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Competitions/Giveaways



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2014 Lavazza Italian Film Festival
The 39 Steps
Billy Elliot *The Musical Live*
Stephen Fry: *More Fool Me*
The Enchanted Island
Reading Cinemas

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Get ready for the Big Bethanie Bake Off



Having fun with Bethanie's CEO Chris How, centre, at the Big Bethanie Bake Off competition launch are Bethanie residents Bill and Patty Mallor, and their two grandchildren, six year old Meisha, left, and four year old Laura. Pic Jen Merigan

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BETHANIE, WA's largest not-for-profit aged care and retirement living provider is having a baking competition for school students in which they are required to enter a grandparent's favourite recipe and also include a story linked to the recipe.
The first phase of the competition is to be judged by one

of Australia's top cooks, Maggie Beer.
"How incredibly wonderful to showcase a competition which not only embraces the creation of beautiful foods from recipes of a bygone era yet cleverly engages young peoples' involvement," Maggie said.
"I believe it is so important

that recipes are shared from one generation to the next and that we make time to cook with our children and our grandchildren to teach them the skills and provide them with the same love and energy our grandparents showed us when cooking meals.
"For me, nothing can bring greater comfort than spending

time in the kitchen with loved ones, like my grandchildren, where we can together prepare foods and then sit around a table to enjoy. It is just so special to me.
"The Big Bethanie Bake Off' competition is a great initiative because while it supports my passion for cooking, it also hits the core

of my Foundation's mission; that by working together we can bring about life-altering changes to the wellbeing of older Australians by allowing them access to flavoursome foods, full of nutrients and flavours which bring both comfort and pleasure. I believe that no other group of people need it more."



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Judith Treby

HELLO Everyone,
It's hard to believe it is now September.
We can look forward to some beautiful spring weather in which to get out and about before the mad rush of Christmas descends on us again.
After a very busy few days here at the paper, last week, a friend and I looked forward to attending the opening night of WA Ballet's *La Fille Mal Gardée*.
I had not seen a live production of this ballet, and

From the Editor's desk

over the years, there have been many interpretations of the story, so I was not sure what to expect.
And, we were not disappointed.
Very briefly, the story is about the widow Simone's only daughter Lise (Sarah Hepburn), who falls in love with a young farmer, Colas (Sergey Pevnev). Simone would prefer her daughter to marry well and has organised a meeting with the son of a rich wine merchant Thomas (Robert Mills) and his awkward and gauche son Alain (Andre Santos). However, after much ado, (apologies to Shakespeare), Lise and Colas end up together, with the approval of Simone.
WA Ballet's Craig Lord-Sole, very entertainingly played the role of Simone, at one point, delighting the au-

dience with an exuberant tap dance in clogs.
WA Ballet captivated us with a combination of excellent ballet and many light-hearted, fun moments.
Congratulations to the artistic director and choreographer, the dancers, costume, set and lighting designers.
Well done to everyone who contributed to this great show, which lovers of not only ballet, but good theatre, should not miss.
La Fille Mal Gardée runs until 19 September. Contact WAB on 9214 0707 or waballet.com.au for details.
That's all from me this month.
Keep healthy and happy.
Judith Treby
editor@haveagonews.com.au
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Having a go at 104



One hundred and four years young... *Fitzie Taylor*, centre, from South Care competed in the recent Seniors Recreation Council of WA LiveLighter Aged Care Games at the Baldivis Community Hall, Baldivis.
Pictured with Fitzie are Rockingham Councillors *Chris Elliott* (left) and *Joy Stewart* (right).
For more information about South Care call *Anita Riddell* on 9450 6233.

Three residents celebrate 20 years of life at Donovan Village



Left to right; Jack Errington, Barbara Slater, Elaine Beswick.
Photo credit Fran West

THIS year marks the 20th anniversary of Southern Cross Care (WA) Inc.'s (SCC) Donovan Village at Forrestfield – and with it, 20 years of residency for three of the original residents - Mrs Barbara Slater, Mrs Elaine Beswick and Mr Jack Errington. To celebrate the occasion an afternoon tea was held at the village's Brian Jackson Community Centre early in September.

The community spirit was obvious, with more than 40 residents joining in the celebration, along with family members of Mrs Slater and Mrs Beswick and SCC representatives.

CEO, Errol Turner, addressed each of the three residents, recounting some of their memories from the early days and acknowledging the significant role they have had in the development of the community.

"The contribution these three have made to the Donovan Community is quite profound and it is their stories of their desire to enjoy their lives and friendships that bring about a special sense of pride that Southern Cross is creating something special for the people who choose to live in our communities".

Donovan Village consisted of just 11 villas when Barbara, Elaine and Jack purchased their homes from SCC in 1994.

Nestled amongst natural bushland where mature trees and the landscape have been retained to reflect the unique foothills setting, Jack Errington said he was "drawn to the village because of its rural surroundings and its ambience of peace and tranquility".

Elaine Beswick has been an ambassador of Donovan Village's social scene, hosting the first Christmas get-together at the village, and along with other early residents, Elaine started social afternoons and enjoyed Saturday night barbecues down by the creek. Elaine was instrumental in forming the first residents committee in 2002 and contributed greatly to the community over the years.

Barbara Slater moved to the village with her husband Cyril in January 1994, taking ownership of one of the first properties at Donovan. Three years later, in March 1997, Barbara and her husband celebrated 40 years in Australia with a party held on the bank of the creek that runs through the village. Barbara recalls many of the street parties that were organised between the residents prior to the building of the community centre, saying they called themselves "the streetkids"!

Jack Errington was one of the "streetkids", he remembers.

"We entertained ourselves in each others' homes and in street parties which took place in the early days under the street lights outside house number 1 which was occupied by Cyril and Jack purchased their homes from SCC in 1994. Nestled amongst natural bushland where mature trees and the landscape have been retained to reflect the unique foothills setting, Jack Errington said he was "drawn to the village because of its rural surroundings and its ambience of peace and tranquility".

Back to Norseman reunion

A BACK to Norseman Reunion is to be held on Sunday 2 November in Kings Park, on the lawn area between the Vietnam War Memorial and Zamia Café.
The reunion commences at 10am and will continue

well into the afternoon.
On the day, in celebration of their 120th anniversary, there will be displays of memorabilia and author Claire Weir, who has completed her book, *Norseman 120 Years*, will be present to talk about the book.

All former and current 'Norsemanites' are encouraged to attend this auspicious occasion as there has been much interest and input into producing memorabilia for the book, that has been greatly appreciated by the author. *Norseman 120 Years*, will engender great interest as it features much information on past residents and the lifestyle enjoyed during those years.
Please bring a chair, picnic and more. Name tags will be appreciated.
An exciting day is assured, as many past residents have expressed interest in attending.
Enquiries to Bill King, 9534 9913 or email newbill13@bigpond.com

Australia in the first World War

THE MONTHLY meeting of the Family History Society Of Rockingham & Districts Inc tracing your ancestors worldwide, will be held in the Meeting Room 1st floor, Rockingham Lotteries House, Civic Boulevard, Rockingham on Saturday, 4 October 2014 at 2pm.
This month's guest speaker is Nicholas Reynolds who has been the curator of the Mandurah Community Museum for 10 years. Prior to this he was the Registrar and Keeper of Photographs at the Army Museum of WA.

Nicholas has had a lifelong interest in military history which formed part of his studies at UWA.

His topic will be Australia In The First World War.

On the 100th anniversary of World War One, we have seen a natural increase in the nation's interest regarding one of the greatest struggles the world has ever known.

This talk will give an overview of Australia's role in "The War to End All Wars", including some of the lesser known actions taken in Australasia and the Pacific which affected our nation's future as much as the struggles in Gallipoli and on the Western Front.

Entry is \$5.
Please arrive before 2pm as the door will be locked at 2pm sharp.

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

Source: National Archives Australia

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Drink coffee for a longer healthy life

by Frank Smith

INCREASING COFFEE consumption by one and a half cups per day over four years will decrease your risk of diabetes by 11 per cent, according to research published in the journal *Diabetologia* recently.

That follows a study published two years ago in the *New England Journal of Medicine* that showed coffee drinkers had a lower overall mortality than non-drinkers.

Dr Neal Freedman, Division of Cancer Epidemiology and Genetics, United States National Cancer Institute, and his colleagues examined the association between coffee drinking and risk of death in 400,000 US men and women aged 50 to 71 from 1995 to 2008.

They found that older adults who drank coffee of any sort had a lower risk of death overall than others who did not drink coffee.

Coffee drinkers were less likely to die from heart disease, respiratory disease, stroke, injuries and accidents, diabetes, and infections. However incidence of cancer was only marginally affected by heavy coffee drinking

amongst men and not at all amongst women.

These results were observed after adjustment for the effects of other risk factors on mortality, such as smoking and alcohol consumption.

The researchers found the more coffee people drank the lower their risk of death. People who drank three or more cups of coffee per day had approximately a 10 per cent lower risk of death than non-drinkers.

The researchers consider it possible that preparation methods (espresso, boiled, filtered, etc.) may affect the levels of any protective components in coffee but the study provided no information on this.

"We found coffee consumption to be associated with lower risk of death overall, and of death from a number of different causes," said Dr Freedman. "We believe these results do provide some reassurance that coffee drinking does not adversely affect health."

"The mechanism by which coffee protects against risk of death – if indeed the finding reflects a causal relationship – is not clear, because coffee contains more than 1,000 com-

pounds that might potentially affect health.

"The most studied compound is caffeine, although our findings were similar in those who drank either caffeinated or decaffeinated coffee."

This year Harvard University researchers Drs Frank Hu and Shilpa Bhupathiraju reported health and coffee drinking data collected from long term studies of health professionals every two to four years for over 20 years.

Not only did people who increased their consumption of all types of coffee become less liable to get diabetes, but those who reduced their coffee consumption were 17 per cent more likely to become diabetic.

Those with the highest coffee consumption (three or more cups per day) and who maintained that consumption had the lowest risk of type 2 diabetes, 37 per cent lower than those who consumed one cup or less per day.

The authors found no evidence of an association between increases in tea consumption and subsequent risk of type 2 diabetes; however only a small number of heavy tea drinkers participated in the study.

Fun and music for the whole family

THE MANJIMUP Bluegrass & Old Time Music Weekend to be held on 3, 4 and 5 October - the middle weekend of the school holidays - promises fun and music for the whole family.

It's alcohol-free (definitely no moonshine) so perfect for all ages.

Headlining the weekend is the acclaimed bluegrass band The Company from Brisbane.

The band will play a free Saturday night concert as well as run workshops on

the fiddle, mandolin, banjo, guitar, double bass and harmony singing.

Greg McGrath from Jam-Camps Australia will run 'learn to jam' sessions - an ideal way to gain the confidence to join bluegrass jam circles, so bring your own instruments and join in the fun.

You can even get up on stage or just listen to others including The Sustainables, Lost & Found and Locky Gurr from The Fancy Brothers.

There'll be workshops for "beginners and newbies" run by local musos and you'll even have the chance to make a lagerphone.

Kids' activities run throughout Friday and Saturday, there's a Bush Dance Friday night with Caddam Wood and the Saturday street stalls will feature hand-crafted items and local produce and a Gospel SingOut Sunday morning.

The Manjimup Bluegrass & Old Time Music Weekend wouldn't be possible

without the Warren Arts Council getting fantastic support from presentation partner, Healthway, promoting the LiveLighter message.

For details, check out manjimupbluegrassoldtimemusicweekend.com and make sure you Like the event on Facebook (facebook.com/manjimupbluegrassoldtimemusicweekend?ref=hl/2) or call Mary Nixon, Warren Arts Council 9761 9096 mrsnixon@gmail.com



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continued from front cover Get ready for the Bethanie Bake Off

"The Maggie Beer Foundation – A Good Life For All was launched in April this year and since then I have been awed and humbled by the people from a cross section of ages who also want to see elderly Australians share in all things good."

"This is why I look forward to being part of this competition - tasting dishes from well-loved recipes and seeing each family's story unfold from its presentation right through to its taste. I wish every participant all the very best."

School-aged children will be asked to research their grandparents' background and discover their favourite recipe. The children will then need to reproduce the dish - with the aid of a grandparent -

and submit their application for a chance to win some amazing prizes.

Working for an organisation that consistently aims to bring seniors into mainstream society, Bethanie CEO Chris How is excited to launch a fun opportunity for the people of WA to work together in an effort to help close the ever-increasing generational gap.

"Working with seniors has introduced me to a new world of what it means to be Australian. Many come from different parts of the world and have worked together to form the multicultural Australia that we know and love today," said Mr How.

"It is vital we reignite in our children and more importantly, in our

children's children, their history, which is in turn, our history.

"This concept has been designed to enable school-aged children the chance to learn about their family background through a fun and interactive experience with their grandparents," said Mr How.

To enter, each recipe must be accompanied with a summary that will reflect the grandparents' background and the story behind the chosen recipe. The story must represent the life of the grandparent, the culture, the history, the background and their multitude of experiences.

For more information about The Big Bethanie Bake Off, log onto <http://www.bethanie.com.au/big-bake-off/>.



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Letters to the Editor

Submissions may be edited for clarity and space.

I RECENTLY won tickets in *The Man in Black* competition. My husband and I recently attended the performance which featured Tex Perkins as Johnny Cash, Rachel Todd as June Carter and the Tennessee Four as back up band. The lead singers were brilliant and the back up amazing. We enjoyed the show and it was a memorable afternoon.

Thank you for the opportunity to attend.

Regards
 Paula Clohesy

DEMOCRACY is dead
 The forced amalgamation process [of councils] is killing democracy.

I have engaged with three, very crowded public meetings in Canning and have not heard one single person speaking in favour of amalgamation.

I have collected over 500 letters and items published in various newspapers, covering numerous councils, with 96 per cent expressing angry opposition to the forced amalgamation.

When government ignores the people, they face certain defeat in the next election.

William Booth Bentley

THE TRAVEL promo for The Golden Quest Discovery Trail on page 39 of *Have a Go News* number 269 states that John Edgar Hoover was the 31st president of the United States.

The 31st president was Herbert Clark Hoover who held the office from 1929 to 1933.

John Edgar Hoover was the director of the FBI from 1924 to 1972.

Les Auger Erskine

I RECENTLY WON tickets to see *Managing Carmen* at the Subiaco Arts Centre.

What a fabulous show with great one liners, lots of belly laughs and good seats.

Love your paper. Thanks once again.

Regards
 Carol Wintle

IN AUGUST, Australian Red Cross celebrated 100 years.

It's an honour to reflect on our remarkable history, to celebrate our achievements and thank generations of Australians for their support. This includes the one million Red Cross members, volunteers, donors, staff, blood donors and supporters who make such a positive, lasting difference to the lives of people in need every day – thank you!

The Centenary of Red Cross is a great Australian story about the extraordinary generosity and compassion of people helping people.

These are the stories of people like Florence Flower who during World War One reportedly wore out four pairs of shoes walking house to house to collect money to purchase a Red Cross field ambulance that was later sent to Egypt; or Vietnam veteran Rod Hagan who recalls watching Neil Armstrong land on the moon while making one of his 114 blood donations; or Jessica Hazelwood who worked at a hospital in a hostile and dangerous part of Afghanistan to help children and civilians who had been injured from conflict.

These are just a few examples of the countless stories of people who have so generously given their time, energy and resources to help others; we are so fortunate that this culture of giving thrives in our community.

We live in an increasingly complex world with difficult humanitarian challenges and our mission to care for the most vulnerable people in need has never been more relevant.

So as we reflect on the last 100 years, we look to the next 100.

We pass the baton on to the next generation of Australians to carry on the legacy of the millions of selfless individuals who together demonstrate that the power of humanity can, and does, change people's lives for the better.

There are so many ways you can carry on this legacy – make a regular donation, become a member, volunteer, donate goods to your local Red Cross shop and buy unique items from there too, learn First Aid, like us on Facebook or follow us on Twitter, leave a bequest in your will, or donate blood.

Simply visit redcross.org.au or call 1800 811 700. You too can be a part of the great Australian story of people helping people.

Steve Joske
 Executive Director of Red Cross in WA

Country & Country Rock dances

COUNTRY/ROCKERS Dance Nights are held at the Baby Boomers Meeting Place, RSL Belmont, 22 Leake Street, Belmont (Off Great Eastern Highway) every Wednesday from 8pm-11pm.

- 1 October Indiana
 - 8 October Cameo
 - 15 October Night Fever
 - 22 October Flames
 - 29 October Rockin' Ronnie
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Volunteers needed...

THE FRIENDS of His Majesty's Theatre Perth, an active group of volunteers and theatre lovers, promote the theatre and What's On in the Arts through the foyer information desks. They also conduct guided tours of the theatre and Museum of Performing Arts - Monday to Friday 10am to 4pm.

If you are interested in becoming a volunteer Friends of His Majesty's Theatre guide, please email Anne-Marie, the co-ordinator on amdrew@inet.net.au or phone Julianna at the theatre on 9265 0900 for further information.

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Shenton Park Hospital Friends complete 54-years of service



"Making a difference" Friends of Shenton Park celebrate 54 years of service

by Frank Smith

THE FRIENDS of Shenton Park gathered at Royal Perth Hospital's Shenton Park Campus (SPC) to celebrate 54-years of voluntary services, last month.

The volunteers began in

March 1960, offering a library and cheque-changing service with just six volunteers. Over the years, the services provided, and the number of volunteers has grown, with more than 100 volunteers in the year 2000.

The Friends of Shenton

Park Leader Mrs Jenny Carkeek has volunteered at the hospital for more than 10 years and says it has been a very rewarding experience.

"Hundreds of volunteers have walked through the doors of Shenton Park and throughout the years our

goal has simply been to help where we can," said Mrs Carkeek.

"The volunteers have developed close friendships with the patients and throughout the years have gone above and beyond the ordinary call of duty to

volunteers helped to organise a wedding for a patient at the hospital, complete with invitations, flowers and outfits for the bride and groom!" said Mrs Carkeek.

Long time volunteer Vicki LaSpina says after 20 years, it is time to stop.

"I've organised flowers for the past 10 years and worked as a volunteer for 20 years. I love what we do and I always do my best. It is a pleasure working with people all the time.

"But things take me longer to do now than they used to. So I'm retiring. It is a good time to give it up."

Recently, the Friends donated more than \$143,000, which was used to purchase

vital new medical and safety equipment at RPH.

Royal Perth Group A/Executive Director Dr Aresh Anwar says that the volunteers have played a pivotal role in the delivery of rehabilitation services at Shenton Park.

"The dedication of our volunteers is remarkable and the comfort that they have provided to patients will remain in the hearts of many."

Shenton Park Hospital will close on Saturday 4 October after 121 years of service to the community. All services will move to the state rehabilitation service at Fiona Stanley Hospital in Murdoch.

make a patients' stay more comfortable.

"Among the requests, the



Swan Valley Squares' recent graduates, Sharon, Nikki and Lindy

SWAN Valley Squares has recently graduated its first set of mainstream dancers.

The evening was a fun one based around a Spanish theme with most of the dancing for the night done to Spanish mu-

Spanish theme square dance graduation

sic and the hall suitably decorated with some magnificent art work.

A trio of Spanish dancers treated the audience to Flamenco with a Zapateado and Sevillana which was heartily received, followed by, to the surprise of the audience, a Spanish "line dance" taught to all those present. It was a wonderful presentation.

The club and graduates were joined by members of other groups throughout the metropolitan area to swell the dance numbers for the night to in excess of 100.

In keeping with the theme attendees dressed in some wonderful colours and costumes. It was a night of excitement, fun, great dancing and fellowship.

The evening concluded with a gourmet Spanish Tapas supper.

Swan Valley Squares meets each Friday commencing 8pm at the Woodlake Community Hall at 2 Highpoint Boulevard, Ellenbrook with a beginners' group commencing soon.

Everyone, from singles, couples and families are welcome to join in this fun and healthy activity. No previous experience is required and even those with two left feet are encouraged to give it a try.

The dance offers modern Australian music from the 60s, 70s and beyond, including songs made famous by Lady Gaga, J Lo as well as other 21st Century music.

If you would like to join, call by any Friday night to experience the highlight of your life and then you can organise to join the next beginners' class commencing soon.

For all enquiries please call Greg on 0417 912 241, see the web page swanvalleysquares.weebly.com or check them on facebook at Swan Valley Squares.

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"Perth on the verge of war" - An exhibition



During the 20 years leading up to World War I, the first gold boom had transformed Perth from a sleepy country town, whose modest buildings were dominated by the relative grandeur of Government House and Perth Town Hall, into a thriving and busy city. With the boom came a rush of new buildings which gave Perth's still un-metalled streets a new air of refined elegance. The War however changed all that. With 10 per cent of the population, many of them tradesmen and labourers, away at the front, the burden of 'keeping Perth going' fell to those left behind. Mining declined and building work in the city all but ceased. This exhibition presents a snapshot of Perth and the people who lived here in 1914.

become family heirlooms as a result of a world changing time in our history.

There are certain to be some remarkable pieces with equally remarkable stories attached to them, resting quietly in homes around Perth.

Heritage Perth would like to know about them.

If you are interested in participating and would be willing to loan your items to the safe hands of Heritage Perth, they would like to hear from you.

Please send an email detailing the item and the story behind it to info@heritageperth.com.au by 31 August 2014.

"Perth on the Verge of War" exhibition will run from 6 October to 12 November 2014 at St George's Cathedral, Burt Hall, Perth.

Perth Heritage Days 18 and 19 October 2014

During Perth Heritage Days, museums, restaurants, art galleries, libraries, heritage buildings and special events will focus on how Perth was affected in 1914 and 1939. It will be a weekend of unique reflection and a time to hear the stories of how these two international events influenced, and shaped the Perth of our forebearers.

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

went off to war in the years 1914 - 1918.

In an endeavour to make this exhibition a true representation of the community at that time, Heritage Perth is inviting the people of Western Australia to participate.

They are looking for the stories, the soldier's memories and the items that have

HERITAGE PERTH in conjunction with St George's Cathedral will be presenting an exhibition during the sixth annual Perth Heritage Days called, "Perth on the Verge of War".

The display will feature artefacts, photographs, and other memorabilia associated with Perth and those who

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Annual Rainbow Coast Festival of Dance at Albany

THE ALBANY City Dance Club runs their annual Rainbow Coast Festival

of Dance in October each year. This year it will be held on Friday 24, Saturday

25 and Sunday 26 October at the Centennial Oval Hall.

The club, which attracts more than 200 dancers from all over WA and is the oldest dance club in the state originally began as the 28 and Over Social Club on 4 May 1951.

The membership stands at 114 and a dance is held every Friday night at the Senior Citizens Hall.

The Festival has been running for many years and over this time proceeds from it have helped to support the Albany Lions Club, Albany Hospice and The Royal Flying Doctor Service.



Brian French

THE 3 September 2014 was the 75th anniversary of the outbreak of the Second World War.

There are still plenty of people around who will have strong memories of those years, and I am one of them.

Every year I write of my vivid recollections of those times because, at the age of eight, I had to leave my mother in London to be evacuated to the beautiful city of Bath in the West Country.

While I never returned to live in London, of course I maintained close contact with my mother. (my father had died at the age of 28).

So I suppose I had two mothers, one of whom was the delightful lady in Bath who took me in.

However, I'll not bore readers repeating my life story.

Ed's note: Au contraire Brian. Many readers, as I do find your recollections interesting and informative.

Many people could never come to terms with the brutality and violence of the war years, but today, similar conditions are still being proscribed worldwide seemingly with no end in sight.

It's hard to see a solution to these problems. Purple seems to be the colour of the month with the Dockers fighting for their place in the AFL Grand Final in a few weeks time.

As I have mentioned before, Zac Clarke and Tony Morabito are our next door neighbours and spend most of their time in training. (They certainly look very fit as a result). They are also the quietest neighbours for whom one could ask.

One of the irritations for

French's Forum

people attending hospitals is the cost of car parking.

In England the government has instructed all hospitals to provide free parking for many patients and visitors. This includes visitors with relatives who are gravely ill or who have to stay in hospital for an extended period.

Perhaps our Minister for Health could consider something similar?

It's amazing what you can find in the British newspapers that could be of value to this country, particularly with regard to health or to the community.

Some readers may think I am too much of an Anglophobe, but it makes sense to pinch ideas from elsewhere that might be useful to us.

Australians seem to lead the world in the use of barbecues.

Unfortunately, poorly cleaned and maintained barbecues can carry many hygiene hazards. One of these to be aware of is food such as burgers, sausages and even chicken, not cooked all the way through.

A recommendation is to par-cook meat in the oven and finish cooking it in the barbecue for flavour, but I wonder if this would be popular or even acceptable to many barbecuers?

Is the humble tomato a fruit or a vegetable?

I have always considered it a fruit which botanically is correct, but the US Supreme Court has ruled the tomato is a vegetable!

How's that for a subject of debate?

About 100 million tonnes of tomatoes are produced annually, 30 per cent of them in China. They are supposed to be a very healthy fruit/vegetable, and we certainly eat our fair share.

Mary and I have been married for 61 years and thought we were doing well, but this pales almost into insignificance when compared with Maurice and Helen Kaye's 88 years of marriage.

Helen is 101 and Maurice 102, and in 1934 when they married, King George was still on the throne. (I was three!).

Apparently, the 80th anniversary is known as the Oak. Maurice says if he knew the secret of a happy marriage he would bottle it and

sell it.

He also said life has been hard work, not without tragedy but with many good moments together.

Andy Cope and Andy Whittaker have written a book entitled, *Be Brilliant Everyday* in which they have offered their top 10 tips for a joyful life which I have listed below. Readers can agree or disagree:

- Spend time with loved ones;
- Do things you are good at;
- Set goals for yourself, like getting fit;
- Perform random acts of kindness;
- Choose to be positive. It is harder than being negative, so we need to work at that;
- Live in the moment. Take time to smell the roses or enjoy a sunset;
- Write down 10 things you really appreciate about your life;
- Be open to altering how you think and how you react to situations;
- Each day write down three things you have done really well;
- Stop hankering after materialistic things - they will not offer happiness. Cherished memories rarely feature tangible objects.

While I do not aspire to all those tips in my life, I still think they are a pretty good guide to follow.

I think this is enough from me except for some of my bits of trivia. So here goes:

From comedienne Phyllis Diller:

Whatever you may look like, marry a man your own age. As your beauty fades, so will his eyesight.

A bachelor is a guy who never made the same mistake once.

What I don't like about office Christmas parties is looking for a job the next day.

My photographs don't do me justice - they just look like me.

The reason the golf pro tells you to keep your head down is so you can't see him laughing.

The best way to get rid of kitchen odours; Eat out.

That's enough for now.

Have a safe and enjoyable month.

Brian French
bfrench792010@hotmail.com

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Understanding your 'lady bits' without shame



Educator for gynaecological problems, Kath Mazzella with The Couch's Fred Mafra

by Josephine Allison

MORE than 20 years ago Perth woman Kath Mazzella's world fell apart when she was diagnosed with an extremely rare form of vulval cancer.

The young mother of three was among a small number of women diagnosed each year. She underwent life-saving surgery, followed by six weeks of radiation therapy.

Today, fully recovered, Kath can look back on two decades of working to educate women and men alike

on gynaecological problems without embarrassment and stigma.

Awards, including an Order of Australia Medal in 2009, Western Australian Senior of the Year 2012 and Cancer Australia Gynaecological Cancer Award 2014, have been heaped upon her but Kath says the love and support of husband Tony, family and friends and the fact she has seen her granddaughters use the correct terms for their body parts without shame and ignorance means more than anything.

"My experience was dealt to me to learn lessons in life and I hope the awards and recognition can have a ripple effect on society," she says. "People should realise the huge ramifications when they don't openly discuss these issues."

"We owe it to our mothers, sisters, daughters and husbands-partners and families to be more open with the underlying mental and physical aspects with obesity, infertility, STIs, domestic violence, sexual health and body image."

"I feel both men and women need to be better educated on gynaecological conditions. Many men have told me it's not their department but if these men have a sexual relationship with their partner I believe it is a man and women's road to travel to gain better knowledge of 'down there'."

Kath's work takes her around the country but she says there is still much to do with this issue.

"We need to emerge from the Dark Ages and move forward. I'm afraid that once one finds a passion and mis-

sion in life it is embedded in your bones forever.

"Someone who comes to mind is Dr Catherine Hamlin who has devoted her life to the fistula women in Africa. She inspired me to keep on keeping on after watching her passionate commitment."

"It seems there is a mindset, a sort of 'oooh factor' about women's gynaecological health. I object to this as we are talking about women here; and a woman's body is magnificent in the way it's put together to carry babies and all the things that life presents."

"Society seems to perceive that cancers mainly focus on breast cancer for women and prostate cancer in men. Gynaecological cancers and the millions of women with other conditions are rarely considered. I am hoping my advocacy and developing interest may change this attitude."

Kath's husband was present when she received the Cancer Australia award in Sydney last month.

"During my speech, I handed my award to him. He has been behind me all the

way and has had to endure my passion for a long time. While it has been nice to win 13 awards down the years I also need community action and someone who will work with me to help change the way gynaecology is viewed in society."

Kath, who pioneered the first National Gynaecological Awareness Day in 2003, found that celebrating the day raised the issue only briefly so she established The Undies for Better Understanding Facebook campaign which allows others to spread the message.

For the past three years, she has joined forces with King Edward Memorial Hospital and the not-for-profit Gynaecological Awareness Information Network (GAIN) which she established to celebrate the day.

Kath will host this year's event, Understanding Your "Lady Bits" Day at the Rod Evans centre, 160 Hay Street, East Perth, on Sunday, 14 September from 1.30pm to 4pm. Tickets are \$30 each. Contact kathmazzella@bigpond.com Web: kath.mazzella.com.au

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Women invited to free 'after breast cancer' exercise program

WOMEN who have experienced breast cancer at any time in their lives are being invited to register now for the free after breast cancer exercise program, Encore, which starts in October.

Encore, which is will be running in Kalamunda, Riverton, and Wanneroo.

The program supports the physical well-being of women after the trauma of breast cancer surgery or treatment in a nurturing and supportive environment, whether that surgery was a few months ago or 20 years ago.

It runs for eight weeks, (two hours a week) is tailored for all fitness levels and abilities and incorporates floor and hydrotherapy exercises.

Cathy Stubbs, YWCA of Perth Program coordinator says, "The Encore

Program was created to improve movement, flexibility and strength after breast cancer surgery. It helps to reduce the potential risk of lymphoedema and can assist in its management."

The Breast Cancer Network of Australia recommends regular exercise to help improve physical and emotional wellbeing, including mood, sleep, and bone mineral density, and to help manage some of the physical side effects of breast cancer treatment, such as fatigue and pain.

Encore helps women stay well after a very difficult time in their lives, not only through the proven physical benefits of the program, but also through meeting others who've had similar experiences.

As a medical clearance is required,

it's important to register as soon as possible in order to secure a place, at least two weeks prior to the class beginning because the classes are small and intimate, so places fill up quickly.

Register by calling 9440 3501 emailing programs@ywcaperth.com.au Participation is free*

The YWCA of Perth is holding their major fundraiser for 2014 on Saturday the 4 October. They are having a champagne spring breakfast at the Rydges on Hay Street with all proceeds going towards Encore and their other programs for women and girls. Keynote speaker is Professor Lyn Beazley. It promises to be a memorable event. Tickets are available at: <http://ywcaperth.eventbrite.com.au/>

Novice swimmers welcome at Lake Leschenaultia



Swimmers at Lake Leschenaultia

THE 28th Lake Leschenaultia open water swim will be held on Sunday 9 November and novice open water swimmers are encouraged to enter the 400 metres LiveLighter Novice Swim.

The Swim, which is sponsored by Healthway under their LiveLighter health message, is ideal for the more mature swimmers who are keen to have a go over a shorter distance in the safe and calm waters of Lake Leschenaultia.

The LiveLighter Novice Swim, supported by *Have a Go News* is a short, well supervised and non-competitive event which is particularly aimed at beginner open water swimmers; however any interested adult swimmers can enter.

The LiveLighter Novice Swim is not a race and is ideal for swimmers who cannot yet manage the longer distances of other open water swim events. Most importantly it is a fun event, so participants enter the water at a leisurely pace and swim at their own pace over the course - maybe participate with a friend or family member, as it's much more fun doing it with a buddy.

Both the 1600m and Novice 400m events will be conducted once again by the volunteer members of Ma-

ida Vale Masters Swimming Club with appropriate water safety and support.

Enter on-line through <http://maidavalemastersswimming.com/> or via Masters Swimming WA's Open Water Events page at www.mswa.asn.au.

Additionally if you are interested in finding out more

about Masters Swimming clubs visit our website www.mswa.asn.au to find contact details for a club near you - give them a call to find out when, where and how you can visit as a guest.

Many people feel that they have to be good swimmers to join a Masters Swimming club; however our clubs cater

for all ability levels. A significant number of 45s and over are enjoying the physical and mental benefits of swimming regularly at Masters Swimming clubs - so have a go now.

Wendy Holtom
 Executive Officer
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Left; Karen Majer Right; Dawn, a female Western Ground Parrot Abby Berryman/DPAW
www.facebook.com/pages/Friends-of-the-Western-Ground-Parrot

by Karen Majer

DO YOU remember the 1960s hit song *It's Good News Week?*

It's good news week, Someone's dropped a bomb somewhere, Contaminating atmosphere, And blackening the sky.

I've been reminded of it recently as it seems that every news broadcast is a litany of misery – plane crashes, wars, terrorist bombs, and environmental destruction. So I decided to fill my September column with good news to

cheer us into spring.

In world news, many countries are taking action to address climate change.

In June the US Environmental Protection Agency announced moves to regulate carbon pollution from power plants, the largest single source of carbon dioxide emissions that cause climate change.

The EPA said the regulations, which would cut emissions from power plants by 30 per cent from 2005 levels by 2030, would fight cli-

mate change while supplying America with reliable and affordable power.

In China, a government advisor said they propose two ways to control carbon dioxide emissions in the next five-year plan, by intensity and an absolute cap. China has ordered a mass shutdown of coal plants within a few years. Greenpeace has estimated that if these measures are implemented it could bring China's emissions close to the levels the International Energy Agency says are needed

to avoid more than 2 degrees Celsius warming.

Alongside moves away from polluting coal, renewable energy technology is on the rise. The US solar industry now employs more people than coal mining.

Wind and solar will be cheaper than coal or gas in China and India in the next six years.

India has doubled its coal tax and will use the money to fund renewable energy projects.

Jamaica has installed the world's largest wind-solar array.

The UK is converted three former coal mines into solar farms.

The UK, Germany and other European nations broke records for solar power production this summer.

The price of solar power (installing photovoltaic systems) dropped by two thirds over the past six years.

Australian homeowners

are expected to invest \$30 billion in rooftop solar power by 2040.

Since 2011, electric car sales have doubled every year. Popularity is increasing in Norway, where one in every 100 cars is now electric, and in the large markets of the US, Japan and China.

By 2030, renewable energy sources could make up two thirds of global energy spent. Our natural resources of sunshine and wind will indeed be good news in the future.

Close to home, Fremantle City Council has become the first local government in WA to put forward a law to prohibit retailers from providing single-use non-biodegradable plastic bags to shoppers.

Australians use more than four billion plastic checkout bags a year, all of them made from non-renewable fossil fuels. We only use plastic bags for minutes, but many of them can take hundreds

of years to break down. Fremantle's Mayor sees the local law as a trial for the whole State. Tasmania, South Australia, the Northern Territory and ACT have banned plastic bags. That's good news for the environment, resource use and the marine life killed by plastic litter.

On the conservation front, WA's rarest bird, the Western Ground Parrot, has been given a new chance.

With fewer than 140 of these critically-endangered parrots estimated to be left in the wild on the south coast, breeding birds in captivity may be a key to the species' survival.

Seven Western Ground Parrots have been transferred to Perth Zoo where it is hoped they will successfully breed and possibly allow re-introduction into safe habitats in the wild.

The program has State government funding supplemented by a \$15,000 grant from

the volunteer group Friends of the Western Ground Parrot. The Friends group recently took out a \$5000 prize after lodging a dream with Sunsuper Dreams. These committed volunteers are part of a grass-roots movement of people helping to conserve their local environments and our precious flora and fauna.

Looking out for the good news has certainly helped me stay sane this month. Congratulations to everyone who is helping create positive outcomes in local community or international conservation projects. I hope you continue to find plenty of good news stories and maybe have a chance to join with others to create one!

Find out more:
www.climatecouncil.org.au
www.facebook.com/climatecouncil
www.fremantle.wa.gov.au/One_Planet/Plastic_bags
www.facebook.com/pages/Friends-of-the-Western-Ground-Parrot

Happy 100th Birthday Ada!



CONGRATULATIONS to Ada Porter (pictured left) who celebrated the significant milestone of her 100th birthday on 17 August.

Ada is the oldest surviving descendent of the Leighton family.

Her grandmother Ann Leighton operated the railway gates at 'Leighton Crossing'.

To celebrate her special day, Ada enjoyed birthday celebrations with family and friends at the Meadow Springs RAAFA estate restaurant.

Pushing the envelope with the Over 55 Canoe Club



by George Gouteff

WHEN JOHN "Avago" challenged some members of the canoe club to paddle the Upper Swan River from Walyunga National Park to Amiens Crescent in Baskerville, thoughts turned to a term popularised in Tom Wolfe's Book (The Right Stuff) and whether a group of seniors, ages 60 to 70 plus, had the "right stuff" to tackle rapids with names like The Terminator, Devils Slide and The Dog's Breakfast.

Early in August, a reconnoitring party of eight paddlers rose to the challenge and set off from Walyunga National Park to investigate if this was a stretch of river that might be considered for addition to the club's list of paddling venues.

From Walyunga to Bells there were challenges galore whether it be whirlpools, tee-trees, rapids or submerged rocks that suddenly rise from nowhere to destabilise a kayak. There were a number of involuntary immersions including one that involved this writer, so, say no more. The fact that all paddlers were able to

self-rescue underscored the value of the training gained at the club safety day.

One spectacular self-rescue, was that executed by Vice President Barry who, half way down the terminator, stepped out of his kayak to free it from a thicket and then unable to re-enter gave it its head and hung on to the stern for a ride down the rest of the rapid.

The last serious rapid for the Walyunga expedition to shoot was Boland's Bend at Bells Rapids and from there on the paddle to Amiens Crescent was somewhat anticlimactic. At the end of the 14 kilometre paddle the eight participants said they would do it all again – maybe they do have the right stuff.

The spirit and the camaraderie of the club never ceases to amaze. For example the latest Dwellingup white water paddle attracted 17 men and women paddlers plus a number of supporters on a very wet winter's day. A somewhat wet, but very enjoyable paddle was followed by a refreshing coffee and lots of "shop talk" at the local café.

On the social scene, a very pleasant and relaxing midyear lunch was held in the Swan Valley.

For further information about the Over 55 Canoe Club telephone Peter on 9409 3813 or visit our web page <http://www.over55canooclub.org.au/WELCOME.html>

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MINDARIE Harbourside Village Mindarie 7 Honiara Way, Mindarie

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WOODLANDS Parkland Villas Woodlands 52 Liege Street, Woodlands

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To find out more or to arrange a tour visit retirementbylendlease.com.au or call 1800 550 550

CRUSH48443 HAVEN#19/270

Pricing and availability advertised are correct at the time of printing but subject to change without notice. Information about the services and facilities provided in the village is correct at the time of printing but may change as the needs of residents change. Photographs are for illustrative purposes. Some images may depict items not provided by Lend Lease within the units such as furniture and other decorative items. August 2014.



Hugh Rogers

New edition of Add Life to Your Years directory - now available

The *Add Life to Your Years* 19th Edition, (2014/16) is a free clubs/groups directory of sport and recreation opportunities for over 50s and is now available. To obtain a copy, please contact Mary on 9492 9772.

This publication continues to increase in popularity with inclusions each year taking the total of contacts to more than 700.

Fifteen thousand copies are printed and circulated and it is also available on the SRCWA

website at www.srcwa.asn.au.

The directory, which is printed bi-annually, is distributed through various outlets including libraries, Local Government Agencies, Seniors Card Office, the Diabetes Association, doctors surgeries, COTAWA and many more. The books are also available from SRC who you can phone on 9492 9772 to request a copy/copies which will be mailed to you, free of charge.

The book also contains a page for new additions and updates so any seniors club/group or association may fill in the page and return it to the office for inclusion in the next issue or make any changes which are updated on the website monthly.

This issue has been made available by the sponsorship of the Department of Sport & Recreation, the Department of Local Government & Communities and *Have a Go News* all of whom we thank for their continued support.

Send changes to your club

details to the SRC office, PO Box 329, Leederville 6903, or email info@srcwa.asn.au.

SRCWA Annual General Meeting 17 September 2014

The Seniors Recreation Council of WA is holding its Annual General Meeting on 17 September at the Department of Sport & Recreation. The meeting will include election of officers, reports from SRCWA Branches and project officers and a guest speaker. The AGM gives SRCWA's accredited volunteers the opportunity to see what programs SRCWA are conducting in the metropolitan area and in the SRCWA branches.

LiveLighter ECU Aged Care Games Bunbury Branch

In August the LiveLighter ECU Aged Care Games Bunbury were held at ECU Bunbury Campus.

Five teams of Seniors in Care came together to compete in games specifically designed for them. The games, which included seated hockey, seated pass ball, bean bag toss

and skittles, which were all played with great enthusiasm by participants who were cheered on by the supporters.

ECU nursing students from the Bunbury campus assisted with the games as part of their curriculum and the participants enjoyed having a younger group take part.

Dean, Lyn Farrell, who presented the trophies and medals at the end of the games, acknowledged the work of the Bunbury Branch of SRC and stated that the LiveLighter Aged Care Games are a great activity for ECU nursing students to attend, giving them the opportunity to work with older people.

The winners were Community Home Care Donnybrook with 202 points; second place was won by Opal Bunbury Gardens with 187 points and coming third was Regis Forrest Gardens with 185 points. The best presented team was Opal Bunbury Gardens. The oldest competitor, at 97 years young, was Fosca Giorgi.

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 such 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* and we thank them for making these events possible.

LiveLighter Come & Try Day Wagin

On Friday 15 August SRCWA held a Seniors LiveLighter Come & Try Day at Wagin. Thirty nine participants enjoyed activities such as seated hockey, Xbox Kinect activities, computer Pictionary, bean bag toss, skittles, carpet golf, pole walking and other games. Xbox Kinect, carpet golf and pole walking were very popular throughout the morning.

The day commenced with morning tea and concluded with everyone enjoying a lunch of soup, sandwiches and a wide variety of other wonderful food.

Shire of Wagin has taken up the Xbox Kinect challenge and joined Seniors Exergaming

WA to take part in organized competitions.

Seniors Exergaming WA have a series of competitions during the year where seniors take part in activities in their location and submit their scores to SEWA, followed by morning tea and presentations.

Thank you to the volunteers from SRCWA Perth, Wagin and City of Gosnells who helped make this activity day a success.

Sponsors of this event were LiveLighter Healthway, Shire of Wagin, Department of Sport & Recreation, Department of Local Government & Communities and *Have a Go News*.

Have a Go Day 2014, a LiveLighter Event 12 November

Registration is now open for clubs/groups and organisations that cater for seniors' interests to book a site at the 2014 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.

Have a Go Day, a free event

for over 45s, presents an opportunity for visitors to come along and try the many activities available and also tap into a wide variety of information available at the static displays.

There will be plenty of free bus parking there with a free shuttle bus commuting from the Burswood train station to Burswood Park and return.

Have a Go Day is now the premier event of Seniors Week which runs from 9 to 15 November.

The Seniors Recreation Council of WA would like to thank the Department of Sport & Recreation for donating a number of desktop and laptop computers to the SRC Tech Savvy Seniors program. The provision of this equipment makes the job of expanding the number of classes that can be conducted a reality.

Thank you also goes to LiveLighter Healthway & Department of Local Government & Communities for sponsoring this program.

**Hugh Rogers
State President
Seniors Recreation
Council of WA Inc**

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RESIDENTS and visitors to the Peel region are invited to take part in Peel Paddling Carnival from 1-30 September and experience the diversity of Peel region's waterways, paddling trails and clubs.

The Carnival is an annual event that offers a variety of pad-

'Have-a-go' at paddling

dling opportunities suitable for new and experienced paddlers with a number of events geared especially to the older adult. Most of the events are free.

Special events for seniors include flat water rafting on Saturday 20 September. The event is hosted by Dwellingup Adventures and is followed by hot soup and sausage sizzle. Book on 9538 1127.

The Mandurah Murray Vietnam Veterans Group are hosting social paddles on the 11 and 25 September.

Other suitable activities include a selection of have-a-go events and recreational, sport, nature tour and skills workshop events.

The Carnival is coordinated by Canoe Trail Friends of Mandurah & Pinjarra in partnership with local businesses, paddling clubs and groups and various local government agencies.

For full program details and contact information visit the Peel Paddling Carnival website at www.peelpaddlingcarnival.myclub.org.au or pick up a flyer from a Visitor Information Centre in Mandurah, Pinjarra or Dwellingup.

Hearing loss linked to dementia

Clarity Hearing Clinic's Audiologist, Ms Fernandez says that "When people have hearing loss, they may start to withdraw from activities they used to enjoy, because certain scenarios may tire them out, or become embarrassing or difficult". Now research is finding that hearing loss could have a worrying knock-on effect as evidence is emerging that deafness may lead to dementia. Research by the John Hopkins School of Medicine showed a strong association between hearing loss and the earlier onset and more serious degrees of dementia. Not being able to hear well could be a recipe for disaster. Improve your hearing today - Call Clarity Hearing Clinic now on 9474 6644 to book your free hearing check and hearing aid trial.

Do you have trouble hearing?

Hearing loss affects 1 in 2 Australians over the age of 60. For most people, hearing loss is gradual and often first detected by family and friends. The most common signs of hearing loss are: Being able to hear people, but not clearly understand what they are saying; the feeling that people mumble; asking people to repeat themselves and needing the TV volume louder than others. The sooner you identify a hearing loss the easier it is to overcome it, before the brain loses vital connections. Ignoring a hearing loss for too long can make it difficult for the brain to adapt to hearing aids in the future. If you have signs of hearing loss, call Clarity Hearing Clinic on 9474 6644 today to take advantage of their free hearing check and hearing aid trials.

Free hearing services at Clarity Hearing Clinic

Clarity Hearing Clinic is accredited by the Commonwealth Government to provide free hearing services to eligible Pensioners and DVA card holders, including free hearing assessments and a range of free hearing aids if required. Clarity Hearing Clinic's hearing aids are selected, programmed and fitted by expert university qualified Audiologists. Hearing aids are customised and individually programmed to suit the patient's hearing needs. Call Clarity Hearing Clinic, located in Como and Duncraig on 9474 6644 to book a consultation today.

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National Lifestyle Villages are gated communities where the gates open at dawn and close at dusk.

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As a Lifestyler, you’ll be part of a close-knit community with an unending program of events and activities inside and outside of the Village.

You can join the social club, play your favourite sport, attend dinners, enjoy outings with other Lifestylers or simply catch up with one of your neighbours for a cup of tea. And when you need some quiet time, you can retreat back to your very private home and garden.

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To help you stay fit and healthy, you’ll have daily access to a huge range of resort-style facilities, including an indoor heated pool, tennis court, bowling green, Clubhouse entertainment venue and more.

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By downsizing from the big family home and building a brand-new, low maintenance home with all the mod cons, you’ll have money left over to travel, invest or simply enjoy life.

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Your friends and family are welcome to visit any time. You can also use the Family Centre for special occasions or to entertain the grandkids.



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National Lifestyle Villages Bridgewater is set on a picturesque 40-acre site located only minutes from Mandurah city centre, train station and beautiful beaches.

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At National Lifestyle Villages, you’ll enjoy the benefits of home ownership without the financial burden and responsibilities of land ownership. You simply pay a weekly rent for the land, facilities, infrastructure and services.

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Living at National Lifestyle Villages Bridgewater or Busselton takes the time and expense out of owning a big family home. Choose from a selection of stylish new homes to suit your lifestyle and budget. Both villages also offer a limited selection of pre-loved homes for sale.

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To find out how you can make the move to National Lifestyle Villages Bridgewater or Busselton, come and have a coffee and a chat. Our Sales Offices are open daily from 10am-4pm.

DON'T MISS OUR UPCOMING VILLAGE EVENTS:

Bridgewater

Information Session, 14th September.

Busselton

Spring in the Village, 13th September;
Sundowner, 19th September; and
Morning Tea, 24th September.

Full event details available at
nlv.com.au/events

**National Lifestyle Villages Bridgewater,
106 Oakleigh Drive, Erskine.**

📞 Call 9550 4882

✉️ bridgewater@nlv.com.au

🌐 nlv.com.au/bridgewater

**National Lifestyle Villages Busselton,
16 Leeuwin Blvd, West Busselton.**

📞 Call Lyn on 9752 6703
or Linda on 9752 6702

✉️ busselton@nlv.com.au

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Coins with Mickel Smits



IMAGINE finding in your change a 2 cent coin which is worth \$200!

Well that's not so likely today as they're no longer in circulation.

However, while such a find was probable back in 1967 in New Zealand, it was not likely to happen here in Australia.

A regular client came in recently to show me a batch of gold sovereigns he'd just purchased and wanted my advice as to whether he paid a fair price. He's a Kiwi who usually buys NZ stamps but he has also purchased sovereigns for his self-managed super fund. His intention is to further diversify his investment with gold and as it is possible to buy what are termed 'common-date, average quality' sovereigns, which are about 100 or more years old, for just marginally more than their gold content value. He accordingly purchased the coins knowing he could later realise on them by selling to either a bullion buyer or coin collector and commented that he wished he'd bought more.

As it turned out he got a fair deal and as I glanced through the rest of his album at others he'd purchased some time ago, I came across a lonely and explicitly out-of-place, New Zealand 2 cent piece.

This caused me to hesitate, which he noticed, and he then asked with a sheepish smile on his face 'do you know why that's in there?'

The penny dropped immediately for me without even taking a closer look.

I replied, 'it must be a Bahaman 'mule' if it's in here'.

His smile then waned and mine turned on because I could see he was surprised if not a little disappointed that I'd guessed right - we enjoy taking the mickey or getting one-up on each other as is completely natural for an Aussie and a Kiwi to do.

He then told me he found it in his change when he was a kid.

New Zealand changed to decimal currency in 1967, a year after Australia (they're always behind us - never mention rugby though). This of course required the replacement of their pounds, shillings and pence for dollars and cents and so the first edition of one cent through to 50 cent coins was enormous (almost 265 million) amongst which some 75 million two cent pieces were released.

The design of the 2 cent featured a spray of the Kowhai blossom which is regarded as NZ's national flower and on the obverse is of course the Queen's head and the inscription 'Elizabeth II, New Zealand, and the date of 1967'.

Now imagine the surprise and puzzlement when some were found with the wording 'Elizabeth II, Bahama islands, and no date'. How could this be?

The explanation is quite simple yet extraordinarily embarrassing.

At the time, the Royal Mint in England was producing coins for New Zealand as well as those for the United Kingdom and other Commonwealth nations including the Bahamas and therefore minted hundreds of millions of coins per year.

Within a few days of the discovery of the New Zealand coins having the name of Bahama Islands upon them, the Mint 'gallantly' conceded it must have mistakenly inserted the 'head' die used for the Bahaman one cent during the production run for the NZ two cent; such mis-struck coins are referred to as 'mules', the incidence of which is rare, and one should also bear in mind several dies are expended in a run as they frequently become damaged due to the enormous pressures they're subjected to when striking.

When the news broke in the New Zealand and British press there were claims the coins could be worth as much as \$200 each. However experienced dealers and collectors expressed caution when buying them as it was unknown as to how many had been released.

At first it was deduced there may be 100,000 and later it was insisted there was only 58,000.

How many were issued could not be actually quantified but obviously everyone, particularly collectors, kept an eye out for them.

As some time passed, their market value settled to about \$15 for average circulated condition and up to \$30 for those in pristine condition.

Today their respective values are about \$40 and \$70 which highlights the principle, when something is hot, then that's the time to sell it - my kiwi collector 'mate' could probably have traded it for a few sovereigns at the time.

Volunteers required for Have a Go Day

THE SENIORS Recreation Council is looking for volunteers to help with the co-ordination of the parking of buses and cars on Have a Go Day.

Volunteers are required to participate on Wednesday 12 November and possibly for a day or two before.

If you would like to join the happy band of Have a Go Day volunteers then call SRC on 9492 9773 or email info@srcwa.asn.au

Back issues of Have a Go News

YOU CAN now access copies of *Have a Go News* dating back to July 2013 to the current issue by heading to our new-look website at www.haveagonews.com.au and clicking on the Back Issues page.

Our digital editions download quickly and contain hyper-linking which means that when you click on a website or email address your computer will take you directly to that site.

Stamps with Mickel Smits

TALK about eating one's own words!

Last month I reported on the recent sale of the world's most valuable stamp, the 1856 British Guiana one cent magenta which again set a record price of US \$9.48 million. However, in my article I suggested it may have achieved a higher price if it wasn't for the fact it's previous owner, American chemical company heir, John E Du Pont, had been convicted of murder. I pontificated that, because of this, would-be likely contenders to purchase the stamp may have been put - off.

Well, the rest of Du Pont's British Guiana collection was subsequently sold for what the auction house described as being 'off the charts' results.

Hmmm!

The auctioneer was David Feldman of Geneva, Switzerland who said following the sale, "In 40 years as an auctioneer, I have never had the experience where every single lot was bid to an astonishing multiple of the original estimate, leaving no lot unsold".

The 1856 one cent magenta

was auctioned, all by itself, in New York by Sotherby's. The sale of the rest of the collection comprising 131 lots of single stamps, pairs, strips, blocks and envelopes bearing stamps was consigned to Feldman which I believe was an astute decision by the beneficiaries of Du Pont's estate (he died in prison in 2010) as Feldman has long been regarded as one of the world's premier philatelic auctioneers.

I had the pleasure and honour of working at one of David's auction sales in 1980 at which time his reputation was already distinguished.

That year, as a 'gift' for my 21st birthday, my father sent me to England and Switzerland on a work-experience holiday.

I first assisted David Mortimer on his stand at the international stamp exhibition, London 80, an event which only occurs every 10 years and at the time David was considered the UK's foremost dealer in Australasian stamps.

I then flew to Switzerland to work at David Feldman's auction held the week following London

80. Then, like today, Feldman conducts just a few auctions per year comprising some of the world's finest and most valuable collections. I was blown-away when I witnessed the sale of well over a million dollars worth of stamps in one auction, a lot of money in those days.

Coincidentally, in that same year, the 1856 one cent magenta was purchased by Du Pont. He paid US\$935,000.

The last time Du Pont's British Guiana collection was displayed was at an international exhibition in the 1980s. Hundreds of collections are usually exhibited at such an event which is effectively like a competition amongst collectors.

Du Pont's collection won the Grand Prix, the highest award.

Come the sale of it by Feldman there were 40 bidders in the room, another 30 participating live via the internet and about a dozen who bid by phone.

This may not seem like many, but one must consider the collection had a specialised following and it focused only on the period 1850 - 1880s and when broken

down for sale, the estimated values for the individual lots was not in the reach of many. Nevertheless the competitiveness amongst the bidders must have been fierce as it took 3 1/2 hours to sell the 131 lots.

Normally, that many lots would be cleared in a third of the time.

Apparently there were three major buyers and one wonders if the purchaser (unknown as yet) of the 1856 one cent was one of them.

When the dust finally settled, the total amount realized was just shy of US \$9 million which was five times the combined estimated value before the sale began.

This begged the question as to whether the estimates were too conservative - I took a look at them and their catalogue values and would have to say they appeared to be - after all; Feldman's train of thought was somewhat along the lines of mine.

Whatever the reasoning, low estimates, although risky in ways, will undoubtedly bring in the contenders; that's for sure. And judging by the results, it's fair to say the philatelic market is certainly buoyant at present.

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Cruises

An information packed event not only for people seeking advice on issues relating to a happy, active and hassle-free retirement but it is equally important to the families of retirees. The event will display everything relating to planning for retirement, retirement living and lifestyle issues.

A host of domestic and overseas holiday and travel operators, tourism destinations, estate planning Financial and investment planners, a vast variety of lifestyle villages and resorts, superannuation and insurance advisors, health and hearing specialists, campervan and motorhome suppliers will all be on hand to provide advice and answer all your questions.

Come along and listen to our expert panel discussion with industry heads regarding everything retirement!

Raffle prizes throughout both days

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Ageing Wisely managing director Paula Fievez

Ageing Wisely - reignite the mind and body

ness services to retirement villages - won the award for developing the Re3 Wellness Program.

The program provides simple lifestyle strategies that aim to improve physical and cognitive function and emotional well-being in one holistic program. The title Re3 stands for regenerate the body, reignite the mind and rediscover happiness.

Ageing Wisely managing director Paula Fievez is a member of the WA Active Ageing Coalition (a new initiative of the Seniors Recreation Council of WA) who has worked with older people for many years.

"Scant information existed about combating memory loss, reduced cognitive function, anxiety and depression despite them being big concerns for older people, she said.

Using her own resources, Ms Fievez brought together an experienced team including a clinical psychologist, exercise psychologist and medical doctor specialising in lifestyle interventions for Alzheimer's disease to develop an all-in-one holistic program.

The team spent a year researching the most effective strategies and developing education modules and practical training sessions to help improve all areas of well-being.

It then recruited people aged 50 to 82 years from a local retirement village to test the efficacy of the R3 wellness program. Participants were assessed before and after the program, attending educational workshops and practical training sessions over five months.

Using technology for testing NASA astronauts, the team came up with significant results with im-

provement in every physical parameter. Cognitive function, anxiety and depression also improved. Test results have been validated by researchers at Edith Cowan University.

The improvements were:

- Lower body strength 55.4 per cent (maximum 150 per cent), an important measure as lower body strength impacts on the individual's level of independence.
- Upper body strength 42.6 per cent (maximum 125 per cent 88-year-old)
- Balance 52.6 per cent
- Pulmonary function 23 per cent—a predictor of life expectancy
- Cognitive function 10 per cent and
- Depression 20 per cent.

"Considering that after the age of 55 older adults normally expect significant declines in many of these parameters, the findings were exciting", Ms Fievez said. The program also achieved important social benefits through friendships and social interaction.

After two years trying to obtain private and public sector funding to deliver the program, Ms Fievez developed her own organisation aimed specifically at senior's wellness which is now being delivered to retirement village residents around WA.

Ageing Wisely aims to eventually deliver the program to retirement villages across Australia. It calls for a similar mindset to the United States where "resident wellness" is part of a business strategy.

Ms Fievez received the award from HESTA CEO Anne-Marie Corboy.

Experience walking in Peel region



Participants in last year's Walk Over October

walks on offer.

Residents and visitors can join in with a club or group's weekly social or neighbourhood walks or try the special programmed walks. These include bushwalks, cultural and heritage walks, walks to enjoy wildflowers, birdlife and nocturnal creatures and walking for a community cause.

Most activities are free and provide opportunities for new and experienced walkers of all ages and fitness levels.

Visit a Peel region visitor centre in person or online for the full calendar of walk events.

The campaign encourages people to walk for health, recreation, transport and the environment and is an initiative of the WA Heart Foundation and State Government.

PEEL TRAILS Group is encouraging the community to enjoy the diverse tracks and trails of the Peel region showcased in this year's calendar of Walk Over October events from 1-31 October.

The Peel region provides richness in natural, cultural and historical features and this is reflected in the program of

by Josephine Allison

AN INNOVATIVE program to help older people keep fit and healthy has won an award for a WA team of allied health professionals at the 2014 HESTA Aged Care awards in Melbourne.

The team from Ageing Wisely - who provide well-



VILLAGE Solutions Australia is proud to present on the 25 and 26 October the third Annual Retirement Living Expo to be held at the B Shed, Victoria Quay, Fremantle.

Third annual Retirement Living Expo 2014 coming up

Sigrid Adams from Village Solutions Australia said, "The Retirement & Lifestyle Expo is a one-stop shop for not only people seeking advice on issues relating to a happy, active and hassle-free retirement but is equally important to the families of retirees.

Sigrid confirmed the event would be information packed, displaying everything relating to planning for retirement, retirement living and lifestyle issues.

Financial and investment planners, a vast variety of lifestyle villages and resorts, a host of domestic and overseas holiday and travel operators, tourism destinations, estate planning, superannuation and insurance advisors, health and hearing specialists, caravan, campervan and motorhome suppliers will all be on hand to provide advice and service the needs of the growing market.

People at the expo can talk to Parkland Mazda's service manager, Simon who has

been in the trade for more than 20 years. Parkland have a huge range of caravan and motor home parts if you have an emergency and its their aim to get you back onto the road as quickly as possible. Simon reminds caravanners to have a yearly service on wheel bearings. He commented on the amount of times your caravan wheel turns on an average holiday and if you don't have the right grease and tension on your wheel bearings you could find yourself in serious trouble. Simon is also authorised to carry out insurance work with most insurance companies.

Samantha Pearson from Bethanie was pleased to be exhibiting as she believed the expo was a great way of engaging with the public.

Samantha said, "Bethanie offers the full continuum of service, from community care in your home and social centres for seniors, to retirement and lifestyle villages, afford-

able housing and residential aged care across Perth and regional Western Australia."

Rebecca Newton from Prestige Wealth Partners is an award winning Financial Planner. Rebecca said, "it was reported by REST Industry Super that one of the 86 per cent of Australians in their 50s are not financially prepared for retirement and people should take advantage of superannuation and taxation strategies to help you plan towards your retirement lifestyle." Rebecca will be in attendance and is happy to discuss ways people can maximise their benefits.

All visitors to the expo can enter the raffle to win a trip for two to Europe courtesy of Singapore Airlines.

Sigrid said, "we are very excited that Singapore Airlines has continued their support of this event for the third year as one of our major sponsors. We are thankful to have one of the worlds best airlines support older

and Australian and the industries that assist them."

There will also be other great raffle prizes on offer over the weekend. Rottnest Express and Captain Cook Cruises together with the Spud Shed have provided some fantastic prizes.

Attendees will also be able to hear experts presenting free seminars and 6PR will be broadcasting from the event both days.

The expo is free to attend. Thanks to the Spud Shed, when visitors cut out and take the coupon located on page 14 to the expo, they will receive a free tea or coffee.

Parking this year will also be free, thanks to the City of Fremantle. The BShed Café has put on some great expo lunch specials so all in all it will be a great day.

For more information contact Fiona at Village Solutions on 9355 3400 or see www.retirementlivingexpo.com.au



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2014 Seniors Week FOCUS



Seniors Week 2014

9 - 16 NOVEMBER



WA Seniors Awards - recognising seniors' contributions

THROUGHOUT Western Australia, seniors are doing great things in our communities.

One 'local hero' who knows first-hand what it's like to be a part of the WA Seniors Awards is Errol Bartlett-Torr, who was named 2013 Juniper Senior of the Year last November.

Awards judges praised the 81 year old for his unrelenting commitment to his local community of Shark Bay, which has benefitted greatly from his involvement over the past two decades.

Seniors and Volunteering Minister

Tony Simpson said that Errol was involved in all facets of community life.

"Errol is an outstanding volunteer, whose passion and determination has had a great impression on Shark Bay," Mr Simpson said.

A founding member of the Shark Bay Volunteer Marine Rescue group, which is vital to the safety of boat users in the region, Errol has been involved in many marine rescues and has put his life at risk to save others.

Errol is also a sound technician who volunteers his time, knowledge, ability and willingness to host Blue Light dis-

cos, movie nights, award ceremonies, art and other events in Shark Bay.

He has also used his professional photography skills to document key festivals and events in the region.

Looking back on his year in the spotlight, Errol said that he felt humbled to have been chosen as Senior of the Year and that he wished all 2014 finalists the very best of luck.

This year's awards include categories for volunteers, seniors' advocates, community organisations, local governments, members of the media and seniors who work with young people.

One award winner will receive the Juniper 2014 WA Seniors Champion Award.

Finalists will be announced in October with the ceremony on 8 November 2014.

The WA Seniors Awards are part of Seniors Week 2014, taking place across WA from 9-16 November.

The WA Seniors Awards are a partnership between Council on the Ageing WA and the Department of Local Government and Communities.

www.dlhc.wa.gov.au/waseniorsawards2014

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And with the business dedicated to offering Perth prices through their extensive supplier network, there is now no need to make the trip to Perth for essential health care equipment.

As well as sales, the Better Life Centre also has a large range of hire equipment. Also service and repairs to electric scooters, wheelchairs, lift-chairs and all mobility equipment.

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Notice to COTA WA members



THE ANNUAL General Meeting of Council on the Ageing WA Inc (COTA WA) will be held on Tuesday, 28 October 2014 at 2pm at Alexander Library

Theatre, Francis Street, Northbridge.

Guest Speaker: TBA

Call for nominations: nominations are invited for three vacancies on the Board of Directors. Nominations close at 5pm on 30 September, 2014. Nomination forms are available on request.

Amendment to constitution: it is proposed that the constitution be amended at the AGM. Details of the

proposed amendments are available on request.

Members are invited to join directors and staff for afternoon tea following the proceedings.

For catering purposes, please advise if you will attend.

To register and to obtain nomination forms and other information contact admin@cotawa.org.au or phone 9321 2133.

The 'walk' is back at Have a Go Day...

HAVE A GO Day, a peak event of WA Seniors Week, this year, celebrates with a sport and recreation theme for seniors.

Come along on Wednesday 12 November from 8am to 3pm to take part in this free event, which is held on the grounds of Burswood Park, located near the Crown complex in Burwood.

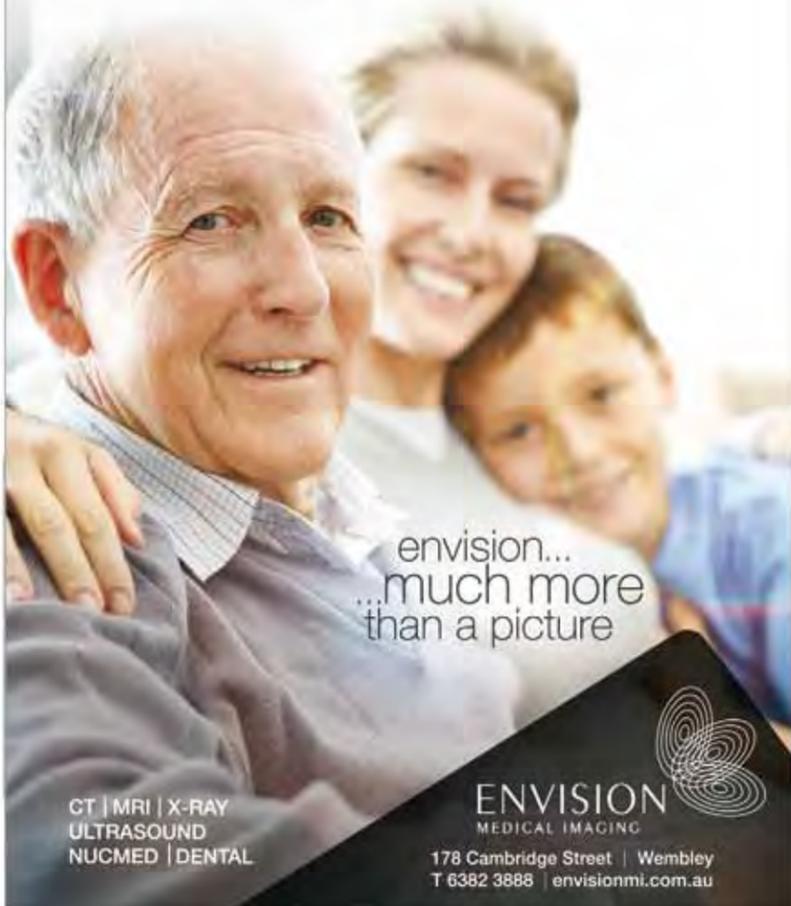
Following the official launch, the Over Fifty Five Walking Association (OFFWA) welcomes everyone to join them on the 'walk', which commences at around 11am.

The official Have a Go Day program will be included in the October issue of *Have a Go News*.

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Need a lift



SHINE Community Services (formerly TAPSS) provides transport services to seniors and younger disabled people who reside in Claremont, Cottesloe, Mosman Park, Peppermint Grove and surrounding areas.

If you're going to a doctor's appointment, are heading to the shops or want to see a friend, why not call SHINE?

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Time To Help?

Do you have two hours spare to take a client shopping or visit them at home? We are recruiting for social support volunteers to offer a service once a fortnight to support frail elderly or younger clients with a disability. We offer out of pocket reimbursement, training, support and volunteer events.

Please call us for more information
9318 5700 or check out www.volunteertaskforce.org.au

Thank you



Over 55 Walking Association updates



THE OVER 55 Walking Association Incorporated (OFFWA) 2014 season is now more than half way through the year.

As well as the benefits from walking at your own pace and distance in a safe and accessible environment, there are several social events organised including this year, a holiday in Cervantes.

For more information, visit their website <http://over55walkingassociation.myclub.org.au> which provides information on the organisation including the program of walks at different venues.

Upcoming walks:

16 September, Darlington Heritage Trail; Darlington Park: corner Darlington and Owen Road.

23 September, Rob Campbell Park; towards Fremantle: River and Phipps Street, Bicton.

30 September, Mundaring; towards Darlington: Jacoby Street, South Hall Mundaring.

7 October, Sandy Beach Reserve; towards Tonkin Highway Bridge: the end of West Road, Bassendean.

For further information contact OFFWA's president, Bronwen on 9448 6965 or vice president Ann on 9277 9604.

2014 Seniors Week FOCUS



Seniors Week 2014

9 - 16 NOVEMBER

Performers like Eddie Storm are rare these days



Eddie Storm

by Josephine Allison

IT'S any day of the week and singer Eddie Storm is belting out a song to a delighted audience, then wooing them with a few soulful ballads.

Seniors love English-born Eddie for his sparkling range of songs which transport them to another time and place, away from the more mun-

dane things of life. Performers like him are rare these days.

In 46 years of entertaining across WA and interstate, 78-years young Eddie says he is always humbled by the affection and experiences from audiences and thankful for being invited back to entertain time and again.

For 28 years, Mandurah-based Eddie has delighted seniors at gigs in Perth and Melbourne but his singing career goes back much further to the days of Vietnam. His first job in the music business after moving to Perth from England in 1967 was as a band singer in a Perth night club.

At his age he might be forgiven for putting his feet up, so why continue?

"Several years ago a dear friend was admitted to a nursing home confused and frightened and suffering from multiple sclerosis," he says. "I sang *The Impossible Dream* to her and was invited back by the CEO to sing to residents.

"Requests came in and my direction moved to major senior's events across WA including the Peel region, Bunbury, Busselton and Albany and surrounding areas."

Eddie entertains audiences with a variety of 50s, 60s and 70s music as well as *Music of the Night* from *Phantom of the Opera* and world hits from the repertoire of Frank Sinatra, Tom Jones, Matt Munro, Roy Orbison, Dean Martin and Neil Diamond. His range allows him to perform ballads and he has just revived Al Jolson songs.

Eddie lists his favourite songs as *Music of the*

Night, Unchained Melody, Smoke Gets in Your Eyes, No Other Love and Somewhere There's a Place For Us. He also sings rock and roll numbers.

"People especially like *Music of the Night* and my ballads - they like to be treated with respect. My audiences inspire me to keep singing; they listen intently. They are wonderful people."

Eddie says his Vietnam tours of 1969-70 were sad but inspiring, visiting and singing for troops in the field and in hospitals.

"They taught and inspired me to become the entertainer I am today. Our troops are my heroes."

A local afternoon newspaper of the time described Eddie at Perth Airport belting out *Rawhide* in competition with a Qantas 707 aircraft as he and other performers prepared to join young troops off to Vietnam.

Among his more unusual experiences Eddie describes ladies throwing panties and "funny long bloomers" at him while singing Tom Jones' *Delilah*.

"I still find that unusual. Only recently the audience was throwing table napkins at me at a function in Albany on a senior's bus tour!"

Eddie's busy schedule in coming weeks includes gigs at Rowethorpe Bentley, Mandurah seniors, Perth Town Hall and the Kalgoorlie Club. He will perform with colleagues Kelly Green and Bill Blaine at the Royal Australian Air Force Association estate, Meadow Springs, Mandurah, 7pm, Saturday, 1 November.

To contact Eddie regarding any shows call 0422 203 377.

SES at Have A Go Day



Denis Martin

IT'S 2-45AM on a Thursday morning and I'm tucked away comfortably in my trusty bed and suddenly there's a melodious call on my mobile phone.

After weighing up all of the options as to who it might be... what time is it? this better be important! etc, I am greeted by my local SES (State Emergency Service) duty officer seeking volun-

teers to be part of a search for an intellectually disabled young man who has been missing since 9pm the night before.

This then has deemed the call important - and through sleepy eyes and with slow cognitive skills I answered, "Yes I'll be there."

A bit of background on the above:

A few years ago, when I joined the ranks of retired persons, I put my hand up and volunteered as a member of my local SES.

The weekly training sessions and participation opportunities appealed to me, they include aspects of four wheel driving, search boats, foren-

sic searches on land, survival techniques, roping skills, first aid etc etc and an opportunity to be a part of a fellowship of like minded people.

Now back to the story: along with several other members of the Canning/South Perth SES Unit, we assembled and, in well appointed vehicles, we venture out to a designated operations base to meet up with the search coordinators, the police, several other unit vehicles and some searchers on push bikes.

We are given a specific area and the search is on.

In short, after three hours, the young man is found some seven kilometres away

and returned safe and well to his anxious family - another very rewarding experience.

Why am I telling you this. Well, I am sure that by now you have received significant information relating to the SRC Have A Go Day to be held in Burswood Park on Wednesday 12 November this year. This is once again in WA Senior's Week which also happens to be WA 'SES Week' and we will be joined by the Canning/South Perth SES Unit who will provide an extensive display of their uniforms, equipment and vehicles and be there to talk to people about the SES and it's important role in the community.

My participation with our local SES has been very rewarding and enjoyable and although I cannot participate 100 per cent of the time, it is great to be able to contribute when and where I can.

If you are looking for a new and challenging experience, drop in on Have A Go Day and have a chat to the SES team on the ground and ask about the next intake of volunteers; I know that there will be some aspect of it that will add another rewarding experience to your life.

Cheers for now

Denis Martin

Elder abuse helpline launched in WA

SENIORS being coerced into giving money to friends or family can now telephone Western Australia's first dedicated elder abuse helpline on 1300 724 679.

Speaking at the National Elder Abuse Conference in Perth, Seniors and Volunteering Minister Tony Simpson said older people who had few friends, family or contact with the community were most at risk.

Mr Simpson estimated that about 12,500 seniors in WA may be experiencing abuse.

"The emotional toll on these people cannot be overstated," he said.

"Often, they feel too ashamed to tell anyone. And nursing home staff or other family members who suspect abuse have had nowhere to turn, until now."

The helpline, established with \$80,000 support from the State Government, is available on weekdays from 8.30am to 4.30pm, offering an 'impartial ear' for people to share their situation.

Elder abuse is defined as harm to an older person taking place in an informal relationship of trust, such as with a family member, carer or friend.

The abuse may take many

forms including financial, emotional, social, physical and sexual abuse, and neglect. Financial abuse is the most common.

The Minister also launched a new publication called 'Stay connected and be involved' with tips for older people on how to maintain their social connections to prevent abuse.

Mr Simpson thanked Advocare and his Seniors Ministerial Advisory Council for providing input into the projects.

- About 12,500 WA seniors are subject to abuse
- Elder abuse relates mainly to fi-

nancial coercion
• Call 1300 724 679 for information and support.

FACT FILE

Between two and five per cent of older people experience elder abuse.

The State Government has provided \$80,000 to operate the helpline, through the Department of Local Government and Communities and the WA Department of Health.

The helpline is run by Advocare, a community service organisation advocating for older West Australians.

UMBRELLA

Multicultural Community Care Services Inc.

Visiting Angels Program

Umbrella Inc is seeking both participants and volunteers for the Visiting Angels Program. The Program matches socially isolated older people from multicultural and lesbian, gay, bisexual, transgender & intersex communities in the Perth metro areas with volunteers to establish a friendship. Participants need to be receiving services from a Commonwealth Home Care Provider to be eligible for the program.

If you are interested in joining the program as either a participant or a volunteer contact Michael or Wendy:
263 Coode St, Bedford
Ph: 9275 4411 Fax: 9275 8993
Email: cvs.umbrella@westnet.com.au
Web: www.umbrellacommunitycare.com.au

CVS is funded through the Department of Social Services

IS IT KEVIN?

Terry, Alan and Kevin are at their men's shed in Shenton Park. One of them lives with dementia. Can you guess who...

DEMENTIA AWARENESS MONTH 2014

More than 30,700 West Australians live with a diagnosis of dementia. Overwhelmingly, most of them live in the community in their homes. Kevin Wakeford, pictured above (middle) is one of them.

This ad has been generously supported by **ADSNEL**

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ADVERTISING FEATURE



Jen Merigan

ETIHAD Airways launched its Perth to Abu Dhabi route in style last month with a function at the State Reception Centre.

Guests were treated to a stellar performance from pop star and X Factor judge Ronan Keating and had the opportunity to try out the first and business seat configurations.

I am pictured left enjoying the comfortable seating in the business class pods.

I have heard nothing but good reports about the airline which will give Western Australians more choice when deciding on a full service long haul carrier.

Eti had has just announced their early bird specials for next year which are on sale until the 31 October. For more information log onto www.etihad.com/au

Fremantle is fast becoming the port of choice for cruise lines this year with

P&O, CMV's Astor and Princess Cruises all using the port as a base over the next few years.

Astor returns to Fremantle in December for the summer season and Princess Cruises has announced that five of its 18 ships will sail in Australian waters over the next two years. P&O will port in Fremantle during winter next year.

Don't forget this month we will be holding a special "solo travellers" Talking Travel function, so if you would like to find a companion to travel with or want more information about how to save as a solo traveller, then come along to this free seminar.

I spent a very pleasant night at the newly renovated Rendezvous at Scarborough last month. You can read more about the hotel further on in this section and enter the draw to win a dinner at the

Straits Café.

Thanks to all readers who entered our *Win a trip to Kota Kinabalu* competition over the last few months and to Malaysia Airlines and Sutera Harbour Resort for their contribution to the prize.

We have had thousands of entries from all over the state and the name of the lucky winner is announced below.

Do take the opportunity to check out our website at www.haveagonews.com.au.

This month we have included the digital versions of the paper for the last 13 months. *Have a Go News* is available on line each month and you can also load it onto your mobile phone in no time at all.

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

Readers are offered the opportunity to register for our electronic newsletter, where we feature a variety of competitions, information, tips and special offers.

Just email me Jen@haveagonews.com.au with the subject Let's go Travelling E News.

If you're a facebooker, then like *Have a Go News* at <https://www.facebook.com/Haveagonews>, where there's often the opportunity to win prizes and share interesting information.



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



2015 gardening tours with Deryn Thorpe

Flower and Garden Show as well as the stunning gardens of Ballarat and surrounds. Highlights include the picturesque Ballarat Botanical Gardens, a visit to historic Sovereign Hill, Paul Bangay's impressive 'Stonefields', Phillip Johnson's home garden in Olinda, Heronswood garden tour including lunch at the famed Fork to Fork restaurant onsite and a fine dining experience aboard Melbourne's unique Colonial Tramcar Restaurant.

Priced at \$2,995 per person twin share, this 8-day tour departs from Melbourne on 21 March, 2015 and includes travel in first-class chartered coach, accommodation, sightseeing tours and garden entrance fees.

France and England, 5 to 24 May, 2015

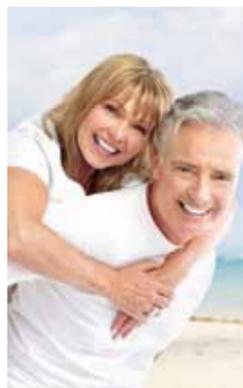
Explore the magnificent gardens of

France and England, including the illustrious Chelsea Flower Show in London. Highlights include Claude Monet's house and garden in Giverny, the stunning grounds of Château de Versailles, the beautifully preserved medieval town of Sarlat in the Dordogne and the breathtaking Loire Valley, including a visit to the Festival des Jardins de Chaumont sur.

Priced at \$9,995 per person twin share, this 20-day round trip departs on 5 May, 2015 and includes return economy air travel from Perth to Europe, accommodation, sightseeing tours and the spectacular gardens of Paris, Blois, Perigueux, Avignon and London.

For more information, call Travelrite International on 1800 630 343 or visit www.travelrite.com.au

Looking for a travel companion?



THEN TAKE advantage of this service which may provide you an opportunity to find like-minded compan-

ions 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 112

Active Christian minded gentleman 60s, seeking kind and sincere lady friend 60 - 65 for travel companion who would like to see more of Australia, Tasmania and New Zealand. Genuine replies only please.

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And the winner is...

CONGRATULATIONS to Diane Naylor from Eden Hill who was the lucky winner of the *Win a holiday to Kota Kinabalu* competition presented by Sutera Harbour Resort, Malaysia Airlines and *Have a Go News* and valued at more than \$7,000.

The lucky winner will enjoy five star service aboard Malaysia Airlines flying business class return from Perth and then enjoy four nights accommodation at the Magellan Sutera Resort including breakfast daily.

Join renowned gardening expert Deryn Thorpe on a choice of tours to some of the world's most spectacular gardens.

Visit the Melbourne International Flower and Garden Show

as well as the stunning gardens of Ballarat and surrounds.

Highlights include Ballarat Botanical Gardens, a visit to Sovereign Hill, Paul Bangay's 'Stonefields', Phillip Johnson's Olinda garden, Heronswood gardens & dinner aboard Melbourne's historic Colonial Tramcar Restaurant.

21 March to 28 March, 2015



Explore the magnificent gardens of France and England

including the Chelsea Flower Show in London.

Highlights include Claude Monet's house & garden in Giverny, the stunning grounds of Château de Versailles, the beautifully preserved medieval town of Sarlat in the Dordogne and the breathtaking Loire Valley, including a visit to the Festival des Jardins de Chaumont sur.

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ADVERTISING FEATURE

Tacos and tequila in Melbourne



Left; Jeanette Woolerton Right; Celebrating the Mexican Festival

by Jeanette Woolerton

TO MANY Northern Australians, Melbournians are referred to as 'Mexicans' in a tongue in cheek reference to inhabitants 'south of the border'.

In keeping with this comical alliance, this month, Melbourne hosts the magnificent Mexican festival, in honour of Mexican Independence day (which is celebrated on 16 September in Mexico).

The original inhabitants of Mexico created great civilizations such as the Olmec, the Teotihuacan, the Mayan, Toltec and of course the most powerful of all, the Aztec Empire.

After Christopher Columbus "discovered" America, the Spaniards carried out expeditions throughout the lands in search of gold.

In 1521 about 500 Spanish soldiers arrived in Mexico, headed by the ambitious Hernán Cortés.

At the time, the Aztecs had built a great empire that ruled all Mesoamérica, so the Spaniards decided to direct their attacks towards them.

The indigenous nations that were under the Aztec rule were tired of the physical and economic hardships imposed upon them by this empire, so they decided to aid the Spaniards.

Thus began the conquest of what we now know as Mexico.

However, what the indigenous people did not realise, was that they had been liberated from one oppressor and fallen into the hands of another.

This was the beginning of three centuries of Spanish rule. The new colony was named Nueva España, New Spain.

The years that followed were devastating. The conquerors brought with them diseases unknown to the natives and epidemics broke out.

Along with the merciless workload imposed upon them, the population of Indians diminished drastically.

Higher echelons followed by Criollos (those born in Mexico from Spanish parents), Mestizos (the mixed blood offspring of Spaniards and Natives), Indios (Native Indians and Negroes; African slaves).

In 1808, Napoleon invaded Spain and decided to impose his brother José Bonaparte, as king of Spain (1808-1810). The Criollos found, in this circumstance, the opportunity to seek their independence from Spain.

Influenced by the concepts of liberty, equality and democracy proposed by the French philosophers Rousseau, Montesquieu, Voltaire, and by the war of Independence of the United States, they decided to start a revolt.

In 1810, a war was

planned for 2 October.

Unfortunately, their plans were discovered in early September.

The movement was in trouble.

They had two alternatives; to either abandon their plans, or move faster and start the revolt immediately.

Fortunately for Mexico, they decided upon the second alternative.

In the early hours of 16 September, 1810, Father Hidalgo, accompanied by several conspirators – Ignacio Allende, Doña Josefa and Ortiz de Domínguez who rang the bell of his little church, calling everyone to fight for liberty.

This was the beginning of the Independence War, which lasted 10 years and finally ended with Mexico becoming an independent nation.

Since then, every year on 16 September, the 'war' is re-enacted in every plaza or

zócalo of Mexico and commemorated by Mexicans all over the world.

In Australia, we are invited to join the colourful fiesta at Federation Square, Melbourne, for Mexican Independence Day.

This year's Mexican Festival is filled with the exotic flavours, sounds and experiences of that country.

Feast on Tacos, Tamales, Tortas, Tostadas and more traditional dishes from the Mexican food stalls along River Terrace.

Enjoy performances on the Viva Mexico Stage including local Mexican musicians, folk dance groups, mariachis, Zumba dancing, live Salsa band LA 45 and more.

Indulge in a drink or two at the Mexican bar; explore a market with handcrafts and jewellery or head inside The Atrium to browse the Mexican artwork display.

There is also entertainment for children at a Kids' Corner with music, singing, piñata making and painting.

So bring your amigos (don't stop at three) and join this spectacular celebration of Mexican culture at The Square and River Terrace on Sunday 14 September, from 11.30am - 8pm at Federation Square, Melbourne.

Admission is free. Sombreros are optional, having fun is guaranteed.

For more information please visit the festival website at: mexfest.com.au

Talking Travel with Have a Go News

OUR REGULAR Talking Travel sessions are held each month to give readers the opportunity to share information, tips and advice about travel in an informal and friendly group.

If you have a particular topic you would like covered or information about a destination please email me prior to the session so I can do my best to source answers beforehand.

The informal gatherings, which are free and followed by morning/afternoon tea, give all attendees the opportunity to share their travel experiences.

Everyone is most welcome to attend.

September Function Single Travellers Event

We have had many requests for a Talking Travel group for solo travellers who wish to meet like minded travellers seeking a

travel companion.

Time: 2 - 4pm.

Date: Tuesday 23 September 2014

Location: *Have a Go News* office - rear of 137 Edward Street in Perth.

Parking - is available in Edward Street and Pier Street.

Registrations are a must!

Interested in Talking Travel with lunch?

In October we plan to include lunch with our session at an appropriate venue.

Date Tuesday 28 October

Time 12 - 2pm

Venue TBA

COST - TBA

Lunch cost will be paid for by attendees.

If this interests you, then please send your details Jen@haveagonews.com.au

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Sat 15th November: **Poetry of a Mad Axeman:** 'Join Jim on a 5km return walk for a relaxing summer evening and the setting sun as he recites well known bush favourites.'

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- Adelaide City Sights Tour
- Air travel, Adelaide to Perth

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- Rail travel on the XPT, Sydney to Melbourne
- 2 nights in Melbourne • Melbourne City Tour • Rail travel on The Overland, Melbourne to Adelaide
- 2 nights in Adelaide • Adelaide City Tour • Rail travel on the Indian Pacific, Adelaide to Perth in a red seat

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Princess Cruises announces more visits to Fremantle



Princess Cruises' Sea Princess; from left to right; Lotus Spa - The Sea Princess - Lotus Spa gym

by Jennifer Merigan

CRUISE holidays have taken the fancy of many Australian's with more than 833,000 people sailing on the high seas in 2013.

Western Australians too have fallen under the cruise spell with more than 67,000 of us enjoying a sailing holiday.

Fremantle port is becoming a popular berth and cruise lines offer a selection of Fremantle to Fremantle cruises.

Princess Cruises have just announced plans to expand their presence in Fremantle including its first ever summer season of round trip cruises.

Fremantle has been part of Princess Cruises winter expeditions since 2008 and this new move will more than triple the number of cruise passengers sailing from WA and inject about \$30 million into the local economy.

Princess Cruises is set to make 33 visits to WA regional ports between now and March 2016.

The 2015-16 cruises include sailings on Dawn Princess (April to August), Sea Princess (September to October) and Sun and Diamond Princess from

(15 October to 16 March).

The Sea Princess visited Fremantle last month and I took the opportunity to tour the ship.

This mighty liner takes up to 2000 passengers and has an array of facilities including four passenger pools, five whirlpool spas, eight different dining and snack options, two main showrooms and seven bars.

Other services offered are the Sanctuary adult only retreat, movies under the stars, duty free shopping, health centre and spa, sports deck, art gallery, video arcade, disco, library and casino.

My tour on board Sea Princess focused on the facilities of the Lotus Spa.

Princess Cruises reports that nearly 40 per cent of visitors to the spa are first time spa users.

The Lotus Spa's philosophy is 'come back new' and they take a holistic view to well being.

A range of services available include teeth whitening, various anti-ageing treatments, hair salon, massages, Pilates and nutrition seminars.

Princess Cruises informed us that the most popular treatment across the fleet is the Aroma Spa Seaweed Wrap which includes a full body massage, a full body wrap in seaweed, a head massage and

reflexology over 70 minutes.

I was more than lucky to experience this relaxing and detoxifying treatment.

The downside was that instead of being able to return to a cabin to enjoy the after effects of the treatment, I needed to head back to my office, but it gave me a little taste of the well being afforded to clients on board.

Princess Cruise's vice president of Australia/NZ Stuart Allison said that cruising was the perfect environment for spa treatments because guests relax as soon as they step on board.

"Cruising allows you to take time out from every day life and think about the things that are important, such as your health and lifestyle. For many of our passengers it's a great opportunity to try something new or start a new health and beauty regime," said Mr Allison.

FAST FACTS
Want to know more about Princess Cruises?
Call 132488 or visit www.princesscruises.com

Perth to Sydney on the Indian Pacific

THE PERTH to Sydney journey on The Indian Pacific, which travels through areas steeped in the history of Australia, is just one of the country's rail journeys that present to travellers a unique view of the Australian Outback.

Travellers on this trip enjoy comfort and style, with ample time to relax and take in a good book or two.

The Explorer lounge car, where you can enjoy a premium wine or beer from the bar, is equipped with panoramic windows through which to view the ever changing scenery.

Tea, coffee and afternoon tea are also provided in the lounge car, where newspapers and board games are available too.

While accommodation is compact, the facilities, amenities and staff all combine to help make an impressive, once in a lifetime travel experience.

Dining in The Queen Adelaide Restaurant Car is the highlight of the trip for most travellers. There you can enjoy Australian wines and where possible, local fresh produce, prepared by on-board chefs.

Off train excursions are included in the Gold Service, with stops at Kalgoorlie, Cook (this is a favourite stopover) – the Ghost Town of the Nullarbor, Adelaide and Broken Hill for a visit to the line of Lode Miner's Memorial.

On arrival at Central Station in Sydney, it is only a short ride into the City Centre where there is always something happening.

There is never a dull moment in this great City, home to the Sydney Harbour Bridge and the Opera House.

The Rocks is a must see location offering a range of exciting treats from food and fashion to the opportunity to explore the winding streets and quaint laneways, that often lead to hidden treasures.

This is a highly recommended trip that will create fond memories.

For further details, contact the WA Visitors Centre on Freecall 1800 812 808.

Editor's note: In 2010, two of us from *Have a Go News* took this interesting and informative trip across the country, which we thoroughly enjoyed and heartily recommend.

New river cruise ship on Beyond Travel 2015 itineraries



RIVER cruising specialists Beyond Travel have introduced a newly built river cruise vessel, the MS Amadeus Silver II, to be launched

in 2015 on a selection of itineraries in Europe: she joins sister ship MS Amadeus Silver launched in 2014.

To celebrate, Beyond

Travel is offering up to \$800 in travel credits per couple for bookings made and deposited by 30 October this year.

This modern first class ship, offers larger state of the art cabins most with innovative windows that run the length of the cabin and automatically slide downwards opening up the whole cabin and creating a balcony.

Another new and unique part of the design is elevators on board, unusual for river cruise ships.

The new vessel boasts 72 deluxe cabins and 12 spacious Amadeus suites with a full balcony, plus there's a large sundeck with deck chairs, a Lido bar, gold putting green, large floor chess board and a walking track, the Panorama Bar, the River Terrace, Café Vienna, Amadeus Club with internet station, fitness and massage rooms, hairdresser, main dining room and a shop.

The Amadeus Fleet is owned and operated by Lueftner cruises, a family company based in Austria, with more 30-years' experience.

Their fleet of ships have English as their main language and offer excellent service, modern cabins, gourmet meals, very nice public areas and have spa and massage treatments available.

This new ship will be utilised on the most popular river cruise itinerary, the 15-day 2015 Across Europe trip that travels from Amsterdam to Budapest and vice versa with summer sailings starting from just \$5,440 per person twin share.

Price includes 14 night's accommodation in a river-view cabin, all on-board meals with complimentary wine with dinner, complimentary tea and coffee, daily sightseeing excursions with a guide and port charges and local taxes.

For departure details contact Beyond Travel on 1300 363 998 or visit www.beyondtravel.com.au

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- ✓ All meals aboard the cruise
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Package price is per person twin share, capacity controlled and subject to change at any time. Specific conditions apply to pension discounts, please enquire. Flights not included. Terms & Conditions apply

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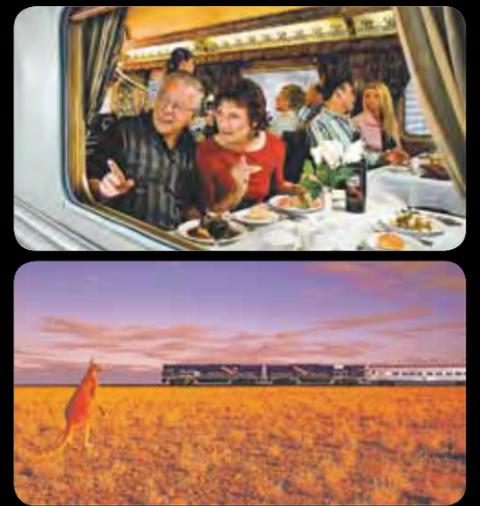
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A little bit more comfort



by Brad Elborough

AS A SUPPORTING friend, I ventured around to a mate's place recently to check out their new caravan.

The Jayco pop-up looked a tad small on the back of the 4WD, but 10-15 minutes later, after I'd sat back and watched him open her up, my mind had changed.

There was ample room inside for their family of four - including two upper year primary school aged kids - and these guys like to head

away for a couple of weeks at a time.

But this column isn't about the pros and cons of the Jayco pop-up.

When I stepped up into the van, I was blown away - almost literally.

They had the Truma Aventa air-conditioner turned on - and up - and it was cold.

Apparently after sweating it out in their rented van while trouncing around the Gibb River Road last year, having air-conditioning was a pre-requisite for their own purchase.

This one will certainly do the job.

Air conditioning in a caravan used to mean leaving the doors and windows open. If you were lucky you might get a breeze push through.

But apparently these luxuries, that some people don't even have in their homes, are becoming more commonplace in vans.

But wait, there's more.

As well as having the ability to produce Arctic-type temperatures, my friends have also had ceiling fans installed above their two double beds.

These aren't your household-style ceiling fans, but small mobile fans that can be put into place when needed and put away when not.

And they pack a bit of a punch themselves.

These will be perfect on those days when the air conditioner isn't needed, but a bit of a breeze would be appreciated.

Things have certainly changed!

Clockwise from top left; Truma Aventa air conditioner and ceiling fans at work - Jayco's spacious pop-up

Don't get 'tyred' of looking after your van

by Brad Elborough

BE HONEST... how many of you think that once you've returned home from your latest caravanning trip, all you need to do is wash the linen and empty the fridge?

You give "her" a quick sweep and a mop (if you can be bothered) and maybe a once over with a wet cloth - and "she'll" be right until the next trip...

How many of you get your vans serviced regularly?

Don't laugh, it sounds as though some of us are a bit naïve when it comes to caring for our portable holiday accommodation.

Mike Davies, from Ken Peachey Caravan Repairs, says some tips that they provide their customers can not only extend the life time of their van, but potentially save lives too.

"Here's one that is very important that often gets missed," Mike said.

"People don't understand that they should keep an eye on the tyres of their caravan and get them checked, especially if they have just bought the van.

"While it might look as though the tyres haven't been on the road, as there is still plenty of tread, there could still be problems.

"Uncle Joe may have had the van for years and it's just sat on his front lawn, so he decides to sell it.

"Do you know how old the tyres are? They perish and can burst; people can lose control of their vans."

Image facing that while driving on an outback highway?

Mike said that regardless of how good the tread on a tyre is, they need to be checked.

If a van is sitting unused on the front

lawn, the tyres are still subject to the elements, including the harsh Australian sun.

He said that while a tyre dealer will tell you to change them every four years, if the tyres are being protected, you could probably get a little longer out of them.

"It's one of the biggest problems we see in here," he said.

"Tyres perish, especially if they are sitting in the sun, so protect them from the sun when they are not in use.

"Tyre people will play it safe and say that you should change them every four years. But if kept in a garage, then maybe you can wait a little longer."

Like your car, you should get your caravan checked over and serviced regularly.

The team at Ken Peachey Caravan Repairs has been operating since the 70s and have been RAC approved for the past 15 years.

A part of their service is providing a laminated sheet with tips and a checklist of what you should do before you go on holiday, when moving on from where the van is and when it isn't in use.

Here's a taste:

Before you go - make sure your fridge door is locked and that containers with liquids in them are secured. You don't want any nasty and wet surprises when you get to your destination.

When not in use - as well as tyres, protect any plastic from the sun. Some of the bits of your van and its accessories can be expensive to replace after they have cracked.

If you have any tips, please share them with me at brad@haveagonews.com.au

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ADVERTISING FEATURE



Thermae Bath Spa

by Graeme Willingham

ALMOST 'triffid' like in its stand-alone station, the stainless steel one metre pole with drooping head stood quietly poolside, commanding a clear open air view of the Bathampton Ridge across the clay chimney pots and church spires of Somerset's Bath in western England. But unlike John Wyndham's 1950's sci-fi tall swaying plants, the shiny pole was rigid in the sun.



Night Theatre

CHENGDU was a lovely, almost rural departure from bustling cities but still a place of the familiar high-rise apartment blocks with a nudging rainforest nearby, housing the famous Panda Research Centre. This leafy centre was a lively place of large enclosures featuring gambolling, feeding and sleeping pandas, all to the delight of camera-clicking visitors who crowded around to see these endearing giants at close range. The life span of pandas in captivity is around 30 years and at some stage in their evolution, they were carnivorous but now eat only bamboo.

The more agile red panda was also a welcome sight at the Centre. Along with an informative visitor's centre, there is a souvenir shop where many panda-inspired products from toys to tea-towels can be purchased. For the less active, a tram winds around the paths, providing viewing without trudging.

A fast train from Chengdu's very modern spacious railway station, all shiny floors and efficiency, in around two hours, whisked us off to Chongqing, past terraced agricultural fields and lovely hillside homes and from where we boarded the "Victoria Katarina" for a three night cruise of the Yangtze River and the Three Gorges Dam. This was both scenic and informative with very professional night theatre performances by the crew, lectures on Chinese medicine, presentations of arts and crafts, delightful displays of Chinese costumes from different regions and periods of history and on the more personal level, buffet meals, a bar, entertainment area, roomy cabins and a small computer section.

Our days commenced with Tai Chi (if you were so inclined) and the visits ashore included a morning at a new

relocation village where families have been forced to move as a result of the construction of the Dam.

Almost two million were relocated mainly to the cities but about 70 per cent made the choice to move to higher villages with their compensation money and acquired plots of land to grow cereal crops, vegetables and raise pigs for local markets.

The timeless Yangtze River is 6,236km long with at least 113 bridges spanning its meandering course.

During the cruise, we sailed through spectacular limestone cliffs and gorges, enjoyed a sampan ride along the Shennong Stream and on the last day, joined the throngs on an outdoor escalator up to the showrooms and education centre of the Dam project. The Dam scheme employs about 28,000 workers, is 95 per cent completed and has 32 turbines in action. The huge structure itself could be seen in the misty distance. Models and future development for this

Blissfully wallowing in Bath's hot water

Unexpectedly, it spat into life, a little like the triffids did with their blinding poisons. I was within a metre, the closest of a dozen others, so waded forward quickly to acquaint myself with what was soon to become my new best friend.

Shooting out from the pole's narrow mouth was a strong warm water jet which was soon applying its therapeutic pressure to my head, neck, shoulders and back. As the minutes ticked by, the force was invigoratingly blissful. I closed my eyes to (a) concentrate on the pummelling, (b) hog the pleasure and (c), appear ignorant of others nearby who might want to try the treatment themselves.

After several sensational minutes, the spitting stops, and the pole goes back to sleep.

I place foam tubes under my legs and back and in the fresh air and sunshine float away from my friend across the pool to join my life partner, my real very best friend who is indulging in an air seat and bubble jet.

The three-storeys-up rooftop pool is one of three bathing experiences we enjoyed on our two-hour ticket at the New Royal Bath complex (a smart contemporary building amid Bath's uniform Georgian sandstone architecture). This complex is fed by the natural mineral-rich thermal waters from the springs that have made the city famous since discovered by the Celts and Romans more than 2000 years ago.

Water is at an optimum bathing temperature of 33.5 degrees centigrade and the baths are 1.35 metres deep.

There was another triffid massage jet in the lower Minerva Bath which is named after the Roman Goddess of Health and Wisdom. We asked an attendant when it would come to life and he told us it was on a time cycle, "but soon". What sprung into life then though was the whirlpool at the other end of this large pool which allowed us to "swim against the current" and so exercise instead of just pampering the body with soothing sensations.

The level between the two pools occupies three aroma steam rooms and a central scalp-pounding 'waterfall' shower. The steam rooms are

infused with different aromatic vapours, so you have three "breathtaking" experiences, literally. We found the eucalyptus-mint essence too strong for our delicate lungs (it brought back memories though of football change-rooms), but we enjoyed being steamed by lemongrass and ginger and being refreshed in between under the waterfall.

Let's go back to the fresh air on the roof.

With hired (or byo) bathrobes, visitors can patronise the Spring cafe and restaurant at any time for a meal, snack and drink. Purchases are charged to your SmartBand <<http://www.thermaebathspa.com/the-spa/spa-sessions-new-royal-bath/smartbands/>> fitted on complex entry and paid for on exit.

Pools and triffids aside, this 2006 addition to Bath's day and night natural spa houses (others are The Hot Bath linked to the new facility and The Cross Bath, an adjacent open air small thermal spa which is often booked by small groups) offers over 50 spa treatments and packages, like Twilight-For-Two, hot stones, Aromatic Moor Mud wrap, top-to-toe massage, deep tissue bamboo massage, facials, and head and foot massages.

Thermae Bath Spa is the overriding name of this sparklingly clean white complex, which claims to be Britain's original and only naturally warm thermal spa. We learn that the waters contain more than 42 minerals, the most concentrated being sulphate, calcium and chloride.

Two-hour, four-hour or full day spa sessions are the options, but our sight-seeing commitments allowed for just two hours. During that time, we were either in the waters or steaming and all the time sipping cool drinking water as recommended.

We were in the company of young couples (children aged less than 16 not allowed), groups of friends spread across the ages and people of all shapes and sizes who had in common the feel-good aspiration.

Surprising, at the end, we weren't water logged; we were triffidly relaxed.

See www.thermaebathspa.com.

continued from August 2014 edition

Discovering the many aspects of China

by Mary Carroll

mammoth engineering feat are mind-boggling.

We disembarked at Yichang for the flight to Shanghai, our last port-of-call for this tour.

The most commercial of all China's cities, Shanghai has a population of 23 million and is served by the ever busy Huangpu River, an important artery of enterprise for this southern city. Once a sleepy fishing village and now an important centre of river trade, Shanghai opened its doors to foreign trade in the 1840s with the British paving the way.

In the 1920s it became the glittering night spot of the Orient and has undergone many changes to be the flourishing city it is today.

Several tour choices were offered but we all visited the excellent museum housing all manner of arts and artefacts throughout the ages.

The intriguing Bronze Age section most captivated with its powerful exhibits of fu-

nerary and feasting vessels beautifully crafted and dating back to the 13th - 11th centuries BC.

A visit to Shanghai would not be complete without a stroll along the famous waterfront known by the Anglo-Indian word, the Bund and to stroll along there at night with the glittering new Pudong district opposite and all the street and river lights ablaze, is akin to being in Las Vegas. A miracle of progressive Shanghai is the Maglev train, (magnetic levitation) which rises on a bed of air, has no wheels and can reach speeds up to 430kph. This was an exhilarating 'flight' from the city to the airport in seven minutes and should not be missed.

Finally, we visited the ancient city of Suzhou, 84km west of Shanghai - known for its fish, rice, silk and now UNESCO listing for its ancient gardens and the famous Grand Canal.

This canal like so many parts of China, has a very long history and dates back to the 5th century BC when local rulers decided it would make sense to link all the lakes and rivers to form a canal; a more convenient waterway for trade from various parts of the country and after many centuries it finally was extended and deepened until it reached a length of almost 1800km. This trade route was in use until the 19th century when rebellions disrupted canal traffic and prevented the necessary dredging from taking place. Eventually with the march of time, railways and coastal shipping became more economical.

Included in a tour of this city, that so impressed Marco Polo, is a slow drift along a portion of the canal observing the local canal dwellers that use it as a road and festively string red lanterns and masks from canal-side cafes and boats. Their bikes, stoves, pot

plants and pets were crammed on tiny porches close to the water's edge and from poles and ledges visible from the hotchpotch of houses, the family washing fluttered like faded flags, an overall unchanged scene from time immemorial.

The industrious Chinese live life with balance and order and have advanced a long way

from the desirable watch, sewing machine and bicycle in the 1960s and 1970s to today's aspiration of owning a car, an apartment and to have savings in the bank.

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SPECIAL DEPARTURE 17 March 2015

>> ITINERARY

(B) Breakfast. (L) Lunch. (D) Dinner. (SD) Specialty Dinner.

DAY 1: Perth - Auckland

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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 Rendezvous Grand Hotel Auckland

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 (2 nights)

DAY 4: Bay of Islands (Free Day) (B)

Today is a free day. Choose from the many optional activities available. This evening is also free and you may like to enjoy a relaxing dinner cruise (optional).

DAY 5: Bay of Islands - Auckland (B,D)

This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins before returning to Paihia. Farewell the Bay of Islands and drive south via Whangarei, Wellsford and Warkworth to Auckland's north shore. This afternoon enjoy time at leisure. Why not take a stroll to the nearby beach for views of Rangitoto Island, Auckland Harbour and the Hauraki Gulf.

Hotel Spencer on Byron

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. Continue south to Wellington.

Hotel James Cook Hotel Grand Chancellor (2 nights)

DAY 9: Wellington (B)

Enjoy an extensive city tour in New Zealand's capital, Wellington. A highlight will be time to explore Te Papa, New Zealand's National Museum, with exhibits that embrace both Maori and European views. Enjoy free time at leisure this afternoon. This evening is also free to dine out at one of the many fine local restaurants.

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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 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.
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 - Arthur's Pass - Franz Josef (B,D)

This morning board the TransAlpine, 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. Board your coach and 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 (Douglas Wing)

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 - Milford Sound Overnight Cruise (B,D)

This morning travel to Arrowtown and visit the Lakes District Museum. Continue via Te Anau to Milford Sound and board the Milford Mariner for your amazing overnight cruise. There is plenty of time to view the fiord's spectacular waterfalls, rainforest, mountains and wildlife - you're bound to encounter seals and if you're lucky maybe dolphins and penguins. As evening falls enjoy a delicious carvery buffet prepared freshly by the onboard chef.
Overnight Milford Mariner

DAY 16: Milford Sound - Te Anau (B,D)

Start the day with a hearty breakfast before heading back out to the Tasman Sea (weather permitting) to explore more of the fiord.

Return back to the wharf to meet your coach and enjoy the scenic drive to Te Anau. This afternoon enjoy a cruise across Lake Te Anau to visit the Glow Worm Caves.

Hotel Distinction Luxmore (Deluxe Room)

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 Scenic Hotel Dunedin City (2 nights)

DAY 18: Dunedin (B,D)

Travel along the Otago Peninsula to Larnach Castle for a guided tour. Next visit Glenfalloch Restaurant for a delightful morning tea. Return to the city for some free time before boarding The Taieri Gorge Limited for a journey through spectacular scenery. On return your coach will transfer you to your hotel.

DAY 19: Dunedin - Christchurch (B,SD)

Travel to Oamaru, famous for its limestone. Explore the Victorian Precinct including the Loan and Merc restaurant, the Woolstore complex, auto museum, galleries and the penny farthing shop. This evening enjoy a farewell dinner with your new found friends.

Hotel Sudima Hotel Christchurch Airport or similar

DAY 20: Christchurch - Perth (B)

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Celebrate wildflower season in Ravensthorpe

FOR more than 30 years the entire Ravensthorpe community has celebrated the wildflower season.

The unique flora offering gives people the chance to enjoy spectacular wildflowers in their natural environment. Recent rainfall has

volunteers anticipating an abundance of flowers from all over the shire.

Last year an unbelievable 686 specimens were on display, with experts on the flowers on hand in the herbarium each day to help to identify specimens.

Over 2000 people are expected to converge on the area - many from overseas.

Sue Leighton's creative talents will produce an amazing feature lady highly dressed with local wildflowers.

A Bush Bizo offers interesting bush articles on display featuring bird's nests, seeds nuts an echidna and chuditch.

This year's Spring Festival has some additional attractions that will help everyone enjoy the 12 days of the show. They include a guided wildflower bush walk, self-guided wildflower trails, 4WD tag along tours, photographic display, art exhibition, Devonshire teas and soup, local crafts, souvenir stalls, the chance to purchase a DVD featuring the

regions' amazing wildflowers, crotchet flower display, vintage car display and a market day.

A Gala Dinner will be held on 20 September, featuring guest speaker Sabrina Hahn and including some lively entertainment by the local Ravensthorpe Regional Arts Council.

This event was close to sold out when this article went to press.

Of the 2000 wildflowers species in the Ravensthorpe Shire, many of them are unique to Western Australia.

Our State is world-famous for its diverse range of wildflowers and Ravensthorpe is home to more than a quarter of all species found in WA. It incorporates the Ravensthorpe Range, the Hope-toun Coast, Frank Hann and

Fitzgerald River National Parks.

Not to be missed is a visit to the ungraded facilities in the Fitzgerald River National Park, surfaced coastal road, interpretive displays, wildflowers and lookouts with spectacular views.

Last year the community joined with the Ravensthorpe Regional Arts Council to crotchet almost 4000 flowers, with several collages depicting the area created and visitors were encouraged to take home a crotchet flower.

Community members are busy crocheting flowers and the panels will be on display again this year.

Ravensthorpe Wildflower Show and Spring Festival will be held from 10-21 September 2014 from 9am-4pm daily at \$4 per head.



Lilac hibiscus (*Ahyogyne huegelii*)
©Tourism WA

For more information, please call 9838 5049 or 9835 7034.

4WD Tag Along Tours will also be held from 11am-4pm on Tuesday 16 September; Thursday 18 September and Friday 19 September.

A Guided Wildflower Bush Walk will be held on Saturday 20 September.

Register your interest at Ravensthorpe@crc.net.au: 9838 1340.

For more information, visit www.wildflowersthorpe.org.au



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THE BIBBULMUN Track Foundation has condensed 1,000km of diverse and varied landscapes into

Bibbulmun and Beyond Guided Tour - May 2015

a nine day all-inclusive guided tour. Departing May 2015 the tour explores the very best sections of the Bibbulmun Track and ventures beyond into the Stirling Ranges.

Recently described by National Geographic as 'South-Western Australia's answer to the Appalachian Trail' and included in its top 20 World Best Hikes, the Bibbulmun Track takes walkers through some of the most diverse and unique areas of Australia's south west, ranging from giant boulders and scenic river valleys to magnificent ancient forests, coastal heath lands and spectacular views.

Limited tour numbers allow a flexible itinerary and make it possible for people of all experience and fitness levels the chance to explore the Track. The tour incorporates full and half-day walks along sections of the Bibbulmun Track and beyond into the Stirling Range National Park near Albany where participants climb to the summit of Bluff Knoll (1094 metres) and are rewarded with the breathtaking 360° views. The Foundation prides itself on attention to detail and the expert guides are always on hand. The Foundation's Lead Guide,

Steve Sertis, said, "We have walked every step of the Track many times - we know the Track intimately and are passionate about sharing it with others". All meals, accommodation, transport by private bus to and from Perth, entry to attractions, expert guides and a Bibbulmun Track branded Deuter day pack and water bottle are included in the tour price of \$2,750 twin share. For more information phone 9481 0551, email events@bibbulmuntrack.org.au or visit www.bibbulmuntrack.org.au to download a dossier and booking form.

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Biannual Art Exhibition 18-21 September
Wongan Hills Civic Centre

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Kondinin boasts three towns, namely Kondinin, Karlgarin and Hyden. Kondinin is located 273kms 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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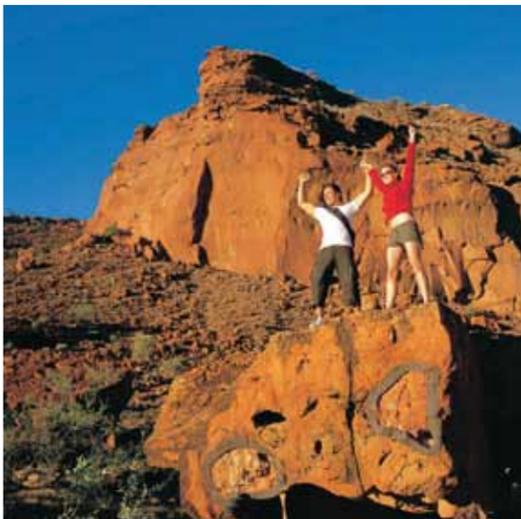
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ADVERTISING FEATURE

WILDFLOWERS in the WEST



Couple in Kennedy Range National Park
©Tourism WA

COME WINTER and spring in Australia's Golden Outback and Mother Nature launches one of her most dazzling shows.

Deep in the heart of Western Australia, the once-parched earth transforms as wildflowers burst into bloom.

Depending on winter rains, you can stroll among entire fields blanketed in oceans of swaying colour; pink, white and yellow daisies stretch as far as the eye can see and flowers of the most bizarre designs adorn roadsides in a kaleidoscope of different hues.

The flowers look all the more stunning set against the backdrop of an ancient landscape.

So striking is the show, so immense the fields of colour, that people from across the globe travel here to witness this natural phenomenon.

Depending on the season, the annual wildflower display starts in the north before charging to the southern-most coast of Western Australia in an ever-changing parade of colour.

The northern areas are renowned for masses of colour on show around August-September while further south is known for the sheer number of different flower species in bloom around September to November.

One national park on the south coast, Fitzgerald River National Park, is so heavily filled with flowers that it has become a UNESCO Biosphere Reserve, recognising not only the incredible diversity of its flowers but also their rarity. Here, there are more than 1800 known plant species – that's 20 per cent of all the species in Western Australia and more than exist in the entire United Kingdom in the one reserve. Of these plants, 250 are rare and 62 oc-

cur nowhere else in the world but this special corner of the globe.

Similarly, more species of animals live in the park than any other park in south Western Australia. These include 22 mammal species, 41 reptile species, 12 frog species and more than 200 species of bird.

The park also offers one of the best places in the State to witness migrating southern right whales from land.

Between June and October, these gentle giants of the deep and their offspring take up residency in the protected bays offering a viewing spectacle from shore.

You can make your visit to Fitzgerald River National Park part of a self-drive wildflower tour from Perth.

Start the tour by driving four hours south-east of Perth to the farming village of Hyden.

Hyden is the base to explore a natural phenomenon called Wave Rock – a 14m-high, 110m-long curve of rock that appears like a frozen wave about to crash over the landscape.

The rock and its surrounds are steeped in Aboriginal legend and, during spring, are enveloped in a sea of wildflowers.

You can also book wildflower tours from Perth or in Hyden itself to see the best of the flowers here.

From Hyden, continue south-east along the highway for two hours until you reach Ravenshorpe, from which you can access the aforementioned Fitzgerald River National Park.

From the park it's about a four-hour drive to the coastal township of Esperance (or you can take a two-hour flight from Perth).

Esperance is embraced by

some of the most beautiful national parks in the country. Around here you will find mighty hulks of granite rock adorning emerald bays, you can stroll along beaches that have been officially declared as being the whitest in the country – the sand here is so clean it squeaks between your toes as you walk - and you can gaze over an archipelago of nearly 100 islands sprawled across turquoise seas.

And the best part!

You'll often find you're the only one on the beach – just you and your companions alone and at one with nature.

The national parks here offer still more easily accessible wildflower viewing opportunities during the Australian spring and early summer.

Explore the walking trails in parks like Cape Le Grand National Park as they wind their way by hidden bays and rugged headlands and you'll find the flowers look all the more striking set against a backdrop of achingly beautiful coastline.

For a totally different experience, the more intrepid traveller should consider a trip north of Perth into the Murchison and Gascoyne regions of Western Australia. This is true outback country, renowned for vast, sun-baked plains, seemingly endless skies, blankets of brilliant stars at night, dinky-di pubs and the mass blankets of everlasting daisies for which Western Australia is world famous.

You may like to see the wildflowers while exploring a series of three self-drive trails collectively known as the Gascoyne-Murchison Outback Pathways. The pathways lead you to townships and attractions and feature roadside signage which explains the region's rich Aboriginal, mining, pastoral and natural history. You may be at the site of an old stock route where drovers once herded great flocks of cattle or sheep or you may be standing amid an area that is part of a mystical Aboriginal Dreamtime tale.

The southern-most Outback Pathway, the Miners Pathway, starts about five hours north of Perth in the tiny settlement of Payne's Find and is the most easily accessible of the three pathways, with sealed bitumen roads throughout. It leads you deep into areas founded on the hopes and dreams of the Murchison gold rush during the rollicking 1890s, and is adorned with carpets of colourful wildflowers during August-September.

While gold mining continues today, much of the area is also home to vast sheep and cattle farming properties called stations. Many of these stations have now opened their doors to tourists looking for accommodation, offering you the chance to experience a real working station, chat to the locals over dinner and learn about the land from the colourful characters who call this remote region home.

Mother Nature's dazzling show

The Wool Wagon and Kingsford Smith Pathways further north also offer station stay accommodation and spectacular wildflower viewing opportunities, but much of the driving is on unsealed roads and is best suited to a four-wheel-drive vehicle.

You can witness some of the most dazzling wildflower displays in Kennedy Range National Park on the Wool Wagon Pathway and Mount Augustus National Park on the Kingsford Smith Pathway. The ancient Kennedy Range

looms 100m above the surrounding plain and snakes 195km across the landscape while Mount Augustus rises some 717m into the sky like a geological giant standing guard over the surrounding countryside. Both parks are rich in Aboriginal mythology and erupt into lashings of brilliant colour as wildflowers bloom around August and September.

Like any natural phenomenon, the wildflower showing depends on the season, with some years and some areas

being more impressive than others. But the wildflower season coincides with the best times of the year to visit Australia's Golden Outback weatherwise so, even if the wildflowers are not at their best, you'll discover many other attractions to make your visit worthwhile. And, if you happen to time your visit during a good wildflower year, you will have enjoyed an experience to treasure for life – a show of Mother Nature's handiwork at its most sublime.



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On the way to Roe Dam, drop in to Hidden Hollow, a natural rock amphitheatre, a great place for a picnic.

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Enjoy the undisturbed beauty of Narembeen, take in the magnificent wildflowers at one of the many nature reserves: a sight to behold from August through to October.

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GOING FISHING



A nice baldchin groper from behind Rottneest

by Mike Roennfeldt

IT HAS been a gradual thing, but those who have a keen interest in bottom fishing offshore from Perth will have noticed a steady increase in baldchin groper catches over the past 25 years or so. When I was doing a lot of that sort of thing in the 1970s and 80s a baldchin was a relatively rare and welcome sight. These days, that strong pulling fish on the other end of the line is just as likely to be a baldie as a dhuiie or snapper.

The real west coast stronghold for the species is the Abrolhos Islands. A few years back they were thought to be in severe decline in that area, a claim that was hotly disputed by people who spent a lot of time fishing the islands, especially commercial cray fishermen and divers. As a regular visitor, albeit just once a year, I hadn't noticed the decline and the past two or three years have been among the best in my memory for baldchin fishing out there. I'm inclined to think it was just another false alarm, but I have no real problem with the closed baldie season at the Abrolhos - 1 November to 31 January - and I don't mind the Abrolhos possession limit of 10kg of fillets or one day's bag limit of whole fish. Special places like the Abrolhos should be offered a little extra protection to preserve a unique environment and fabulous fishing.

These fish are built for the rough and tumble world of coral reefs and have strong jaws and peg-like teeth for smashing and grinding their way to the juicy heart of hard skinned shells, sea urchins and the like. They are members of the tuskfish family and the big white chin, especially of adult males, is diagnostic. They reportedly grow to around 90cm and are only found in WA, roughly between Geographe Bay and Coral Bay.

While baldchin are generally taken on conventional bottom fishing rigs in southern waters, at the Abrolhos, the fish are often in very shallow water, where lightly weighted or even unweighted baits work exceptionally well. You can't afford to go too light on the line though because a baldie is a tough customer around the coral and doesn't need too much leeway to find cover and break you off in the process. They will take a variety of baits including fresh fish fillet, prawns and even octopus or squid. You can catch them on lure or fly, but bait is generally a more reliable option.

Many people regard baldchin as their favourite eating fish. The flesh is white and clean flavoured with a slightly rubbery texture that lends itself to being cooked in a variety of ways. I prefer coral trout personally but I'm sure there are plenty of others who would howl me down on that score.

However you look at them, baldchin groper are great fish on the line and on the plate. Let's hope their colonisation of more southerly waters continues.

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IT WON'T be long now until we get some nice sunny days in Western Australia, and with the rain we have had this winter it will certainly be a bumper wildflower season.

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The Emu Cup and Goo Fest will be held 10 October during two days of fun filled entertainment for all the family.

The museum, filled with gold mining relics and collection of pastoral items is definitely worth a visit.

Another attraction is one of the smallest and unusual

churches in existence, built by Monsignor John Hawes, who designed the wood and stone Chapel of St Hyacinth.

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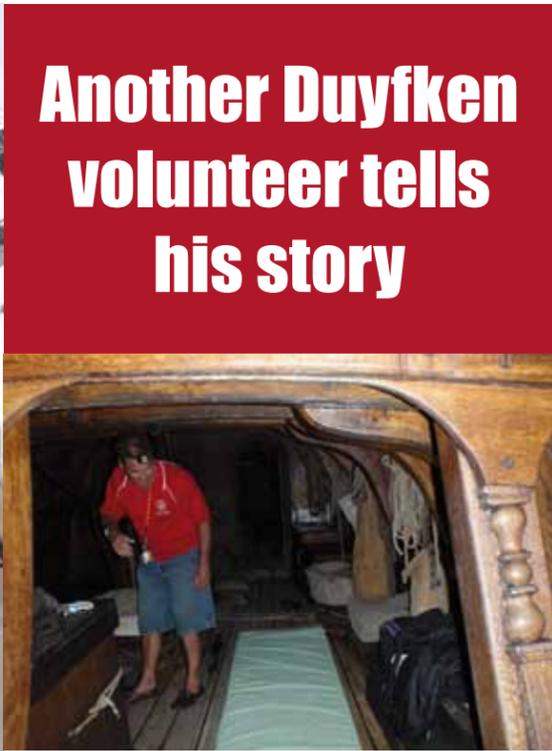
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ADVERTISING FEATURE

WILDFLOWERS in the WEST



Another Duyfken volunteer tells his story

Left to right; David arrives for his ship keeping duties - setting up his bed for an overnight stay.

"HI MY name is David Bowden and I am proud to say I have formed a strong association with the Duyfken since her September 2012 home-coming.

My interest in tall ships started in the mid 70s while working as a volunteer diver for the WA Maritime museum - looking at an excavation site of a ship of the Duyfken period - and little did I know then, that I would have the opportunity to sail one day on a true replica ship, the Duyfken.

While at the wharf in Fremantle Harbour on that beautiful sunny day for her home-coming, I was handed a brochure looking for people to assist with the running of the ship following which, I became a volunteer on the Duyfken, guiding the public over the ship in my volunteer issue red Duyfken t-shirt and white hat.

The Duyfken community is amazing.

I was made very welcome and met many people who had been part of the 'dream'

to build the ship.

Though many have grown older since construction began in the mid nineties, with some retired from ship keeping and sleeping on the decks, their enthusiasm and contribution has not waned through time.

Since I became a volunteer, I have taken on the roles of volunteer coordinator, helped with maintenance, participated in ship keeping, learnt to become a crewmember on the day sailing program and more recently, was

invited to become a member of the Board.

As you may have read recently, the ship is about to head up river and her home from October to December will be the Mounts Bay Sailing Club.

Many of you will remember the picturesque site of our beautiful 1600s square rigged sailing ship on the Swan River back in 2006. While moored in the river, during her stay, she will be open for tours and other opportunities.

Before heading up river,

Duyfken will undergo a refit at the Kailis Fremantle Shipyard Yard from 23 September to 3 October.

If you are interested in helping out we need extra hands to assist with one of the major tasks which is to scrape back and re-oil the masts and spars. To do this and facilitate her trip upriver after refit, the ship will be de-rigged and the masts removed to allow the ship to get under the Fremantle Traffic Bridge.

If you'd like to help with the refit, the only pre-requisite will be a safety induction at the boat yard and you must have a pair of steel capped boots.

The work is low impact, with lots of scraping and oiling carried out under the supervision of the ships Bosun.

The Swan River provides a unique opportunity for sailing on smooth water.

It is planned to sail the ship regularly while up river and additional mid-week crew are needed to help sail her.

If you have an interest in sailing, this is an opportunity to live the history.

To be a crew member there is an induction process.

You'll need to be reasonably fit and to be able to haul and heave lines (ropes).

Take it from me, volunteering is a very rewarding experience and you, like many of us have, may fall in love with the Dove.

To find out more and to contact us send your details to info@duyfken.com or feel free to call the office on 0427 160 606.

Did you pass comment?

by Brad Elborough

THE DEADLINE for you to leave comment on proposed changes to caravan and camping ground laws has been and gone (1 September).

Did you have your say? Some much needed changes have been tabled which brings some outdated laws up to today's expectations.

The proposed changes include:

- giving park operators longer licences, lower compliance costs and greater flexibility to meet consumer demands
- giving users a greater choice and more affordable holiday options
- providing simpler and flexible laws to meet the needs of the locality and to allow tourism to evolve and flourish.

The State Government is implementing a "Park for People" initiative, looking at providing high-quality, low-cost holiday options in WA.

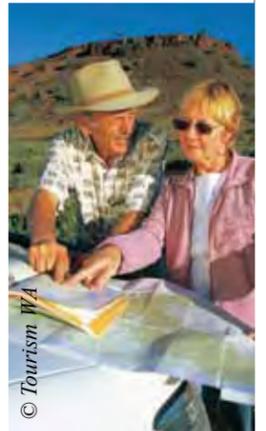
Under the initiative at least 450 new campsites will be created in 16 national parks.

"What I want to see is WA established as a top destination for caravanning and camping, attracting not only locals but people from all over the world," Tourism Minister Liza Harvey said.

I'm interested to hear from people who have read the act, or some of the proposed changes to it, as well as anyone who provided feedback to the State Government, as it requested.

<http://dlg.wa.gov.au/Content/Legislation/UnderReview/CaravanCampingLegislation/CaravanCampingAct.aspx>

Email me at brad@haveagonews.com.au



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26 to 28 September
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Department of Regional Development and Lands

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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

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EXPERIENCE EXTRAORDINARY WESTERN AUSTRALIA




PERHAPS it is time to factor in a trip this spring to explore the Great Southern and take the road that leads to all things Bloom.

The Hidden Treasures of the Great Southern Tourist Guide is just the thing you need to get you off the beaten track and The Hidden Treasures Bloom Festival is just the reason you need to get in the car and get driving.

The Bloom Festival runs from 13 September to 19 October and encompasses more than 40 events being run at various times throughout the Hidden Treasure shires of Broomehill, Tambellup, Cranbrook, Gnowangerup, Jerramungup, Katanning, Kent, Kojonup, and Woodanilling.

There are great drives, wildflower walks, open gar-

In full Bloom

dens, long lunches and more to enjoy while you travel through some magnificent farmland and scenery.

The Bloom Festival highlights an amazing time for wildflowers and orchids in the region and the Bloom Program will help you with a number of bloom based activities. There are guided wildflower walks where you will be given an amazing amount of knowledge or you can strike out on your own.

Following are some great spots to go looking for the striking Queen of Sheeba orchid, a yellow cowslip, a bright purple donkey orchid or any number of spider orchids. You are sure to find a treasure.

- MyrtleBenn Flora and Fauna Sanctuary (Kojonup)
- Farrar Dam Reserve (Kojonup)
- Stirling Range National Park (Borden)
- Fitzgerald National Park (Bremer Bay)
- Lake Magenta Nature Reserve (Pingrup)
- Corackerup Nature Reserve (Jerramungup)
- Broomehill Golf Club & Boot Rock Reserve
- Cranbrook Wildflower Walk
- Chinocup Lake (Pingrup)
- Banks of the Gordon River (Tambellup).

While you are in the area you could also check out the largest sheep sale yards in the Southern Hemisphere every Wednesday morning in Katanning; climb the Granite Skywalk in The Porongorup National Park for awesome 360 degree views of the countryside, spot the endangered Mallee fowl which lives in the Mallee bush near Ongerup or visit Kodja Place in Kojonup and learn how the stories of settlers, aboriginals and migrants intertwine.

If you would like to get hold of a tourist guide or Bloom program and start your Great Southern adventure today, contact hidrentreasures@westnet.com.au or visit www.hidrentreasures.com.au

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WOULD you like to meet and make new friends? Then, why not come along to Club 55 Travel's exciting range of day tours for both groups and individuals with several convenient departure locations around Perth.

The Wildflowers are magnificent at this time of the year and Club 55 has several tours that will be visiting some of the local top spots.

Yes anyone can join in for a great day out with no membership or joining fees.

Club 55 Travel is now taking reservations for the impressive Mandurah Christmas Lights Cruise.

This is an event not to be missed, so book early to avoid disappointment.

Large groups such as Probus clubs, bowling clubs and retirement villages are also very well looked after and have a choice from more than 100 specially designed outings.

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Phone 1300 653 696 or visit the web page www.club55.net.au where you can view and pay for your tours online.

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VILLA CARLOTTA Travel provides a wonderful range of small group, fully escorted holidays to an incredible range of destinations, from the amazing wildlife of Borneo and Sabah to the breathtaking forests of Tasmania.

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Departing Friday 31 October 2014, villa's discovery Tasmania Naturally tour, is a holiday for the adventurous. While including all the iconic destinations, this holiday also takes you away from the masses and into the heart of Tasmania.

Highlights include exploring the beautiful Maria Island and enjoying a Corinna Wilderness Experience plus much more.

Prices start from \$4825 per person twin share.

Want to get even further away? Try villa's amazing discovery Borneo-Sabah Rainforest and Wildlife Experience. This is one holiday where you will not want to forget your camera. See pygmy elephants, monkeys, a huge range of birdlife and the crowning glory, the endangered orang-utans.

This 11-day holiday departs on Sunday 14 June 2015 and prices start from \$4825 per person twin share.

Villa discovery tours are for the more adventurous traveller who likes to get in amongst it all, fully immersing themselves in the local culture and environments of the destinations they visit.

For information on all of Villa Carlotta Travel's discovery range of holidays, FreeCall 1800 066 272 or email travel@villa.com.au today.

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Other local attractions include horse racing, hot air ballooning and wineries.

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ADVERTISING FEATURE



Hotel Review - Rendezvous Grand Hotel Perth Scarborough



Left to right; The Rendezvous's deluxe club room - The bathroom amenities

by Jennifer Merigan

THE RENDEZVOUS at Scarborough was once a legacy to the heady days of Alan Bond and his exploits but after nearly 30 years without a renovation it was in dire need of a face-lift.

With a multi-million dollar refurbishment of the entire complex, the ghost of Bondy's past is gone forever and the new managers Toga Far East Hotels have proudly restored her into the five star market.

Rendezvous is the only high rise hotel on the beach front in Perth and her design enhances the magnificent views of the Indian Ocean.

From new conference facilities, to the total refurbishment of all rooms and facilities, the property is a breath of fresh air in the hotel scene in Perth.

I spent a weekend staying at the property and was more than impressed.

Let's see what the Rendezvous offers:

Room Type

Deluxe King Bed Club Room located on 25th floor and includes balcony

Also included is free parking and access to the Club lounge.

Room facilities and ambience

The room is refurbished in a modern style with warm tones. The décor had a pleasant feel and includes a well stocked and reasonably priced mini bar and quality tea and coffee facilities. An iron and ironing board, two bathrobes and slippers to match, an in house safe and coat hangers are provided. The television was a good size and had a good selection of channels, or you could purchase in house movies. Twenty four hour room service was available with an excellent selection of meals from Straits Café. A \$4 surcharge per tray was included with delivery to the room.

Bathroom

There is no bath but a very large shower recess which includes a window that looks into the room but has a blind for privacy. Amenities include a hairdryer, soaps, shampoo, conditioner, moisturiser cream, bath gel, toothbrush kits (these were excellent and included a proper brush with head protector, Colgate toothpaste and a tooth flosser). The

towels were fluffy and white and a good size.

View

Room 2507 had a stunning view of the southern coast and on the day I stayed, we were blessed with a magnificent sunny winter's day.

The hotel has certainly taken advantage of the views of the coast and most rooms include a balcony with views of both the northern or southern coastline.

Club Lounge

Located on the 25th floor, the lounge provides a pleasant haven for refreshment. Serving daily breakfast, all day tea and coffees and evening drinks and canapés, it's the perfect place to soak up the views. We enjoyed drinks and canapés in the evening. The sunny winter's day ensured the beach and waters were a hive of activity which provided an interesting panorama to enjoy over breakfast.

The buffet style breakfast included scrambled eggs, baked beans, hash browns, bacon, sausages and sautéed mushrooms. There was a selection of cereals, fruit, yoghurts, pastries and bread. A good stock of the weekend papers is available for guests' reading pleasure. Club guests are also able to visit the main breakfast buffet at the Straits Cafe if they are looking for a larger variety.

Restaurant - The Straits Café

The décor is sleek and modern. A large and impressive wine cellar can be seen from the lobby as you wait to be seated.

Although we missed the sunset, Straits boasts the best views of the Indian Ocean and even through the darkness we could see flickers of light twinkling in ocean.

We are greeted by the waitress and taken to a seat by the window. The staff are attentive and friendly.

The modern Australian menu provides an excellent array of dishes.

We decided to share an entrée of scallops with braised pork belly, which proved to be delicious and light.

The presentation on a piece of slate with a sweet potato sauce perfectly highlighted the contrast of the pork

and scallops.

For my main meal, I decided on the braised beef cheeks with polenta and vegetables and my guest enjoyed the Angus beef rump, cooked to medium rare and accompanied by grilled vegetables.

Most dishes are served with vegetable accompaniments but sides of mash, vegetables, chips and more are also available.

Both mains did not disappoint; my slow cooked beef cheeks were superb and melted in my mouth and the polenta was the perfect accompaniment.

The steak, served on a grill plate was beautifully presented with a grilled mushroom and tomato.

We finished dinner by sharing a dessert of warm French carnales with cinnamon ice cream and strawberries. The carnales, little oven baked pastries are made from almond meal, baked and then soaked in brandy. The crisp outer reminded me of a rum baba and with the dense filling was a perfect match with the brandy sauce and cinnamon ice cream.

The serving sizes were excellent and the food thoughtfully and stylishly presented with a comparable taste.

Facilities

The hotel has two swimming pools; a large outdoor pool which is only open in the summer months, as well as a heated pool, spa and gymnasium on the 10th floor. There is underground parking, lobby bar, restaurant and 24 hour in-room dining. There are full conference facilities and it's a perfect venue for weddings.

Highlight - The ambience of the room with its magnificent views and the service and quality of food at the Straits Café.

Lowlight - no balcony furniture on which to relax and soak up the magnificent views. Apparently this is due to the challenge of high winds experienced there, but it's my only gripe and I think it would be worth it for the hotel to invest in some permanently fixed furniture on the balcony to enable guests to take advantage of the beautiful views.

Score
4/5

FAST FACTS

Have a Go News Celebration Package @ Rendezvous

Whether you are marking one of life's milestones such as a wedding anniversary, a birthday or just the end of a long week, celebrate in style at Rendezvous Grand Hotel Perth.

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Bookings:

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Fax: +61 8 9245 1345

reservations.perth@rendezvoushotels.com



Competition closes 31/10/14.

Competition Terms and Conditions - Valid for dinner only, on a week day only - (Monday - Friday). A complimentary bottle of sparkling wine, chosen at the discretion of the Restaurant Manager, Not valid on special event days, Valid until 30 November, 2014. Not valid with any other deals or promotions, May not be exchanged for cash and bookings are essential.

WIN WIN WIN

WIN A DINNER for two to the value of \$200 including a bottle of sparkling wine at Rendezvous Hotel Perth Scarborough's signature restaurant, Straits Cafe. Enjoy a delicious selection from a brand new menu that boasts some of WA's finest fresh produce, accompanied by a well-crafted wine list, whilst overlooking the sparkling waters of the Indian Ocean.

To be in the draw, simply email win@haveagonews.com.au with Rendezvous in the subject line or send an envelope to Rendezvous Dinner Competition - C/- Have a Go News - PO Box 1042, West Leederville 6901 with your name, address and phone number on the back. Competition closes 31/10/14.

Discover Discovery Bay

SINCE its inception in 1980, the heritage listed "Whale World" site has undergone dramatic change.

The old whaling station has transformed into Discovery Bay, a truly unique attraction. As well as being home to Australia's last operating whaling station, it now encompasses a stunning Botanic Garden of plants from South West WA as well as a close up experience with friendly Australian wildlife.

The beautiful Botanic Garden is in full bloom now and features stunning native plants and an enhanced wetland environment - all accessed by comfortable boardwalk paths suitable for wheelchairs.

Wander the pathways and enjoy the natural beauty while you search out birds and frogs which have made happy homes there.

Discover the more than 27 species of Australian Wildlife there including wombats, kangaroos, bandicoots and two entertaining characters - Bruce and Frank - the resident koalas. The wildlife keepers interact daily with the animals, so you never know, you might witness dinner time.

Discovery Bay is a showcase of amazing regional biodiversity, yet still remains

true to its original whaling past.

Visitors can enjoy guided tours of the historic whaling station, while informative displays are provided to enjoy the Botanic Garden and Australian Wildlife.

Don't miss the inaugural Discovery Bay Spring Festival, Sunday 5 to Sunday 12 October 2014: visit discoverybay.com.au for more information.

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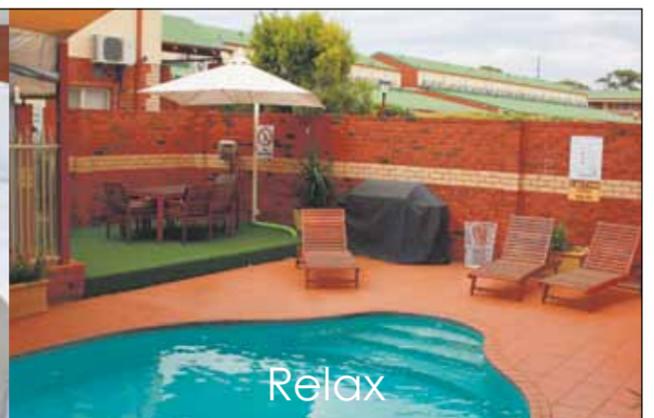
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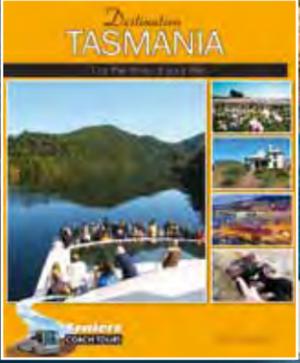


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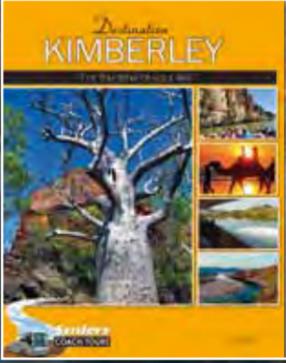
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GRAND ACTIVITIES A school holiday guide for parents and grandparents

ADVERTISING FEATURE

Perth's Bell Tower - the largest musical instrument in the world



DID YOU know the award-winning Bell Tower is the largest musical instrument in the world? It is also home to a precious gift to the people of WA, 18th century bells from London's famous church, St Martin-in-the-Fields.

These ancient bells were rung to signal the end of the Battle of Trafalgar, at Lord Nelson's funeral, and to welcome back Captain Cook after charting Australia.

Perth's Bell Tower is also the only location in the world where you can view the ancient art of Change

Ring and the bell movement simultaneously. It is truly a unique experience and may be somewhere to consider visiting with the grandchildren during the forthcoming school holidays.

The Bell Tower has a sensational offer for families.

Children will be admitted free with a paying adult (maximum of four kids free per one paying adult).

To access the offer, simply pick up a City of Perth City Playground pass at the iCity Kiosk in the Murray Street Mall.

The City Playground Pass

is free.

There is so much to see and discover in the Tower.

Children can pick up a free activity sheet, have their photograph taken with the oldest bell in Australia (450 years), discover the links to the great British Admiral Lord Nelson, try their hand at chiming a bell and take home a chiming certificate.

On the Observation Deck they can record a free video postcard to share their experience with their family and friends.

For more information, visit www.thebelltower.com.au or call 6210 0444.

Fremantle Prison - captivating stories



FREMANTLE Prison is one of Western Australia's premier tourist attractions and is the only World Heritage listed building in Western Australia.

So why not take the kids? They are guaranteed to have fun while learning about this amazing site.

You can step inside and do time with Fremantle Prison's experienced guides on a range of Prison Day tours.

Daring escapes and colourful characters feature in tales laced with prison humour.

See Moondyne Joe's 'escape proof cell' and learn about the daily life of convicts and prisoners.

For those aged over 12 who have a spirit for adventure you can explore the labyrinth of tunnels built more than a century ago under the prison on a Tunnels Tour. Equipped with hardhat, overalls, boots, headlamps and harnesses you'll be locked into the ladder system and descend 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.

For a spooky experience you can't go past an eerie Torchlight Tour, as the guides delve into the darker side of the prison's history.

Be warned - there are a few surprises along the way and these tours are not recommended for children under 10 or for the faint hearted.

The Escape! Tour is an exclusive tour for children aged five to 12 years old.

These special holiday tours are running on Mondays, Wednesdays and Fridays in the October School Holidays (excluding Monday 29 September).

Children will hear a number of tales of daring, desperate and dangerous escapes from Fremantle Prison and plot their own escape plans.

In addition to its tours Fremantle Prison also features exhibitions in the Prison Gallery, Visitor Centres and a Gift Shop.

The current exhibition *Past Time: Freo Prison 1991* displays stunning photographs taken in the six months prior to the Prison's closure as an operating gaol, and is on show until 5 March 2015.

For more information on this heritage jewel you can visit www.fremantleprison.com.au

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.

Enjoy \$10 movie tickets for a limited time in Reading Cinema's standard cinema.

School holiday fun

Treat the grandkids to

a great selection of movies these September school holidays with *Disney's Planes: Fire & Rescue*, *The Boxtrolls* or *Teenage Mutant Ninja Turtles*.

Reading Cinemas Belmont 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 a 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 back. Only over 45s are eligible. Competition ends 9/10/14.

CUDDLY ANIMAL FARM

A great place to enjoy with the grandkids.

Lots of cuddly animals to bucket & bottle feed, BIG bouncy castle, tractor/train rides, pony rides, merry-go-round, BBQ and picnic facilities.

Open 7 days 9.30am to 4pm

128 John Street HENLEY BROOK
PH 'Farmer' Lin 0424 209 730
www.cuddlyanimalfarm.com

*Present Ad for FREE ENTRY
for one child per family

FLY OVER TODAY TO THE
RAAFA AVIATION HERITAGE MUSEUM
Bullcreek Drive, Bullcreek W.A.
BIGGER THAN 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.

Book Bazaar, Perth's best kept secret

SHENTON PARK'S newest second-hand book store is Perth's best kept secret.

Book Bazaar's supervisor, Elke Schaumann (pictured right), says that not enough people know about the second-hand book store, which stocks hundreds of thousands of good-quality discarded library books donated by the State Library of WA.

Proceeds from the book store, which is mainly staffed by people with disabilities and volunteers, go to the Spine and Limb Foundation, a registered charity.

Prices on most books range from about \$1 to \$3 but some collectable and rare books attract higher prices. During September there is a special which allows customers to buy five biographies for \$10.

The Book Bazaar is located off Ellis Griffiths Drive, which runs off Selby Street near the Quadriplegic Centre. It is open Monday to Friday from 8.30am to 3.30pm.

Monthly sales with extended hours, normally on Friday evenings and Saturdays, are also held. Email: books@slfwa.org.au or call 9381 0193 to check the details.



South of Perth Yacht Club

September/October School Holiday
Learn to Sail courses;
Tue 30 Sept to Fri 3 Oct, 9am to 1pm
Mon 6 Oct to Thu 9 Oct, 9am to 1pm

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 courses available Saturday mornings.

ROLEYSTONE THEATRE presents
Storytime in the Hills

6, 8 & 10
OCTOBER
11AM & 2PM
Tickets \$5
Price includes
2 short plays +
a healthy snack

Storytime in the Hills is an annual children's theatre production aimed at providing local school holiday entertainment for children aged 4-12. Two short plays are presented with an intermission in between including a healthy fruit snack and water.
*Admission is free for children aged three and under. *Conditions apply

FOR BOOKINGS visit www.roleystonetheatre.com.au or phone 0466 382 240
ROLEYSTONE THEATRE, 587 Brookton Hwy, Roleystone

RECYCLING APP

The Recycle Right App is now ready for you to download from the App store and Google play.

Features of the app are:

- ☆ Which Bin
- ☆ Find My Nearest
- ☆ Materials A-Z
- ☆ Take Part
- ☆ Hints and Tips
- ☆ Leftover Recipes

The app is free and available in both mobile web and native versions.

Available on the iPhone
App Store

ANDROID APP ON
Google play

WHICH BIN DO I PUT IT IN? - visit recycleright.net.au

IN PARTNERSHIP WITH

GRAND ACTIVITIES

A school holiday guide for parents and grandparents

ADVERTISING FEATURE

A world of new adventures awaits



THINK you know Adventure World, then think again!

There are more thrills, spills and family fun than you can handle at WA's favourite theme park these school holidays.

The action-packed 2014/15 season starts on Thursday, 25 September, with a giant spider and a rampaging Minotaur added to the attractions, along with even speedier speed slides, dinosaurs, dragons and yummy food for dudes.

And, let's not forget the heart-pounding adrenaline rush that is Abyss, the \$12million white-knuckle ride with space shuttle G-Forces that opened last October and quickly earned the title of Australia's best roller coaster.

According to Adventure World CEO Mark Shaw, this season promises to be the best yet.

"If you think you know Adventure World, it really is time to think again," he said. "We've put together so much new fun and excitement; you'll be begging to come back for more."

A giant spider now dwells at The Black Widow (formerly Powersurge), wrapping riders in its web and spinning them round and round, while over at Rampage, riders now have to contend with a menacing giant Minotaur that tries to wrench itself free from its chains as riders are pulled in all directions.

It's game on for speed freaks at the ever-popular Aqua Super 6 Racer, which now has a digital scoreboard for split-second timing.

"Thanks to the upgrade, the speed slides are also faster than ever, so prepare your family and friends for some serious waterslide competition," Mr Shaw said.

From October, Dragon's Kingdom will be more enchanting than ever with the addition of Flossie's Magical Story Corner and additional enchanting fantasy theming. Then from the end of November you'll be able to travel back to the time of the dinosaurs at the new "Dino-

saur Island".

With so much to see, do and explore, you can now hire your own poolside cabana for the day, complete with loungers and table, secure storage for personal items, a wall-mounted fan and a fridge stocked with bottled water and food service conveniently nearby.

"Yes! You asked for resort-style decadence and we've delivered," Mr Shaw said. "For just \$100 per day, plus a \$50 bond, there's room for five friends or family in your own private oasis adjacent to the lagoon."

On the food front, enjoy the taste sensations of Adventure World's reinvented burgers, the new-look cook-to-order premium range at Dragon's Bites, lots of great options for "dude food", new wines and beers and plenty of healthy living choices and a twist on some traditional favourites.

Season Pass members now have their own access gate from the car park during peak season and the number of access points has been increased for group bookings and funsters with pre-purchased tickets to keep queues short.

For those who wish to jump the queues for the more popular rides a limited number of "fast pass" tickets are available each day for just \$30.

To keep up with the latest news, become a fan of Adventure World on Facebook or visit adventureworld.net.au.

WIN WIN WIN

To be in the draw to win a *Adventure World season family pass (valued at \$460)* email win@haveagone.com.au and include the word 'adventure' in the subject line. Alternatively, address an envelope to *Adventure World Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901* with your contact details on the reverse. Competition closes 8/10/14.

Roleystone Theatre presents - Storytime in the Hills



THE ROLEYSTONE Theatre Inc. is again presenting a season of children's theatre during the October school holidays. A not for profit community theatre, it has been serving the local community for 81 years.

The show, *Storytime in the Hills*, consists of two short plays separated by an intermission and in-

cludes one presented by the children of the Roleystone Theatre Junior Workshop called *12 Angry Pigs* - a courtroom comedy that explores the guilt, or otherwise, of the big bad wolf in the case of the Three Little Pigs.

The season is locally produced and designed for children of all ages, particularly those of primary school age and younger.

Storytime in the Hills will be playing for six performances on:

Monday 6 October 11am and 2pm

Wednesday 8 October 11am and 2pm

Friday 10 October 11am and 2pm

(Doors open 30 minutes before a performance).

The ticket price is \$5 for adults and children. Children under three years will be admitted free but must sit on an adult's lap.

Refreshments will be provided and are included in the ticket price.

The kiosk will also be

open for additional refreshments.

For ticket bookings go online www.roleystonetheatre.com.au or call Bree on 0466 382 240.

The theatre, an art deco heritage listed building, is located at 587 Brookton Highway, Roleystone.

For further information, please contact Bree Hartley, Roleystone Theatre president on 0466 382 240 or email president@roleystonetheatre.com.au



Potted Potter - the unauthorized Harry experience

This fantastically funny show features all the favourite characters, a special appearance from a fire-breathing dragon, endless costumes, brilliant songs, ridiculous props and a generous helping of Hogwarts magic.

Created by double Olivier Award® Best Entertainment nominees Daniel Clarkson and Jefferson Turner, the show is a must-see for Potter addicts and a great introduction to the series for anyone who's ever wondered what all the fuss is about.

Even if you don't know the difference between a Horcrux and a Hufflepuff, *Potted Potter* will make you roar with laughter. This brilliant family

entertainment is perfect for ages six to

Dumbledore (who is very old indeed).

Clarkson and Turner first created *Potted Potter* in 2005 for an appearance at a London bookshop, as a five-minute entertainment for fans awaiting the release of the sixth book in the series. The show grew from there into a full-length stage production, first seen at the Edinburgh Fringe Festival in 2006, and has since toured internationally, including sell-out seasons at the Adelaide Fringe, Melbourne Comedy Festival and New Zealand Comedy Festival in 2009.

Tickets at Ticketek 1300 795 012 or ticketek.com.au

POTTED POTTER toured Australia in 2012 and played to sold-out houses across the country, and now by popular demand this hugely entertaining show makes a welcome return to the State Theatre Centre from 14 - 19 October.

The show takes on the ultimate challenge of condensing all seven Harry Potter books (and a real life game of Quidditch) into 70 hilarious minutes.

The perfect school holiday activity

ARALUEN Botanic Park, Roleystone is the perfect location for indulging the kids in a fun, wholesome, educational and environment-friendly adventure during the spring school holidays.

From 10am to 2pm on the Thursdays, 2 and 9 October, a dedicated team of qualified volunteers will conduct a range of "Bandicoot" - themed activities, including

discovery trails, clay modelling and craft.

"This activity is very affordable and offers fantastic value with fees at just \$4 children and \$6 adults. This includes Park entry and all materials," says Rod Ross, general manager, Araluen Botanic Park Foundation.

The popular program features between 10am and 11.30am the opportunity to

participate in three discovery trails.

Between 12.45pm and 2pm there is clay modelling and craft.

Educational activities are also included to explain important environmental issues.

Children are required to have their own adult supervision and it is strongly recommended that closed

shoes, hat and sunscreen be worn.

Araluen Botanic Park is open every day from 9am to 6pm.

With spectacular running water all year round, beautifully scenic bush walks, stunning gardens, heritage structures, barbecues, picnic areas, Chalet Healy Tea Rooms and Roundhouse Gift Shop, there's plenty to do and see.

And, the ever-popular Araluen Train is operating during peak periods.

For more information contact Araluen Botanic Park on 9496 1171 or www.araluenbotanicpark.com.au

"Heaven in the Hills... An extraordinary garden in a breathtakingly beautiful setting".

Araluen Botanic Park is proudly supported by the Department of Parks and Wildlife.

CAPTIVATING STORIES.

Explore Perth's only World Heritage listed site on a fascinating Prison Day Tour, Tunnels Tour adventure or spooky Torchlight Tour.

also available:
SCHOOL HOLIDAY ESCAPE! TOUR

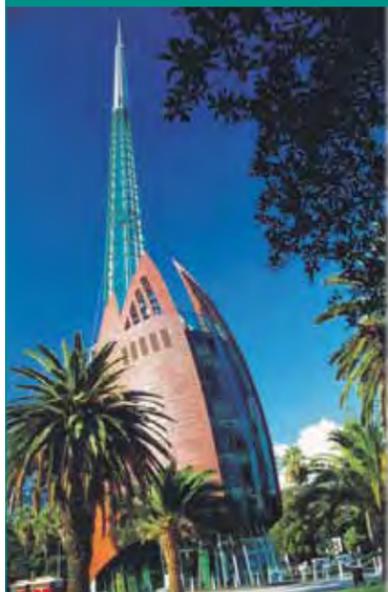
An exclusive tour for children aged 5 -12 years old. Hear a number of escape tales and plot your own escape plan. Available on Mondays, Wednesdays and Fridays during the October school holidays. Bookings essential.

The Terrace, Fremantle II 9336 9200
fremantleprison.com.au

FREMANTLE PRISON

CAVERSHAM WILDLIFE PARK			
	MEET THE WOMBAT & FRIENDS SHOW Daily 11am 2pm 3.45pm	KOALAS Open 10am 4.30pm	
	THE FARM SHOW Daily 10am 1pm 3pm		KANGAROOS Open all day
SITUATED in Whiteman Park (off Lord St or Beechboro Rd) Phone 9248 1984 Email sales@cavershamwildlife.com.au			

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A great activity for the school holidays!



Check out our Love Locks where you can lock your love with family members.

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Friend to Friend

FREE
For over 45's only.



Please nominate a category for your advertisement.
Tick one box only.

- Travel companion
- Pen friend
- Seeking a friend
- Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered
- GSOH: Good sense of humour
- SD: Social drinker
- NS: Non smoker
- SOR: South of River
- WLTM: Would like to meet
- DTE: Down to earth
- ND: Non drinker
- NG: Non gambler
- NOR: North of River
- TLC: Tender loving care

Name Address
 Postcode
 Phone I am over 45 years of age (Signature)

Each person may submit an entry every month.

STOP: Please read new instructions carefully
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:
Friend to Friend
PO Box 1042
West Leederville WA 6901.

Obtaining replies to your Friend to Friend Reply Box entry:
Please include two stamped (\$1.40) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

56 YEAR old female, NS, seeks male under 60 for companionship, coffee, movies, walking, gardening and concerts. Possible travel with right person. Animal lover with two grown children still living at home. Let's meet up.
Reply Box 6350

ACTIVE gent, early 70s, slim, healthy, NS, ND, seeks the same in lady. Interested in Australia and overseas travel, homelife, being best friends.
Reply Box 6329

AN AUSSIE lady, petite, easy going, genuine, GSOH, WLTM gent, 75+, companion to share similar interests; dance, travel, life in general, fin sec, long term if compatible, NOR.
Reply Box 6353

AUSSIE gent looking for lady who would like to be friends with benefits. Age open. I am 62, phone number a must, photo optional, no bull, no games. Let's chat.
Reply Box 6318

AUSSIE guy, 81, single, NS, SD, DTE, GSOH, fit, healthy, own home and car, fin sound. WLTM Aussie lady, 72-79, NS, SD, DTE, GSOH, fit, healthy, own home and car, 10 to 15 kms from Bunbury for outings, long term. ALA.
Reply Box 6356

AUSSIE male 58, active, fit and healthy. Likes travelling, walking, outings, WLTM an active, NS, lady.
Reply Box 6344

AUSTRALIAN lady, early 70s, Mandurah, looking for gentleman with caravan. I am an artist who loves the Australian outback, would love to sit by your campfire and watch the stars while enjoying a glass of red. Desert, purple hills, billabongs, what could be finer?
Reply Box 6351

ENGLISH Australian lady, 65, young, WLTM, gent same age group, honest, caring, good hearted. Likes driving, beach, movies, markets, reading, animals, travelling, intelligent, all rounder person, good communicator, GSOH, fun, healthy, spiritual, romantic worm.
Reply Box 6332

EUROPEAN lady 63, NS, ND, open minded, many interests, fit, WLTM friendly, companion, lady or gent for casual outings, walks, country drives. Non sexual.
Reply Box 6330

EUROPEAN lady, tall, 66, happy, active, well preserved, missing that special person! WLTM similar gentleman, tall, 58-70 of good character, to share this wonderful time in our lives participating instead of just wishing. NOR. ALA.
Reply Box 6317

FIT gent, 82, born UK, ND, NS, SOR, DTE, WLTM, lady who lives alone, has no relatives, same as me. Drives, homecooking, gardening, fishing, togetherness to combat our loneliness. Let's be companions. I await your reply.
Reply Box 6338

GENT 64, 180cm, seeks special lady, travel companion, social activities, attractive, intelligent, fin sec, VGSOH, NOR, 54-62, initially meet over a coffee? Genuine replies only.
Reply Box 6322

GENTLEMAN 64, tall, active, NS, GSOH, TLC, retired, seeking understanding, lady, 50-75, discrete meetings as her disability, prevents communication and love if you are in same situation, looking for love and genuine, let's meet. ALA.
Reply Box 6328

HAPPY Aussie, fin sec lady WLTM a gentleman with solid values, NS, SD, GSOH who wants to enjoy life to the full and have a bucket list, wines, dining out weekends away, quiet times, home 6210.
Reply Box 6327

HAPPY slim, fit, Australian lady, 5'8", seeks gentle, natured, loving, caring man, 70s, Christian values. Likes caravanning along our coast, fishing, good friends, sport, homelife, NS, ND, SD, fin sec, GSOH. Is that you?
Reply Box 6319

HAPPY widow, 70s, WLTM gent for coffee or lunch, Mandurah area.
Reply Box 6348

HEALTHY fit, slim, well educated, lady, 70+, Fremantle area. Interests; classical music, opera, sincere companion and friendship.
Reply Box 6357

HER disability prevents intimacy. Guy mid 60s, normal, seeking discrete, physical day or night meets with pleasant understanding lady. Please write to your future companion. Chasing longterm fulfilled frolics and affectionate association coffee and chat first.
Reply Box 6323

HONEST, sincere and friendly lady with GSOH, NS, in 60s, DTE, living a healthy lifestyle. WLTM a kind gent who likes animals, walking outdoors, seeking friendship and company for outings, maybe travel if compatible.
Reply Box 6352

HONEST kind, gentleman, 52, 5'7", lives in own country home, NOR, NS, SD. WLTM lady who likes to be treated special and share good times together. Let's catch up and see how we get on.
Reply Box 6349

LEAVE your comfort zone. Mix with lovely singles, 50s-60s, social group. Free, very friendly, meets SOR, to arrange outings north and south of the river. More gentleman most welcome. Landline preferred to keep costs minimal.
Reply Box 6335

NOLA from SA if you read this and you would like to catch up with J, I would love to hear from you. Recently I have seen you in Forum Shopping Centre.
Reply Box 6359

TALL guy, well dressed, healthy, young, mind, body, spirit, 74, easygoing, GSOH. Likes music, dancing, conversation, walks, country and western, rock 'n' roll, WLTM lady, slim build, easygoing, NOR, affectionate, homely, healthy, alone, caring, warm, NOR, have a go.
Reply Box 6324

WLTM gent 60+, NS, SD, who is honest, sincere, enjoys life, love, laughter, GSOH, not into mind games or casual fling, looking for that special person to share these special years, enjoying each others company. Who knows where it could lead to, let's meet, chat over coffee, SOR, ALA.
Reply Box 6346

Seeking a Partner

ACTIVE slim, gent, 58, presentable, fin sec. Likes travel, theatre, movies, walking, music, NS, SD, hoping to hear from a lady with similar interests.
Reply Box 6321

AUSSIE lady, 67, slim, active, NS, SD, SOR, enjoys walking, gardening, homelife, love to travel to NT. WLTM tall, s/m gent, honest, sincere, 65-70, active, similar interests, NS, SD, prefer SOR, Rockingham Mandurah Pinjarra area.
Reply Box 6341

AUSTRALIAN guy 50 NS, ND, educated, art, movies, nature walks, WLTM intelligent, happy, special lady, 50-60, friendship if compatible, possible relationship.
Reply Box 6340

ENGLISH Australian lady, 1948 vintage, WLTM gent 1946 to 1952, honest, caring, warm-hearted, likes driving, picnics, beach, movies, markets, animals, travelling, intelligent, all rounder, GSOH, healthy, spiritual, good fun, romantic, own home.
Reply Box 6358

GENT 69, lives NOR, outdoor type, fishing, beach, camping, fed up with trying to find Mrs Right, to suit my lifestyle, so now I'm seeking a lady for casual meetings for mutual satisfaction, any interest at this level.
Reply Box 6354

GENT, 69, NS, SD, GSOH, DTE, fin sec. WLTM that special lady, slim to medium build, 65-72 with similar interest, 60s, music, beach, walking, caravanning, country drives, dining out, movies, let's meet over a coffee. ALA.
Reply Box 6325

GENT ex country, 72, active, NS, SD, intelligent, handyman, caring, romantic, fin sec, VGSOH, interests, numerous including caravanning, fishing, sport, outdoors, quiet times, WLTM similar, sincere, active, fin sec, happy, Australia, lady to share quality, loving, longterm relationship. ALA.
Reply Box 6331

GENT 56, medium build, GSOH, DTE, active, fit and healthy, young at heart, WLTM, lady, enjoys homelife, movies, music, country drives, dining out, conversation, age open, let's meet for a chat.
Reply Box 6339

GENT 75, fit, healthy, active, NS, enjoys walking, beach, movies, life in general, seeks lady NS for friendship, relationship for long term SOR.
Reply Box 6336

I AM female, 54, single, seeking partner (male), must be healthy.
Reply Box 6345

INTELLIGENT DTE, GSOH, NS, SD, 54, lady, lives NOR. Love horses, outdoors, rural lifestyle, movies, travel, sport, inc AFL, family times. WLTM genuine, honest guy, GSOH, likes kids, animals, acreage, laughter, similar mindset for friendship, outings, long term relationship, if suited.
Reply Box 6355

LADY 69 years young, I am a NS, SD, affectionate, passionate, honest, caring, GSOH, responsible, respectful, understanding and romantic. I enjoy having the car door opened and welcome new experiences. Listening to all types of music and going to concerts, cooking, walking on the beach, movies, dancing, water sports, sailing and fishing. I would like a man that I can be great friends with as well as a great partner.
Reply Box 6343

SEEKING companion, possible relationship, 6', blue eyes, cuddly, Libra, 46, retired dad to four adults, divorced 2002, genuine, intelligent, compassionate, NOR, Yanchep, DTE, NS, ND, NS, ALA, photo appreciated - not compulsory, ex army, public service.
Reply Box 6337

SOUTHWEST Aussie bull, medium build, mid 60s, NS, domesticated, quiet, healthy, sociable, horny animal, a cut above. Seeking genuine, good natured, high standards heifer for homelife and more roaming Australia. No city pretenders or god botherers.
Reply Box 6320

THE truth is that love is all that I need therefore why don't you take the chance on me. I am a healthy, caring, romantic lady, 69 and I WLTM a terrific gent free of ties to share what is left of our lives together and I ask myself who would that be.
Reply Box 6334

Seeking a Pen Friend

LADY 74, SOR, would like to write to either ladies or gents from city or country WA. I like all types of music, farming, history, family, interests, socializing on paper and life in general, friendly.
Reply Box 6333

Visit *Have a Go News* online: www.haveagonews.com.au

Seeking a Travel Companion

ACTIVE lady 64, NS, SD, GSOH, SOR, WLTM active man interested in travel, outings, films, conversation and companionship, walking, dancing, dining, good options too.
Reply Box 6347

FRIENDLY Euro lady 82, looking for a travel cruising companion, lady, gentleman, 75+, NS, SD, round Australia, 27 January 2015, share expenses. My postcode is 6019.
Reply Box 6342

Friend to Friend When replying to an entry:

To reply to the advertisements in *Friend to Friend* nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:
eg. Reply Box 4100
c/- Friend to Friend,
PO Box 1042, West Leederville, WA 6901.
(example only)
Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards or bulky items. All replies will be forwarded at the end of each month. All replies are strictly confidential and are not opened.



Friend to Friend etiquette...

- FRIENDLY tips for maximising your use of this free service;
- Use the grid, write your entry in ink using one space per word.
 - Your entry must fit into the 35 spaces of the grid - NO EXTENSION OF GRID IS PERMITTED.
 - Post the entry to Friend to Friend PO Box 1042, West Leederville WA 6901 by the 20th of the month preceeding publication.
 - Your entry must be accompanied by two C5 envelopes (which measure 23x16cm and are obtainable from Australia Post) Each envelope must have \$1.40 postage.
- Please follow these instructions to guarantee your entry will be considered for publication.

Marathon writing competition

THE SOCIETY of Women Writers WA is hosting another Marathon Writing Competition on Saturday 20 September 2014, from 9.30am to 4pm at the Citiplace Community Centre in the Perth Railway Station Concourse.

Helen Iles, President of the Society, will provide writing prompts to ignite your creativity and help you prise raw ideas from the bedrock of your imagination.

You can mine a rich seam of plots, characters and narratives, to be cut and polished later into literary diamonds.

Helen Iles, award-winning author and poet; publisher and editor, says, "Immerse yourself in writing. Don't worry about grammar, punctuation or spelling, but let the words flow and fall as they may."

"The object of the marathon is not to create perfect pieces of writing on the day, but to produce first drafts, to unearth new material and generate ideas for future writing projects, such as short stories, novels, plays or poetry."

Bring your favourite pens - notepaper will be supplied.

There will be 10 challenges, each lasting 25 minutes.

The winner will receive a trophy and certificate with prizes also for second and third places.

The cost of the Marathon is \$20 and it is open to men and women.

Tea and coffee will be provided.

For bookings call 0415 840 031 or email swofwa@gmail.com

For information on the Society of Women Writers WA, check the website: www.sw-wofwa.com.

OWN and Agelink Theatre presents We Can Work It Out

OWN (Older Women's Network) Theatre Group in collaboration with The Agelink Theatre Group presents, *We Can Work It Out* on Wednesday 17 September with morning tea at 10.15am for and the show at 11am on Sunday 21 September, 2pm at the City of Gosnells, Don Russell Performing Arts Centre, Murdoch Road Thornlie.

For more information and bookings ring 9493 4577 for the morning show and 4932 734 for the Sunday show.

Community Arts Network WA manages the Catalyst Arts fund on behalf of the state of Western Australia through the department of Culture of the Arts and is supported by the Mental Health Commission WA.

Bunbury Senior Citizens Centre offer a diversity of activities

ALL SENIORS are welcome to attend the Bunbury Senior Citizens Centre opposite the Post Office in Stirling St, Bunbury.

At 10am, Gentle Gym welcomes visitors to try out free exercises which have been tailored for seniors and all supervised by a professional instructor.

Come along and join in.

Enjoyment is guaranteed. Cost \$5.

In the afternoon from 12.30pm there is singing, dancing and music by an eight piece band. Finger food is provided.

The Singalong Group has different performing guest artists each week to entertain you.

Come along for a dance, to sing and enjoy meeting others. Cost \$4.

The Centre offers different activities each day of the week and there are facilities for morning tea and lunches and a very comfortable refurbished lounge for members to relax in.

Visitors are welcome with a friendly staff to show you what is on offer.

PROPERTY & FINANCE

ADVERTISING FEATURE



Making super simple

Second in a series of articles from Hartleys...

LAST MONTH we spoke about some of the rules and limitations around applying money into super, and then getting it out when you want it.

This month we look at the different options for having your money managed when it is held within the superannuation environment. This can range from simply having everything done for you by a single fund manager to developing your own strategy inside a Self-Managed Super Fund (SMSF).

Most of the differences are about control, specific needs, flexibility and costs.

At the most basic level, but still quite appropriate for many people, is the use of a single fund manager personal super product, where that group makes all of the investment decisions internally across every asset class, but still provides the investor with the choice of a range of risk profile or investment categories, such as capital stable or growth.

The next level of sophistication is when a fund offers a range of investment choices to cover different asset classes such as Fixed Interest, Property, Australian Shares, and International Shares. These funds therefore offer more choice for the investor to

decide how much exposure they want in each area, but there is generally a limited ability to choose the individual fund manager, thereby leaving this decision to the fund. This facility tends to be offered by individual fund manager groups such as banks and insurance companies, and industry super funds. This type of fund is also conducted through a single reporting facility, and can also be effective for people who want a minimal level of input into how their money is managed.

There are a number of financial institutions which offer access to a very wide range of funds and fund managers through a master trust facility.

These types of funds offer the investor the flexibility of making more specific decisions about how their money is managed, but still staying within a single reporting structure. Therefore you not only have choice of the asset classes, but the individual fund managers within these classes. Some of these facilities also allow the investor to add a limited number of direct shares into the mix of their portfolio as well. Like the above funds, this is reported through a single facility, but offers a greater level of choice to the investor but control of investment decisions is still left to the fund managers chosen.

Depending on the size of the fund,

some industry super funds and company super funds might be managed on behalf of the members by a board of trustees, drawing expertise from a variety of specialist providers, or they might simply channel member contributions into a "fund of funds" constructed to satisfy the different risk acceptances of the range of members.

The most flexible level of super fund management is generally achieved through the use of self managed super funds, with either the members being the trustees or the members employing a professional trustee to do the job, but we will discuss this area in greater depth next month.

Are you thinking of setting up a self-managed super fund, or want support in managing your existing SMSF or investment portfolio?

Visit our website or call the private portfolio specialists for a free consultation to discuss whether a SMSF is right for you.

We provide a tailored personalised service to clients seeking expert professional advice about their investment affairs, including investment strategy, portfolio development and management.

Greg and Sonya Soudure
Private Portfolio Managers

Visit www.privateportfolios.com.au or call 9268 2834

Greg Soudure and Sonya Soudure are representatives of Hartleys Limited ("Hartleys").
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Australian first - St Ives launches Home Care video



IN AN AUSTRALIAN first, St Ives Home Care has launched a short video offering people looking for help to stay living independently at home all the information they need about the various services available to them.

According to St Ives Chief Operating Officer Care, Michelle De Ronchi, "As Perth's largest provider of Home Care Packages, we

are committed to offering a range of resources that help people navigate and access appropriate care."

Featuring actual St Ives clients, family members and carers, the video offers a genuine insight into the types of services that people might access. It explains how St Ives can work with a client and their loved ones to customise a care package

around individual needs, to keep them living at home for as long as possible.

"Our oldest Home Care client in WA is 108 years old which really does show that, with the right support, people can continue to enjoy living independently at home," Ms De Ronchi said.

The video also features 96 year old client Nicolette explaining how her St Ives services have helped her to enjoy her life at home and continue doing things important to her.

"The video offers a great and entertaining alternative for people to learn about what services are actually available in the home and how to access them, including those services that have the costs heavily subsidised by the Government" said

Ms De Ronchi.

"When we launched a similar video on our website and the St Ives YouTube channel for our residential care centres late last year, we were surprised to record more than 1,500 views within a matter of months," Ms De Ronchi explained.

The launch of the St Ives Home Care video follows the distribution of 150,000 St Ives guides to getting help to age in place across Perth metropolitan suburbs, outlining the three simple steps to getting help to stay at home.

The St Ives Home Care video can be viewed on the St Ives website, www.stivesgroup.com.au or follow the links to the St Ives YouTube Channel.

A lifestyle with a difference



El Caballo

A Lifestyle Village Development

El Caballo Lifestyle Village is a master-planned community for over 45's with resort-style facilities.

The village is surrounded by an 18-hole international golf course, set on 200 acres of natural bush and rolling hills.

This secure, lock-and-leave village is situated in the picturesque Avon Valley, just 50 minutes from Perth, 25 minutes from Midland and only 15 minutes from Mundaring - where a full shopping complex is available.

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ADVERTISING FEATURE



What if there was an alternative to retirement villages and reverse mortgages?



WHAT IF you could downsize, free up cash to spend, pay off any debt, move to a new home or still live in the same place?

Sterling New Life addresses all of the key challenges that homeowner retirees are facing, including staying in the family home, moving into a brand new home, paying off the mortgage, getting access to extra cash and structuring assets to leave as much as possible for their children. Retirees now have the option to convert difficult living circumstances into a more flexible lifestyle with surplus weekly cash.

One of the most common issues for retirees in Australia is that they have retired without enough capital to provide for living expenses in retirement. Most of their assets are held in the family home and cannot be accessed to spend on day to day living or on some of life's luxuries such as travel or a new car. In fact, many retirees still have a mortgage or guarantee on their home, with very little capacity to pay this out of retirement income.

While traditional retirement solutions offer many benefits, they often end up with significant reductions in the family assets.

For instance, retirement village leases usually have a deferred management fee that increases over time and comes out of the repayment of the initial funds invested. Reverse mortgages may have higher interest rates and simply add the interest to the loan amount, which is then all repaid when the property is sold leaving little of the initial value. All this can have a negative impact on a retiree's assets and reduce the amount available to leave to loved ones in the estate at a later time.

The alternative is Sterling New Life, which provides a unique and innovative solution for security in retirement, whether you own your home or live in rental accommodation.

Retirees can choose to stay in their own home and take advantage of recent changes to tenancy regulations to maximise the use of their land, or move to a new house or smaller unit whilst at same time freeing up capital to pay down any debt and creating more cash to spend. This Sterling New Life solution is being received by retirees as an absolute breakthrough for freeing up cash and improving lifestyles in retirement without risking their assets now or for their estate in the future.

To find out how Sterling New Life can help you contact them for an obligation free initial discussion on 1300 665 890 or www.sterlingnewlife.com.au

Downsize once to save money

"THE AMOUNT of retirees having to downsize two or three times because they fail to take into account that their mobility will deteriorate over the years is alarming," says Louis May Director of Willow Creek Mews Retirement Village in Mandurah.

"And the stress and financial cost involved in buying and selling several times is why it so important that you make the right decision on a home that will suit your needs for later in life, rather than just for now.

"High exit fees from many retirement villages can make moving prohibitive so combine realistic expectations with careful planning and you can easily find a new home, in a secure environment that will enhance your retirement rather than hinder it.

"If you are looking for a new home designed for 'ageing in place,' providing value for money, low weekly fees, and no exit fees, Willow Creek Mews gives the best possible value for your dollar in a very competitive market."

"Buying into a modern,

well designed and attractive home with prices from \$138,000 leaves plenty of spare cash for our residents to enjoy their leisure time. Which is what retirement is all about," he says.

"Villas have huge double bedrooms with an extra-large study that can double up as a spare bedroom, all specifically designed for 'ageing in place' and finished to exceptionally high standards," said Mr May.

"No other village is compliant with AS 4288 and 4299 which means there is no need to think about moving again just because you are growing less mobile or need in home care.

"Willow Creek Mews offers resident's a recreation centre, attractive landscaped gardens, security, and a link-up with a local age care service provider which will supply a host of care packages as residents' age"

A display villa is open at the village in Greenfields every Saturday from 11am to 3pm.

Contact Stephen May 0419 042 300 or go to www.willowcreekmews.com

Showcase for sustainable living

"HAVING already taken home numerous state and national awards for sustainability, Right Homes continues to showcase what is possible for sustainable living in WA. Through incredibly solar passive and energy efficient construction, Right Homes builds residences that not only look beautiful, but are equally beautiful to live in. And their latest award-winning project at 96 Rutland Avenue in Lathlain is no exception. In keeping with their philosophy of sustainable innovation, this unique project saw Right Homes utilise three different methods of construction. Incredibly, each stylish residence achieves between an eight and 10 stars BERS energy rating with the whole development having a very low carbon cost."

"While Right Homes is gaining significant attention for market-leading sustainability, it is their flair for style and personalised service which further at-

tracts first, second and third homebuyers.

"We design each home individually and to a budget, ensuring the client receives what they expect for the budget they have.

"We are also actively involved throughout the entire building process, making sure each building experience is one that they will remember", said Mrs Wright.

For a home building journey that rewards you for years to come, start a conversation with Right Homes today."

For further information visit www.righthomes.com.au or refer to ad in this feature.



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Sterling First Ltd ("SFL") has developed a Property Trust and has commenced the purchase of residential properties suitable for retirees to have life leases similar to a retirement village. Sterling First Projects Pty Ltd ("Sterling"), a subsidiary of SFL is seeking to secure a bank of multi key residential properties in middle class areas suitable for retirees to live in.

PROPERTY INVESTMENT OFFER To achieve this, Sterling is offering astute property investors the opportunity to become virtual property developers by providing product for the property trust with a contract to purchase part of fully developed houses at a predetermined attractive margin. This margin is net of any costs paid by the investor to secure the land and building contract. These costs will be included in the agreed buy-back price payable by the property trust to the investor. The security at all times is that the title is in the name of the investor until the property trust pays cash for these full or partially completed dwellings.

Sterling is procuring lots in many locations in the greater Perth metropolitan area and major regional centres. To suit their target retiree market, these lots will generally be close to shopping, medical facilities and transport. The lots selected are all of sufficient size and located in municipalities that allow the timely approval and construction of multi key properties that meet our specifications.

This is your opportunity to join the many thousands of Australians making good consistent profits from property investment every year. Buy and build property in a secure way with a contracted buy back and locked-in profit Call 1300 665 890 for an obligation FREE chat www.sterlingfirstprojects.com.au

PROPERTY & FINANCE

ADVERTISING FEATURE



There's a hole in my bucket list



REST Industry Super CEO
Damian Hill

by Frank Smith

WHAT is your bucket list for when you retire?

About half of Australians nearing retirement have their personal bucket list, according to a recent survey of people over the age of 55.

When asked what featured first on

their lists, more than half would-be retirees plan to travel the world, while a third want to visit a world famous attraction or event, like Machu Picchu, Niagara Falls or the Rio Carnival.

Thirty per cent have leaving an inheritance to their children on their bucket list, one in four want to move to the countryside or seaside and one in 10 plan to learn a new language.

Physical achievement was rarely a top priority. Extreme sports such as bungee jumping and skydiving only featured on two per cent of bucket lists. Running a marathon was even less popular appearing on one per cent of lists.

However, 43 per cent plan to take a road trip and one in seven want to swim with dolphins, showing Australians want an active and exciting retirement.

More cerebral ambitions included writing a book (15 per cent) and learning to play a musical instrument (11 per cent).

Despite these grand plans, more than one third of people polled feared

they would not be able to achieve their goals because of insufficient savings. Almost one in five of people surveyed don't expect to cross off even one of the experiences on their bucket list.

REST Industry Super CEO Damian Hill said it was great to see so many Australians with ambitious plans for making the most of their retirement.

"Most people will spend 40 to 50 years working full-time, raising a family and paying off the mortgage, so retirement really is the time to enjoy the fruits of your labour.

"Taking an interest in superannuation earlier in life could help people achieve their bucket list. A majority of the respondents in this survey did not have the benefit of a lifetime of superannuation savings.

"Too often people underestimate the cost of retirement, and the gap between what people think they need to retire on and what they require in reality is often significant."

Mr Hill said creating a bucket list

is a strong motivational tool when it comes to superannuation, pushing people to consider what they want from retirement and how they are going to achieve it.

"Consolidating your superannuation accounts, salary sacrificing and taking an active interest in how your superannuation is invested are small steps you can take earlier in life to maximise your retirement returns.

"Engaging with superannuation earlier could mean the difference between visiting the Eiffel Tower and The Big Banana or between leaving your children an inheritance and relying on them to pay your debts in retirement," he said.

A couple looking to achieve a comfortable retirement need to spend \$57,817 a year, while those seeking a 'modest' retirement lifestyle need to spend \$33,509 a year according to Association of Superannuation Funds of Australia.

The on-line poll of 1000 people was financed by REST Industry Super Fund.

BPiA update

PLEASE ACCEPT my apologies for not submitting an update for the August edition. My wife and I were 'sunning' ourselves in the UK with friends and family.

We were of course claiming our UK State Pension increases while there and were amazed to discover that after only four years of claiming our UK State Pension the increase amounted to 25 per cent which is a considerable amount to have 'stolen' from our Pension Entitlement.

If any of you are travelling to the UK or Europe for any reason, please contact me for information on how to claim your entitlement. We also can arrange car hire at the most competitive rates.

The BPiA committee has spent July strategising and planning for the next 10 months ahead of the May 2015 British General Election and two key letters were sent in July ahead of the UK MP's vacation period.

The first one was sent in July to all the political party policy makers.

The second one was more general and directed

at almost all of the MPs, except those who were already members of the All Party Parliamentary Group on State Pensions that was set up in April 2014.

This is the beginning of the concerted action which we intend to be maintained so that all the non APPG MPs are kept on their toes and it is our firm intention to ensure that all MPs are fully aware of the 'frozen pension issue' and how we, the IBP, will endeavour to make it a General Election issue.

We are hopeful to encourage all 'frozen' pensioners to write to the current MP in the constituency in which they lived in the UK. If any of you need help with the text of a letter or finding the MP you need to write to please contact me. The more pressure we can apply to the MPs to the more likely they are to take notice.

While in the UK we managed to meet up with our MP who had defected from the Conservative party to UKIP: he also stood in the recent Newark on Trent by-election where he reduced a very comfortable Conservative majority from 16,152 to 7,463. A huge swing, which, if a similarly happens in the 2015 general election will have a dramatic effect on the make-up of MPs in the House

of Commons.

We spent more than an hour will our MP who has given us some clear ideas as to how to approach parliament more effectively.

BPiA continues to bring the issue of frozen pensions and their \$1 billion adverse impact on the Aussie budget, to the attention of the Prime Minister and Treasurer Joe Hockey, but so far our efforts have been ignored.

The Hon Julie Bishop (Foreign Minister) wrote to me during our holiday to say that she had discussed this matter with her UK counterparts in several meetings but has been 'knocked back' each time.

We intend to maintain our approach to all Ministers and MPs.

My local MP Ian Goodenough is a strong supporter and I discussed the issue briefly with him this week when we met about another subject.

Anyone who would like to further discuss the above is welcome to contact British Pensions in Australia on 1300 308 353 or me, BPiA's Coordinator in Western Australian on (08) 6364 0859 e-mail: - mikegoodall@btconnect.com

Mike Goodall

WA Self Funded Retirees Association's guest speaker topic - Matters Financial

ON the second Friday of each month at 10am, the WA Self Funded Retirees

Association holds a meeting at the Cambridge Bowling Club, Floreat Sporting

Precinct, Chandler Avenue, Floreat at which guests speak on topics of interest to retirees. The speaker at the meeting on Friday the 12 October 2014 is Nuala Betts who is supported by Paul Turner to discuss the topic Matters Financial.

Nuala has worked in the financial services industry since 2001, following the completion of her Advanced Diploma of Financial Services. She has

extensive experience in superannuation, investment, risk planning, Centrelink and pre and post retirement issues, with a particular passion for aged care advice and developing strategies to assist clients in the process of moving into residential aged care in an affordable and sustainable manner.

Nuala has spent considerable time in the research and strategic areas of financial planning and

in providing advice directly to clients and has a strong technical background in financial services.

Paul commenced his career in banking and finance in 1994 with National Australia Bank.

He believes in educating and empowering people through strategy to enable informed choices in their lives. His passion is to act as a financial coach to his clients, keeping them on track to grow and protect their wealth, removing day-to-day money worries and providing certainty, clarity and peace of mind over their financial future.

In particular, Paul is a strong advocate for women having access to financial advice as he sees too often the inadequacy of their retirement savings.

He holds a Graduate Diploma of Business, Advanced Diploma of Accounting and Advanced Diploma of Financial Services (Financial Planning).

Paul was recently recognised with the Financial Planning Association's 2013 Financial Planner AFP Best Practice Award.

Visitors to the meetings are always most welcome and for more information please contact: Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.



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- Don't feel right about the financial advice you were given by your bank, financial adviser or stockbroker?
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- Was the risk of the investment (on which you lost money) explained to you before the investment was made?
- Did you know that you may be able to seek financial restitution?

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Community NOTEBOOK



PERTH PENGUIN GROUP 1 & 2

Women overcome the fear of public speaking, gain confidence and learn how to conduct meetings. First and third Thursday of the month at 1pm Citiplace Community Centre Phone 9459 2420

CITY OF BAYSWATER ART EXHIBITION

Monday 6 to Sunday 19 October
The RISE, 28 Eighth Avenue, Maylands
Phone the Events team 9272 0622

KINGS PARK FESTIVAL NATIVE PLANT SALE

Saturday 27 to Monday 29 September, 10am to 4pm
All plants are lovingly cultivated by the Friends of Kings Park
Funds raised support projects in Kings Park and Botanic Garden

RELAY FOR LIFE - FREMANTLE

11am, Saturday 20 to 11am, Sunday 21 September
Dick Lawrence Oval, Beaconsfield
Relay For Life is suitable for everyone and anyone can join in the fun.
www.relayforlife.org.au

PERTH HERITAGE DAYS

Saturday 18 to Sunday 19 October
A free family event to present Perth's fascinating history in all its forms.
Event is held at various locations in Perth.
Phone 9461 3244 or visit www.heritageperth.com

BAREFOOT BOWLS

Friday 10 October, from 5.30pm (bowls start at 6pm)
Feel the grass beneath your feet and have some fun.
Claremont Bowls Club, Bay View Terrace
Phone Danielle Smith 9285 4300

THE YORK SOCIETY (INC)

4 to 12 October, 10am - 4pm daily,
Thursday 10 October, 10am - 7pm
Annual art and craft exhibition
York Town Hall

RAVENSTHORPE WILDFLOWER SHOW

10-21 September, 9am-4pm
Senior Citizens Centre
Ph 9835 7034
www.wildflowersravensthorpe.org.au

2014 KULIN BUSH RACES

3 October from 2pm to 5 October, 2pm
Jilakin Rock
Jilakin Road, North Kulin
Phone 9880 1021
http://kulin.wa.gov.au/main/tourism/kulin-bush-races

BEVERLEY BUSH DANCE

18 October
Raising funds for the upkeep of the farm.
Sausage sizzle and soup for sale.
Featuring the Mucky Duck Bush Band
Avondale Farm
550 Waterhatch Road, Beverley
Phone Jo Johnson 0417 951 513

NUNGARIN HARVEST FESTIVAL

3 to 5 October 2014
Commences Friday night 3 October at 6.30pm with a fundraiser and cake competition for the Nungarin Heritage Machinery and Army Museum
Enquiries to Jo Hewitt 9046 5108

JARRAHDAL LOG CHOP

5 October, 10.30am to 4pm
Various stalls, activities and entertainment plus world class woodchopping.
Jarrahdale Oval, Nettleton Road
Ph 9525 7575 or email bent_sandra@bigpond.com

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

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GREAT HOME & GARDENING

ADVERTISING FEATURE

with... Colin Barlow



THE WARMER weather in August has pushed many plants into flowering much earlier this year, so all of a sudden spring has sprung and our gardens are awash with colour. This means that if you get out into the garden now and undertake some jobs which will keep your plants and garden in top condition throughout spring...

Things to do now in the garden include:

Regularly deadheading all spring flowering bulbs and

liquid feeding every fortnight with a high potash fertilizer.

Fertilising all plants with a controlled release fertilizer like Osmocote, Nutricote or Macrocote for sustained growth.

Improving the soil for new planting areas with compost, soil conditioner, manures, Bentonite clay and organic fertilizer prior to planting.

Weeding garden beds to stop them from going to seed. Remember one year's seeds equal seven years weeding.

Mulching makes it easier to control the weeds and conserve moisture.

Lightly trimming any shrubs and pruning any spring flowering ornamental trees straight after flowering.

Rubbing off any inward facing shoots from low down on rose bushes.

Starting your tomato seeds now for a bumper summer crop.

With the warmer weather pests have also made their

move. Things to look out for include caterpillars, snails and slugs, aphids and scale.

It is always best to use the safest product on the market and to always use the products strictly as directed by the label.

It has recently come to light that some horticultural writers have suggested using products for which they are not registered; this could have dire consequences for the user and manufacturers, particularly with edible crops.

So here are my suggested safe quick fixes for some of those springtime pest problems.

Caterpillars: Yates Success Ultra or Dipel

Snails and slugs: Use either Multiguard Snail or Slug Killer, Copper Tape, Copper sprays and Slug and Snail traps.

Aphids: Edibles Eco-Oil or Natures Way Insect and Mite Killer (Natrasoap). Ornamentals: Defender Maxguard

Scale: Edibles Eco-Oil and

Defender Maxguard for ornamentals.

Gardening @ Home returns to help your garden grow.

Gardening @ Home is back as part of the local television series, Home in WA on Channel Seven Perth at the regular time slot of 4:30pm on Saturday and also on the state-wide Golden West Network (GWN 7).

Throughout the spring and summer, Gardening @ Home will help you to get your garden growing with practical gardening tips and tricks that will make your neighbours' green with envy.

I will be presenting the segments along with home gardener and presenter Karin Pearson to provide you with expert advice for Western Australian conditions.

So if you want to learn how to grow your own fruit and vegies, rejuvenate your lawn or cope with poor soil, tune into the show each week.

You can also watch the YouTube segments at www.homeinwa.com.au

Springtime in the Best of British Gardens

If you would like to enjoy spring time in the English countryside, taking in the best gardens including the prestigious Chelsea Flower Show, then join me on this trip of a lifetime next year in May 2015 with fellow travellers from all around Australia on 'The Gardens of England and the Chelsea Flower Show' tour.

For further information, please contact Royce Green from Ross Garden Tours on 1300 233 200 or go to www.rosstours.com/england/ for the full tour itinerary.

Spring wildflower wonderland!

The wildflowers are blooming all over WA and even in our city centre, so make sure that you make time to take in the natural wonders of the West.

Check out some of WA's hotspots for wildflowers: a great tip is to call the local tourist bureau and they will tell where the wildflowers are at their best.

My tips are Morawa, Wubin and Kalbarri.

The month long Kings Park Festival is in full swing this September and there is nowhere better to see the amazing wildflowers from throughout the state.

You can travel from the Kimberley to the Great Southern without leaving the city by simply taking a stroll through the West Australian Botanic Garden.

Alternatively you may like to view some of the many threatened WA species that have been lovingly cared for and protected in the Conservation Garden.

If you want inspiration for your home garden then there is nothing better than the Backyard Botanicals Garden. Here you can learn how easy it is to grow natives at home. All varieties are readily available from local native plant nurseries or the Friends of Kings Park Native Plant Sale on 27 to 29 September from 10am until 4pm each day.

More information on all the festivals highlights can be found at www.kingsparkfestival.com.au

The people at Seasol have added two brand new formulations Powerfeed for Natives and Powerfeed Organics to their extensive range of liquid fertilisers.

PowerFeed for Natives is specially formulated for all Australian Natives including phosphorous sensitive plants like Grevilleas, Banksias and Proteas. The fast acting liquid can be applied to the roots or as a foliar feed.

PowerFeed Organic is an organically certified mixture to sustain healthy growth in all plants including edible crops, natives and flowering plants, plus it's great for the soil and environment. It's pretty much your all round organic application.

Don't miss out on the Epiphytic Cacti and Hoya Society Show at the Dianella Plaza Shopping Centre on Saturday 4 October. You will be amazed at the wonderful flowers and unusual foliage and you can even pick up some plants to start your collection.

For further information call Alf Gaebler on 9444 6694.

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GREAT HOME & GARDENING

with Colin Barlow



Spring is here

These top 10 tips from Garden Deva will show you how:

- 1. Compost Creativity:** Do you have a long forgotten non aerobic compost bin with a stagnant pile of sludge trying desperately to break down? Insert a 70mm diameter 900mm length of PVC pipe with 7-10 x 20mm holes drilled into the sides, through the compost's centre. This aerates the pile, greatly speeding up the composting process.
- 2. Worm farm too much work?** Sick of buying soil conditioner? Try in situ worm feeding stations. Partially bury a bottomless container (pot/old saucepan/small bucket) halfway into the soil you'd like to enrich. Place food scraps in the bottom, top up with a handful of soil, put a lid on it and let the worms in your garden do their thing. Then start another.
- 3. Snail Bait.** Methiocarb and metaldehyde pellets (the green or blue coloured 'pet friendly' ones); are not only highly attractive and often fatally toxic to cats and dogs but also affect birds. If a bird eats a poi-

soned slug or snail, it will also be adversely affected. An alternative is to use Multiguard iron based snail pellets which are natural and very effective.

- 4. Save up to 90 per cent of water in summer** (yes 90 per cent) by converting your pots to wicking pots. This is an aerated self-watering system (ie no brown smelly roots).

For more information visit www.gardendeva.com.au/articles

- 5. Clay amendments** (Soil Solver, Sand Remedy, bentonite clay) are essential to use in sandy soils when planting.

- 6. Sustain yourself socially by joining a garden club.** Gardeners Circle WA www.gardenerscirclewa.com members love meeting other gardeners and buying and selling inexpensive, unusual plants.

If you love succulents, join the succulent society. Ferns? Bromeliads? For most plant groups which exist, there is a local society to honour them.

Or even better, join a community garden! For more information visit <http://www.communitygardenswa.org.au>

- 7. Finding it harder to garden as you get older?** Try a **Feldenkrais class.** This Awareness through

Movement method helps the brain create new pathways to make daily movement and activities easier.

For more information visit www.feldenkrais.org.au

- 8. Splash Out on a mini 'bin' rain water tank for your downpipes.** Available from hardware stores for about \$100, storing between 100-190L. Or buy a wheelie bin (60L-360L) www.justwheeliebins.com.au, add a tap and convert your own. This can be set up to water your wicking pots in summer. If drinking the water, check tanks are food grade and please filter.

- 9. Mulch Pots with coco peat mulch,** a by-product of coconut waste, which expands in water. Always mulch away from the stems.

- 10. Plant a tree to beautify your garden, shade your windows and save electricity.** Deciduous trees are perfect for the north and west aspect of your garden: You might like to try Crepe myrtle, Chinese pistachio, ornamental plums or pears, Albizzia, (the silk tree) and Cercis Canadensis, (the Judas tree).

Want more tips on spring gardening? Go to www.gardendeva.com.au/newsletter

Garden Deva is a Perth based sustainable garden design and horticultural consultancy.

SPRING is the season where new growth is uppermost on Mother Nature's agenda and perfect growing weather.

Why not enjoy the benefits of a more sustainable garden this spring?

Spring treat for garden lovers



The Amanda Young Foundation's Barry and Lorraine

TWO DELIGHTFUL award winning gardens will be opening in October to raise funds for The Amanda Young Foundation.

The first garden is Romancing the Stone, which will be

open on 4-5 October, at the corner of Hawtin and Lilian Rods, Maida Vale. This is a wonderful creation of undulating rock walls, pathways and water features interspersed with an array of colourful

plants and shrubs. Local artists will also exhibit their attractive work there and creator Tom Hogg conducts guided tours.

On 25 and 26 October, Amanda's Memorial Garden at the junction of Margaret and Matison Streets in Southern River will open for its annual fete.

Set amongst a tranquil natural setting of paperbarks, the highlight of the garden is the mass display of Amanda roses. Additionally, a wonderful collection of David Austen, tea and climbing roses adorn the numerous arches, providing a colourful display.

Adding to the ambiance of the garden are water features

which include a Monet bridge and fountains, a very large variety of plants, trees and shrubs including Louisiana iris, all of which contribute to making a visit an enjoyable experience.

Other 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's sudden death from meningococcal septicaemia.

For full details visit www.amandayoungfoundation.org.au

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GREAT HOME & GARDENING

ADVERTISING FEATURE

Honda's cut and blow sale is sure to impress



IT'S THAT time of year again, when the backyard heroes of Australia take to their yards to get them in tip-top shape.

With more than 60 years in the power equipment industry, Honda knows a thing or two about preparing for the season ahead, and with

a range of premium 4-Stroke products available as part of their "Cut & Blow" Sale, there's never been a better time to get a Honda and get outside into the sunshine!

Topping the list this season is Honda's best-selling UMS425 Bent Shaft Brushcutter, now available for

just \$299 (save \$70). Others included are the UMK425 Loop Handle (\$499, save \$60), Bike Handle (\$599, save \$70) and the UMK435 Bike Handle (\$659, save \$30).

What's more, the gutsy HHH25D Hedgecutter is now \$799 (save \$60) and the HHB25 Blower has been reduced to \$499 (save \$60). And no Honda sale would be complete without an Australian-made Honda lawnmower included in the mix. The HRU19K1 (\$699, save \$100) and mulch-and-catch HRU19M1 (\$739, save \$100) are ideal for medium lawns and the residential user.

The "Cut & Blow" sale runs until 30 November, 2014, or until stock runs out, and all products included in the sale come standard with an industry-leading 4-Year Domestic Warranty.

Dealer Locator: Ph: 1300 1 HONDA or 1300 1 46632 <http://powerequipment.honda.com.au>

PAWsome Puppy Parents needed in Perth



Justus

ASSISTANCE Dogs Australia's super puppy Justus, may look cute and cuddly, but in two years' time he will change the life of someone with a physical disability.

Pups like Justus will open the door to a new independence for their future clients, but to do this they need your help.

That's why Assistance Dogs Australia is sniffing out puppy educators and raisers in Perth to be

"puppy parents" to future pups like Justus.

"Educating a puppy lets you give back to the community with the added bonus of the pitter patter of puppy paws," said Assistance Dogs Australia's experienced Perth instructor, Helen Stathy.

"Puppy educators and carers will teach these pups to undertake tasks that are difficult or even impossible for people with physical disabilities to achieve. They'll teach them to pick up all sorts of objects such as mobile phones and keys and make sure they are able to alert bark when required. You can also take the pups to the shops, cafes, on public transport and even to the cinema as it is all these experiences that will help them become an Assistance Dog."

The pups will be helped in their quest by Helen who will be there with educators and carers to offer support every step of the way during the 14 months of training that the puppies spend on their "L" plates before returning to the National Training School in Heathcote, Sydney for advanced training.

"The best part of being a puppy educator or carer is helping to change someone's life by training a fantastic Assistance Dog," Perth puppy educator and Perth resident Kim Hudson said. "To see the impact that Justus will make to someone with a physical disability one day is priceless."

Assistance Dogs Australia is a charity that trains Labradors and Golden Retrievers to give freedom and independence to people with physical disabilities.

Assistance Dogs do everyday tasks for their recipients that people with physical disabilities find difficult, if not impossible to achieve such as opening and closing doors, pressing the button at the traffic lights, retrieving dropped items and even getting the phone.

Each dog takes two years to train and is worth an investment of \$27,000 but is placed with recipients free of charge.

For further information about how you can help, please call Assistance Dogs Australia on 1800 688 364 or go to the website at www.assistedogs.org.au.

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25 & 26 October

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Australia's richest golf tour returns to Perth



event on this year's Australian tour to be sanctioned by the European Tour creating the opportunity to attract quality European players.

This year, there will be dedicated kids' viewing areas for children under 16 to get the best view of the action.

Tickets will be available from <http://www.ticketmaster.com.au>. Children under 16 years old will be granted free entry when attending with a paying adult.

For more details visit <http://www.perthinternational.com> and stay up to date on Facebook <http://www.facebook.com/PerthInternationalGolf>

WIN WIN WIN

To be in the draw to win one of five in-season passes to the Perth International Golf at Karrinyup, simply email win@haveagonews.com.au with Golf in the subject line or send an envelope to Perth International Comp, C/- Have a Go News, PO Box 1042, West Leederville 6901 with your name, address and phone number on the back. Competition closes 1/10/14.

AUSTRALIA'S richest golf tour event, the Perth International, returns to Western Australia from Thursday 23 to Sunday 26 October and is set to deliver its strongest field of local and international golf stars.

The US PGA 2013 Champion, Jason Dufner will also be in Perth after being runner up in the inaugural 2012 event.

Young, talented Frenchman Victor Dubuisson will join him, along with last

year's winner Korean born-Australian based Jin Jeong, five time European Tour champion. Local hero Brett Rumford and Steven Bowditch who recently won his maiden PGA Tour title in April at the Texas Open will also play at the event.

More players will soon be announced. Held at Western Australia's premier golf club, Lake Karrinyup Country Club, the Perth International is the only

Style

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

ADVERTISING FEATURE

Enjoy a practical yet clever micro wardrobe this spring/summer

WELL HI there all and a big welcome to spring.

One season that I, and probably most of us adore, is spring.

I don't know about you but I find the last month of winter the hardest. A sense of cabin fever sets in and I find myself chomping at the bit to shed some layers of clothes and feel some sunshine.

I know in this country we really cannot complain about the length of winter and in comparison to other countries, it is mild, but hey, we are lucky and we know it, so enjoy it.

Another thing I love about spring is the sense of motivation it inspires to spring clean. It's an instinct not unlike an itch we just have to scratch and the sense of relief is just as satisfying for me.

Already I have begun to pack away heavier jackets into suit bags and organise my wardrobe to be spring/summer ready.

To be organised is a discipline and for some quite a chore. Perhaps the problem is that you might not know where to start and can't see the wood for the trees so to speak.

In which case call for help from a friend to assist you in making decisions on what to keep or chuck.

In my opinion, there is no other activity as therapeutic as that of culling clothes onto a pile to be given to charity.

We all hang on to too many clothes for all sorts of reasons and possess items that we never wear and kid ourselves into thinking that we just might one day.

As they say, if it's been there for more than a year, chuck it.

Those who see my ward-

robe are surprised to discover that it's not at all extensive given that I work in the fashion industry.

For winter, I keep to a fairly uniform look, which consists of jeans, jackets, boots and a coat that can be rotated and tweaked with the right accessories for a dressed up or down affect.

Summer is a little more relaxed if not a little more of a slight boho look.

I wear more flats in the warmer months. I adore silk or fabrics that seem to float, so maxis and wide leg palazzo pants teamed with tank tops are my favourites and work for me.

I know exactly what I love and what my fashion personality is. It is influenced by the latest, especially the season's current fashion colour palette, but mainly based on classics.

I don't buy a lot, but when I do it is usually bought to give existing pieces new punch, to replace an item that has seen better days or simply keep my look updated.

Before you go shopping, do some homework and identify the look you would like to achieve. This will save you both time and money.

Following is a suggested shopping list that may help to inspire you to get started:

- White pants; perhaps in linen or styled in Capri, cropped, wide leg ... the choice is yours.
- Striped shirt. Navy, red or emerald green (consider orange, yellow and the new season's citrus tones; there is one that will suit everybody, plus they're happy, feel good colours) and worn with white, they're fresh and striking. Always remember it's the wow factor we want to aim for.

A shirt can be worn out or over a plain tank top.

- Tanks (I know a lot of ladies don't like showing their arms, but hey, when its 38 degrees who cares ... in three shades, white, navy and red.
- Wide brimmed straw hat.
- Sandals or Espadrilles.
- Dress, maxi or a patterned dress or your choice.
- A light jacket or cardigan; always be prepared for a cool change. Make it one that looks great with all of the above looks.
- A kaftan, great over bathers but mostly just a fun practical piece that makes anyone feel glamorous.
- A new lipstick and summer fragrance. It's a mood thing. The more feminine we feel the more we give off that vibe.
- Tote bag - tote bags are really in at the moment - in either a bold colour or pat-

tern to compliment your new pieces. Practical but also they make a great fashion statement to any look.

Purchasing these types of items will see you totally kitted out for the new season and any functions or family get-togethers that the warmer months provide.

It's not how much you spend and where you shop, it's about having what I call a micro wardrobe for spring/summer consisting of practical but clever pieces that look and serve you well.

Well that's all from me for now.

Have fun, be bold, brave and always ... always be fabulous.

Happy spring!

Lots of love

Zofia xxx

Vibrant red wines for spring

by Frank Smith



IF YOU are prepared to pay a little more for organic wine, and they are more expensive to produce, then Pig in the House Shiraz and Cabernet Sauvignon provide good examples of organic red wines. RRP \$25.

Jason and Rebecca O'Dea have planted a vineyard on a former free range pig farm, in Cowra New South Wales hence the quirky name.

The 2012 Cabernet is deep ruby in colour with aromas of blackcurrant and spice. The flavours are black berry fruit dominant and mouth filling with well integrated oak complexity. This wine was awarded NASA certified organic wine of the year.

The 2012 Shiraz is more Rhône style than Aussie style with a vibrant violet colour. It has aromas of cherries, plums and spice. Flavours of plums and white pepper are evident on the palate with a touch of vanillin oak.

Call (02) 6344 3264 or email jason@piginthehouse.com.au to order.

Back in the mainstream, Grant Burge has released four new red wines.

2012 Hillcot Merlot - Hillcot vineyard is named after the Wiltshire village from where Grant Burge's ancestors came. The 2012 Hillcot Merlot is deep red in colour. The nose is dominated by rich, raspberry, blueberry and dark chocolate with a hint of spice. The soft, palate has concentrated flavours of red berries and sweet mocha, with a silky mid-palate of dark chocolate and vanilla.

RRP \$24.75.

2012 Daly Road Shiraz - Mourvèdre Daly Road vineyard is perfect for producing red wines of great complexity. The 2012 Daly Road Shiraz Mourvèdre (78 per cent Shiraz, 22 per cent Mourvèdre) is deep red, with vibrant purple hues. The nose is a complex array of raspberry and forest fruits, with rich plum and blueberry fruit in support. The palate is well balanced with lovely supple tannins, where flavours of rich ripe berries are integrated with spices such as cinnamon and cloves.

RRP \$24.75.

2012 Cameron Vale Cabernet Sauvignon - Cameron Vale was the home of Grant's mother's ancestors before they migrated to Australia. The 2012 Cameron Vale Cabernet Sauvignon is deep red with purple hues. The nose has a lovely array of blackcurrant and dark fruit aromas, with hints of sweet spice and vanilla in the background. The dense palate is rich, ripe and generous with an elegant palate structure full of cassis fruit and dark cherries matched with hints of spice and fine, savoury tannins.

RRP \$28.

2012 Miamba Shiraz - The 2012 Miamba Shiraz is vivid purple in colour. This wine displays vibrant aromas of dark fruits, blueberries, mocha and savoury spices. The palate is complex and layered, with concentrated flavours of spiced plums, blackberries and hints of pepper all perfectly interwoven with savoury, silky tannins and a long, elegant finish. RRP \$28.

Look for these Grant Burge Wines at discount liquor stores for around \$16-20 a bottle.



2015 Rural Women's Award now open to applications

AUSTRALIA'S top award for rural women is now open for applications. The 2015 Rural Industries R&D Corporation (RIRDC) Rural Women's Award identifies and rewards women's contribution to primary industries and rural communities by providing financial assistance, mentoring, resources and support via its nation-wide network of business and community leaders for selected state winners.

The Award is open to all women involved in primary industries. Rural women are encouraged to enter themselves or to nominate someone with a commitment and desire to making a real difference to their industry and community.

State and Territory winners receive a \$10,000 financial bursary to implement

their Award vision and will have the opportunity to participate in the Company Directors Course run by the Australian Institute of Company Directors (AICD).

A national winner and runner-up will be selected from the state winners with a further \$10,000 bursary awarded to the winner and \$5,000 to the runner-up to support their professional development and contribution to primary industries.

The Award is an initiative of RIRDC in partnership with the state and territory agencies responsible for agriculture, primary industries and resources.

Applications close on 31 October 2014. Application forms can be downloaded from the RIRDC website: www.rirdc.gov.au/rural-women's-award.

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FOOD & WINE

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ADVERTISING FEATURE



Fresh WA Citrus available now



THE WA citrus season has been in full swing in recent times with the abundance of delightfully scented mandarins, navel oranges, grapefruit, lemons and limes, all at their absolute best.

Research conducted recently by the WA citrus industry revealed that local shoppers want citrus fruit which is:

- Locally grown in WA orchards
- Great tasting
- Premium Quality
- Fresh and Healthy.

So now is the time to get exactly that from the full range of WA Citrus fruits available... Local fresh citrus supplies are readily available and are easily spotted by the bright blue WA birthmark sticker showing its West Australian origin.

Shoppers can be assured they will taste sweet and juicy too as the WA Citrus sticker is used in combination with the industry's strict quality code that ensures all fruit meets strict quality standards.

So shopping for your citrus is simple. Look for the WA Citrus sticker and choose fruit heavy for its 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.

Keep your citrus fruit in a cool dry place if eating within a day or two, or in the refrigerator.

So get cracking on boosting 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

Preserved Lemons

PRESERVED lemons keep for months and are a fabulous way to use the surplus of lemons dropping from lemon trees. You can reuse the salty liquid to make more. Use them for the months ahead in Moroccan cooking especially in chicken, lamb and vegetable tagines, or with couscous and in salads

Ingredients

- Lemons
- Cinnamon quills
- Bay leaves
- Cloves
- Olive oil
- Salt, pure cooking salt



Method

WASH and dry even-shaped lemons. Cut stem end off each lemon then slice lengthwise into quarters. Add about 1cm of salt to a large clean jar with plastic lid. Pack lemons in, layering with more salt. Add cinnamon quills or cassia bark, bay leaves and/or cloves to the jar as you go. Fill the jar with fresh lemon juice. Leave at room temperature for at least a month, turning to dissolve the salt. Cover the surface with olive oil to seal.

To use, discard the pulp, rinse the rind, and then slice finely. One quarter is usually enough to give an intense lemony flavour.

Kiwi and Orange Crepes



Ingredients

- Crepes Batter
- 1/2 cup plain flour
- 1 egg, lightly beaten
- 1/2 cup milk
- 1 tsp oil
- Sauce
- 1 tbspn butter
- 1 orange, juice and rind
- 1 tbspn orange liqueur
- 1 tbspn honey
- Filling
- 1 kiwi fruit, peeled and sliced
- 1 oranges, peeled and segmented

Preparation: 5 minutes
Cooking: 15 minutes
Serves: 1



Method

SIFT flour into a bowl. Stir in egg, milk and oil. Mix to smooth batter. Allow to stand for 15 minutes. Brush a heated flat frying pan with oil. Add half of the batter and swirl to an even round shape. Cook until set and lightly browned underneath. Turn crepe carefully. Cook other side. Repeat with remaining batter.

To make sauce, heat butter in frying pan. Stir in orange juice, rind, orange liqueur and honey. Cook for a minute or two over low heat. Divide kiwi fruit and orange segments between crepes. Roll crepes, with kiwi fruit and orange segments inside. Place crepes onto individual serving plates. Pour over warm orange sauce. Garnish with long strips of orange zest.

Bethanie Mt Claremont clients cook up a storm



From left: Jane Gribben - Blake Finkelstein - Nina Hurn - Emma Jones and Caroline O'Halloran

BETHANIE Mt Claremont's fun and interactive cooking programme aims to increase clients' fine motor skills, social skills and confidence in the kitchen whilst encouraging healthy eating.

Centre Manager, Michelle

Edmunds said, "We are so fortunate to have the facilities to bring such a wonderful programme to our clients."

"All clients love getting together and chatting while they learn to improve their cooking skills."

"A real success story of this programme at Mt Claremont is our lovely client, Emma. She used to come with her mother to all classes, now she comes by herself and has steadily increased her communication skills - we are extremely thrilled with this result", said Michelle.

The classes will continue to run through September and are held from 4pm each Tuesday for all Bethanie Mt Claremont clients.

During the last two weeks of September, Bethanie Mt Claremont will be presenting the Foodbank WA Food Sensations programme's nutrition education workshop.

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.



What's fresh



JARRAHDAL PUMPKINS: A good buy right now is the Jarrahdale pumpkin with its blue-green skin and brownish streaks. The rich orange tones of pumpkin add life and colour to salads, risotto and pasta dishes, not to mention soup. On these cool evenings, what's nicer than a big batch of creamy pumpkin soup? You can store whole pumpkins in a cool, dry place for up to a month.

colour and delicious flavour when used in winter desserts, and combine well with other fruits in season including apples, pears and oranges. Berries which are 3/4 ripe will ripen at room temperature but store ripe strawberries covered in the refrigerator. Use as soon as possible as they perish quickly.

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 a useful addition to a backyard: try the fruits whole for their sweet rind and sharp juice or macerate cumquats in vodka or another clear spirit for an unusual, citrusy twist.

CABBAGE: For many readers, throughout childhood, many a happy morning was spent inspecting the cabbage beds of the vegetable garden hoping to find the babies that some of us were told were sleeping amongst the leaves. Thankfully these days we're more interested in eating 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.

LOCAL STRAWBERRIES: arriving now from market gardens around Wanneroo are sweet, juicy strawberries to brighten the duller days. Ripe strawberries impart cheery

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FOOD & WINE

...eat, drink and be merry... ADVERTISING FEATURE



Vince Garreffa's Home Made Thai Flavoured Lamb Sausage

Ingredients for 4
Sausage Mince
 1kg lamb mince with 15% fat
 2 tablespoons fresh parsley, chopped
 2 tablespoons fresh coriander, chopped
 2 tablespoons fresh mint, chopped
 1 teaspoon garlic, chopped
 1 teaspoon ginger, chopped
 1 tablespoon fresh chilli, chopped (optional)
 ½ teaspoon ground coriander
 20gm Western Australian organic lake salt
 1 teaspoon freshly cracked black pepper

Sausage Casings
 2 metres of Hog Sausage Casings (optional)
Dipping Sauce
 50ml sweet soy sauce
 20ml rice wine vinegar
 20ml sweet chilli sauce
 10ml sesame oil
 10gm chopped coriander
 5gm sesame seeds
 10ml lime juice

Method

YOU can make your own sausage meat first by mixing all your ingredients (except the sausage casings) in a bowl. Massage and knead the meat, herbs and spices with your clean hands until you feel the mix becoming sticky. Rolling 50gm meatballs of the mix without air trapped inside is the start of shaping your sausages. Now reshape your meatball by pressing to make a small burger or roll it into a sausage log. Shapes can be fun with the kids. For that professional sausage presentation, hog casing (thick pork sausage casing) or sheep casing (thin lamb sausage casing) can be purchased from stores that make their own sausages. The red funnel in the picture is purchased from continental stores. It is a part of a small, hand made sausage machine, but you don't have to buy the machine, only the red funnel to make one or two kilos when you feel like it. Before you use your sausage casing you should rinse it and then soak it in cold water, forcing water through the inside to make it more pliable. The sausage casing is then threaded over the funnel shaft while the meat is pushed down the inside of the funnel with the thumb. Don't fill the casing too tightly, then you can twist it into sausage lengths. Cook them on low to medium heat so that the sausages don't burst due to being too fresh. You can serve with a sauce made from the ingredients listed above, to give you that extra zing.

Mondo meat workshops calendar

Monday 13 October, 6.30pm to 9.30pm
 Weber, barbeque and spit roaster cooking

It's barbecue season once again: come along and learn how to cater for that larger crowd at your next party. Let Vince demystify for you how to use the equipment and cook larger cuts of beef, lamb and pork to feed the multitude ... and then eat and eat and eat.

Monday 10 November, 6.30pm to 9.30pm

Poultry: cutting, boning, cooking, eating

Learn how to prepare and cook birds such as quail, spatchcock, chicken, duck and turkey, to name just a few. You will see how to de-bone, stuff and flavour birds and combine this information to personalise your Christmas dishes. Bonus surprise gift to take home as well as the knowledge of the tricks of the trade to make Christmas 2014 your best ever ... and then eat and eat and eat.

Monday 1 December, 6.30pm to 9.30pm
 Roasting your Christmas meats and presenting designer hams

Learn to roast beautiful pieces of meat and to decorate your own ham, plus receive yet another surprise gift to take home ... Christmas 2014 is in the bag ... and then eat and eat and eat.

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

Entertainment at EL Caballo Resort



EL CABALLO Resort is the perfect entertainment destination in the Hills.

Resort manager Matthew Pavlinovich said the move towards offering local entertainment came in response to a need.

"We saw the need for people who live locally to be able to enjoy entertainment without having to travel too far," he says.

"We can offer the perfect package for a weekend getaway, which includes dinner, a show, overnight stay and breakfast."

Upcoming events such as *The Legends Live Tribute Show* featuring Johnny Cash and June Carter, Jerry Lee Lewis and Elvis Presley on 3 October and *El Caballo's Country Music Fiesta* on Saturday 1 November with Aria award winning country sensation The McClymonts, The Drifters, Johnny Taylor (as seen on *Australia's Got Talent*), Moira J. Scott, a tribute to Patsy Cline and the Ozzie Outback Band to entertain the kids are just a taste of the quality entertainment the resort is proud to support.

El Caballo's Country Music Fiesta will have something for everyone; families will be able to enjoy the outdoor concert with free attractions such as face painting, pony rides, bouncing castle, animal farm and more.

El Caballo Resort offers the opportunity to enjoy excellent talent, indulge in delicious cuisine and luxury accommodation right here in the heart of the Avon Valley.

To enquire about upcoming events and accommodation phone 9573 3777.

Letters to... Vince Garreffa

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

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ADVERTISING FEATURE



Gemma Aldridge

Cancer- what is it?

it develops or how to try to prevent it. I think it is really important that we pay particular attention to the prevention of cancer because it seems to me that once you have it, getting rid of it and stopping the process is very hard.

What is cancer?

Cancer is a disease of the body's cells; the body is constantly making new cells to replace worn-out ones to grow or to heal itself after an injury. Normally cells grow and reproduce themselves in an orderly way. Sometimes

cells can reproduce themselves in an uncontrolled way which can lead to cancer.

In many cases it is not known why this happens, but we do know that a number of lifestyle risk factors such as smoking, drinking alcohol, UV radiation and being physically inactive or inheriting a family faulty gene can cause cells to change. These abnormal cells may grow into a lump that is called a tumour.

Tumours can be benign (not a cancer) or malignant

(a cancer). Benign tumours do not spread to other parts of the body. A malignant tumour is made of cancer cells, these cells can spread beyond the area where the cancer developed. If untreated the cancer cells may invade and destroy surrounding tissues.

Sometimes cells break away from the original (primary) cancer and are carried to other parts of the body. When these cells reach a new part of the body they may continue to grow and form another tumour at that

site. This is called a secondary cancer or metastasis.

Importantly cancer is not a single disease with a single type of treatment. There are more than 200 different kinds of cancer, each with its own name and treatment.

The research may not know what causes cancer but there is enough research to support the following recommendations:

Recommendations for cancer prevention:

- Be as lean as possible without becoming overweight
- Be physically active for at least 30 minutes a day.
- Avoid sugary drinks, limit consumption of energy

dense foods (processed foods high in added sugar, low in fibre and high in fat)

- Eat more variety of vegetables, fruit, whole grains and legumes such as beans.
- Limit consumption of red meats (beef, pork and lamb) and avoid processed meats.
- If consumed at all, limit alcoholic drinks to two for men and one for women a day.
- Limit consumption of salty foods and foods processed with salt.
- Do not smoke.
- Do not use supplements to protect against cancer.
- It is best if mother's breast-fed exclusively for six

months if possible.

American Institute of cancer research

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.



Conscious Living Expo present's Braco's Silent Gaze - A Healing Phenomenon

CAN DEPRESSION, arthritis, even cancer be dissolved by a simple Silent Gaze?

Can a city as big as New York City be transformed - even for a day - into an oasis by simply a look?

This is what seems to be occurring in the presence of a 46 year old man from Croatia who goes by the name of Braco (pronounced Brah-tzo).

Braco (pictured above) gained worldwide recognition at the 2006 World Congress of Parasciences in Switzerland.

For the last 18 years, he has

been offering a gift that seems to help people find not only inner strength to deal with life's problems, but sometimes the full-dimensional solutions to such problems.

For the last nine years, Braco been working only through the medium of his Silent Gaze with groups as large as a thousand people.

What's significant is that he does not present himself as a guru, healer or spiritual teacher, nor does he give interviews or speak in public. Yet somehow his Silent Gaze seems to be speaking loud

and clear all by itself.

One of Germany's foremost authorities on healers and healing, Dr. Harald Wiesendanger, author of 28 books and founder of the IAOH (International Agency for Outstanding Healers) has stated, "I was impressed by the reports of the participants, some of whom were doctors themselves, and who explained how these sessions with Braco have helped them."

In 2013 Braco visited Perth for the first time and people are still talking about their experiences.

Braco will be returning to Perth in 2014 for the Conscious Living New Earth Festival 16-19 October at the Belmont Park Racecourse in Burswood.

There will be six Gazing Sessions each day. Tickets are just \$8.80 per session and the advance purchase Festival Ticket includes one free Gazing Session.

For more information visit www.consciouslivingexpo.com.au

WIN WIN WIN
To be in the draw to win one of 10 double passes to the Conscious Living New Earth Festival, address an envelope to Conscious Living Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the back or send an email to win@haveagonews.com.au and include the word expo in the subject line. Competition ends 9/09/14.

Congratulations to Bethanie...



Bethanie's Customer Engagement Team, CEO and Chairman

IN ITS 60th year, Bethanie has made the finals in a number of prestigious awards. Accolades include:

Bethanie IT department has been named as a finalist in the Customer Service Council awards,

Bethanie Customer Service is a finalist in the WA Pinnacle Awards,

Bethanie General Manager of Brand & Marketing is an individual finalist for the 2014 Rising Star Award at the Customer Service Council awards as well as being a finalist in the Executive of the Year Awards for marketing excellence, and Bethanie's entire team has been named as a finalist in the Ragan Healthcare Awards for their work on the 60th Anniversary Celebration in Forrest Chase, at which *Have a Go News* was a major supporter.

Healthy hints



Jeanette Woolerton

by Jeanette Woolerton

Run for your money
IT SEEMS like the "sweet smell of success" has been traded in for 'a run for your money'.

In recent news, it has been revealed that Tasmanian businesses are being urged to prioritise employees' health to avoid chronic illness which ends their careers early.

Employees are being asked to replace the office charity chocolates with fun

runs to encourage a healthier workforce.

Public Health director Roscoe Taylor said, "The whole average age of our workforce is increasing along with the rest of the population and with that comes the risk of more chronic conditions affecting health," Dr Taylor said.

"For employers this is a bit of an issue because you can lose really valuable staff through illness."

So, we may be running around the block rather than consuming it? That may be sad for chocoholics but it is certainly sweet for employers.

For more information please see the full report at:

<http://www.abc.net.au/news/2014-08-21/employers-urged-to-focus-on-chronic-illness-as-workforce-ages/5686722>

Beam me up

That pin prick in the finger for blood glucose test is always a tentative one, so imagine those who have to partake in the activity routinely, such as those with diabetes.

Finally, a gentler option may be available.

Researchers are currently working on laser technology to measure blood glucose levels non-invasively.

While there is still a way to go before they have a laser device that is portable and suitable for home use, they believe one day it will replace the need for diabetics to draw blood (via pin prick) to test their glucose levels.

In the journal Biomedical Optics Express, the team of electrical engineers, from Princeton University, NJ, describes how they used their prototype device to measure blood sugar by directing the

laser at a person's palm.

Senior author Claire Gmachl, the Eugene Higgins Professor of Electrical Engineering at Princeton, says: "With this work we hope to improve the lives of many diabetes sufferers who depend on frequent blood glucose monitoring."

<http://www.medicalnewstoday.com/articles/281407.php>

Fat chance

At last, good news for those of us who feel the comfort of a few rolls around our tummies in later life. Those rolls may also cushion the impact of impending dementia.

It is well established that obesity can increase the risk of diabetes, high blood pressure and even cancer.

A new study finds that it may also increase the risk of dementia for those who are obese in early to mid-life; however for elderly individuals, obesity may actually have a protective effect against the condition.

The research team, of the University of Oxford in the UK, recently published their findings in the Postgraduate Medical Journal - a journal of The BMJ.

The team notes that past studies have associated obesity with increased dementia risk, but the increased risk appears to be dependent on age.

Researchers state that "although data on different age groups have been published in different studies, previous studies have not looked at the age-related effect of obesity on the risk of dementia within a study of a single defined population covering all ages."

For further information please refer to:

<http://www.medicalnewstoday.com/articles/281382.php>

If you've discovered you've got **PROSTATE CANCER** You're not alone Contact Your Local Support Group

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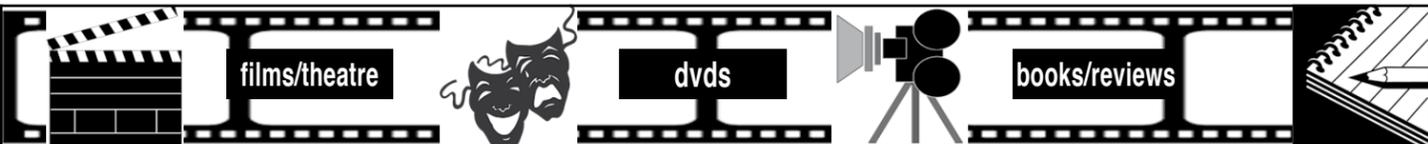
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Arts



Celebrated high-energy dance production, *Kostroma*, comes to Perth



Kostroma - be transported, through dance, into Russian culture's fairytales, legends and mystique

by Josephine Allison

IT'S a busy time personally and professionally for the Russian National Dance Show which is bringing its celebrated high-energy dance production, *Kostroma*, to Perth next month on the first leg of its Australian tour.

For a start, romance within the company is blossoming with six weddings over six days in *Kostroma* before the 45 dancers and crew, 600 costumes, 10 tonnes of freight including 300 props, eight set changes, lighting and other equipment embark on the long journey to Australia, according to the company's managing director Maria Veshkina.

"Eighty five per cent of our dancers are married couples and we actually have six weddings happening right after the summer season," Veshkina explains in a telephone interview from *Kostroma*.

"The company actually has 10 days off so the weddings are taking place over those days. Everyone wants to do it before going to Australia and they will make the visit part of their honeymoon.

Most of the dancers have been with the company for a while and we have seen them evolve from being friends to couples and later a family."

Though Veshkina has visited Australia before, this is the first time for many of the company dancers and Veshkina is excited about presenting the show to local audiences who will be transported into the Russian culture, its fairytales, legends and mystique.

"They will be plunged into the atmosphere of Russia and the Russian country and, hopefully, they will get a little closer to the spirit of Russia and its people," she says. "They will travel through the 9th century to the 20th century of Russian history in almost an hour, giving audiences an idea of the changes the country went through to become the Russian Federation of today.

"The Second Act will introduce a variety of landscapes ranging from the Caucasus Mountains to the Asian Steppes to the Northern Ocean and the Black Sea, the beauty of central Russia and Siberia. They will realise what a diverse country Russia is with

all these traditions.

"Even people living in Russia sometimes have no idea of the traditions and culture of people living only a few thousand miles away. All these different costumes, music and culture make for a fascinating show."

Kostroma the show was named after the place of its birth and the cradle of the Romanov dynasty, an ancient Russian town situated on the banks of the Volga River. Though the company is 20 years old, it has been presented as the Russian National Dance for the past 10 years, starting in Moscow in 2005. The highly disciplined company does 150 shows a year throughout Russia and in other countries.

The logistics of transporting cast and crew to far-flung countries might seem daunting, especially when Veshkina says it takes a few hours for six people to just unpack costumes.

"But we have done many tours and everyone knows their role. Once we start work with the Australian crew everything will fall into place quite quickly."

The dancers rehearse six hours a day six days a week. In *Kostroma* there is a warmup schedule, rehearsal, (every dancer has to do some tricks) and acting rehearsal with the artistic director because each show is theatrical, bringing various emotions to the stage.

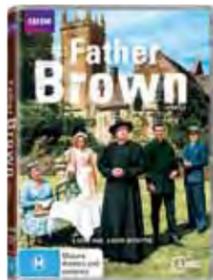
Music for *Kostroma* was specially composed and recorded with an 80-piece orchestra. For example, a composer made an arrangement for the Legend of the North segment for a performer who is one of the few who does specific singing for the Chuche area.

Injuries? They're part of life but are kept to a minimum which is why there is so much rehearsal time," Veshkina says.

"We say do we do 200 per cent of work in the training room to deliver 100 per cent quality on stage."

Kostroma premieres at the Mandurah Performing Arts Centre 7.30pm 7 October, Crown Theatre Perth 8 October, Albany Entertainment Centre 9 October, Bunbury Regional Entertainment Centre 10 October and Queens Park Theatre Geraldton 11 October.

Father Brown DVD giveaway



AFTER a highly acclaimed Series One, *Father Brown* cycles back on screen to solve more mysteries in the sleepy Cotswold village of Kempleford, aided by his non-nonsense parish secretary Mrs. McCarthy, glamorous socialite Lady Felicia Montague and her chauffeur Sid Carter.

In this charming series, the priest is asked to perform an exorcism when local woman Charlotte thinks she is being haunted by the ghost of her sister who mysteriously disappeared years before.

When Charlotte also disappears, Father Brown thinks there are more sinister forces at work.

And following the promotion of Inspector Valentine, Father Brown finds himself pitted against Inspector Sullivan, a careerist detective from London who's determined not to let the priest get the better of him.

Starring Mark Williams, Sorcha Cusack, Nancy Carroll, Kasia Kolecze and Hugo Speer, "Father Brown S2" will be released on 27 September.

WIN WIN WIN

To be in the draw to win one of 10 *Father Brown* DVDs, put your name, address and phone number of the back of an envelope and send to *Father Brown Comp*, c/o *Have a Go News*, PO Box 1042, West Leederville, 6901 or email win@haveagonews.com.au and include the word *Father* in the subject line.

Competition closes 15/10/14.

The Vatican Museum in 3D



"Great Beauty Spreads a Firestorm" - Michelangelo

VATICAN Museums 3D for the very first time brings Ultra HD 4K/3D film cameras inside the Vatican Museums and the Sistine Chapel, to show the masterpieces in these collections as they have never been seen before.

Audiences will literally immerse themselves in the greatest masterpieces of art history: "enter" the paintings of Caravaggio and, with unprecedented realism, touch Laocoön and the Belvedere Torso, and feel swathed by the figures in the Sistine Chapel that have never seemed so real before.

Treasures to be seen range from the modern sculptures; paintings by Giotto Leonardo da Vinci and Caravaggio to those by Van Gogh, Chagall and Dali; from the extraordinary frescos in the Rooms of Raphael, such as "The School of Athens" to the spectacular masterpieces by Michelangelo in the Sistine Chapel such as the "Creation of Adam" and the majestic "Last Judgment". These are the stages of a unique, emotional journey under the guidance of the Director of the Vatican Museums, Professor Antonio

Paolucci, expertly leading us through past, present and the future.

The Vatican Museum in 3D screens nationally Thursday 6 November, and Saturday 8 November at 1pm and Sunday 9 November at 1pm at Windsor Cinema Paradiso

Tickets prices \$25 (full) \$20 (concession) \$15 (child + groups 20+) inclusive of 3D glasses). Now on sale and on-line at www.lunapalace.com.au

Official website www.thevaticanmuseumsincinemas.com

WIN WIN WIN

To be in the draw to win a double pass to *The Vatican Museum in 3D*, email win@haveagonews.com.au and include the word *Vatican* in the subject line or address an envelope to *Vatican Museum Comp* c/o *Have a Go News* PO Box 1042 West Leederville WA 6901 with your name address and telephone number of the back. Competition ends 11/10/14.



Heritage Days at St George's Cathedral

ing information about Edith Cowan MBE, the first woman elected to an Australian parliament and Percy Black DSO DCM, the most decorated World War I hero, both of whom are portrayed by actors in costume.

At 4pm, there will be an illustrated presentation of HMAS AE2: Australia's Gallipoli Submarine" by Dr Ian MacLeod, world expert in submarine archaeology and a member of the team investigating the historic wreck.

Entry is free; with bookings - open from 8 October - required by calling 9461 3244 or log, on to www.heritageperth.com.

For further information please visit www.perthcathedral.org.

ON SUNDAY 19 October as part of Heritage Perth's Perth Heritage Days 2014, St George's Cathedral is pleased to present two special events.

The first is "Guided Tours with Cathedral Conversations" at 12noon and 1.30pm (30-40 minutes duration), where you can explore the Cathedral with a guide.

During the tour, you will discover interest-

ART for ALL

- 1-14 September Welcome to Spring: MCAA Members' Exhibition to celebrate the change of season.
- 15-21 September Hanging Out, Southside: Southside Artists
- 17 September Lunchtime in the Gallery - Catherine Kelley' Beautiful Horses 12noon to 2pm
- 22-29 September Anything Goes Pop-Up Exhibition by MCAA Members
- 30 Sept - 5 Oct Abstract Experiments - Brian Kirby

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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.

BOOKINGS Phone 9364 5463 (please leave a message)
Email tivolibookings@hotmail.com **Web** www.tivoli.org.au

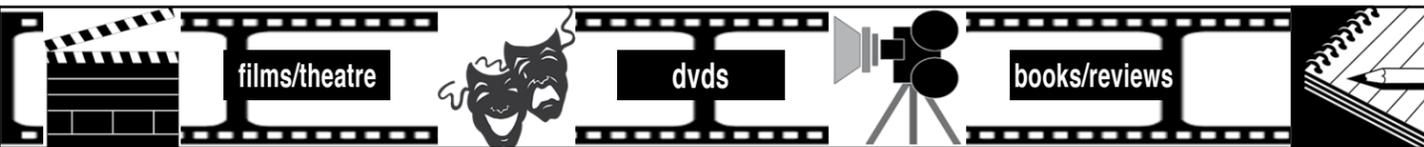
VENUE Applecross District Hall, Kintail Road, Applecross (opposite The Raffles at Canning Bridge)

BOOK EARLY, LIMITED SEATS AVAILABLE!

CHRISTMAS BOOKINGS ARE NOW OPEN!

TIVOLETTES (Juniors: 6-16 year olds) Performances commence at 2pm on the last Sunday of each month (May to November) COST: Adult \$3 Child \$1.50
Tea, coffee, snacks and drinks available for purchase. Check us out on:

Arts



Advanced Style



ADVANCED Style is a documentary that examines the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to ageing.

Based on Ari Seth Cohen's famed blog of the same name, this film paints intimate and colorful portraits of independent, stylish women aged 62 to 95 who are challenging conventional ideas about beauty, ageing, and Western culture's increasing obsession with youth.

In cinemas 2 October, 2014

Directed by Lina Plioplyte and Ari Seth Cohen.

Rating PG

WIN WIN WIN

To be in the draw to win one of five in-season double passes to *Advanced Style*, email win@haveagonews.com.au and include the word *style* in the subject line or address an envelope to *Advanced Style Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901* with your contact details on the back. Competition ends 30/09/14.



AFTER CAPTURING the hearts of Queen fans around the world, the much loved theatrical creation and full concert experience *Queen - It's A Kinda Magic* will tour with its new cast throughout Australia this spring.

Three Western Australia dates have been announced

Queen - It's A Kinda Magic

and are now on sale.

The show recreates Queen's 1986 World Tour concert, featuring more than 20 of the band's greatest hits such as *We Will Rock You*, *Bohemian Rhapsody*, *We Are the Champions* and *Fat Bottomed Girls*.

Painstaking detail has been paid to all the music - the iconic voice of Mercury, the amazing guitar solos of May and the groundbreaking Rock harmonies.

With state-of-the-art sound and lighting and an explosive international cast, this is as close as you'll ever get to the real thing.

The show is good enough to have attracted the attention, endorsement and eventual involvement of Peter Freestone, Freddie Mercury's former personal assistant and biographer. After reviewing the show while in Singapore in 2007, Freestone was duly impressed and contacted promoter John Van Grinsven with his compliments. A friendship ensued and Freestone now tours with *Queen - It's A Kinda Magic* when his schedule allows, acting as a consultant for the show as well as signing autographs and chatting with fans.

For this upcoming Australian tour the coveted and complex role of Freddie Mercury has been taken on by respected Canadian performer and multi-instrumentalist Giles Taylor.

Taylor counts this performance as one of the toughest musical roles he has encountered to date.

"Freddie was known for

his powerful voice and vocal range, and had a very distinct character in general, so emulating him is quite a challenge but those details need to be just right for a show of this magnitude.

Taylor will be joined by Richie Baker as Brian May on guitar, James Childs as John Deacon on Bass and Kyle Thompson as Roger Taylor on drums.

Tickets on sale now.

Mandurah Performing Arts Centre

8pm 24 September

Bookings: www.manpac.com.au

Ph 9550 3900

Ticket prices: \$59.90 - \$69.90

Bunbury Regional Entertainment Centre

8pm 25 September

Bookings: www.bunbury-entertainment.com

Ph 1300 661 272

Ticket prices: \$59.90 - \$69.90

Crown Theatre Perth

8pm 26 September

Bookings: www.ticketek.com.au

Ph 132 849

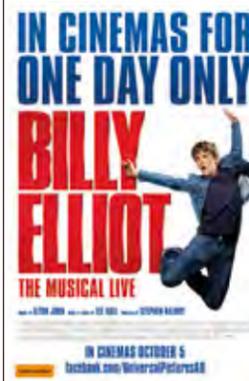
Ticket prices: \$79.90 - \$185

www.itsakindamagic.com

WIN WIN WIN

To be in the draw to win a double pass to *Queen - It's A Kinda Magic*, call the *Have a Go News* office on 9227 8283 and leave your details or address an envelope to *Queen Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901* with your contact details on the back. Competition ends 19/09/14.

On the Silver Screen...



Billy Elliot The Musical Live

BILLY Elliot the Musical is set to bring cinema goers to their feet when the global stage phenomenon is broadcast from London's West End to cinemas across Australia for the very first time. The special London performance will be filmed live on 28 September and screened in Australian cinemas nationwide on Sunday 5 October for one day only.

Based on the Academy Award® nominated film, *Billy Elliot the Musical* has been dazzling London's theatergoers at the Victoria Palace Theatre since 2005, and has gone on to captivate audiences around the world, winning more than 80 theatre awards globally including 10, 2009 Tony Awards® and five Olivier Awards.

Set in a northern mining town, against the background of the 1984/85 miners' strike, *Billy Elliot* is the inspirational story of a young boy's struggle against the odds to make his dream come true. His journey takes him out of the boxing ring and into a ballet class where he discovers a passion for dance that inspires his family and whole community and changes his life forever.

The internationally celebrated show is brought to life by a multiple award-winning creative team behind the film including writer Lee Hall (book and lyrics), director Stephen Daldry, and choreographer, Peter Darling, joined by music legend Elton John who composed the show's score.

Screening: Sun 5 Oct at 1pm

Windsor Cinema

Stephen Fry: More Fool Me

Don't miss this rare opportunity to see the multi-award-winning comedian, actor, presenter, writer and raconteur on stage giving a one-man comic tour de force. This live in-cinema broadcast cinema event is brought to you from the Royal Festival Hall to mark the publication of Stephen Fry's brand new volume of memoirs, *More Fool Me*, a heady tale of the late 80s and early 90s in which Stephen - driven to create, perform and entertain - burned bright and partied hard and damn the consequences.

Experience an evening in which Fry will be reading extracts of his book and pleasing the audience with witty anecdotes and insightful observations.

Buy Tickets Online

Screening: Wed 22 Oct at 6.30pm

Luna Leederville

WIN WIN WIN

To be in the draw to win a double pass to one of the above films, email win@haveagonews.com.au and include the name of the movie in the subject line. Alternatively, address an envelope to *Luna Comp c/- Have a Go News PO Box 1042, West Leederville WA 6901* with your contact details and preference of film on the back. Competition ends 30/09/14.

Italian Film Festival brings a dash of the Mediterranean to Perth



risma of Italy's most engaging actors.

The festival opens with 'Marina', a gloriously entertaining biopic that tells the true story of singer, songwriter and accordionist, Rocco Granata and closes with the Sophia Loren/Marcello Mastroianni classic 'Marriage Italian Style'.

For more information, log on to www.italianfilmfestival.com.au or www.lunapalace.com.au.

WIN WIN WIN

To be in the draw to win one of 10 double passes to the 2014 Lavazza Film Festival, call the *Have a Go News* office during business hours (Monday to Friday, 9am to 5pm) and leave your details or email win@haveagonews.com.au and include the word *Italian* in the subject line. Competition ends 20/09/14.

THE 2014 Lavazza Italian Film Festival brings a dash of the Mediterranean to Cinema Paradiso and Luna on SX.

Now in its 15th year, the festival runs from 24 September - 15 October and presents 32 show-stopping new features, documentaries and one glamorous classic, showcasing the cha-

The Enchanted Island - Met Winter Encores



IN ONE extraordinary new work, lovers of Baroque opera have it all: the world's best singers, glorious music of the Baroque masters, and a story drawn from Shakespeare. *In The Enchanted Island*, the lovers from Shakespeare's *A Midsummer Night's Dream* are shipwrecked on his other-worldly island of *The Tempest*. Inspired by the musical pastiches and masques of the 18th century, the work showcases arias and ensembles by Handel, Vivaldi, Rameau, and others, and a new libretto devised and written by Jeremy Sams. Eminent conductor William Christie leads an all-star cast with David Daniels (Prospero) and Joyce DiDonato (Sycorax) as the formidable foes, Plácido Domingo as Neptune, Danielle de Niese as Ariel, and Luca Pisaroni as Caliban. Lisette Oropesa and Anthony Roth Costanzo play Miranda and Ferdinand. The dazzling production is directed and designed by Phelim McDermott and Julian Curch (Satyagraha and the Met's 125 anniversary gala). Conductor: William Christie; Production: Julian Crouch and Phelim McDermott; Danielle de Niese, Lisette Oropesa, Joyce DiDonato, David Daniels, Anthony Roth Costanzo, Plácido Domingo, Luca Pisaroni

Screening Sat 13 September and Sun 14 September at 1pm at Luna Leederville + Luna on SX

WIN WIN WIN

To be in the draw to win a double pass to the above film, send an email to win@haveagonews.com.au and include the name of the movie in the subject line. Alternatively, be amongst the first callers to phone the *Have a Go News* office during business hours (Monday to Friday, 9am to 5pm) and leave your details.

WOODSIDE PROUDLY PRESENTS

America!

WA Youth Orchestra

7:30PM SATURDAY 20 SEPTEMBER
PERTH CONCERT HALL

ADAMS
GERSHWIN
COPLAND
BERNSTEIN

Peter Moore OAM & Christopher Dragon, conductors
Aidan Boase, piano

TICKETS \$30 Adult | \$20 Concession | \$15 student
BOOKINGS Contact WAYO on 9328 9859
INFO www.wayo.net.au

CELEBRATING PERTH'S HERITAGE

In conjunction with *Perth Heritage Days 2014*, St George's Cathedral is proud to present on:

Sunday 19 October

At Noon and 1.30pm: Explore the Cathedral and "meet" Edith Cowan and Percy Black

At 3.30pm: Immerse yourself in an illustrated presentation on HMAS AE2: Australia's Gallipoli Submarine

ENTRY IS FREE

Bookings (open 8.10.14) are required at www.heritageperth.com

ST GEORGE'S CATHEDRAL 2014
38 St Georges Terrace, Perth • www.perthcathedral.org

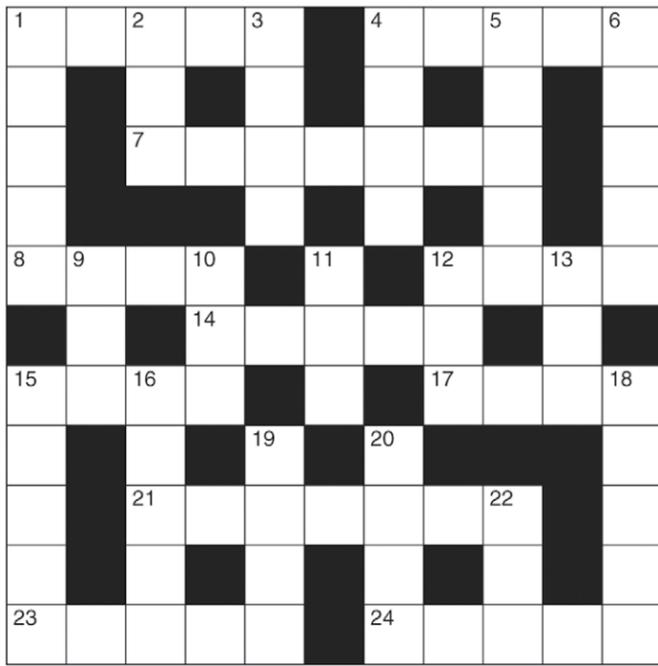
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Andrew Lloyd Webber
Presented by ICW Productions
In association with Origin Theatrical and the Really Useful Group

Bookings 132 849
www.ticketek.com.au
www.icw.org.au

THE REGAL THEATRE
2nd to 11th Oct 2014

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Apex
Proudly Supporting Prostate Cancer Foundation of Australia



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STRAIGHT CLUES

Across

- 1. Dress-shaping tucks (5)
- 4. Phones (5)
- 7. Sea journey (7)
- 8. Raise by stages, ... up (4)
- 12. Tennis barriers (4)
- 14. Defence excuse (5)
- 15. Expense (4)
- 17. Part of camera (4)
- 21. Comparative example (7)
- 23. Movie backdrop (5)
- 24. Field trials (5)

Down

- 1. Romantic outings (5)
- 2. Rebuke, ... over the knuckles (3)
- 3. Not too bad (2-2)
- 4. The ... McCoy (4)
- 5. Brother's daughter (5)
- 6. Trades for cash (5)
- 9. Excessively (3)
- 10. Congratulations, ... on the back (3)
- 11. Objective (3)
- 12. No score (3)
- 13. The Joy Luck Club author, Amy ... (3)
- 15. Lighthouse promontories (5)
- 16. On a ... of 1 to 10 (5)
- 18. Wound marks (5)
- 19. Look after, ... for (4)
- 20. Cowboy gun, ... 45 (4)
- 22. Affirmative (3)

DOUBLETAKE CROSSWORD SOLUTION WILL APPEAR IN THE OCTOBER 2014 ISSUE OF *Have a Go News*

DOUBLETAKE CROSSWORD SOLUTION FOR #269 AUGUST 2014



© Lovatts Puzzles

Tackle either set of these clues - you can even mix and match them, because the solutions are the same for both sets

CRYPTIC CLUES

Across

- 1. Rushes to pub game (5)
- 4. Oo! Looks like jewellery! (5)
- 7. Segment of writing course (7)
- 8. Pets return for a walk (4)
- 12. Sent out for fishing gear (4)
- 14. It shows you were not there in Bali, Billy (5)
- 15. Street is added to company price (4)
- 17. He leaves Helen's glass for focusing (4)
- 21. Similarity to an allergy, I hear (7)
- 23. Seen audition location (5)
- 24. Tries to have international cricket matches (5)

Down

- 1. Finds out age of some redwood at estate (5)
- 2. What a scapegoat has to take in therapy (3)
- 3. Fair instruction to two tailors (2-2)
- 4. Genuine old Spanish coin (4)
- 5. Relative use of genie, certainly (5)
- 6. Auctions cells, I'm told (5)
- 9. Tea with eggs as well (3)
- 10. Perhaps a tap, originally (3)
- 11. Purpose of the odd axiom (3)
- 12. Nothing like a vanilla centre (3)
- 13. Sunbake in East Anglia (3)
- 15. Cloakroom has arranged space for them! (5)
- 16. Series of notes from weighing machine (5)
- 18. Disfigures car on board (5)
- 19. Be concerned with protective custody (4)
- 20. Young animal left in cot (4)
- 22. Positive response back in Jersey (3)

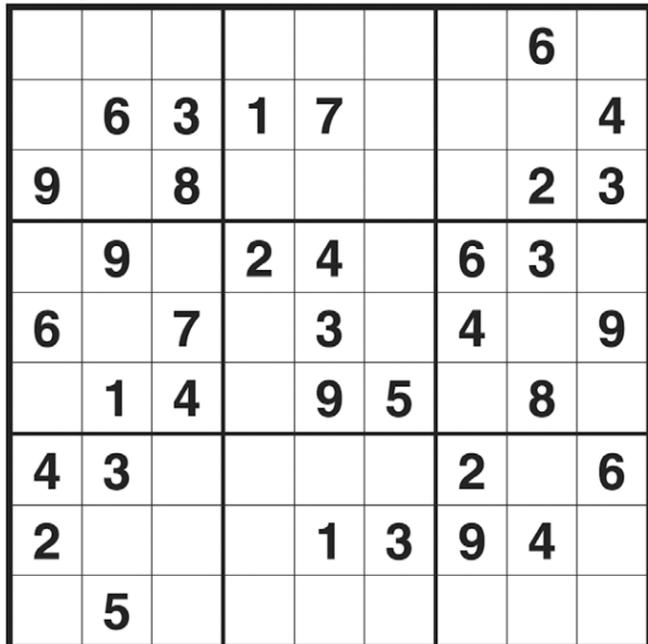
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CROSSWORDS & PUZZLES

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SUDOKU

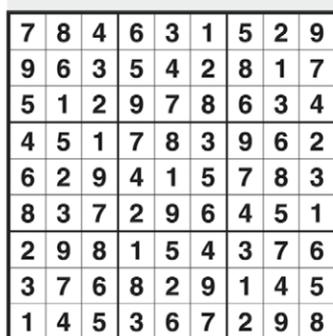
Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆



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SUDOKU PUZZLE SOLUTION FOR #269 AUGUST 2014



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SUDOKU SOLUTION WILL APPEAR IN THE OCTOBER 2014 ISSUE OF *Have a Go News*

Where to GO? What to DO?

ADVERTISING FEATURE

Switch off the TV, and get up and 'have a go'...



George and Eileen Ewens

this winter," said Lana Sturmer, Campaigns and Marketing Manager, Heart Research Australia.

"Being inactive almost doubles your risk for coronary heart disease, 30 minutes a day is enough to bring wide-ranging benefits, whether it's swapping the lift for the stairs, taking the dog for a walk or enjoying a brisk walk with a friend."

Surveys show that most adult Australians take little or no physical exercise.

"#GetMoving is all about incorporating simple ways to get your heart pumping and improving your heart health," she said.

"Even small increases in physical fitness will reduce your cardiovascular risk, even if you have existing disease. Moreover, doing more than 150 minutes of moderate physical activity every week will reduce your risk of coronary heart disease by about 30 per cent."

"We invite all Australian's to join our fight against heart disease and get their hearts moving by supporting our fun, interactive #GetMoving campaign."

For further information about #GetMoving visit the Heart Research Australia's website at www.heartresearch.com.au or email marketing@heartresearch.com.au

by Frank Smith

IN AUSTRALIA and probably in most developed countries, viewing television is the third most time consuming activity after sleeping and working.

Given the time most people spend watching TV and the quality of much TV programming, it is little wonder that serious TV addicts tend to die sooner than casual viewers.

A team of European scientists led by Dr Katrien Wijndaele of the MRC epidemiology unit, Cambridge UK studied the viewing habits of 13,000 healthy men and women, with an average age of 61 from the 10-country European Prospective Investigation into Cancer and Nutrition.

Nearly 1300 participants died during the nine-year follow-up period. Most deaths were due to heart disease (373) and cancer (570).

The team found each one hour increase in TV time leads to a four per cent increase in overall mortality and a seven per cent increased risk of heart disease, even for people who exercised regularly.

They estimated that deaths from all causes could be reduced by 5.4 per cent if those watching TV for more than 3½ hours a day watched one hour less.

A smaller study in Australia found broadly similar results.

Associate Professor David Dunstan of the Baker IDI Heart and Diabetes Institute in Melbourne recorded television viewing time of nearly 9000 adults over six years.

During the study 284 participants died, 87 from heart disease and 125 from cancer. On average, death from heart disease increased by 18 per cent for every extra hour of television viewing time.

Those who watched four hours or more of television had a 46 per cent increase in overall mortality and 80 per cent increase in heart disease compared to those watching less than two hours per day.

Other risk factors, such as smoking, high blood pressure, cholesterol and diet, as

well as leisure-time exercise and waist circumference did not make any difference to mortality in this study.

Heart Research Australia recently launched campaign, called #GetMoving, against heart disease.

You invite you to 'Like' the Heart Research Australia Facebook page.

When you enter your details you can win prizes, such as gym membership for a year and a \$500 yoga wardrobe from Dharma Bums.

"We are very proud to be launching our new #GetMoving campaign, which is a unique new digital campaign aimed at driving awareness of heart disease, and motivating everyone to love their hearts by eating healthily and incorporating simple forms of exercise into their daily life

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Sunday 21 September

Walk or cycle 10km between Chidlow and Mount Helena

- Cyclists start at 9am, walkers between 9.30 and 11am
- Start / finish at Lake Leschenaultia
- Shorter accessible route 3km

www.trekthetrail.com.au

Parliament of Western Australia

Public Tours

Every **Monday** and **Thursday** (except public holidays).

10.30 am Tours run for **1 hour**

No Bookings required.

Group Bookings also available phone **9222 7259**.

www.parliament.wa.gov.au





Have a Go Day

a LiveLighter Event
12 November 2014

Burswood Park

8.30am to 3.00pm
Great Eastern Highway, Burswood

Free activities and information day for over 45s promoting clubs/groups, senior and commercial agencies
FREE tea, coffee and bottled water available all day.
Food vendors in attendance

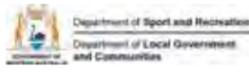
Seniors in sport and recreation



2014 REGISTRATIONS NOW OPEN

Registrations are limited so get in quick to secure a spot!

SPONSORS



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Seniors Recreation Council of WA
Phone 9492 9773
www.srcwa.asn.au

Heritage Corner



Boans dining room, 1912
© State Library of WA

ITS SPRING and it is the perfect time for High Tea.

This tradition of 'taking tea' dates back to the 7th Duchess of Bedford, who it is said was the first to adopt 'afternoon tea'.

A changing London society saw men indulging in large lunch meals often followed by long business meetings, which meant the evening meal was served much later.

Women not partaking in the large lunch needed a little something while waiting for their husbands to join them for dinner and this wonderfully delightful afternoon tradition was born.

By 1865, 'taking tea' had become expected behaviour and a fashionable form of entertaining with women gathering in the afternoon to discuss 'tea business'.

The business of tea came to Perth with the early settlers and by the 1900s; the citizens could be found relaxing in one of the many tea rooms around the city, such as Mount Eliza Tea Rooms,

which opened in Kings Park in 1910.

Another was the South Perth Tea rooms.

Located on Mill Point Road, opposite Perth Zoo, this building, which is now a restaurant, was originally a family home and built around 1900-1902 for Frederick Stidworthy, whose family lived 'above the shop' and ran a tea room from the building's shop front.

At this time the Zoological Gardens were a very popular destination and the tea rooms catered for these visitors.

A little further out of the city was the Indiana Tea House on Cottesloe Beach.

Built in 1910 as an ice cream parlour it served delights to soothe beachgoers on warm days. The site was redeveloped in 1996 to what is now known simply as Indiana's, a restaurant with a stunning view.

In 1911, a young man named Peter Albany Bell expanded his small confectionary shop to become an estab-

lished tea room. Credited with bringing the milkshake to Australia, Bell's business thrived and he opened further tea rooms in Fremantle, Coolgardie and Kalgoorlie. Albany Bell's tearooms were popular for nearly 30 years, but in 1925, as chairman of the Master Caterers' Association, Albany Bell was involved in a disruptive strike with the militant Hotel and Restaurant Employees' Union. The dispute lasted for more than four weeks and coupled with rising costs and fiercer competition, Albany Bell sold his interest in his business in 1928.

Another favourite location was the Boans Bros Tea Rooms with its stunning lead light windows, crisp table linen, fresh flowers and waiting staff in perfectly starched uniforms. It was for many years a stalwart of Perth.

Boans Bros was founded by brothers Harry and Benjamin Boan who came to Perth from Broken Hill in 1895. In 1912 the business

became a limited company and was renamed Boans Limited. It was an integral part of Perth's retail history which closed in 1986 when it was purchased by Coles Myer Limited.

One of the tea rooms we can still visit is the Pagoda.

It was built in a unique Edwardian Oriental style in the early 1920s for Mr and Mrs Gordon.

The rooms catered for the ever increasing visitors to the popular Como Beach. It was a 'well to do' venue with patrons dressed in their evening frocks and dress suits.

Despite the popularity of the area it was not well serviced by either the tram or ferry and when the Depression came, it had profound effect on the business.

During WWII the building was used as living quarters for soldiers and after the war, it was reopened as reception centre and ballroom. In the ensuing years, the building was used for many purposes but finally this wonderful octagonal building, with its unique pagoda style roof, was renovated and reopened as the Pagoda Restaurant and Bar.

Once again you can indulge in the grand tradition of High Tea in this historic setting on Como Beach.

Over the river was another equally unique venue, the Esplanade Tea Rooms, also known as the Esplanade Kiosk.

Built in 1927, it was considered to be a handsome example of the Federation Arts and Crafts style. Similar to the Pagoda, it used octagonal forms in its design and featured elliptical arched windows. Designed by Louise Bowser Cumpston at a cost of £5,991, the building was dismantled in 2012 as part of

the Elizabeth Quay redevelopment.

Over the last few years high teas have enjoyed a resurgence in popularity with people of all ages. It could be at one of the many heritage venues in Perth, and indeed around the state, or catered in your own home.

If you are really keen there is even a High Tea Society for lovers of this old tradition.

Whilst delectable high teas are now served in most major hotels, it is the historic locations that will take you on a journey to years gone by.

The charming Peninsula Tea Gardens in the historic grounds of Tranby House in Maylands is one such location. Overlooking the Swan River, on a property that what was originally known as Peninsular Farm, it is also the location of the earliest residence still standing in the metropolitan area.

Another delightful location is the beautifully renovated Terrace Hotel in the city.

Originally known as Bishop's Grove, then St George's House it was constructed in 1891/92 and is a splendid example of terrace style buildings from the latter part of the 19th century. Now, in its rebirth as The Terrace Hotel, pays respect to its heritage and injects this celebrated building with new life.

Wherever you choose to enjoy your 'tea business', we hope it is a delectable afternoon of sweets, treats, good conversation and company.

For more information about High Teas, visit www.highteasociety.com.

For more information about Heritage Perth, visit www.heritageperth.com or www.facebook.com/HeritagePerth

Hitchcock meets hilarious in a jolly good show!



The 39 Steps is a fast-paced, side-splitting comedy featuring more than 100 characters played by four actors.

Based on the 1935 Hitchcock spy thriller movie and novel by John Buchan, the stage production is currently the longest running comedy in the West End and winner of major theatrical prizes from Tony Awards® to the Olivier and Helpmann Awards.

Handsome hero Richard Hannay meets a mysterious woman, who reveals a plot to smuggle military secrets out of the country. That night, she is found murdered in his apartment.

With the police and international spies hot on his heels, Hannay races to solve the mystery of the man with the missing finger. His heart-racing adventures involve death-defying escapes from planes, trains and automobiles with the beautiful blonde bombshell Pamela by his side.

Paying homage to the 'spy' genre as well as other classic Hitchcock films, the spectacularly funny

and cleverly performed stage adaptation of *The 39 Steps* was hailed as being "theatre at its finest" by *The New York Times*.

A rip-roaring night out for all the family, don't miss this theatrical tour-de-force.

The 39 Steps will be performed at the Subiaco Arts Centre, 180 Hamersley Road, Subiaco from Tuesday, 16 September to Saturday, 20 September.

For bookings and ticket prices call Ticketek on 1300 795 012 or visit www.ticketek.com.au.

WIN WIN WIN

To be in the draw to win a double pass to see The 39 Steps on opening night performance on Tuesday 16 September at 7.30pm, be amongst the first five callers to phone Have a Go News during business hours on 9227 8283 or send an email to win@haveagonews.com.au and include the name of the play in the subject line.

Where is that Heritage Building?



WIN WIN WIN

We are giving readers the opportunity to win a copy of Warren Duffy's book, Lost Perth. To be in the draw to win, identify where the heritage building pictured above is located in Perth. To enter, email win@haveagonews.com.au and include the answer in the subject line or address an envelope to Heritage Corner Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your answer and contact details on the back. Only over 45s are eligible. Competition ends 9/10/14.

Answer to *Have a Go News'* August

Where is that Heritage Building? competition

Theatre Royal and Hotel Metropole, located at 637-645 Hay Street, Perth

Congratulations to Maria Arto who was the *Have a Go News* Heritage Corner winner for the August edition.

THE THEATRE Royal and Hotel Metropole was the first purpose-built theatre in Western Australia. Then one of the city's largest and most magnificent buildings, it was built for Thomas Molloy, builder, speculator and local politician.

Born in Toronto, Thomas Molloy's family migrated to the penal colony of Western Australia in 1862 where his father, John, had become a pensioner guard. Once Thomas had finishing his schooling, he began work at the Co-operative Stores in Perth, where he rose to the position of manager. Later in his career he became a successful baker and one of the largest landowners in Perth.

Molloy was elected to the Perth City Council in 1884 and in the early 1890s became the Member for Perth in the Legislative Council. In 1908-09 and again in 1911-12 he was the Mayor of Perth.

A Custom-built Theatre

Although the Town Hall, St George's Hall and, sometimes, the Swan River Mechanics' Institute were used to stage live theatre productions, the need for a purpose-built theatre in Perth had been long felt in the community and, as a result, the news that Molloy was planning to build Perth's first theatre was received with much enthusiasm.

The Theatre Royal was opened on the night of Easter Monday, 19 April 1897. It should have opened the previous Saturday night, but was prevented from doing so "owing to the late arrival of SS Rockton with the actors and scenery on board". The opening performance was of the 'Silver King' by the Stanford & Barnes Company.

This information was sourced from www.heritageperth.com.au

Scene Socially.....



SCENE (1): Vince and Anne Garreffa from Mondos Butchers hosted a dinner to celebrate the imminent departure of their tour to Morocco and Spain. Guests were treated to a Spanish feast including a rabbit Paella and much other delicious spanish fare. Graham and Merle Mabury joined the dinner and Graham blessed the tour group and wished them a safe and happy trip.

SCENE (1): Pictured here are the happy group of travellers, left to right; Val and Charlie Gareffa, Carolyn Webster, Fran and Len Mihaljevich, Cam McPherson, Toni Romeo, Anna Pisano, Nancy Sgroi, Roseanna Curcosta, Ann-Claire Larsen with tour leaders Anne and Vince Garreffa - Guests enjoying the Spanish fare - Delicious Spanish fare was served to guests - Graham and Merle Mabury - Linda Hussey and Jen Franchesci from tour organisers Kings Tours.



SCENE (2): Members of the Western Australian Carpet Bowls Association enjoyed their celebratory annual lunch at The Bayswater Hotel this month.

SCENE (2): Top from left; SRC's Hugh Rogers and Dawn Yates - Sponsors Avril and Mike from Ken Peachey Caravan Repairs - Secretary Barbara Price with Milly Haneveld - Peter Lucas, Kath Bradshaw and Johanna Almeida. Above from left; WACBA Committee members treasurer Eugene Paskett, president Jean Sked and vice president Kaye Costa - Georgie Waghorn, Robina Jones and Margaret van Gemip.



Twiggy, dress by Roberto Rojas, New York, April 1967
Photograph by Richard Avedon
© The Richard Avedon Foundation

Avedon's revealing portraits unveiled at AGWA

elling portraits together with his often controversial, always captivating, iconic shots. In doing so, this exhibition provides a rounded and truly inspiring insight into Avedon's incredible practice."

Avedon changed the face of fashion photography through his exploration of motion and emotion. From the outset, he was fascinated by photography's capacity for suggesting the personality and evoking the life of his subjects.

This is evidenced across the works in the exhibition, which span Avedon's career from his influential fashion photography and minimalist portraits of well-known identities, to his depictions of America's working class.

Avedon's practice entered the public imagination through his long association with seminal American publications. He commenced his career photographing for *Harper's Bazaar*, followed by a 20-year partnership with *Vogue*. Later, he established strong collaborations with *Egoiste* and *The New Yorker*, becoming staff photographer for *The New Yorker* in 1992.

Richard Avedon People is the first solo exhibition of Avedon's work to be displayed in Western Australia. Perth is the second city to host this exhibition following on from its Southern Hemisphere launch at the National Portrait Gallery in August 2013.

This exhibition is presented in partnership with The Richard Avedon Foundation, New York and The National Portrait Gallery, Canberra.

Richard Avedon People is on display at the Art Gallery of WA until 17 November 2014.

Tickets available at artgallery.wa.gov.au

\$14 Adult, \$12 Concession, \$10 Pre-booked groups of ten, Children 12 years and under free

Avedon Events
Fashionable Photography: where

art and fashion collide
5.30-9.30pm

Tuesday 23 September, \$35

Join an exclusive opportunity to view the stunning *Richard Avedon People* after hours with commentary from TPF and AGWA guests on the dualism between fashion and photography. Along with the exhibition and guest speakers, guests will enjoy the smooth jazz undertones of the Graham Wood Quintet. Choice beverages from the pop-up bar and a selection of delicious cocktail and canape food will be available for purchase throughout the evening.

Guided Tours

Every Wednesday and Sunday at 11am and 1pm, except during school holidays when tours only run at 1pm. (Exhibition fees apply).

In Your Face: Full Frontal
2pm, 21 September and 19 October.

Allow yourself to be taken on a physical and emotional journey as you experience visceral art at its finest. Gawk and gossip on an exhilarating guided tour that explores the wonders of the naked human form in art. What is it about these works that leaves some of us in awe? What is it about them that leaves others balking? In *Your Face* tours commence in the *Richard Avedon People* exhibition and include highlighted works from the Your Collection displays. (Exhibition admission fees apply).

WIN WIN WIN

To be in the draw to win one of five exclusive in season double passes to the Art Gallery of Western Australia's exhibition, *Richard Avedon People*, email win@haveagonews.com.au and include in the subject line 'photography'. Alternatively, address an envelope to AGWA Comp c/- Have a Go News, PO Box 1042 West Leederville WA 6901 with your contact details on the back. Competition ends 9/10/14.

At the midnight hour



Jon Lewis

MOST of us only want the best for our parents, children and loved ones... so why, in some instances, do they act in defiance of advice given that we know is best for them?

Recently, on my radio show, I had an enlightening call from a loving son who missed his much loved mum dearly.

Many times he had tried in earnest to convince her to visit the family doctor for treatment which she would not do.

Sadly, due to his mother having had a bad experience with a doctor when she was a young woman of 25, she had no time for doctors and their opinions.

However, my caller knew his mother needed medical care, and because she would not seek same, this had caused him much angst and anger with her.

All the same, he loved his mother and recalled and was grateful for, over the years, the many enjoyable holidays and good times they shared.

No doubt, many of us, lulled into a false sense of security, put off seeing a medical professional when we need to by using excuses such as 'we're too busy' and 'it won't happen to me'...

So then, why do we nag and push our loved ones into seeking medical care when so many of us, instead of having check-ups and visiting the doctor when needed,

take a cavalier attitude to our own health issues, indulging in self medication and kidding ourselves that more rest may fix the problem.

Could it be that when we sense something is wrong, we are unwilling to have an unpleasant diagnosis confirmed?

The truth is, if we seek medical help early when we suspect something is wrong, then the road to recovery is so much easier

Seeing the good doctor can do much more for our health than many of us realize.

It is enlightening for me to hear medical professionals on my talk-back show speak of new medical advances and how much medical science has moved on in recent times.

What seemed like a good idea in times past can now be the opposite of good medicine and your 'doc' knows that.

Paradoxically, these days, when we are regularly over-dosed with health information, which includes the need for early detection, perhaps we have a fear of the diagnosis; a fear of bad news, tests or discussing intimate health issues.

Whatever it is, if you think you need to see a doctor, then please do.

It would be a service to you and perhaps just as importantly a service to the ones who love you.

All the best,

Jon Lewis

Jon Lewis can be heard on 6PR 882 AM, Monday to Friday from midnight to 5.30am.

Is your club looking for a Quiz Master? Jon is available as your Quiz Master. Text him on 0404 005 882 or email jon@haveaquiz.com

For more details, visit the website www.haveaquiz.com

Splash!

THE MANDURAH Performing Arts Centre's *Splash!* program features performance and activities for children and their families during the school holidays. From workshops covering circus, photography and dance to themed art and craft, and a performance of *The Night Zoo* by Spare Parts Puppet Theatre, there is something for all ages.

If you are looking for inexpensive family entertainment, join in with The Sandpit. Fun art and crafts to colouring-in in the foyers from 7 to 10 October, 10am to 2pm and it is only a gold coin donation for entry.

A workshop run by Lee Pike, a qualified arts teacher and Digital Hub Trainer for young people to develop their personal artistic expression through the use of a camera. The program encompasses teaching basic concepts of art and photography, as well as teaching a new way to "see" and develop a strong artistic eye.

You will need to take a digital camera or smart phone to capture your images and cord to connect to laptop.

8-12 years: 30 September and 2 October, 10am - 12pm
13-16 years: Wednesday 1 October and 3 October - 10am - 12pm.

Learn to Dance workshop 30 September - 3 October 1pm - 3pm.

Join Deanna Greenhalgh from John Curtin College of the Arts as she takes you on a creative journey of dance

technique and choreography.

Workshops will begin with a contemporary/ jazz warm-up and focus on developing skills in choreographing your very own dance performance. Wear loose, comfortable clothing (no skirts please) and make sure you pack your imagination and fun-lovin' attitude!

Age 13+; no experience necessary and is just \$45 for the four day workshop.

Circus Workshops

After the hugely popular sell out circus workshops earlier this year, Mpac are bringing back even more. Learn a new skill and have loads of fun. All circus workshops will be run by Tracy Harrington from Pulse Productions Inc. 30 September - Friday 3 October.

Spare Parts Puppet Theatre presents *The Night Zoo*
9 October - Saturday 11 October.

In the middle of the city, in the middle of the night something fantastic is about to happen in Jamie's room...

From her apartment window high above the city Jamie dreams of making friends with animals, but Mum and Dad won't let her have a pet.

Join Jamie and the inhabitants of the Night Zoo for a wild adventure on a night in which all her dreams might just come true.

For more information on all the workshops and performances call the Box Office 9550 3900 or visit the website www.manpac.com.au

“...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.

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 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



Retired Engineer, Peter Wyder with Audiologist Brad Hutchinson (BSc PGradDipAud MAudSA(CC))

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**



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