and stoicism though quite opposite traits, seems to have served him well in the turbulent times in his simple life.

This is a fairly large book without a wasted word. It would be incorrect to call it a coffee table book, it is more of a-veranda-feet-up-billyon-the-boil book - altogether a pretty good yarn.

A Simple Life Anything But can be ordered from Ron directly tel 9297 4411 or mob 0428 964 968 or email ron. pass@bigpond.com at discount rate \$40 plus postage (it will be delivered within reason). Also at Woodlake Newsagent in Woodlake Shopping Centre and The Coffee Hut, Great Northern Highway Herne Hill.

WIN WIN WIN

We have one copy to give away. To enter please email to win@ haveagonews.com.au, with the book title in the subject line or write to A Simple Life, 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 your envelope. Competition ends 31/12/17.

Subdividing Transforms Lives

Jane had her life changed forever in the blink of an eye. Unfortunately for Jane, she had lost her husband The backyard had become a chore to to cancer a little over a year ago and was left in dire straits. With a loss in income, things grew increasingly difficult and Jane was unsure of that she had between \$250,000 what to do. Everything had been on track for her and her husband; they she didn't know how to get to it! had built a new home in Kewdale for themselves to retire in with an aim to subdivide the rear block to help fund their retirement. However, Jane was now left with a new house and

subdividing is how it can transform to afford completing the landscaping the lives of those who need it most. after the new build. As well as that, she had no means to fund the subdivision costs or sustain herself.

> maintain, and still dealing with her loss, it was no doubt a challenging time for Jane. Although she knew \$260,000 sitting in the yard,

As luck would have it, one of Jane's friends had seen an advert in Have a Go News about Unlock Your Block's proceed with Unlock Your Block fully-funded model. With the idea and start a new chapter in her life!

and project manage the entire subdivision, it almost seemed too good to be true! As Jane was still nervous, her friend gave Unlock Your Block a call on her behalf and

make sure the project was going to be beneficial to Jane, and guided her to seek independent financial advice regarding subdividing and her retirement with the funds received. With Jane optimistic and well informed, she decided to

What's most remarkable about a large block of land, with no money of having Unlock Your Block fund. With full transparency and all costs paid by Unlock Your Block, they also helped Jane to secure a buyer for her block off the market through their own database! The end was a touching result. The block sold described to us her situation at length. for \$250,000, meaning Jane could now fulfill her husband's goal and They ran through the numbers to complete her garden, as well as live comfortably in retirement.

> Even better, Jane has now booked a flight to visit her family overseas, for the first time in over 15 years!

> > **Fab Marion**



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unlock your block is an easy, simple and safe way to unlock the value in your property by turning your excess land into cash without using your own money.

To Find out more about how unlock your block can work for you, phone: (08) 6161 1790 or visit our website www.unlockyourblock.net.au





"We had no idea where to start or what to do with subdividing our block until we met Fab. Fab and the team took care of everything which was a great weight off our shoulders. We would highly recommend using them!"

Wayne Mitchell, Wembley Downs



Celebrate Christmas with Morish Nuts and win a hamper



MORISH Nuts M'n'N Nuts and Nougat cooler hamper is filled with value jumbo packs of selected Morish Nuts, peanut brittle, macadamia crunch, pop-a-jak, pretzels, nougat and Mandoon Vintage Sparkling 2015 wine for the serious nibblers and to share with extendfamily gatherings.

craft and lots of fun.

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To be in the draw to win a Morish Nuts M'n'N Nuts & Nougat cooler hamper and a bottle of Mandoon Vintage Sparkling 2015 wine email win@ haveagonews.com.au and include the word nuts in the subject line. Alternatively, address an envelope to Morish Nuts Competition c/-Have a Go News PO Box 1042 West Leederville WA 6901 with your details on the reverse side. Competition ends 31/12/17.

The Gruffalo returns to Perth in January



The Gruffalo cast members, left to right; Josh Anderson - Tina Jackson and Jonathan MacMacMillan © Heidrun Lohr

TAKE the grandkids (or surprise them with tickets at Christmas time) and join Mouse on a daring adventure through the deep, dark wood.

Adapted from the Gold Award-winning children's book, The Gruffalo follows Mouse on the hunt for hazelnuts. Armed with just a nut map and a very vivid imagination, Mouse runs into the smirking, wheeler-dealer Fox; an eccentric, retired Woodland Air Force general Owl; and the maraca-shaking, party animal Snake. Rather than becoming the main course of their next meal, Mouse kills their appetites with stories of an imaginary monster friend.

But what happens when Mouse comes face to face with the very creature she imagined? In a production that has become the toast of London's West End, Tall Stories and CDP vibrantly reinvent this delightful tale through its signature style of bold, multifaceted storytelling.

A trio of bright new performers, Josh Anderson, Tina Jackson and Jonathan Macmillan fill the forest with colourful characters and toe tapping, sing-along songs. Audiences will be dazzled with brand new sets and costumes when the return season entices fans with the magic of the deep dark wood.

CDP with Tall Stories presents The Gruffalo - Live on Stage these Christmas school holidays. Based on the award-winning picture book by Julia Donaldson and Axel Scheffler The Gruffalo will be returning to the State Theatre Centre of WA from 3 to 14 January.

Songs, laughs and scary fun for children aged 3+ and their grown-ups. Tickets at www.ticketek.com.

150 years ago the last of the convicts arrived in Fremantle

ON 9 January 1868, the 875 ton vessel Hougoumont arrived into Gage Roads, with 279 convicts on board (including many Fenians), and a number of Pensioner Guards and families. Her arrival marked the end of the transportation era both in Australia and worldwide. No more would prisoners be shipped across the world as cheap labour to bolster colonial economies.

To mark the 150th anniversary of this important moment in our history, during January and February, the Western Australian Genealogical Society (WAGS) and the Royal WA Historical Society (RWAHS) will hold a series of joint presentations and displays of artefacts and photographs of the men who came to the Swan River Colony both in chains and in uniforms. Both societies will have two

The WAGS events will be at unit

4, 48 May St Bayswater and are: 14 January 1.30pm - Convicts: The Hougoumont Men presenter, Bevan Čarter.

20 January 10.30am - Enrolled Pensioner Guards - The Hougoumont Men presenter,

The RWAHS events will be at 49 Broadway Nedlands:

24 January drinks and nibbles (starts 6pm) - Enrolled Pensioner Forces and Local Forces presenter, Robert Mitchell

4 February 10am 10.30am) - Convictism in WA presenter, Dr Pamela Statham Drew

To finalise the commemoration, WAGS has organised a "Where did they come from?" Research Day at the State Library of WA.

WAGS volunteers will be available to help people with their research on the third floor and there will be three talks on the fourth floor. Bevan Carter will talk about British convict records, Gillian O'Mara about guards records and Mike Murray about UK records for tracing ancestors and relatives.

For further information including how to book, check out the WAGS (www.wags.org.au) and RWAHS (www.histwest.org.au) websites.





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

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

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

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

Just send the club's contact details, a brief summary of what you do and how to join, along with a photo or logo to clubs@haveagonews.com.au

Have a Go News E-edition delivered into your inbox

Enjoy the digital paper in a new page turning format. Perfect for phones, tablets and ipads.



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To register, please email readers@haveagonews.com.au



















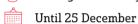




The city comes alive this Christmas and New Year as streets and malls light up and transform for you to explore. It is the perfect place to celebrate the season your way, with 52 days of events and activities.

CHRISTMAS LIGHTS TRAIL

Throughout the city



FREE, Family friendly

Take a journey to discover the new Christmas Lights Trail. Be mesmerised as malls, streets and parks across the city brighten with animated lights, projections and lively festivities.

CHRISTMAS PROJECTIONS

St George's Cathedral, Cathedral Square



Until 23 December FREE, Family friendly

With a brand new location in 2017, the enchanting animated projections will light up the facade of St George's Cathedral, enhancing this beautiful building's features with colour.

NORTHBRIDGE OUTDOOR MOVIES -**FESTIVE FLICKS**

The Piazza, Northbridge



Every Saturday, until 30 December

FREE, Family friendly

Check out one of the nearby restaurants or grab

some tasty takeaway and pull up a beanbag for free double-feature* movie screenings at 5.30pm and 8.30pm. All your Christmas favourites will be featured.

*25 November and 30 December 5.30pm screenings only.

CHRISTMAS CARNIVAL

Forrest Place



9 to 10 December



FREE, Family friendly

The carnival is coming to town and it's bringing a truckload of Christmas fun with it, including free rides and activities for the whole family to enjoy. It's the perfect day for some festive family fun.

BRASS ON THE GRASS

Victoria Gardens, East Perth



13 and 20 December

FREE, Family friendly

Head to the beautiful surrounds of Victoria Gardens to enjoy the smooth sounds of the City of Perth Band performing Christmas concerts.

CHRISTMAS NATIVITY



Supreme Court Gardens



FREE, Family friendly

At a brand new location in 2017, bring your picnic rug and share in the story of Christmas, brought to life on stage with hundreds of performers, live animals and Christmas carols at Supreme Court Gardens.

CHILDREN'S CHRISTMAS SERVICE

St George's Cathedral, Cathedral Square

16 December

FREE, Family friendly

See the traditional story of Christmas unfold as your children take part by dressing up as angels, shepherds, animals and kings for the annual Children's Christmas Service at the Cathedral

CHRISTMAS DAY SERVICES



St George's Cathedral, Cathedral Square



25 December

FREE, Family friendly

The Cathedral's two Christmas Day services are varied in style with an 8am Holy Eucharist and congregational carols, and a 10am Choral Eucharist with full choir and congregational carols.

□ Songs and sounds

Bring your Christmas cheer and raise your voice at a feast of carol and musical events this season.

WAYO CHRISTMAS SPECTACULAR

His Maiestv's Theatre



Ticketed, Family friendly

CITY CAROLLERS

Murray Street and Hay Street Malls



16 December

FREE, Family friendly

WASO SYMPHONY IN THE CITY

Langley Park



16 December

FREE, Family friendly

IGA CAROLS BY CANDLELIGHT **FOR VARIETY**

Langley Park



17 December

FREE, Family friendly

Markets

The market scene is bursting at the seams this festive season - there truly is something for everyone.

TWILIGHT HAWKERS MARKET

Forrest Place



8 and 15 December

FREE, Family friendly

PERTH HOME GROWN

Murray Street Mall

Every Sunday, except 31 December

FREE, Family friendly

MADE ON THE LEFT CHRISTMAS MARKET

Perth Cultural Centre 9 and 10 December

FREE, Family friendly

Accurate as at time of print. Details subject to change. Go to visitperthcity.com for details.



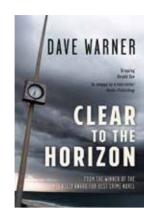


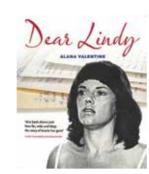


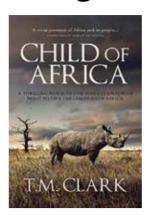


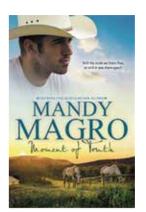
A selection of Australian books for gifts and holiday reading

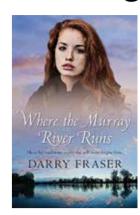












BOOKS make ideal presents for Christmas and here's a selection of good reads from Australian authors.

The House on Jindalee Lane

Jennie Jones presents another story in her series that centres around the remote Snowy Mountain town of Swallows Falls. This story focuses on actress Edie Granger who returns to Swallows Falls in a spot of trouble. The country town characters and easy writing style provide a lovely story which is fun, suspenseful and interesting. It makes a perfect gift for those who love Australian contemporary romance stories. Published by Harlequin. RRP \$22.49.

Clear to the Horizon

A great crime fiction novel from Dave Warner goes back to 1999 when a number of young women go missing in the Perth suburb of Claremont. One body is discovered and the others are never seen again. Snowy Lane is hired as a private investigator but neither he nor the cops can find the serial killer. Fast forward 16 years and another case brings Snowy to Broome where an incidental crime puts him back on the Claremont case. Clear to the Horizon is a nail biting Aussie style thriller with twists and turns to keep you

guessing until the end. Pubished by Fremantle Press RRP \$29.99.

Dear Lindy - A Nation Responds to the Loss of Azaria

The Azaria Chamberlain case was one of the most followed and documented murder trails in Australian historv. Author and playwright Alana Valentine provides a selection of letters sent to Lindy throughout her ordeal, as shared in her play Letters to Lindy. The public made their own ruling in the case that divided Australia, shown in the hurtful, supportive, accusatory or sympathetic letters received by Lindy. We hear directly from Lindy too in candid conversations with the author, her foreward and a letter she wrote to her 16 year old self. Dear Lindy is published by NLA Publishing RRP \$39.99.

Child of Africa Author TM Clark has written a vivid portrayal of Africa and its people. After returning from Afghanistan, ex-British marine Joss Brennan embraces living as a double amputee, but he finds life at his safari lodge near Lake Kariba, Zimbabwe, not quite as idvllic as when he left. Peta de Longe is a big game veterinarian and no stranger to hard decisions. Working in the messy political society of Zimbabwe,

she's engaged in a constant struggle to save the national parks. When she nearly drives over Joss, the reunion isn't joyous - Joss let down her dying sister eighteen months before, after all. But once she uncovers the terrible ordeal that Joss has gone through, can she learn to forgive and move forward? When a corrupt and dangerous businessman with close ties to government threatens all he holds dear, Joss realises he doesn't need to save strangers in a faraway land. But will he fight to save his own country and the people he considers his family?

Published by Harlequin Press RRP \$22.49.

Moment of Truth

Mandy Magro has written an epic romantic thriller.

Alexis Brown was thirteen when her parents were killed. The police labelled it a murder-suicide, but Alexis has grown up believing her loving father could never have hurt her mother. So when, 17 years later, Alexis receives an anonymous note telling her the police were wrong and her parents were both murdered. she's determined to return to Blue Ridge and find out the truth.

When Alexis arrives at the newly renovated cottage hoping to awaken her lost memories, she can't help but notice how strong and handsome her childhood friend Ethan King has become. But she's not here for love. As soon as the truth is uncovered she has to return to her life, and falling for him would only leave her with a broken heart. For Ethan, getting to know the resilient woman that Alexis has blossomed into leaves his world upside down. But as they spend the days together and with their mutual love for horses, it doesn't take long for Alexis and Ethan to discover their friendship is much more than they'd first thought... but will it all be threatened by a shocking secret from all those years ago?

Published by Harlequin Press

RRP \$22.49.

Where the Murray River Runs

Darry Fraser has penned a nineteenth-century story of greed, honour and an overwhelming love. Ard O'Rourke is Linley Seymour's perfect man. They've known each other since they were children and she has never wanted anyone else. But when she discovers Ard has fathered a child with another woman,

Disney Pixar's Coco - celebrating

love and family the Mexican way

her dreams turn to dust.

Then fate takes a hand. Linley and her Aunt Cee Cee run a women's refuge and Linley finds herself unexpectedly and painfully the guardian of Ard's baby: a child that needs her protection from the greed-filled schemes of a violent man.

Ard knows he has no hope with Linley and decides to follow his own path: one that brings him close to redemption. But when he learns Linley and the child are in danger, his own child at that, he cannot stop himself speeding to their aid.

Will he prevail? Can Linley find it in her heart to forgive him? Or will their love come to nothing at the hands of a violent man?

A compulsively readable historical adventure, set on the banks of the mighty Murray River. Published by Harlequin Press RRP \$22.49.

WIN WIN WIN

We have a copy of each of these books to give away to some lucky readers. Simply email win@ haveagonews.com.au with Books in the subject line or write to Books C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/12/17.

Oska Pulse is a drug free back, neck and knee pain remedy perfect for Christmas

WITH our ageing population wanting to remain fit, healthy, independent and enjoy an active life for as long as possible, people now seek products that genuinely improve their quality of life and well-being.

The Oska Pulse definitely fits those criteria. Developed in WA and manufactured in the USA, the Oska Pulse has been specifically designed to improve blood flow and mobility, while reducing inflammation and speeding up healing to eliminate pain the natural way. Oska Pulse can be used for minor to chronic pain, long standing injuries that have failed to fully recover and to resolve pain or disabilities caused by sports injuries, age or degeneration such as osteoarthritis.

Most of us are aware that exercise is the key to keeping fit and healthy. However as we age, injury or pain impacts our lives and makes exer-

cise more difficult. The Oska Pulse replicates our body's own natural healing processes by simulating exercise at the cellular level without discomfort, risk of re-injury or corresponding wear and tear. Being totally portable, with no wires, pads or other restrictions, you can even wear the Oska Pulse whilst going about your daily tasks.

The Oska Pulse doesn't simply block pain – it goes to the source, setting up the correct environment for the body to heal itself.

Oska® Wellness was honored with MedTech breakthrough award for the best IoT healthcare wearable device 2017.

To find out more about the Oska Pulse and how it may help you or a loved one go to www. oskawellness.com, visit Oskawellness on Facebook or call Mike on 0438 920 147 or Darren on



The Oska Pulse optimizes Pulsed Electromagnetic Fields MF), reducing muscle stiffnéss, relieving minor pain and increasing mobility.





- · Use after workouts
- For any exercise
- · Golf, tennis, yoga, etc.



- TYPES OF PAIN
 - Knee
 - Back
 - Muscle Joint
 - Chronic



- · No side effects

Visit OskaWellness.com now!



USE CODE: HAVEAGO To receive \$55 off your Oska Pulse! Contact Mike 0438920147 or Darren 0414230022





by Tahlia Merigan

DISNEY Pixar's newest film Coco reminded me of Up (2009) with the importance of intergenerational relationships and family.

Coco is based around the Dia de Muertos or as we know the celebration Day of the Dead and director Lee Unkrich thought it essential to have an all Latino cast for the film.

Our main character

Miguel (voiced by newcomer Anthony Gonzalez) carries us through the story, introducing us to his family of shoemakers from Mama Coco his great-grandmother his strict Abuelita (grandmother) who enforces the family's one rule - that music is banned.

Miguel However. dreams of becoming an accomplished musician like his idol, famous musician Ernesto de la Cruz (voice of Benjamin Bratt).

Through his love of music, we follow Miguel on his journey that takes him to the stunning and colourful Land of the Dead. Along the way we meet the charming trickster Hector (voice of Gael García Bernal) and together they set off on an extraordinary journey to unlock the real story behind Miguel's family

Throughout the Land of the Dead we also meet

Miguel's family and even Frida Kahlo. And we can't forget Miguel's trusty animal sidekick Dante.

One aspect of the film that I really loved was lost a close family memlearning more about the traditions and beliefs of the Dia de Muertos and how the Mexican people celebrate it.

Pixar has taken the serious topic of death and added colour, love, music and humour. The colourful setting of Dia de Muertos shows that the festival is about love and remembering the happy times. The love that Miguel has for his family, even if they're not always right and how much love they have for him really comes through strongly in this film which I found really poignant.

The music will have you tapping your foot and Anthony Gonzalez has an amazing voice. And let's not forget the humour injected into all

the right spots especially from Hector.

One thing that has stayed with me from this film, especially having ber fairly recently, is that as long as there is family to remember them, they're not forgotten and you will always have the memories of them.

I would definitely recommend taking the grandchildren to see this film as it's highly enjoyable for both adults and children

In cinemas from Boxing Day. Rated PG.

WIN WIN WIN

To be in the draw to win one of 10 family/ admit 4 passes to Disney Pixar's Coco - simply send an email to win@haveagonews. com.au with Coco in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 18/12/17.





Hampers by Design aims for a delicious Christmas

PERTH'S favourite online gift hamper company is creating and delivering an exquisite range of luxurious gift hampers to the Perth metropolitan and surrounding areas, with interstate delivery also available.

Hampers by Design plan gifts to make an amazing first impression. They really do have the WOW factor and it's not just about the presentation, they source local WA produce including wines, gourmet foods, chocolates and pampering items to ensure the hampers are stocked to the brim with the best quality produce they can find.

There is a truly delightful and extensive range of gifts, from fresh fruits to gourmet food and wines to something special for

the new little person in someone's life.

With Christmas fast approaching, why not make your gift giving even easier by ordering online and have your gifts delivered to your door or direct to that special someone?

All of their gifts ordered for Christmas come with Christmas colour themed ribbon, a Christmas decoration and Christmas gift

tag at no extra cost.

For further information, contact Hampers By Design on 1300 474 586, 0406 002 364 or visit them online www.ham persbydesign.com.au.

WIN WIN WIN

To be in the draw to win a huge basket of goodies (value \$275) from Hampers By Design, email win@ haveagonews.com.au

with the word hamper in the subject line. Alternatively phone the Have a Go News office during business hours (Monday to Friday, 9am to 5pm) and leave your contact details.

This hamper will be delivered before Christmas to ensure enjoyment over the festive season. Competition ends 18/12/17.

Vienna Pops celebrates New Year with extra matinee performance

CELEBRATING its 30th New Year's Eve, the Vienna Pops Concert is more accessible than ever this year, with a move to Winthrop Hall at UWA.

In addition to the evening champagne extravaganza, there is also a family friendly matinee concert for those looking to start their New Year celebrations early.

Maestro Mark Coughlan will bring world class tenor. Paul O'Neill and violinist Laurence Jackson, together with organist Joseph Nolan and the Vienna Pops Orchestra for an enthralling concert of classical favourites as we count down to 2018.

They are adding a cost-effective family matinee ticket to the VIP and standard ticketing options, along with a range of food and beverage packages to suit all tastes.

All funds raised will go to support Rotary Club of Perth charities providing housing, water, sanitation and anti-slavery programmes in Cambodia.

Ticket from \$62 (inc concession) www.ticketswa.

com or 08 6488 2440

Reliving songs from yesteryear with the Honey B's



HONEY B's formed in July 2015 and originally started singing at nursing homes around Perth, hoping to give back to the older generation and bring smiles to the faces of the residents. They have achieved that and

"It is extremely reward-

ing when the residents start singing along with us taking their minds back to happy days and reliving the memories from yesteryear." said Sharelle

The Honey B's comprise of Kiri Ruffin of Padbury, Katie McMahon of South Guildford, Sharelle

Walker of Kingsley and Sue Summers of Bassen-

As an Andrews Sister's style harmony quartet, they perform classic songs from the 1930s to the 1970s. They perform regularly at nursing homes and aged care homes. They also perform at retirement villages, milestone birthday parties, high teas, Christmas parties and anniversaries. They can choose the songs to meet the needs of your private function.

To book visit their facebook page at Thehoneyb'sperth or email the honeybsperth@outlook. com or call 0400 022 610. Sharelle

Stories from the Swinging 60s... a snapshot of WA history

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



Copies are available for purchase direct from Have a Go News office at 137 Edward Street, Perth or have it mailed out for an extra \$12 postage and handling. To order phone the office 9227 8283









Get into your specialist Honda dealer today and ask us about our full range of products. Call **1300 1 HONDA** or visit **powerequipment.honda.com.au**







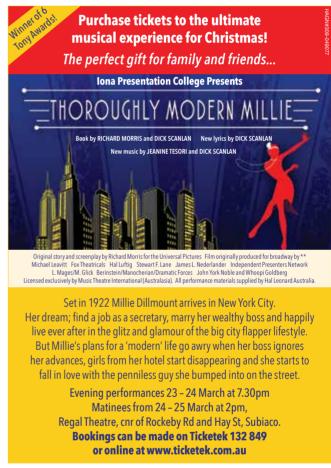






















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Bring back the romance with our 1930s 1940s style Valentines night.

WEDNESDAY 14 FEBRUARY

Beautiful 3 course dinner, delicious modern Australian cuisine Wonderful music featuring jazz standards from 1930s 1940s

Bring your friends out to have some fun and a beautiful meal in natural surroundings at the Wild Goose and Noble Falls Estate Gidgegannup.

Available for functions: The stunning surrounds at the Wild Goose provides the perfect venue for your next event. Book your group Christmas function with us!

The Wine Dungeon

Wine tasting and sales of estate wines from Noble Falls Estate.

The Old Soap Factory

Handmade natural products with essential oils. Christmas gifts available for that special loved one.

Book early to avoid disappointment Mon-Wed 10-4pm Ph: 9574 6255 www.thewildgoose.net.au 2927 Toodyay Road, Gidgegannup



SALE ENDS 22 DECEMBER

2/55 CROCKER DRIVE MALAGA 9209 2525

Bingo runs at the Leisurelife Centre every **Saturday** night. The centre is open to patrons from 5.30pm

with eyes down at 7.30pm. Celebrate the festive season at our Christmas themed

high roller night on Saturday 23 December. There will be giveaways, and a jolly man in red will be making a guest appearance on the night!

For more information contact Leisurelife on 9373 5450, or visit victoriaparkleisure.wa.gov.au



SPECIAL OFFER for Christmas* 20% OFF all vouchers

Swan Valley Wagon Tours operates in the oldest wine region of Western Australia, the superb Swan Valley. Escape the hectic hustle of modern life and seriously

unwind on a unique horse drawn wagon tour. Discover some of the fabulous foods and wines the Swan Valley has on offer.

A must do, fun experience when visiting Perth or living locally, so come along, meet our happy horses and let us show you the valley like no other tour can. Seats up to 12 people

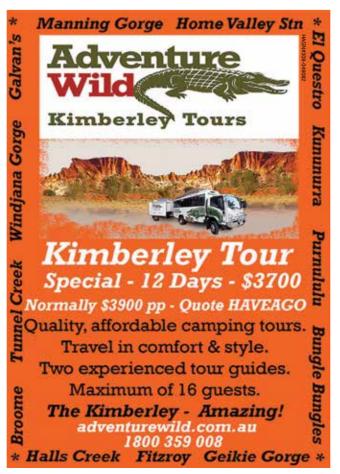
*Not valid with any other third party discount programs.

Offer applies to vouchers purchased during December 2017.

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arts film in the second of the

Perth audiences in for a treat with the streamlined 2018 Perth Festival program



White Spirit, the Whirling Dervishes of Damascus

by Josephine Allison

A STREAMLINED, Perth-focused 2018 Festival promises to bring something different to patrons with an inspiring mix of theatre, dance, music and film.

Artistic director Wendy Martin told the festival launch at Perth Concert Hall that the festival is the essence of WA.

"Our community should be proud of how far the Perth Festival has come in 65 years," Martin told the capacity audience. This year the festival has dropped the titles of 'International' and 'Arts' to bring back the focus to the event being

AFTER THREE SELL-OUT SEASONS, THE CREATORS OF

a festival for the City of Perth.

This festival, Martin's third, runs from 9 February to 4 March and kicks off with the free Siren Song from 9 to 18 February. At dawn and dusk the female voices of Siren Song descend from the sky carrying women's voices up and down St Georges Terrace. On Friday, 9 February Gnarnk-Ba Karla Waarnginy (Speaking Fires of our Mother) will have the Noongar community invite friends and family to a cleansing and clearing ceremony in St Georges Terrace to welcome the

Museum of Water at

Fremantle Arts Centre from 7 February to 23 March is a different museum that showcases, in the country's driest state, our connection to our most essential life source. People can wander through a WA landscape to see more than 500 bottles of water, each

with a story.

The Octagon Theatre,
University of WA, is the
venue for Inua Ellams
Barber Shop Chronicles
from 9 to 18 February.
Take a fast-paced journey from London across
Africa and be transported
inside six barber shops in
a day.

A festival highlight at the Regal Theatre from 8 to 17 February is France's *Il N'est Pas Encore Minuit* by Compagnie XY. The circus collective is renown around the world for pushing the limits of physical ability and bringing poetry to the body in motion with daring gasp-inducing stunts.

From 9 to 11 February Taiwan's U-Theatre stages Beyond Time at His Majesty's Theatre with a mix of drumming, sacred dance, martial arts, nomad singing and multimedia projection. The Australian premiere of British Michael Clark's To a Simple, Rock n Roll.... Song is a potent cocktail of dance and iconic music from the soundtracks of Erik Satie, Patti Smith

and David Bowie.
From Canada The Far Side of the Moon (Robert Lepage-ex Machina) is Lepage at his best with a spellbinding, funny and technically exquisite exploration of inner and outer space with the race to the moon consuming Americans and Russians. It plays at Health Ledger Theatre 22 to 24 February

From Belgium-Japan Vessel by Damien Jalet and Kohei Nawa at the Heath Ledger Theatre from 1 to 4 March is an inspiring work; part dance, part dream and complete poetry with seven near-naked bodies on a floating stage, becoming one with the gases, liquids and solids that form around them.

The Australian-Indonesian work Attractor features dance and music with 20 unrehearsed people joining performers on stage from 8 to 10 February. From Iran comes Nassim at Studio Underground 20 to 25 February which focuses on how language can divide and also unite. Russia's Farewell to Paper by Evgency Grishkovets at Heath Ledger Theatre from 16 to 18 February transports audiences to a time when mail meant handwritten letters and a trip was planned with a map not an ap.

Black Swan Theatre, Perth Festival and Disability in the Arts Disadvantages in the Arts presents Julia Hales, a Perth actor and person with Down syndrome in You Know We Belong Together, an uplifting story of love, relationships, acceptance and belonging. It will be held at Studio Underground from 1 to 4 March.

Audiences can come

for an hour or stay the night with *The Second Woman* presented with the Perth Institute of Contemporary Arts on 3 March. A diverse cast of 100 men star opposite Nat Randall in a scene inspired by the John Cassavetes cult film *Opening Night*.

White Spirit, the Whirling Dervishes of Damascus at His Majesty's Theatre 2 and 3 March has seven singers performing exquisite invocations, songs of praise and Sufi poems as three whirling dervishes spin on stage. The cast comes directly from war-torn Syria's Umayyad mosque.

Polyglot Theatre and Papermoon Puppet Theatre present *Cerita Anak* (*Child's Story*) at the State Theatre Centre of WA 23 to 25 February. This interactive tale is as touching and thought-provoking for the grown-ups as it is for children.

Chinese artist-in-residence Yeung Fai combines traditional puppetry and modern multimedia effects to interweave his epic family story with the history of 20th century China tradition in *Hand Stories* at Dolphin Theatre 14 to 17 February.

The WA Ballet will stage the world premiere of *Milky Way* at Ballet at the Quarry from 9 February to 3 March. Catalan early music legend Jordi Savall performs at Perth Concert Hall 17 February. He takes audiences on a grand tour of discovery into antiquity with harpist Andrew Lawrence-King at Government House ballroom on 18 February.

The Australian Chamber Orchestra Underground performs at the Astor Theatre 23 February. Celebrated French pianist Jean-Efflam Bavouzet performs at Government House ballroom 24 February.

Writers Week runs at the University of WA 19 to 25 February with guest curator William Yeoman revealing the full program next month. The visual arts program is at various venues including John Curtin Gallery, Art Gallery of WA and PICA. Chevron Gardens is the base for various acts in February-March including dancer Jojo Abot, hailing from Ghana via Brooklyn.

Lotterywest films run at UWA Somerville and ECU Joondalup Pines December through February. A further nine films will be announced in mid January.









Have a Go

www.haveagonews.com.au

On the silver screen



Top; Breathe in cinemas Boxing Day Above; The Post stars Oscar winners Tom Hanks and Meryl Streep

Breathe

FROM twice Academy Award nominated writer William Nicholson (Ev-Unbroken, erest. Les Misérables and Gladiator), Breathe is an inspirational true story of love without limits. Handsome, adventurous and brilliant, Robin (Andrew Garfield), has his whole life ahead of him when he is paralysed by polio.

Against all advice, Robin's beautiful wife Diana (Claire Foy) brings him home; where her devotion, intimacy and witty determination transcends his disability and sets him free. Together they refuse to be imprisoned by his suffering; transforming the lives of others with their humour, courage and lust for life.

Breathe heart-warming and highly emotional celebration of bravery and human possibility; where deep friendship is rooted in honesty and seeing the funny side of life.

A love story about living every breath as though it's vour last.

In cinemas 26 Decem-

The Post

ACADEMY Award windirector Steven Spielberg helms a powerhouse cast including winners Mervl Oscar Streep and Tom Hanks in

The Post, inspired by true

In June 1971 The New York Times, the Washington Post and the nation's major newspapers took a brave stand for freedom of speech and reported on the Pentagon Papers, the massive cover-up of government secrets that spanned four decades and four US Presidents.

At the time, the Post's Katharine Graham (Streep) was still finding her footing as the country's first female newspaper publisher, and Ben Bradlee (Hanks), the paper's volatile, driven editor, was trying to enhance the stature of the struggling, local paper.

Together, the formed an unlikely team, as they were forced to come together and make the bold decision to support the New York Times and fight the Nixon Administration's unprecedented attempt to restrict the first amendment.

In cinemas 11 January. WIN WIN WIN

To be in the draw to win one of ten double passes to these movies simply send an email to win@haveagone ws.com.au with Silver Screen in the subject line or call the Have a Go News office during business hours on 9227 8283 closes 18/12/17.

THE ROTARY CLUB OF PERTH PRESENTS

NEW YEAR'S EVE CONCERT

2.00pm matinee concert & 9.30pm evening concert Sunday 31st December

WWW.TICKETSWA.COM 08 6488 2440

All aboard for Paddington 2



EVERYONE'S favourite bear is back this Christmas in the highly anticipated family film Paddington 2

The much-anticipated sequel to the worldwide hit finds Paddington happily settled with the Brown family in Windsor Gardens, where he has become a popular member of the community, spreading joy and marmalade

wherever he goes.

While searching for the perfect present for his beloved Aunt Lucy's hundredth birthday, Paddington spots a unique pop-up book in Mr Gruber's antique shop and embarks upon a series of odd jobs to buy it. But when the book is stolen, it's up to Paddington and the Browns to unmask the thief.

With Hugh Grant and Brendan Gleeson joining the all-star returning cast of Hugh Bonneville, Sally Hawkins, Julie Walters, Jim Broadbent, Peter Capaldi, Madeleine Harris and Samuel Joslin; Ben Whishaw as the beloved voice of Paddington and Imelda Staunton as Aunt Lucy, Paddington 2 opens in cinemas 21 December.

Paddington 2 is a magical story that the whole family will love!

WIN WIN WIN

To be in the draw to win one of five double passes to Paddington 2 thanks to Studio Canal simply send an email to win@haveagonews.com. au with Paddington in the subject line or call the office during business hours on 9227 8283. Closes 18/12/17

British crime drama – George Gently's final season on DVD



NORTH of England's most upstanding detective, George Gently (Martin Shaw), returns to work the beat alongside his trusted partner. Together they investigate murder and corruption set against the turbulent tide of 1970s Britain.

George Gently - Series 8, the shocking final series of the long-running hit detective drama, is a perfect Christmas present for those who love British crime drama.

WIN WIN WIN

To be in the draw to win one of 10 George Gently DVDs simply send an email to win@ haveagonews.com. au with George in the subject line or write to George Gently DVD competition c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 31/12/17.



CINEMA PARADISO (NORTHBRIDGE) and LUNA ON SX (FREMANTLE) ADVANCE SCREENINGS - DEC 22, 23, 24

Go to www.lunapalace.com.au or Saturday's WEST AUSTRÁLIAN for session time

The Unbelievables at Crown



A BRAND new theatrical extravaganza, The Unbelievables, will fill the Crown Theatre Perth with the world's greatest circus, magic and acrobatic performers this summer.

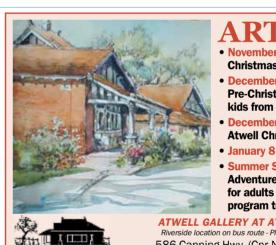
From the producers of The Illusionists and Circus 1903, The Unbelievables is a fast-paced entertainment spectacle jam-packed with death-defying acrobats and aerial acts, mind-blowing illusions, comedy, and award-winning ballroom dance - all backed by an incredible six-piece swing orchestra.

Hosted by renowned New York stand-up Harrison Greenbaum, who won over Perth audiences this year in The Illusionists, the show promises a dazzling night of laughs, gasps and gravity-defying grace. For a complete VIP experience, on-stage table-seating for The Unbelievables will give a small group of ticketholders the exclusive opportunity to see the magic up close and personal.

"The Unbelievables takes what we have done with The Illusionists to a whole new level. We've travelled the globe in search of the very best entertainers from a variety of disciplines and genres. This summer, prepare to be astonished by the most talented performers on earth," said creative and executive producer Simon Painter.

Don't miss the strictly limited, world premiere season of The Unbelievables before it travels the globe.

Tickets on sale now at Ticketmaster 136 100 or www.ticketmaster.com.au



• November 21 - December 22

Christmas Bazaar

December 18, 10am - 3.30pm Pre-Christmas mosaic workshop; for kids from 8yrs attending with an adult

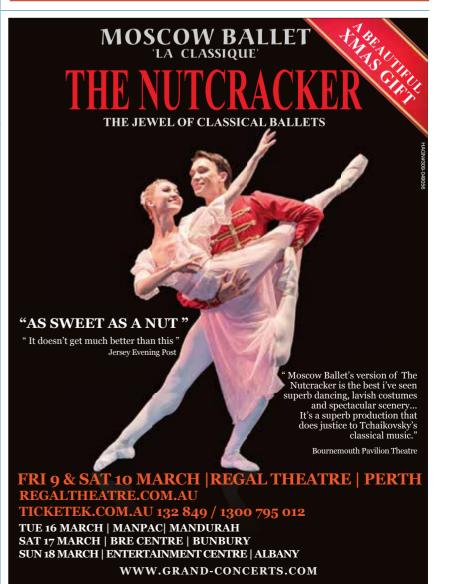
December 23 - January 7

Atwell Christmas/New Year break January 8 Atwell re-opens for 2018

Summer School January 10 - 28 Adventures in Colour; 18 workshops

for adults from 3hrs to 4 days. Kids program too - see website. ATWELL GALLERY AT ATWELL ARTS CENTRE

rside location on bus route - Plenty of parking - air condit 586 Canning Hwy, (Cnr North Lake) Alfred Cove Ph: 9330 2800 www.atwellarts.com





Robert Plant celebrates 50 years in the musical industry with an Australian tour



ROBERT Plant, legendary singer of Led Zeppelin returns to Australia along with his band, The Sensational Space Shifters.

With a new album Carry Fire released in October and the incredible 2018 milestone; marking 50 years since Led Zeppelin's first self-titled album was released, it promises to be a powerful show, that's not to be missed for any true fan.

Formed in 1968, Led Zeppelin went on to become one of the most iconic and beloved bands in music history. Songs such as Whole Lotta Love, Black Dog and Stairway to Heaven became anthems that are still revered by music lovers of all ages.

The Led Zeppelin era ended in 1980 when John Bonham died. Since that time, Plant has put his wide-ranging musical fascination to good use on solo albums, such as 2007's Raising Sand, which Plant made in collaboration with Alison Krauss. That won six

Grammy Awards, including Album of the Year and Record of the Year.

The Sensational Space Shifters is his latest project, first established in 2002 they are a loose band: "inspired by the roots music of Mississippi, Appalachia, Gambia, Bristol and the foothills of Wolverhampton and drawing on influences collected in a lifetime of meander and journeying."

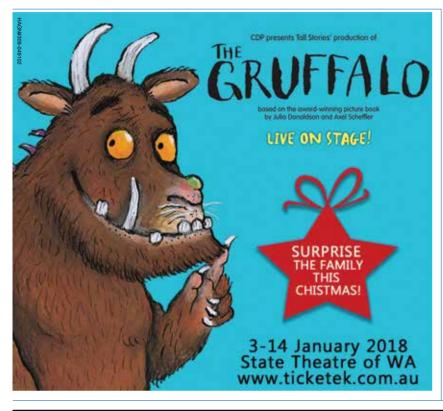
Plant talks about creating new work after 50 years in the music industry: "It's about intention, I respect and relish my past works but each time I feel the lure and incentive to create new work. I must mix old with new. Consequently, the whole impetus of the band has moved on its axis somewhat, the new sound and different space giving way to exciting and dramatic landscapes of mood, melody and instrumentation."

Each night on this tour of Australia, Robert Plant will take audiences on an

incredible journey through his unique musical life. These shows will include rare performances of some Led Zeppelin hits in intimate spaces that will allow fans to experience the full power of his epic vocal prowess.

Robert Plant and the Sensational Space Shifters will play the Riverside Theatre on Sunday 8 April. Bookings through www.ticketek.com.au or 13 28 49.

Visit the *Have a Go News* facebook page to be in the draw to win a double pass.





GET READY for Perth's best festival as Fringe World Festival 2018 re-

Fringe World Festival returns to Perth

turns to Perth from 25 January to 25 February.

We were a little disappointed when we heard one of our favourite shows La Soirée wasn't coming back but never fear, a new show from the creators of La Soirée called Club Swizzle is coming instead.

We've been told that this is one of the most hilarious and entertaining shows around and includes a multitude of wonderful acrobats and cabaret artists.

Club Swizzle will be setting up in a ware-house in Northbridge and running for the whole Fringe Festival.

Host MC Murray Hill adds the oi' fashioned vaudeville comedy aspect and creates magic around a cocktail bar.

We can't wait – we will have more on *Club Swizzle* and some of our favourite picks in Janu-

Our reviewer Tahlia Merigan will be out during Fringe seeing as many shows as possible and keeping you up to date with her pick of shows on our website at www.haveagonews.

Popular José Feliciano back in Perth in March

INTERNATIONALLY recognised as the first Latin cross-over artist into the English market, and nine time Grammy award winner, José Feliciano remains one of the greatest singer/guitarist/songwriters of our time.

His success with *Light My Fire* in 1968 was quickly followed

by Che Sara, Rain, Feliz Navidad, California Dreamin' and many more.

José Feliciano remains one of the world's leading guitarists, described by *Guitar Player Magazine* as 'best pop guitarist' and placed in their Gallery of the Greats. His name is synonymous with music. He returns to Perth on Wednesday 14 March 2018 at the Regal Theatre in Subiaco.

Don't miss his 2018 tour which promises the hits, the virtuosity and the sheer musical brilliance that is José Feliciano.

Tickets on sale now through Ticketek: 132 849.





SCENE SOCIALLY



















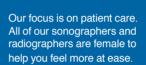


Early detection can save you!

Why request Women's & Breast Imaging?

Women's & Breast Imaging has been serving the WA community for more than three decades and is completely committed to providing quality diagnostic imaging and related services, specifically for women.

Our team of specialists are highly skilled technical staff who are dedicated to delivering the highest level of clinical excellence and accuracy possible.



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SCENE (1): THE 25th anniversary of *Have a Go Day* in Burswood Park was held on Wednesday 1 November. The premier event of Seniors Week 2017, the day saw huge crowds descend on Burswood Park for a free day of entertainment, activities and information. We thank all those people who work hard to make the day the successful event it has become.

SCENE (1): Top row, from left to right; great crowds enjoying the day - The West Coast Eagles Cube - The WA Police Pipe Band and Tai Chi demonstrations. Second row, from LTR; The Bethanie Bake Off tent looked spectacular - The Have a Go News hospitality tent ready for the crowds - Phil Paddon driving the Scarboro Toyota supplied car - Canoeing on the river. Third row, from LTR; Have a Go News' Tahlia Merigan with Rick Ardon - a group of people enjoying the day. Fourth row, from LTR; Channel 7 Perth's Monika Kos and Mark Reading serving teas and coffees in the Have a Go News hospitality tent - Kings Tours. Fifth row, from LTR; AQWA with their portable touch pool - Channel 7 Perth's Rick Ardon with a lucky winner from the Have a Go News chocolate wheel.



SCENE (2): CHRISTMAS festivities were in full swing at Mercy Place Mont Clare, thanks to a group of students at Methodist Ladies' College who also experienced a Week of Amazement.

The Year 10 students spent time throughout the week at the not-for-profit aged care home assisting with Christmas craft activities including jam making and biscuit baking, as well as running a day spa to give residents manicures and foot spas.

The handmade Christmas gifts are available as presents for seniors to give to their families and visitors throughout the festive season.



SCENE (3): A NEW pet adoption program has launched this month which aims to help seniors to find love and companionship while finding homes for hundreds of shy rescue cats is being launched by PetRescue, Australia's most visited charity website.

The Shy Cats and Senior Citizens campaign will offer older Australians the opportunity to adopt a new furry feline for the reduced price of \$25, which includes desexing, vaccinations and microchipping.

To view the shy cats available for adoption at a total cost of \$25, go to shycats@petrescue.org.au

WIN a \$200 shopping voucher with *Have a Go News'* Ad Words. See page 6 for details.







SCENE (4): PERTH'S very own community television show *The Couch* offers a fun filled old fashioned variety talk show. The show celebrates 15 years on air and is hosted by Fred Mafrica. Fred invited editor Jennifer Merigan to share some information about *Have a Go News*. The show airs on Sunday nights at 7 pm on Aurora on Foxtel and can be watched on YouTube and Facebook - https://www.facebook.com/TheCouchAU/



Homes for sale

Join a friendly, welcoming community at an RSL Care WA retirement village with homes starting from just \$165,000. For more information visit rslcarewa.com.au or contact a Village Manager today!



Mandurah Village From \$165,000

A newly renovated two bedroom, one bathroom villa is available at Mandurah Village, featuring an open-plan kitchen, living and dining area, ducted air conditioning, front and rear courtyards, storeroom and lock-up garage. Enjoy a relaxed and quiet coastal lifestyle, with easy access to all the modern facilities and conveniences Mandurah offers.

Call Cheryl Wellington, Village Manager, on 9535 0200 to book an inspection today.



Jurien Bay Village From \$193,000

Brand new homes are available at Jurien Bay Village. Each features an open-plan kitchen, living and dining area, courtyard and lock-up garage. Enjoy resort-style facilities including a community centre, indoor swimming pool, restaurant, outdoor entertaining area, gym and library. Plus the beach and town centre are a short walk away.

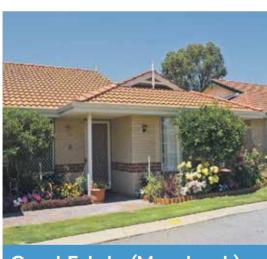
Call Chris Shearwood, Sales Manager, on 0447 253 440 to book an inspection in Perth or Jurien Bay today.



Beachlands Estate (Geraldton) from \$250,000

Four newly renovated three bedroom, one bathroom villas are available at Beachlands Village. Each features an open-plan kitchen, living and dining area, courtyard and lock-up garage. Enjoy the village's community centre or nearby shopping and recreational facilities within Geraldton's town centre. You can also access higher care services nearby as you need them.

Call Dee Corbett, Village Manager on 9999 1100 to book an inspection today.



Coral Estate (Mandurah) From \$260,000

Three newly renovated three bedroom, one bathroom homes are available at Coral Estate. Each features an openplan kitchen, living and dining area, split system air conditioning in dining/lounge, solar panels, medi-alarm monitoring, courtyard and lock-up garage. Enjoy a relaxed and quiet coastal lifestyle, with easy access to all the modern facilities and conveniences Mandurah offers.

Call Cheryl Wellington, Village Manager, on 9535 0200 to book an inspection today.



Pearson Village (Menora) From \$320,000

Two newly renovated single-level two bedroom, one bathroom homes are available at Pearson Village. Each features a open-plan kitchen, living and dining area, courtyards and a carport. Plus, you'll have full access to all the facilities across the road at Menora Gardens including a restaurant and bar, newly renovated indoor heated pool, spa and deck area, gymnasium, library, lounge areas and beautifully landscaped gardens.

Call Kaye Ireland, Village Manager on 9370 0296 to book an inspection today.



Menora Gardens From \$645,000

Choose from a variety of luxury apartments with expansive balconies (some with city views) and newly renovated single-level three bedroom, two bathroom homes in the soughtafter suburb of Menora. Enjoy modern, resort-style facilities including a restaurant and bar, newly renovated indoor heated pool, spa and deck area, gym, library, lounge, and beautifully landscaped gardens with putting and bowling greens.

Call Kaye Ireland, Village Manager on 9370 0296 to book an inspection today.