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VOLUME 23 NO. 03 ISSUE NO. 258 SEPTEMBER 2013

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- Let's Go Travelling
- Cruising feature and much more
- Bendigo Bank Seniors Week Festival
- Grand Activities
- Great Home & Gardening
- Spring Renovations

Competitions/Giveaways



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Ethel Sings
Celtic Woman
Paranoia
Disney's Planes
Whistler's Hampers
Style Session with Zofia St James

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On tour with Kate Ceberano



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by Josephine Allison

MUCH loved Australian singer Kate Ceberano says she is looking forward to returning to WA next month as part of her national tour to celebrate the release of her new album *Kensal Road*.

"I'll take WA any way it wants to come," Ceberano said from Mel-

bourne. "I've only ever had beautiful performances in WA.

"My first experience was as a teenager filling in for Renee Geyer. I had a sextet at the time, I was 17 or 18. It was such a heady experience because the Perth public just went mental for us.

Perth audiences are very receptive, discerning and open to new ideas."

Kensal Road is the first original album Ceberano has recorded in about 10 years and she regards touring to promote it as "a wonderful opportunity when you have new, original music and not material made of hits that are 20 years old."

Kensal Road is the road in London where Ceberano recorded the album in

Kensaltown Studios about 18 months ago. She says she loved the location so much and felt so inspired she couldn't think of a more appropriate album name. She delayed its release because she was invited back to Australia to appear in *South Pacific* for Opera Australia.

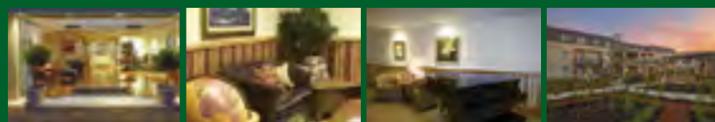
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On tour with Kate Ceberano

by Josephine Allison



Kate Ceberano

an, mother, partner and daughter.

With three ARIA awards, a Logie, two People's Choice awards and seven nominations for the ARIA Best Female Artist award, Ceberano has a long list of talents and triumphs. A recent achievement included winning Dancing With the Stars.

Ceberano says touring the country is quite exciting, especially as she has not done it for a long time.

"I have been travelling and performing throughout the country for over 30 years and it's so nice to have new material and a great band. I will also be drumming on this tour which is entertaining, if not intriguing."

"I will get a lot of knitting done in the car. I make these really eccentric gypsy crochet rugs. I made one for my daughter recently. I am a bit of an ideas girl and if I get too full of ideas, I feel I am going to self-combust!"

On the home front, Ceberano's nine-year-old daughter, Gypsy, is the focus of her life. Husband Lee Rogers is a film director currently shooting the second television series of *Dr Blake Mysteries* for ABC television.

"We have a system which is certainly not common but it works for us," Ceberano said. "My family live with my parents and my mother's husband is my tour manager. My mother helps with the routine with Gypsy when I'm away and when I come back we alternate."

Kate Ceberano's *Kensal Road* WA tour dates: Albany 2 October, Bunbury 3 October, Mandurah 4 October and Perth 5 October.

WIN WIN WIN

To be in the draw to win a double pass to see Kate Ceberano perform at the Regal Theatre, Saturday 5 October, email win@haveagonews.com.au and include the name of her new album or address an envelope to Kate Ceberano Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 and include your details on the reverse. Competition ends 25/09/13. Only over 45s are eligible.

"I WAS so excited to be involved in that project I had to reluctantly put the album on the backburner. Then there are my responsibilities as artistic director of the Adelaide Cabaret Festival where we bring in 450 plus artists from throughout the world. This took up June and July.

bit to release this record. It has been very well received and I knew it would, I had a feeling people would really like it. I was excited and wanted to get it out two years ago."

Kensal Road merges Ceberano's broad pop roots together with sounds of Hawaiian folk and nu-country. It celebrates her life and passion as a wom-

"So I was champing at the



Judith Treby

HELLO everyone,

In this issue we have a wealth of information on a plethora of topics that we hope will be of interest to you including several articles on Alzheimers disease. We have also included dates and times for events during Dementia Awareness Week to be held from 16 to 22 September. The highlight

of the week will be Alzheimers WA's street appeal on Friday 20 September.

This month, we also focus on the many entertainment options available in Perth in the coming months including information on shows ranging from much loved Australian singer Kate Ceberano's national tour to promote her new album *Kensal Road* to Cirque de Soleil's *Michael Jackson - the Immortal* and more in between.

I have enjoyed Michael Jackson's musical talent and artistry for more than 40 years beginning way back in the early 70s

when he was the youngest and cutest member of The Jackson Five. Jackson's career really took off in 1972 when he branched out with his solo recording of the hit song *Ben* followed over the ensuing decades by some inimitable best selling singles and albums.

So, I was more than thrilled to discover that Cirque de Soleil is weaving its unique magic in their presentation of the legend that is Michael Jackson and bringing a new show to Perth this month, *Michael Jackson - the Immortal* tour.

For ballet lovers, the

wonderful and talented WA Ballet presents *Oregon* with an exclusive two for one ticket giveaway on page 59, just for *Have a Go News* readers.

Information is also included on much local talent including WAAPA's *Little Women - the opera*, which is a show not to be missed.

That's all from me this month.

Keep happy and healthy.

Judith Treby
editor@haveagonews.com.au

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Little Women - the opera



Little Women - the opera

Composition & Libretto: Mark Adamo
Director: Adam Mitchell
Music Director: David Wickham
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WITH their father fighting in the civil war, sisters Jo, Meg, Amy and Beth are at home with their mother - a very outspoken woman for her time. The story is of how the sisters grow up, find love and find their place in the world. Full of wit, humour and charm, *Little Women* is magically transporting, taking us on a deeply emotional journey, supported by music ever increasing in lyricism and power. "A masterpiece" - *The New York Times*

Venue: Geoff Gibbs Theatre

Performance dates

12 Oct 7.30pm, 14 Oct 7.30pm, 15 Oct 7.30pm, 16 Oct 7.30pm, 18 Oct 7.30pm, 19 Oct 7.30pm

Ticketing information

\$40 - Full

\$36 - Concession/Friends

For bookings or further information phone 9370 6895.

WIN WIN WIN

To be in the draw to win a double pass to *Little Women*, email win@haveagonews.com.au and include the name of the venue in the subject line or address an envelope to *Little Women Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your details on the reverse. Only over 45s are eligible. Competition ends 30/09/13.*

Magazines wanted...

THE FRIENDS of RPH who distribute magazines throughout the hospital are once again in need of more reading material for their patients.

It is preferable that women's magazines are within six months of publication.

There is no such time limit on other magazines such as the *National Geographic*, *Australian Geographic*, *Reader's Digest* and *Time* to name a few and all will be gratefully accepted.

It would be very much appreciated if you can help.

They can be dropped in the Victoria Square entrance at any time.

If you aren't able to do this then they can be collected if you are within a 25km radius of the CBD.

To organise a pick-up or for more information, please phone Margaret on 9224 1683 any Monday or Wednesday morning before 11.30am.

Stress and manifesting disease

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healing techniques and you have a powerful and unique set of tools to help you to embark on the life you want.

Libby Stone during a radio interview asked a doctor, "To what extent did he think that stress is involved in the manifestation of disease" and the answer was a staggering "Maybe up to about 99.5 per cent!"

There is much research correlating types of stress and the likely incidence of various types of diseases.

In the initial stages unresolved stress firstly mani-

festes in many behaviours. We complain of being unable to cope, or just being stressed out.

Stefan Galamaga Your Life Clinic founder, comments "and how do we try to cope?"

"Usually with habits - with the ones we don't want such as smoking, alcohol abuse, comfort eating, drugs and substance abuse.

"None of these work; they all make the situation worse. And we haven't even got to living our lives with anxiety and suppressing emotions such as anger, sadness, fear, hurt, and guilt, depression phobias and often ultimately diseases and, even death.

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A funny thing happened on the way to the dementia ward



LaughterBoss Sue, resident Louise and co-founder of The Humour Foundation, Dr Peter Spitzer

by Frank Smith

LAUGHTER may be the best medicine, but while people living with dementia appreciate and can express themselves with humour, life is not very funny when

you are living in a nursing home.

So a recent large-scale study conducted by the Dementia Collaborative Research Centre at the University of NSW explored the use of humour in improving

the well being of nursing home residents.

The humour was provided by Elder Clowns, trained by the Humour Foundation to work in aged care and dementia facilities and known as Clown Doctors.

The Foundation says the program addresses the psychosocial needs of a resident in a unique way, and the Elder Clown responds to each situation with sensitivity, empathy and personalised caring, treating each person as an individual.

They aim to improve residents' quality of life by working in partnership with staff and residents, using the healing power of humour to increase residents' personal well being, enhance their self-concept and maintain their positive interaction with others.

The clowns also train a volunteer member of staff in each home in humour therapy. These became LaughterBosses and both participate in the clowning and plan to continue the work afterwards.

Elder clowns tailor their interactions with residents to maximise engagement, laughter and enjoyment, adapting to the background, personality, mood and phys-

ical and intellectual abilities of the resident.

Freddie the clown, aka David Wells, has been an elder clown at Melbourne nursing homes for more than a year. He said the staff were curious at first.

"It is important to engage the staff. They are very international, often with no tradition of clowns. The residents are mainly white Australians.

"Those with dementia take me at face value. Everyone responds differently. The challenge is to build a personal relationship with both residents and staff.

"I use music and singing and reminiscences to relate to them.

"People with demen-

tia lack inhibitions. What works best for some does not work for others. I aim to make communication a two-way street helping them express themselves and building on interplay between residents and myself. I build up a relationship over time," he said.

The Humour Foundation says the Elder Clown Doctor program delivers a cost-effective way for aged care facilities to bring smiles and laughter into their environment on a regular basis. Helping to engage, uplift and improve the quality of life of residents living with dementia or depression. The entire facility benefits – residents, families and staff.

Clown Doctors now run

humour therapy programs at more than 90 nursing homes in Sydney and Melbourne and plans to extend them across Australia.

In the controlled trial in 35 nursing homes – Sydney Multisite Intervention of LaughterBosses and Elder-Clowns (SMILE) – run by the University of New South Wales humour had an equal effect to that of the drug risperidone, used to reduce aggression and agitation among dementia patients. It also avoided side effects like risk of a stroke.

Results from the study show improvements in levels of depression. Behavioural disturbance and quality of life among residents and improved staff morale.

Medal for Mandurah Oxfam volunteer



Anne Batt receiving medal from The Minister for International Development, Melissa Parke © Tomas Pradas

While on the National Executive /Board she took on responsibilities as chairperson for the 'Freedom From Hunger' campaign (1990-1992) as well as roles as Deputy Chair of the Board and Treasurer of Oxfam.

Anne is a founding member of the Oxfam Mandurah group and the Fairtrade WA Oxfam group and plays a key role in the group's Fairtrade shop. She also plays a key role organising Oxfam volunteers from the state office.

World Humanitarian Day usually recognises just the work of humanitarian workers overseas but it was fantastic to see recognition of a life-time of dedication to humanitarian issues recognized from such a committed volunteer as Anne in Australia.

Everyone is very proud of what she has achieved and what she continues to achieve.



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ON 19 AUGUST, 2013, World Humanitarian day, Mandurah resident, Anne Batt received a medal in recognition for 52 years of volunteering for Oxfam from The Minister for International Development, Melissa Parke.

The theme for this year's World Humanitarian day was 'we need more' ...and Minister Parke very aptly suggested, "We need more Anne Batts".

Oxfam chair of the board Dr Jane Hutchison and Fremantle Mayor Dr Brad Pettitt also spoke about Anne's inspiring work.

Anne Batt first volunteered in Hobart in 1961 for the Freedom from Hunger Campaign doorknock appeal, and has been a member of local Oxfam/Community Aid Abroad group for most of the time since 1963.

Over the last 52 years Anne has organised many events, doorknocks, walks, dinners, talks, exhibition and stalls both as fundraisers, and to raise awareness of campaigns such as Close The Gap and Make Poverty History.

Anne served for 20 years (1987-2007) on the Oxfam WA State Committee including terms as treasurer and chairperson and served on the National Executive / Board of Directors for 17 years (1984-2007).

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Letter to the Editor
Submissions may be edited for clarity and space.

SO GLAD to see the recent article about LETS in *Have a Go News!*
 I am the June mentioned and I don't know how I would have coped without the LETS organization. I am a constant user of the group, and have certainly made some good friends and have had some good times serving in group situations such as working bees.
 I've found [my] skills that I took for granted have been of use to others, and talking with others at the meetings, they have found the same.
 As more join, the pool of skills is widened.

June Castledine

A HUNDRED years, thousands of stories.
 Ninety nine years ago, just after the outbreak of World War I, Red Cross began its humanitarian work in Australia, with volunteers putting together comfort parcels for soldiers.
 Nearly a century later, Red Cross has found a place in the hearts and minds of most Australians and we are thrilled to launch a major project to kick off our Centenary celebrations. We're collecting the personal stories of the people who have shared in a remarkable history: the power of humanity in action.
 My Red Cross story dates back to 1915.
 My family received a letter from Red Cross informing them of the sad news that my grandfather's brother had been killed in Gallipoli. I still have the letter and cherish it as it represents a piece of my family's history.
 For many people, Red Cross has become a part of their family's history too. Since its beginnings on 13 August 1914 Red Cross has grown to be at the forefront of reconnecting families torn apart by war and conflict, helping older Australians to remain living independently in their own homes, helping people with mental illness reconnect with their communities, helping school kids get a healthy breakfast before they start their school day and much more.
 Red Cross has become the world's largest humanitarian organisation through the simple yet powerful act of people helping people.
 Now is the time for generations of volunteers, members and supporters, the thousands of people who have helped and been helped by Red Cross, both in Australia and overseas, to tell their own stories in their own words, in their own ways.
 Our Centenary Story Collection website allows you to read, watch or listen to sample stories, and then upload your own words, photos, audio and video recollections directly to the site. These stories will form the heart of the Centenary website when it's launched in 2014.
 Make sure your story, or the story of your loved ones, is part of it. Please visit redcross.org.au/centenary and share in our Centenary celebrations.

Robert Tickner
 CEO Australian Red Cross

Spring treat for garden lovers

THREE DELIGHTFUL Award winning gardens' will be opening this spring to raise funds for the Amanda Young Foundation.
 Congella (21- 22 September) is located at 39 Orange Valley Rd, Kalamunda. It is well known to enthusiasts because of its amazing array of plants which have been collected and cultivated over 40 years. Rhododendrons, camellias, orchids, cycads, succulents and a host of others provide a rich mixture of vibrant colour.
 Romancing the Stone (5 - 6 October) corner of Hawtin and Lilian Rds, Maida Vale is a wonderful creation of undulating rock walls, pathways and water features interspersed with an array of colourful plants and shrubs. Local artists also exhibit their attractive work and creator Tom Hogg conducts guided tours.
 Amanda's Memorial Garden (26-27 October) at the junction of Margaret and Mation Streets in Southern River will open for the annual fete.
 Set amongst a tranquil natural setting of paper barks the highlight of the garden is the mass display of Amanda roses. Additionally a wonderful collection of David Austens, tea roses and climbers adorn the numerous arches, providing a colourful display. Water features with a Monet bridge and fountains, Louisiana iris and a very large variety of plants, trees and shrubs makes your visit a pleasant experience.
 Added attractions will be an art display by local artists, plant, cake, jam and fresh honey sales and pleasant music. Devonshire teas and a sausage sizzle will also be available.
 The Amanda Young Foundation was inaugurated in 1998 following 18 year old Amanda Young's sudden death from meningococcal septicaemia.
 Full details are available at www.amandayoungfoundation.org.au.

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Golf club seeks members
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I'm not just getting older, I'm getting smarter too



Professor Christensen

by Frank Smith

THE NUMBER of people who reach 90 years or older doubled in most developed countries between 1980 and 2010 and is set to go on increasing.

But is modern medicine extending people's lives only for them to become frail and disabled for an extended period with no quality of life? Is this life extension being purchased at considerable emotional and financial cost to both individuals and society?

Luckily the reality is much better than this prognosis.

Researchers have found that more people are living to older ages with bet-

ter overall functioning.

A group of Danish researchers, led by Professor Kaare Christensen of the University of Southern Denmark, compared two groups born in 1905 and 1915 respectively, when they reached their 90s. All known 90 year olds in Denmark were asked to participate in the survey. About half the respondents were living in aged-care facilities.

The researchers interviewed nearly 4000 seniors and carried out both physical and mental health tests.

The chance of living to 95 was 32 per cent higher in the 1915-born group. This group of nonagenarians scored significantly better in the mini mental state test with 23 per cent gaining the maximum possible score. They also did better in their 'activities for daily living' score.

There was little difference between the groups in physical health as measured by grip strength, chair stand and gait speed, despite the fact that the 1915 group were two years older (95 compared to 93) on average.

Although many more women survive into their 90s, the men who reached that age were generally in better physical and mental health.

One possible reason for the difference is that the more recent group of nonagenarians are better educated. However differences in education were only significant for women. Few women born nearly 100 years ago received any post-secondary education.

The team concluded that improved mental ability, better living conditions and aids to support mobility had improved the 90-year-olds' ability to function normally.

They said the 1915 cohort would have benefited from more effective disease prevention, such as 'flu vaccination and drugs to control high blood pressure and cholesterol and improved treatment for heart disease and cancer as well as a higher standard of living, increased educational achievement, and healthier lifestyles.

These health improvements helped the 1915 group reach older ages in better health, but it also enabled very frail individuals to reach older ages than they would otherwise have done.

"The study challenges speculations that the improving longevity is the result of the survival of very frail and disabled elderly people, said Professor Christensen.

"Our results suggest that the functioning of people who reach their nineties is improving in Denmark, and increasing longevity associated with improved living conditions and healthcare may result in not just longer lives, but also that the elderly are functioning better for longer than in earlier generations."

Other studies have shown that younger seniors can expect to reach their 10th decade in better health than earlier generations throughout the developed world.

Art and craft fair

COME along to Belswan Lifestyle Estates' Art and Craft Fair on 12 and 13 of October from 10am to 5pm, at Lovegrove Street, Pinjarra. Entry is \$2 and includes tea and coffee. Please join us at Lovegrove Street, Pinjarra. You won't be disappointed. For further information call 9531 0368.

BOOK REVIEW



The Dalai Lama's Cat by David Michie Reviewed by Lisa McMahon

THIS is a gorgeous and at times, humorous tale about a beautiful little Himalayan kitten who was rescued by the Dalai Lama as he travelled through the slums of New Delhi. After a little research I discovered the author, David Michie, was inspired to write the story by his own cat, Princess Wus-sik.

Rinpoche, who was also known by various terms of endearment such as HHC

(His Holiness' Cat), Snow Lion and Mousie-Tung is nursed back to health by the Dalai Lama and his staff in his beautiful sanctuary in Dharamsala.

She observes and learns many of Buddha's teachings through observations at various meetings held by the Dalai Lama, observing His Holiness and his staff and by venturing outside the walls of the compound. The author interweaves these parts of the story beautifully, leaving the reader with little moments of enlightenment too.

I would definitely recommend this book to anyone interested in the basic beliefs of Buddhism: even for one without a particular interest in the faith, it is a book I looked forward to picking up at the end of each day – it felt like catching up with a friend on a bountiful journey.

The Dalai Lama's Cat is available through all bookshops and online at

<http://www.amazon.com> or through <http://www.penguin.com.au> RRP is \$17.95.

WIN WIN WIN To be in the draw to win a copy of The Dalai Lama's Cat address an envelope to Dalai Lama's Cat Comp,

C/o Have a Go News, PO Box 1042, West Leederville WA 6901 or email win@haveagonews.com.au and put the word Cat in the subject line. Only over 45s eligible. Competition ends 15 October 2013.



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Brian French

French's Forum

umn, it is the first day of the month, the first day of spring and Father's Day. And for me, it is a significant date on which to recall a very special time in my life, the 1st September 1939. That was the day, as an eight year old, that I said goodbye to my mother at Paddington Station in London and went to stay in the City of Bath, Somerset as an evacuee complete with gas mask and large name label pinned to my chest. My life changed forever as I never returned to London to live (of course I still saw my mum very often). I grew up in Bath where I even met my future wife Mary.

Anyway, I'll not bore you with my life story except to say how just one day in your life can make such a difference.

Ed's Note: Brian, I am sure readers, as I do, would love to hear more interesting accounts of those early days of the Second World War.

Recently, there have been reports of an increase in the incidence of crime against seniors, one in particular bag snatching, and more worryingly, personal home assaults.

I do not think it has been helped by the apparent leniency in sentencing by the Courts. The punishment received by the offender it seems, has not fitted the crime: this in turn can make the criminal feel less threatened. In my view, a 'slap on the wrist' penalty, meted out for various crimes and not just those against seniors, is simply not sufficient... Or am I just being too insensitive?

I have been watching a very interesting UK television programme entitled "Homes Under the Hammer" in which a home auction is held and the winning bidder is then shown renovating the purchased home.

Some of the houses bought are in an appalling condition and it is astonishing to see how the winning bidders convert these hovels into really superb residences, often with very little financial outlay. Noting the talents of these renovators makes me realise just how few manual skills I possess, and even less visual understanding. I am in awe of those smart people of all ages.

Most of our readers will be aware that dogs are often taken to residential care homes to visit residents, but I read recently that horses are being taken into similar accommodation in the UK to meet elderly people with Alzheimer's. It seems this interaction with the horses - a small breed as I understand - is having a very positive and calming effect on these residents: sounds like a pretty good idea.

Another recent headline in a UK newspaper noted that, "The breast cancer pill that will give hope to thousands." Obviously this refers to only those ladies with a family history of the disease. It goes on to say that "half a million women at high risk of breast cancer could be offered a daily pill." This is a step in the right direction. I am not sure if this is available in Australia, but it probably is, and it would be truly a "game changer".

While Mary and I usually take a cruise for our holidays, the following travel tips might be useful to all holiday goers.

Mind you, some of them will be useful for us too.

Learn how to say "No thank you".

Most travel advice columns will tell you how to say Hello, Yes please, thank you etc, but "No thank you" could be just what you want in foreign markets.

Roll your clothes when packing. No creases and more clothes will fit into your case.

Always keep a stash of spare plastic bags for dirty clothes/shoes.

Use public transport. It's cheaper! In London organise an Oyster Card in advance.

Eat where the locals eat. They have the knowhow.

Be aware of the local laws. You're leaving Australia - don't expect our laws to chase you around the world.

Learn the art of hagglng. It saves you money!

Get travel insurance. Fairly obvious!

Keep a change of clothes and basic toiletries in your carry on. If your luggage gets lost, you'll be glad! (This happened to Mary a couple of years ago and she was not pleased!)

I think this is enough for now, but I'm sure Jen (*Have a Go News' Travel Editor*) could give you more travel tips if you need them.

Someone gave me the following truisms that you might like to read.

*We never get what we want
We never want what we get
We never have what we like
We never like what we have
And still we live and love.
That's life*

*May you have...?
Enough happiness to make you sweet*

Enough trials to make you strong

Enough sorrows to keep you human

And enough hope to make you happy.

I hope you have a pleasant and safe first month of spring.

Brian French
Email bfrench792010@hotmail.com

AT THE time of writing, there is one week to go before the election - hooray!

No doubt the verbal jousting between Messrs Rudd and Abbott will continue to the end with increasing vitriol evident in this final week.

But by the time you read this, we will know who will be spending our money over the next three years.

During the campaign, we have not seen much of anyone other than these two protagonists and it has been rather like a presidential election. And, while we all have our own opinion on who we want to win and who will actually win, it seems there is quite a bit of apathy around the country in these final days.

Again, as I write this col-

Local author Jeff Trudgian's crime thriller, set in Western Australia, is now available in paperback and eBook editions online from www.palmerhiggsbooks.com.au and www.amazon.com. Signed copies available from Jeff directly at www.jeffreytrudgianauthor.com. Tel: 9361 4466 or The Subiaco Bookshop 113 Rokeby Road, Subiaco Tel: 9382 1945

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Now is a good time to think about the future and help us to fund cancer research, prevention programs and provide patient and family support.

Every gift, big or small, makes a difference...

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Call 08 9212 4391 or visit www.cancerwa.asn.au/wills for more information.



Cat companion without cost or commitment



SAVING Animals From Euthanasia (SAFE) offers people the joy of a cat companion without cost or commitment - too good to be true?

The animal rescue organisation aims to take into its care any re-homable cat whose life is at risk due to lack of somewhere to stay. SAFE, like other cat rescue organisations, works diligently to desex/vaccinate and microchip every cat brought to its attention - hence working on ending the cat overpopulation and saving those born but unwanted.

The organisation is constantly looking for carers who are happy to care for cats while they are advertised for re-homing. It is doing all it can to ensure that its cats are kept inside and/or in cat enclosures where they can enjoy being outdoors at times but with no risk to themselves or to native wildlife. All one needs to be a carer is a caring and safe home environment where the cats are treated as a loved family member.

In the past, people in the older age range have missed out on the joy of a pet because it was considered that their pet may outlive them. SAFE has completely turned this concept around - embracing the opportunity to adopt for older people who are often more settled and have time and love to spare. Whether a cat is adopted (permanent pet ownership) or fostered (temporary care) they can always return to SAFE if need be. No one will ever have to keep an animal that isn't working out, or worry there won't be anyone to look after their pet if they do predecease it - SAFE will always find them another home.

Cats breed prolifically in the north-west of WA, so branches in areas such as Broome, Karratha and Newman are always inundated. The transient nature of the towns and the median age being quite young also means that foster carers are more difficult to find. Thanks to Australian Air Express, who has sponsored SAFE since its inception in 2003, cats can be flown to Perth at a minimal cost to be cared for by stable and mature people.

SAFE is very keen to hear from anyone who can help or would like to find out more, so please contact them on 9185 4634 or email karratha@safe.asn.au.

Readers can also visit the SAFE website for more information or listings of animals in need of loving homes www.safe.asn.au.

Sue Hedley, SAFE Founder
9185 4634
karratha@safe.asn.au

Tuesday at Bunbury senior citizens

ALL SENIORS are welcome at the Bunbury Senior Citizens Centre opposite the Post Office in Stirling St.
A choice of four activities awaits you from 9am.
Whist is played from 9-11.30am.
There is a Quiz Morning (Tuesday 13 September) from 9.30am with prizes and

morning tea.
Carpet Bowls starts at 12.30pm (please wear flat shoes)
Zumba Gold (music and dance especially for seniors) from 5.30-6.30pm
Come along as a visitor and try these activities for free.
Find out more by calling 9721 2522.



How to Live
by Henry Alford
Reviewed by Pat Paleeya

HENRY Alford sets out on a quest to enable him to gain knowledge of what constitutes wisdom. The older people whom he interviews entertain us throughout this book, and offer insight into the mystery of ageing wisely (or not in some cases).

Henry comes across as a warm, likable, lover of humanity. He isn't condescending or critical, and he certainly doesn't pander to his subjects. He relishes the absurd and quirky which is just as well as many of those that he interviews are wonderfully whacky.

"Always read stuff that makes you look good if

you die in the middle of it." This little piece of advice was given by 90 year old Peggy Franks of California, known to all at the senior centre as the "funny-sayings lady".

Charlotte Prozan a feminist and psychotherapist in her early seventies, danced the nights away with Henry on a cruise ship where they had met. Her favourite part of the cruise was when she swore (four letters dear readers) loudly at a racist woman. She said that being older meant that, "I don't care about being popular anymore". You go girl!

Eugene Loh is an 87 year old retired aerospace engineer who wears sky blue Speedos that he found on the beach, and as Henry asserts they are so tiny they look like a necktie around his waist, and he sports a BC that a plumber would envy! His epicurean delicacies are toe-curling, he eats food from dumpsters and relishes old bananas, suspect half-eaten sandwiches, drinks the left over coffee dregs and pees on the lawn. All

ecologically sound he says, plus his immune system is increased. That he is still alive is amazing considering what he eats wouldn't be sold at Typhoid Mary's. He is so funny and says, when you get old you 'don't walk, you slide'.

On page 52 Henry states 'wisdom can be sticky sweet or witheringly dark, a Tuesday with Morrie or breakfast in hell'.

I still don't know what wisdom is but Henry's book is so great, it really doesn't matter and I am in love with Eugene.

The book is available from all major book shops and online, RRP is \$22.99.

WIN WIN WIN
We have a copy to give away to one lucky reader. To enter please send an envelope with your details on the back to 'How to Live' Competition, Have a Go News, PO Box 1042, West Leaderville WA 6901 or email win@haveagonews.com.au and write the words How to Live in the subject line. Only over 45s eligible. Competition ends 15/10/13.

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by Josephine Allison

BIG crowds have been flocking to the latest Art Gallery of WA blockbuster, *Van Gogh, Dali and Beyond: The World Reimagined*.

The third exhibition in The MoMA series, *The World Reimagined* presents 134 masterworks from 96 artists who together transformed modern art in the 20th century. Using subjects once thought of as traditional - landscape, still life and portraiture - they pioneered ground-breaking visual languages.

Depicting the people, places and things of their times, these artists celebrated the particularities of modern experience, and created new ways to represent them.

The paintings, sculpture, drawings, photographs, prints and media works in this exhibition trace how modern artists have redefined landscape, still life and portraiture from 1889 to today: from Vincent van Gogh's roiling olive trees to Richard Long's land art; from Paul Cezanne's iconic table top still life to Jeff Koons' shiny commodities; from Frida Kahlo's confident self portrait to Gerhard Richter's blurred likeness.

Art Gallery of WA director Dr Stefano Carboni said the gallery is the only venue in the Southern Hemisphere to host the exhibition, and the content was curated between AGWA and MoMA, exclusively for Perth.

"Perth is the only city to host this superb display of works by some of the most celebrated artists working from the late 19th century to today," he said. "More than half the artists appearing in *The World Reimagined* have never before had their work on display in Perth, making it a must-see exhibition."

MoMA director Glen Lowry said it was rare for many of these works to travel across the globe, so it was a once-in-a-lifetime opportunity for Western Australians and visitors to WA to view the works.

The exhibition traces the reinvention of landscape, still life and portraiture across the 19th to 21st centuries, commented Gary Dufour, gallery deputy director and chief curator.

"Each of the artists discovered radical new ways to depict, people, places and things," he said. "Stunning works from one of the

world's greatest collections of modern art introduces ground-breaking artists and tell a story of how attitudes shift in response to historical events, social change and innovation."

Mr Dufour developed the exhibition's content with his gallery colleagues and MoMA over the past year.

The gallery is a hub of activity for *The World Reimagined* on Friday nights, with a program of family-friendly events, special talks and tours and an interactive drawing space in the exhibition itself.

The first Sunday of each month is Family Fun Day at AGWA with a fun day of art activities with the gallery's education team. Take part in a family-friendly tour of the exhibition or choose your own adventure with a self-guided family trail. Join the special WA artist-led workshop (book through educate@gallery.wa.gov.au) or phone 9492 6644 and spend time in the exhibition drawing space where you can create your own masterpiece.

The World Reimagined runs until 2 December.

WIN WIN WIN

To be in the draw to win a Family Fun pass to a First Sunday Funday for two adults and up to three children to take part and view Van Gogh, Dali and Beyond: The World Reimagined at the Art Gallery of WA email win@haveagonews.com.au or be the first reader to register your interest by calling the office on 9227 8283 between 9am and 5.30pm. Only over 45s are eligible.



Medieval Fair: Sivaroobini Kalaimani, Alicia Speranza and Steven Baker prepare for the medieval fair which will be part of this year's Riverside Ramble.

Extra talent sought for Riverside Ramble

PERFORMERS, stallholders and community groups are being sought for the 2013 Riverside Ramble.

A popular annual event, this year it is a joint venture between the City of Swan and Stratton Lions Club.

City Mayor, Charlie Zannino, said planning was well underway to make the event bigger and better than ever.

"There will be a great variety of activities on offer this year, with a medieval fair, doggies breakfast, ramble run, rides, food vendors, music, art, community stalls, market stalls, canoeing, fishing and prospecting already secured," he said.

"However, we are still looking for artists, performers, stall holders and community groups, either amateurs or professionals, who would like to be part of the day of discovery."

"We anticipate between 3,000 and 4,000 people will come down to the Riverside Ramble this year."

Stratton Lions Club President, Andrew Ackermans, has welcomed the partnership with the City of Swan.

"This is a great opportunity to showcase what is available in the City of Swan and surrounding areas to all those visiting the Riverside Ramble, as well as having a great day out with family and friends," he said.

The 2013 Riverside Ramble will be held on Sunday, 13 October from 10am to 4pm at Swan Regional Riverside Park.

Registration forms for stallholders and performers are available from the Stratton Lions Club by emailing stratton_lions2@westnet.com.au or calling Tracy on 0411 023 383.

Twilight walks at Whiteman Park

WHITEMAN PARK'S premier conservation facility, Woodland Reserve, opens to the public again for the 2012/13 tour season. The popular 'Nocturnal Woylie Walks' offer the public a rare opportunity to see some of the State's endangered fauna in a natural habitat, close to Perth.

Woodland Reserve, a specially-designed 50 hectare electrified predator-proof facility, was constructed at the Park to provide a world-class captive breeding area for Western Australia's rare and endangered fauna.

One of the highlights of the nocturnal tours is the chance to see the critically endangered woylie (*Bettongia penicillata* or brush-tailed bettong) within their protected breeding enclosure.

The tours, presented by knowledgeable volunteer guides, allow visitors a unique look at Whiteman Park after hours, when the nocturnal animals are out foraging and exploring their surrounds.

Nowhere else can people experience such a conservation effort in the heart of the metropolitan area.

Nocturnal Woylie Walks are offered every Friday night, from 6pm to 7.30pm (times subject to change through the season). Bookings are essential on 9209 6000 or visit www.whitemanpark.com for more information.

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Left to right; Karen Majer - Jodie Lane

by Karen Majer

IF YOU READ about chef Jamie Oliver's 'outing' of McDonalds in America for using 'ammonia-based pink slime' in hamburger meat, you will perhaps share my horror.

Media reports described how scrap meat is soaked in ammonium hydroxide and ground into a pink meat-like paste.

Apparently the process is widely used in the US food industry but the use of the chemical is hidden from view because it is considered a production procedure for 'meat product' and not an ingredient that must be listed

Real food

on food labels.

A nutritionist advised that the only way to avoid it 'would be to choose fresher products, cook your meat at home, cook more meals at home'. McDonalds in America announced a change of recipe.

Before you panic, McDonalds doesn't use ammonium hydroxide here. The additive is banned in Australia.

However the American publicity was a wake-up call to be aware of what's in our food.

Many people are worried about additives including colourings and preservatives, and concern about genetically modified (GM) ingredients is growing.

The whole issue of food additives is a minefield and trying to decipher a product label with a list of code numbers requires more time and knowledge than most of us have. I prefer the advice of the nutritionist - choose and cook fresh food.

Jodie Lane of Fair Harvest Permaculture Farm in Margaret River is a passionate exponent of eating fresh, local produce, so much so that she declared July 'Localvore' month; eating food grown on the farm or swapped and bartered with neighbours. She also cycled to the market to get locally-grown potatoes and in the last week bread cravings drove her to buy Dumbleyung flour. In her Localvore blog, Jodie explains why she undertook this challenge.

"Everything about the food we eat involves fuel, massive fuel-dependent farms, transporting goods around the globe, processing, packaging, driving around shopping. One great (or very sad) example is 'Gourmet bread that Coles claimed was 'baked today, sold today' was actually made in Ireland' (Sydney Morning Herald). ... Food and fuel have such an in-

timite relationship that to take the fuel out of the equation would leave us in a big mess in a very short period of time.

My "eat local month" was a short experiment to find out what we would really eat if we had to."

Jodie enjoyed the experience but most of us don't have her willpower or a farm!

However, we can all make informed choices to select more food that is fresh, locally produced, in season, and where possible, organic.

Farmers markets are becoming very popular and many local businesses are catering to the growing demand for local products and clear labelling. Not only does this ensure fresh food with less embodied 'carbon footprint'; it also supports local producers and keeps money circulating in our own communities. It's a win-win scenario. Here's to real fresh food!

Sustainable hint of the month

Buyers' cooperatives (which may be just a few neighbours or friends) keep the price down by buying in bulk and sharing. Buy a box of whatever fruit and veg are in season, share it out and, if cooking appeals, get creative with preserves. Many items freeze or dry well and you'd be amazed how much cheaper it is. My favourite is semi-dried tomatoes - halved tomatoes sprinkled with fresh herbs, dried on a rack in a slow oven (150°C degrees) for about 2½ hours, then stored in olive oil. You could cook a slow-cooked casserole at the same time! (www.taste.com.au/recipes/24085/semi-dried+tomatoes)

Find out more

Find a Growers Market near you: www.experienceperth.com/things-to-see-and-do/shopping-in-perth/weekend-markets-in-perth, www.farmersmarkets.org.au/markets

Food standards including requirements for additives, food safety, labelling and GM foods: www.foodstandards.gov.au

Localvore: www.fairharvest.com.au/localvore

Waiting to cut the cake

by Marolyn Hamilton

'I AM NOT cutting the cake until I reach my target,' I told my daughter who gave me a decorated cake for Mothers Day. That was after I had reached my goal to raise \$1000 for Cancer Support WA and then revised it to \$3000.

As a cancer survivor I was asked by Cancer Support WA to fundraise by being part of the "You Are Beautiful" photographic exhibition. I was required to have my photograph taken, write my story in one or two pages, agree to have both publicly exhibited and to raise \$1000 to keep the once-in-a-lifetime high quality glass tempered portrait. Money raised will

fund the extensive services provided by the Cancer Support WA which includes a 24-hour cancer support help line, counselling for individuals and families, programs for newly diagnosed people, home and hospital visits and complementary therapies. It is the ONLY independent cancer wellness organisation in Western Australia that supports people and their families through every stage of every type of cancer.

An exhibition is at the Perth Town Hall is from Saturday 2 November to 15 November 2013 in selected landmark venues in the Perth CBD. Opening hours are Monday to Sunday 10am to 4pm and admission is free. As generations of my

family have been affected by cancer I have written 98 letters to members of my family seeking donations.

My fund was started with a donation of \$25 and I am appealing to the public for support, which would be appreciated, however small. All money goes directly to Cancer Support and tax-deductible receipts are issued.

You can donate online by credit card at my GoFund-raise webpage

http://youarebeautiful.gofundraise.com.au/page/marolyn_hamilton - otherwise by credit card or cheque and nominate my name shown.

Or email: marolyn@iinet.net.au

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Dianella Districts Combined Probus Club Inc update

THE DIANELLA Districts Combined Probus Club Inc is a social club for people over 55 semi-retired or retired and meets at 10am on the fourth Monday of each month at the Yokine Bowling Club, 10 Wordsworth Avenue, Yokine.

Each meeting hosts a guest speaker and membership includes the opportunity to take part in interesting outings including luncheons and bus tours.

Visitors welcome. Join them for morning tea.

For further information please contact Joy Ackland (Secretary) on 9349 1354.

Can you help?

MY NAME is Harry (0435 994 776) and I live in the Bedford area.

I am looking for someone who has experience with the old Kelvinator/Westinghouse type fridges which were converted from kerosene to bottled gas.

I have four of these fridges and would like to learn more about the burners and how they work.



2013 50c Fine Silver Proof and Uncirculated Coins

To celebrate the birth of HRH Prince George of Cambridge, the Royal Australian Mint is proud to release the latest coin in its Royal Collection. The new royal's name appears under the monograms of his parents, set in the latest branch of the Royal Family tree.

These special 50 cent coins will be available in either fine silver or cupro-nickel and signify the next stage in the life of the British monarchy.



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www.ramint.gov.au



Help to better understand dementia this September



Alzheimer's Australia
WA CEO,
Ms Rhonda Parker

MEMORIES are the fabric of our personalities, which

is why dementia is so devastating and difficult for all of those affected.

We all hope for a time not too far away when we have a far greater understanding of the causes of dementia, with far-improved treatment regimes.

In the meantime, however, we have the opportunity to move from helplessness to hope and understanding by increasing our awareness of dementia and improving our knowledge of how to care for – and be with – someone living with memory loss.

In 2011, Western Australians proudly looked on as two cousins, Stefania and Daniela, came third on the popular reality cooking show My Kitch-

en Rules. Stefania is not only a great cook; she is also living with a loved one - her mother - who has been diagnosed with dementia. Wanting to raise awareness of the challenges faced by families in her situation, Stefania generously shared some of her thoughts and feelings.

“When Mum was diagnosed, we didn’t know much about dementia. After some research, we realised it was going to affect all of the family, as well as mum herself.”

Faced with this new reality, Stefania sought information and support from Alzheimer’s Australia WA (AAWA). Now, with a greater understanding of this disease she says, “My family and I are learning how

to adjust around Mum; how to talk to her; how to hold her hand and take her out; how to be again with someone that, for so long, has done all of this for us.”

“This new life is very unpredictable. Things happen and we don’t understand, and sometimes we just don’t know how to handle particular situations. AAWA means a lot to me and my family. We still have our fears and concerns, but we know there is someone who understands us and is a tremendous support for us and for Mum.”

Stefania and her family, like many others, have experienced the real difference that information and support can make to the dementia jour-

ney. We at AAWA plan to increase the awareness and understanding of dementia for more Western Australians. For that reason, between the 16 and 22 September, we will be celebrating Dementia Awareness Week 2013 and providing opportunities for people across the state to seek information and support.

So this September, I invite you to get involved.

Talk to your friends about dementia, or share in the activities we have planned. The highlight of the week is our street appeal on Friday 20 September, which is also Dress Down for Dementia day.

Also, look out for the Memory Van, which will be in the

city and at major shopping centres throughout the week. Visit www.fightdementia.org.au to find out more.

Whether you can get along to a Dementia Awareness Week event or not, remember that the first step for anyone with questions and concerns about dementia is to call the National Dementia Helpline on 1800 100 500. It is a free service from anywhere in the state and available during business hours. Call today to start the journey of understanding and care that is proving so helpful for Stefania and her family. Information and support will make a real difference to your dementia journey – we’d welcome the opportunity to talk with you.

How To Write And Publish A Novel

THE FELLOWSHIP of Australian Writers Western Australia (FAWWA) announces an important series of Writers’ Workshops on *How To Write And Publish A Novel* with published author, novelist, scriptwriter and ghost-writer, John Harman. The topics will be 1. *How to Devise a Great Plot*, 14 September. 2. *How to Create Vivid, Believable Characters*, 21 September. 3. *How to Write Dramatic Dialogue*, 26 October. 4. *How to Show, not Tell - the Trick of Exposition*, 2 November. 5. *How to Structure the Narrative: Combining the Elements*, 9 November. 6. *How to Find and Develop Great Story Ideas*, 23 November. 7. *What Can You Do to Get Published?* 30 November.

The workshops will be run on Saturday afternoons from 1.30 - 4.30 at Mattie Furphy House.

The cost will be \$36 per workshop for FAWWA (or any other writers’ group) members; \$48 per workshop for non-members.

A series discount is available for all seven sessions - \$210 for members of any writers’ group - \$273 for non-members.

The courses will be interactive and participatory. Numbers are limited, so book early. Payment with booking, please.

How To Write And Publish A Novel will be held at Mattie Furphy House located in the Bush Heritage Precinct next to Allen Park, Kirkwood Road, Swanbourne.

To book, email admin@fawwa.org.au, or ring 9384 4771 on Monday or Thursday.

Is this for YOU? A change in your life...

Are you keen to give back to your community and would love to live in Wembley?

This unique opportunity waiting for you would combine a paid role, where you would share my home with an expectation that this would lead to a reciprocal relationship.

I am a woman in my forties who is looking for a mature aged female to share my home with me. I live in my own comfortable unit, close to shops, Floreat Forum and the city. I am building a great team of staff around me who respect and support me. I go to work each morning.

Some of my interests include cross-stitch, meals out occasionally, chatting over a cuppa, travel and getting together for family occasions. I would love to find some new interests to pursue on weekends.

If you are the right person you will be honest, patient, have a good sense of humour yet are comfortable with your own space. You are warm, a good listener and will make a good companion. Your good communication skills and friendly personality will be welcomed into my home. It would be good if you had an enjoyment of cooking and sharing meals. It is important to me that you are a tidy person who is a non-smoker.

You will have a current driver’s license and car in good working order. Small pets with awesome personalities will be considered!

Remuneration is a generous tax free reimbursement in the range of \$32,000 - \$35,000 annually (neg), flexible arrangements and a great location to live.

You will be required to provide a National Police Clearance and a current driver’s license.

If this sounds like something you or someone you know would be interested in and you want to be part of my innovative team, please get in touch via email lorraine.dockerill@phcs.org.au.



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Senior's Recreation Council's President's Jottings



Bethanie Foundation Medallion Awards winners SRCWA's Dawn Yates and Hugh Rogers

project officers. It will also give SRCWA accredited volunteers the opportunity to become familiar with SRCWA programs conducted in branches in the metropolitan area. There will also be a guest speaker.

Bethanie Foundation Medallion Awards - SRCWA Winners

On 7 August SRCWA was delighted and honoured to be both the winner of Bethanie Foundation Medallion award for the LiveLighter Aged Care Games which has nine events held throughout WA and the overall winner at the awards. Quentin Smythe accepted the awards on

behalf of SRCWA which was in Bunbury to conduct the LiveLighter Aged Care Games and unable to attend. **SRCWA finalist - HESTA Aged Care Awards**

The Seniors Recreation Council was also delighted to be a finalist in the HESTA Aged Care Awards. This award, which is conducted Australia wide award, recognises exceptional contribution to the aged care sector. All finalists were invited to Sydney to participate in the ceremony.

Harvey Health of the Gopher Gold program was also a finalist in the HESTA Awards.

LiveLighter Aged Care Games - Belmont Oasis

During August, SRC held the 10th Metro Be Active Aged Care Games at Belmont Oasis, where 18 teams of seniors in care enjoyed a wonderful day of fun and entertainment. The teams, dressed in their team colours or themes, looked amazing.

Each of the games played, which included seated hockey, seated pass ball, beanbag toss and skittles, has been adapted for the participants.

Dr. Penny Flett, CEO of Brightwater Care officially opened the games and expressed her delight at the visual spectacle that greeted her on arrival. The opening wrapped up with everyone singing the National Anthem.

MC, Phil Paddon then went through the rules of the games and invited all participants on to the playing fields to await the starter's whistle.

The oldest competitors this year were two sprightly ladies 102 years young, Dorothy Jamieson from Jacaranda Lodge and Margaret Munday from Bethanie Kwinana Kingfishers.

At the end of the day's games and with scores com-

puted, the winning teams were announced and presentations were made.

The winning team, which received the perpetual replica trophy and gold medals, was Bethanie Kwinana Kingfishers with 333 points. A plaque and silver medals was awarded to Rosewood Care Group which came second with 325 points and in third place receiving a plaque and bronze medals, was MYVISTA with 324 points. All other participants received a participation medal.

The many volunteers at the event helped by setting up tables, chairs, playing fields and also scored the games and chased balls. I would like to thank the SRC volunteers and the team of prisoners from Woorlooloo prison for their valuable assistance at the event and who brought boxes of muffins to share and throughout the day provided tea and coffee for the participants - in all, more than 400 cups. It was a long day, but the smiles on the participant's faces at the end, made it all worthwhile.

We wish to thank these volunteers for their assistance and hard work.

Thank you once again to the SRC volunteers and the prisoners from Woorlooloo prison. Without each and every single one of you, these games would not be possible. Also much appreciation goes to the St. Johns Ambulance team who looked after the participants during the games and also assisted in volunteering during the morning.

LiveLighter ECU Aged Care Games Bunbury Branch

Also in August we held the LiveLighter ECU Aged Care Games Bunbury at the ECU Bunbury Campus where eight teams of seniors in care participated in these games specifically designed for them. The

games, which included seated hockey, seated pass ball, bean bag toss and skittles, were played with great enthusiasm and participants were cheered on by their supporters.

Students from Bunbury TAFE and ECU Bunbury campus volunteered their time to assist with the event and participants enjoyed having the young people there to help them.

The games were opened by the Dean Lyn Farrell who acknowledged the work of the Bunbury Branch of SRC and commented that the LiveLighter Aged Care Games were a great activity at which young students could help.

The winners were Community Home Care Donnybrook with 301 points. Coming second was Cape Care with 294 points and third was Bethanie Fields with 251 points. The best presented team was Regis Forrest Gardens.

Congratulations to all the participants for coming along and having a go and a big thank you to the SRC Bunbury Branch and all the volunteers who helped make the day a great success.

The LiveLighter Aged Care Games are sponsored by LiveLighter, Healthway, Department of Sport & Recreation, Department of Local Government and Communities and *Have a Go News* all of whom we thank for making these events possible.

LiveLighter Activity/Information Day Peel Region

On Monday 19 August SRCWA held a Seniors LiveLighter Activity/Information Day at the Masonic Lodge in Furnissdale. Participants enjoyed activities such as carpet bowls, seated hockey, Xbox Kinect activities, bean bag toss, skittles, carpet golf and other games. Tilman

from Nyoongar Sports organized the warm up activities of pass ball and tunnel ball which when finished had everyone ready to take part in the activities. Carpet bowls and Xbox Kinect were very popular throughout the morning.

Nine different static displays, some from Peel Region and elsewhere were available for those interested to collect information on and discuss topics relevant to seniors.

At the end of the activities, everyone enjoyed a lunch of Subway rolls, fresh fruit, tea and coffee.

Thank you to the volunteers from Peel and Perth who helped make this activity day a success: further events in the Peel region are being planned.

Sponsors of this event were LiveLighter Healthway, Department of Sport and Recreation, Indigenous Sports program, Department of Local Government and Communities and *Have a Go News*.

Have a Go Day, 13 November, 2013

Registration is now open for clubs/groups and organisations that cater for senior's interests to book a site at the 2013 Have a Go Day at Burswood Park.

To register your interest and request an application form contact Dawn on 9492 9773.

This event gives clubs/groups the opportunity to promote their activities to a large number of seniors at no cost alongside other seniors groups.

Have a Go Day has now become the premier event during Seniors Week which runs from 10 to 16 November. WA Seniors Award nomination booklets are now available from COTAWA, 9321 2133 and Department of Local Government and Communities - 6551 8800.

SRC in Action Annual General Meeting - 25 September 2013
The Seniors Recreation Council of WA is holding its Annual General Meeting on

25 September at the Department of Sport & Recreation. The meeting which as well as including the election of officers will feature reports from SRCWA branches and

	CONGELLA 21-22 SEPTEMBER 39 Orange Valley Rd Kalamunda	ROMANCING THE STONE 5-6 OCTOBER 3 Lillian Road Maida Vale	AMANDA'S GARDEN FETE 26-27 OCTOBER Junction Margaret & Matison Streets Southern River
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Thursday 7 November 8:00am to 7:00pm	Hollywood Senior Citizen's Village 118-120 Monash Ave Nedlands

Enquiries and bookings phone 1800 337 082

Successful elections held by PSD branch of Association of Independent Retirees (AIR)

THE PERTH Southern District Branch of the Association of Independent Retirees (AIR) is happy to report that most office bearing positions on the committee have been filled.

Congratulations to Geoff Rooke on being elected as president of the branch, and best wishes to him in that position. It is pleasing to note that Maureen Smith has taken on the sometimes difficult position of secretary of the branch. Thank you Maureen!

Three new members, Marge Cobb, Ian Grant and Carol Rutter are warmly welcomed to the committee.

Congratulations also to Charles O'Donnell on his election as president of WA Division of AIR and thanks to him for all his years as president of PSD Branch. Kath Thomson has taken on the job of secretary of WA Division. Both members are wished all the best in their new positions.

The PSD Branch of AIR's next meet-

ing is to be held on Friday, 27 September at the Victoria Park Bowling Club, 18 Kent St, Victoria Park at 9.30 am.

The guest speaker at that meeting will be Andrew Forster from Morgan Stanley Wealth Management, who will talk about the consequences of the Federal election.

All self-funded retirees, pensioners and baby boomers welcome.

For more information, please contact Dianne on 9458 6326.

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Evening Standard, UK



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SwanSongs - A musical journey to the English countryside



Celebrated baritone, Gregory Yurisich (right) with eminent pianist David Wickham (left)

by Josephine Allison

IT was a magical Sunday afternoon inside the sundrenched elegant confines of the Perth Town Hall when celebrated baritone Gregory Yurisich combined with eminent pianist David Wickham for a musical journey to the English countryside, love lost and horrors of war.

Perth born Yurisich, described as Placido Domingo's "favourite baritone", was in fine form for the performance part of the City of Perth Winter Arts Festival produced by SwanSongs and David Wickham.

The audience embarked on a wonderful journey starting with 10 poems by Thomas Hardy set to music by celebrated English composer Gerald Finzi who died at just 55 after experiencing two world wars and many dark moments.

Works such as *Channel Firing* "That night your great guns, unawares, Shook conveyed the dread of war all our coffins as we lay", stood in stark contrast to the

optimistic lightness of *Childhood Among the Ferns*.

Yurisich, who was almost devoid of mannerisms, had the audience in the palm of his hand. One of the world's leading baritones for more than a decade, he performed in the world's major opera houses and concert halls including the Royal Opera House, Covent Garden.

He returned to Perth to create and direct the Australian Opera Studio in Midland which became known internationally for its excellent training where he met David Wickham, now a lecturer at the WA Academy of Performing Arts.

Opera Australia described Wickham as "one of the finest exponents of keyboard skill when dealing with orchestral transcriptions" and "a musician whose fingers knew no fears, and who could shape even the subtlest nuances of the vocal line" (*The West Australian*).

It was easy to see the rapport between the pair, sunlight filtering through the leaded Town Hall windows, bathing pianist, singer and the attentive audience in a golden light which Wickham described as "musical windows."

After a break, the pair returned in a similar vein but to an earlier time with 10 works by Sir Arthur Somervell who captured A.E. Houseman's idyllic English countryside.

Yurisich handled these pieces with ease, passion and clarity, capturing the essence of *Loveliest of Trees*, the youthful vigour of *When I was One-and-Twenty* and *There Pass the Careless People*.

The finale was joyful and upbeat with more works from Finzi based on Shakespeare's verse including *O Mistress Mine*, *Where are you Roaming?* and *It was a Lover and his Lass*.

Judging by the audience support, there is a call for such concerts with the Town Hall providing the ideal setting for a more nostalgic time.

More SwanSongs performances are planned on Sundays during winter, the last with Katja Webb on 22 September. Visit events@cityofperth.wa.gov.au

More support needed for aged care

BETH CAMERON, Leading Age Services Australia – WA (LASA-WA) Chief Executive Officer, is shocked by reports screened on ABC's Lateline recently on elder abuse in residential aged care facilities.

LASA-WA is a peak body for age services in Western Australia.

"It was heartbreaking to see the cases shown by Lateline. No Australian should experience abuse or harm and no Australian family should witness harm to their beloved elders."

"As the leading representative of aged care providers in WA, I know that the majority of facilities are providing excellent services and healthcare. This is despite having to operate in the most heavily regulated industry in Australia, with inadequate and diminishing resources."

Lateline's report highlighted some of the key challenges of the sector. That

there is a critical workforce shortage and that government funding does not match the cost of providing the care that elderly Australians deserve.

"In Western Australia, where we already face skills shortages across the board, the challenges in engaging and retaining a suitable workforce are magnified. Significant improvements in training and numbers of qualified staff available to care for the elderly are required – and government urgently needs to address the issue."

LASA has produced extensive evidence during public enquiries that current government funding is unable to provide the care required for older Australians.

"LASA-WA is calling for a clear commitment from government regarding funding that matches care needs and a practical plan from all parties on how

we will meet the ongoing liability in age services – something we and the wider industry have been calling on them to do for some time."

"Industry wants to work with government to address these challenges and ensure excellent care is delivered."

"I hope that this inquiry by Lateline – demanding immediate and effective action to address the challenges faced in the sector – will trigger a more appropriate and effective policy response than we have seen to date."

"I encourage all Australians who want to see improved care for elderly Australians to help LASA highlight the issue through our 3 Million Reasons campaign, insisting that adequate care be available to the 3 Million Australians over 65."

Sign up at www.3millionreasons.com.au.

Working together to beat cancer

ALL ASPECTS of what Cancer Council Western Australia does – research funding, prevention and education, advocacy, support and information services – are part of an intricately connected picture aimed at reducing the incidence and impact of cancer in the West Australian community.

Cancer Council WA is a non-government organisation and relies on community support. By including a gift in your Will to Cancer Council WA you will be making a real difference in the lives of people affected by cancer in our community.

Your gift will take us one step closer to a future without cancer, by enabling Cancer Council WA to invest in cancer research and provide much-needed

support and services for people affected by this disease. It's a powerful way to give a gift that will touch countless lives and reach far into the future.

Cancer Council WA is supporting Include a Charity Week, a nationwide initiative aiming to help raise awareness of the importance of gifts in Wills. This year Include a Char-

ity Week will run from 16 to 22 September.

Include a Charity Week asks West Australians to think about including a charitable gift in their Will, after they've taken care of their family and friends.

Every gift, no matter how large or small, will help the good work of charities live on. What better way to make your final

wishes really count?

Find out more about how you can help the work live on by including a gift in your Will to Cancer Council WA.

For more information call 9212 4391, email donorrelations@cancerwa.asn.au or visit www.cancerwa.asn.au/wills or www.includeacharity.com.au.

Do you love animals especially dogs and cats but have had to give them up or they are not allowed where you live? Are you downsizing, do not want to pay for rent or utilities or just want a change of scenery?



House and pet sitting maybe a great option for you especially to get your 'pet fix'. Looking for single or couples who are retired, work part time or work from home although full time workers are fine too. Sitters especially required from December through February for all metropolitan areas. Must be 25 years or older, have or be able to obtain a police clearance. Own transport preferable but not essential.

Call Jenny Hodder on 0400 611 840 or jenny@westcoastpetstayz.com.au www.westcoastpetstayz.com.au

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Numbers of homeless people in WA rising



Greens Senator, Scott Ludlam

by Josephine Allison

THE number of homeless people in WA is rising, the inaugural "great debate" for Homeless Persons Week was

told recently.

Homeless Persons Week is an annual event that aims to raise awareness of homelessness around Australia and is co-ordinated in WA by the Community Housing Coalition of WA.

The inaugural debate, chaired by Steve Mills of 6PR, brought together politicians, WA Government department representatives, doctors and other interested professionals.

Greens Senator Scott Ludlam, who attended the seminar, recently took part in a homeless sleepout in Canberra and said the country had failed the homeless.

"After the first term of the Rudd government, there was more happening with less people sleeping on the streets than before," he said. "But now the number of homeless has gone up and is continuing."

The rental market had a major impact on homelessness, with rents rising at a much faster rate than incomes, the seminar was told.

From June 2003 to June 2012, the Perth median rent rose by 174 per cent while the WA average weekly income increased by 71 per cent and the WA adult minimum wage increased by 40 per cent.

Low to moderate income households are in rental stress or crisis. In June 2003, the median rent required just 23 per cent of the average weekly earnings, while in September 2012; it required 37 per cent of the average weekly earnings.

Similarly, in June 2003, a WA minimum wage earner would have paid 35 per cent of their income on rent, while in September 2012; they were paying 72 per cent of their income.

Regional areas had experienced significant rent rises with centres that supported the mining and resources industry such as Broome, Kalgoorlie and the Pilbara especially affected. People on low to moderate incomes also struggled to afford rental costs in the South-West.

Demand for public and community housing is at an all-time high and wait times have grown dramatically. Between June 2003 and June 2012, the number of applicants on the public housing wait list jumped by almost 80 per cent from 12,981 to 22,871. Over the same period, the average wait time more than doubled from 63 weeks to 131 weeks or 2½ years.

Dr Andrew Davies, director Mobile Services GP, who works with homeless and marginalised people to help overcome their health care problems, said society had not done enough to help the homeless.

Genevieve Errey, acting director social and affordable housing, Department of Housing, said the housing authority worked hard to establish affordable housing in WA.

"The State Government has allocated around quarter of a billion over the past five years to affordable housing," she said. "We are on track to have 20,000 affordable houses by 2020."

WA Self Funded Retirees Association (WASFR) meeting

ON THE second Friday of the month, at 10am, the WA Self Funded Retirees Association holds a meeting at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

Each month a guest speaker talks on topics of interest to retirees.

The speaker at the meeting on Friday 11 October 2013 is Neil Gray whose topic is "Travel Insurance - Who needs it".

Neil, who has worked in the UK, Europe, USA and Australia, has 37 years experience in the insurance industry. He moved to Perth with his wife and two children in January 2002.

Neil is a committee member of the National Insurance Brokers Association of WA, having previously served as Chair for two years and is currently the manager of a growing insurance broking business (McKenna Hampton Insurance Brokers) based in West Perth.

He has also been a board member of two not for profit organisations in Perth.

Regular travellers know how vital travel insurance can be and Neil's question and answer session will give members an opportunity to broaden their understanding of the industry significantly.

Visitors to the meetings are always most welcome and for more information please contact: Ron de Gruchy on 94471313 or Margaret Harris on 9381 5303.

Art Exhibition Sale at Hillary's marina

THE WANNEROO Joondalup Art Society Inc (formerly Wanneroo Art Society) has an Art Exhibition Sale at the Sorrento Surf Lifesaving Club, West Coast Drive, Sorrento (south of Hillary's marina) from 13 to 14 September, open 9am to 5pm.

Opening night is Friday 13 September, 7pm.

To be in the draw to win a painting by Ivy Thornton, buy a raffle ticket for \$2. The raffle prize winner will be drawn and notified on 15 September.

For further information, contact Rita 0412 151 937.

I blame (or do I thank) Monty Python?



Denis Martin

RECENTLY, I had another of those so called celebrations - 'The Birthday' - and that in itself is nothing unusual - I do it every year!

However on this occasion, my funny little pro-active mind was set into action by

a card given to me by my daughters.

This was a very simple card with no writing on the front only a photo of John Cleese in his classic, upright but bent legged 'Ministry of Silly Walks' position.

Inside the card were words to this effect.

"We thank you because where else would we have ever learned about The Life of Brian, the Fish Slapping Dance, the Four Yorkshire Men, Buying an Argument or even the encouragement to

"Always Look on the Bright Side of Life".

At the time, I was suitably amused and somewhat proud of the fact that I had been able to influence their lives with something as important as a sense of humour, demonstrated by their willingness to buy me such a card. On numerous occasions, the image of the card, and what it represents, comes back to me and reminds me that a little bit of humour can brighten up, or even defuse an every day event.

Near the sailing club on Canning River, I came across a large cormorant with a bit of a dilemma - he (or she, I can't really tell) had captured one of the biggest mullet in the river and whilst maintaining its balance on a rock, in the strong wind, with the fish held sideways across its long narrow beak, the bird tried to find a way to devour it.

As I watched the over indulging bird, images of the Fat Man, Mr. Creosote, from the Meaning of Life came to mind and I immediately thought... better get a bucket!

Only 10 minutes later I witnessed another event which I thought was sadly destroyed by today's technology; a lady mindlessly walking her dog along the river's edge with the ball and throwing stick hanging lifelessly in her left hand - her right hand pressing her phone against her ear and her mind in another space.

Meanwhile, the very excitable, but totally ignored kelpie cross was performing all kinds of aerobics to attract her attention, it was then that I saw the cartoonist 'thought bubble' appear above the dogs head "...for goodness sake lady! Turn the damn phone off and throw the ball!"

My apologies to those readers whose life has not been touched (or maybe bent) by the humorous, and sometimes rude, influence of Monty Python and, of course, I understand that there are many other sources from which we develop our

very own individual sense of humour.

I am glad that I enjoy, what I believe to be, a healthy sense of humour that often leads me to look for the lighter side of life, and always adds to better communication in most circumstances. How else would I have earned the prestigious title given to me by my granddaughters - 'Silly Granddad'.

Keep smiling!

Denis Martin

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CROWN BUS Timetable

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- Lunch at Carvers, 88 Noodle Bar or a quick bite at Snax
- Bonus vouchers for a bit of fun!

The \$10 Fun Pack is for Crown Club members and is \$15 for non-members when you travel on any metro service below. If you're not a member, it's free and easy to join when you arrive at Crown Perth.

Northern Routes	time	stop no.
Alexander Heights (Wed & Fri)		
Alexander Heights Shopping Centre, Mirrabooka Ave	9.13am	12503
Illawarra Cr before Kingfisher Ave, Ballajura	9.23am	15999
Beechboro Shopping Centre, Beechboro Rd North	9.38am	15845
Walter Rd East Before Grey St	9.44am	15738
Bassendean Station - Stand 1	9.50am	17722
Maylands Shopping Centre	9.57am	11644
Arrive Crown Perth	10.10am	
Depart Crown Perth	3.45pm	
Joondalup (Tues to Sun)		
Joondalup Interchange - Stand 7	9.38am	17851
Coolibah Plaza	9.48am	18638
Warwick 8 Cinemas, Dorchester Ave	9.54am	18680
Stirling Interchange Bus Station - Stand 7	10.03am	11543
Arrive Crown Perth	10.20am	
Depart Crown Perth	3.30pm	
Quinns Rocks (Wed & Sun)		
RAAFA Estate, Hughie Edwards Dr	9.28am	18176
Shenton Ave, Currabmine Marketplace	9.43am	17861
Whitfords City (Marmion Ave)	9.53am	18066
Karrinyup Shopping Centre (Karrinyup Bus Stop) - Stand 5	10.01am	11562
Innaloo Bus Stop, Odin Rd at Bunnings	10.08am	19212
Arrive Crown Perth	10.25am	
Depart Crown Perth	3.15pm	
Wanneroo (Tues & Thurs)		
Wanneroo Central Shopping Centre	8.58am	12308
Newpark Shopping Centre, Templeton Cres after Marangaroo Dr	9.11am	12485
Australia Post Wanneroo Rd, Westminster	9.19am	12336
Mirrabooka Bus Station - Stand 12	9.28am	12544
Dianella Plaza Shopping Centre	9.36am	11596
Arrive Crown Perth	9.56am	
Depart Crown Perth	3.45pm	
Morley (Tues & Thurs)		
Dianella Plaza Shopping Centre	9.45am	11596
Morley Bus Station - Stand 12	9.54am	11367
Walcott St (after Longroyd St)	10.15am	12631
Arrive Crown Perth	10.34am	
Depart Crown Perth	3.45pm	

Eastern Routes	time	stop no.
High Wycombe (Wed & Sun)		
Kalamunda Bus Station - Stand 1	9.03am	13964
High Wycombe Shopping Centre	9.14am	14048
Forrestfield Caravan Park	9.23am	14114
Forrestfield Forum (Church)	9.25am	26122
Bus Stop at Discovery Holiday Park	9.27am	13866
Belmont Forum (Wright St Bus Stop)	9.42am	11670
Arrive Crown Perth	10am	
Depart Crown Perth	3.30pm	
Swan View (Mon)		
Darling Ridge Shopping Centre, Swan View	9.18am	14654
Midland Station - Stand 7	9.31am	14625
Bassendean Station	9.37am	17722
Bayswater Station	9.43am	16547
Maylands Shopping Centre	9.51am	11644
Arrive Crown Perth	10am	
Depart Crown Perth	3.30pm	
Southern Routes		
Armadale (Mon, Tues, Thurs & Fri)		
Armadale Interchange - Stand 4	9.01am	13192
Champion Dr, opposite Coles	9.07am	13051
Kelmescott Interchange - Stand 4	9.13am	22035
Gosnells opposite Addie Mills Centre	9.21am	19107
Thornlie Shopping Centre	9.31am	20500
Carousel Shopping Centre	9.41am	10050
Park Centre Shopping Centre, East Victoria Park	9.48am	11726
Arrive Crown Perth	9.50am	
Depart Crown Perth	3.15pm	
Fremantle (7 days a week)		
Fremantle Station - Stand 2	9.05am	10429
Corner Petra Street	9.17am	10295
Melville Shopping Centre	9.22am	10301
Myaree (Marmion Reserve Park 'n' Ride)	9.31am	10715
Booragoon Bus Station - Stand B4	9.38am	11134
Bus Stop after Como Hotel	9.53am	10335
Arrive Crown Perth	10am	
Depart Crown Perth	3.15pm	
Mandurah South (Wed, Fri & Sun)		
Corner of Old Coast Rd & Princeton Drive Car Park	8.38am	
Falcon Oval (Tennis Court Car Park, Flame St)	8.43am	
Halls Head Central	8.51am	17017
Mary St (Car Park near Old Bridge)	9.01am	
Dudley Park Bowling Club (Club Car Park)	9.08am	
Arrive Crown Perth	10.03am	
Depart Crown Perth	3pm	

Southern Routes	time	stop no.
Mandurah North (Wed, Fri & Sun)		
Mandurah Football Club	8.50am	17371
Silver Sands Shopping Centre (Cnr Mandurah Tce and Anstruther Rd)	8.55am	
Meadow Springs Bus Shelter (Opposite Shopping Centre)	9am	17020
Madora Bay Bus Shelter (near Madora Bay Rd)	9.05am	17024
Singleton Bus Shelter (after Singleton Beach Rd)	9.10am	
Arrive Crown Perth	10.03am	
Depart Crown Perth	3pm	
Munster (Tues & Thurs)		
Cockburn Central Station - Stand 6	9.16am	23630
Munster Stargate Shopping Centre, Rockingham Rd	9.31am	10640
Phoenix Shopping Centre opposite ANZ Bank, Rockingham Rd after Kent St	9.36am	10647
Waverly Rd, Coolbellup, opposite Coolbellup Hotel	9.46am	20324
Kardinya Park Shopping Centre, South St	9.57am	10489
Arrive Crown Perth	10.20am	
Depart Crown Perth	3pm	
Rockingham (7 days a week)		
Before Warnbro Fair and Halliburton Ave, on Warnbro Sound Ave	8.59am	17296
Opposite Waikiki Village, Read St	9.05am	17304
Rockingham City Shopping Centre, Council Ave	9.10am	21225
Rockingham Interchange - Stand 7	9.15am	23788
Kwinana Hub Bus Station	9.27am	26360
Arrive Crown Perth	10.10am	
Depart Crown Perth	3pm	
Central Routes		
Wellington St (Mon & Tues)		
Wellington St Station - Stand 17	10.30am	25068
Arrive Crown Perth	10.40am	
Depart Crown Perth	2.45pm	

Please ensure you follow the parking rules when departing for Crown Perth. Arrival times should be only taken as a rough indication.

To avoid missing your bus, please be available at the departure area prior to the time stated on the timetable.

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Stamp Collecting *with Nigel Williams*

tions will be held each day at 2pm. There will also be free evaluations plus activities for the youngsters, so if you are a collector or perhaps thinking about it why not come along where you will be able to chat with others and the dealers who will be on site as well.

An Australian stamp which could have been missed was issued on the 22 July to celebrate the birth of Prince George. This is a 60c stamp in both gummed and self adhesive format showing the proud couple holding the Prince.

Talking to a friend of mine a couple of weeks ago about stamp collecting, he asked the question, "how was the availability now (of stamps)

with most people having computers?"

This of course only applies to used stamps as post offices are more than happy to sell you mint stamps.

I prefer to collect used stamps. You may think this sounds silly but if a stamp could talk what stories could it tell. For example when my mother and father were on a world trip after retiring they visited many countries from where they sent postcards to each of my two daughters. A postcard sent from Mexico to my youngest daughter never arrived and she was most "put out", but 18 months later, what should turn up; the missing postcard after travelling to several countries. Imagine what sto-

ries it could tell! Whereas, while a mint stamp is certainly pristine, to me is just a sticky label. I hope I have not upset my many friends who are mint stamp collectors (sorry guys).

If you are considering starting a collection, the used stamp option is probably the cheaper choice to begin with as in most cases the stamps are cheaper to buy. If you wish, you can place them in an album with stamp hinges which come in packets of 1000. However, mint stamps are placed in a small protective mount which comes in various sizes but are usually in packs of 25.

But to answer my friend's question. Yes, used stamps are getting more difficult to obtain, though in Perth some dealers have supplies and of course there is the Red Cross stamp shop which is always a great place to pick up that one you may be missing.

Next month, as I will be at our place in Bali in the warm having a Bintang, there will be a guest writer.

Till November, stay safe and warm.

Cheers
Nigel

Swan River Stamp Show in October



The Court of Honour is a display of W.A. Military Mail 1840 - 1919. Above: A cover in gold medal exhibit that is the basis of Chapter 6 of Haynes, B. and Pope, B (1997). Western Australia: Forces, censor and prisoner of war mail, Perth, WA Study Group. Letter (1878) from Captain C. Finnerty (Commandant of Enrolled Pensioner Force from 1863 until 1872 when Lieut Colonel Harvest assumed command) re police investigation of Private Gilbride Cover franked with official stamps

A STATE LEVEL exhibition, the Swan River Stamp Show with a court of honour is to be held by the Western Australian Philatelic Council in October 2013

The exhibition opens on Saturday 19 October from 10am until 5pm and Sunday 20 October 10am to 4pm at the Guild Function Centre, University of Western Australia, Hackett Drive, Crawley.

For further information email John, john_dibiase@yahoo.com.

Over 55 canoers have great fun in fast water

by Stan Wallin

THE VERY welcome rain which fell in August saw the Canning River at its best for a couple of years with members on several occasions having great fun in the fast water from River Avenue to Royal Street.

For the first time we saw Daryl go for a swim, but since then, no one else has been in a hurry to test the water.

The club has also been to Bells Rapids and Dwellingup on the Murray River, where there has been some very fast water this year.

One of our members fell in while getting out of his canoe, but tried to keep it quiet from the 'boss'. He sells coffee from a van and offered all the members a nice hot cup at the end of the paddle to bribe them into silence. Bad luck Steve, you will still get a "duck" at Christmas!

On the 8 August, the club travelled to Moore River for their annual paddle where seven hardy members met up at the Moore River Bridge under inclement skies.

Then in a moment of sheer genius, or as a streaker might say, "It seemed like a good idea at the time," it was decided to extend the course a little and start the paddle further up stream at the confluence of Gin Gin Brook and the Moore River.

Cars were left at Barra-

goon Road Boat Ramp (nine kms downstream from the starting point) with member Ron joining the group there for morning tea.

The first kilometre of water from Gin Gin Brook was fast flowing and provided wonderful canoeing.

However, after that it was an endless series of portages.

After four hours of paddling and carrying canoes around obstacles, it was decided to attempt to get a passing motorist to take someone down to pick up a car.

It was then that Ron saved the day and possibly the night. He had anticipated that the paddlers may want to call it a day and had arranged with a camper, transport to the nearest car. Thank you Ron!

I wish to thank George for giving me the full story about what happened on that winters day.

For any information about the Club, please phone Peter on 9409 3813.



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Urgent help needed! Call for volunteers for the Duyfken



'Little Dove' needs your help

AS MOST readers will know from previous articles in this newspaper, the Fremantle built replica of the original Duyfken is a not for profit foundation.

To enable the long term survival and viability of the ship, she needs lots and lots of volunteers and we ask readers if perhaps they could consider helping out.

Over many years of listening and interacting with readers, we know that there are many kind people out there who would love to take the lead and contribute where they can.

And, the 'Little Dove' needs your help! The major need is for tour guides who can support the foundation by showing paying visitors, and these days many school groups over this superb replica.

Regular visitors to the ship help to ensure that the income from these visits goes to upkeep and maintenance.

The "Little Dove" is a floating museum of history like no other.

For those who don't know, Duyfken was the first ship to be recorded as making a landfall on the shores of Australia in 1606 at Weipa in the Gulf of Carpentaria.

Volunteering with Duyfken is very rewarding. You get to share in all information

about the ship including its history, how she was built, how she is rigged and how she sails. You can also go below where many items are showcased and are on display in the main hold on 400-year-old ballast bricks provided by the Dutch Government, together with displays of hand-worked timber and the scent of spices.

The ship is also desperately in need of the services of 'ship-keepers' to keep watch and care for her 24 -7. These shifts are critical as recently demonstrated when the ship's dinghy and motor were stolen overnight.

Dear readers, it is hoped that some of you can give some time to help ensure that this magnificent 'tall ship' is available for all to see by volunteering your time. She is berthed behind Little Creatures Brewery in Fremantle where you can enjoy the cooling early sea breeze.

There are many volunteering positions available; you can be a tour guide, perhaps help out with maintenance, or even train to be crew.

The website, www.duyfken.com has a lot of more information about the ship. So if you can help - please sign up online as a Friend of Duyfken and volunteer. Or email manager@duyfken.com

Tracing your ancestors world-wide

THE EARLY September meeting was hosted by guest speaker Ron Hassall who is the Research Officer for the Family History Society of Rockingham & Districts Inc. with many years experience.

After Ron's mother died in September 1993 (his father died in 1989), he received a parcel from his sister containing family photographs and two family trees compiled by his father. Ron decided to try his hand at family history research and started with the Hassall family, which proved pretty easy in light of the way family historians had to research in those days without the benefit of the internet as it is today.

'Who is Jinny George' One tree was for his Hassall family, which contained a couple of unknown facts and one was for his mother's Anglo-Italian family, the Cascarinos.

The Cascarino family tree recorded many very familiar names of his uncles and

aunts, who now turned out to be his great uncles and aunts and his cousins are actually his mother's cousins.

The family tree recorded his Italian great grand-father, Domenico Cascarino married to a Jinny George.

Ron had lived with his great grandfather, so knew him well, but had only met his great grandmother once at a very young age.

The problem arose when Ron obtained the birth certificates of the Cascarino children, one of which was his grandmothers and which recorded the name of their mother as Jane Adcock.

The marriage certificate for Domenico Cascarino also recorded his wife as Jane Adcock.

So how did Ron's dad get this mixed up? Who was Jinny George? It took 19 years to find out.

For more information, please visit the website at <http://fhsrd.org.au> or call Verna on 9527 4988.

Coins - 'Money makes money'

HOW LITERALLY true this was for investors in rare coins and banknotes beginning in the late 90s and into the following dozen years.

On average, values in the top end of the numismatic market increased annually at the rate of 15 to 18 per cent. Not only were these returns impressive, it was money easily made; all one had to do was buy and hold, and being compact they were easily stored with no maintenance required or anxiety attached. It became the darling of all investments topping for many years the performance list of investments as published by Deloitte Access Economics.

When we talk rarities, we are referring to coins or banknotes which are worth thou-

sands to likely five figures and much more.

Values are determined by the classic laws of supply and demand; if an item is rare and the demand for it is strong, the marketplace sets a high value accordingly. This is probably why great rarities are often sold by auction where serious, well-heeled contenders vie with each other to acquire it.

Conversely, a rarity's value will be less if it commands limited interest.

This all sounds simple but in actual fact it isn't because the reality is only very few, in any market, are truly capable of evaluating the genuine worth of whatever, and its future potential. This is why most investors rely on an adviser (and cross their fingers).

By 2005 I was openly advising invest-

ors and collectors that, in my opinion, the rare coin and banknote market had peaked, however, it continued to rise; it was on a roll and there was no stopping it at that stage.

An investor who purchased a rarity in 2000 saw its value rise by 15 per cent per annum and as such come 2005, its value had doubled. Presumably if he held on to it for another five years, it would double again, thereby being supposedly worth four times his original purchase price. These fantastic returns incited and ignited the market. The problem (in hindsight) was other markets were doing much the same and it all seemed 'normal'.

Following the Dot Com correction, equities went steadily north with banks even

offering to loan you 'money' to get into it or you'll miss out; you also couldn't afford to miss the opportunities in real estate and on top of that the markets were spoon-fed with compulsory superannuation funds which also became the key to the success of the rare currency market - it was large amounts of money from private super funds which rocketed the value of rarities into the stratosphere.

Promoted by a select group of dealers and auction houses, rare coins and banknotes were presented as the new, safe and almost care-free investment alternative and it worked, very well, on appearances for some time.

Everyone, everywhere, in any market,

made money very easily, until the GFC.

It was then I thought the rare currency market would pop but I was wrong again. As much as I and by then other experienced dealers, and collectors, warned folk the game was over, the market still had wind in its sails blown in by the successive implorations of the traditional investment markets. However, as always, the grapevine does its work and eventually sensibility comes to bear.

Around 2010 auction realizations for rarities began to decline in reflection of tapering demand. The tide had turned. Gradually, from there, more wanted to sell than buy.

Mike Smits

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Masters swimmer is open water queen



Barb Pellick with husband and personal trainer, Peter King at Doddi's beach

MANDURAH Masters club member Barbara Pellick achieved a milestone this month after completing the 32-kilometre channel swim from Catalina Island to the Californian mainland just south of Los Angeles.

A similar distance to the English Channel in distance

and difficulty, Barbara is now Western Australia's first "triple crowner" having completed the English Channel and the Manhattan Island swims in her 18-year open water swimming history which includes 24 solo Rottneest Channel swims! Barbara did most of her

training at Doddi's beach in Halls Head Mandurah where many of her club-mates kept her company during the winter months to ensure she was acclimatized to the colder water temperatures of the Catalina Channel.

Barbara's feats are extraordinary, however many

of her fellow Mandurah members just enjoy regular swimming for fitness and health in the pool or the ocean. Most members of Masters Swimming WA clubs swim two or three times per week just like gym members train at their local gym a few times per week to keep fit.

This month is the start of the annual LiveLighter Spring into Swimming membership drive project sponsored by Healthway and conducted by Masters Swimming WA. *Have a Go News* readers are encouraged to get along to their local Masters Swimming Club and have a go!

It is a huge misconception that one has to be a good swimmer to join a Masters Swimming Club. One just has to be able to swim a few laps to start and very quickly the distances will increase with the volunteer expertise and support available at

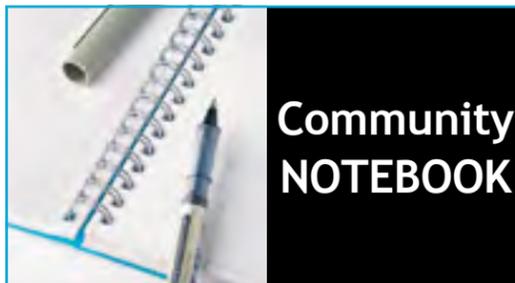
Masters Clubs.

The LiveLighter Spring into Swimming promotional strategy provides the opportunity for adult swimmers of any ability to participate free for up to four weeks at Masters Swimming Clubs throughout WA. Pool entry fee is the only cost required during this promotional period although you are free to watch first without getting wet and then join in.

If you wish to find out about a club near you, then visit www.mswa.asn.au, make contact with the designated club person, find out details of when they hold their club sessions and visit for a swim or to check it out. It is even better to go with a friend.

For further information on Masters Swimming WA contact me via wendy@mswa.asn.au or 9387 4400.

Wendy Holtom
Executive Officer



Community NOTEBOOK

SOCIAL SCRABBLE CLUB

New club south of the river. Players wanted for daytime meetings, weekly or monthly. All ages welcome and no experience needed. Please call 9417 9631 or ish@iinet.net.au

TOWN OF CAMBRIDGE SENIOR SERVICES EXPO

Wembley Community Centre. Wednesday 30 October. 40 Alexander St. Wembley. 10am to 12pm. Guest speakers, entertainers, activities and sausage sizzle. PH 9387 9101

WANNEROO- JOONDALUP ART SOCIETY INC

Exhibition 14 and 15 September. Venue-Sorrento Surf Life Saving Club South of Hillarys Marina. Café on site. Enquiries Rita Cowan - 0412 151 937

BELMONT DISTRICTS PROBUS CLUB INC

Meets on the second Wednesday of the month 10am -12pm. Fun, Fellowship, Friendship. Guest speakers. Belmont Sports & Recreation Club Abernethy Rd, Belmont. New members welcome. Contact Don Wall 9313 0396

WHITFORDS LIONS CLUB QUIZ NIGHT

Saturday 5 October, 7.30pm. Gibson Park Community Centre Padbury. Proceeds to Muscular Dystrophy Ass. Tickets \$10 a head, tables of 6, BYO nibbles and drinks. Bookings. Terry 9343 0041 or 0417 956 868

THE SHAKESPEARE CLUB of WA

Meetings held at 1.45pm third Saturday of each month (except January) at the new venue Citiplace Community Centre Perth Railway Station. Details on 9444 9107. New members welcome.

BAYSWATER CITY VIEW CLUB

Meets at 10.30am second Tuesday of month at Bayswater Hotel Function Room. Fun, friendship and social outings. Linda 0413 147446 or linda.migro@gmail.com

MS SOCIETY

Local gardening volunteers wanted. Any time that you can spare will be greatly appreciated. Help people stay in their own homes. Contact Dawn 9365 4897.

SPECIAL SPRING WALKING EVENT WOMENS HEALTH WORKS

Tuesday 24 September meet 9am. Neil Hawkins Park to Leap Frogs Café. For more information call WHW 9300 1566 or info@womenshealthworks.org.au. Bring hat, water and money

FREMANTLE WESLEY MISSION

You are welcome at the Wesley Link. Open Thursdays and Fridays 10am-1pm. Enjoy a free cuppa! Enter from Cantonment St beside Wesley Church.

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

Subiaco Day View Club update

SUBIACO Day View Club's "Back 2 School" day, the main fund raising event of The Smith Family, was great fun and very successful.

VIEW Clubs of Australia, to (Voice, Interests and Education of Women) was established in 1960 by the Smith Family as a service to women and community. It holds a unique place in society by being the only National Women's Organisation, now with 20,000 members, that is solely focused on supporting the education of young, disadvantaged Australians.

The Annual National VIEW Convention is to be held at the Gold Coast in September, when 800 VIEW members

from across Australia will add their voices to debate matters of national concern.

If you would like to hear more about VIEW and would like to participate in the sponsoring of young, disadvantaged Australians, come along to the Subiaco Day View Club's next meeting at 10am on 25 September at the Mt. Claremont community centre, Montgomery Rd. Mt. Claremont.

The next social outing will be coffee at Hilary's Boat Harbour on 9 October.

For more information on these events and about other VIEW clubs in WA contact Ann 9387 7104 or Audrey 9384 6143.

Style

A guide to fashion and grooming with **Zofia St James**



A BIG hello to all my fellow Glamazons and welcome to spring!

It's my favourite time of the year and I love all that spring inspires.

With the coming of the warmer weather, everyone seems to be on a bit of a new season high and motivated to get out more with the opportunity then to dress up.

I know for some readers, the mere mention of dressing up will probably be stressful, especially for those who are daunted by the thought of a shopping excursion; but take heart, armed with a list of possible purchases and where to find them should ease the 'trauma' of shopping.

Sometimes women have in mind something in particular they wish to buy, which is fine; but it's a good idea to make sure it is available before you spend the day futilely trudging around the shops only to go home exhausted, annoyed and empty handed.

Or worse, you could settle for something you did not want simply because you were desperate to buy something, and then declare to all how much you despise shopping. If this is you then I'm here to help.

During the last two months I have discussed in this column an amazing, stylish woman, someone each of us have met at some stage in our lives and someone who we secretly wish we could be.

I've talked about her attitude to life, her lifestyle and this month I will discuss her wardrobe.

With the coming warmer weather, it is a great time to go through your closet and start to put away the heavier coats, jumpers and pieces that you know won't be needed before next winter.

I use zip up coat bags which reduces the volume of clothing to be stored and allows more space.

Once you have spring cleaned, as a treat, buy and browse through a couple of fashion magazines that feature a particular look which appeals to you.

A magazine that is particularly informative and presents images of great pieces from many retailers at good prices, is Shop 'Til You Drop.

Take time out to make a coffee, put your feet up and then circle items that you would love to wear and add them to your wish list.

Decide what you really want and what pieces would compliment and update what you already have in your wardrobe.

And this also goes for accessories; shoes, hats and bags.

This is where you can go crazy, it doesn't cost anything to think and dream about what you would like to buy.

A Glamazon knows what she wants, what she needs, what she loves. She isn't afraid of overdressing as she has a great dressy casual dress code and gets it right on every occasion.

A Glamazon has a keen eye for great classics and enjoys fashion and keeping herself up to date.

I've met 80 odd year old Glamazons in my time and I can assure you that a Glamazon is a savvy shopper, keeps her wardrobe topped up and does not feel guilty about looking and feeling good. While her style is essentially for her, the man in her life gets the benefit of a great looking partner and a happy one at that.

In the Glamazon's wardrobe you will find: one suit, black or grey, two white cotton collared shirts, one silky blouse in either a floral or animal print, two T-shirts, white and navy, classic 'cardi' in grey, camel or navy, one pair of slimline pants and capris in black and white, one mid length dress in a pattern or classic black, one pashmina scarf in red or camel, one silk scarf in animal print, one classic wide brimmed sunhat, one trench or overcoat in camel, one leather jacket in a nude/black/ tan shade, one pair heels in black, one pair ballet flats in camel, one pair of classic loafers in animal print, one pair of boots, one pair good fitting straight leg jeans, one maxi dress in gorgeous summer colours, one tan bag, one black bag, one clutch or evening purse, two cami tops in black/nude or white, two pairs of sunglasses black and tortoiseshell, one pair of diamond studs, a string of pearls and some chunky coloured resin bangles; simple accessories that add that finishing touch and polish to the final look.

These are the classics that will always be in fashion and need to be in your wardrobe to ensure you always feel well prepared and dressed for any day or occasion.

Looking fashionable is actually staying classic and simply adding a little of what's new each season in terms of colour and shape.

Treat yourself this month to a very special gift.

I mentioned diamond studs; I wear mine every day and love them but I'll share a secret... they are from Secrets.

It's spring and it's time for a new you: release your inner Glamazon and let's go shopping!

Next month I will begin to compile a Glamazon's wish list for her birthday and Christmas. Happy September!

Lots of love

Zofia
xxx

To book a style session with Zofia simply call her on 0406 336 607. Zofia can organise solo or group appointments at your favourite shopping centre.



Win a style session with Zofia

TO CELEBRATE Style in the pages of *Have a Go News*, one lucky reader has the opportunity to win an hour's style session with Zofia at your nearest shopping centre. To be in the draw simply put your details on the back of an envelope together with your phone number. Send to Zofia Competition c/o *Have a Go News* PO Box 1042 West Leederville 6901. Entries close 10/10/13 and only over 45s eligible.

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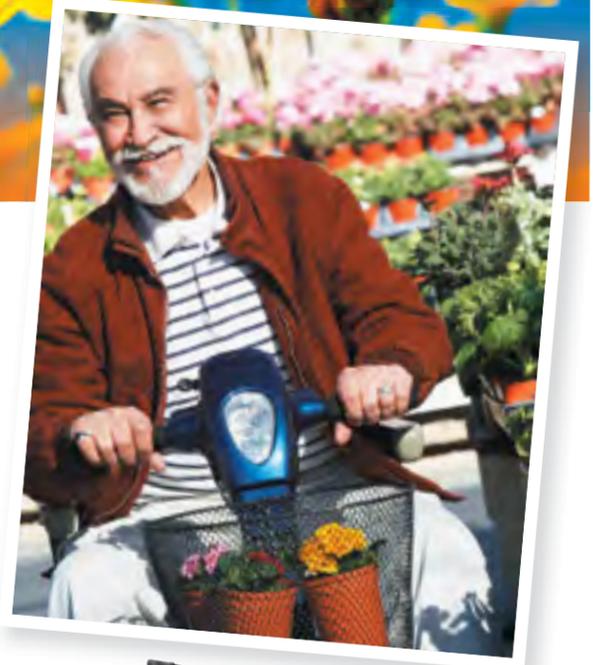
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Spring into Gear

With Spring here it's time to get ready for some outdoor activities, and this month we have some special offers to help out. Then at the end of the month sit back and enjoy the footy finals in comfort



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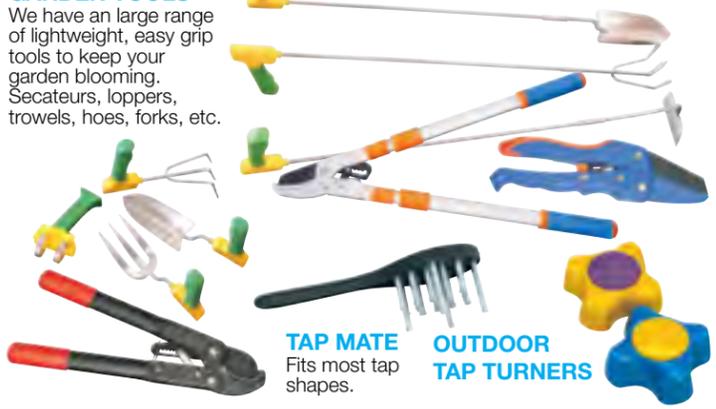
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WANNEROO Shop 6, 771 Wanneroo Road 9206 2391

Photos for illustrative purposes only.

Stores Open: Monday to Friday 9am - 5pm Saturday 9am - 12noon www.daily.com.au

FOOD & WINE ...eat, drink and be merry...

ADVERTISING FEATURE

What's Fresh

HICKSON MANDARINS: Local Hickson Mandarins are now in season, giving citrus lovers a fresh new variety to look out for. The medium/large-sized fruit has a slightly flattened shape with a slight neck on most fruit- check for the blue WA birthmark sticker to make sure you're buying local produce. Like most mandarins, they are easy to peel, contain few seeds and lots of fresh, superbly sweet juice. Make sensational oil for drizzling over meats and veggies by leaving mandarin zest to infuse for two to three days in some extra virgin olive oil. Add salt and pepper and some fresh, floral mandarin juice before serving. Divine!

CUMQUATS: Marmalade lovers, listen up! Cumquats are ripening up and are waiting for you at your local produce store, ready to be turned into all sorts of lovely preserves. The cumquat tree is a particularly pretty, not to mention useful, addition to a backyard- try the fruits whole for their sweet rind and sharp juice or macerate kumquats in vodka or another clear spirit for an unusual, citrusy twist.

ROSEY RED ORANGES: This new member of the navel orange family has a beautiful rosy pink glow to the skin and flesh, which is very sweet and, best of all, seedless. It's grown right here in WA - spot the Blue WA Citrus symbol for reassurance you're buying local. Perfect to enjoy as a snack or add to a salad for a refreshing touch.

CABBAGE: Many a happy morning throughout our childhoods was spent inspecting the cabbage beds of our communal neighbourhood garden, hoping to find the babies that we were told were sleeping amongst the leaves Thankfully these days it's more interesting to eat these delicious Brassicas! Crinkly Savoy cabbage is considered the most tender and sweet and is the better choice for stuffed cabbage leaves as the leaves are more pliable and stand up better to longer cooking times. The firmer texture of green and red cabbage goes exceptionally well with mustard seed, tarragon, garlic, caraway seed, black pepper and thyme and also pairs beautifully alongside classic corned beef and bacon.

RED AND GREEN CHILLIES: These fiery bursts of flavour from Carnarvon are utterly delicious, mildly addictive and a lynchpin of a huge range of cuisines worldwide. A ripe red chilli has a different flavour to an under-ripe green chilli, just as we recognise the difference in flavour between a tart green and a sweet red capsicum. There are no rules, however, regarding difference in heat, so proceed with caution! Always taste for pungency and adapt recipes according to just how hot you like it...



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SFC/SHAW/DVH

Fresh WA Citrus

THE WA citrus season is thankfully in full swing with the abundance of delightfully scented mandarins, navel oranges, grapefruit, lemons and limes at their absolute best. Research conducted recently by the WA citrus industry revealed that local shoppers want citrus fruit which is:

- Locally grown by WA Farmers
- Great tasting
- Premium Quality
- Fresh and Healthy

Locally harvested citrus supplies are readily available now, easily spotted in stores by the bright blue birthmark sticker denoting West Australian origin; straight from the tree to the table. Local shoppers can be assured of the quality as the WA Citrus sticker is used in combination with the industry's strict quality code for grading WA citrus fruit.

Choose citrus that are heavy for their size, as weight gives a good indication of juiciness. Don't be too concerned with outer beauty; any markings seen on citrus are generally insignificant branch scratchings and have no effect on the flavour or quality, but avoid fruit with bruises or cuts. At home, keep your citrus in a cool dry place if eating within a day or two, or in the refrigerator.

So get cracking and boost your Vitamin C intake this winter; stock up on plentiful WA grown citrus and start munching. ...

Prepared by Fresh Finesse Food Promotions www.freshf.com.au

Orange and Almond Cake - A classic moist cake



Preparation: 1 hr
Cooking: 1 hr
Serves: 10

Ingredients

2 large navel oranges,
5 eggs
1 1/4 cups (250g) caster sugar
2 1/2 cups (250g) ground almonds
1 tsp baking powder
Pure icing sugar or orange icing to decorate

Method

PREHEAT oven to 170°C. Grease and line the base of a 20cm cake tin. Place two whole oranges in a saucepan and cover with water. Bring to the boil and simmer, covered, for 1 hour, ensuring that the oranges remain covered with water. Drain and cool. Chop the oranges into quarters, discard any seeds. Place orange chunks into a blender and puree until smooth. Beat eggs with sugar until thick, then add the orange puree, ground almonds and baking powder and mix well. Pour into prepared pan and bake for 1 hour. Leave the cake in the pan for 20 minutes to set firmly then turn out, remove the baking paper and turn over to finish cooling right way up. This cake definitely mellows with a little time and can be prepared up to 48 hours in advance.

To serve, sift icing sugar on top or decorate with orange icing as preferred.

Lemon Butter



Ingredients

4 egg yolks
1 cup of sugar
100 grams butter
Juice of 3 lemons
Zest of 2 lemons

Method

BEAT eggs with sugar and put in a saucepan with butter and lemon juice. Stir over low heat until the mixture reaches a thick consistency. Add the lemon rind, mix well and allow to cool. Store in pre-sterilised jars in the fridge.

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The Valencia Complex, 55 Benara Rd, Caversham
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SFC/SHAW/DVH

Lamb Thermidor?



Vince
Garreffa's

I LOVE this recipe; it's my meatman's Lobster Thermidor.

By replacing the crayfish with lamb fillet pieces and the shell with half an eggplant with stalk on, I can enjoy the thermidor sauce without the cost of seafood. Don't laugh, this recipe works really well and it's easy too.

Ingredients for 4

600 grams Diced Lamb Fillets
2 Small Eggplant Cut In Half
2 Chopped Garlic Cloves
Extra Virgin Olive Oil
Sauce Ingredients
100ml White Wine
200ml Veal Stock
2 Finely Chopped Shallots
1 Teaspoon Chopped Rosemary Leaves
West Australian Organic Lake Salt
Freshly Cracked Black Pepper

The Roux

50 grams Butter
2 x Tablespoons Plain Flour
1 Teaspoon Hot English Mustard

Extras

250ml Milk
50 grams Parmesan Grated
50 grams Parmesan Grated For Topping

Method

SCOOP the flesh out of the eggplant leaving a shell about one centimetre thick and looking like a row boat with a point. Boil the shells in salted water till tender. Dry them with paper towels, then fry them in EVOO, salt and pepper and garlic till they look and smell good. Be gentle. Set them aside with skin side down. They will look a little flat. Put a little extra EVOO in the same pan and on a high heat fry your lamb fillet pieces till cooked, but still a little pink, with a little salt and pepper and add a little garlic added at the last minute. Rest the lamb in the pan.

To make the sauce, boil the white wine and stock with the shallots till reduced by half; set aside. In a separate pan melt the butter, add the flour and stir well while cooking. After it turns into a paste add the mustard, mixing well for another minute then add the milk mixing well until the sauce is reduced. After a minute add 50gm of parmesan cheese and cook the sauce on a low heat, till it's thick and sticky.

Now on a baking tray place your eggplant halves skin side down like a flat row boat. Into it put some lamb pieces, cover the lamb with the sauce and sprinkle some parmesan over the sauce. Put under a grill and colour the top a little brown before serving.

These are yummy and the lobster insists you try the lamb.

Letters to Vince Garreffa

IF YOU want a particular recipe from me, 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 Vince can call you!



2013 Mondo Cooking Classes!



THE PERFECT classes to attend to prepare yourself for Christmas!

(Book and pay for both by 12 October and our Christmas gift to you is ... the price - \$175 for both classes!)

Monday 4 November, 2013

Poultry: Cutting, boning, cooking and eating quail, spatchcock, chicken, duck, turkey and more. Come and watch and learn all about

deboning, stuffing and flavouring birds combined with how to personalise your Christmas dishes! Bonus surprise gift to take home as well as all the tricks of the trade to make Christmas 2013 your best ever ... and then EAT and EAT and EAT with us!

6.30pm to 9.30pm

Monday 2 December, 2013

Roasting your Christmas meats - plus 'designer' hams

Learn to roast beautiful pieces of meat and to decorate your own ham, PLUS yet another surprise gift to take home and Christmas 2013 is in the bag! ... and then EAT and EAT and EAT with us!

with us!

6.30pm to 9.30pm

All classes are held at Mondos, 824 Beaufort Street, Inglewood.

To book your place in these classes you must phone 9371 6350 Tuesday to Friday between 9am and 4pm or email princeofflesh@mondo.net.au with telephone and other contact details. Payment can be made by credit card over the phone or come into the store to make payment. All classes are \$99 per person and places are confirmed once payment is made in full.

Get your friends to join the mailing list at www.mondo.net.au

Glazed Navel Oranges



Preparation: 20 minutes
Cooking: 15 minutes
Serves: 4

Ingredients

Rind of 2 navel oranges
1 cup boiling water
1 cup sugar
4 navel oranges
250 g ricotta cheese

Method

Slice orange rind into matchstick sized pieces. Put the rind and boiling water into a 1 litre casserole dish and microwave on high for 8 minutes. Add the sugar and stir to dissolve. Microwave for 7 minutes. Peel oranges. Remove pith and outside membrane using a very sharp knife. Take care to keep oranges whole. Put oranges into a dish that just holds them and cover with syrup and rind. Refrigerate for several hours or overnight. Serve each orange on a bed of ricotta topped with glazed rind and syrup.

Just Rolling - wines from Central NSW



lem. It remains to be seen what the new government makes of it, given the temptation to raise more revenue.

The Wine Research Institute recently held a scientific conference on the health benefits of wine. The scientific evidence is clear: Moderate drinking is good, excessive is drinking bad.

This month we are featuring Rolling Wines, a vineyard in the central highlands of New South Wales owned by Cumulus Wines.

Cumulus Wines is majority owned by the Berardo family of Portugal. Jose Berardo is also Portugal's largest art collector. He owns more than 4,000 artworks

including those by Picasso, Warhol, Dali, Pollock, and Koons. These artworks are on display in his galleries and wineries but his largest collection can be seen at the Berardo Museum attached to the National Gallery in Lisbon.

In recent years the NSW Central Ranges around Orange has become the largest cool climate wine region in Australia, producing twice as much wine as the Hunter Valley.

In this lesser-known region, cool temperatures coupled with bright sunlight produce fruit of incredible colour and vibrant flavours. Rolling also produces a

full suite of varietal wines including Cabernet Merlot; Grenache, Shiraz and Mourvedre; Chardonnay; Moscato; a Pink Shiraz; Pinot Grigio; Sauvignon Blanc; Shiraz and a sparkling Pinot Grigio Chardonnay.

And they are now becoming available from liquor stores throughout Western Australia.

Rolling wines are easy drinking as a stand-alone aperitif or a great companion with food.

Rolling Cabernet Merlot 2011 displays aromas of bright red berry characters including rich plum, cherry and blueberries. The palate

is mouth filling, with hints of dusty oak and chocolate with subtle fine tannins. The flavour exhibits good length from front to finish.

Rolling Grenache Shiraz Mourve' dre displays aromas of cherry and spice. The palate shows a big strong full-bodied red wine with fine persistent tannins, continuing the length of the palate.

Pinot Grigio is rapidly becoming the dry white wine variety of choice in Australia. The Rolling Pinot Grigio is picked early to retain the acidity of the fruit. It displays crunchy fruit characters of green apple and pear with crisp natural acidity.

The Rolling Sparkling is unusual in that it does not seek to imitate champagne. It is none the worse for that. Made from Pinot Grigio and Chardonnay grapes it is fresh and bright with lifted notes of green apple and pear, crisp and fresh with a hint of cashew nut.

The palate is fruit driven with fresh apple and pear characters that carry through to the finish. Softly textured with a fine creamy mousse, elegant length and a crisp acidity.

The Rolling range is priced at around \$15 - \$17 per bottle (\$14 at discount liquor stores) and it is increasingly available in WA.

by Frank Smith

This would hit responsible and problem drinkers alike. This time as least FARE (Foundation for Alcohol Research and Education) admitted that bottled wine drinkers are seldom a prob-

AS AT EVERY recent Australian election anti-alcohol lobby groups campaigned for an increase in tax on liquor to reduce consumption.

Visit the Mondo Spring Markets



VISIT and discover! Sample and buy!

The Mondo Spring Markets runs from September through to December on Saturday - 8am to 1pm at 824 Beaufort Street, Inglewood.

Available there are New Norcia breads, gluten free cakes, homemade preserves, chilli products, fresh organic fruit and vegetables, honey, jams, cupcakes, macarons and many other gourmet products and treats to tempt you.

Plenty of fun gifts to buy include beautiful cards and wrap, bookmarks, posters, gourmet gift baskets, herb and vegetable seedlings and toys, to name just a few.

And why not bring along your garden tools and knives while you are there to have them sharpened by the on-site professional knife sharpener who works on the spot.

Part proceeds of sales goes to LIFELINE!

The café will be set up, so bring along some friends to have a coffee, or hot chocolate at Mena's café bar plus pop into Mondo's while you are there for your meat ... and you can have a famous roast meat sandwich too.

It's a fun atmosphere and beats shopping centres any day!

Enjoy spring at Whistler's in the Swan Valley



SPRING is the perfect time to visit the Swan Valley.

While you are there, make sure you include a stop in at Whistler's confectionery company's café and shop in the Swan Valley where you can enjoy the spring weather in fine surrounds and of course loads of chocolate.

The new Whistler's experience in the valley is the perfect place to take

the grand children. With its beautiful shaded grassed outdoor area complete with sand pit, chalk boards and plenty of space, it is a great spot for the kids to enjoy.

While the children play you can relax and enjoy Whistler's hospitality.

Browse the entire range and samples available, enjoy a light lunch at the café, or relax with a cuppa in the Cocoa Lounge.

Whistler's also have homemade ice creams, fudge, macarons and all the usual favourites in this delightful family friendly store in the Swan Valley.

Don't forget that their factory out-

let at 18 Hubert Street in Belmont is open for visits on Thursday and Fridays only from 9am to 5pm where you can taste and buy the selection of delicious products at wholesale prices.

Bookings for buses and groups of 20 or more are by appointment only - so give them a call to make a time.

The friendly staff at both the Swan Valley experience and the Factory Outlet are there to make you very welcome.

Whistler's in the Swan Valley is located at 506 Great Northern Highway and is open from Wednesday to Sunday; the site is wheel chair accessible.

If you can't get to either of these locations Whistler's products can also be found at many IGA supermarkets and selected stores throughout WA.

For more information contact Whistlers on 9475 0150 or shop on line at www.whistlers.com.au

WIN WIN WIN

To be in the draw to win one of five fabulous Whistler's hampers valued at \$25 each simply send your entry to Whistler's Competition - c/- Have a Go News PO Box 1042 West Leederville 6901 or email win@haveagonews.com.au - subject Whistlers. Entries close 8/10/13 and only over 45s eligible.

See you at the Show

THE ROYAL WA Historical Society wants to see you at the Royal Show.

Please come along and view their engaging display in the Agriculture Hall of Fame (next to the

train station entrance).

Along with impressive 19th and 20th century photographs the Museum Committee will present a "Town and Country" theme exhibit. The Book Shop will have

an interesting range of WA history books for sale including regional histories.

They also have on sale their Early Days publication of research papers priced at only \$2 each.

Volunteers will be available to answer questions.

The Society can only provide a glimpse of what they have to offer at the Royal Show so why not visit the Royal WA Historical Society at

49 Broadway, Nedlands. Group visits are welcome. Please book through the office on 9386 384, email histwest@git.com.au

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PROPERTY & FINANCE

ADVERTISING FEATURE



Want to know more about the law?

ADAM HORNSEY, a solicitor working in the Great Southern, presents a Q&A column for readers to address any and all legal issues.

With three years' experience in the Australian Taxation Office, as well as at the Australian Prudential Regulation Authority (superannuation) and a community legal centre (tenancy and social security law), Adam also specialises in Wills and Probate, insurance, some criminal matters and drafting contracts and other specialised documents.

He can be contacted on 0459 467 796, at adam@springdalelegal.com.au, or PO

Box 179 Denmark WA 6333.

We welcome your input and invite you to send in your questions.

Q: I'm unsure if I should classify my employees as full time or casual. Can you advise?

A: One of the confusing things often for employers and employees is whether an employee is, or should be, permanent or casual. The classification affects leave entitlements and hourly rates of pay. An important thing to remember is just because one party says you fall into one category, it doesn't mean you do – it

depends on how you are working. For example, if your employees are classed as casual but are working full time hours, they will likely be classified as fulltime employees should any matter be litigated. Whether this costs you more or less is a matter for careful calculation, as the casual hourly rate of pay is higher because annual leave and sick leave are not provided (although super is) but these on-costs of course need to be accounted for.

Q: Does a will have to be signed by a solicitor or JP?

A: In summary, no, a will need not be

signed by a solicitor or JP, as it can be witnessed (that is, your signature witnessed) by any adult. It must be signed by two witnesses who have witnessed you signing the will. It is not necessary that they even know that what you are signing is a will! It is good practice that the witnesses are not beneficiaries under the will, however this is not essential. In a way, there are relatively few formalities in writing a will (the most important of which must be that it is written) but observing these cautious practices will help ensure your wishes are carried out to their full extent.

In the interests of clarity, there are oth-

er things to consider sometimes in signing a will e.g. whether you and witnesses should initial each page (sometimes may be prudent) and whether your signature must be in the same form as your name in the will (generally required).

The advice in this column is intended only to provide a summary and general overview. It is not intended to be comprehensive nor does it constitute legal advice. Every attempt is made to ensure that the content is current and accurate but no guarantees are made. You should seek legal or other professional advice before acting or relying on any of the Content.

BPIA update

by Mike Goodall

IF I HAD a dollar for everyone who contacts me following a visit to Centrelink to ask how to find out how much UK State pension they are entitled to, I would be a very rich man. I definitely wouldn't need my pension inflation proofing.

Don't wait until you have been refused a Centrelink pension because you have worked for several years in the UK; get your UK pension entitlement worked out as early as possible; in fact as soon as you know that you will be staying in Australia for most of your pension years. Then you will know the full score before you visit Centrelink and will have saved nearly three months; the time that it takes the UK International Pensions De-

partment to respond.

We advise everyone to contact us as soon as possible as there are also enhancements that can be made to your UK State Pension entitlement for a relatively small contribution.

Our Chairman Jim Tilley who is on the board of the International Consortium of British Pensioners (ICBP) has been extremely active during the last few weeks and the level of exposure and media activity in the UK specifically and around the world has been amazing.

It was all started when Jim made an official statement published in the Online Telegraph, "That the UK should be suspended from the Commonwealth because it is now defaulting on the Commonwealth Equality Charter, which Her Majesty the Queen signed in March

this year calling for equality and an end to discrimination for all Commonwealth members". He believes "that until this issue of discrimination and inequality with regard to pensions uprating is dealt with the Commonwealth should consider suspending the UK from its membership".

There has been a slot on BBC Radio four's morning show, an article on BBC New Business, several articles with photos in The Telegraph and follow ups from radio stations in Canada, New Zealand and even Spain.

If anyone would like links to the articles or the BBC Radio 4 programme please contact me. No Government spokesman was available for comment.

I have included the link to the

first Telegraph article.

<http://www.telegraph.co.uk/finance/personalfinance/pensions/10251775/Suspend-Britain-from-Commonwealth-over-unfair-expat-pensions.html>

Please scroll down the page and vote.

This year's biannual Commonwealth Heads of Government Meeting (CHOGM) is to be held in Sri Lanka from 15 - 17 October 2013 and all the representatives of frozen Commonwealth countries are being contacted with a proposal to raise this issue at the Meeting.

Anyone who would like to discuss this further is welcome to contact British Pensions in Australia on 1300 308 353 or Mike Goodall, BPIA's coordinator in Western Australia on 6364 0859.

Reverse mortgages – spending the kid's inheritance

A VERY AWKWARD subject for some, just another skiing holiday for others. WA seniors couldn't be more divided on whether or not spending the kids inheritance is a good or bad thing.

My view is that you are spending your money, as opposed to someone else's inheritance, and whatever is left at the end is the kid's inheritance. On that basis I told my parents and many clients over the years to live their life and spend their hard earned money. I believe, generally speaking, most grown up children would rather their parents spend their money and live out their days in comfort. On the other hand many parents want to be in a position to leave their loved ones as much inheritance as possible.

For many years I have been organising reverse

mortgages for people who are cashed strapped and own or substantially own their home. There is no question that a reverse mortgage will grow as the interest accumulates. A \$50,000 drawdown today may triple or more by the time you die, depending on how long you live. Whilst the increase in the property value may cover the debt there will definitely be less in the pot at the end of the day.

Everyone has different circumstances. Some potential beneficiaries earn more than their parents could ever imagine and a reduced inheritance will have no or minimal impact on their lives. Others who are not earning much money are not concerned about any inheritance and would rather their parents live their lives out in comfort.

So what is my advice about getting a reverse mortgage and preserving wealth for loved ones?

Talk to your kids. Live the life you deserve and also look at ways of preserving money and assets if that is a concern to you. Perhaps, instead of getting a reverse mortgage your kids could pay you the money under the proviso it is repaid in the will. Maybe the kids can pay the interest on the reverse mortgage, therefore protecting their future inheritance.

There are many alternatives and structural features people can look into. As a practising accountant and a reverse mortgage specialist I may be able to assist in finding solutions. I am available for free consultations.

Adrian Wardlaw

Adrian Wardlaw can be contacted on 9203 8307 or 0419 773 405 or email adrian@faj.com.au

Housing renewal for Elimatta



Juniper Board Chair Lindsay Wolfe and Chief Executive Vaughan Harding at Juniper Elimatta on Thursday 8 August 2013 turning the sod to mark start of works for the Elimatta renewal project

THE DELIVERY of excellent aged care and services in Western Australia took a big step forward with the commencement of Juniper's forward-thinking retirement living housing renewal project at Elimatta in Mount Lawley.

Chief Executive Vaughan Harding said Juniper, WA's second largest aged care provider, was building on its strong legacy of more than 60 years' service to the community and its new development helps the organisation to continue to meet residents' needs.

"Western Australia continues to experience very high demand for quality accommodation and aged care services – our project aims to deliver contemporary living choices that are adaptable so that older people, with appropriate support services, can live and enjoy their home until their last days."

Mr Harding said Juniper Elimatta had success-

fully served the needs of its residents and families since 1962 and would continue to do so.

"The renewal of Elimatta will take several years: starting with an initial 17 villas and clubhouse in Stage 1 before expanding over a further three stages in coming years to provide additional retirement living accommodation."

Initial site works commencing in August pave the way for the first two and three bedroom villas and a club house that features a covered 14m pool, café, plus arts and crafts and activities spaces.

"These new facilities will complement Elimatta's existing residential care facility," Mr Harding said.

Juniper's new villas will feature adaptable design principles that will enable residents to remain in their homes as they age and their needs change. The design also aims to bring people together to create a secure sense of community and belonging.

Mr Harding said the project was also showcasing a number of important sustainability initiatives.

Stage 1 construction is planned to be completed by spring 2014 with subsequent stages rolled out between 2014 and 2016, depending on demand.

To register your interest in a villa and other future accommodation at Juniper, contact 9240 0313 or email juniper@juniper.org.au.

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SEPTEMBER 2013

Alternative to the large family home

IF YOU'RE seeking an alternative to the large family home on a large block, but don't want all the compromises that go with the typical "downsizer", then The Rise at Greenmount may be just what you're looking for.

The Rise is an elevated over-55s estate comprising just 19 strata-titled lots in a secure, gated community where residents take pride in their

street.

This exclusive estate boasts automated gates for security, a landscaped private park with gazebo, fruit trees, gardens, an outdoor kitchen with barbecue and beautiful views of Greenmount National Park. It is located just minutes from Midland Gate Shopping Centre and the new public and private St John of God Hospital complex currently underway.

rently underway.

A handful of exclusive homes are yet to be built within the estate. These remaining lots are offered as land only or as part of a house and land package. Land is available from \$195,000 and house and land packages with two and three bedroom designs start at \$374,000.

For a limited time, all lots come with FREE* stamp duty and PV solar panels worth up to \$10,000.

Now is the perfect time to build your dream home!

Contact John Watson at Seniors Own Real Estate for further details on 0419 930 369.



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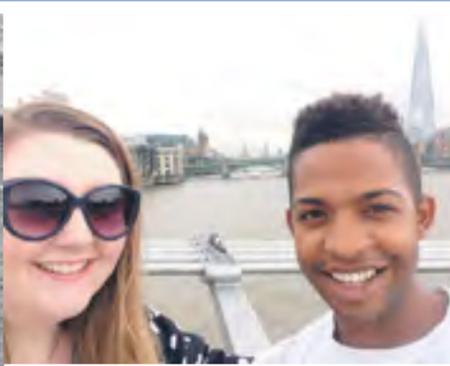
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THIS MONTH we are all about cruising. With cruising reaching epic proportions in popularity around the world, there is a plethora of choice available for the traveller.

Perth will host the cruise ship Astor which will be ported here for the summer season and is featured on the front cover of this section.

This lovely ship has fabulous facilities, which I am sure Western Australians will embrace and enjoy when sailing on her.

The growth in the cruise industry has been phenomenal with a record number of 34 ships to cruise our waters between October and April 2014.

Between them the ships will make 588 calls to Aus-

tralian ports which is great news for the many city and regional stops on the agenda.

Cruise Lines International Association (CLIA) general manager Brett Jardine said the 2013/14 season would see an unprecedented 202 round trip cruises from Sydney, Melbourne, Brisbane and Fremantle, enabling more Australians than ever before to embark on a cruise from their doorstep.

If you would like to see an itinerary of ships arriving in Fremantle, then visit the Port Authority website for dates and information at <http://www.fremantleports.com.au/Visiting/Cruising/Pages/Cruise-Ship-Visits.aspx>

My daughter Tahlia is now in Lyon in France to commence her studies at the university there.

She had a wonderful time in London with Jayson, our London Calling columnist who ensured her safe arrival in Lyon.

They are pictured above together right on the Millennium Bridge in London.

Jayson's column will return to our pages next month.

Thanks to the many readers who share their travel stories with us in these pages.

On your travels, please feel free to send me a postcard or an email with a favourite pic of your adventures and activities. I look forward to sharing them with readers.

If you want to be included in our electronic newsletter which features 'travel' deals for readers

on a regular basis, just email me Jen@haveagonews.com.au with the subject Let's go Travelling E News.

This is a great way to keep up with money saving travel deals and specials, especially from airlines which mainly offer 'discounted' fares for just a short time.

You are welcome to contact me about any travel issues or enquiries or just to say 'hi' and share your travel experiences.

I will always do my best to source current information or assist you with a problem.

Have a Go News is also available on line at our website www.haveagonews.com.au where you can also see various video clips of our travels.

Keep up to date with us regularly by liking *Have a Go News* on facebook or follow us on twitter.

Happy trails

Jennifer Merigan
Travel Editor

let's go travelling

The travel industry and readers are welcome to contact the travel editor:
Ph 9227 8283 Fax 9227 8293
Email: jen@haveagonews.com.au

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"NO INCREASE OVER PEAK PERIOD"

'Excuse me, sir? You left your parrot in seat 38E.'

AN INTERNATIONAL survey of 700 cabin crew by leading global travel search site Skyscanner www.skyscanner.com.au reveals that a parrot, glass eyes and prosthetic legs are amongst a host of bizarre items found by cabin crew after passengers had disembarked their flights.

The extensive list includes a number of items, with many of these oddly being forgotten pets. Crew members reported to have found a falcon, frog, tortoise, and the parrot abandoned at the end of the flight.

Dentures, underwear, a bag of sand, and hand-cuffs also made the long list of weird and wonderful items found by cabin crew, posing the question: 'how on Earth did they manage to forget that?'

Other items found were just simply too random to comprehend, such as a single egg without packaging. But some items found could have perhaps been linked, such as a written marriage proposal and an unclaimed wedding dress.

It is no surprise that when it comes to the regular travel essentials, passengers are woeful at remembering to check if their important items are all in tow before hopping off at their destination.

Almost a quarter (24 per cent) of the crew have found a lost passport on board, which actually outweighed the number of lost phones (23 per cent) and books (21 per cent) also left behind.

Dave Boyte, Market Development Manager Australia and New Zealand commented: 'Forgetting your book or magazine happens often when disembarking and most of us have had that sinking feeling when misplacing your passport. But a prosthetic leg? Now surely that's something you don't forget?'

Here are just some of the most random items that cabin crew have found on a plane not including those already mentioned:

A clog, a box of dried fish, one shoe, a bag of diamonds, a wig, a bag of onions, a toupee, handcuffs, double bass, a frog and underwear.

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Time - 2pm - 4pm
Date - Tuesday 1 October 2013
Location - *Have a Go News*' office - rear of 137 Edward Street in Perth.
Parking - is available in Edward Street and Pier Street.
Registration is a must!
For bookings call 9227 8283 or email jen@haveagonews.com.au

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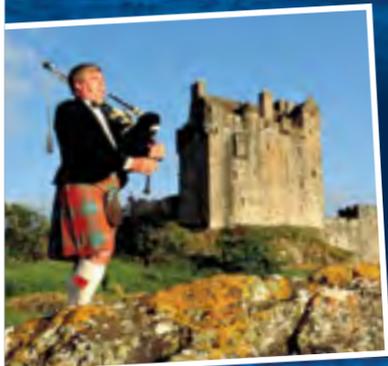
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ADVERTISING FEATURE



Left; The Melbourne Fringe Festival is Victoria's longest-running multi-arts festival Right; Xavier the Penguin

by Jeanette Woolerton

SWEET SEPTEMBER! Spring time in Melbourne! A breath of fresh Victorian air.

Let's welcome the season with a peek through the fringe.

The Melbourne Fringe Festival (Est. 1982) is the longest-running multi-arts festival in Victoria. This year, the festival runs from 18 September to 6 October.

The festival consistently provides new and relevant ways in which to support artists.

The grand scale of artistic endeavours attracts a large audience, via a variety of creative programs and partnerships.

The festival retains its communal integrity by remaining a not-for-profit organization, dedicated to pro-

viding artists with the tools in which to develop, present and promote their work.

The diverse array of events creates a community of audiences (and artists) that represent a National Arts network.

A fine example of the national perspective is *When We Were Idiots*, showing at Melbourne Fringe 2013 as part of an Australia wide season that also includes: Adelaide, Sydney, Brisbane, and Cairns.

In these politically, environmentally and socially delicate times, the concept of this show induces a wry smile.

The plot is witty, the idea engaging and the sentiment sincere. It explores the discovery of a recently unearthed Melbourne, a hundred years beyond present day.

It is 2113, a century since it became socially unac-

Fringe dwellers unite

ceptable to read anything longer than a tweet. Soon afterwards, society collapsed. Obviously!

This retrospective, tongue-in-cheek walking tour celebrates the peak of the rampant consumerism, ignorance and individualism that was 2013.

Featuring the people, practices and products from a time when there were 'cars', 'mobile phones', 'beef', 'pop music', 'sport', 'the stock market', 'advertising' and 'reality television', the audience is invited to join tour guide, Xavier the Penguin to explore several fascinating parts of Melbourne's past, while marveling at the stupidity of the people, products and practices of 2013.

Best seen in its 'hometown' of course, *When We Were Idiots* will run at the Fringe Hub - Meet in the Foyer, Lithuanian Club, 44 Errol St, North Melbourne, Victoria 3051

Dates: 20 - 22 Sept, 24 - 29 Sept and 1 - 5 Oct

Time: 6.30pm; Sat/Sun 2pm and 6.30pm (90min)

Price: Full: \$15 Concession: \$10 Tightarse Tuesday: \$8

TO BOOK visit melbournefringe.com.au or call (03) 9660 9666.

Another witty wonder is Al's *Music Rant: Fear of a Blog Planet*.

The titular host - human iPod, cultural satirist and music journo Al Newstead, returns to blow the whistle/

drop the bass on the industry's absurdities.

For his third outing he shares the stage with comic co-conspirator Anna O'Bryan.

Together they provide intelligent wit and knowledgeable silliness, presenting a multimedia experience with a unique perspective that will have you rethink your stance on popular music, as well as the many strange characters that populate it.

For further details and bookings, please refer to <http://www.facebook.com/AlsMusicRant>

Performing at The Tuxedo Cat, 17 - 23 Wills St, Melbourne.

From 18-24 Sept and 26-28 Sept, at 9.30pm, Sun - 8.30pm (60min).

Price: Full: \$20 Concession: \$15 Tightarse Tuesday: \$12 Preview: \$15 Group: \$15.

To book please refer to: melbournefringe.com.au or call (03) 9660 9666.

The shows at the Fringe Festival are countless and the entertainment list exhaustive.

Melbourne bursts forth in an exuberant rush of colour, light and laughter.

It has been a cold, wet and soggy few weeks. A healthy dose of spring sunshine and a scattering of dry humour is arguably the best way to welcome spring in this creative capital city.

See you at the Fringe.

Golfing in paradise...Try Sabah!



Orang Utan

ONE OF the most unspoilt destinations on a direct flight from Perth is Sabah, North Borneo.

Malaysia Airlines fly direct twice a week from Perth to Kota Kinabalu and the good news is that there is a special allowance for a standard set of golf clubs as well as normal baggage.

Sabah has many world class golf courses and a number of them are connected to quality resorts which provide motorised buggies and caddies to make the rounds enjoyable.

The destination allows participants to play three games of 18 holes during a six night stay starting early in the morning or perhaps a day/night game at Pacific Sutera to watch the sun go down as the lights come on.

On leisure days, take the oppor-

tunity to lie around the magnificent pools, visit an Orang Utan sanctuary or Mount Kinabalu with markets along the way and the Australian war memorial... even shopping makes the visit a real holiday for fun golfers.

Travel Tree have an 6 night/7 day escorted golf tour departing Perth on Monday 5 May 2014 which includes golf and sightseeing with the pre organised 3 x 18 hole fun games with buggies and caddy, resort with breakfast, flights, airport transfers and more.

For information and flyer details please phone Travel Tree on 9382 5049.

Get out and about with Club 55

WITH WINTER almost behind us, the fine weather brings plenty of opportunity to get out and about with Club 55.

Chris Hadland has been catering for local seniors for more than 25 years. He often gets calls from new social organisers needing help in organising trips

Good news is that Club 55 takes care of everything for you.

The best advice for social organisers is to plan out your whole year. Chris is more than happy to visit your club and discuss his tours and how they can best service your group's needs.

It is a free service so why not take advantage of it.

The Club 55 website provides the latest up to date brochures and special offers that come around during the year. Send to Club 55 your group's email address and they will forward any new tours or special offers to you.

Groups can now book outings such as Wildflower Tours, Avon and Chittering Valley tours, Mandurah Christmas Lights Cruise, Dwellingup Cherry Tour and Metropolitan Christmas Lights tours to check out the best dressed homes around Perth.

Book early as limited dates are available. Club 55 will be attending the popular Have a Go Day at Burswood on 13 November during Seniors Week. Chris is really looking forward to catching up again with readers there, so please come on down and say g'day.

For bookings and enquiries please call 1300 653696.

For more information refer to ad on page 3.

ESCORTED TOURS FROM PERTH

Christmas Lights Tour of SINGAPORE

FIRST DEPARTURE SOLD OUT!



6 NIGHTS/7 DAYS
NEW TOUR DEPARTS Perth
Saturday 30 November 2013

GREAT VALUE!

SIGHTSEEING TOURS: Gardens by the Bay, Botanical Gardens tour, Christmas Lights Open Bus tour PLUS two morning walks; China Town and Singapore River

INCLUDES:

- Airfares Singapore Airlines
- Taxes
- Accommodation with daily breakfast
- Airport transfers
- Sightseeing
- Farewell dinner

George Booth has escorted 12 Christmas Lights tours plus many other tours to Singapore during his career. He loves Singapore as a destination and works to ensure all participants have fun, relax and sightsee in between shopping.

\$2,157 per person share twin

WONDERS OF CHINA



16 DAYS/15 NIGHTS
DEPARTS Perth Wednesday 26 March 2014

Visiting Shanghai, Zhuji, Xian and Beijing
PLUS 4 night Yangtze river cruise

INCLUDES:

- Airfares Malaysia Airlines
- Taxes
- Accommodation with daily breakfast
- 4 Night Yangtze River Cruise
- Sightseeing tours including Beijing Great Wall, Ming Tombs and Forbidden City, Xian Stone Warriors and more.



George Booth has visited China since 1973 and returned as recently as 2013 escorting a group.

"China reflects magnificent treasures of the past and a dynamic 20th century image!" he says.

\$4,997 per person share twin

SABAH North Borneo GOLFING TOUR



6 NIGHTS/7 DAYS
DEPARTS Perth Monday 5 May 2014

Join us on this escorted 7 day golfing tour to Kota Kinabalu, Sabah. The tour will include three games of 18 holes including green fees and buggy.

INCLUDES:

- Airfares Malaysia Airlines
- Taxes
- Flights and current airline taxes
- 6 nights accommodation with full daily breakfast
- Airport transfers
- Welcome & farewell cocktails
- 3 x 18 holes of golf

The tour is escorted by a Golf WA representative and is a great opportunity to play golf, sightsee or shop in this unspoilt destination.

From **\$2,587** per person for golfer:
Single room \$3,187

From **\$2,182** per person non golfer:
Single room \$2,780

16 Cruises sailing to and from Fremantle in Summer 2013/2014

Astor



ASTOR Facilities

- ☞ Refurbished in: 2010
- ☞ Waldorf Restaurant
- ☞ Übersee Club“ (Overseas Club) buffet restaurant
- ☞ Restaurant Toscana (speciality restaurant)
- ☞ Romantic Dinner (speciality restaurant)
- ☞ Hanse Bar and Sonnen Terrace Bar
- ☞ Captain's Club and Astor Lounge
- ☞ Jeweller
- ☞ Sports Deck (volley ball) and Golf Driving Range
- ☞ Beauty / Hairdressing Salon / Spa
- ☞ Indoor and Outdoor Swimming Pools
- ☞ Fitness Centre with Ocean View
- ☞ Library and Games Room
- ☞ Fashion Boutique
- ☞ Laundry Service and Medical Centre
- ☞ Three Lifts / Stabilisers
- ☞ Internet and Email station
- ☞ Ironing room

Sail Date	Itinerary	Nights	Departs	From
5-Nov-13	Italy to Australia	36	Rome	\$3549*
12-Dec-13	ASTOR Welcome Party	1	Fremantle	\$259*
13-Dec-13	Pre Christmas Party Weekend	3	Fremantle	\$539*
16-Dec-13	Wine, Food and Fitness Cruise	4	Fremantle	\$679*
20-Dec-13	Christmas Bali Cruise	10	Fremantle	\$1519*
30-Dec-13	New Year Cruise	3	Fremantle	\$1229*
02-Jan-14	Bali	11	Fremantle	\$1669*
13-Jan-14	Explore the Coast	5	Fremantle	\$1119*
18-Jan-14	Short Break	2	Fremantle	\$539*
20-Jan-14	Coastal Escape	5	Fremantle	\$739*
25-Jan-14	Australia Day Cruise	3	Fremantle	\$809*
28-Jan-14	Cruise Round Australia	35	Fremantle	\$4369*
04-Mar-14	Far East Delights:	24	Fremantle	\$2839*
28-Mar-14	Weekend Escape	3	Fremantle	\$809*
31-Mar-14	ASTOR Farewell Party	1	Fremantle	\$209*
01-Apr-14	Australia to United Kingdom Voyage	40	Fremantle	\$4729*

CRUISE & MARITIME VOYAGES
Lic No. 2TA001284



Fly Free packages available to join Rome/Fremantle Cruise*

*Prices are cruise only per person based in twin share as listed and include port charges, gratuities, Government Charges and tips. Visa fees, transfers and on-shore excursions are not included. Package includes one-way Economy Class international airfare from Perth, air taxes and cruise. Valid for flight departures only 01 Oct 13- 04 Nov 13 flying QATAR Airways Perth to Rome. Flights are subject to availability at time of booking. Prices quoted are based on economy fare and taxes, business class fare and taxes may incur a surcharge. Agents may charge service fees and/or fees for card payments which vary. Winter Warmer fares available for sale on selected departures and cabin categories until 30 October 2013 or until sold out or withdrawn and governed by terms and conditions listed in the current brochure. Extra bed fares are only applicable when travelling in the same cabin as 2 full twin fare paying passengers and are not applicable to category 2 four berth fares where each paying passenger pays brochure rate or single fares. Children and special family fares are available on selected cruises on request. Share accommodation is available in categories IG and OG on a limited basis and not available on selected cruises. Cabins subject to availability. All terms and conditions apply as stipulated in current CMV Australia brochure. Prices quoted are Winter Warmer Fares already discounted by up to 25%.

1300 655 898 rac.com.au/cruise Visit your local RAC Travel Centre
 Carousel 9365 4700 » Joondalup 9308 1600 » Mandurah 9512 8200 » Morley 6466 2300 » West Perth 9436 4830



Two of Perth's well known chefs on premium cruise



Enjoy delicious meals aboard Astor's Ubersee Club

GREAT food, quality wines and terrific views – what more would you want from a relaxing getaway?

It's exactly what is on offer to those on board the Astor cruise ship for her Food, Wine and Fitness itinerary that will depart from Fremantle on 16 December, 2013 for a four night cruise which includes ports of call at Bunbury and Albany.

Twin share cabins are available for \$679 per person.

Cruise and Maritime Voyages has invited two of Perth's well known chefs to help to celebrate the premium cruise ship's first season based in Western Australia.

Vince Garreffa, from Mondo Butchers and Chris Taylor, from Frasers Restaurant, will be on board during the cruise, but won't be sitting poolside on a deck chair like the rest of the passengers. The pair will be conducting cooking demonstrations that will be open to all interested passengers.

Vince is affectionately known as the 'Celebrity Butcher' and the 'Prince of Flesh' and will undoubtedly put his entertaining spin on his fuss-free cooking style. He is also likely to give his own unique spin on the wines that will be offered to passengers for tasting while aboard this cruise.

Chris' offering will be more akin to what you will find set as a task in a Masterchef kitchen. He is a member of the Restaurant and Catering Industry Hall of Fame and will be sharing the details of some of the skills that have him widely regarded as a culinary leader and innovator throughout Australia.

As Astor will be using quality produce (and local as often as possible) while she is based in Fremantle during her first Australian summer, Chris will be able to showcase some of the dishes for which he has become so well known – and what diners flock to Frasers to enjoy.

The first full day of this cruise will

be spent at sea en-route to Albany, which is when Vince and Chris will be showing off their skills. Between demonstrations, passengers will be able to spend their time relaxing, while enjoying the ship's facilities.

In 2010, Astor underwent an A\$18.6 million refurbishment of both the cabins and the public areas.

Each of the seven passenger decks has their own unique features, some of which are a traditional part of a cruise holiday and others that add a modern take to this style of getaway that is growing in popularity – especially in Australia.

It boasts five lounges, an extensive Sports Deck, including a golf driving range, two swimming pools and other modern facilities to which the growing numbers of cruise passengers around the world have become accustomed.

The Sports Deck will provide the fitness aspect of this itinerary, including yoga and Pilates classes, a practise golf driving range and more.

The Wellness Centre is also sure to be a hit where guests can enjoy being pampered with a massage or a visit to the beauty salon and/or hairdresser.

There will also be options of several shore excursions when the ship ports at Albany and Bunbury.

This cruise will feature a classic Australian poolside barbecue, while there will be the usual opportunities for breakfast, lunch, afternoon tea, a five-course dinner and late-night snacks.

There are four dining options aboard Astor, including a pool deck buffet, an outdoor barbecue, a more

informal meal experience in the Ubersee Club and the magnificent Waldorf Restaurant – where the time-old tradition of set two-seating dining still exists.

If it sounds as though there are a lot of opportunities for guests to indulge during this cruise aboard Astor, there are.

But there are also plenty of chances to relax, either in the library, the Card Room, internet café, in the shopping arcade or stretched out on a deck chair.

Good news for RAC members

All RAC members can purchase an exclusive package from an RAC Travel Centre and receive special attention from the moment they arrive at the Fremantle Passenger Terminal to board Astor for her Wine, Food and Fitness cruise.

You will enjoy priority embarkation, allowing you to get to your cabin first to unwind. But the highlight of the four days is bound to be the private onboard cocktail party organised for RAC members only (on the evening of 17 December), which will provide members with an opportunity to mingle with both Vince Garreffa and Chris Taylor.

Also, the first 30 RAC WA members to book on the Astor's Wine, Food and Fitness cruise will receive a \$50 Frasers Restaurant* voucher, per cabin.

Note: RAC members who have purchased a fare prior to this package release are not entitled to the special's extras.

Visit www.101cruises.com.au/2013/02/25/southwest-food-wine-cruise

* Conditions apply

Coral Princess Cruises in the Kimberley



AUSTRALIA'S pioneer of small-ship expedition cruising Coral Princess Cruises is offering 'Waterfall Season' specials on selected April 2014 departures aboard their state-of-the-art 72 passenger small ship Oceanic Discoverer or the fully-refurbished 35-metre catamaran Coral Princess for 48 passengers.

The Kimberley wilderness of Western Australia is three times larger than England with a population of just 30,000. On Coral Princess's voyages between Darwin and Broome you will discover one of the planet's oldest and most awe-inspiring landscapes.

Exploring the Kimberley Coast in April, immediately following the 'wet season', affords the unique opportunity to experience the region's spectacular waterfalls in their full grandeur. From the towering 80-metre King George Falls, four-tiered Mitchell Falls and the iconic King Cascades to the amazing natural phenomenon of Horizontal Falls and lesser-known highlights such as swimming beneath beautiful Ruby Falls, Coral Princess's Kimberley itinerary includes all the icons of this spectacular coast in unrivalled style and total comfort.

Waterfall Season prices for the 10-night Kimberley cruise aboard Oceanic Discoverer start at \$7,642 per person, twin share in a Main Deck (Category B) Stateroom and \$6,282 in a Cabin aboard Coral Princess. Genuine single travellers can save a huge amount with a No Single Supplement offer. Additional savings are available for past passengers of Coral Princess.

The reduced price includes all meals, lectures and services from the all-Australian expedition staff and excursions aboard a fleet of zodiacs and the unique 'Xplorer' excursion tender.

Coral Princess Cruises pioneered small-ship expedition cruising on the Kimberley Coast in 1996 and has 34 departures scheduled across the 2014 season between April and October. With a minimum of two landings most days guests will enjoy the opportunity to see more of the Kimberley and make the most of every minute of their expedition.

For more information see advertisement on page 28.

EvergreenTours
A World of Discovery

FLY FREE TO EUROPE ENDS 15th October

Discover Deluxe Europe



You're Invited...

BRAND NEW custom-built deluxe river cruisers launching early 2014

REVOLUTIONARY DESIGN 24m² all-weather pool that transforms into a cinema and new casual alfresco dining terrace plus more

DELUXE BALCONY SUITES Owner's One Bedroom Suites (315 sq ft) with separate bedroom and lounge

PARIS TO PRAGUE



21 DAY TOUR & DELUXE RIVER CRUISE

• 15 Day Deluxe River Cruise • 3 Nights in Paris & Prague • Touring of 19 cities • All Tipping included • 49 Meals • Departs April to Nov 2014

FROM \$8,395pp twin share*

FLY FREE TO EUROPE RETURN PLUS SAVE \$1,000 PER COUPLE*

PRAGUE TO LONDON



21 DAY TOUR & DELUXE RIVER CRUISE

• 15 Day Deluxe River Cruise • Buckingham Palace • Big Ben & Trafalgar Square • Bavarian Brass Band • 49 Meals • Departs June to Sep 2014

FROM \$8,495pp twin share*

FLY FREE TO EUROPE RETURN PLUS SAVE \$1,000 PER COUPLE*

FRENCH BATTLEFIELDS



24 DAY TOUR & DELUXE RIVER CRUISE

• Valley of the Somme • ANZAC memorials & Battlefields • Joan of Arc Statue • Home Hosted Slovakian meal • 53 Meals • Departs Aug to Sep 2014

FROM \$9,495pp twin share*

FLY FREE TO EUROPE RETURN PLUS SAVE \$1,000 PER COUPLE*

EvergreenTours
A World of Discovery

CALL 1300 383 747

or find your nearest Evergreen Expert Travel Agency at evergreentours.com.au/experts.pdf

*Conditions apply. For FULL conditions refer to Evergreen Tours 2014 brochures. All prices based on per person twin share. Valid on new bookings only. Not valid in conjunction with any other offer. All prices based on land and cruise components only. Evergreen Expert Discount: To receive this exclusive discount on selected tours, booking MUST be made either directly through Evergreen Tours or through one of our recognised Evergreen Expert travel agencies. Europe River Cruising: All prices include Evergreen Expert Discount. EFPP price based on 23/04/14 departure & E category cabin. ERPL price based on 20/08/14 departure & E category cabin. EFNL price based on 07/09/14 departure & E category cabin. EGRE price based on 21/08/14 departure & E category cabin. EGFD price based on 19/07/14 departure & E category cabin. EBFC price based on 22/08/14 departure & E category cabin. EUFC price based on 01/07/14 departure & E category cabin. \$3,000pp non-refundable deposit due within 7 days to secure your cabin/airfare.

let's go travelling

Let's go Cruising



Evergreen's Passanau

Cruise in style on Europe's Grand Waterways

of Europe 15 Day river cruise on the magnificent Rhine, Main and Danube Rivers.

And you could Fly Free* if you book your cruise tour, or cruise plus two city extensions by 15 October 2013.

Cruise in style on Evergreen's new deluxe river cruisers boasting all the features you'd expect from a luxury floating hotel and more. There's an innovative 24m² heated pool which converts into a cinema at night, relaxed dining on The Terrace, gym, beauty salon, free wi-fi, and light and airy surrounds.

There are superb accommodation options for all budgets and, unlike ocean cruisers, all cabins are blessed with river views. All suites and staterooms have a flat screen TV, air conditioning, safe, fridge, hairdryer, hotel standard beds and an ensuite bathroom, plus complimentary daily bottled water!

The prestigious Owner's One Bedroom Suites have a full outside balcony, a separate bedroom and living area, and In-Suite Service where you can opt for a continental breakfast on your balcony and delectable pre-dinner canapés served in-suite. You'll find a complimentary mini-bar with beer, wine and soft drinks, an iPad, Nespresso coffee machine and a host of treats to make your cruise even more memorable.

Other spacious suites are available, like the Grand Balcony Suites with a full outdoor balcony, complimentary In-Suite service, Nespresso machine and other goodies for that boutique hotel touch, while the roomy Emerald Balcony Suites have an innovative indoor balcony: at the touch of a button the top section of your floor to ceiling window drops down to form a balcony.

Evergreen's river cruises are exceptional value. Tour prices include buffet breakfasts, lunches and à la carte dinners; wine, beer and soft drinks with lunch and dinner; all tipping and gratuities; port taxes and charges; airport transfers, and the services of an Evergreen Cruise Director.

The river cruises link with Evergreen's popular escorted tours to Britain and Ireland, Western and Eastern Europe, Turkey and more. Alternatively extend your stay in exciting cities such as Paris, Prague or Budapest.

Don't miss the Earlybird offer to Fly Free* to Europe including taxes which ends on 15 October!

Call 1300 383 747 or contact an Evergreen Expert Travel Agency www.evergreentours.com.au/experts.pdf

*Conditions apply. See Evergreen Tours 2014 Europe River Cruising Brochure for details.

WHAT COULD be more idyllic a holiday than one combining spectacular scenery, superb food, and fascinating history with the exploration of castles, culture and quaint villages?

Enjoy all this and more on Evergreen Tours' leisurely Splendours

Small group, personal and unique Kimberley cruises



SKIPPER and owner of Diversity II Gavin Ashplant, has more than 20 years of maritime history and experience traversing the WA coast. His dream to buy his own boat and open a business, which offers small group, personal and unique Kimberley cruises was fulfilled in 2005. Eight years

later and successfully established, Diversity Charter Company continues to provide adventure and fishing cruises along the Kimberley coast and proudly maintains its Eco Tourism, TQual and Green Tick accreditations.

Gavin, together with his two guides and a chef, who are equally passionate about

the Kimberley coast, will reveal to passengers the areas' hidden secrets in a trip of a lifetime. There are not many places left on this earth that can factually be described as 'a remote, and unique wilderness'.

The Kimberley coast offers the avid traveller a diversity of excursions which include, to name a few, the opportunity to see waterfalls of fresh water, naturally formed swimming holes, ancient art galleries, historic settlement sites, incredible rock formations and migratory humpback whales and their pups.

The mother ship, Diver-

sity II, is a 20m twin hulled motorised catamaran boasting six comfortable guest cabins (each twin share), a large foredeck for snapping that perfect Kimberley sunset and a dining saloon to accommodate the 12 guests and four crew. Included also are three excursion tenders which are operated by both Gavin and his guides.

Former guests have enjoyed their first trip so much they have keenly booked a second and a third and in some cases booked the entire vessel which comes with a personally designed itinerary.

Looking for a travel companion...

THEN TAKE advantage of this service which may provide you an opportunity to find like-minded companions for trips.

When submitting your listing, please print clearly and limit your entry to no more than 35 words. Telephone numbers or addresses will be kept confidential in a similar format to the one we use for our Friend to Friend service, but for reader convenience it will feature in the travel section each month. If you wish you can use the coupon from the Friend to Friend page.

Please send your details to Travel Companions, C/o Have a Go News PO Box 1042 West Leederville 6901. Please include a self addressed stamped envelope and quote the box number in your reply clearly and mark this first on the envelope and send to Travel Companions Reply Box C/- Have a Go News PO Box 1042 West Leederville 6901. We will send

out your replies at the end of each month. Please ensure all replies are marked clearly with the box number.

Box Number 82

Well travelled lady 70s NSD, SD, NOR very fit looking for a companion for a cruise anywhere except SE Asia - possibly a shortish cruise before tackling the world.

Box number 83

Lady 77 would like a travel companion for Bali, New Zealand or somewhere active. SD, N.S. SOR.

Box number 84

Seeking a NS female travelling companion around 60 who enjoys caravanning and would like to see more of Australia and overseas.

Box number 85

Lady 73 would like companion for boat cruise March 2014 - Bali up to Phuket, 24 nights - lady or gent.

River Cruising 2014



EASTERN EUROPE

TOUR CODE: EGRE

24 DAY TOUR & DELUXE RIVER CRUISE

- 15 Day Deluxe River Cruise • First class rail journey from Berlin to Warsaw • Wieliczka Salt Mines • 56 Meals • Departs May to Sep 2014

FROM \$8,995pp twin share*

FLY FREE TO EUROPE RETURN PLUS SAVE \$1,000 PER COUPLE*

DALMATIAN COAST

TOUR CODE: EGFD

26 DAY TOUR & DELUXE RIVER CRUISE

- 15 Day Deluxe River Cruise • Karst Caves • Plitvice National Park • St Nicholas Cathedral • Home hosted Croatian meal • 60 meals • Departs May to Sep 2014

FROM \$10,240pp twin share*

FLY FREE TO EUROPE RETURN PLUS SAVE \$1,000 PER COUPLE*

BRITAIN & IRELAND

TOUR CODE: EBFC

30 DAY TOUR & DELUXE RIVER CRUISE

- 15 Day Deluxe River Cruise • Edinburgh Military Tattoo • Stonehenge • Kiss the Blarney Stone • Roman Baths • 64 Meals • Departs July to Sep 2014

FROM \$11,855pp twin share*

FLY FREE TO EUROPE RETURN PLUS SAVE \$1,000 PER COUPLE*

ULTIMATE EUROPE

TOUR CODE: EUFC

33 DAY TOUR & DELUXE RIVER CRUISE

- 15 Day Deluxe River Cruise • Vatican Museum • Karst Caves, Slovenia • The Colosseum • Gondola ride, Venice • Cruise Lake Lucerne • 69 meals • Departs June to Sep 2014

FROM \$12,980pp twin share*

FLY FREE TO EUROPE RETURN PLUS SAVE \$1,000 PER COUPLE*

EvergreenTours A World of Discovery

To book and receive your \$1,000* per couple saving CALL 1300 383 747 or contact your closest Evergreen Expert Travel Agency:

Evergreen Expert Agency Booragoon Evergreen Expert Agency Busselton Evergreen Expert Agency Karratha Evergreen Expert Agency Mandurah	(08) 9364 6044 (08) 9754 1560 (08) 9185 3122 (08) 9535 5144	Evergreen Expert Agency North Perth James Street Cruise & Travel, Pinjarra Evergreen Expert Agency Subiaco Kings Tours & Travel, West Leederville	(08) 9228 8633 (08) 9531 2872 (08) 9388 2335 (08) 9380 6656	RAC Travel West Perth Tour De Force Travel Travel @ Maddington	(08) 9436 4830 (08) 9246 2177 (08) 9459 9933
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All offers subject to availability at time of booking and valid until 15/10/13 or until sold out. Airfare Specials: Valid on economy class ex Australia based on economy class to specific ports and must be booked by Evergreen Tours. Must be taken in conjunction with tours listed. Airfare subject to variation & based on specific class on specific airline enquire at the time of booking, if class not available a surcharge will apply. Evergreen Tours reserves the right to ticket the airfare upon receipt of deposit. Once issued, air tickets are non-refundable & subject to Amendment & Cancellation Fees as established by the applicable airline. Airport & Airline taxes up to \$850pp and Port Taxes are included and based on departure city & subject to change. Subject to availability at time of booking or until sold out. Surcharges may apply on credit card transactions. Prices, Dates, Taxes & availability correct at 27/08/13 & subject to change. Evergreen Tours (a division of Scenic Tours Pty Ltd) ABN 85 002 715 602. Lic. No. 2TA 002 633. **BOOKING CODE: EVMA072**

travelling

let's go travelling

ADVERTISING FEATURE

Let's go Cruising

River cruising Europe...a delightful holiday trend!

THE SAYING "unpack once" applied to cruising, certainly is a feature of a 15 day Travelmarvel river cruise of Europe.

Australians have become one of the largest markets for the river cruisers along the Rhine and Danube due to the quality of the vessels, the interesting ports of call and the offer of all meals included in the price.

Unlike the large passenger ships that cruise around the world with 2000 to 4000 passengers, the river cruise

vessels accommodate only 160 passengers and offer 'free' dining seating at meals which enables people to mix with and meet new friends along the way.

Holiday makers who have visited South East Asia in the past will be delighted with the old world charm and history of the many castles, palaces and cathedrals dotted along rivers, not to mention the pattern of the famous vineyards to be seen on the slopes on the cruise down the Rhine and Danube.

Sitting on the sundeck of the river cruiser to see the cargo barges and other passenger vessels on their way to Amsterdam or Budapest and how they pass through the locks along the way, with the rise and fall of the ships as they move along the river, is amazing. Even passing under a bridge, without the need to duck your head, adds to the excitement of the holiday.

A Travelmarvel cruise director on board organises the walks and sightseeing

at each port. Passengers can select the grade of walk they require whether it be fast or slow. Or you can stroll with a group of 25 with everyone provided with audio headsets. This gives everyone the opportunity to hear the wonderful history and stories of these 15th and 16th century towns.

At each port, time is allowed for shopping, coffee breaks, a beer or two at a cafe on the cobbled streets or market square or even access to wi-fi at Starbucks. The vessel does have limited access to wi-fi as you travel.

Sightseeing coach tours can be booked for those who want to take a day tour. These tours can be pre-booked or booked on the cruise and enable passengers to see even more of the countries along the way. Escorted tours from Perth visit: France, Belgium, Netherlands, Germany,

Hungary, Czech Republic and Slovakia.

On most nights the vessel has local entertainment provided by singers, glass blowers and musicians who board the vessel at one lock and depart from another. This gives passengers quality entertainment after dinner, lots of laughs and if they're not careful, participation!

Meal-time on the river cruiser is always an experience with interesting menus, a buffet style breakfast and lunch provided all inclusive in the cost with complimentary beer and wine served at dinner. This certainly helps the budget whilst travelling. High quality service is offered from the serving staff many of whom you will really get to know.

Cabins range from those with windows up to other decks and a French balcony giving a 24 hour view of



Prague

the river. Cabins are available in doubles, share twin or single for those travelling alone and each cabin has a safe and room to hang the clothes (empty suitcase un-

der the bed). For more information on river cruising and escorted cruises from Perth, contact George Booth at Travel Tree on 9382 5044.

SAVE UP TO 15% on 2014 CRUISES*



CRUISE THE KIMBERLEY IN 2014



Bookings and information contact Janine 9192 6407 or email info@diversitycharters.com.au Website: www.diversitycharters.com.au *Conditions apply

Russian river cruises



2014 departures: 10-days from \$1,680

Deluxe Volga Dream cruise-tour

12 days from \$3,545 per person twin share

Features 5-star hotel stays in St Petersburg & Moscow

Tourist-Class Volga Classic cruise

10 days from \$1,680 per person twin share

Great value single cabins also available from only \$2,650

Prices include accommodation in a river-view cabin, most meals, sightseeing, local taxes & more. Ask about early bird deals!



Call: 1300 363 554 Email: info@beyondtravel.com.au



Kotor Day

CORAL PRINCESS CRUISES

Kimberley Expedition

2014 WATERFALL SEASON EARLYBIRD SPECIAL



Experience the spectacular waterfalls in their full grandeur on a Coral Princess 10 night Kimberley Expedition Cruise and SAVE a minimum of 15% or No Single Supplement!*

CORAL PRINCESS

Broome to Darwin 21 April 2014

OCEANIC DISCOVERER

Darwin to Broome 18 April 2014

Broome to Darwin 28 April 2014



*Conditions: Offers subject to availability and not combinable with any other discount. Valid for new bookings to 31 Oct 13 or until sold out. Additional discounts may apply for Xplorer Club members. No Single Supplement valid for genuine single travellers only. Enquire for further details.



Tel: 9721 9588 Freecall: 1800 177 788 Lic. No: 9TA 00495

Not just for the boys - girls explore the Last Frontier!

ALTHOUGH MANY men have explored Antarctica over the past several hundred years, it wasn't until 1935 that the first woman, Caroline Mikkelsen, the wife of a Norwegian whaling captain was known to set foot there.

Now tour escort Judy Polkinghorne and her women-only Girls On Tour group will journey to the Great White Continent, Antarctica, in February 2014 as part of their "Antarctica and Galapagos - Last Frontier" tour.

For many ladies, visiting the highest, driest, windiest, emptiest and coldest place on earth is high on their 'bucket list'.

On board the polar expedition cruise ship, MS Expedition, Girls On Tour travellers will explore destinations that have inspired bold explorers for centuries.

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Operating since 2006 Girls On Tour has clients in 35 countries.

Nola G. from Queensland said of her recent trip, "I have just finished my third trip with you (Girls On Tour), doing the "Treasures of the Balkans" tour; my only complaint is that it ended. My travelling friend, Jill and I have both voted this tour the best tour we have [taken]."

For more information about Girls On Tour, contact Judy Polkinghorne on 0409 057 417; email info@girlsontour.com.au or visit the website www.girlsontour.com.au to check out past tours or the upcoming tours calendar.

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George Booth



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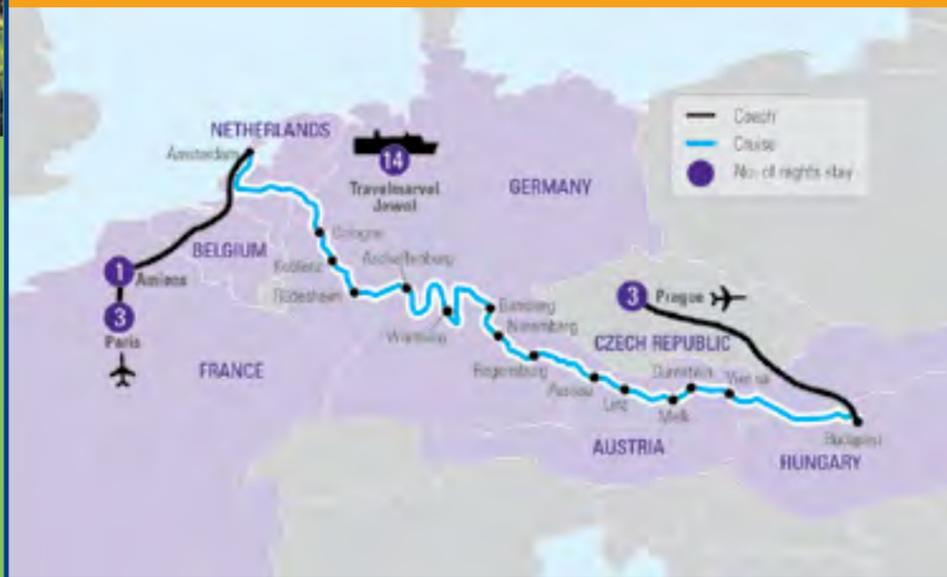
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- HOME TRANSFERS:** Private car transfers from home in Perth to airport and return*
- AUSTRALIAN ESCORTS:** Escorted tour from Perth to Perth.
- BATTLEFIELD VISIT:** Amiens on the Western Front to Villers-Bretonneux National Australian Memorial & Museum.
- MEALS:** 52 meals; 21 breakfasts + 15 lunches + 16 dinners
- WELCOME & FAREWELL dinners**
- SIGHTSEEING:** Small walking groups at each port with audio sets provided, castles, cathedrals, Schnapps Distillery and more...

*FLY FREE offers are available until Thursday 31 October 2013 and include air taxes up to the value of \$900 per person. Conditions apply.

NOTE: Duration shown includes two days flying from/to Australia. Free home to airport transfers only provided to a radius of 40km from Perth International Airport.

Information Sessions:

To view a DVD presentation and information on the tour plus extension options join us:

TUESDAY	17 September	10am to 11am
WEDNESDAY	25 September	10am to 11am



*Conditions apply. Price and map based on EUTCPB21 departing Perth on the 10 September 2014, tour commencing in Paris on 11 September 2014 (Category E cabin). Escort attendance is subject to minimum group numbers. FLY FREE is with Singapore Airlines in Economy class, subject to availability. Price inclusive of air taxes approximately up to \$900 per person. Flights must be booked by APT. All Air deals are limited and subject to availability. Deposit of \$1,000 per person required within 7 days of booking. Second deposit of \$2,000 per person due 31 October 2013. Final payment due 100 days prior to departure. Free return home to airport transfers included when booking on EUTCPB21. For more detailed terms and conditions please contact Travel Tree. (Travel Tree License Number - 9TA1041) Australian Pacific Touring Pty Ltd ABN 44 004 684 619 Lic. No. 30112



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- 17 nights superior hotel accommodation with 5 two night stays
- Luxury Coach travel throughout the tour
- Professional Coach Captain and Tour Guide in New Zealand
- 16 dinners including 4 specialty dinners
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- 19 breakfasts including 1 specialty breakfast
- 4 delicious morning / afternoon teas
- Prepaid activities and attractions including Waitangi Treaty Grounds, Skyline Rotorua Gondola, Agrodome, Te Papa (New Zealand's National Museum), Larnach Castle and more.
- Enjoy 5 rail journeys - Glenbrook Vintage Railway, the Coastal Pacific, the world famous TransAlpine, the Taieri Gorge Limited and Plains Vintage Railway
- Relax with 5 cruises including the historic TSS Earnslaw, the Milford Sound and an exclusive overnight in the Bay of Islands

ITINERARY

(B) Breakfast (L) Lunch (D) Dinner (SD) Specialty Dinner

DAY 1: Perth - Auckland

Today you will be transferred from your home to Perth Airport for your overnight flight to Auckland.

DAY 2: Arrive Auckland (B,D)

On arrival in Auckland you will be met by a Grand Pacific Tours representative and transferred to your hotel. You may like to take advantage of the discount coupons in your Optional Tours Directory.
Hotel Copthorne Hotel Harbourcity

DAY 3: Auckland - Bay of Islands (B,D)

Depart Auckland and travel to the Parry Kauri Park to see a magnificent example of a Kauri Tree. Enjoy a visit and informative talk at the Kauri Museum in Matakoho then pass through Whangarei to Paihia. Enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the British.
Hotel Scenic Hotel Bay of Islands

DAY 4: Bay of Islands Overnight Cruise (B,D)

After breakfast you are free to explore Paihia before boarding Ipipiri, your overnight Bay of Islands cruise. View spectacular landmarks, such as the Black Rocks and Urupukapuka Island before being anchored in a sheltered bay. The warm waters are home to an abundance of marine life such as dolphins, whales, seals and penguins. Tenders will ferry you to nearby islands as you learn of the rich history and ecology associated with this region. At sunset enjoy a buffet of local cuisine before retiring to your King Stateroom with sea views.
Overnight Bay of Islands Overnight Cruise

DAY 5: Bay of Islands - Auckland (B,D)

After a unique overnight stay, start the day with a leisurely breakfast before you cruise back to Opuha Wharf mid-morning. Farewell the Bay of Islands and drive south via Whangarei, Wellsford and Warkworth to Auckland. Enjoy a short city tour and free time before transferring to your hotel.
Hotel Copthorne Hotel Harbourcity

DAY 6: Auckland - Rotorua (B,L,D)

Depart Auckland and travel to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook and travel through magnificent countryside to Longlands Farm & Restaurant. Enjoy a delicious home cooked lunch hosted by a rural New Zealand family. Next, continue to Rotorua and visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.
Hotel Sudima Hotel Lake Rotorua (Superior Room. 2 nights)

DAY 7: Rotorua (B,SD)

Today begins with a Gondola ride to Cableway Restaurant where a buffet breakfast and spectacular views are on offer. Travel to the Agrodome where you see performing sheep, a shearing display and sheep dog trial. Enjoy some free time before travelling to Te Puia to see the boiling mud pools and awesome Geysers that Rotorua is famous for. This evening experience an entertaining Maori Hangi and Concert.

DAY 8: Rotorua - Wellington (B,D)

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park and this afternoon visit Southward Car Museum, home to a comprehensive collection of veteran and vintage cars. Enjoy afternoon tea before continuing south along the Kapiti Coast to Wellington.
Hotel James Cook Grand Chancellor (2 nights)

DAY 9: Wellington (B)

Enjoy an extensive city tour in New Zealand's capital, Wellington. A highlight will be a guided tour of Te Papa, New Zealand's National Museum, with exhibits that embrace both Maori and European views. Enjoy free time at leisure this afternoon.

DAY 10: Wellington - Kaikoura (B,D)

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Join the Coastal

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Pacific, a truly spectacular rail journey that showcases the Kaikoura mountain ranges on one side and the rugged scenic coastline on the other. Travel through numerous tunnels and across several bridges before departing the train in Kaikoura. Experience a scenic flight (optional, weather permitting) to view the amazing whales this region is renowned for.

Hotel Donegal House

DAY 11: Kaikoura - Canterbury (B,D)

A leisurely start this morning with time to enjoy the tranquil setting. Travel south through some of the finest farmland areas to Christchurch for an introductory city sights tour. A short drive through the Canterbury region brings you to your hotel.

Hotel Methven Resort

DAY 12: Canterbury - Franz Josef (B,L,D)

This morning board the TranzAlpine, one of the great train journeys of the world. Travel over massive viaducts, river valleys and spectacular gorges as you ascend to Arthur's Pass located in the centre of the Southern Alps. Pass through the Otira Tunnel and continue through lush beech forest, skirt lakes and follow rivers as you enjoy a boxed lunch onboard. Your journey concludes at Greymouth. Travel to Hokitika, famous for its Greenstone before arriving at Franz Josef where time is available to experience a scenic flight (optional, weather permitting) over the spectacular glaciers.

Hotel Scenic Hotel Franz Josef Glacier

DAY 13: Franz Josef - Queenstown (B)

See the snow capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving into picturesque Queenstown, a year round resort situated on the shores of magical Lake Wakatipu. This evening is free to dine at one of the many fine restaurants.

Hotel Mercure Queenstown Resort (Lakeview Room. 2 nights)

DAY 14: Queenstown (Free Day) (B,SD)

Today is a free day for you to explore Queenstown. Your Tour Guide and Coach Captain are available to assist with the many options available. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. Sit back and relax, as you are treated to the best of New Zealand's high country cuisine in the Colonel's Homestead. After dinner enjoy a short farm tour then reboard the TSS Earnslaw for a sing along by the piano on your return cruise.

DAY 15: Queenstown - Te Anau (B,D)

This morning travel to Arrowtown, an old gold mining village and visit the Lakes District Museum. Continue to Te Anau, the gateway to the Fiordland. Enjoy a cruise across Lake Te Anau to visit the Glow Worm Caves where you admire the incredible limestone caverns, waterfalls and mystery of the Glow Worm Grotto.

Hotel Distinction Luxmore (Deluxe Room. 2 nights)

DAY 16: Te Anau - Milford Sound - Te Anau (B,L,D)

Depart Te Anau for a fascinating drive to Milford Sound where you board your launch for a cruise on this magnificent fiord. See the spectacular Bowen Falls and towering Mitre Peak as you enjoy a picnic lunch onboard. This afternoon return to Te Anau.

DAY 17: Te Anau - Dunedin (B,SD)

Travel via Gore and Balclutha to Dunedin for an informative city tour including a visit to Olveston House, a prestigious historic home. Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.

Hotel Mercure Leisure Lodge (2 nights)

DAY 18: Dunedin (B,D)

Travel along the Otago Peninsula to Larnach Castle for a guided tour. Visit Glenfalloch Woodland Gardens, view the superb collection of flowers followed by a delightful morning tea. Return to the city for some free time before boarding The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail. On return to Dunedin's historic Edwardian Railway Station your coach will transfer you to your hotel.

DAY 19: Dunedin - Christchurch (B,SD)

Travel to Oamaru, famous for its limestone. After a true Victorian welcome, enjoy an informative update on this unique Precinct. Continue to The Plains Vintage Railway to experience a 'K'88 Steam Locomotive at work, view informative displays and enjoy a delightful afternoon tea before travelling to Christchurch. This evening enjoy a farewell dinner with your new found friends.

Hotel Sudima Hotel Christchurch Airport

DAY 20: Christchurch - Perth (B)

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



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- Home pick-up and return by private car to Perth Airport
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- Early hotel check in on arrival including breakfast
- Pre tour get together (subject to minimum numbers)
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- Travel diary

Country Callers)

Eye Witness Travel Guide per household. Diary is one per person. Pre tour get together is subject to minimum numbers, for more

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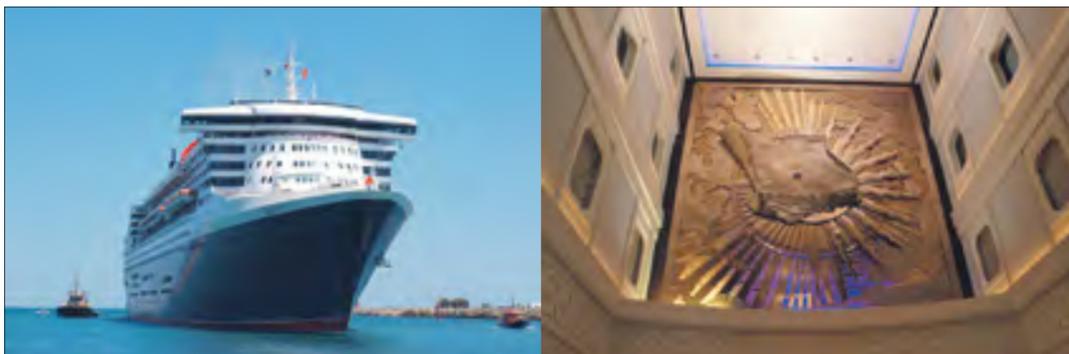
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Queen Mary 2: The last great Ocean Liner turns 10!



Left; The beautiful Queen Mary 2. Right; The spectacular foyer

by Chris Frame,
Maritime Historian

BY THE early 1970s the era of the great ocean liners had drawn to a close. Eclipsed by the jet airlines in 1958, the ocean liner, built to transport people from one place to another, became obsolete. Their best voyage times were measured in days, while the jet aircraft completed the journey in hours.

Throughout the 70s, shipping lines retired their fleets en-masse. There were only a few exceptions. In Australia, P&O endured by converting the Canberra and Oriana into cruise ships. The Holmes Lines were successful in transitioning Oceanic to cruising, as were Holland America with Rotterdam.

But on the famed transatlantic crossing, a route that once saw thousands of passenger ships, Cunard Line retained the only annual presence with Queen Elizabeth 2 (QE2). Built in 1969, QE2 was the last of her kind and it was felt that when this much loved ship finally retired, it would see the end of the ocean liner.

This belief ended in 1998, when America's Carnival Corporation purchased the Cunard Line, and immediately set about planning a new ocean liner. A ship for the 21st century, this new vessel was named Queen Mary 2 (QM2). She was, at the time of her construction, the largest, longest, tallest and widest passenger ship ever built.

On 16 January, 2002 the work began, and on 4 July, Cunard's senior master, Commodore Ronald W. Warwick, attended a keel laying ceremony which marked the start of construction on QM2. He proudly said, "Please commence building my ship", and the work began. Work progressed quickly, and by 21 March 2003 she was 'floated out', ready for internal fit-out.

HM. Queen Elizabeth II officially christened the ship at a gala ceremony on 8 January 2004. Four days later the 151,000 gross registered ton QM2 set sail on her maiden voyage to Fort Lauderdale.

Since that first voyage, QM2 has had an interesting and eventful life. On 21 February 2004 the new ship made a call to Rio de Janeiro just in time for Carnival, during an extended voyage which

also saw her cross the equator twice.

She made her first direct transatlantic crossing in tandem with the veteran QE2 on 25 April 2004. At the completion of the voyage on 1 May, she was officially designated 'flagship' of the Cunard fleet and the British merchant marine. From then on she would be the primary liner on the transatlantic crossing. Since QE2's 2008 retirement, QM2 is the only liner to undertake regular transatlantic crossings, making her the last of her kind!

Her maiden year saw her make headlines at each new port she visited. On 19 July 2004 on arrival at Hamburg, more than one million people lined the banks to see the ship. The arrival was featured on post cards, tea towels and other souvenirs in time for the departure the following evening.

During the Athens Olympic Games, QM2 was chartered as a hotel ship. The giant liner was docked at nearby Piraeus and hosted former US. President George H.W. Bush, then French President Jacques Chirac, then British Prime Minister Tony Blair and the US. Men's Basketball team.

By 2005 QM2 had settled into a regular routine of transatlantic crossings and off-season cruising, and had become a popular ship. As one of the world's most popular ships, it was fitting for QM2 to be selected to transport the world's most popular book, Harry Potter (and the Half Blood Prince) to New York for the American book launch. The book was placed inside a specially sealed trunk, which was carried aboard QM2 under constant lock and key.

In 2007, QM2 undertook her first world cruise. At 151,000 gross registered tons, and 345m long, the ship is too large to fit through the Panama Canal. Instead, QM2 sailed via Cape Horn northwards to San Francisco where she brought the Californian city to a standstill.

She then made her way to Australia. The arrival in Sydney on 20 February was planned so that she would rendezvous with the older QE2. More than 2,000,000 people crowded the harbor to see the two ships, an event which brought the city to a standstill and stunned local officials.

It wasn't until 2010 that Fremantle

paid host to QM2 for the first time. She visited the port on 14 March, and drew a huge crowd. The ship is so big that the port had to be cleared of other vessels in order for her to dock successfully.

A ship the scale of QM2 has a fascinating array of statistics. Costing £550 million (or \$1.1bn Australian dollars at the time), she can carry 2,620 passengers, looked after by 1,238 crew.

There are 14 passenger decks serviced by 22 passenger lifts and four major stairwells. It's just as well there are lifts, because the height from the keel to the funnel is a staggering 72 metres.

Her interiors echo the great ocean liners of days gone by.

With luxurious bars, lounges and the largest ballroom at sea, QM2 offers the experience of yesteryear. The interior spaces are dominated by a three-story dining room, with a giant tapestry of an ocean liner as its centerpiece, while further forward, the five-story atrium has twin glass elevators juxtaposed with a bas-relief of the QM2 against a rising sun.

But QM2 also houses a number of innovative entertainment options. She's the first (and only) ship to have an on-board planetarium which shows movies about the universe, while sports fans will love the golf simulator which allows you to play a round at the world's greatest golf courses.

As QM2 enters her 10th year, she is as popular as ever. Her planned 2014 circumnavigation of Australia practically sold out the moment it went on sale, while her transatlantic crossings have proven so successful that extra voyages are planned for next year.

The future looks bright for QM2. Built to last for at least 40 years, the ship is still in her youth, and will continue to make headlines, delight passengers and create happy holidays for decades to come!

Happy Birthday QM2!

You can find out more about QM2 or share your experience by connecting with Chris on Facebook at www.facebook.com/chris Cunard

"All imagery is reproduced with permission from QM2: A Photographic Journey book.

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Take a Walk on the Wild Side!



Out of Sight Tours participants 'having a go'

ARE YOU one of the many travellers with a desire to visit the most extreme geographical compass points on the Australian coastline?

Every year thousands of visitors make a pilgrimage to the most easterly point at Cape Byron on the New

South Wales Coast, or the most northerly point in Cape York, Queensland. However, many of Australia's "extreme points" are difficult to access due to their remote location and the need to use four-wheel drive tracks. Recognising the growing

interest in visiting Australia's extreme points, Western Australia's leading ecotourism company, Out of Sight Tours, has developed a day tour to the state's most southerly point in West Cape Howe National Park.

Located half-way between Albany and Denmark on the south coast, West Cape Howe is one of the few locations in Australia where the break-up of Gondwanaland is revealed in the rugged dolerite cliffs. It is an area of unique biodiversity and a significant geo-heritage site. The magnificent cliffs drop 90 metres into the surging Southern Ocean. On a coastline that is dominated by granite boulders and limestone cliffs, these dark black dolerite cliffs are an unusual sight and visitors are always transfixed by their imposing bulk.

Out of Sight Tours have an established reputation for excellence in ecotourism. Double Gold medals win-

ners at the 2012 WA Tourism Awards, they were awarded the Bronze Medal for Ecotourism at the National Tourism Awards in February this year.

Their small group 4WD tours to the stunning dolerite cliffs of West Cape Howe are suited to travellers of all ages and depart daily from Denmark or Albany.

Out of Sight Tours professional guides all have post-graduate degrees (masters or PhD) in a scientific discipline, ensuring that you are provided with expert commentary on the area's unique flora, fauna, geology and history.

And for those with a sense of adventure, the chance to lie down on the rock face and peek over the edge is not to be missed. With the coastal heath in bloom, spring is the perfect time to add a visit to West Cape Howe National Park to your bucket list!

For more information, please see ad on page 35.

Take a walk - Spring Family Bushwalks



guided hike.

Armadale Mayor Henry Zelones said the walks have been showcasing the City's landscape for more than a decade.

"Walks range from a leisurely 2.5 kilometres to a challenging 6 kilometre hike led by local bushwalk enthusiasts.

"Spring Bushwalks are a great way to get outdoors and experience our local natural beauty first hand," said Mayor Zelones.

Spring Bushwalks

Saturday 14 September, 8.30am - noon Corner Carradine Road and Albany Highway.

Settlers' Common - Night Walk
Saturday 5 October, 5 - 7.30pm Corner Carradine Road and Albany Highway.

Wungong Dam

Sunday 20 October, 8.30am - noon Lower Dam car park, Admiral Road, Bedforddale.

All participants are encouraged to wear comfortable clothing, enclosed shoes, a hat and sunscreen and bring along a bottle of water.

Those attending the Night Walk are asked to bring a torch and register their interest by calling the Armadale Arena.

For information call the Armadale Arena on 9399 0840.

Australia's richest golf event, the Perth International



IN OCTOBER, the Perth International, Australia's richest golf tour event, which attracts some of the world's best players to WA, is set to capture the attention of golf fans worldwide.

Golf star Bo Van Pelt (pictured above), will return to defend his titles in 2013 alongside back to back European Tour participant and local boy Brett Rumford.

Hosted by the Lake Karingup Country Club, the event, which has attracted quality European players, is the only one on this year's Australian tour sanctioned by the PGA Tour of Australasia and the European Tour.

The event will take place from Thursday 17 to Sunday 20 October.

Tickets are available from Ticketmaster.com.au.

To stay up to date join PerthInternationalGolf on Facebook or visit www.perthinternational.com

WIN WIN WIN

To be in the draw to win one of five double four day passes to Perth International valued at \$300 each simply send an email to win@haveagonews.com.au with Perth International in the subject line or send an envelope to Perth International - C/- Have a Go News - PO Box 1042,

West Leederville 6901. Please include your name, address and phone number on the back. Only over 45s eligible and competition closes 7/10/13.



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Albany Whale Tours

Shire of YALGOO



Situated along the historic Miners' Pathway, 527km north of Perth, Yalgoo offers true outback adventure and unique attractions, including prolific seasonal wildflowers and the Courthouse Museum, showcasing over 80 years of Yalgoo history. Be sure to view the Railway Station, historical Yalgoo cemetery, Monsignor Hawes convent chapel, the vibrant and colourful water playground, and the fascinating Jokers Tunnel. Accommodation is available at the Yalgoo Caravan Park or the historic Yalgoo Hotel Motel. A general store is open seven days a week and self service credit card diesel/petrol bowlers are available 24/7.

the outback "...and FUN" starts here



Don't miss out on Goo Fest on 6 and 7 September. "Goo Fest" 2013 celebrations bring together entertainment and community over two full days of excitement and activity in Yalgoo. Everyone is welcome.



Yalgoo Visitor Information
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GOING FISHING - lure fishing for bream



Some hi-tech fishing competitions are based solely on bream fishing with lures

by Mike Roennfeldt

AROUND 30 years or so ago the concept of fishing for black bream with lures was virtually unheard of. They just weren't the sort of fish to take lures, or so everybody thought. What a different story is told these days, when whole high-tech competition series are based solely on that fishing technique. So popular and intense is the bream fishing competition scene that individuals part with huge amounts of money to cater for this specialised sport. Dedicated bream boats can cost upwards of \$50,000 and top quality rods and reels can cost \$500 or more. Even the lures can set you back \$25 or so each.

But lure fishing for bream isn't just for the specialists out there on the cutting edge. It's something everybody can do, although you do have to have a few skills to consistently do well in densely populated areas like Perth.

Any light spinning rod and reel will do the trick, something that you can pick up at your local tackle shop for \$50-\$100. The line can be a bit expensive if you want to use braid, but it isn't strictly necessary. And as for lures, there are plenty of perfectly good soft plastics and even hard bodied lures that will fit the bill for just a few dollars. My own favourite is an RMG Scorpion 52 lure in freshwater colours such as brown trout, crawfish or swamp dog.

The Scorpion 52 is deadly when worked slowly over a shallow sand flat, the bib digging into the bottom and throwing up little puffs of sand to attract the fish's attention. In these circumstances I like to remove the front treble hook of the lure so that it picks up less weed from the bottom. I leave the front treble on if my fishing is going to be focussed around snags, jetties, bridge pylons or rocks.

Where to find bream to chase with

lures depends on the season to a large extent. In the summer months they are likely to be spread out over the sand flats, foraging for food, but for the rest of the year they are inclined to hang out in structure. This is good in that it makes them a little easier to locate, but the downside is that they are tough customers and extricating a big, lively fish from a tangle of tree roots or barnacle encrusted jetty pilings can be a costly nightmare.

Even though they take lures, black bream can be wary fish, so use the lightest nylon leader you can get away with. On open sand flats this could mean a 2kg leader or less and attach the lure with a loop knot rather than a clip if possible. Clips are more likely to spook the fish and can affect the swimming action of finely balanced lures. When fishing in heavy country, the leader is usually bumped up a bit to 6kg or more to cope with sharp edges and general abrasion.



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KINGS Tours and Travel are very excited to have on board a new Business Development Manager, Linda Hussey.

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She has also toured India, Thailand, Vietnam, Singapore, Malaysia, Bali, China, Hong Kong, New Zealand, Fiji, Samoa, Hawaii, USA Canada, Alaska and Australia.

Last month, Linda visited both Canada and Alaska where on board the Island Princess she enjoyed a tour of this wonderful part of the world.

Linda has many more destinations on her bucket list to

see and is already planning a Europe River cruise for 2014.

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If you would like Linda to speak to your social group, your retirement/lifestyle village and/or club about destinations, cruise information, in fact anything pertaining to travel, she is available and really looks forward to sharing her passion for travel with you.

Why not book Linda to come along and talk travel to your group. She will show you some of Kings fully escorted tours on offer with tours available for everyone.

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For more information, please call Linda on 0409 922 546 or email linda@kingstours.com.au or visit <http://www.kingstours.com.au/> or <https://www.facebook.com/kings.tours>

Qantas brings the game to Virgin Australia

by Chris Frame

QANTAS ANNOUNCED in August their intention to install new 'business suites', starting in late 2014, to their fleet of Airbus A330 aircraft, raising the bar for competitor Virgin Australia. This welcome news comes after years of criticism of their current six abreast cabin design shared with low-cost offshoot Jetstar.

The new suites will be in a 1-2-1 configuration giving direct aisle access to every passenger. The suite, designed by Marc Newson, includes a full flat bed that can be left in a reclined position for take off and landing (similar to that already on Air New Zealand's fleet of Boeing 777s).

Features in the new suite include a large television screen, work bench and laptop powerpoints. Each suite will feature Qantas' award-winning iQ Panasonic Entertainment System. The staggered configuration will offer an excellent level of comfort and privacy for passengers travelling in the business class cabin.

Not only will Qantas update the business class cabin, but it will also install a new economy class section aboard the older A330s. This will bring them into line with the quality found aboard the airline's flagship Airbus A380.

Qantas CEO, Alan Joyce said, "Customers in all parts of the aircraft will notice a significant improvement in comfort when our refreshed A330s start to roll out from the end of 2014. Qantas invented business class and these new

business suites reflect what we know our customers want, whether they are flying for work or leisure."

Of the new product, Qantas Creative Designer, Marc Newson comments, "With this business suite we have focused on delivering an intuitive design that meets the needs of our customers travelling in Asia, and creating a cabin experience that provides privacy and a considered space to work, rest or sleep."

In a surprise move, Virgin Australia has hinted an intention to upgrade their already excellent business class product. Virgin Australia's current business class is of international standard, and is actually the same design as that used aboard 5-star Skytrax airline Singapore Airlines.

However, according to the 'Australian Business Traveller' website, Virgin Australia CEO John Borghetti has hinted that a new design is in the works. And with the Qantas product not due to enter service until late next year, Virgin Australia have plenty of time to plan their response.

The true winners here will be Perth travellers. Both Qantas and Virgin Australia use the A330 on the transcontinental services. Both airlines operate the A330 exclusively on services to Melbourne, on most services to Sydney and several to Brisbane each day.

From 2014, options aboard both Qantas and Virgin Australia will be very tempting indeed. Keep an eye out for next month's edition for a review of the current product.

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Keep an eye out in *Have a Go News* for more on this new Perth tour company and follow them on Facebook for updates - <https://www.facebook.com/SegwayToursWA> or call 1300 808 180.

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First blooms for Wildflower Country



Enjoying a wildflower moment
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EXPLORING Wildflower Country comes to life with the first blooms of the new wildflower season. Spanning a vast 390km, the Ex-

ploring Wildflower Country trail stretches from Moora in the south to Dalwallinu in the east and Mullewa in the north and Greenhead and Geraldton to the West.

The Wildflower Way is the most eastern route.

Along the trail, stunning wildflowers have already begun to come to life early in the season, and include desert peas in coastal areas such as Leeman with further species of wildflowers already spotted in Kalbarri.

“Western Australia is home to more than 13,000 types of wildflowers and it’s a positive sign to see these stunning wildflowers already in bloom along the trail. The Wildflower Way is a unique trail that allows visitors to not only discover wildflowers, but to also enjoy the charming towns along the way with each town having their own attrac-

tions, walk trails, historic churches, local museums, short drive trails and historic sites”, said Mrs Rebecca McCall, Chairperson of the Wildflower Country committee.

Exploring Wildflower Country – Wildflower Way is a project that has been developed through partnerships with the shires and councils within the region and features a series of 21 interpretive sites that span from Dalwallinu through to Geraldton. Each of the interpretive sites features an artistic steel sculpture with a unique story, helping visitors discover the history behind the local personalities and charming towns.

To help visitors make the most of the new wildflower season and to let them know where the best wildflowers are located, the Geraldton Visitor Centre is providing an up to date Wildflower Report on its website: www.geraldtonvisitorcentre.com.

au as well as regular updates on the ‘Geraldton – Take a Fresh Look’ facebook page.

Exploring Wildflower Country – Wildflower Way is stage one of the project that has been developed by the Shire of Dalwallinu, Shire of Perenjori, Shire of Morawa, Shire of Mullewa and City of Greater Geraldton, with the assistance of funding through the Royalty for Regions program.

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For further enquires about Exploring Wildflower Country the Wildflower Way please contact Emily Sutherland on 0427 426 596 or visit www.wildflowercountry.com.au or find them on Facebook.

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Southern wildflowers in October

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THERE ON their way. The South West is set for a fantastic show of wildflowers this spring. Already there are heaps of blossoms around the Capes region and evidence of an explosion of colour this year like no other due to our great rainfall this season.

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12 - 15 Sep
- Busselton Uniting Church Wildflower Exhibition
19 - 20 Sep
- Collie Wildflower Show
4-6 Oct

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ADVERTISING FEATURE

WILDFLOWERS in the WEST

Great Southern gearing up for the Bloom Festival



Blooming beautiful



by Josephine Allison

THERE'S a hint of spring in the air, flowers are starting to bloom and the Great Southern is gearing up for its third five-week Bloom Festival.

The Hidden Treasures Great Southern Bloom Festival, which runs from 14 September to 19 October, celebrates WA's wonderful wildflower season with a dedicated group of people from the shires of Broomehill-Tambellup, Cranbrook, Gnowangerup, Jerramungup, Katanning, Kent, Kojonup and Woodanilling taking part.

Di Holly, from the Hidden Treasures Association, says people often overlook the wealth of the Great Southern and what it has to offer. This is why people from the eight shires joined together a decade ago to present the Hidden Treasures of the district.

Di says this year there are around 40 events or activities to introduce visitors to the wonders of the Great Southern including its magnificent wildflowers, natural attractions such as the Stirling Range and Fitzgerald National parks, award-winning wines and locally grown foods, open gardens in full bloom and the beaches at Bremer Bay.

"There will be something for everyone and visitors can seek out these treasures including local cafes, war memorials, heritage buildings and museums in each town," she said.

The Hidden Treasures of the Great Southern has a website with information about the many natural sites to visit and other activities to enjoy.

Launching the Bloom Festival, Central Wheatbelt MLA Mia Davies said the Great Southern has a big claim on the State's floral wealth.

"Getting people out into that floral abundance works in several ways - it enhances the lives of those who visit the region and enjoy its natural beauty and there is an economic value for regional communities when extra visitors spend their tourism dollars locally."

"There will be wildflower tours, open gardens, wine tastings, art exhibitions and special events as part of this year's program."

In a program message, Regional Development Minister Brendon Grylls said WA is home to more than 12,000 species of wildflowers, the largest collection of wildflowers in the world. More than 60 per cent of these species can only be found in WA.

Among the many highlights of this year's Bloom

Festival are: Sustainable House Day (Katanning), Guided Bird and Bush Walks (Ongerup), Hidden Treasures Orchid and Wildflowers Tour (Borden), Tulips With a Difference Open Garden (Kojonup), Garden Walks and Vertical Wine Tastings (Cranbrook), Kojonup Rose Maze and Three Women's Stories (Kojonup), Spring Through the Looking Glass (Jerramungup), Ongerup Wildflower Display (Ongerup), Wildflowers in Macro (Broomehill) and Bloomin' Biosphere Garden (Jerramungup).

Originally from South Australia, Di Holly settled in Broomehill where she and husband Greg started growing barramundi in tanks about 10 years ago.

"People wanted to see the fish and that got me thinking about starting something

to attract visitors to the region," she said. "All the small towns were missing out so I and another woman joined forces to approach the various shires and do something about it."

Di is passionate about her area and the roles played by local organisations such as the CWA, Red Cross and community groups.

"Spring is the best time to visit our region to see the riot of flowers including donkey orchids and the fields of yellow canola. The Fitzgerald National Park has 1800 different species of flowers alone."

"There is so much to do and see in our region."

For accommodation and other details visit hidden-treasures.com.au

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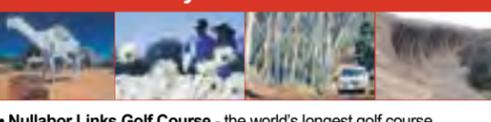


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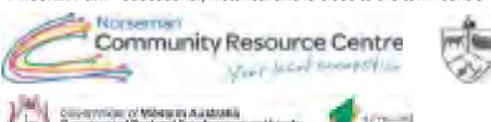


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Welcoming to KARLGARIN



Kondinin boasts three towns, namely Kondinin, Karlgarin and Hyden. Kondinin is located 272kms east of Perth. Karlgarin is 45km east of Kondinin and Hyden is 60kms east of Kondinin. In addition to the towns, there is the tourist attraction icon of Wave Rock a further 5km east of Hyden.

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 - Wave Rock Caravan Park 9880 5022
 - Wave Rock Resort 9880 5400
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travelling

let's go travelling



The Great Southern gourmet hunt



Left to right; Indulge in succulent marron at Nippers Cafe - enjoy wonderful motoring and freedom with a Apollo Euro Deluxe

by Carmen Jenner

SHROUDED in clouds the Porongurup ranges hover in the distance. The air is thick with the smell of burning wood fires on the approach to the Great Southern region of Western Australia.

We're on a gourmet hunt in an Apollo campervan and plan to eat our way through the towns of Albany, Denmark, Pemberton and Manjimup.

A self-drive itinerary can take days or weeks, and that's the wonderful freedom of a campervan, especially when there is an abundance of caravan parks with powered sites. Equipped with a modern kitchen and a healthy appetite, we're on a quest for marron, smoked trout, chocolate, free range meat,

honey, cheese, olive oil and the elusive truffle. Of course, there will be the pleasant distraction of Australia's largest wine region, not to mention distilleries, breweries, cider factories and even a meadery.

Albany is packed with gourmet outlets such as Reeves on Campbell, Spencer Park Variety Meats, Solomon Merchants, Black Duck Gourmet Pantry and The Honey Shop. Farmers markets run weekends but for just picked strawberries try Freshpick Strawberries or Willow Creek Strawberries. Just out of town in Middleton Beach is the Bay Merchants and next door is Rats Bar and at Emu Point is the rustic Oyster House.

Sure to enchant all ages and famed for its succulent marron is Nippers Cafe at

the Old Marron Farm, where there is also an animal farm and bird enclosure. Combine the outing with a Segway Tour through the farm and fields and you'll have stretched those legs aplenty before climbing aboard with a few 'clawed' friends for tonight's meal.

Pick up a warming tipple such as the Limeburners single malt whisky from the Great Southern Distilling Company before hitting the Southern Coast Highway towards the picturesque town of Denmark. Along the way learn how bush-food is grown and used in Australian cuisine at the scenic Bush-food Factory, and sample the healthy Australian Native menu to select a few bush products for your next feast.

Pop into Willoughby Park Winery for a spot of wine swilling; the preservative-free ale at the Boston Brewery and for some hearty fare or varying degrees of grazing. For a 'caffeine hit' in the township of Denmark try Ravens Coffee and sample the raw food menu. Or wander down to Darkside Chocolates for an infusion of chocolate with Australian bush flavours like lemon myrtle and native pepper.

Heading back onto the South Coast Highway visit Bartholomews Meadery for pure honey, mead and honey inspired crafts and gifts. The weather may demand a hot chocolate at Swiss Annies Fine Chocolates, not to mention a taste of the 'obscenely' decadent chocolate menu. As if that wasn't sticky enough, The Toffee Factory

may just be your undoing but allow Elephants Rock Cider, also onsite, to cleanse the palette with the local flavours of apple, pear and strawberry.

Cruise the scenic Scotsdale Drive to take in a feast of panoramic views of the sweeping vista of jarrah and marri trees through the campervan's enormous windscreen. Another more decadent feast can be had with a stop off at Denmark Farmhouse Cheese to taste their four-year-old Gouda cheese, preserves, fudge, ice-creams and Ducketts Mill Wines.

A meander deeper into the green pastures off Scotsdale Drive is a must do to savour the taste of hearty deep-dish pies and platters of sweet marron. This is just the start of the Whitfield Estate experience. After lunch wander with Bernese Mountain dogs Mac and Bud through the Artfield Art abstract sculptures made from old farm and wine making remnants or take a mini trek along the Munda Biddi Trail.

Less rigorous activities include hitting the shop for Pawprint Chocolate, Dendendale Creamery cheeses, and Whitfield Estate Wines. With all the goodies collected you'll be whipping up an epic platter of your own.

The gluttony continues on

the South West Highway towards Walpole with a pit-stop at the giant marron sculpture at Old Kent River Vineyard. Take away some marron for later or linger at the Slow Food Cafe to enjoy their specialty dishes of marron and lamb and outstanding Pinot Noir.

Set in stunning scenery, The Valley of the Giants Organic Olive Oils has some of the country's highest ranking oils and olive products, and the success of their range can be attributed to the cool Mediterranean climate.

While we're on the subject, The Valley of the Giants is an ancient forest where you could lose yourself for days on end within its labyrinth... and don't miss the Treetop Walk. Nearby are beaches, inlets, falls, cliffs, wildflowers (from August to November) and walking trails, including the Bibbulmun Track, which stretches 1000 kilometres from the Perth hills to Albany. You can park the campervan and do a section of the walk at any point of this journey.

Catch your own lunch at the King Trout Restaurant and Marron Farm, but if your luck's out, then the restaurant has back-ups or you can stock up at Forest Fresh Marron in the pretty township of Pemberton. Also in town is the

gourmet outlet Holy Smoke with a range of smoked meats, fish and pates, and nearby is Knights Winery and Distillery where you can buy chocolate, wine and liqueurs. You may even be inspired to enrol in a farm-based cooking class at Foragers or enjoy one of their seasonal dinners.

A truffle hunt at Manjimup's Wine and Truffle Co (from June to September) is a particularly exciting start to the day, especially where a wealth of Perigord truffles are uncovered by the champion dogs in a single hunt. Gorge on an extravagant lunch where the prized ingredient is the star attraction. The intoxicating earthy aroma hits as soon as you enter the cafe and shop; resistance is useless.

With the smell of truffle lingering in your hair and clothes, enjoy a leisurely sojourn back to Perth with a pit-stop at Bridgetown or take the turn off to Margaret River and continue to eat and drink your way through Western Australia's fresh produce and wine region.

An Apollo Euro Deluxe campervan was generously loaned to the writer by Apollo Motorhomes www.apollocamper.com/holiday. Prices to hire a two berth campervan start at \$64 per day. www.westernaustralia.com

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on's Club has successfully run the Lions Rodeo annually on the first Saturday in November.

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- Self contained chalets; these two bedroom units sleep five to seven people. The units are dog friendly - it's not fair to leave your best mate behind. Prices start at \$140 per night.
- Motel rooms; these rooms have a small kitchenette, ensuite and queen size beds. Priced at \$120 per night.
- Double Deluxe; these rooms have a small kitchenette, queen size and single bed, the bathroom is separate and is shared with the neighbouring room. Prices start at \$100.

All prices are for two people with \$20 charged per extra adult and \$10 per child.

There is a pool, large undercover barbeque are and two communal kitchens for use by all guests.

Most can be booked through the office. See ad this feature.

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let's go travelling



Left; The beauty of Thailand Right; Children at the Light House Orphanage

by Bob Page from Kings Tours and Travels

RECENTLY I travelled to Thailand and Cambodia for two weeks.

The first week I spent in a town called Buriram, north east of Bangkok with a population of 30,000 people. There, I met up with former Perth tourist coach owner, Martin Moyle who has put together an eight day itinerary for Kings to visit his new home town of Buriram and the capital of Thailand, Bangkok.

The Buriram part of the itinerary gives you a good insight into rural and cultural Thailand, away from the well known beach tourist towns Australians usually like to visit.

During my stay in Bur-

iram I did not meet any other Australians and very few westerners. I enjoyed my time there seeing the sights in and around the town and the country highlights which are included in the itinerary.

Look out for this Thailand holiday which will be featured in the new Kings brochure.

After my stay in Thailand I moved on to Phnom Penh in Cambodia to visit the Light House Orphanage to discuss ways I can help the children live better over the next 12 months.

Eighty five children live at the orphanage and the management work to improve their lives in the future. They help poor families who cannot look after all their children, children with a single parent, parents

with HIV/AIDS, children abandoned by the parent, orphans and local poor children. I sponsor a 10 year old boy to attend English school.

While there I met with the

manager and director of the orphanage and discovered that the most important need for that day was food.

Being the low season for tourists, donations of food and money was very limited.

Helping hands for Cambodia

During the next three days I visited the local market with the Light House to buy meat and vegetables, rice, spices, new cooking pots and utensils and charcoal to fuel the kitchen fire. Gas is of course the cleanest fuel to use but they said they could not afford it. By the end of the week I bought new gas cookers, had them installed and attached to bottle gas and agreed to pay for their water, electricity and gas for the next year.

Following that, I enjoyed my time talking and eating with the children and sitting in on their English classes.

All the children go to an outside school but have extra English classes during

the week.

Light House has a school room and teacher which are paid for by an Australian sponsor.

While in Phnom Penh I also visited the headquarters of the Tabitha Foundation.

I have been supporting Tabitha over the last three years with donations to build houses for poor farmers. I spoke to the Tabitha founder Janne Riskes, who I have met during my previous visits to Cambodia.

Janne was very excited the day I met with her, because building had started on the multi-million dollar women's hospital in Phnom Penh; a joint venture project between Tabitha and the Cambodian Government.

My future involvement with Tabitha will be working with Perth based The Helping Foundation to encourage businesses, groups and individuals to donate to the Tabitha cause. This will focus on building houses and schools for the Cambodian people and beginning this November I will also be taking groups to Cambodia to build the houses. Donations are always welcome.

If you are interested in learning more about Cambodia I recommend the Joel Brinkley book, *Cambodia's Curse, The Modern History of a Troubled Land*.

If you are interested in donating to these causes please contact Kings on 9380 6656.

The Indian Pacific - a true journey of contrasts



IT'S DIFFICULT to think of a better way to appreciate the diversity of Australia than embarking on an epic transcontinental journey aboard the Indian Pacific.

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Named for the two oceans the train encounters on its journey, the Indian Pacific travels between Perth and Sydney in a spectacular 4352km journey.

Travelling from Perth, you will cross the lush Avon Valley and WA wheat fields before starting your trek across the Nullarbor. Your first stop is Kalgoorlie - a traditional Australian gold rush town now home to the extraordinary Super Pit, an open-cut mine approximately 3.6km long and 1.6km wide.

Stepping off next at the isolated outpost of Cook, you have a rare opportunity to experience a real-life ghost town before arriving in Adelaide the following morning to tour the Festival City or sample South Australia's rich food and wine culture at the Southern Hemisphere's largest fresh produce markets.

Guests are free to choose between one of the complimentary Off Train Excursions at Broken Hill. You can have a drink at Australia's most famous pub, get inspired at the gallery of celebrated artist Pro Hart or explore the city best known for its ties with the Flying Doctors and stories of riches found and lost.

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Choir shares street spirit



Spirit of the Streets Choir

THE SPIRIT of the Streets Choir is sharing their street spirit and message of music and friendship for mental health, in a concert at the Perth Town Hall on 20 October.

SOS, as they are known is not your usual choir singing four part harmonies, in sleek formation, but the self-proclaimed "rough and ready crew". They are in high demand around Perth, invoking a spirit of unity and acceptance and perform around 40 gigs a year.

The members hail from all walks of life. Many have experienced loneliness and hardship, but the choir has turned their lives around and given them something to sing about.

The mix of heart-felt song scattered with personal stories of mental illness, disability, substance abuse and homelessness, a dose of humour and seeing the joy and laughter that emanates from the choir is what captures audiences.

"The enthusiasm of the choir and the sincerity is the thing that passes through to an audience and so people are just bowled over when they hear them", says Musical Director, Bernard Carney.

Formed in 2007 by Bernard and vendors of the Big Issue Magazine, the choir grew quickly and changed from being the Big Issue Choir to the Spirit of the Streets to reflect the wider diversity of the group. The name was inspired by a founding member, who

likened the family-like, non-judgmental atmosphere of the choir to the kinship he had experienced when homeless and living on the street.

In 2008, a sell-out concert at the Perth Concert Hall, followed by another successful concert at St George's Cathedral, brought the choir recognition.

Nowadays, with around 50 members, they perform between 40 and 50 gigs each year at corporate, private and community events.

"The more gigs we did, the more people joined us and the more gigs we got", said Bernard.

After writing a song capturing the SOS spirit, the group has recorded it on DVD.

Singing, "we're a rough and ready crew, but we've got things to do," the troupe now aims to raise funds at the Town Hall concert, to share its message of music and friendship further and travel to the Dunsborough Songfest in November.

This first-time experience of touring together, gives them the opportunity to attend workshops and learn from professional musicians and other choirs to boost their own performances, while at the same time, raising awareness, reducing stigma and increasing musical opportunity for marginalized people. They are the first group promoting awareness of social disadvantage issues to perform at the annual festival.

"These weekends are always a lot of fun and so important for choir members to meet other like-minded people and be inspired by other styles of performance and music", says Bernard.

The Spirit of the Streets choir will join with Mercedes College Select Choir to present their Sharing the Spirit concert, at the Perth Town Hall, 3pm on Sunday 20 October 2013.

Tickets, \$20 and \$15 concession, can be purchased online at www.trybooking.com

For more information about the choir contact bernardcarney@westnet.com.au or visit www.spiritofthestreetschoir.org.au/

Return of "Climb For A Smile"

IN 2008 AND 2009 the RCK held "Climb for a Smile", a challenge to climb the 50 floors of the Bank West Tower at 108 St Georges Terrace Perth.

Both events were well supported, and very successful, with more than 500 climbers each year raising over \$200,000 for the nominated charities.

In 2010 - 2012 the building was unavailable, but the building's managers have now advised the Bank-West Tower will again be available this year, and the Climb has been

scheduled for Sunday the 13 October 2013.

The event is being organized by the Rotary Club of Kenwick (Inc), assisted by other Rotary clubs and organizations.

Basically the "event" is a climb up the 50 floor stairwell of the Bank West Tower, with each climber being encouraged to obtain sponsorship from friends, workmates, family etc.

As well, commercial organizations can contribute to sponsorship of the event, by "sponsoring" a floor - or should that be a stairwell.

This year the default beneficiaries of the Climb are Rotary's "End Polio Now" campaign, the WA Cord Bloodbank and Interplast as well as Guest Charity, "The Hunger Project". However climbers can nominate any charity they wish and not necessarily one of the default charities.

Nomination costs \$3 per climber, while participants can also purchase special T-shirts to wear during the climb. Why not have your family, workmates, friends and social club etc, enter a team.

The minimum entry age is 12, but there is no maximum age, so all can enter.

On average, the tower takes about 20 minutes to climb, but there is no time restriction.

This is a wonderful opportunity for all seniors to show how fit they are, and at the same time contribute financially to their nominated charity.

Full details of Climb for a Smile are available on the Internet at climbforasmile.org.au or find them on Facebook.

Enjoy the pleasure of dancing!

IF YOU think that you have two left feet and can't dance, then come to the Two Right Feet dance club and have a go.

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you the feeling of flying.

The irresistible Afro-Caribbean rhythms and Latin American music will certainly get your feet moving.

The club program includes Modern and Latin American dances, rock'n'roll and new vogue.

Dance lessons are held in Subiaco Scout hall, 399 Rokeby Road, Subiaco on Wednesdays from 5.30 to 6.30 pm. There are no terms, and one can join in any time.

For more information contact Larissa on 6380 1119 or email 2rightfeetclub@gmail.com

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NOTE: Members of the public can visit the public galleries whenever the Assembly or Council is sitting. No tour required. Access via the south and north entries.

For group bookings and information contact the Parliamentary Education Office on 9222 7259

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Bill Wylie Memorial Fireworks
Horse, Cattle & Poultry Events
Bendigo Bank Log Chop Extravaganza
Fairie Cara

NEWMONT

BODDINGTON

RODEO

1ST AUSTRALIAN HELD IN CHAMPIONSHIPS WA

Full range of rodeo events under the ABCRA guidelines

2013 NEWMONT BODDINGTON LIONS RODEO

SATURDAY 2 NOVEMBER

STREET PARADE 10am, RODEO 1pm
BUSHMAN BALL 5pm

- Cowboy gear only with LIVE bands
PLUS Bar, Food Stalls, Sideshow Kids rides and more
Entry: Adults \$25 Seniors \$10 School Kids \$5
For info contact STAN on 9883 8221
Visit www.boddingtonlionsrodeo.com.au

Seniors Recreation Council of WA Inc



presents a LiveLighter and Bendigo Bank Seniors Week Festival Event

Have a Go Day

Wednesday

13 November 2013

Burswood Park

8.30am to 3.00pm

Great Eastern Highway, Burswood



2013 SITE REGISTRATIONS FOR CLUBS/GROUPS, NOT FOR PROFIT AND COMMERCIAL AGENCIES NOW OPEN



Official opening 9.35am

Hon Tony Simpson MLA,
Minister for Local Government;
Community Services; Seniors and
Volunteering; Youth

Free activities and information day for over 45s promoting clubs/groups, senior and commercial agencies

SPONSORS



All enquiries contact
Seniors Recreation Council of WA
Phone 9492 9773
www.srcwa.asn.au

GRAND ACTIVITIES A school holiday guide for parents and grandparents

ADVERTISING FEATURE

Fremantle Prison - bringing history to life



Fremantle Prison gates

FREMANTLE Prison is one of Western Australia's premier visitor attractions and is the only World Heritage listed building in Western Australia.

Tourist Attraction Hall of Fame at the 2010 WA Tourism Awards the Prison continues to be recognised in both the heritage and tourism industries.

1850s, Fremantle Prison was used as a place of incarceration for almost 140 years.

Decommissioned as an operating maximum security gaol in 1991, the empty prison with its solitary cells and gallows now welcomes 'inmates' of a different kind: tourists.

Visitors can 'step inside and do time' with Fremantle Prison's experienced guides on a range of tours that vary from pure history, to heritage adventure.

On Prison Day tours visitors can learn about the daily life of convicts and prisoners alike.

Featuring cells, yards, solitary confinement and an opportunity to view a once operational gallows these tours are perfect if you are interested in history or heritage. For a more spooky experience you can't go past an eerie Torch-

light Tour as the tour guide delves into the darker side of the Prison's history.

The most unique of all the tours on offer is the underground Tunnels Tour.

Those with a spirit for adventure can explore a one kilometre labyrinth of tunnels built by prisoners which run under the Prison.

Equipped with hardhat, overalls, boots, headlamps and harnesses visitors are locked into the ladder system before descending 20 metres into the depths below.

Skilled guides lead the trek through dry sections of the tunnels by foot, before boarding replica convict punts to explore the submerged passageways accessible only by boat.

In addition to its guided tours Fremantle Prison also features exhibitions in the Prison Gallery, interpretive Visitor Centres and an award winning Gift Shop.

The current exhibition Wadjemup to Walyalup (Rottnest to Fremantle) examines the confronting history of the incarceration of Aboriginal people in Western Australia and is on show until 1 December 2013.

Entry to the Prison Gallery is free of charge.

You can find more information on this heritage jewel by visiting www.fremantle-prison.com.au

It's Showtime

THE PACE is hotting up as the weeks fly by to the State's largest, anticipated community event with the lead-up to the IGA Perth Royal Show akin to lighting a long fuse to a firework – once ignited there is no stopping it – well, not until the celebratory explosion...

And with WA's largest annual extravaganza fast approaching we thought we would 'let you in to' some interesting elements of WA's main agricultural Show.

For starters – kids 12 and under go free, thanks to the State Government!

And the final preparations are clearly well underway at Claremont Showground to host more than 400,000 people, 10,000 animals, 600 small businesses, 100 entertainers and tens of thousands of pyrotechnics during the eight days of competition and festivity.

The RAS expects to receive about 15,000 entries into the 40 Show competitions which underpin the event that started out as a hum-

ble Annual Fair and Cattle Show in Guildford in 1834. Each year the RAS invests \$3 million dollars coordinating competitions that define excellence across agriculture, lifestyle and the arts.

With free attractions filled with animals, food and agricultural experiences the aim is for the Show to be entertaining and engaging while at the same time providing a unique and educational experience.

Every night throughout the Show the skies will light up with a dazzling fireworks display, sponsored by community partner, IGA, and brought to you by the Cardile family. The IGA Fireworks Spectacular goes off at the Peters Drumstick Main Arena nightly at 8pm.

Visit the website for further details and the opportunity to plan your day so you do not miss a thing.

<http://www.perthroyalshow.com.au>

Real circus... not just for kids, you know



Zelig Bullen with Liberty Horses

WHEN WAS the last time you roared with laughter? When was the last time you held your breath and gasped

in amazement? When was the last time you "oohed" and "ahed" at cute and cuddly performing dogs and clever

educated ponies? If you can't remember then it must be time for a visit to the Circus.

Be Active Circus Joseph Ashton presents an exciting, dynamic, and skilled performance that the whole family can enjoy.

Forget about over-priced imported circuses. This is the only circus in Australia where you can see the legendary triple somersault on the flying trapeze; the amazing somersault on the outside of the Wheel of Death; award-winning acrobats direct from the Monte Carlo Circus Festival; the youngest flying trapeze star in Australia; the illuminated aerial butterfly; Baby Zeeva (2½), Australia's youngest acrobat and world-famous animal trainer Zelig Bullen and her dogs and horses, live in the Big Top. Plus all your Circus favourites including Goldie, Queen of Clowns, the only professional female circus clown in Australia and one of only a handful in the World.

Before the performance see Zelig Bullen demonstrate her unique training methods, then after the show meet Zelig and her wonderful dogs.

Be Active Circus Joseph Ashton proudly sponsored by Healthway, is appearing at Langley Park, Riverside Drive, Perth, from 20 September right through the school holidays.

Show times, dates and bookings at www.circus-josephashton.com.au or phone Circus Hotline 0411 302 095. Tickets from \$15. Booking fee applies online.

Visit the Calamunnda Camel Farm this holidays

- Variety of camel rides available
- Bookings essential
- Open 9am-3pm Mon-Fri, 9-5pm Sat, Sun & public holidays

361 Pauls Valley Rd, Pauls Valley

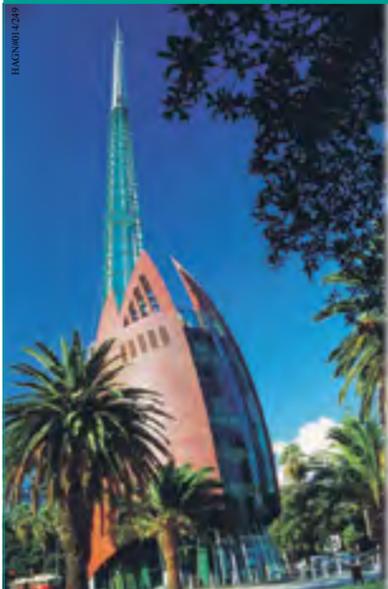
Ph: 9293 1156



Present this ad for a 25% discount on a 1 hr trek



Visit THE BELL TOWER



Check out our Love Locks where you can lock your love with family members.



ALL GRANDPARENTS FREE ON GRANDPARENTS DAY
27 OCTOBER 2013

SENIORS CONCESSIONS AVAILABLE



Barrack Square
Riverside Drive
Perth
Ph: 6210 0444
www.thebelltower.com.au
OPEN daily from 10AM

Army Museum of Western Australia



NOW OPEN New World War II Gallery.
A must see historical exhibition along with the other five galleries.
Open Wednesdays to Sunday, 11am to 4pm
Group and School tours welcome.
Galleries have disabled access.
Army Museum of WA
Artillery Barracks, Burt Street, Fremantle
Admission: Adults \$10, Children/Seniors \$7, Family (2+2) \$20
Contact: 9430 2535 www.armymuseumwa.com.au

GET WILD ABOUT WETLANDS

Not sure what to do with your grandkids these October holidays? Join us for an eco walk, talk or night stalk.

Events range from gold coin donation to \$5.

Call us today to express your interest and for program details!

REGISTRATIONS ESSENTIAL!

T: 9411 3444

E: customer@cockburn.wa.gov.au

www.cockburn.wa.gov.au/environment

Sharing our vision: A community and local government partnership.



BE ACTIVE

CIRCUS JOSEPH ASHTON

NEW LOCATION: BUTLER

Corner Connolly Drive & Lukin Drive
Season ends 15th September
PERTH, LANGLEY PARK
Riverside Drive
20th September to 13th October

Proudly sponsored by:

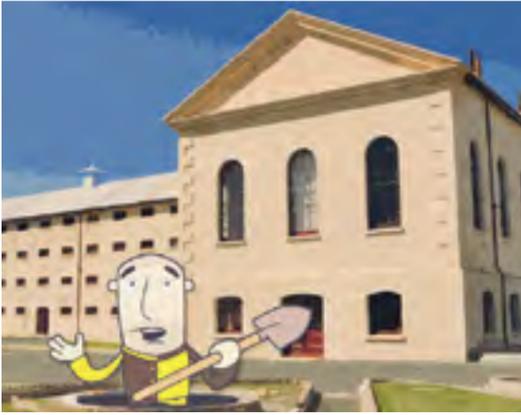
0411-302-095
WWW.CIRCUSJOSEPHASHTON.COM.AU

GRAND ACTIVITIES

A school holiday guide for parents and grandparents

ADVERTISING FEATURE

Lock your kids up these holidays at Fremantle Prison



FREMANTLE Prison is WA's only World Heritage listed building and one of the State's premier tourist attractions. So why not take the grandchildren? They are guaranteed to have fun while learning

about this amazing site.

The Escape! Tour is an exclusive tour for children aged five to 12 years old.

These special tours cost \$10 and are running on Mondays, Wednesdays and Fridays in the September school holidays.

Children will visit the sites of numerous dramatic escapes and hear a number of tales of daring, desperate and dangerous escapes from Fremantle Prison.

This tour is strictly for kids.

Don't worry grandparents – you are welcome to step inside and do time on the Doing Time tour while the grandkids are plotting

their escape.

The Prison will also be offering family passes for the Tunnels Tour during the school holidays.

Groups of two adults and two or three children aged between 12-15 will be able to purchase a family pass for \$180 between Saturday 27 September and Sunday 12 October.

Strict conditions apply for the Tunnels Tours, bookings and pre-payment are essential.

Want to know more?

Contact Fremantle Prison on 9336 9200 or visit www.fremantleprison.com.au for more information.

Disney's Planes (In Disney Digital 3D™)



FROM ABOVE the world of *Cars* comes *Disney's Planes*, an action-packed 3D animated comedy adventure featuring Dusty (voice of Dane Cook), a plane with dreams of competing as a high-flying air racer. But Dusty is not exactly built for racing—and he happens to be afraid of heights. So he turns to a seasoned naval aviator who helps Dusty qualify to take on the defending champ of the race circuit. Dusty's courage is put to the ultimate test as he aims to reach heights he never dreamed possible, giving a spellbound world the inspiration to

soar. *Disney's Planes* takes off in theatres in 3D on 19 September, 2013, and will be presented in Disney Digital 3D™ in select theatres.

WIN WIN WIN

To be in the draw to win one of 10 family passes to *Disney's Planes*, email win@haveagonews.com.au and include the name of the film in the subject line or address an envelope to *Planes Comp C/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Only over 45s are eligible. Competition ends 26/09/13.*

Time for a story...

organised for theatre shows for our little ones.

A number of Roleystone Theatre members have young children, but options were limited for suitable shows for them in the area. Therefore, some very talented members write their own short plays for children.

This year two short plays both written and directed by Nicole George who is a long-time Roleystone Theatre member and a local primary school music teacher.

The two plays to be performed at 11am and 2pm on 9, 11 and 12 October (second week of the school holidays) are *Kyle's Rainbow Day*, about a young man named Kyle, who decides to wear his favourite shirt to school for free dress day. Along the way he learns that it is okay to be yourself, to be a little bit different, as well as learning some nifty songs about colours.

The second play is *Caramel's Sweet Tooth*. This is about a lovely, fluffy, sweet bear called Caramel who like to eat sweets, sweets and nothing but sweets. When she eats one too many sweets at the Pretty Dolly's birthday party, they have to call The Toy Doctor! What do you think he will say?

Storytime in the Hills is fun for children of all ages. Both plays are presented in each performance time.

Dates and Times – Two performance times: 11am and 2pm on 9, 11, 12 October 2013 (second week of the school holidays).

Tickets – All \$5 (includes a snack and drink at intermission). Children under two are admitted free but must sit on an adult's lap. Bookings – Call 9397 5730 or book and pay online at www.roleystonetheatre.com.au

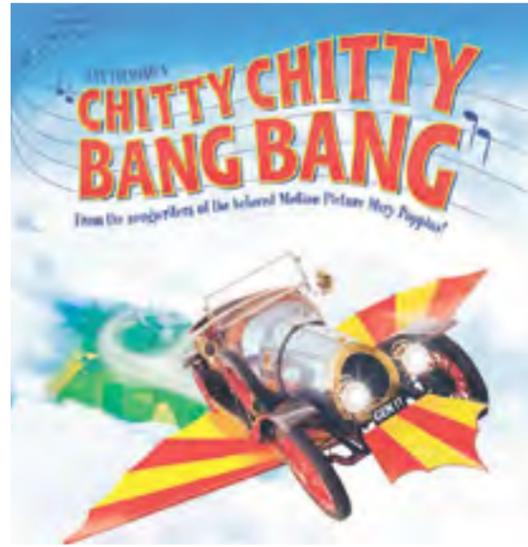
Location – 587 Brookton Highway, Roleystone (opposite the turn off to Croyden Road/Araluen).



Caramel the teddy bear and the Pretty Dolly

ROLEYSTONE Theatre Inc is a not-for-profit community theatre nestled in the picturesque Roleystone Hills. *Storytime in the Hills* came about in 2012 when the need was rec-

Win tickets to Chitty Chitty Bang Bang



adaptation of *Chitty Chitty Bang Bang* features stunning special effects, an irresistible story and memorable classics such as *Truly Scrumptious*, *Hush-a-bye Mountain* and, of course, its Oscar-nominated title song *Chitty Chitty Bang Bang*.

The Perth season runs until Sunday 6 October with tickets through Ticketek 1300 795 012 or ticketek.com.au

WIN WIN WIN

To celebrate Perth's season of *Chitty Chitty Bang Bang*, we have two double A Reserve passes to giveaway for the Friday 4 October performance at 8pm. To be in the draw, email win@haveagonews.com.au and include the name of the venue in the subject line or address an envelope to *CCBB Comp C/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse side. Competition ends 26/09/13. Only over 45s are eligible.*

THE HIGHLY anticipated Perth season of *Chitty Chitty Bang Bang* is now playing at Crown Theatre, Perth.

Embraced by audiences and critics alike, this multi-million dollar production boasts a company of 80, led

by David Hobson and Rachael Beck, and features some talented young WA children as Jeremy and Jemima.

Directed by Roger Hodgman, and produced by WAAPA graduate Tim Lawson, this celebrated stage

School Holiday Fun at the Gravity Discovery Centre



Monday 30 September to Friday 11 October 2013 (Monday to Friday only)

10.30am - 12.30pm

\$12 per child

Choice of two great activities:

Jetpack making (NEW!) - Monday and Thursday

Rocketry & Rocket making (Back by popular demand!) - Tuesday, Wednesday and Friday

Please bring along 2 x empty 1.25 or 2 litre soft drinking bottles for jetpack making or 1 x empty 1.25 litre bottle for rocket making. Other additional materials will be provided. Bookings preferred please. Parental supervision required.

1098 Military Rd, West Gingin 6503 Tel: 9575 7577

Email: bookings@gravitycentre.com.au www.gravitycentre.com.au

Only 20 minutes drive north of Yanchep



Your ticket to school holiday fun in the city



MONDAY 30 SEPTEMBER TO SATURDAY 12 OCTOBER

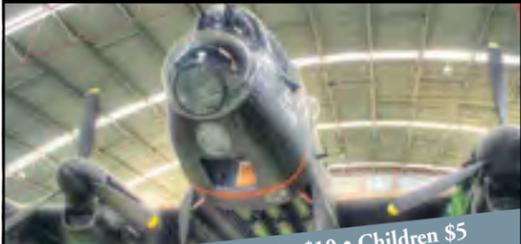
Pick up your pass at the marquee in Murray Street Mall and enjoy fun and freebies for the whole family during October School Holidays.

For more information visit www.showmepertth.com.au

SHOWMEPERTH.COM.AU



FLY OVER TODAY TO THE RAAFA AVIATION HERITAGE MUSEUM Bullcreek Drive, Bullcreek W.A. BIGGER THEN EVER - MORE DISPLAYS MORE AEROPLANES - MORE FUN Call 9311 4470 for information



ENTRANCE FEES - Adults \$10 • Children \$5 Students & Pensioners \$7.50 • Family \$25 Come and see our fully restored WWII Lancaster Bomber!

Our museum is housed in two huge pavilions and contains a magnificent display of 30 civilian and military aircraft, aero engines, models and aviation memorabilia. The Museum is open to the public seven days a week between 10am and 4pm.

Take a unique Inside Tour of the Lancaster Bomber, only \$100. Please book a week in advance.



South of Perth Yacht Club

School Holiday courses;
 • Dinghy Program - Start Sailing 1 Tue 1 to Fri 4 Oct, 9am to 1pm each day
 • Dinghy Program - Start Sailing 2 Mon 7 to Thu 10 Oct, 9am to 1pm each day
 This is a perfect way to get your kids into sailing!

Teaching your kids the basics of sailing in a fun and safe learning environment For more information please call the Training Coordinator

at South of Perth Yacht Club on 9364 5844 or email training@sopyc.com.au

See our website for course dates www.sopyc.com.au

Adult keelboat sailing and recreational Skippers Ticket courses also available.

GRAND ACTIVITIES

ADVERTISING FEATURE

October Holiday fun at the Western Australian Museum!



IVY Saviour of the Dinosaur © Stephen A'Court

YOU'LL HAVE a whale of a time at the six Awesome Western Australian Museum sites this October!

Awesome October at the WA Museum - Perth

This October, the WA Museum - Perth will host a range of Awesome Festival shows alongside the free craft activities and trails within the Museum! For the full Awesome program, visit www.awesomearts.com/festival

Ivy's Imaginative Bingo Trail

28 September - 13 October 9.30am - 4.30pm

Ages: Ages 4+
Cost: Free
Bookings: Not required.

Step in to the fantastical world of Ivy, the cleaning lady who sees objects a little differently to most!

Race against your friends and family in the fun bingo trail through the Museum's galleries and see Ivy's favourite exhibits through her 'expert' eyes.

Dinosaur Island

30 September - 4 October, 7 - 11 October

Times: 9.30am; 12pm; 2.30pm (50 minute sessions)

Ages: All ages
Cost: Free
Bookings: Not required.

Create your own dinosaur-themed artwork to add to the growing Dinosaur

Island installation in Hackett Hall!

Animal Imaginarium
1 - 13 October
Times: 9.30am - 4.30pm
Ages: Ages 4+
Cost: Free
Bookings: Only required for groups of 10+ on 9427 2836.

Everyday objects are not as they seem! Use your creative powers to create extraordinary creatures from ordinary things to add to the Animal Imaginarium in the Discovery Centre!

Whale Wonders at the WA Museum - Maritime, Fremantle

1 - 4 October, 7 - 11 October
9.30am - 5.30pm
Ages: 3+

Cost: Activities range from free to \$3 each. Museum entry fees apply (\$10 adults; \$3 children; \$5 concession; \$22 family of two adults, two children)
Bookings: Not required.

See the Maritime Museum's new Whale Wonders play zone and get wild about whales these October holidays! You can explore fun facts, play games, interact with the touch-table, play whale dress-ups and discover more about the favourite gentle giants of the sea. You can also make and decorate your own whale Skyswimmer Kite to take home.

Whale Tales at the WA Museum - Shipwreck Galleries

1 - 4 October, 7 - 11 October
10am - 2pm (Whale Tales at 11am and 1pm)
Cost: Activities range from free to \$3 each
Age: 3+

Bookings: Only required for groups of 10+ on 9431 8469.

A whale of a time awaits at Shipwreck Galleries these holidays! In the grand old sailor's tradition of carving on whale teeth, come and design a pattern on your own Scrimshaw Candle to take home, or join in the free whale tales and salty sea stories!

Rock On at the WA Museum - Geraldton

28 September - 13 October
9.30am - 4pm
Ages: All ages

Cost: Activities range from free to \$3 each (\$2.50 each for groups of four or more)
Bookings: Not required

Rock into the museum to discover the vast mining and mineral treasures hidden below the surface of the Mid West! Delve into the dress up box and deck yourself out in high-vis and a hard hat ready for a day at the mine site, steer a load of ore in the small-scale dump truck from the mine face to the crusher and hopper loader, or take part in a number of other ore-some craft activities and trails!

Icy Pole at the WA Museum - Albany

28 September - 13 October
10am - 4.30pm

Ages: All ages
Cost: Activities range from free to \$7 each
Bookings: Required for guided workshops on 9841 4844

Are you brave enough to lead your very own Antarctic expedition? Enter the Deadly Zone and discover the sights, sounds and shores of the world's coldest desert; dress for a blizzard, meet Shep the Husky and decipher Morse code; navigate through Antarctic landscapes, see and hear its inhabitants, and pilot your way through hands-on happenings in our Antarctic explorers hut!

I Spy With My Little Eye... at the WA Museum - Kalgoorlie-Boulder

28 September - 13 October
10am to 4.30pm (Story time at 10.30am daily)

Ages: 3+ (Story time suitable for all ages)
Cost: Activities range from free to \$3.50 each
Bookings: Not required.

I spy with my little eye, something beginning with FUN! Come along to the Museum and join in the big game of I Spy! While you're there, meet Dennis the big red fire engine and his vintage car friends from circa 1927 - 1951!

For the full school holiday programs, visit museum.wa.gov.au/school-holidays

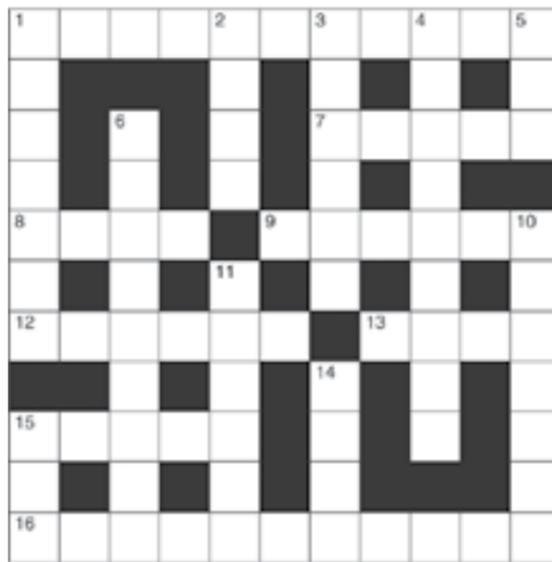
Programs are subject to availability. All children 12 years and under must be accompanied by a parent or guardian.

COMPILED BY
Lovatts
CROSSWORDS & PUZZLES

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Play online games puzzles with a chance to win prizes at www.youplay.com
Order Lovatts syndicated puzzles for your own publication, website or other platform from www.puzzlexperts.com

Have a Go News DOUBLETAKE CROSSWORD

Tackle either set of these clues - you can even mix and match them, because the solutions are the same for both sets



© Lovatts Puzzles

CRYPTIC CLUES

Across

- They're skillfully mounted for the show (11)
- Book leaves boys at weddings (5)
- Location could even assist me (4)
- Surface layer taipan disturbed (6)
- Daily drama sounds like a breakfast favourite (6)
- Edna, district attorney and myself (4)
- Rugby players with curls? (5)
- Are they the very best at their jobs or do they just get others to work harder? (11)

Down

- Signs up enrolled nurse initially and keels over (7)
- Cereal grown outside San Diego (4)
- Mention again about bog fuel (6)
- Nag about fifty-one cans found by church members (9)
- Spots odd distress signal (1,1,1)
- Water falls with this optical ailment (9)
- Silver sedan spoilt plans (7)
- In Tehran, some pay money to buy freedom (6)
- Use noisy sheep (4)
- Portion in car park or in life (3)

STRAIGHT CLUES

Across

- Riders (11)
- Summons on bleeper (5)
- Place (4)
- Green sheen on copper (6)
- Story in instalments (6)
- Cathedral, Notre ... (4)
- Fastens with key (5)
- Harsh bosses (11)

Down

- Joins army (7)
- Pudding starch (4)
- TV encore presentation (6)
- Church of England congregation (9)
- Mayday call (1,1,1)
- Cloudy eye condition (9)
- Schedules (7)
- Kidnap demand (6)
- Lambs' mothers (4)
- Item bid for in auction (3)

DOUBLETAKE CROSSWORD SOLUTION FOR #257 AUGUST 2013



© Lovatts Puzzles

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

SUDOKU PUZZLE SOLUTION FOR #257 AUGUST 2013

SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

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

© Lovatts Puzzles

LOCK THE KIDS UP THESE SCHOOL HOLIDAYS.

Explore Fremantle Prison on a fascinating Prison Day Tour, Tunnels Tour adventure or spooky Torchlight Tour.



also available: ESCAPE! TOUR

An exclusive tour for children aged 5 to 12 years old. Children will hear a number of tales of daring, desperate and dangerous escapes from Fremantle Prison and plot their own escape plans. These special tours must be pre-booked and are available on: Monday 30 September, Wednesday 02 October, Friday 04 October, Monday 07 October, Wednesday 09 October and Friday 11 October 2013.

The Terrace, Fremantle | 9336 9200
fremantleprison.com.au

FREMANTLE PRISON

SUDOKU SOLUTION WILL APPEAR IN THE OCTOBER 2013 ISSUE OF Have a Go News

DOUBLETAKE CROSSWORD SOLUTION WILL APPEAR IN THE OCTOBER 2013 ISSUE OF Have a Go News



join in the festival...

Bendigo Bank 2013 Seniors Week Festival FOCUS



Celebrating 10 years of recognising heroes in aged care



From left to right; Julie Brady and Barry Honey - Hunter Beattie and Joy Parnell - Quentin Smythe and Helen Drury - Bruce Davis and Natalee Fuhrmann - Vicki Nash and Jill Downie - Quentin Smythe and Bethanie CEO, Stephen Besci

THE BETHANIE Medallion recognises and rewards individuals who consistently deliver an exceptional standard of service within the aged care sector.

Have a Go News was again proud to be the media sponsor for these auspicious awards and we take pride in recognising those who work tirelessly in the aged care sector.

This year celebrates the 10th year of the Medallion Awards and we congratulate past and present winners.

Bethanie Group Chief Executive Officer, Stephen Besci said, "We are thrilled to not only recognise those who have contributed over the past year but also look back at those who have contrib-

uted over the past 10 years." "The 10th year celebrations of the Medallion have been a wonderful success and have once again recognised the people who give unselfishly to others, serve above and beyond the call of duty and simply make the lives of older citizens easier and more enjoyable, said Mr Besci.

To find out more about the Medallion visit www.bethanie.com.au.

Medallion Award winners:
 • **Professional Medallion:** Julie Brady - Bethanie Elanora
 Finalist - Dr Pam Nichols - Alzheimer's Association
 Finalists - Michelle Harris -

Bethanie Group
 • **Volunteer Medallion**
 - Individual: Joy Parnell - Braemar Presbyterian Care
 Finalist - Dorteia Mays - Eaton Senior Citizens
 Finalist - Jacqueline Thorpe - Bethanie Fields
 • **Volunteer Medallion**
 - Organisation: Seniors Recreation Council of WA

Inc. - Accepted by Quentin Smythe
 Finalist - St John of God Hospital Bunbury Community Visitors Scheme
 Finalist - ENCOMM Program - Christ Church Grammar School
 • **Media Medallion:** Natalee Fuhrmann - WA writer for Women's Day

Finalist - Frank Smith - Have a Go News
 Finalist - Anne Lee - The Senior
 • **Graduate Medallion:**

Vicki Nash
 • **All Rounder Medallion:** Seniors Recreation Council of WA Inc. - Accepted by Quentin Smythe

Diabetes WA September CookSmart and FootSmart sessions this month

EACH 90 minute interactive food preparation session is run by a dietician who teaches a range of cooking techniques to prepare tasty and healthy, low GI snacks and meals and provides the opportunity to taste test a variety of healthy products.

CookSmart Sessions:
 • Tuesday 17 September in Subiaco
 • Thursday 26 September in Guilford.

FootSmart session:
 • Wednesday 11 September in Belmont

Diabetes can cause damage to your feet, and foot problems are the most common cause for a person with diabetes to be admitted to hospital. Find out how to avoid this by attending a FootSmart session and learning how to look after your feet.

All sessions are free to Diabetes WA members and NDSS registrants, \$20 for all others, and bookings can be made by calling 9325 7699 or emailing bookings@diabeteswa.com.au



AMAROO VILLAGE Gosnells • Denmark • Albany Retirement Living

Sit back, relax and enjoy! Living is easy at Amaroo Village Gosnells, Denmark and Albany. Our friendly staff look after the garden; villa maintenance; and administration. No need to even change the light globe yourself!

Amaroo also offers high and low care in Gosnells. Both offer beautiful gardens and dining area. Our highly qualified staff provide exceptional care and support. Residents with dementia are also catered for.

Accommodation Co-ordinator: Andrea 9490 3899 (Gosnells), Carey 0427 851 562 (Denmark), Donald 0408 793 173 (Albany).

To learn more about us, please visit www.amaroovillage.com.au. For all enquiries or villa inspection, please call your local Resident

2 Wreford Court, Gosnells 6110, WA ph: (08) 9490 3899 www.amaroovillage.com.au



your will their future

Making it better ... a bequest to Princess Margaret Hospital Foundation will help ensure the best available health care for future generations.

For more information contact Anne Smith tel (08) 9489 1189 pmhfoundation.com

JOIN OUR TEAM



VOLUNTEERS The♥of Whiteman Park

Whiteman Park relies on a highly valued group of volunteers. Right now, we're seeking a group of passionate people to provide visitors with a friendly and informative introduction to our amazing Park and its many attractions. As a Visitor Information Volunteer, you'll be working in our brand new Visitor Information Centre in the Village at Whiteman Park. If you have time for a wonderfully rewarding experience, enjoying and sharing the wide range of fascinating events, natural environment and transport heritage that Whiteman Park have to offer, join us as a volunteer today. For all the details, simply call our Volunteer Coordinator on 9209 6000 or visit us online at whitemanpark.com



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Bendigo Bank 2013 Seniors Week Festival FOCUS



Your monthly update on what's happening for seniors in WA ...brought to you by...



Government of Western Australia
Department of Local Government and Communities

Studies show getting out and exercising has many benefits for seniors

KEEPING physically active can help older people remain socially connected, according to a recent review of research and evidence on the topic that was commissioned by the Department of Local Government and Communities and the Seniors Ministerial Advisory Council.

The research completed by the University of WA's Professor Simone Pettigrew found that while estimates of social isolation among older people varied considerably, (ranging from 10 per cent to 43 per cent according to one study), there was concern that an ageing population could mean more social isolation in future.

Professor Pettigrew concluded that given the diverse interests of older people and their varying social needs, community and health professionals should provide a range of options, including physical activity opportunities, to reduce social isolation.

Heart Foundation Walking and Cycling Manager Anna Sheppard, who is coordinating next month's Walk Over October, said the review was a timely reminder about the benefits of exercising with others.

"Walk Over October is a great time to join your local Heart Foundation Walking group," Ms. Sheppard said. "Walking can be an easy way to keep active, and as the research shows, has both physical and mental benefits."

To find a Heart Foundation Walking group, go to www.heartfoundation.org.au/walking, or check out other physical activity groups run by local councils.

"Walk Over October helps us recognise the enormous benefits, for body and mind, that daily walking can bring," Ms Sheppard said.

"What else can you do once a day, at no cost, with no side effects, that will:

- reduce the risk of heart disease by 30 to 50 per cent;
- reduce the risk of dementia
- reduce the risk of Type 2 diabetes by 30 per cent;
- reduce the risk of breast and colon cancer by 20 per cent; and
- improve mental health; prevent depression and other mental health problems."

More information about Walk Over October activities and events scheduled for next month including a Seminar organised for Tuesday, 8 October which features Professor Pettigrew as a keynote speaker, can be found through www.walkoveroctober.com.au.



The Bethanie Family volunteers get creative

ONE OF Bethanie Illawong's volunteer Ann Skepper (pictured left) started volunteering at Bethanie a few years ago when her mother was a resident.

Even though her mother has passed away, she still eagerly volunteers at the centre and keeps residents company by sitting with them to chat and play board games – all activities which keep minds and fingers active.

Recently Ann decided to try her hand at art and created an amazing mosaic sign for the centre.

Ann had not done anything like this before, but the sign now takes pride of place at the Bethanie centre entrance.

A perfect example of a lovely lady giving back to the community and trying new things!

For anyone interested in becoming involved with the Bethanie Group Volunteers or for further information please contact Laurette LeCras on 0407 479 123 or Laurette. lecras@bethanie.com.au

Register your event for 2013 Bendigo Bank Seniors Week Festival

Bendigo Bank

Seniors Week Festival

10-17 November 2013

The Bendigo Bank Seniors Week Festival 2013 is a special time for Western Australians.

From Sunday 10 November to Sunday 17 November, events and activities will be held throughout

Western Australia to acknowledge seniors' contributions to society and promote intergenerational activities during the festival period.

If you are holding a seniors event between Sunday 10 November and Sunday 17 November and wish to promote it in your area or community please follow the steps below:

Send an email to seniorsweek@haveagonews.com.au including details about the event. This should include the event title, description (100 words), date, start and end time, RSVP date, venue, cost, re-

gion, organiser's name and contact telephone number.

You can also go the Have a Go News website www.haveagonews.com.au and download a copy of the form which can be completed and returned by email or post.

Registrations received by Wednesday 25 September and considered suitable for inclusion may be published in the Special Liftout in October's *Have a Go News* as well as in the online calendar.

For further information contact the office on 9227 8283.

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More than 50 Australian men diagnosed with prostate cancer every day

YOU are not alone!

Every day in Australia 50 men are diagnosed with prostate cancer. This illness affects not only the man diagnosed but their partners, families, friends and the wider community. Many people report experiencing emotions such as shock, anger and sadness when they are told they have cancer. It's hard to know where to turn when this roller-coaster of emotions hits.

Prostate Cancer is the most common cancer diagnosed in Australian men with more than 20,000 men being diagnosed each year and close to 3,300 men dying as a direct result of the disease states Dr Anthony Lowe, CEO of PCFA.

PCFA Support groups exist across the country for men, partners and carers affected

by prostate cancer. Support groups play an important role in providing information and support to cancer patients in the community.

Emilia Hay, PCFA Support Group and Outreach Coordinator said that "dealing with a diagnosis of prostate cancer is often a very stressful and confusing time for men and their families. Understanding the treatment options and coping with the side effects of treatment can be very difficult. It's important to get good information and support and talking to others who have gone through similar journey can often assist with reducing this stress".

Most support groups are led by people in the community who have had prostate cancer and have a passion for helping men and their fami-

lies. Many men have had their treatment and are currently clear of the disease, hence are very positive about treatment outcomes. Generally support groups have doctors and other specialist medical professionals speak at their meetings thereby providing a forum for people to ask questions of the experts. Support groups have access to a vast library of resources on all issues relating to prostate cancer.

Whilst currently there are 17 support groups operating in WA there is a growing need to establish more groups.

If anyone is seeking information about prostate cancer or would like to know more about the support groups in their area, please visit the website www.pcfa.org.au or call 9381 7444 or FreeCall 1800 22 00 99.

Augusta Retirement Units



The Augusta Retirement Units are administered by a small group of volunteers.

Two of these superb self-contained and air-conditioned units have just completed a total 'makeover', they are 'as new', and are again available for occupation as a Lifetime Tenancy.

Unit 14 is a larger unit with roller-door garage attached and an ingoing fee of \$230,000.

Unit 6 is more compact, has an adjacent car-port, and ingoing fee of \$150,000.

There is a small weekly maintenance fee of \$50 which covers all rates, water, external lawns and gardens.

For enquiries, phone Secretary,
Mrs J Childs 9758 1257



Volunteer Task Force has been supporting the community for over 40 years. We provide much needed service to frail elderly and younger people with a disability. Our teams are enthusiastic, dedicated people from all age groups. Helping out as a volunteer can help improve your skills, social life and sense of belonging. Make the difference today and call us to lend a hand in our gardening or social support team. Weekdays or weekend opportunities available (in some areas)

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Too old to work?



Ready for work!

by Frank Smith

MOST HEALTHY seniors would be happy to do interesting work, at least part time, to keep their minds active and to supplement their pension or superannuation. But employers, friends and relations are discouraging.

One in six seniors have been told they are too old for a particular job they were doing while over one third of job-seekers were told they were too old for a job they had applied for, even though they were qualified for the role.

That is the result from a survey of more than 3,000 older workers carried out by the Productive Ageing Centre in Melbourne published in June.

The report: *Age Discrimination in the Labour Market* found that in many cases this discrimination came from family and friends rather than employers.

Moreover 13 per cent of working seniors felt they were excluded in the workplace because of their age. This included being made the butt of insulting jokes or comments, feeling as though they were being forced out, and being paid less than younger workers in similar roles. This discouraged many of them from continuing to work or working for longer hours.

The report says increasing voluntary participation in the workforce by older

people benefits Australian workplaces, the Australian economy, and mature age people themselves.

However, discrimination against workers or job seekers on the basis of their age is a potential barrier to seniors utilising their skills and experience in the workplace.

The survey found that more than 80 per cent of job seekers said that age discrimination was a problem during job search in Australia, while nearly 70 per cent of workers said age discrimination was a problem in the workplace.

The report found that these negative perceptions discouraged workforce participation; 31 per cent of retired people said that being considered too old by employers is an important reason for them to retire, and about half of unemployed older workers said this discrimination is an important reason why they are no longer looking for work.

People who are not employed but have not yet retired, low income earners, people with an illness or disability and job-seekers aged 55-64 were most likely to have suffered discrimination.

Other surveys have found that most employers claim to have a positive attitude to older workers although some thought older employees were slower and less productive than their younger colleagues.

The report suggests strategies to retain mature age workers including reducing or changing workload or responsibilities, changing work arrangements and offering them training or mentoring roles, where their skills and experiences can best be employed.

An earlier survey mailed fictitious resumes to over 450 companies in different industries in WA. Younger applicants received more positive reviews than older applicants.

Moreover recruitment agencies are reluctant to accept older workers as clients or recommend them to employers.

The 2004 Age Discrimination Act aimed to protect people from being unfairly treated because of their age in the workplace, during education or while accessing goods and services.

One of the report's authors, Dr Tim Adair, said legislation can lead to improved attitudes to older people in the workplace but other changes need to occur.

"Business needs support to respond to the ageing of their workforce through awareness raising campaigns, as well as changing public attitudes towards ageing," he said.



WHEN it comes to fall prevention programs for Culturally and Linguistically Diverse (CALD) background seniors, Chung Wah Community and Aged Care (CAC) has been actively involved in Stay On Your Feet Week since September 2007.

With the intention of creating a bigger platform to raise awareness that falls are preventable and not a consequence of ageing, this year CAC is inviting all seniors in the community regardless of your background to join together at Northbridge Piazza on 27 September for an exciting series of programs and activities helping you to prevent falls.

Starting from 10am, you will be part of the four hour program to promote positive and active ageing through Tai Chi, falls prevention exercises, cooking demonstrations, Chinese seniors' aerobics and shuttlecock kicking game which will definitely bring you lots of fun and joy. These programs are part of the Asian exercise culture that helps prevent falls. One of the popular Asian activities, that has proven to be particularly

Experience the Asian way in falls prevention

effective in falls intervention is Tai Chi which is widely-practised in our regular wellness and community programs.

According to a 2009 report of Australian Commission on Safety and Quality in Health-care, falls are the leading cause of injury for people over 65 years in Western Australia. At least 10 per cent of falls result in serious injury, of which the most common is a fractured bone. Other consequences of falls, even if there is minor or no injury includes loss of confidence, reduced activity and fear of falling. These consequences are often neglected and can lead to loss of independence and reduced quality of life.

Falls can be prevented and are not a normal part of ageing.

Staying active is an essential element to prevent falls. Chung Wah Community and Aged Care (CAC) has been employing a wellness approach throughout all their programs and services since 2008 in order to develop, maintain and enhance the independence of their clients in a culturally appropriate way. This gives choices for them to remain active physically, socially and psychologically.

Whether you are interested in knowing more about CAC - one of the fastest growing ethnic care and service providers or wanting to be educated about 'falls prevention' to promote active

ageing, CAC look forward to seeing you and your friends and family there.

Let them embrace you with warmth, friendliness and excitement to experience the differences.



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Volunteer with People Who Care and you can help Granny Smith

We provide support for the elderly and people with disabilities who are living independently in the community.

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To apply for **People Who Care** services or volunteer please call **9379 1944**.
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Consumers and taxpayers victims of medicine price rip-off



pay for the cost of drugs in the pipeline. As a result according to three national health consumer and community organisations – Consumer Health Forum (CHF), Choice and Australian Council for Social Services (ACOSS) – people are paying up to 10 times more for medicines than Britons or Kiwis.

The three organisations say Australia's price cuts still lag well behind other countries at a time when up to 15 per cent of people in Australia now struggle to pay for prescriptions.

They say independent health experts estimate if Australia was to pay the same prices as New Zealand for our medicines, a massive \$1 billion a year would then be saved off the cost of the Pharmaceutical Benefits Scheme (PBS) – and those savings could be used to finance new health services and the listing of new drugs.

The PBS costs taxpayers around \$9 billion per year.

For example the common anti-cholesterol drug Atorvastatin costs Australians four times the price of the same drug in the UK. The Bi-Polar medication Olanzapine costs Australians 11 times the UK price (\$164 per script in Australia on the PBS) and the anti-clotting drug Clopidogrel costs Australians nearly three times the UK price (it's \$32 in Australia).

"The main losers are people who have a chronic disease," says Dr Philip Clarke – Professor of Health Economics at the University of Melbourne. "They are often paying hundreds of dollars more for medications compared to people in countries like the USA and the UK."

Recent reforms in which drug prices are adjusted annually will help address this problem.

"There is scope to go much further, for example in England drug prices are adjusted every three months and this is one of the reasons why they are so much cheaper."

The Pharmacy Guild is asking customers to sign a petition protesting this change saying the reduced profits will be reflected in poorer service

"The government has determined a price it is prepared to pay for each drug used in Australia. This price is way too high by international standards. As the price comes down, the principal beneficiaries should be patients – either through paying less for medications, or by the government adding new medications to the Pharmaceutical Benefits Scheme," says Professor Stephen Duckett, from the Grattan Institute.

"Pharmacists are already remunerated at an agreed price for dispensing medications, they needn't be paid twice by keeping prices high as well," he said.

by Frank Smith

WHEN NEW medicines come on the market they are usually very expensive because the manufacturer prices them to recover the very high cost of research and development, including the cost of research into medicines that never make it to market.

This lasts as long as the patent does. Then other manufacturers, who have not borne these development costs, get in on the act. Typically costs plummet.

However the Australian government allows pharmacies to charge the higher rate for a period to

Over 50s' Ballroom Dancing holds AGM

THE OVER 50s' Ballroom Dancing, with 135 members in attendance, held their 22nd Annual General Meeting recently.

The President's Annual report was presented, with the treasurer's financial report recording a small drop in attendance; however a small profit was achieved and the report showed the club to be in a sound financial position.

All committee positions were declared vacant and an election for the committee for 2013/2014 took place with the election of Ken Atkinson as President, John Kember Vice President, Valmai Farthing Secretary, Frank Taylor Treasurer, Mavis Collard Membership Secretary, Patricia McOscar Property/ Purchasing, Shirley Hunt Dance Co-ordinator and Jenny Eyre Raffle Co-ordinator.

The only business was the nomination by the committee of five members for Life Membership. Corinne and Bob Patching and Pauline and Albie Appletree have worked as a team for many years setting up the day, organising the afternoon tea and closing down everything at the end of the day giving up their own dancing for the benefit of the members. Mavis Collard after several years as a helper on dance days has spent the last seven years as membership's secretary. All deserved to be granted Life membership.

Dances are held every Thursday from 11.15am to 3.30pm alternating between the South Perth Civic Centre and Karrinyup Sports Centre.

For more information call secretary Valmai Farthing 9401 6743.

Like to dance? Improve your health and wellbeing with square dancing



MANY people become stuck at home, thinking they have no alternative other than to watch television and consequently become less socially interactive and less healthy than they should be.

The Square Dance Society would like more people to know of the significant benefits to their health and wellbeing from doing something as simple as a couple of hours of square dancing per week.

If you are one of those people who would like to dance, but have put off doing so because you thought it was too hard either physically or mentally, now is

your opportunity to discover how much fun you have been missing.

The Square Dance Society of WA has begun Introduction Dance Sessions to offer the general public the chance to 'have a go' at square dancing without obligation, to see if they will enjoy it.

If you are interested, then visit the Square Dance Society's website at WWW.SQUAREDANCE.ORG.AU to find a venue near you and more information on the Introduction Dance Sessions scheduled over the coming months.

Square dance is fun and friendship set to music, but is also a wonderful way of improving your health and wellbeing while enjoying the many lifelong friendships made along the way.

You can also call Freecall 1800 643 277 for more information and a venue near you.

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Seniors Week Festival

10-17 November 2013

WA Seniors Awards
Sunday 10 November

Seniors Recreation Council Be Active
Have a Go Day
Wednesday 13 November

The Senior Newspaper
Grandparents Family Day at Perth Zoo
Sunday 17 November

Government of Western Australia
Department of Local Government and Communities

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The Rise is an elevated new over-55s estate which will comprise 19 private homes in a secure, gated community with a landscaped park, gazebo, fruit trees and an outdoor kitchen area as its centrepiece. If you're seeking an alternative to the large family home on a large block, but don't

want all the compromises that go with the typical "downsizer", then The Rise at Greenmount is the answer. There are just a handful of exclusive home sites still available, all offered with two or three-bedroom designs. The homes feature high ceilings, stone bench tops, timber floors

or porcelain tiles and will be fully finished inside and out, leaving nothing to do but move in. Beautifully elevated, the estate enjoys views of Greenmount National Park and is nestled in a warm, inviting community where residents take pride in their street.

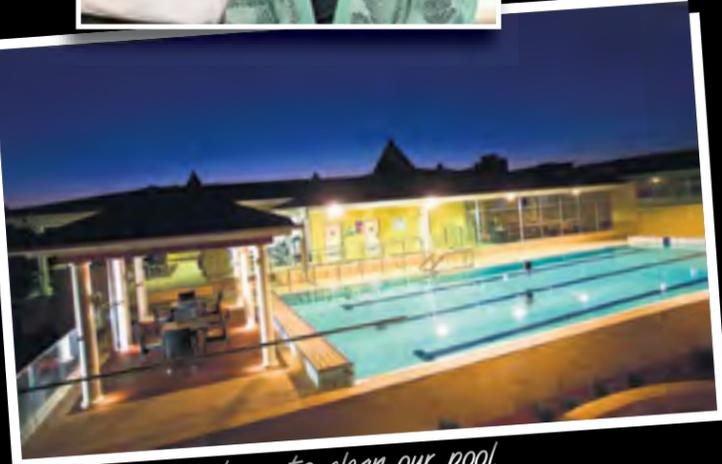
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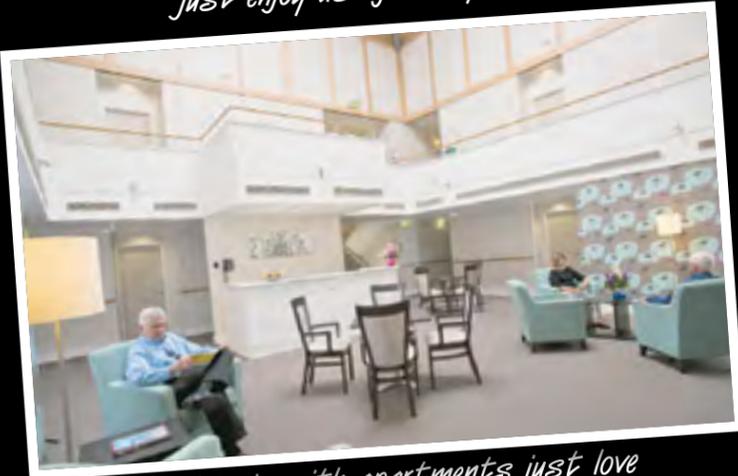




We're still skiting about our very clever move to Ocean Gardens Village in City Beach. This is what we have to put up with.



Never have to clean our pool. just enjoy using it any time..



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...watching the gardens' transformation while we don't need to do a thing.....



...with more time to improve my game and relax with new friends...



...we've had to settle for a bigger, newer, more stylish kitchen...



On a serious note, the 24 hour care service makes us and our family assured that we're well looked after...



...and, you guessed it, yet another glorious sunset over the ocean from our City Beach abode. Jealous?!

Stop being jealous, drop in and see for yourselves at 60 Kalinda Drive, City Beach. Call Geraldine first on 9285 3021

Be healthy, be active, be independent



Take charge and Stay On Your Feet®

Be healthy, be active, be independent and Stay On Your Feet®! Is the message from the Injury Control Council of WA. Falls are not a necessary consequence of ageing and they can be prevented.

One in three seniors fall each year but this number can be reduced with appropriate awareness and action. Most falls are a result of health or lifestyle and the risks can be reduced. The Injury Control Council of WA encourages seniors to remain active, take charge and stay on their feet.

If you or someone you know is at risk of falling, contact the Stay On Your Feet® team and find out more about how to reduce your risk. Telephone **9420 7212** or visit **www.stayonyourfeet.com.au**.



Preventing falls a balancing act

Tai Chi is a popular form of exercise due to its many health benefits, especially in reducing the risk of falling. It's excellent for strength and balance.

The movements and philosophy of Tai Chi teach people to relax, slow down, coordinate their mind and body, and improve posture. Tai Chi increases strength and balance and can make you feel stronger and more confident.



Healthy tips for healthy feet

Almost 8 out of 10 of seniors report foot problems, and 4 in every 10 report foot pain, so keeping our feet healthy is important.

Follow these simple tips:

- Wash and dry feet well when showering
- Trim your toenails regularly or ask a podiatrist to do so
- Inspect feet regularly and visit your podiatrist about any abnormalities or pain
- Alternate your shoes and replace them regularly to give feet a break and allow shoes to air
- Wear safe footwear (dry and clean with a good grip and firm support)
- Avoid walking barefoot
- Visit a podiatrist regularly especially if you need help with your foot care



Tea and toast, no more!

Eating for one need not be a cup of tea and slice of toast. When living alone poor nutrition such as skipping meals or not eating a variety of foods can cause light-headedness, dizziness and impact concentration levels, all of which increase your risk of falling.

You can cook healthily for one, improve your nutrition and reduce your risk of falling using these simple tips:

- Eat at least 3 balanced meals each day, include plenty of fruit and vegetables
- Drink 6 to 8 glasses of fluids including water, tea, juice or milk
- Use less salt, try herbs and spices instead
- Limit high fat foods
- Stock your fridge and pantry with long lasting foods
- Cook simple meals that are freezer friendly
- Share meals with friends or family

Is your aid aiding you?

For many seniors there comes a time when they may need a walking aid to feel more balanced. Maintenance of walking aids is important as they have many parts that can wear down or break over time and become hazardous.

These parts include:

- Wheels
- Rubber tips on the bottom of walking sticks
- Handle grips
- Break cables

If you notice changes to the parts on your walking aid replace them or seek advice from a professional.

and Stay On Your Feet[®]!

Stay safe in your garden this Spring

Spending time in your garden is excellent for physical activity, beautifying your home and growing delicious fruits and vegetables. However, it's always important to consider the risks involved with gardening. Up to a quarter of all falls among seniors occur in the garden.

Stay safe in the garden by heeding the following:

- Drink water regularly and wear light fabrics to avoid excess sweating and dehydration
- Store tools correctly in the garden shed and while using them. Ensure they are in easy reach
- When moving tools, do so in your hands rather than over your shoulder to remain balanced and avoid falling
- Store your garden hose safely away after use to prevent trips and slips
- When lifting something heavy do so by bending your knees and crouching down, then lift by straightening your legs
- If you cannot lift an item comfortably seek help to avoid a fall or injuries

Cleaning your gutters is a job that is best left to the professionals or a family member.

How to get up off the floor

Falls can be prevented. There are Nine Steps To Stay On Your Feet[®] and reduce your risk of having a fall. Having a *Fall Action Plan* including how to get *Up Off The Floor* safely to safeguard yourself if you fall is wise.

The Injury Control Council of WA has created a resource with a nine step process to get up from the floor safely. This resource is a two-sided magnetic poster which is great to place on your fridge at home as a reminder about falls prevention.

Create a *Fall Action Plan* using the tips on the back. Think about what actions you have in place if you fall.

Some questions to think about are:

- Would you have a **phone** close by?
- Do you have a personal **alarm**?
- Would you be able to access the **front door** easily?

These are all easy actions to consider so that help can get to you quicker if you fall. It is important to seek advice from a health professional about the safest way to get up off the floor. To order an *Up Off The Floor* poster or for more information about falls prevention please contact the Stay On Your Feet WA[®] team on **9420 7212** or email soyfw@iccwa.org.au.



Regularly check your eyesight

Over time there can be gradual changes that affect eyesight. Blurred vision, watery eyes and eye disorders can increase falls. It is important to seek advice from a GP or optometrist if you notice changes in your eyesight to reduce your risk of falling.

Look after your eyes to reduce falls by:

- Having regular vision tests, at least every two years
- Having glasses and eyewear checked annually
- Taking care when walking on stairs and road verges if wearing bifocals or multifocals
- Eating a balanced diet with sufficient vitamins A and E (green leafy vegetables, nuts, seeds and dairy products).

Identify, remove and report hazards

Environmental hazards can cause falls. These hazards may be located inside or outside the home or in public spaces. It is really important to remove or report hazards.

Some common hazards that contribute to falls are:

- Not enough lighting
- Objects on the floor or stairs
- Loose mats or rugs
- Uneven or slippery floors
- Wet or uneven paths

Manage your health and Stay On Your Feet[®]

It's important to manage your health to reduce your risk of falling and even long-term health conditions can be managed. If things don't feel right, seek help or advice.

Health management tips:

- **Review your lifestyle** – eat a variety of nutritious foods, do 30 minutes of physical activity per day, drink alcohol in moderation and quit smoking
- **Get to know your condition** – if diagnosed with a chronic health condition learn about your condition from your GP and other health professionals
- **Review medicines** – some medicines can have side effects which can increase your risk of falling
- **Participate in life** – being involved in social and recreational activities, can help manage stress or pain and provide life balance.





healthy living

ADVERTISING FEATURE



Jeanette Woolerton

by Jeanette Woolerton

AN APP a day ...

Within the last decade the self-monitoring trend has gained momentum to such an extent that you may be forgiven for feeling overwhelmed by the numerous gadgets and machines available on the market.

However, what are the health benefits (if any) of such a technological blitz and will the appeal last, or will we sink under mountains of irrepressible data?

Health News

Judging from the abundance of media reports, it seems we are getting serious about self-monitoring by tracking everything from what we eat to how many steps we take to get to the car – not to mention how substantial our quality of life is.

Consumer technology has advanced to the point of being so diminutive and inexpensive, that it is easy to accumulate a number of 'apps' and devices that consistently inform us of various concerns in regards to our health (almost instantly).

The trend in self-tracking heralds "the biggest shake-up in the history of medicine," according to Eric Topol, a leading American physician.

Topol believes the growth of self-tracking devices is bringing us to a turning point

in medicine. In a recent interview with the BBC, Dr Topol stated that he, personally, does not prescribe drugs for his patients, he prescribes apps.

It appears that we are moving from 'an apple a day' to an 'app a day' in keeping the doctor away, but at what cost?

For more information on this fascinating topic, please visit <http://www.medicalnewstoday.com/articles/264784.php>

Lest we forget ...

In a recent attempt to diagnose a form of dementia that can affect people as young as 40, famous faces such as Oprah Winfrey, Princess Diana and Albert Einstein are being presented to patients in the hope that they may be able to identify them.

A team from the Northwestern University Feinberg School of Medicine report their findings on a test for a rare form of dementia called primary progressive aphasia (PPA), which affects people aged between 40 and 65.

"There are several tests out there that assess knowledge of famous faces but none were designed for younger individuals," says researcher and doctoral candidate Tamar Gefen.

While Alzheimer's affects memory, PPA involves progressive destruction of language abilities.

People with this condition may make grammatical errors, have difficulty putting sentences together, or have trouble recognising and naming words and faces.

Unfortunately PPA is often misdiagnosed as Alzheimer's.

"Some patients come and say I forgot my daughter's name when really it's not a question of memory impairment, it's an issue of the person's naming abilities being devastated," she says. "It's a very interesting and important distinction."

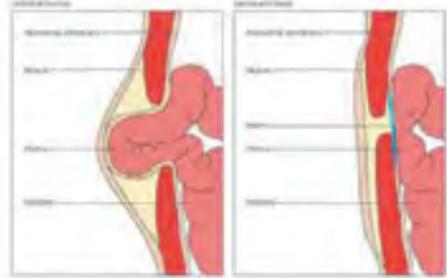
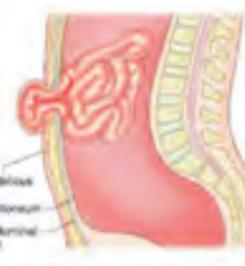
Indeed it is! Our language skills are imperative in order to sustain important relationships and positions.

It is fascinating to discover that although our memory may remain sharp, our ability to communicate what we remember may become so impaired that we are mistakenly diagnosed with Alzheimer's.

These two conditions are not related at all. While Alzheimer's affects memory, PPA involves progressive destruction of language abilities.

For further information on the topic, please refer to the link: <http://www.abc.net.au/science/articles/2013/08/13/3823757.htm?topic=health>

What is a hernia?



Clockwise from left; Jemma Aldridge - Figure 1 - Figure 2

HAVING a hernia is one of the most common reasons for having abdominal surgery. A hernia is a protrusion of fat or abdominal organs such as the intestine through a weakened section of the abdominal wall.

If left untreated the split in the abdominal muscles widens and greater amounts of tissue can push through organs forming a sac outside the abdominal wall. This visible lump/bulge is one of the key characteristics of a hernia, especially in standing.

Refer figure 1.

The weakened abdominal wall can be present at birth (congenital defect) or develop in later life. The most common hernia is the inguinal hernia - a hernia in the groin. Hernias can develop in other areas such as the naval or upper thigh. Some hernias can be pushed back through the abdominal wall; these are called reducible hernias. However others that cannot be pushed back are non-reducible.

Both types of hernias require surgical repair and approximately 40,000 Australians have their hernias repaired each year. Hence it is one of the most common abdominal operations performed.

The symptoms of a hernia are;

- A visible lump or swollen area
- Heavy uncomfortable feeling in the gut especially with bending over
- Pain or aching especially on exertion or heavy lifting
- Digestive upsets such as constipation
- Lump disappears when lying down
- Lump emerges upon coughing, straining and standing up.

There are different types of hernias based on where the weakness is in the abdominal wall.

An inguinal hernia is when the lump occurs in the groin; it is the most common, particularly with men, with nine out of 10 hernias occurring in the groin. This hernia occurs when a loop of intestine pushes against a small ring of muscle in the groin.

A femoral hernia is when the lump is high in the thigh where there is a weakness at the femoral canal. This is more common in women.

Umbilical hernia is when the intestine pushes through the abdominal wall close to the naval. It is common with newborns,

overweight women or women whom have had multiple pregnancies.

What can be done?

Surgery is required for most non reducible hernias.

Usually a hernia will grow in size if left unrepaired and more importantly it may become life threatening if a section of your intestine becomes strangulated by the opening.

Surgery can be performed via laparoscope or by open surgery.

The abdominal wall weakness needs to be found and the opening stitched with sutures and reinforced with nylon mesh.

Laparoscopic surgery is performed with three small incisions and the repair is done from inside the abdominal cavity whereas with open surgery there is a central abdominal cut and the mesh is reinforced behind the abdominal muscles not from inside the abdominal cavity.

How the surgeon does your operation depends on their surgical experience and a preference for a technique that can prevent post operative complication such as the hernia re-bulging. The recovery is usually faster with laparoscopic repair as you have less pain and less of an abdominal wound. However, sometimes the incidence of re-bulging is slightly higher with this technique.

It is important you discuss with your surgeon the reasons why they have a preference for open cut or laparoscopic surgery.

Refer figure 2.

Thanks for reading

Jemma Aldridge
Physiotherapist

NB: Please note that the information in this article is of a general nature. It is not specific advice to any individual. Readers should consult their general practitioner or other health professional for an assessment and specific advice with regard to their particular condition.

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I was gob smacked; it had a remote and everything! My son told me that this new seat would wash and dry me with just the push of a button, he said that he had purchased one for his family just last week and they loved it so much that he just had to get one for me to!

Well, two weeks later I don't know how I ever survived without it...

All I have to do is sit down on my nice warm seat to use the loo; once I am finished I simply press a button and I get a warm water wash and warm air dry!

Now my toileting is a time of luxury, it is the best Father's Day present I have ever bloody got!" Marvin Ross

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Advertorial

HAS YOUR self confidence as a man taken a knock lately? Feel like you need a stamina and energy boost?

Many men experience a gradual decline in sexual performance as they age with a South Australian study showing that 60 was a 'turning point' for many in acknowledging erectile problems.

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Herbal Ignite men's supplement has been used with excellent results by thousands of men since it was launched 14 years ago. Taken daily with food it boosts testosterone levels and promotes new levels of sexual performance and well-being.

Herbal Ignite's general

manager Sam Kamani says a drop in sexual strength as you age is often related to lower testosterone levels.

"It's easily remedied with a product which doesn't give unpleasant side effects.

"One of the herbs in Herbal Ignite addresses the problem of low testosterone naturally," says Sam. "Other ingredients in the formula help with getting and maintaining erections, relieving stress and boosting energy levels."

Herbal Ignite also boosts women's libido and many couples take the product together to support their intimate relationship.

Visit: www.herbalignite.com.au or by calling 1800 981 215.

Please Note: This product is not intended to treat or cure any medical condition.

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- Travel companion
- Pen friend
- Seeking a friend
- Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered
- DTE: Down to earth
- GSOH: Good sense of humour
- ND: Non drinker SD: Social drinker
- NG: Non gambler NS: Non smoker
- NOR: North of River
- SOR: South of River
- TLC: Tender loving care
- WLTM: Would like to meet

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Entries not accompanied by the correct sized envelopes will not be considered for publication.

Name Address

Phone I am over 45 years of age (Signature)

Seeking a Friend

ACTIVE lady, early 70, wishes to meet gent for friendship, companionship. Let's meet for coffee. NS, SD, NOR.
Reply Box 5822

A HAPPY slim, genuine lady, 60s, many interests WLTM gent, 70-75 with similar attributes, GSOH, good company, conversation, to enjoy each others company, long term if compatible, NOR.
Reply Box 5843

AMAZING lady likes exercise, healthy eating for longevity, environment, art, reading, as do you; incredible male. We are 60s, attractive, educated, fin sec, articulate with a frisson of charm and sophistication. Will we soon meet?
Reply Box 5832

A SINGLE lady, 40s, missing out on family life. Would love to have a child soon. Looking for a man prepared to share this lifestyle. Someone genuine, considerate and honest. I am employed and secure.
Reply Box 5808

AUSTRALIAN lady, east-ern hills, 70, medium build, 5'6", DTE, GSOH, ND, NG, NS, WLTM, genuine, happy, healthy, finsec, gentleman friend who enjoys people, movies, theatre, travel, fun, laughter, conversation.
Reply Box 5812

A VERY active and happy lady, 60s, lives southern sub-urbs, employed. Loves music, theatre and dance; looking for a dance partner and loves nature walks, camping, exploring, travelling, to share with honest, attentive and caring gentleman.
Reply Box 5807

CHRISTMAS gift for you... me! If happy, feminine, slim-ish, educated, 60+ lady loves laughter, hugs, kisses, sexual intimacy, jazz and classical music, theatre, nature, simple pleasures, this 69er, mere-male has lots to give you and sparkling chrispy tree on the 25th. Ho ho ho!
Reply Box 5818

COUNTRY lady widow, 76yrs, south west, looking for a romantic and caring gentleman for friendship first, maybe relationship later. Let's meet for coffee and chat. NS, SD, ALA.
Reply Box 5821

DO you want a companion to take your interests to heart? I am 71, medium build, well educated, lived a life of luxury. Would like to spoil with kindness etc. Love caravanning, beach walks, sundown dinners at home. WLTM gentleman 70-75.
Reply Box 5834

EUROPEAN lady, 49, SOR, active, enjoys travelling, cooking, pets, GSOH, ND, NS, DTE, home lifestyle. WLTM similar man. Let's meet and chat over coffee and meal and see where it will end up.
Reply Box 5845

EVERYBODY needs somebody to love, maybe it's you and I therefore let me introduce myself...I am single easygoing, I am very active, enjoying life, health. I am in my early 70s and WLTM you if you think to have similar qualities. Bye bye for now. Keep well and let me hear from you soon.
Reply Box 5827

FEMALE late 50s, brown skin, WLTM DTE, GSOH, gent, late 60s above for travel, friendship, social activities, good conversation, ALA, mobile and email OK.
Reply Box 5830

FRIEND to Friend please call or write to me, as we have a lot in common. I loved your photo and letter. We could be the best couple going. AET to DT. Me 5722 in July. Be what you are. DT.
Reply Box 5848

GENT 60s, handsome, presentable, well dressed, loving, affectionate, healthy, sincere, honest, NS, music, dancing, good cook, fin sec, travelling, no baggage, slim, remembers birthdays, Valentines day, Christmas. WLTM lady, 60s, for genuine friendship, maybe relationship.
Reply Box 5841

GENT alone am I, so it would be great to share time for chat and coffee maybe a movie, meal, laughs with lady in same position. Me; stable, active, tall, athletic build, NS, GSOH, bag-less. If you're slimish, SOR, 58-62, I would love to catch up.
Reply Box 5831

GOOD bloke 57, wants a good woman.
Reply Box 5811

Visit [Have a Go News online: www.haveagone.com.au](http://www.haveagone.com.au)

HAPPY, romantic, caring, GSOH, DTE, considerate, gentleman, early 70s, 1.7m tall, slim to medium build, dark hair, well dressed, enjoys the good things in life, NS, NG, SD, likes fitness, classical and light music, dining in/out, WLTM lady, 60+, living NOR for friendship and to enjoy the good things in life, good company gives meaning to life enriching it. Let's meet, nothing to lose, much to gain.
Reply Box 5815

LADY 70 WLTM SOR genuine gent, kind, gentle, understanding a very slight walking disability, otherwise, fit and happy. He must like rock'n'roll, dining out locally, no walking, caravanning, fishing.
Reply Box 5835

LADY 73, NOR, NS, WLTM gent for coffee and a chat and a good laugh. I like country music, movies, dining in/out, outings, caravanning. Please answer me if interested.
Reply Box 5844

LADY Margaret River region, own home, WLTM gent, early or mid 60s, GSOH, NS, SD, active, caring, genuine, honest, well balanced, medium build, tall and maybe a caravanner. Friendship? Relationship? Let's talk first.
Reply Box 5846

LADY seeking caring, compassionate gent, 70+, loyal and willing to share in every way, NOR, preferred Christian values, English Australian, prefer widower, lots of caring and sharing, GSOH, essential for abundant living in every way.
Reply Box 5819

MALE 47, recently moved to Perth, Mt Lawley, seek male friends for friendship.
Reply Box 5842

MALE tall, slim, long time divorced, grown up family, raised two boys, 1950 vintage, Gemini, if you don't like hearing someone talk I'm not for you. Intelligent, live NOR, converse on any subject, NS, GSOH, SD.
Reply Box 5805

MIXED social group 50s to 60s, SOR, seeking new people to join our friendly social group and to participate in interesting outings. No fees. Don't stay home alone. Please include phone contact details, landline if possible.
Reply Box 5802

MY HOME'S too large, want to move once; to live together. I think I'm fun, fit and attractive but many have run! I am talkative but that lessens as my love grows. Fin sec; 10km CBD, SD, NS, 60, female.
Reply Box 5840

POOR, ugly, eccentric, 66yo, Englishman, loves books, music, thinking. WLTM educated girlfriend to hold hands, walk and talk, daytimes in city.
Reply Box 5810

SPANISH Rose would like 'Phillip' to please write again. 'Phillip' didn't include his contact details when he replied to Reply Box 5789 from the August edition.
Reply Box 5847

TALL soft haired male, 70s, creaky, WLTM educated woman, dramatic, sensitive, lifes human, artistic, scholarly, not over conventional, royal-ist ok, residual libido? Fin sec, not only star, NS, TLC, metro, ALA, car, travel too? Shangri La? Well no!
Reply Box 5837

WIDOW 70, lonely, genuine, Christian, Asian, NS, SD, NG, simple, kind, caring, no baggage. WLTM gentleman with same interests for long term relationship, 6010 area, meet for coffee. Only genuine replies.
Reply Box 5839

WIDOW in my 60s, fin sec, slim, active, outgoing, WLTM genuine gent with GSOH, DTE, NS, SD for friendship first and later possible relationship, and happy times spent together. I know you are out there. Let's meet for coffee.
Reply Box 5817

Seeking a Partner

ACTIVE gent 57, young, no ties, fit, financially comfortable, WLTM a lady to 57.
Reply Box 5813

ARE YOU an attractive, active, naughty but nice Albany lady, fin sec, happy, positive outlook and would love to be treated and spoilt like a lady by a 38 model gentleman who is well presented, GSOH, DTE, NS, SD, own home. Please reply and let's meet to see if our stars align. ALA.
Reply Box 5825

AUSSIE gent seeking nice Asian Chinese lady around 50 to 60 years of age. I am presentable, honest, genuine, slim build, living in Mandurah area for genuine partner. Replies will be done for sure. 5'9" tall.
Reply Box 5824

AUST gent 67, 6", slim, active, fin sec, NS, SD, own home, SOR, Willetton area, sincere. Interests; gardening, cycling, walking, drives, music, picnics, bbqs. WLTM affectionate, caring, slim lady to have a long, loving future with. Let's meet for coffee. ALA.
Reply Box 5828

ENGLISH Australian lady, 1948 vintage looking to meet gent 1946 to 1949, honest, caring, good hearted, own home, likes travelling overseas, intelligent, good education, all rounder person. Likes animals, beach, driving, bbq, movies, eating out, peaceful.
Reply Box 5806

EURO gent happy positive energetic, romantic, full of life, GSOH, NS, NG, SD, medium build, 70s, genuine, honest, WLTM lady to 74, any nationality who enjoys others company and share life together around Morley area. Let's meet for coffee and a chat.
Reply Box 5814

GENT 55, NS, ND, NG, likes country music, travelling, dancing, WLTM slim, lady with similar interests; under 5'4" tall.
Reply Box 5816

GENT 66, can look 50 but not before breakfast! Positive romantic, happy, creative, bit eccentric, hoping to meet sensible lady soon, must be over 50.
Reply Box 5838

GENT WLTM lady, 70+, living Mandurah or Bunbury area for friendship, relationship. I am healthy, active, GSOH, considerate, DTE, NS. I like travelling, gardening, dining in or out, fin sec, ALA.
Reply Box 5836

GUY 59, fit, working f/time, own home, into good food, music, gardening, animals (dogs), country drives, hugs, kisses, fun, laughs and the slow lane. Seeking genuine lady, 50 - 65, partner. GSOH, SD, NS, SOR, WLTM, ALA.
Reply Box 5804

LADY 53, Looking for a 55 - 60yr old partner. Likes to swim and dance. Has two and a half year old pet dog, lives Mt Pleasant area.
Reply Box 5823

LADY late 60s very caring, GSOH, NS, ND, WLTM gent. Me; love travel in Australia and overseas. Enjoy movies, live shows, going out as well as staying home with nice company, SOR. Hope you are the one.
Reply Box 5820

Friend to Friend

When replying to an entry:



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All replies will be forwarded at the end of each month.
All replies are strictly confidential and are not opened.

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LADY slim, fit NS, SD, happy nature, enjoys life, reading, movies, chic flics, wining and dining in/out, travel in/out Australia, country drives. WLTM 60+ guy to share love, laughter, friendship to explore future adventures together, let's meet for coffee.
Reply Box 5826

PHOTOGRAPHIC, scenic, beauty, Australian travel, classical music, gardening, art loving, widow, 75, educated, warmhearted, GSOH, youthful, Christian, slim, 5'6"; WLTM gentleman having strong, mental compatibility, to share uplifting values, conducive to beautifully extending life. Metropolitan.
Reply Box 5809

QUIET shy, seeking strong man to care for me. Early 60s, the need for support is growing. I'll care for you if you'll care for me. I'm kind and considerate, educated and fin sec. Nervous but genuine. NOR, NS.
Reply Box 5829

SINCERE professional lady looking to share happy life together with homelife, travel, casual walks, good company. DTE, GSOH, I love to laugh, no baggage, sharing TLC. I am 69 looking for 70 - 90 year old gent. Has to be sincere, loving, fun to be with and step out of comfort zone.
Reply Box 5826

WIDOWER in late 60s, fit, active, NS, SD, easygoing, lives NOR, WLTM lady late 50s, mid 60s, unattached, NS, SD, enjoys watching sport, drives, walks and homelife for friendship and possible relationship. ALA.
Reply Box 5833

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Slumbercare proudly support Princess Margaret Hospital and the company has donated more than \$400,000 to the hospital.
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a comprehensive range to suit all tastes and budgets.
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Home in WA – a great information resource for the homemaker

ONE OF the great things about WA's longest running local television home show which airs on Channel Seven Perth and GWN7 every Saturday afternoon, is their companion website.
This great resource offers the visitor a wealth of information and of course informative videos of the many builders, home products and services which have been featured on the show.
Colin Barlow, who is this paper's garden expert/columnist, can be seen on video offering interesting and informative tips and hints on gardening.
Home in WA is produced locally and features a wealth of information, especially relative to Western Australian homes.
Watch Channel 7 Perth and GWN7 every Saturday afternoon for great home and garden hints from Home in WA or visit www.homeinwa.com.au
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ADVERTISING FEATURE



Top drop for flowers and fruit!

THE WELCOME drops of rainfall over the last month will hopefully help to top up the dams, but it has made it difficult for many of us to get out into the garden.

Most of the weeds have grown vigorously and are swamping the rest of our plants.

So now with spring upon us, it is the time to get cracking, pull out the weeds and get your garden growing to provide beautiful flowers and a bountiful harvest this spring and summer. Remember that you can add the weeds to your compost heap and recycle them into healthy garden compost.

To help you achieve a garden that tastes as good as it looks, Seasol has just released a new Powerfeed formula especially for vibrant flowers and improved fruit production, 'Powerfeed for Flowers and Fruit'. Based on the proven 'Powerfeed for Vegies' formula, PowerFeed for Flowers and Fruit is organically based. It has just the right balance of nitrogen, phosphorus and potassium to enhance flowering and fruit growth, without producing excessive foliage.

This combination of a liquid fertilizer, chelated iron, fish emulsion and a soil conditioner will improve the growth and performance of all the plants in your garden or containers, producing more flowers, longer lasting blooms, improved fruit quality and healthy root systems with an increased resistance to stress, heat and drought.

The liquid compost in PowerFeed for Flowers and Fruit also improves the condition of soil and the availability of nutrients by stimulating the growth of beneficial microbes. Plus its sustainable low phosphorus formulation makes it suitable for use on Australian native plants and safer for our waterways. I have been using it on my fruit trees, roses and strawberries in pots with fantastic results. Simply apply 45mls of concentrate per 9 litres of water every 1-2 weeks and you will soon enjoy the 'fruits of your labour'.

Powerfeed for Flowers and Fruit comes in a 1 litre concentrate and as a 2 litre hose-end spray pack and is available from all Bunnings stores or go to www.seasol.com.au for further information.

London Calling

A quick and effortless Eurostar journey across the English Channel to central London began the last leg of our European tour.

First stop was a delightful day in the realm of Vita Sackville-West and Harold Nicholson at Sissinghurst Castle in Kent. Together they formed a perfect but unusual partnership resulting in a quintessential English garden.

A series of interconnected 'garden rooms' lead the visitor on an enchanting journey through one of England's most famous gardens.

One of England's best-kept secrets, West Green House, rebuilt after an IRA bombing in 1990, was next on our itinerary. Australian Marylyn Abbott painstakingly began the transformation in 1993 and today the beautiful garden is testament to her passion and commitment.

The garden is full of wonderful ideas for your own garden with intricate parterres, luxurious lawns, ornamental vegetable gardens, water gardens and woodland walks. Statues and follies are dotted throughout the landscape adding interest and intrigue.

The peak event of our trip was a visit to the amazing show gardens at the 100th Chelsea Flower Show in London, which was capped off with a well deserved win for the Aussie team. A decade long wait to achieve the 'Best in Show' award was a fitting farewell for Wes Fleming and a credit to designer Phillip Johnsons.

The Artisan Gardens set in the tranquil Ranelagh Gardens at the Show demonstrated what can be achieved within a small space. The artisan approach to these designs resulted in gardens that looked like they had been

there forever. The use of various textures and materials to complement the planting created much interest to the visitor.

I love colour and there is nowhere better to enjoy a kaleidoscope of vibrant colour at the Show than within the Great Pavilion, where glorious cut flowers and potted specimens are displayed from

some of the best growers and horticulturists in the world. The delightful and intricate indoor display gardens with miniature alpines, woodland scenes and amazing floral installations always inspire. A master class from Hillier's Nurseries in the use of form, foliage texture and contrast gained another well-deserved Gold Medal.

If you would like to join me on this trip of a lifetime next year in May 2014 with fellow travellers from around Australia to see 'Europe's Best Gardens' also including Amsterdam and Paris.

For further information contact Royce Green from Ross Garden Tours on 1300 233 200 or go to www.rosstours.com/europe/

A spring festival of wildflowers!

No matter where you are in Western Australia you can enjoy the amazing spectacle of wildflowers bloom-

ing like nowhere else in the world. Many people in WA don't realise what we have and why so many visitors from overseas and interstate come here. So if you haven't done it before, or wish to enjoy their unique beauty once again, check out some of WA's hotspots for wildflowers, starting in our city.

Join the month long Kings Park Festival's 50th birthday party celebration where King's Park is again transformed into a spectacular wildflower wonderland. Event highlights to celebrate 50 years of flower power include an opening concert with James Morrison and The Motown Experience, the Fantastic Faraway Festival, Turf Tattoo, Tinpan Orange at Folk and Flowers and a 'Fifty Years of Flower Power' outdoor exhibition and swing dance party.

While you are there, take a stroll through the Western

Australian Botanic Garden to see some of the most spectacular wildflowers on the planet, in our own backyard. There is also a huge range of rare native plants, not often found in commercial nurseries, for sale, cultivated and grown by volunteers from Friends of

Kings Park. This event is not to be missed on the weekend of the 28 September to the 30 September. Get there early as plants sell out quickly.

For further information go to the website www.kingsparkfestival.com.au

© Colin Barlow 2013

WIN, WIN, WIN!

To be in the draw to win one of 10 Seasol prize packs, put your name, address and telephone number on the back of an envelope and send to Powerfeed Comp, c/o Have a Go News, PO Box 1042, West Leederville 6901 or email win@haveagonews.com.au with the word Powerfeed in the subject line before 1 October 2013. Each prize pack consists of one Powerfeed for Flowers and Fruit concentrate (1L) and one 2 litre hose-on Powerfeed for Flowers and Fruit valued at more than \$22.



The prizes can be picked up from the Have a Go News offices at 137 Edward Street, Perth.

Roworth Rose Nursery SPRING SPECIALS

Cafe Bloom (located in Roworth Rose Nursery) now open under new management!

Cooked breakfast daily. Group bookings very welcome
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King Single	was \$1599	now \$799
Single	was \$1399	now \$699

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Onegin - a compelling tale of double unrequited love

by Josephine Allison

THE ballet life of legendary dancer and teacher Egon Madsen has turned almost full circle with his Perth visit as special guest teacher and coach for the WA Ballet's latest production *Onegin*.

Madsen danced the role of Lenski in *Onegin* choreographed for the Stuttgart Ballet by John Cranko in 1965. Forty eight years later he is again enjoying his involvement with *Onegin*, which he describes as "a story ballet

and a very important work."

"There are not so many story ballets around the world so Perth audiences will have the chance to see something great," Madsen said, while taking a break from rehearsal at the WA Ballet's new headquarters in Maylands.

Onegin tells the compelling tale of double unrequited love with the high-handed Onegin at first spurning the young, naive Tatiana. She blooms to become a sophisticated, St Petersburg aristocrat, who, in turn, sub-

sequently rejects Onegin's advances in a final, crushing blow.

Former WA Ballet artistic director Ivan Cavallari has returned to Perth as rehearsal director to help restage the lavish production set to Tchaikovsky's powerful score and performed by the WA Symphony Orchestra.

At 71 (he just celebrated his last birthday in Perth), Danish born Madsen still has the same magical stage presence that has taken him around the world as partner

to many world famous ballerinas including Margot Fonteyn, Gelsey Kirkland, Lynn Seymour, Eva Evdokimova and Lucia Isenring who he married in 1980. The couple now live in Marken on Italy's Adriatic Coast where they grow olives and fruit and run chickens when not travelling together.

As one of the foremost dancers of his generation and one of the legendary personalities who made the Stuttgart Ballet world famous, Madsen appeared as a guest artist with many companies including the Royal Ballet in London, the Royal Danish Ballet in Copenhagen as well as companies in Cologne, Munich and Toronto.

Madsen was last in Perth about 10 years ago with the Netherlands Dans Theater III a unique company of mature age dance artists aged over 40 who became world famous with a tailor-made repertoire of works based on

the strong personalities of its members.

Madsen teaches and coaches worldwide and came to Perth at relatively short notice for a three-week stint to work with the WA Ballet. He also finds time to dance special character roles.

"It has been so good to work with the WA Ballet. Dancers are open and keen to learn.

"Ballet is a very special art and a company must be able to present both modern and classical works in such a way the public understands everything."

Madsen joined the Eric Gauthier Dance Company as company coach in 2009, a position he still holds. He danced to critical acclaim in *Don Q* with Eric Gauthier in the story of an old man and his younger companion. In 2011 he received the German Dance Prize for lifetime achievement for his exceptional talents and contribu-



Egon Madsen

tion to dance. His authorised biography was published in 2012 to celebrate his 70th birthday.

Madsen has been associate artistic director of Ballet du Rhin, in Mulhouse, France for the 2012-13 season.

Madsen is excited about the many possibilities that await the WA Ballet.

"Dancers have to work very hard and they have

a relatively short working life," he said.

But judging by Madsen's longevity in the dance world, that is not always the case.

Onegin runs at His Majesty's Theatre from 20 September to 5 October.

Editor's Note: See WA Ballet's Onegin ad on page 59 for an exclusive two for one ticket offer for Have a Go News' readers.

THE TIVOLI CLUB OF WA presents

It's Christmas Time

FRIDAY EVENING SHOWS
Doors open 7.30pm for 8pm start
15, 22, 29 November and 6, 13 December

SUNDAY MATINEE SHOWS
Doors open 11.30am for 12noon start
10, 17 November and 1, 8, 15 December

TICKET PRICES
\$18 Adults, \$15 Pensioner, \$8 Child
Ticket includes chicken and chips meal at intermission, tea and coffee. Soft drinks, crisps and sweets are available for purchase at the kiosk. BYO wine, beer, drinking glasses and nibbles.

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SHOW DATES: 29 September, 27 October and 24 November
COST: Adult \$3 Child \$1.50 Tea, coffee, snacks and drinks available for purchase



Ethel Chop

© James Pelidis

AUSTRALIA'S FAVOURITE polyester clad battleaxe Ethel Chop (Mix94.5) stars in her very own singing, storytelling, cabaret extravaganza on Thursday 12 and Friday 13 September at 7.30pm and Saturday 14 September 6.30pm, Downstairs at the Maj.

With musical accompaniment from Neville O'Grady (Morley RSL), Ethel charms her way through a jam packed variety hour featuring informative tales and great tunes such as David

Ethel sings!

Bowie's *Fashion*, Madonna's *Vogue* and the haunting melody *Agadoo* by Black Lace, plus old favourites *There's No Business Like Show Business* and *Maybe This Time*.

She might love plastic hall runners and tripe, but Ethel sure knows how to entertain. "It's about time audiences were wowed by someone tuneful and attractive. And that someone would be me", says Ethel.

Ethel has been entertaining audiences for many years so it's not surprising that she has received numerous awards including Melbourne and Perth Fringe Best Comedy and a Green Room Award Nomination for Best Show. In 2007 Ethel wrote the splendid book *Strain Your Gherkins* for Penguin Publishers. She can be heard on the Southern Cross/Austereo radio network every week and seen on tours Australia wide. Don't miss out on the delightful Mrs Ethel Chop in *Ethel Sings!*

Bonus: Fun prizes to be won! **Plus free fashion tips for frumps and ugly customers!

Doors and bar open one hour prior to

show time. It is recommended that you arrive early to enjoy a selection of light bites and sweet treats, gourmet coffee or premium beverages from the bar. Seating is cabaret-style, mostly at tables of four. Bring a friend or we'll tee you up with some friendly folk.

Tickets: Standard *\$42, Concession *\$38

Bookings 1300 795 012: Book over the counter at a Venue Box Office or Ticketek agency 1300 795 012 or ticketek.com.au Special Group Price: Buy 8+ tickets and receive concession price.

Book through Ticketek Groups 1300 364 001 or groupbookings@ticketek.com.au

(*Transaction fees may apply. A credit/debit card processing fee will apply).

WIN WIN WIN

To be in the draw one of two double passes to see Ethel Chop perform, be the first to call Have a Go News on 9227 8283 during business hours or email win@haveagonews.com.au and include the word chop in the subject line. Only over 45s are eligible.

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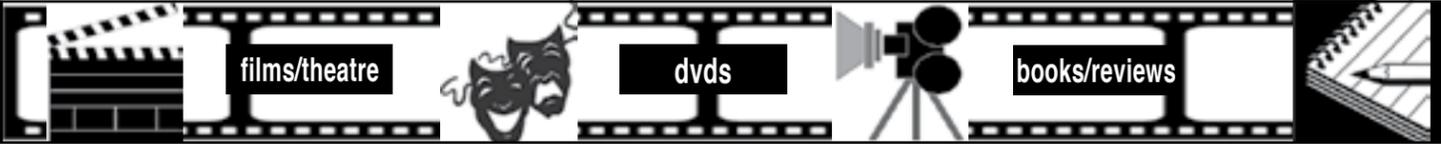
An ingenious mix of music, theatre and film based on Coward's classic love story.

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Image from the original UK production: Simon Turtle

Arts



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PARANOIA, a high stakes thriller goes behind the scenes of global success to a deadly world of greed and deception. Two powerful tech billionaires (Harrison Ford and Gary Oldman) are bitter rivals with a complicated past. They will stop at nothing to destroy each other. A young intern, Adam Cassidy (Australia's own Liam Hemsworth) is seduced by unlimited wealth and power, and becomes trapped in a life-and-death game of corporate espionage.

By the time Adam realises his life is in danger, he is in too deep and now he must beat them at their own game. *Paranoia* is in cinemas now.

WIN WIN WIN
To be in the draw to win one of 10 double passes to *Paranoia*, call the Have a Go News office on 9227 8283 during business hours (Monday to Friday, 9am to 5pm) and leave your contact details. Only over 45s are eligible. Competition ends 16/09/13.

On the Silver Screen



White House Down

Rating: M

IN COLUMBIA Pictures' *White House Down*, Capitol Policeman John Cale (Channing Tatum, pictured left) has just been denied his dream job with the Secret Service of protecting President James Sawyer (Jamie Foxx). Not wanting to let down his little girl with the news, he takes her on a tour of the White House, when the complex is overtaken by a heavily armed paramilitary group. Now, with the nation's government falling into chaos and time running out, it's up to Cale to save his daughter, the president, and the country.

www.whitehousedown.com.au

The Smurfs™ 2

Rated: G

In this sequel to the hybrid live action/animated family blockbuster comedy *The Smurfs*, the evil wizard Gargamel creates a couple of mischievous Smurf-like creatures called the Naughties that he hopes will let him harness the all-powerful,

magical Smurf-essence. But when he discovers that only a real Smurf can give him what he wants, and only a secret spell that Smurfette knows can turn the Naughties into real Smurfs, Gargamel kidnaps Smurfette and brings her to Paris, where he has been winning the adoration of millions as the world's greatest sorcerer. It's up to Papa, Clumsy, Grouchy, and Vanity to return to our world, reunite with their human friends Patrick and Grace Winslow, and rescue her! Returning cast includes Neil Patrick Harris, Jayma Mays, Katy Perry as Smurfette and Hank Azaria as Gargamel. Brendan Gleeson joins the cast as Victor Winslow.

WIN WIN WIN

To be in the draw to win one of 10 double passes to either *White House Down* or *The Smurfs 2*, call the Have a Go News office on 9227 8283 during business hours (Monday to Friday, 9am to 5pm) and leave your contact details. Only over 45s are eligible. Competition ends 16/09/13.

Celtic Woman reschedule tour



Celtic Woman; L – R Mairead Carlin, Susan McFadden, Lisa Lambe, Mairead Nesbitt

DUE TO unforeseen scheduling conflicts, *Celtic Woman* has been forced to postpone their forthcoming Australian tour. The tour is rescheduled to January 2014.

Celtic Woman's Susan McFadden says, "We are truly sorry for any inconvenience we have caused our Australian fans and promise that when we come over in January we will put on a show to remember!"

Perth's concert has been moved to the Riverside Theatre, Perth Convention and Exhibition Centre. Perth Arena tickets are transferable for the Riverside Theatre. New seated tickets for The Riverside Theatre will be automatically posted out to current seated ticket holders. Additional tickets for The Riverside Theatre will go on sale on Monday 5 August 2013, from www.ticketek.com.au.

January 2014 tour date

Perth Riverside Theatre, Perth Convention & Exhibition Centre Friday 24 January 7.30pm

Tickets are on sale now. Book at ticketek.com.au / 132 849

Celtic Woman's new CD and DVD *Believe* is out now

Celtic Woman Official Site – www.celticwoman.com

WIN WIN WIN

To be in the draw to win one of five double passes to see *Celtic Woman* Friday 24 January, email win@haveagonews.com.au and include the word *celtic* in the subject line or address an envelope to *Celtic Woman Comp* c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse. Only over 45s are eligible. Competition ends 15/10/13.



Experience the ultimate in luxury cinema

CONVENIENTLY located on the corner of Knutsford Avenue and Fulham Street, Belmont, Reading Cinemas Belmont is a 10 screen cinema complex featuring wall to wall screens, digital sound, stadium seating, comfortable seats with movable arms, first release movies, value packed candy bar deals, arcade video games and two quality restaurants.

They also have unlimited free parking at the door everyday.

For further information call 6272 9900 or visit

www.readingcinemas.com.au

WIN WIN WIN

To be in the draw to win double pass to see a film of your choice at Reading Cinemas Belmont, send an envelope to Reading Cinemas Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901 or email win@haveagonews.com.au with your contact details on the reverse. Only over 45s are eligible. Competition ends 30/09/13.



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Cirque du Soleil presents *Michael Jackson - the Immortal*



Michael Jackson - The Immortal runs until 22 September

by Josephine Allison

a long-time fan of the late pop singer Michael Jackson so who better to be one of

the stars of Cirque du Soleil's *Michael Jackson - the Immortal* - soon to open in Perth.

The tall, powerful 29-year-old French born hip hop dancer of Algerian parents, has been with the show's world tour since June 2011. He is on stage for more than an hour of the 105-minute show as the lead mime dancer grabbing attention in the spirit of Marcel Marceau.

"When I joined the show I was already a Michael Jackson fan, I just love his music and I'm still a fan," Abdessadok said in a telephone interview from Hong Kong. "For me to be in this show is an honour and I like Michael Jackson even more now."

"I have learnt so many things about him, the unity, the love. Now I understand his message when I'm on stage. I feel a responsibility to depict him well; it's a big challenge for us."

Michael Jackson's family,

including his mother Katherine, attended the show's premiere in Montreal and, a few months ago, saw it again in Las Vegas.

"They came to the show many times, of course I met them and they love it," Abdessadok said.

Critics have hailed Abdessadok on stage as having a body "fluid like water as he undulates on stage, with superior muscle control," something which stands him in good stead for his role as The Mime.

It's demanding on the body, especially when there's a gruelling six performances a week and extensive world travel but Abdessadok takes it all in his stride. He works out most days and his early training as a hip hop dancer is a bonus.

Michael Jackson - The Immortal combines Michael

Jackson's music and choreography with Cirque du Soleil creativity to deliver a unique view into the spirit, passion and heart of the entertainer. The show is written and directed by Jamie King and features 49 international dancers, musicians and acrobats.

The underpinnings of *The Immortal* are Jackson's powerful, inspirational music and lyrics - the driving force behind the show which is presented as a rock concert in which the circus elements are there to support the choreography.

Jackson's inner world is shown through his love of music and dance, fairy tale and magic, and the fragile beauty of nature. Audiences are treated to visuals, dance, music and fantasy.

Abdessadok started dancing at a young age and early

in his career received high honours at an international dance contest. This led to an offer from the Mayada Dance Company.

He continued his career with Compagnie Montalvo-Hervieu where he was part of an international tour visiting Perth in 2010 with *Good Morning Mr Gershwin*. After that he lived in New York for three months helping launch the brand *Material Girl* by Madonna.

Abdessadok has worked with renowned dancers and choreographers such as Storm, Sebastien Lefrancois and Christian Thamet.

He's enjoying the world tour with the show and the opportunities it brings to pay tribute to a music legend.

Michael Jackson - The Immortal is at the Perth Arena from 18 - 22 September.

In Giving We Receive

IGWR Inc (In Giving We Receive) is a Fremantle-based charity supporting vulnerable children aged six to 18 years in Nepal who would otherwise have no access to full-time education. This local charity supports two houses in Kathmandu and enables more than 50 children to attend full-time school; they also assist two schools with valuable infrastructure such as running water and toilets.

IGWR has teamed with the FabFour (a renowned Beatles tribute band) to present a one-night-only concert of Beatles music to raise the vital funds to ensure the charity continues their vital work in educating Nepalese children.

On the night, you can enjoy live the delightful music of The Beatles and by attending, directly help bring education to underprivileged children in Kathmandu.

The proceeds from the "Concert for Kathmandu" will help meet the \$75,000 budget commitments of IGWR Inc and support the continuing work of IGWR Inc. in Nepal.

The FabFour aims to keep the magic of the Beatles alive and are in their 20th year as a Beatles Tribute Band.

The concert is for one night only on Friday, 4 October at the Regal Theatre Subiaco; and tickets are available through Ticketek 1300 995 013 or The Regal Theatre.

An afternoon of song from the great movies



JAY WESTON (pictured left) presents *Movie Magic*, an afternoon of song from the great movies and musicals from 3pm on Sunday 15 September at the Cottesloe Civic Center, 109 Broome Street.

Listen to Jay Weston perform all your favourite songs from stage to silver screen plus many more from Jay's new album, *Southern Cross-over*.

Tickets are \$20 adults and \$15 for pensioners and include afternoon tea.

For bookings, phone Jan 0402 149 887 or Jay 0402 149 889.

Prepare a table for High Tea



take place on Saturday the 19 October at 2pm.

A baking workshop will take place where recipes are shared, along with the stories and memories behind them. This will take place the week prior to the 19 October.

There will be three elements to the event; the baking and preparing of the food, the presentation and the documentation of the process.

The aim is to match groups or individuals of senior school age with the older generation so that there are mixed groups working together to create a beautiful table of delicious things to eat.

They are also looking for quirky, unusual, vintage or retro tea sets, plates, vases, table clothes and other items for displaying the wares.

Lorraine Coates from the Peel Collectors Club will be bringing along some vintage baking related memorabilia.

During the afternoon tea the Mandurah Ukulele Group will provide musical accompaniment and will also be playing the curtain raiser for the *Scents Tales* performances in November.

Performances are on 12 November at 7.30pm and 13 November at 11am.

Other events taking place are a non-edible cupcake competition to be displayed on the 11, 12 and 13 November.

For more information and to register your interest by the 14 October please contact Heloise Lorimer on 0478 904 000 or artabout2gether@gmail.com

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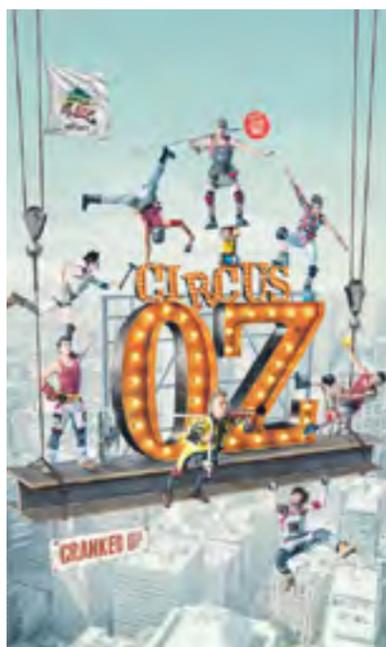
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*Tickets \$50 Call 1300 795 012 or visit www.ticketek.com.au *Booking fee applies

IGWR www.igwr-nepal.com www.facebook.com/igwrnepal

Circus Oz wowed Perth audiences



month to present their unique *Cranked Up* show.

Inspiration for the show came from old photographs of construction workers eating lunch on the high girders of skyscrapers and this was developed into a fast paced and fun performances from the creative brains of Circus Oz.

The set was a big city construction site which provided an interesting spectacular to the formal architecture of the theatre.

The highly talented ensemble of 12 acrobats, performers and musicians took to the stage and audiences were wowed with their talents.

The opening scene of a piano being played by one of the talented cast while suspended three quarters above the stage, set the scene for a night of frolicking and fun.

Some of the feats included in the show were tight rope walking, juggling, a unique form of pole dancing and acrobatics as you've never seen before.

Accompanied by live music, this fast paced show is uniquely Australian and leaves the audience wanting more.

And to keep a lasting memory of Circus Oz enjoy the pop out cards from the program, you can make your own human pyramid with them and it will remind you of our home grown talents - we just loved it.

Keep up to date with Circus Oz at www.circusoz.com.

FOR 35 YEARS Circus Oz has been entertaining audiences in their uniquely Australian way.

This circus which originated in Melbourne took over His Majesty's Theatre in Perth last

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~A VOYAGE THROUGH MUSIC~

Concert Season

"AKANNA" - Harmonies that trigger beautiful images"

Mr. John DeBellis, Program Director - 97.3 Coast FM & 6MM

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We look forward to you coming along.

You Raise Me Up
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Boogie Woogie Bungle Boy
and so much more.

Leederville Town Hall
Sunday, 13/10/13 ~ 7.30
Tickets: \$20 @ the door.

Bunbury Regional Arts Centre
Saturday, 26/10/13 ~ 7.30
Tickets: \$20 ~ On sale soon.

Go to www.akannaentertainment.com.au for upcoming events and information

ART for ALL

- 9 - 29 September Spring Exhibition - A Brush with Spring
- 11 September Lunchtime in the Gallery 12-2pm with Felicia Lowe, award winning artist
- 30 September - 6 October Pop up Exhibition
- 7 - 11 October Judith White Watercolour/Collage Workshop
- 9 October Lunchtime in the Gallery 12-2pm with visiting artist Judith White

ATWELL GALLERY AT ATWELL ARTS CENTRE
Riverside location on bus route - Plenty of parking - air conditioned

586 Canning Hwy, (Cnr North Lake) Alfred Cove
Ph: 9330 2800 www.atwellarts.com

*Proceeds to the Atwell House Restoration Fund

At the midnight hour



Jon Lewis

I DIDN'T mean to be mean.

As I recalled recently, being a little generous with no thought of reward, is quite a rewarding feeling in itself and it comes with a gentle feeling of serenity. Some time ago, at another residence, I did, unusually for me, cut my own lawn.

However, now, it is not often I take to the grass with a machine. I prefer to let the lawnmower man do the job and at the same time create a job, while I 'create' a little laze in the sun.

The lawn is quite small and quite close to the neighbours so often I have the lawn mowing gentleman cut both our lawns and as a result, the whole front garden looks great. It's simple to do and this small act of bonhomie makes me feel more than a little relaxed.

This time however, the lawn only needed a little tidy up and therefore I deployed the battery operated whipper snipper.

Buzz, buzz, buzz, went the little green machine, cutting quickly with electrically motivated passion through the long grass on my side.

Glancing into my neighbour's yard, I noticed the grass there had been cut. It seemed they had recently had their side mowed. No problem, I'm glad they did it.

You know, some years ago, I was the same; I would only mow my side of the lawn. I would enjoy righteous thoughts of

"look how lazy they are not doing their side". And, once I was done, it was clear to see how energetic I had been and how poorly the house next door was looking.

It also displayed something else; something less comfortable for me and less impressive. It defined innate aspects of my personality that showed meanness and revealed my lack of community spirit.

Simple to say, that's not me now, certainly it's not where I aim to be.

Friends and family often castigate me for mowing both lawns.

My breezy reply is, it's "better to lead by example". I honestly find it quite easy to do and self-rewarding.

If I were a little tired or rushed I'd just do mine, no worries.

I look at it as a job done well, very well indeed.

One day I may get my lawn cut, perhaps? It's not important though. You see, next time the lawnmower person will still be invited to do both lawns and I'll be delighted to see it done.

However, in the meantime, I'm the person I choose to be.

In the past I didn't mean to be mean. Now I mean to be whom I mean to be. That's what I mean!

I do hope this story wasn't too cutting...

All the best

Jon Lewis

"Now Number One After Midnight"

Jon Lewis can be heard on 6PR 882 AM, from midnight to 3am on Friday and Saturday nights. Catch his Let's Go Travel Show from 5am Sunday mornings. Is your club looking for a quizmaster? Jon is available as your Quiz Master - and he's good. Call or text him on 0404 005 882.

For more details, visit the website www.have-a-go-quiz.com

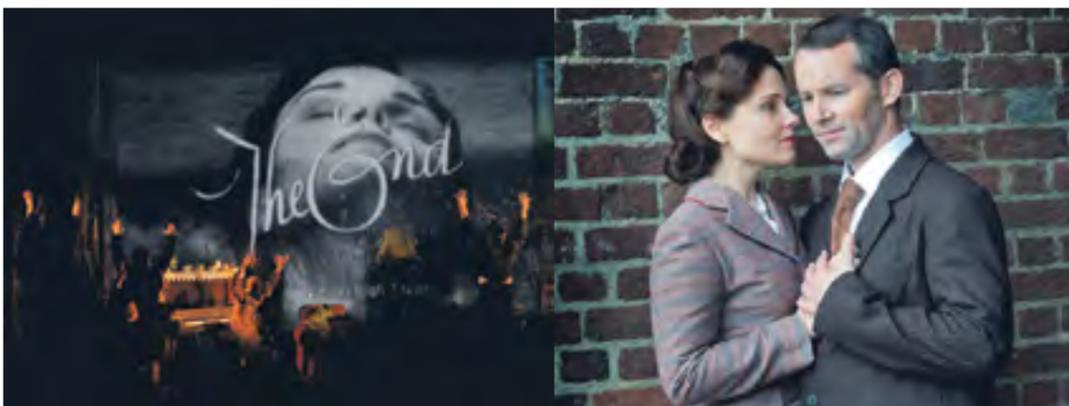
Scene Socially



SCENE (1): At the recent Hidden Treasures launch....

SCENE (1): From left to right; Hidden Treasures Great Southern chairperson, Di Holly - Great Southern Development Commission chairman Peter Rundle and Central Wheatbelt MLA Mia Davies - Cranbrook shire president, Jan Pope and Southwest executive board member; Lesley Briscoe - Whaleworld Albany's Bill Spence - RAC Travel tourism supervisor; Courtney Bowen and Kojonup Visitors Centre's Glenys Russell

Brief Encounter - a Broadway and West End hit



ARTS PROJECTS Australia UK-based Kneehigh Theatre's adaptation of *Brief Encounter*, a Broadway and West End hit, at the Regal Theatre, 28 November to 1 December, will take Australian audiences back to a by-gone era of romance and the silver screen with its classic Noël Coward tale, remembered as one of the most haunting love stories ever.

Brief Encounter seamlessly switches between theatre, song, and black and white film footage on a giant screen, drawing its inspiration from Coward's original stage play *Still Life* and David Lean's classic 1945 film *Brief Encounter* which starred Trevor Howard and Celia Johnson and was nominated for three Oscars. Emma Rice presides over the marriage of these two as director and adaptor.

Two Australian actors, Michelle Nightingale as Laura and Kate Cheel as Beryl, will join UK and US actors Annette McLaughlin, Damon Daunno and Joseph Alessi from the 2010 Broadway production along with Jim Sturgeon, Dave Brown and James Gow.

"We are really excited to be working with Kate and Michelle," said Emma Rice, joint artistic director of Kneehigh and adaptor and director of *Brief Encounter*. "Our ensemble is never static; and we are always bringing new faces in and nurturing their artistic and professional development alongside long-standing members of the team."

The action takes place around Milford Junction railway station in a café where housewife Laura Jesson has a chance meeting with a doctor, Alec Harvey. Although they are both already married, they gradually fall in love with each other. "I'm a happily married woman. Or rather I was until a few weeks ago. This is my whole world and it's enough, or rather it was until a few weeks ago."

In Kneehigh's version, the love story of Laura and Alec is paralleled by two

other couples also playing out their lives and loves in the railway station tearoom. These intertwined narratives are interspersed with some

of Coward's typically debonair and witty songs to create a breathtaking, delightfully funny and touching show that showcases all of Kneehigh's trademark theatrical invention and knockabout humour.

As in *Upstairs Downstairs* and *Downton Abbey*, the ro-

mance between characters of different classes is fascinating. The lower class characters are flirty and open whilst the upper class ones are refined and repressed. The work provides a great insight into British society, marriage and the role of women in that era.

Based in Cornwall, Kneehigh is one of Britain's most exciting touring theatre companies; and has built a reputation for creating vigorous and popular theatre. In 2011, they performed *The Red Shoes* at the Sydney and Perth Festivals, as well as an Adelaide season. Company B presented Kneehigh's *Tristan and Ysult* as part of the 2006 Sydney Festival.

2 FOR 1
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Choreography:
John Cranko

Music:
Pyotr Tchaikovsky

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Sunday 10 November

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Government of Western Australia
Department of Local Government and Communities

join in the festival...

“...these hearing aids have given us our lives back”

I read farmer Lindsay Olman’s story in the paper and thought he was right about choosing the audiologist before the hearing aid. I’ve experienced what seems to be a common story, with my hearing aids sitting in the proverbial top drawer for the last couple of years. Communication was difficult. I couldn’t wear them, they were just too uncomfortable, like a brick in my ear, and they didn’t help me hear well anyway. But now I’m proudly wearing new hearing aids prescribed by Brad and it’s a very different story. Both my wife Jean and I feel these hearing aids have given us our lives back.

My history isn’t much different from a lot of people with industrial hearing loss. I worked as an engineer in a noisy factory, and was a drummer in a band in my youth. We knew nothing about protecting our hearing from the inevitable outcome of hearing loss. I enjoyed my work and loved my music and didn’t realise this could impact so much on my later life.

[I] was so impressed with my new ability to hear the full and rich sounds of the music, I turned my aids on and off a few times just to hear the difference. It was amazing.



Retired Engineer, Peter Wyder with Audiologist Brad Hutchinson (BSc PGradDipAud MAudSA(CC))

whilst conducting a tour.

My Wife and I are studying the Sanskrit language where it’s vital to be able to hear and pronounce minute sound variations well. I also belong to a meditation group and was very surprised to hear for the first time the sounds of running water from a fountain in the established courtyard - it’s probably been there making that soft trickling noise since I joined.

Best of all for me, two days after being fitted with my new hearing aids, I attended a West Australian Symphony Orchestra concert and was so impressed with my new ability to hear the full and rich sounds of the music, I turned my aids on and off a few times just to hear the difference. It was amazing.

I’m very happy to have met Brad and his Staff and it’s fantastic to be hearing well again. I can’t recommend this hearing centre highly enough to anyone wanting a fresh start with their hearing. **Peter Wyder**

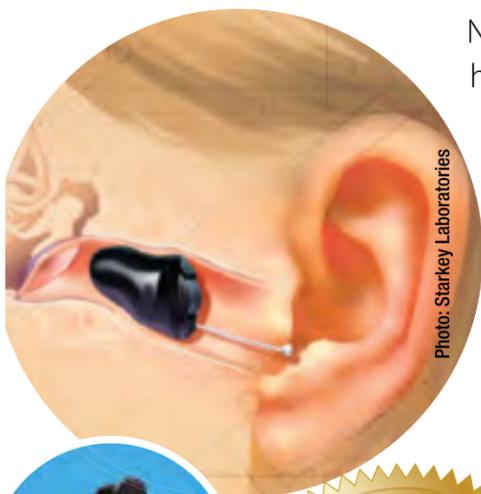


Photo: Starkey Laboratories

Now I’m retired and need to hear well, to enable me to do lots of meaningful volunteer work. I am a guide with the Rottneest Volunteer Guide Association and it’s really important for me to be able to respond to questions and join in on conversation

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