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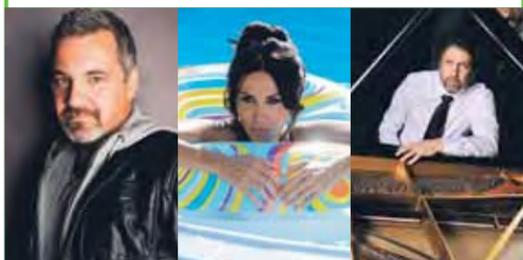
WA'S PREMIER MONTHLY PAPER FOR THE OVER **45s**

VOLUME 23 NO.04 ISSUE NO.259 OCTOBER 2013

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- Let's Go Travelling - Perth 4WD and Adventure Show plus much more
- Bendigo Bank Seniors Week Festival - 24 page Liftout
- Retirement Living Expo feature

Competitions/Giveaways



Lavazza Italian Film Festival
Diana - Naomi Watts
Rush
Captain Phillips - Tom Hanks
Mystery Road
Le Weekend - Jim Broadbent
Whistler's Hampers
Segway Tours WA vouchers

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Come along and 'have a go'...



Burswood Park comes alive in November. There's something for everyone at Have a Go Day, the peak event of the Bendigo Bank Seniors Week Festival. The range of fun and interesting activities and events, some of which are pictured above include square dancing, tennis with a difference, exercise to music, woodworking and much more...

YOU ARE invited to join us at Have a Go Day, on Wednesday, 13 November at Burswood Park for a great day of fun, entertainment, displays and demonstrations.

Have a Go Day, the peak event of the Bendigo Bank Seniors Week Festival, is organised by the Seniors Recreation Council of WA.

Proceedings begin at 8.30am, with the event officially opened at 9.35am by Hon. Tony Simpson MLA, Minister for Local Government; Community Services; Seniors and Volunteering and Youth. 6PR's Steve Mills will emcee the proceedings.

Have a Go Day offers the opportunity for you to 'have a go' at a huge diversity of activities and

events; all for free.

If you would like to expand your horizons, then Have a Go Day is the perfect place to find new recreational opportunities and myriad information.

Come along and try canoeing, archery, golf and tennis, together with some new additions including different forms of dance and the opportunity to try a simulated flight - (organised by the Gliding Club of WA).

If you haven't delved into the mystery of computers and other new technology and would like to know more, then visit the Tech Savvy Seniors site. See the Have a Go Day liftout in this paper for their site location and visit them on the day.

Channel 7, Radio 6PR and Curtin Radio person-

alities will be in attendance, and as in other years, they look forward to meeting you for a chat and a 'cuppa'.

A variety of food and drink outlets will be available throughout the grounds. The Have a Go News' hospitality tents as always, offer free tea and coffee throughout the day. While there, try your luck on our chocolate wheel.

For more information on the activities available there, performance times and site locations, see the liftout in the centre pages of the paper.

There is sure to be something there to entice you to come along and 'have a go'.

We welcome your attendance and look forward to seeing you there.



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● Food & Wine ● Club News ● Healthy Living ● Property & Finance
● Caravan & Camping ● Let's Go Travelling ● Arts/Reviews ● Scene Socially

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CLOTHES FOR EMPERORS

MANY TIMES

SHE'S EATEN AT RODOLFO'S.

SHE'S GONE TO THE BIRDS CONCERT.

SHE CAUGHT UP WITH FAMILY FOR A BIRTHDAY DINNER.

SHE WAS TAGGED IN THE QANTAS LOUNGE.

SHE BOUGHT A PEARL NECKLACE.

SHE LIKED A FESTIVAL PERFORMANCE.

SHE HOLIDAYED IN BROOME.

SHE BOUGHT A NEW BALL GOWN.

SHE LEARN'T THE CHA CHA.

SHE ATTENDED A BALL.

SHE CHECKED INTO THE MOVIES.

SHE CAUGHT UP WITH FRIENDS.

SHE HAD A CHAMPAGNE BRUNCH.

SHE SLEPT IN.

THAT GIRL SPENDS FAR TOO MUCH TIME ON FACEBOOK.

From the Editor's desk



Above: Judith Treby
Right: A discussion panel at the recent launch of the Hyundai Hopman Cup.
From left; Steve Ayles, Alicia Molik and Paul Kilderry



HELLO Everyone,

Welcome to our annual bumper October edition.

Included in our centre pages liftout is a wealth of information on the Bendigo Bank Seniors Week Festival and the Seniors Recreation Council's Have a Go Day, the peak event of the Seniors Week.

With many diverse, interesting and fun events organised for the week, which runs from 9 to 16 November, take the opportunity to scroll through the listing and mark your dairy to attend events that appeal to you.

Have a Go Day, which celebrates its 20th anniversary this year, offers the over 45 demographic

the opportunity to access a huge range of activities, events and information. There is no doubt that everyone who attends the day, held at the beautiful Burswood Park, is bound to find something there of interest.

As many regular and long time tennis loving readers would know, we have been delighted over the years to promote the stellar Perth event, the fabulous Hyandai Hopman Cup.

The 2012 event was held for the first time at the Perth Arena with an increase in attendance of around 100,000 people.

From 28 December to 4 January, 2013, the Perth

Arena will again be the venue for this fabulous event which will feature tennis greats such as Sam Stosur and Bernard Tomic playing for Australia.

Following are the team draws for the Cup.

Group A

Poland (1): Agnieszka Radwanska & Jerzy Janowicz

Canada (4): Eugenie Boucard & Milos Raonic

Italy (6): Flavia Pennetta & Andreas Seppi

Australia (7): Sam Stosur & Bernard Tomic

Group B

United States (2): Sloane Stephens & John Isner

France (3): Alize Cornet & Jo-Wilfried Tsonga

Czech Republic (5): Petra

Kvitova & Radek Stepanek
Spain (8): Anabel Medina Garrigues & Tommy Robredo

The Hyundai Hopman Cup; an event not to be missed.

If you are a fan of quiz nights, The Organ Donation and Transplant Foundation of WA (ODAT), is holding their annual fundraiser at The Rise, 28 Eighth Avenue Maylands, on Friday 18 October at 6.30pm for a 7pm start.

Organise a table of eight for a night of fun that will test your knowledge and help raise vital funds for the Organ Donation & Transplant Foundation of WA.

BYO nibbles and drinks.

ODAT is also still seeking support from local businesses for donations of goods and services that can be used as prizes for raffles and/or auctions.

To book email odatwa@bigpond.com or call 0412 912 929.

That's all from me this month.

Keep happy and healthy.

Judith Treby
editor@haveagonews.com.au
Like us on Facebook or follow us on Twitter...

Back by popular demand: Have a Go News' Christmas Concert



Marlene Robins

JOIN US on 12 December at Crown Theatre for the Have a Go News' Christmas Concert.

Come along and enjoy an afternoon of entertainment, music and a few surprises. Booking information, can be found in the November 2013 edition of *Have a Go News* or read us online.

For enquiries, contact Marlene on 0419 278 184 or mkrpromotions@hotmail.com.

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The Seniors Housing Centre is a joint project between the Department of Commerce (Consumer Protection) and COTA (WA). We can provide you with information and resources to help you make realistic choices about your future housing needs. You can contact us about:

- Buying and Building
- Retirement Villages
- Residential Parks/Lifestyle Villages
- Strata Title
- Residential Aged Care
- Renting
- Boarding and Lodging
- Family Agreements
- Help to stay in the home (modifications and care)
- Granny Flats
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Retirees work making wheelchairs for disadvantaged kids



The Team Machine. From left; Rick Ganzer, Tony Seeber, Brian Williams, Allan Maxwell and John Hosgood.

by Frank Smith

EVERY Monday, Tuesday, Wednesday and Friday morning a group of retirees gather at a workshop in Wangara to make children's wheelchairs.

Volunteer workshop manager Brother Olly Pickett says the volunteers are all over 60 with an average age of 70.

"There are two 90 year olds who work and several are in their 80s. It helps to keep your mind active when you retire.

"Some work one day a week, but others come in for two, three or four mornings."

And they are not all male. Several women work alongside the men, as well as a group of 16 who work from home making warm blankets and cuddly toys for the new wheelchair owners.

"They come from all walks of life: firemen, police, teachers and mechanics," he said. "They have a lot of skills."

Olly and workshop coordinator Bob

"Sometimes they're born with a disability, they've stood on a landmine, they've been injured at war or they have cerebral palsy and no one can help them," Brother Olly said.

He says without intervention, some of the children are left immobile and unattended for most of the day.

"They just leave them in the corner, and the kids have to fend for themselves."

The WA State Government pays the rent on the workshop and Scarborough Rotary Club, which helped set up the organisation along with Christian Brothers, pays for other overhead costs. Materials cost about \$150 for each wheelchair even though a donor supplies aluminium at half price.

The team machine, assembles, quality controls, boxes the wheelchair components and loads the boxes into sea containers; other volunteers make cushion covers, knitted knee rugs and knitted toys to accompany the finished product.

The team make all the parts except for the wheels, which are bought from China. Non-government aid organisations (NGOs) in developing countries pay transport and distribution costs.

Three years ago Wheelchairs for Kids changed from producing a standard child's wheelchair and with the help of consultant engineer Ray Mines and Motivation Australia, designed and began production of a wheelchair built to World Health Organisation (WHO) specifications for rough terrain wheelchairs.

This wheelchair is also completely adjustable to fit all sizes and the growing needs of children and comes with spares and a few essential tools for repairs and maintenance.

Donations to 'Wheelchairs for Kids' can be made through its website: www.wheelchairsforkids.org.

Sheridan have been volunteering at Wheelchairs for Kids for 15 years and in that time have supervised the making of nearly 26,000 wheelchairs for 60 different countries, including a few supplied to remote aboriginal communities in the Kimberley.

In developing countries where health care and other social services are poor to non-existent, raising a child with a disability presents a significant burden to the whole family. Without a wheelchair a child is often housebound and a burden for a carer, usually the mother.

As a result the carer is also housebound; so the gift of a wheelchair gives twice. It not only presents the child with freedom but also frees the mother to work and contribute to the family's income.

In many cases a child intellectually capable of attending mainstream school is denied the opportunity because of the absence of a wheelchair.

Singing sensations lead Harbour Town's 2013 Telethon charge

SINGER/SONGWRITERS Samantha Jade, pictured right, and Reece Mastin will lead the charge to help West Perth outlet shopping Mecca Harbour Town raise more than \$46,000 for Telethon next month.

The talented duo will take centre stage at the 2013 "Trade for Telethon" - the outdoor complex's third annual free fundraiser event - on Sunday 20 October as part of the official Telethon weekend.

Marketing manager Helen Smith said she had no doubt Samantha and Reece would lend a big hand in helping Harbour Town support the cause.

"Reece, Johnny Ruffo and Justice Crew drew a huge crowd last year and we're prepared for another big event this year as, joining the musical talent, will be a host of Channel Seven celebrities signing autographs," she said.

"We're hoping the shoppers who turn out for Trade for Telethon will donate to the cause and ensure we beat last year's tally of \$46,000 and make a difference in the lives of sick WA children."

There will also be free activities for kids and Fat Cat will be appearing throughout the day.

The event will kick off when Harbour Town opens its doors for trade at 11am.

Harbour Town has raised for Telethon more than \$90,000 in the past two years and in 2012, Western Australians raised a record breaking \$16,805,622 for the charity.

Since its inception in 1968, Telethon has raised over \$133 million and provided much needed financial assistance to a significant number of charitable organi-

sations, children's hospitals and research/medical facilities in Western Australia.

Harbour Town located at 840 Wellington Street, West Perth is open seven days a week, including until 9pm on Fridays and from 11am to 5pm on Sundays.

Visit www.harbourtown-perth.com.au for more information.



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Government of Western Australia
Department of Local Government and Communities

What do our new cat laws mean for you and your feline friend?

FROM 1 November, the full Cat Act 2011 takes effect and will require all cats that have reached six months of age to be sterilised, micro-chipped and registered with the local government.

Local Government Minister Tony Simpson said the State Government was working with cat owners and local governments to reduce the thousands of stray cats being euthanised each year and to encourage responsible cat ownership.

"So if you have a cat, make sure you talk to your vet about what you have to do," Mr Simpson said.

The legislation applies to all cats over the age of six months.

However, if your cat is ageing, your vet can issue an exemption certificate if sterilising your cat is likely to have a negative impact on your cat's health and welfare.

Cats will be also be required to wear a collar and registration tag to ensure that owned cats can be easily identified and returned to their owner. If you believe that you have un-owned cats in your area, you can report them to your local government.

Once the legislation commences it will become easier to identify un-

owned cats.

The State Government has also provided funding to offset the cost of sterilisation for cats owned by pensioners and people on low incomes.

This will be available at various locations throughout the state.

See the website for locations. Pensioners will also receive a discount on registration fees.

For more information on how the Cat Act 2011 will affect you and your feline friend, visit the Responsible Cat Ownership webpage on the Department of Local Government and Communities website at www.dlgc.wa.gov.au

Seniors expo will be bigger in 2013

WITH JUST under eight weeks to go until this years' South West Senior & Community expo, to be held on 3 November, with a lot of changes to the event.

Expo president, Mervyn Mancer, with the help of a willing and loyal committee, will introduce new entertainment acts this year, as well as some old favourites.

The fresh, new look for the expo will include the entertainment outdoors on the lawn of the South West Sports Centre.

Already, exhibitors are lining up for this years' event in record numbers, which will, in turn, give the seniors in the community a wide variety of things to see and do on the day.

The Edith Cowan University Health Check has become a regular attraction at the event and will be there again this year, together with a variety of displays covering all aspects of healthy living and well being.

More than anything, the expo invites any business to become involved with the event to provide the members of the senior community with information to help them to enjoy their lives.

Mr Mancer said that the event continued to grow: "We're very excited about this year. There will be so much happening again. One of our highlights will be the attendance by Professor Fiona Wood from the Burns Unit at Royal Perth Hospital."

Everyone would know the tireless work of Professor Wood in her field of burns injuries, over the past decade in particular.

Adding to the variety of the expo attractions will be the local fire brigade, who will provide free advice on how to avoid major problems with fires.

Anyone interested in being a part of this years' expo can call 9795 7354 or via email s.w.seniors.expo@hotmail.com.

Letters to the Editor

Submissions may be edited for clarity and space.

TALK ABOUT coincidence, my dad, who lives in the country, has just had the diagnosis of dementia confirmed. My stepmother had thought there was a problem and after several months of waiting was able to get him into a specialist who agreed with her suspicions.

They face a bigger difficulty possibly than some as their town does not have a resident doctor, they have to rely on doctors coming from a nearby town and getting to appointments is quite an effort as they do not have public transport in their area.

These sort of issues often are the reason that the patient ends up in a care facility; (if there is one near where they live), that allows the spouse to visit when they can and at times the lack of facilities in the country means that either the patient is placed where the spouse cannot visit or the main home has to be sold and then the problem of finding somewhere else to live raises its ugly head.

I hope this type of issue has been addressed by Alzheimer's.

Mrs Margaret Ryan Ballajura

DEAR Editor

We are always so pleased to receive praise from our residents and we wanted to share this little poem written by George, a Bethanie resident, with your readers.

*Bethanie Because We Care
Of all the places in your life that you have ever been
Did you ever meet such kindness in other places that you've seen?*

*At Bethanie we find comfort that we're never alone
Our carers tending to our needs with the love they've always shown*

*You will never meet with darkness be it day or be it night.
Let your thoughts be those of happiness and your dreams be always bright.*

Many souls have spent a lifetime seeking someone who is always there.

And the heavens gave us fortune when he gave us Bethanie care.

This is my home and I love it.

George, Bethanie Resident.

Kind regards

Chris Frame
Marketing and Brand Manager

HI JUDITH

I would like to thank you and *Have a Go News* for the double pass to Kensal Road. The evening was a delight and Kate Ceberano's band and backing singers were excellent. Kate is a consummate performer who entertained the audience for two hours and 45mins. She received a standing ovation at the end which was well deserved. Kate has reinvented herself in a great way and can only get better. She surprised everyone by playing the drums and singing some of her new music. I can only say thank you once again for the opportunity to see this great concert.

Regards

Eric Hughes

Golf club seeks members

MCGURKS Retired Men's Golf Club plays at the Wembley Golf Course on Wednesday mornings.

They are currently looking for more players to join their club.

Hit off time is approx 7.30/8am for 9 holes.

The cost is \$15.50 (concession) payable to the golf shop.

There are no membership or joining fees.

The club plays a friendly competition each week.

For more information, please contact Ray Clark 9444 5365.

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PEET



Free the Bears' Mary Hutton with sun bear Dilliin

by Frank Smith

TWENTY YEARS ago Mary Hutton's son Simon insisted she listened to a TV documentary about Asiatic black bears that were kept in cages in China and milked for their bile.

"After viewing it I could not sleep properly for two weeks. I kept waking up at 2 am and thinking about the bear in a tiny cage. The bear was clearly stressed and its expression was of no hope. A catheter is cruelly forced through the

stomach wall into the gall bladder. They are not kept in a nice way.

"The Chinese say drinking bear bile brings health, wealth and protects against cancer, hepatitis and AIDS. You can get the same chemicals in pig's bile."

Not one to let the grass grow under her feet Mary started a petition at Karinyup Shopping Centre and contacted the International Federation for Animal Welfare and began her long campaign to free captive bears in Asia.

Within two years she had established a registered charity and organised petitions and publicity to persuade the Chinese to ban bear farming. Not content with Chinese

bears she became involved in rescuing Sun bears in Cambodia where bear paws are considered a gourmet delicacy. As a result of her pressure, bears are no longer on the menu at nearly all Cambodian restaurants and, shops and markets no longer sell bear paws for food.

She established the Cambodian Bear Sanctuary at the Phnom Tamao Wildlife Rescue Centre 50 minutes out of the capital Phnom Penh.

Khmer people often keep small sun bears as pets. But when they grow up they are too dangerous to keep. The sanctuary provide home for 120 of these bears.

"There is no room in Cambodia for these bears due to deforestation. So we have to

look after them for the rest of their lives. We provide forage, mental and physical stimulation and an enriched environment. They get the best care we can give them.

"Many bears have never climbed a tree in their lives. In the sanctuary one bear climbed straight up a tree then could not find how to get down. We had to help him."

Her next challenge was the dancing bears of India.

A telephone call from Maneka Gandhi, widow of murdered Prime Minister Sanjay Ghandi led to Free the Bears Fund joining Wildlife SOS and International Animal Rescue in an effort to rescue India's dancing bears. Individual Indians make

a living by training a bear to dance and collecting money for the performance.

"I saw the way they were trained and could not believe the cruelty.

They were made to dance on hot coals and controlled by a rope through the septum of the nostril.

"You can't just derive these dancing bear families of their living.

"We pay the owners \$2000 seed money to start another business and they sign away their right to own bears. They can be gaoled if they renege on their agreement.

All India's dancing bears have now been rescued and taken to the Agra Bear rescue sanctuary.

But other challenges remain in Laos and Vietnam as well as China itself.

Free the Bears now has branches in every Australian state raising money for the bears.

"Every dollar we raise goes to the bears. We pay for administration out of the sale of merchandise and membership fees.

But there is still more work to be done. The week after *Have a Go News* spoke to Mary Hutton she was jetting off the Cambodia to help set up an education centre.

"It is important to educate children to obtain change at the grass roots," she said.

For more information visit www.freethebears.org.au.

Over 55 canoers make the most of fast water

by Stan Wallin

SINCE OUR notes last month, one of our white water "specialists", Bob Eddy has been in hospital with heart trouble. He is now home and recovering well, and we wish him all the best and hope to see him back with us as soon as possible.

With all the very good rain we have had in August and September, the club has been making the most of all the fast water in the Upper Swan, Canning and Murray Rivers.

On one recent trip to the Murray River, our good friend, vice president Barry, who was standing in for Peter, lectured the paddlers on the correct way to turn across fast water. Then to everyone's delight, he did the opposite coming down the S Bend, rolled over and had a swim for his trouble. Barry, you know the old saying, "Practice what you preach!"

In early September, we planned to paddle from Bell's Rapids, but it was deemed too dangerous in the fast water, so members set off further downstream and canoed to Middle Swan instead.

Every one really enjoyed this paddle and were going to repeat it the following week. However, with the unexpected extra rain during the week, we returned to Royal Street and River Avenue where the Canning River was in flood resulting in one of their fastest trips down, covering the distance in just two hours.

Daryl and Stan have recently been having some "P and Q" at home. Both Maureen and Barbara have been away on holidays for some weeks, with Maureen touring Europe where she had a wonderful time. Barbara travelled to Victoria and Tasmania, where she enjoyed playing in the snow.

We welcomed back Peter to the club in September following his voyage on a sailing ship from Fremantle to Melbourne, not as a crew member this time, but as a paying passenger and again, he really enjoyed every minute of it. Welcome back Peter!

For any information about the club and its activities, please phone Peter on 9409 3813.



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KwaZulu Natal children with dolls

THE UTHANDO Project Doll Exhibition, which has been running for nine years with an output of 33,500 dolls, is to be held from 10 - 20 October at the Zigzag Gallery, 50 Railway Road, Kalamunda on Mon - Fri: 9am - 4pm, Sat - Sun: 10am - 4pm.

9 years, 33,500 dolls later...

During that time, thousands of individuals from schools, college students, artists and the general community from across Australia have participated.

The project works with five non-government agencies in KwaZulu Natal to provide the types of dolls the children can play with there to express their grief and family loss due to the HIV/AIDS pandemic in South Africa.

This year's exhibition not only offers a variety of handmade dolls/African style from doll makers across WA, Victoria, Queensland and Tasmania, but art dolls for collectors and African animals. There is the added bonus of a display of wall hangings and framed works by renowned contemporary textile artist Margaret Sutton generously donated by the artist.

All can be purchased with all the proceeds sent to KwaZulu Natal.

Special events during the exhibition: Each morning from 10am - 12pm, and afternoon from 1 - 3pm learn to 'Make a Dolly' for yourself.

Ten dollars covers materials and light refreshment.

Or book into the Crunchkin Puppet interactive show Friday 11 and Saturday 12 October at 2pm. Cost by donation.

Make it a great day out for yourself and family and to benefit the children of KwaZulu Natal, South Africa. You're sure to take home a dolly or two.

www.uthandoproject.org
Bookings are essential for both workshop and puppets: georgia1@iinet.au or 9293 2363.

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Brian French

French's Forum

a large majority of the audience, and they certainly seemed to get into the spirit of things, particularly when the beautifully engineered car took to the air. Both the show and the sets were outstanding.

Well, the footie season has gone, but the Dockers certainly gave Perth (or should I say Fremantle) a boost by making the Grand Final.

Although they didn't take the flag, they did the next best thing and we should be proud of their exploits and endeavours.

Well done to the boys and their excellent coach.

On the subject of signatures:

These are supposed to in-

dicating and identify a person in written form.

Have you ever considered how often many signatures are totally illegible and therefore could easily be forged?

Hard to read signatures are particularly true of people in professional occupations such as doctors, lawyers and even estate agents.

I have tried to ensure my signature is always legible, but as the years pass by, I do wonder if I am falling into the trap of rushing to finish my correspondence with a scrawl. Just check the signed correspondence you receive to see if I am right (or wrong!).

Do you have a specific name for your TV remote?

A recent survey was conducted in UK, and it was found there were at least 20 names people used to identify their remote control.

I will give you just a few, but you may have your own.

The most used was "Remote" followed by Flipper, Do-dar, Clicker, then at 10th place Whatjamacalli, and Thingymajiggy.

Surprisingly Remote Control came in at number 17, and finally at number 20 "Whasit".

A bigger problem for this 'stupid male' is if the battery needs to be changed. (Thank goodness I have a wife).

I'm sure that there are similar pet names used for other common household

items, so readers, how about putting together your own list of monikers for other general bits of kit?

There is a move afoot in UK to radically change how school examinations are held.

It is forecast that traditional pen and paper exams will die out within the next 10 years to be replaced by online assessment.

A generation of new teachers will enter the classroom having grown up surrounded by technology.

There are many critics, of course, who say this system will damage skills such as literacy with pupils turning to spellcheckers and shunning handwriting etc. I suppose I am old fashioned and believe in teaching the three Rs where pupils have

to do their own thinking rather than allowing a computer to do it for them.

Anyway, no doubt we will have no say on the way ahead in education.

On a brighter note, let me share with you some 'gems of logic' from our young generation:

The total is when you add up all the numbers and a remainder is an animal that pulls Santa on his sleigh.

If it is less than 90 degrees it is a cute angel.

On an activity holiday Dad wanted to ride the horses, but Mum said they were too expensive.

I would like to be an accountant but you have to know a lot about moths.

In last year's Christmas concert, Linzi played the main prat and I played one of the small prats and I

would like to have a bigger prat this year.

In geography we learned that countries with sea round them are islands and ones without sea are continents.

Helicopters are cleverer than planes. Not only can they fly through the air they can also Hoover.

Then; Joan of Ark met her end. She was burned as a steak.

Finally, *It's true that we don't know what we've got until it's gone.*

But it's also true that we don't know what we've been missing until it arrives.

Have a pleasant October as we cruise through spring.

Brian French
Email
bfrench792010@hotmail.com

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Jack - The Best 'Tart' in the West - At The Holly Wood Tuesday Morning Show



Jack

by Michelle Davies

THERE IS always something different at The Holly Wood Tuesday Morning Show! We recently staged a fashion show to assist the Zonta House Women's Refuge. From the fashion parade and sale of pre-loved clothes donated from

our audience we raised \$165. Five large bags of clothing were also donated by The Holly Wood Tuesday Morning Show audience.

Clothes donated were modelled by our fabulous models - all regulars at the Hollywood Tuesday Morning Show. Thanks to all our lovely models for making it so much fun.

The audience was surprised when we included the following three male models for the first time.

Jack that 'Well Known Man About Town' looked very sexy in his little frilly dress, hat and pink feather boa. It was his inaugural modelling assignment (don't think it will be his last judging by the applause!). Jack, being a man of many talents and very versatile combined his modelling skills with his usual volunteer job of washing the cups and saucers (200) every Tuesday. Good work Jack!

Geoff, being very resourceful, had made himself three caftans, all of lovely quality and attractive, and he kindly donated them. He displayed them very elegantly as he paraded for the audience.

Then there was Kirt, as Darth Vader who according to Maureen Felton, our wonderful fund raiser for many good

causes, "was acting the goat", and caused much merriment with his antics.

James Grey kept the show running smoothly with his superb compering skills. Wonderful work!

Our special guest was Di Annear who started Zonta House Women's Refuge many years ago. There was much applause as Bernard Carney accompanied Di down the runway.

On a sad note; Kath Sparkes, known by all as Princess Kath and one of the founders of The Holly Wood Tuesday Morning Show died recently. Kath welcomed everyone warmly on their arrival at the show, handed out free raffle tickets and organised the birthdays, social events and raffle prizes.

We will miss our "Princess Kath" who was much loved.

The Holly Wood Tuesday Morning Show is a free community service sponsored by the City of Perth and *Have a Go News*. It is held in the Perth Town Hall, corner of Barrack and Hay Streets, every Tuesday from 11am to 12 noon. Tea and coffee is available from 10-10.45am - no later! Join us for a great morning's entertainment and friendship. For enquiries and information on guests or artists contact on 9461 3145.

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



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

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

This October, remember to have your free screening mammogram at BreastScreen WA



October is Australia's breast cancer awareness month.

It is important for women 50 years or over to have a **FREE** breast screening mammogram at BreastScreen WA every two years.

Once is not enough.

For an appointment phone **13 20 50**

Permanent clinic locations: Bunbury, Cannington, David Jones Rose Clinic, Fremantle, Joondalup, Midland, Mirrabooka, Padbury, Perth City and Rockingham.

Rural locations: Check your local media or the website for mobile screening unit visit dates.



www.breastscreen.health.wa.gov.au

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WA Bush Poets & Yarn-Spinners Assoc hosts Toodyay Bush Poetry Festival

THE WA Bush Poets and Yarnspinners Association will present the 2013 Toodyay Bush Poetry Festival from 1 to 3 November 2013.

The Festival will consist of workshops, writing, performing, performance and judging. A bush poetry evening will be held at the bowling club, where the 2013 State Championships awards will be presented.

A great weekend of bush poetry is assured, presented by WA's leading bush poets, along with one of Australia's leading bush poets, Bill Kearns.

Entry is free for all Toodyay Bush Poetry Festival events.

For enquiries or further information, contact Terry 9458 887 or Brian 9361 3770.

Visit www.wabpushpoets.asn.au

The WA Bush Poets and Yarnspinners Assn (WABP&YS), formed in 1996, is a statewide not for profit group whose aims are to preserve and present Australian literary and performance heritage via the medium of rhyming poetry and storytelling.

Breast Cancer is a couples disease



Author and advocate, Carole Renouf

by Frank Smith

WOMEN get 99 per cent of breast cancers, but men also share in the trauma.

A report issued last month by the National Breast Cancer Foundation (NBCF) pointed out the yawning gap in information, resources and support for male partners of women living with breast cancer.

The author, Ms Carole Renouf, NBCF's CEO, said the report, titled *Ending the Silence*, highlights a major gap in breast

cancer research. As more and more women survive breast cancer, the needs of their partners are becoming increasingly critical.

"Many male partners do seem to get hit particularly hard by breast cancer," she said.

"Some men act superbly; all the rest need help and it is not there for them.

"Breast cancer diagnosis and treatment challenges most men's coping style. Most men surveyed did not talk about the diagnosis because they

wanted to show that they were coping."

A decision by the man to seek help is usually good for both patients and their partners.

Ms Renouf says research confirms that partner anxiety affects patient anxiety in couples dealing with breast cancer.

"The scientific literature recognises that there is a reciprocal relationship between the wellbeing of the partner and the wellbeing of the woman. It is therefore imperative that we start to treat partners as part of a unit of care," Ms Renouf said.

"The problem is that men are incredibly hard to reach and reluctant to talk about their journey, their experience of being thrown into the caring role and their feelings about not being able to fix it. This makes it almost impossible for researchers to gather enough information to develop suitable resources, programs and support networks."

NBCF sent out a survey to 400 male partners of cancer victims, but got only six responses and later persuaded eight men to agree to an interview.

"The men we did talk to showed us the depth and duration of their distress, which is in turn supported by the review of existing studies of cancer carers. These men found they had to do it alone."

One man who responded was father of three, Brian Brady, whose wife was diagnosed with breast

cancer in 2010.

"When you're confronted with the fact that your wife has just been diagnosed with breast cancer, it can feel overwhelming. I tried to speak to family and friends - some tried to be helpful - but they didn't really know what to say or what to do or how to offer the support that I needed," Mr Brady said.

"There was help for my wife, there was information available on how to help the kids, but for me there was nothing.

"All I wanted was someone to have a chat to, but in that situation mates will do anything rather than listen."

Ms Renouf said the key to achieving the best outcome for women with breast cancer is for men to talk and participate and for doctors to include the man as part of the unit of care.

The good news is that in about 42 per cent cases, women said their cancer experience brought them closer to their partner, and only six per cent reported they were more distant. However some marriages do not survive a diagnosis.

An important element in this is the effect on a couple's sex life.

"Breasts are an important element in sexuality," said Ms Renouf. "And are also important for a women's own body image. Breast cancer adds another level of complexity to a relationship."

The *Ending the Silence* report is available to download from www.nbcf.org.au

Royal WA Historical Society talk

THE ROYAL WA Historical Society Inc is holding an event on Friday 15 November at 5.30 for 6pm start at Stirling House, 49 Broadway Nedlands.

Steve Howell, Senior Reference Librarian, State Library of WA (SLWA) will give a talk on various topics including Notes on a Scandal, Emma Mould and the Bussells.

Bookings are essential with entry a \$10 donation.

For more information, please call 9386 3841 or email histwest@git.com.au

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Date: Sunday 24th November
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Tickets: \$60 (Booking fees apply online)
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Sydney University dietetics student Natalya Lukomskiy monitoring mushroom temperature

You don't have to sunbathe - mushrooms will do it for you

nic minorities (Asian, Middle-Eastern origin) and refugees.

"Despite so many Australians suffering a vitamin D deficiency, over a third of us aren't able to name a single source of vitamin D," she said. However diet is a poor source of the vitamin because few foods contain the vitamin naturally.

People get most of their vitamin D from exposure to ultraviolet light from the sun. The vitamin is synthesised in the skin when sunbathing.

But here comes the snag. Over exposure to sunlight causes skin cancer. Getting the right amount of sunlight to meet vitamin D requirements without risking skin cancer is possible, but tricky. Moreover who wants to sunbathe in winter?

Meat, eggs and mushrooms contain some of the vitamin. However recent research at the University of Sydney has shown that you can boost the vitamin level in mushrooms.

Like humans, mushrooms generate vitamin D in response to sunlight.

A Sydney University study shows that vitamin D increased rapidly in mushrooms placed on a plate in the sun. A 100g serve of small button mushrooms contained over 10mcg vitamin D after only an hour in the sun, while larger mushrooms required about two hours to reach 10 micrograms vitamin D. The difference is

probably due to their smaller surface area relative to their volume.

An adult's daily requirements for vitamin D is around 10 micrograms but larger doses are needed for patients who are already deficient.

Although placing mushrooms in the sun for one to two hours resulted in some weight loss, quality was still good.

Mushrooms straight from the shed contain less than one microgram of vitamin D, but after exposure during picking, transport, packing and display on the retail shelf this had increased to 4-6 microgram vitamin D.

The results confirmed that mushrooms generate vitamin D levels in a similar way to humans and an average serve of 100g can provide 100 per cent of an adult's vitamin D requirement.

Accredited practising dietician, Glenn Cardwell, says vitamin D rich mushrooms are an effective way to achieve our daily requirement.

"After one hour in direct sunlight, your mushrooms won't diminish in flavour or appearance but will have adequate vitamin D levels. It's a real breakthrough in nutritional science and this small change may help the millions of Australians overcome their vitamin D deficiency," he said.

MORE THAN one third of Australians are deficient in vitamin D.

Professor Rebecca Mason, Deputy Director at Bosch Institute and Head of Physiology at Sydney Medical School says vitamin D is essential to maintaining bone health and general wellbeing and the prevention of osteoporosis especially in older people.

"Low vitamin D levels cause poor calcium absorption that can result in osteoporosis, a disease affecting more than one million Australians. Vitamin D is also important in helping us fight infection, heart disease and even type-two diabetes," she said.

Those most at risk of vitamin D deficiency include older people: other at-risk groups include dark-skinned women (especially if veiled), eth-

Petrol costs in more ways than at the pump



Karen Majer

by Karen Majer

IF YOU drive a car, you'll be well aware of fluctuating petrol prices.

Less visible, but still having a flow-on effect on the household budget, are impacts of rising oil costs on food production, transport, manufacturing, industry, air fares - in fact almost every aspect of our lives. Our way of living is inextricably linked to a readily available supply of inexpensive oil and petroleum products. Dick Smith's recently-screened ABC documentary 'Ten Bucks a Litre' (1 August 2013), explored 'Australia's options as the era of cheap and abundant energy is replaced by an age of scarcity and high cost'.

Until the last few years, there was wide agreement that the world had reached, or was about to reach, 'peak oil' - the point at which global oil production will reach a peak and then start an irreversible decline so that it will get progressively more difficult and expensive to extract the remaining oil from the ground. Commentators predicted that breaking our oil addiction would cause dramatic social, political, economic and environmental upheaval. The Shell Oil Geologist M K Hubbert, who conceived the theory of peak oil back in 1956, went as far as to say,

"We are in a crisis in the evolution of human society. It's unique to both human and geologic history. It has never happened before and it can't possibly happen again. You can only use oil once."

The upward spiral of oil prices has hurt us at the petrol pump but it's had another effect as well. Our cheap oil came from 'conventional'

sources, meaning oil wells such as the ones in the Middle East and Texas. As oil prices rose it became cost-effective to tap sources that were previously too hard or costly to exploit. Risky deep-sea drilling became economic and new technologies such as hydraulic fracturing, better known as fracking, and horizontal drilling opened up 'unconventional' tight sources of gas and oil including tar oil and shale oil. Conventional oil has probably peaked but the overall oil supply peak has been deferred for some time, or turned into an extended plateau of production before it falls.

Before we breathe a sigh of relief that the predictions of 'the end of civilisation as we know it' can be ignored for a while, it's important to remember that the cost of oil extraction isn't measured only in dollars. The real costs haven't been built in. The Deepwater Horizon oil spill in the Gulf of Mexico in 2010 caused horrific damage to marine and wildlife habitats, fishing, tourism and human health. There are serious concerns about the environmental impacts of fracking, including groundwater contamination. Oil is a fossil fuel and burning it releases carbon to the atmosphere. We urgently need to switch away from fossil fuels to meet carbon emission targets needed to prevent catastrophic climate change.

On the bright side, energy efficiency can make a big contribution to reducing our need for fossil fuels. Renewable energy generated from wind, solar and other renewable sources is becoming increasingly cost-competitive and practical. If petrol prices really are on the way to '10 bucks a litre', we'd all be wise to look for efficiencies, maybe consider electric or 'hybrid' vehicles, and put pressure on our politicians to support renewable energy and effective public transport. Whatever their politics, the costs are too high to ignore.

Sustainable hint of the month.

You can find tips for fuel efficient driving at www.environment.gov.au/settlements/transport/fuelguide/tips.html

Sleep Rules! Why getting enough sleep is never negotiable



SLEEP DISORDERS Australia presents a free public lecture by Dr Jenny Brockis, author of "Brain Fit".

- Topics to be discussed include:
- Why sleep matters to our brain
- What a good night's sleep looks and feels like
- Ten top tips for better sleep

In our complex world we need to remember better and perform at ever higher levels.

Getting more sleep can make the biggest difference to meet those expectations.

Join Dr Jenny Brockis from "Brain Fit" to learn how to increase your mental stamina, improve your thinking power and lower your stress levels all from getting a good night's sleep!

If you have any sleep concerns then come along on Saturday 2 November at 1.30 pm to the FJ Clarke Lecture Theatre, off Monash Ave, Sir Charles Gairdner Hospital.

For any enquiries, please phone Lorraine on 0419 199 744.

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Research reports compelling new evidence on dementia



Alzheimer's Australia WA CEO, Ms Rhonda Parker

WELL, Dementia Awareness Week has been and gone, but I thought I would share with you some of the key findings from the report that Alzheimer's Australia released during the week as it provided a highlight to the week, and justified all of the effort to put the spotlight on our awareness of this disease.

Titled 'Physical Activity for Brain Health and Fighting Dementia', the report was developed by examining the latest research locally and internationally to determine what, if any, findings were consistent.

I found the report compelling reading. Firstly, it is eminently readable for 'ordinary people'. The science has been converted into engaging, easy-to-understand observations.

The second reason the report should be read by many is that it reveals some astounding evidence. For example, it says that research has now established that about half of Alzheimer's disease cases are potentially attributable to risk factors you can change. These risk factors are diabetes, midlife tension, midlife obesity, depression, physical inactivity, smoking and cognitive inactivity.

It also reported a study by US researchers that established that around 13 per cent of Alzheimer's disease cases worldwide are at-

tributable to physical inactivity.

In my reading of the report I identified evidence of at least five separate impacts that exercise has on the brain. These included increasing brain volume, increasing connections between the brain cells, growing new brain cells, increasing blood flow to nourish brain cells and improving brain performance. What a list!

Associate Professor Sue Kurlle from the University of Sydney stated at our public lecture on brain health and risk reduction that if exercise could be put in a pill it would be the most effective medication to ever be put on the market.

To add weight to these findings, a University of London study combined the results of six studies involving 13,771 participants and found that those in the highest physical activity category had an average 45 per cent less chance of developing Alzheimer's disease compared to those in the lowest category. Across 11 studies and 23,168 participants, higher physical activity was associated with a 28 per cent lower risk of developing any type of dementia.

What compelling evidence. We have known of the link between physical health and physical activity for some time, but this new data makes it clear there is a very strong link between physical activity and brain health, including a measurable reduction in the risk of dementia.

Great credit is due to the authors of the report, Dr Maree Farrow, Research Fellow at Alzheimer's Australia Vic and Dr Kathryn Ellis, Senior Research Fellow at The University of Melbourne. Don't let their great work go unnoticed or let it fail to have an impact. Start thinking how you can increase the presence of physical activity in how you live your life. With researchers now sharing the view that dementias start to develop at least 15 years before symptoms appear, midlife is the time to start reducing your risk.

If you wish to read the research paper, it can be found online on Alzheimer's Australia website fightdementia.org.au, or phone Alzheimer's Australia WA on 9388 2800 and we'll send you a copy.

The increasing prevalence of dementia is the bad news. The good news is that you can do something about it.

Look after your health - it is worth every effort you put into it.

Don't let deafness bring on dementia



Professor Graeme Clark (right) with hearing aid recipient

by Frank Smith

NEW RESEARCH suggests hearing loss may be associated with accelerated cognitive decline and cognitive impairment in a study led by Dr Frank Lin at John Hopkins Centre for Ageing and Health, Baltimore USA.

"Individuals having a hearing loss demonstrated a 30 to 40 per cent accelerated rate of cognitive decline and a 24 per cent increased risk for incident cognitive impairment during a six year period compared with individuals having normal hearing," said Dr Lin.

Hearing is an essential function for healthy living. Everyone knows someone who needs to have things repeated and is never fully part of the group because of it. New studies such as Dr Lin's are further indicating links between social isolation, dementia and hearing loss.

A five point decline in the 3MS (the Modified Mini-Mental State Examination) took only eight years for those with hearing loss compared to 11 years for those with normal hearing.

Sydney Ear Nose and

society as social situations become too hard and too embarrassing to be part of."

Hearing loss is one of the most common complaints in seniors, especially men who have been exposed to loud noises in the workplace or military service.

Hearing loss is usually first noticed in challenging situations such as background noise. It's often high-pitch sounds that are first affected, making speech sounds like 's', 'f' and 't' harder to hear than others. This means words, which are quite different in meaning can sound the same, like tea/pea/key; shop/shot/shock; and fine/shine/sign.

While the mechanism of the connection between dementia and hearing loss is unknown deafness results in social isolation, which in turn is a known risk factor for dementia and other cognitive disorders.

If you think you may have a problem try Telscreen, the free confidential phone screening service by calling 1800 826 500.

Audio testing is usually carried out free of charge but hearing aids can be expensive. However if you have a pension or veterans concession card, or are receiving sickness benefits from Centrelink you are eligible for a hearing aid free of charge. You need to obtain an application form from the Department of Health and Ageing for your GP to complete. Send the form to the Australian Government Hearing Service Program. The Program will issue you with a hearing services voucher, which you can take to any professional hearing service provider.

More profound deafness can be treated by surgically implanting an artificial cochlear, invented by Professor Graeme Clark of the University of Melbourne. This function replaces lost or damaged sensory hairs in the inner ear. Modern implants allow recipients to hear better in noise, enjoy music, and even use their implant processors while swimming. Cochlear implants are covered by most health funds.

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BUFFET DINNER
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The PLATTERS Show will consist of all their Great Hits and a rendition of MY PRAYER that will bring the house down with Monroe Powell at his best.

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ABBASALUTELY

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PER PERSON

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DINNER & SHOW
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THE BIG CONCERT UNDER THE STARS
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KEEP THIS ON THE FRIDGE!



Hugh Rogers

SRC in Action

Annual General Meeting
SENIORS RECREATION Council of WA held its Annual General Meeting on 25 September at the Department of Sport and Recreation. The meeting included the election of officers and reports from SRCWA branches and project officers who all advised that participation in the activities had increased. The guest speakers were Wil Kerr from

Inclusions WA and Michael Dean from Peel Bowling and Social Club. Both spoke on how important it is to be inclusive when organising activities and events.

It was great to catch up with our accredited volunteers and to have the opportunity to thank them for their contribution and hard work with the SRCWA events and committees.

Have a Go Day 2013 – a LiveLighter Event, “Seniors Embracing Technology”, 13 November at Burswood Park – 8.30am to 3pm.

To compliment this year's theme, there are a number of technology based sites offering a diverse range of activities and information.

Seniors might like to visit Tech Savvy Seniors (site 75)

housing computers and related activities, digital camera information, photographic display and information on a new piece of technology called Sticky PC. Seniors Exergaming WA (site 74) features Xbox Kinect activities. Geocaching (site 71) is a technology based treasure hunt activity involving hand held GPS units.

Perth PC Users group is offering guidance and information on computer use (site 157) whilst the City of Perth Lions has Skype available for you to try (site 28).

If you fancy trying your hand at a flight simulator, visit the Gliding Club of WA (site 52).

Other technology focused sites are; Technology Assisting Disability WA (site 127), Independent Living Centre

(site 94), University of the Third Age (site 42) and WA Genealogical Society (site 114).

Come and have some fun with these technology based activities.

Other activities to try are archery, golf, croquet, petanque, canoeing, climbing wall, various forms of dancing, exercise to music and much more.

Entertainment at the Sound Shell (site 32) includes Gary Lynn a Frank Sinatra impersonator, The Entertainers, a sing-along with Jim Drysdale, the Bush Poets & Yarn Spinners Society and the Police Pipe Band.

Information is available on the day from static displays includes: travel, caravanning, Seniors Card, health, medical checks, Government agencies

and much more.

This year the Hon. Tony Simpson MLA, Minister for Local Government; Community Services; Seniors and Volunteering; Youth will officially launch the day at 9.35am. Steve Mills from 882am. 6PR will be our MC at the opening.

A greater number of activities are being showcased this year as well as entertainment throughout the day in the sound shell (site 32).

Parking: Good News, there are now a greater number of parking bays available making it much easier for visitors to park and have easy access.

Have a Go Day is the premier Seniors Week event and runs from 10 to 17 November.

SRCWA would like to thank its sponsors and sup-

porters for their valued contribution.

Channel 7 Personalities will be in attendance, so join them for a chat and a cuppa in one of the free hospitality marquees, sites 134, 73 and 19. The hospitality tents are manned by volunteers and tea and coffee is provided with the compliments of *Have a Go News*.

Onsite broadcasting is provided by 882 6PR (site 79) and Curtin fm 100.1 (site 38) radio stations; visit their sites and meet the personalities.

Free Major Prize Draw:
1st Prize - \$2,000 Crown Perth Experience (site 80) donated by Crown Perth.

2nd Prize - \$500 Coles/Myer voucher (site 134) donated by *Have a Go News* and Kings Tours and Travel.

3rd Prize - Family pass to RAC Christmas Pageant including VIP function at Government House donated by Channel 7 Perth.

4th Prize - \$200 Gift Card donated by Sizzler.

Thank you to Crown Perth, *Have a Go News*, Channel 7 Perth and Sizzler for generously supplying the prizes for the free raffle at Have a Go Day.

Cut out the entry form included in the lift-out in *Have a Go News* and bring it along on the day for your chance to win. Only entries deposited on the day will be entered in the draw: entry barrel (site 145).

See the centre pages of this edition of *Have a Go News* for the lift-out which contains a complete list of activities and information, site holders, a map of the park and editorials from Burswood Park Board and Crown Perth and personalities from Channel 7 and 882am 6PR and the Major Prize Draw entry form, Thank you *Have a Go News* for your support of this event.

Seniors Recreation Council of WA thanks all its sponsors, supporters and volunteers involved in putting this magnificent event together for the seniors of Western Australia.

Mid West Branch – LiveLighter Activity/Information Day - Coorow

On 11 September the Mid West Branch held a LiveLighter activity/information day in Coorow attendees came from around the Mid West region.

SRCWA took a team from Perth to Coorow to provide a presentation on SRCWA activities, Seniors Exergaming WA and pole walking.

Presentations included information on activities from SRCWA and how to combat diabetes. Activities on the day were carpet bowls, Seniors Exergaming WA, using the Xbox Kinect for activities such as ten pin bowling, table tennis, pole walking and more. Everyone enjoyed the activity day. Thank you to Betty O'Callaghan OBE and the Mid West Branch for a great day out.

The LiveLighter Aged Care Games - Joondalup

This event was held on 19

September at Arena Joondalup where 11 teams competed for the perpetual trophy, Gold, Silver & Bronze medallions and the Best Presented Team plaque.

The morning started with all competitors (Seniors in Care) arriving at Arena Joondalup to be greeted by SRC volunteers and escorted to their team areas.

Terry Bennetts donated his time to entertain the participants during the lunch break by singing lots of old favourite songs which were enjoyed by everyone.

More than 130 Seniors in Care took part in seated hockey, seated pass ball, bean bag toss and skittles with lots of encouragement from spectators and carers.

The winning team was the Vivian Bullwinkel Lodge, with 286 points, who took home the perpetual trophy and Gold medals. Second place went to Barrisdale Lodge with 267 points who received a plaque and Silver medals and third place went to Woodlake Aged Care with 255 points earning a plaque and Bronze medals. The Best Presented Team Plaque was presented to Regent Gardens, Lake Joondalup.

All participants other than the first, second and third place winners were presented with medals.

Congratulations to those who took part and our thanks and appreciation to all the volunteers who helped make the day a wonderful event.

We thank LiveLighter, Healthway, Department of Sport & Recreation and Department for Local Government and Communities for their wonderful support of the LiveLighter Aged Care Games.

Tech Savvy Seniors program

This is a new initiative of SRCWA which commenced in July this year and is proving very popular with seniors and clubs/groups.

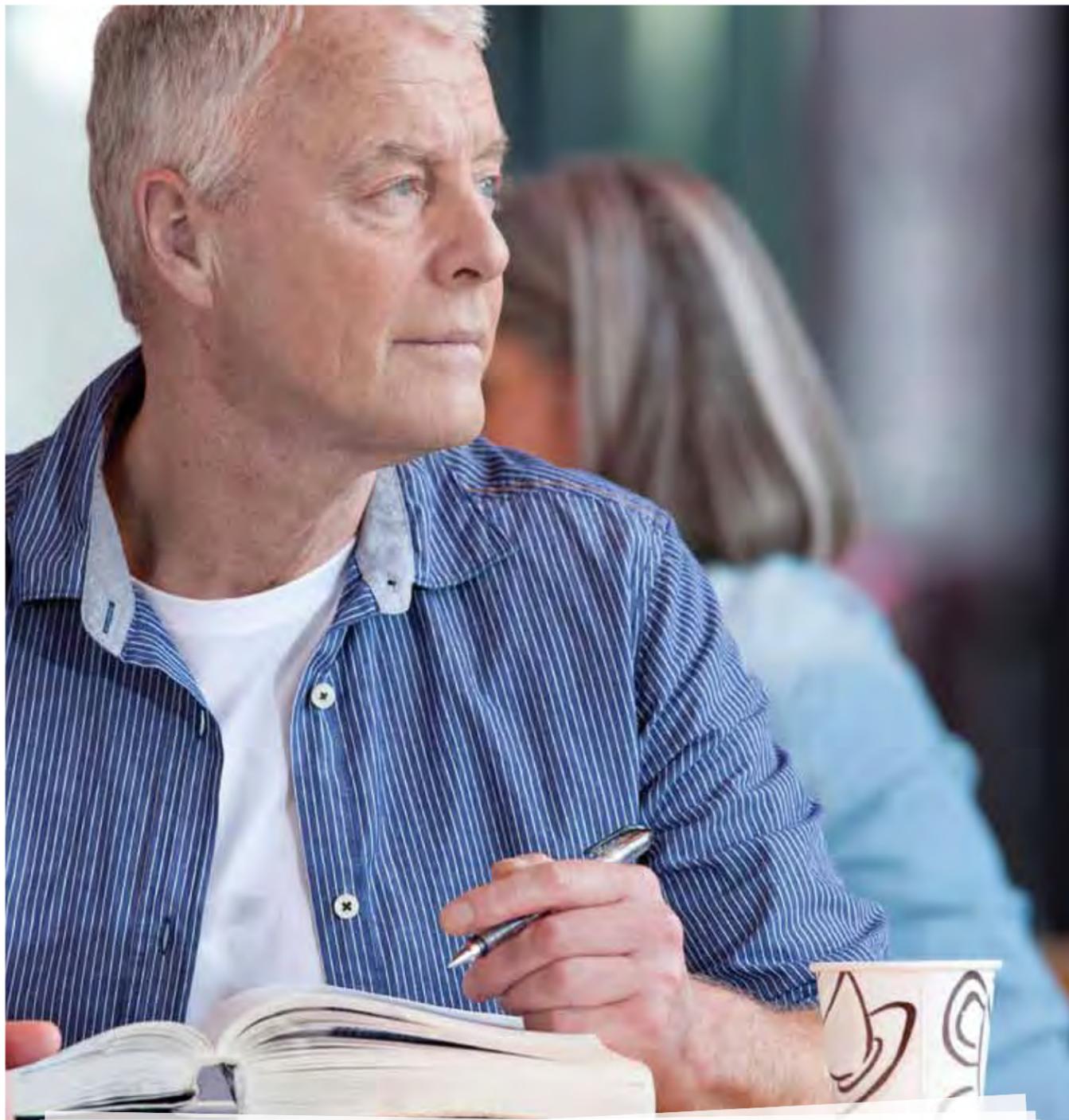
The basic computer course offers, over a period of six weeks, instruction on how to set up and use a computer and provides participants with information on Facebook, Email, Skype and digital photography.

Each participant receives a workbook manual to use during the course to keep so they are able to have the information on hand once the course is completed.

This course is offered free to clubs/groups. SRCWA's computer instructor brings six computers to the venue once a week for six weeks to instruct a maximum of six members on the wonders of the computer age.

There are also free courses offered for individual seniors in Leederville.

If you are interested in finding out more about this program or to book a free basic computer course please contact Martin Yates 9492 9773.



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As of 1 November 2013, the new Cat Act means that all cats in WA must be micro chipped, sterilised and registered.

Avoid a heavy fine for not micro chipping your cat. Come to the Cat Haven's special CHIP DAY on Saturday 19 October 2013.

Microchip your cat for only \$25 or \$15 for concessions.

Present this ad and get your cat wormed for free at the same time!



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Remember when you gave something new a go?



Rediscover the feeling at a Lend Lease retirement village this Seniors Week.

To help celebrate **Seniors Week** we will be holding **Open Days** at our villages throughout November. Why not drop by and take a personal tour. When you see for yourself how good your retirement lifestyle could be, you'll never look back. With a range of **free events, guided tours** and **refreshments** be sure to bring family and friends!

To **RSVP** your attendance or find out more please call **1800 687 319**.

Lakeside Village

Date: Saturday 9th November
Time: 1pm to 4pm
14 Lewington Gardens, Bibra Lake

Timberside Villas

Date: Sunday 10th November
Time: 10am to 2pm
10 Timbercrest Rise, Woodvale

Parkland Villas Ellenbrook

Date: Sunday 10th November
Time: 11am to 3pm
25 The Parkway, Ellenbrook

Harbourside Village Mindarie

Date: Sunday 10th November
Time: 1pm to 4.30pm
7 Honiara Way, Mindarie

Parkland Villas Mandurah

Date: Thursday 14th November
Time: 10am to 2pm
2 Hungerford Avenue, Mandurah

Parkland Villas Woodlands

Date: Saturday 16th November
Time: 10am to 1pm
52 Liege Street, Woodlands

Parkland Villas Booragoon

Date: Saturday 16th November
Time: 10am to 2pm
510 Marmion Street, Booragoon

The Pines

Date: Saturday 16th November
Time: 10am to 2pm
21 Ponte Vecchio Boulevard, Ellenbrook

Homestay Village

Date: Saturday 16th November
Time: 11am to 3pm
267 Wharf Street, Queens Park



www.retirementbylendlease.com.au

Lend Lease



Audrey Bullough

STADIUM SNAPPERS Masters club member Audrey Bullough recently achieved an amazing milestone from her regular swimming sessions. Audrey has now completed one million metres in training and other swimming activities since September 2006 when feeling nervous and frumpy

Audrey's amazing milestone

in a very 1950's conservative swim costume she entered the pool at Challenge Stadium.

Every 25 metres, she would stop, hang onto the side in the slow lane and have a rest. After a few weeks she managed to get to the end of the 50 metre lane and would rest with a long chat before setting off for the return lap. She well remembered saying,

"Will I ever be able to turn and make it back to the other end without stopping?"

The reply from a supportive Snappers member was,

"Instead of stopping at the end, turn, take few strokes; then stop for your rest!"

It worked; but any notion of recording metres swum for that miracle million would have been considered a joke. Then along came coaches and persistent Snappers' members, always encouraging, advising and helping. They persuaded Audrey to dream about swimming in the World Masters Championships at Challenge Stadium in 2008. Count the metres and record them on the way to a Million Metres.

Twelve months ago her fellow Snappers members who had been conscientiously recording Audrey's monthly metres, year after year, said to the astonished Audrey,

"You have swum 900,000 metres and you are well on the way to one million metres!"

Audrey did feel a bit anxious and asked them not to mention this again until she

was past the finish line, just in case she sank before the end.

Now the dream has come true, thanks to the encouraging coaches and fellow members at Stadium Snappers. Audrey has received a special award and shirt from Vorgee and Masters Swimming Australia in recognition of her achievements.

Have a Go News readers, keen on getting into regular exercise through swimming, could follow Audrey's lead and spring is the best time to make a start: the annual LiveLighter Spring into Swimming membership drive project sponsored by Healthway and conducted by Masters Swimming WA, commenced last month.

As Audrey has shown, one does not have to be a good swimmer to join a Masters Swimming Club. You can start with 25 metres like Audrey did.

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

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

For queries or further information contact me via wendy@mswa.asn.au or 9387 4400.

Wendy Holtom
Executive Officer

Success ... what does it mean to you?



Denis Martin

MANY YEARS ago I attended an Australia-wide conference with the challenging name "Successful Ageing" and even then I asked myself, "How else would you like it to be?"

Since then I have moved on through a very rewarding career in sport and recreation and into the world of retirement.

I guess we all endeavor to be logical and intelligent about our plans for the future, hoping that ultimately, the latter years of our lives can sit comfortably in the box marked "successful".

Have I been successful? Will I be successful?

"Successful" is, of course, a tag that is a personal measure and will mean many different things to different people. It is often gauged by the collective assembly of an individual's material assets – the boat, the car, the money in the bank, the riverside home and the well stocked bar within it.

There are many other factors that you can use as a checklist if you feel the need to ascertain your own relevant success. Sometimes, it is not a bad idea to step outside the confines of your cosy little world and take a peek at where you are now.

Before doing that little ex-

ercise, allow me to quote a short sentence from the very well known Desiderata.

"If you compare yourself with others you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans".

We could now list a number of other important factors that may help you feel a lot more comfortable about this success thing. There is a need to be very careful with what we measure our personal success against.

Let's consider a few key elements that may be important:

- Am I happy?
- Am I enjoying my life at the moment?
- Is my life challenging?
- Do I have a good relationship with the other members of my family?
- Do I have a good group of friends around me?
- How important are additional material things to me?
- Are they more important than "quality of life"?

The answers to these questions may give you a very good lead to establishing your future directions and maybe a clearer picture of where you stand in the personal 'success' stakes.

Fame and fortune are not the only measures of success.

The Desiderata goes on to say:

"Take kindly the counsel of the years, gracefully surrendering the things of youth... But do not distress yourself with imaginings".

Cheers - be happy.

Denis Martin

CALLING ALL PAST MEMBERS



TUART HILL SWIMMING CLUB

50TH ANNIVERSARY CELEBRATION

and Launch of History Book

Sunday 1st December 2013, 12-4pm
Tuart Hill Swimming Club Pool

– cnr Hector and French Streets, Tuart Hill
Parking in Grenville or Hodgson Street car parks only

AFTERNOON TEA PROVIDED

History display incl. memorabilia and 100's of photos, launch of history book, Club swim

ALL WELCOME! Please RSVP by

15th November 2013 to Nona Oliver:

Email: events50@tuarhillswimmingclub.org
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Entries invited to 2013 Ben Wyatt Victoria Park Photo Award in November

FROM THE 8 – 26 November, the Victoria Park Centre for the Arts is holding The Ben Wyatt Victoria Park Photo Awards, the theme of which is "People and Places of Victoria Park and its Environs".

The winning photo will receive a \$500 prize.

Once again the competition is proudly sponsored by Ben Wyatt MP, who will choose a photo from the show to appear on his annual Christmas card. This event will present the diversity and the history of Victoria Park and Environs.

The Town of Victoria Park has many new aspects, which have added to the richness and colour of the local neighbourhood.

The many keen professional and hobby photographers around the Victoria Park town and city are all invited to enter.

There is always something of interest in a growing town to capture your attention, so please take time to enter and encourage those around you to participate.

This is an opportunity for you to show your talents.

Entry to the competition is free.

Entry forms can be requested by email or collected from the VPCA.

For further information contact Victoria Park Centre for the Arts on 9470 5520 or via the website www.vicparkarts.org.au



2013 50c Fine Silver Proof and Uncirculated Coins

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

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*Conditions apply visit crownperth.com.au for more. You must be present to win.

Tasty value on the bus



Get your \$10* Fun Pack on the Crown Bus and you will receive a free lunch at Carvers buffet! Feast on succulent roasts, salads, tea, coffee, soft drinks, desserts and more.

*Crown Club member price. Carvers is an 18+ venue. Menu alternates daily. Image is for illustration purposes only.



CROWN BUS Timetable

\$10 Fun Pack gives you:

- Transport to and from Crown Perth
- Lunch at Carvers, 88 Noodle Bar or a quick bite at Snax
- Bonus voucher for a bit of fun!

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

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

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

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

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

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



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Stamp Collecting *with Nigel Williams*



Nigel Williams

AS YOU can see, it is me again!

After saying I would be away this month, my apologies; I just had a "senior's moment".

As my column is written a month in advance, the November column will be provided by a guest who I believe is going to talk about "mushrooms" on stamps.

Recent Australian new issues to look for were an issue on 3 September of 3 x 60c plus a miniature sheet and a booklet of 10 x self adhesive 60c on Australian Poultry Breeds.

Issued on 10 September was the third in the series for the Australian Antarctic Territory on the centenary of the Australasian Antarctic

Expedition. This included 3 x 60c, 2 x \$1.20 plus a miniature sheet.

A set of 6 x 60c stamps plus a miniature sheet was issued on the 24 September depicting Australia's Age of Dinosaurs. This also included two self adhesive booklets one with 10 and one with 20 stamps.

A set which appeals to me, to be released on 8 October is 4 x 60c gummed plus a booklet containing 10 x 60c self adhesive stamps showing Australian Historic railway stations from Victoria, South Australia, New South Wales and Queensland.

On the 15 October two stamps will be released in a joint issue with Germany to celebrate the 200th Anniversary of Friedrich Wilhelm Ludwig Leichhardt the German explorer and naturalist. This issue is 1 x 60c, 1 x 75c in gummed form only.

The 22 October will see stamps showing the Holey Dollar and Dump which consists of 1 x 60c issued in both gummed and self adhesive formats and 1 x \$3.00 plus a miniature sheet.

One thing that has been asked about of late is the issues for PSEs (pre stamped

envelopes) so from now on, I shall include any new information on those, the first of which comes out on 28 October for the 100th Anniversary of the Army Chaplain.

New issues for Great Britain released on 8 August were to celebrate Andy Murray's Wimbledon victory and were released as a sheetlet containing 4 x 1st class stamps.

The 13 August saw an issue of 6 x 1st class stamps of British Auto Legends showing five cars from the 1960s; a 1961 Jaguar E-Type, 1962 MGB, 1963 Aston Martin DB5, 1965 Rolls Royce Silver Shadow and a 1968 Morgan plus 8 with a 1976 Lotus Esprit to complete the set.

On the 19 September an issue featuring the Merchant Navy was released which included 3 x 1st class and 3 x 1 pound 28p stamps plus a miniature sheet showing scenes from the Atlantic and Arctic convoys of World War Two along with a quote from Winston Churchill saying "The only thing that ever frightened me during the war was the U-peril".

The next in the series in the Post & Go Freshwater Life stamps was issued on the 20 September showing species of the rivers.

Don't forget the Swan River Stamp Show on the 19 - 20 October at the University of WA Guild Function Centre in Hacket Drive Crawley from 10am to 5pm on the Saturday and 10am to 4pm on the Sunday and our own stamp club meeting at *Have a Go News'* office, 137 Edward Street Perth at 10am on 31 October. Till next time stay safe,

Nigel

Email: nigan@iinet.net.au

Coins *with Mickel Smits*

IF ONE was asked to name a performer you would most associate with the Australian bush, I'd bet a quid Slim Dusty would be the one who would spring to most Aussie's minds. This year the Royal Australian Mint pays homage to this iconic singer with the release of a one dollar tribute coin as part of their on-going Inspirational Australians coin series.

Dubbed "Australia's King of Country", Slim Dusty was born near Kempsey, NSW in 1927. His real name was David Gordon Kirkpatrick however at the budding age of 11, with already the determination to pursue a singing career, he adopted the name Slim Dusty. At age 18 he recorded and released his first record: by the time of his death in 2003 he had released in excess of 100 records; a record unlikely to be exceeded by another Australian.

In 1951 Slim married Joy McKean, a country singer-songwriter in her own right. Together they became a great team and from 1964 annually traversed the length and breadth of Australia covering 30,000 miles in a tour. Their love for the country and the people they met on the way became the inspiration for their songwriting which, like them, can be described as nothing but 'fair dinkum'.

Arguably Slim's most memorable song *A Pub With No Beer* provides an interesting tale in regards to its origin, content and outcome.

A Queensland farmer named Dan Sheahan wrote a poem in 1943 called *A Pub Without Beer* which was based on his most unfortunate experience of visiting his local pub, the Day Dawn in Ingham, only to find US servicemen had drunk the pub dry of beer; during the Second World War hotels were subjected to monthly beer rationing or quotas.

Years later, in 1956, a country singer-songwriter named

Gordon Parsons was given the poem which he transformed into the song *A Pub With No Beer*. Parsons extended the piece by including characterisations of a stockman, truckie and blacksmith based on real-life folk he knew at his local, the Cosmopolitan Hotel located in the small, north-eastern NSW town of Taylors Arm. At the time Parsons worked in the local cedar wood industry yet his talent and passion for performing country music saw him taking-off whenever the opportunity arose to tour with the likes of Slim Dusty, Chad Morgan and Tex Morton.

In 1957 Parsons was on tour with Slim. Slim had a recording session coming up but one of the four songs he was to record was rejected so he asked Parsons if he could use *A Pub With No Beer* as a novelty B-side for one of the new releases titled Saddle Boy. Parsons agreed.

The following year, much to Slim's, Parsons' and everyone else's surprise, the B-side became a huge hit achieving the distinction of being the first ever No.1 Single and Gold Record by an Australian singer. It rose to No.3 in the UK and No.1 in Ireland in 1959.

Few Australian singers have achieved the accolades that Slim did. He won an unprecedented 37 Golden Guitars, gained more Gold and Platinum Awards than any other Australian, was inducted into the Australian Record Industry Association Hall of Fame and Australia's Country Music Role of Renown, made a Member of the Order of the British Empire and an Officer of the Order of Australia, amongst other awards. His rendition of *Waltzing Matilda* was the first song ever broadcast from space; in 1981 on its maiden voyage, the Space Shuttle Columbia played the song as it passed across Australia. Probably one of his proudest moments was when he sang the same song as the finale to the Sydney 2000 Olympics Closing Ceremony.

What a bonzer bloke he was.

New video provides vital medication safety information



New WA Health video provides tips on medication safety for patients going to hospital.

IN SEPTEMBER, WA Health launched a new video about medication safety for patients going to hospital.

The video, entitled *Your Medicines*, provides patients with practical tips for managing medicines such as taking a list of their current medications when admitted to hospital and advising health professionals about any medication allergies.

WA Health Chief Pharmacist Mr Neil Keen said it was important for patients to be active in their own medication manage-

ment – and to be aware how to use and administer medications safely.

Mr Keen said the *Your Medicines* video covered a range of important tips for managing medications in hospitals such as: speaking up about your medicines, asking questions if you are unsure about your medicines, finding out about what your medicines are for discussing options with your doctor and making sure you understand how to take your medicines.

The video can be found at www.health.wa.gov.au

Have a Go News is now available from **O'Connor's Pharmacy**, located at **High Wycombe Village Shopping Centre** Open 8am-8pm Monday to Friday and 8am-6pm Sat & Sun **Phone 9454 5798**



AUST L: 123642

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Do you suffer from these symptoms?

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"Thank you for sending out Magnus Shield. I really believe they have been a great benefit to me. Before Magnus Shield, I was going to the toilet 3 or 4 times a night, now using Magnus Shield I've been going once a night, sometimes not all"

John W, Benalla, VIC
18 Jan 2010

"I found this tablets Magnus Shield from magazine. I found it helps me to empty my bladder in night time, relief the pain while passing water. It really works for me. I'm feeling better now. Thank You"

Paul E, Ormond
22 April 2008

"Nine months ago, I have tried Magnus Shield for prostate medication made by Graminex Australia, I can say that it helps me mainly in reducing my night time urination, a year ago, I used to wake up 6-7 times a night, and now I only wake up once or twice, and during last Christmas, I had 1 beer during the party, and I got up 3 times. Thank you for Magnus Shield and I definitely will recommend this product"

Mike B., St Johns Park, NSW
4 January 2010

"I have been taking Magnus Shield for the past 4 months and I have noticed some great improvement, mainly it helps me to reduce the urgency to go to toilet and frequent urination as well. I used to wake up 6-7 times a night, and now I only wake up 3 times a night or less. Previously, I have to stand for few seconds to pass urine in the night time, now that problem has been solved, and also the burning sensation is also gone. Thank You Graminex for this product"

Gordon M, Rochedale, QLD
4 December 2009

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Magnus Shield™ is available at good pharmacies and health food stores.

Consult your pharmacist or call **1300 760 627** for more information, if our lines are busy please call again.

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Approval Code: CHC36089-10/06

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Nightingales Pharmacy

St James New Start Pharmacy

Belmont Amcal Chemist

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Kenwick Pharmacy

Thornlie Naturopathic Centre

Rostrata Avenue Pharmacy

Health Kick Melville

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Health Kick Mandurah

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445 Cambridge Street, FLOREAT 6014

207 Main St, OSBORNE PARK 6017

Shop G93, Karrinyup Shopping Centre
200 Karrinyup Road, KARRINYUP, 6018

Shop 42, Whitford City Shopping Centre
Whitfords Ave, HILLARYS 6025

Shop 234, Whitford City Shopping Centre
Whitfords Avenue, HILLARYS 6025

Shop T101, Lakeside Joondalup S/C
JOONDALUP 6027

243 Great Eastern Hwy, MIDLAND 6056

Shop 50 - 53 Dianella Plaza Shopping Centre
DIANELLA 6059

114 Illawarra Crescent, BALLAJURA 6066

243 Lesmurdie Rd, LESMURDIE 6076

Shop 2, 123 Canning Rd, KALAMUNDA 6076

16A Chapman Rd, ST JAMES 6102

Shop 83, Belmont Forum, BELMONT 6104

Shop 160 Belmont Ave, BELMONT 6104

Shop 5 & 6, Cnr Belmont & Kenwick Rd
KENWICK 6107

32 Selby St, THORNIE 6108

Unit 1 / 42 Rostrata Ave, WILLETTON 6155

Shop 10B, Melville Plaza Shopping Centre
390 Canning Highway, MELVILLE 6156

Shop 17, Centre Point Shopping Centre
Great Eastern Highway, MIDLAND 6056

Shop 4, Kardinya Park S/C KARDINYA 6163

Shop 7, Phoenix Shopping Centre,
254 Rockingham Rd, SPEARWOOD 6163

Shop G81, Rockingham Shopping Centre,
1 Council Avenue, ROCKINGHAM 6168

Shop 8 & 9 Leda S/C, Feilman Dve, LEDA 6170

Shop 12, 175-179 Mandurah Tce, MANDURAH 6210

Shop 78, Mandurah Forum, MANDURAH 6210

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Grandma's 1001 Uses For Baking Soda and Vinegar



In this exclusive new 316 page book just released by Nature's Library, "Grandma's 1001 Uses For Baking Soda and Vinegar", you'll find everything you need from health and beauty remedy suggestions to cleaning, gardening and even cooking. It's a unique collection of Grandma's traditional remedies and recipes, passed down through the generations.

Simple and easy to follow, "Grandma's 1001 Uses For Baking Soda and Vinegar" gives you step-by-step instructions on how to mix these 2 wonder ingredients together or with other common kitchen items including: lemon, sugar, water, salt, honey and laundry powder just to name a few. All to help aid your health and beauty, to help out in the garden, to help you bake that perfect cake or scones, to clean and deodorise your home, laundry, kitchen, bathroom, garage, pets and so much more!

Whether you use baking soda and vinegar on their own or together, this fascinating and unique combination gets a special book all of its own, complete with 1001 uses that these two wonder products can provide.

You'll discover:

- A helpful and simple remedy on page 139 to fade age spots.
- Do you suffer from leg cramps or want to prevent them? Then try this recipe containing vinegar and two other kitchen staples.
- A wonder elixir to aid with the relief of sore and aching joints.
- That vinegar is claimed to aid with weight loss. Is it true? Turn to page 167 to find out.
- Having trouble with built-up earwax? Baking soda may be able to help, go to page 11 and see how.
- Add this to your bath to help relieve the itching from chicken pox and measles.
- Baking soda and vinegar can clear clogged drains, learn how by going to page 278 for the exact measured combination.
- Clear weeds from your pathway or driveway without using harsh chemicals.



DID YOU KNOW?

Many of the household cleaners purchased in the supermarket like air fresheners, toilet cleaners, drain cleaners, laundry powders, insect sprays, degreasers, anti-bacterial soaps are full of chemicals and could be detrimental to your health.

USE NATURAL CLEANING PRODUCTS, THEY WORKED FOR GRANDMA AND THEY WILL WORK FOR YOU!

Baking soda, vinegar, cream of tartar, washing soda, eucalyptus oil and lemon juice. All natural and safe to use in the family home and these will deodorise, remove germs, remove most stains and clean just about everything in your home, garage and garden.



- Has your camera or tape player been damaged by battery corrosion? See what baking soda and vinegar can do to help.
- Having trouble with your eggs cracking and leaking when you boil them? Then try one of these 2 wonders to resolve the problem once and for all.
- If you want the perfect shaped poached egg, apart from always using only these types of eggs, add a tablespoon of this for the perfect result.
- Cockroaches! Use these two common kitchen items, which are chemical free and safe to have in your home to get rid of these nasty and dirty pests.
- Kill small tree stumps with these simple ingredients.
- Never mix vinegar and this product found on page 207 as the results are toxic.
- Have you given up on cooking cabbage because of the smell? Well go to page 192 and see what you can use to stop it.
- What will help with an upset tummy? Turn to page 27 to find out.
- Learn how to relieve tired puffy eyes with these amazing products.
- The perfect foot softener for tired aching feet!
- What lavender and one other kitchen staple are capable of relieving.
- Mineral deposits from water over time can clog up your showerhead. Try this overnight solution to get a smooth running shower again.
- The unusual way to get rid of warts!
- Trying to get rid of the eggs from head lice can be difficult. Try this simple and inexpensive solution on page 154.
- How to stop colour from running on your clothes while you wash.
- Odour Eaters! Eliminate shoe odour for good.
- In the kitchen baking soda and vinegar are almost as necessary for baking as flour and sugar. Try these unique recipes on page 301 to always come up trumps!
- Relieve sunburn, peel less with this simple and common kitchen item.



And above is only a brief sample of the 1001 uses of baking soda, vinegar and other household staples you'll learn about. Delight in the time and money you'll save. Vinegar and baking soda are the two ingredients that you can use for just about everything. They are strong and effective as well as gentle depending upon what job or remedy you are using. Vinegar and baking soda are both safe for your children and pets and they are 100% natural. They are classified as green and eco cleaning products and can be a great way to entertain the kids, just turn to page 296 to see how.

SPECIAL FREE BONUS

Order within 10 days and you'll also receive a free special report on "The magical effects of honey and cinnamon", including 21 free health tips. It's yours to keep just for previewing "Grandma's 1001 Uses For Baking Soda and Vinegar". Supplies are limited. Order today.

The Magical Effects of Honey and Cinnamon



YOU'LL ALSO LEARN HOW TO:

- ✓ Extinguish a grease fire if it breaks out in your kitchen
- ✓ Deodorise your fridge, freezer and cupboards to perfection
- ✓ Remove stubborn stains from marble and many other surfaces
- ✓ Remove baked on grease from your pots and pans
- ✓ Put the shine back in your hair and remove all other product residues
- ✓ Eliminate cigarette odour from your house, carpets and curtains
- ✓ Bring back the natural glow to your skin
- ✓ Polish silverware and bring back the sparkle
- ✓ Clean your drinking glasses to perfection
- ✓ Clean your bathroom with little effort
- ✓ Remove strong odours and food build-up from your chopping boards
- ✓ Fun ideas for the kids to keep them occupied
- ✓ Try this SAFE recipe for treating inflamed eyelids
- ✓ Learn how to make your own solution to treat laundry stains
- ✓ Try this amazing unscented and irritation-free fabric softener
- ✓ Plus much, much more!

"Grandma's 1001 Uses For Baking Soda and Vinegar" is yours on a no risk trial basis for 90 days. That's right... Imagine three full months without obligation to keep this exclusive, one of a kind book. When you've read it you'll say, "Is there anything that baking soda and vinegar are not good for?"

To receive your copy direct from the publisher simply fill out the coupon below. Remember, it's not available in bookstores at this time. And you're protected by the publisher's 90 day risk free money back guarantee. If you are not totally delighted with your purchase, you can return it at anytime within 90 days for a full product refund. No questions asked.

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BV30



Be armed with style and support breast cancer

A HOST OF Perth personalities have harnessed their creative skills to help raise funds for breast cancer research and promote awareness of lymphoedema, a condition that impacts one in five breast cancer survivors.

Fifteen local identities – including radio personality and funeral celebrant Verity James, Nova 937 breakfast presenter Nat Locke, DivaLicious divas Fiona Smyth and Penny Shaw, 33 Poets designer Rebecca Paterson, food writer Jane Comes and her sister, former professional cricket coach for England Sara Maclean – each decorated a pair of fashion sleeves for the Be Armed with Style initiative developed by Daghlish business-

Local personalities find creative flair for breast cancer research

woman Christine Silbert for National Breast Cancer Awareness month in October.

The sleeves will be gifted to top donors to the Be Armed with Style fundraising project.

Jane said she and Sara jumped at the chance to turn the spotlight on the debilitating and depressing life-long effects of the lymphoedema, which causes swelling in one or both arms.

“We have a family history of breast cancer and other cancers. A precautionary examination two years ago showed I had cancerous cells so I had a mastectomy and am clear of it currently. Sara has been fighting stage four lung cancer for four years, undergoing fortnightly treatment.

“It is tragic that so many women who win their battles against breast cancer then have to face this currently incurable health challenge,” Jane said.

“It’s my hope that taking part in Be Armed with Style will spread the message about the need for research into lymphoedema as well as breast cancer.”

Estimates suggest at least 20 per cent of breast cancer survivors will experience secondary lymphoedema as a result of their lymph nodes being removed or

damaged during treatment.

Ms Silbert said the Be Armed with Style campaign was inspired by the lymphoedema patients and therapists she had met through her fashion sleeve label, Slinky Sleeves designs.

“People with lymphoedema have to wear compression sleeves or bandages to help manage the condition and specially-fitted fashion sleeves are useful for covering them up and preventing unwanted stares and questions,” she said.

“The moving stories of the women I’ve met motivated me to launch this fundraiser.”

Joan Jessup, who developed lymphoedema following breast cancer, said compliance with wearing a compression garment to manage lymphoedema is vital.

“Unfortunately wearing a compression garment, which is visible to all, does nothing to improve the emotional wellbeing of a woman.

Joan has found fashion sleeves are a great option, as instead of being asked, “What’s wrong with your arm?” people now say “I like your outfit”.

To donate to Be Armed with Style, visit http://www.everydayhero.com.au/christine_silbert.

Community NOTEBOOK

THE PORCELAIN DOLLMAKERS GUILD of WA INC.

Doll and Bear Show
13 October 2013
Cannington Exhibition Centre
9.30am - 4.30pm
Adult \$5 Ch/Pens \$3 Family \$10
Enq: Fay Newland 9451 3416 or
Liz Longworth 9451 3830.

ST AIDENS ANGLICAN CHURCH

Clifton St Byford
13 November from am until pm.
Wool spinning and felting demonstrations, various stalls, sausage sizzle and much more.
Devonshire teas and lunches available
All are welcome.

BENTLEY PARK SHOW

Auditorium 26 Plantation Drive, Bentley
10am-3pm, Sat 26 & Sun 27 October
Demonstrations of quilting, patchwork and displays
Devonshire teas 10am-2pm and sausage sizzle
11am-1.30pm are available for purchase.
Free admission

VOICES of the VASSE - all female a cappella group

Rehearsals Tuesday 6.45-9.30pm
The Salvation Army Hall
Kent St, Busselton
Clare Germana 0449 055 169
Email: clarebear1971@optusnet.com.au

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30 minute introduction assessment and first class FREE
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MIRRABOOKA SWAP MEET MARKET

Returned Services League will be holding swap meet markets at the Mirrabooka Library car park from 7pm to 12noon.
The markets will be held every Sunday starting from Sunday 26 October.
Contact Joe 0419 901 843

YOKINE POTTERY CLUB

Meets every Tuesday 10am to 12 noon.
New members welcome to participate in wheelwork, handwork or creating sculptures, includes use of wheels, kilns and glazes.
Contact Fay 9447 5029 or Shirley 9375 5141

ST PAT'S RACK POP-UP SHOP

Adelaide Street, Fremantle.
Volunteers needed Tuesday to Saturdays (various shifts)
100% of sales of donated items help those in need
Fundraising initiative of St Patrick's Community Support Centre
For more info 9430 4159

FREMANTLE CHAMBER ORCHESTRA

Beethoven, Concerto 5 “Emperor” Symphony 3 “Eroica”
3pm Sun 17 Nov, Fremantle Town Hall
7pm Sun 24 Nov, Government House Ballroom
Tickets at door or www.ticketek.com.au

SENIORS WEEK AFTERNOON TEA DANCE

Enjoy afternoon tea and a live band
Thurs 14 November, 1- 4pm
Fremantle Town Hall
Tickets available at customer service counter from Monday 21 October

MORRIS CAR CLUB of WA

1913-2013 Celebration Display
Sunday 20 Oct 2013, 9am-3pm
Stirling Square Guildford
Contact Kay 9293 3536
email 100morrissws@gmail.com

THE KALEIDOSCOPE ENSEMBLE

Gus Gordons “Herman and Rosie”
Presented by jazz combo and a story teller at the Fly By Night Musicians Club.
Sunday 10 November, starting at 1.30pm.
Doors open 1pm.
For enquiries visit www.flybynight.org

SUBIACO CRAFT COLLECTIBLES @ COMMUNITY FAIR

Sunday 27 October
Oak lawn, UWA, Hackett Drive, Crawley
Presented by Rotary Club of Matilda Bay

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

Style

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

ADVERTISING FEATURE



HELLO EVERYONE and welcome to October and finally some spring weather.

I know that at this time of year your thoughts turn to what's happening for summer in terms of fashion that will suit you; then there is Melbourne Cup and followed by the festive season and getting organised for that.

Over the next couple of weeks give some serious thought to being organised for everything that you know is coming up over the next few months and approach it all with a sense of anticipation, joy and excitement.

I really love this time of the year, I love the sense of climax building up to Christmas and then the resolve and reflection you have, come

New Year.

Make a list of the all that you would like to accomplish, buy, cook and wrap and do endeavour to be organised early in December. Then you'll be able to say to all who inevitably ask, that you are well organised and you will be so happy to be able to respond that indeed you are.

Firstly, let's look at fashion.

Well, colour abounds this year and beautiful colour at that.

So, what have you got coming up on your social agenda?

You may have a beautiful dress that you are happy to wear for the umpteenth time, but by just adding some new accessories, shoes or bag for instance perhaps for the

Melbourne Cup, will give it a new lease of life.

However, we woman and I would say men too, should never underestimate the power of a new outfit. They call don't call it retail therapy for nothing. This season, do try to treat yourselves to a new ensemble for any events coming up.

Treating ourselves is so important. It lifts our spirits, builds self esteem and most importantly attracts compliments which are always nice.

Last month I wrote a basic list of classic desirable items to have in your wardrobe in order for you to have options to look and feel great on a daily basis and I do hope that this was of benefit to you.

I dare say that most women upon investigation into

their now organised wardrobes would agree that they do have a lot of what was actually on the list.

This season, write up a wish list of what you need and slowly work your way through that list in order to add to what you already have and that you know works for you.

So back to our conversation about treating yourself to a new outfit!

In making that investment you will gain the motivation to make an effort to see what other options those new pieces will bring as well. Start to think about something really special you may want for Christmas.

Whether alone or with a partner, a little something under the tree to open on Christmas Day is something we all deserve. I have to admit I am quite sentimental and adore something that sparkles and I can treasure.

Visit your local Secrets

store and have a look at the lovely spring/summer collection pieces there. Maybe a beautiful cocktail ring or earrings will be just the thing to set off your dress on Melbourne Cup day.

While I have never been a list maker, I am a big 'wish list' writer and encourage you to complete one too. I always think there is great power not just in visualising what it is you wish for but in writing it down and putting it somewhere where you can see it daily.

Well this month I hope that you will take advantage of every opportunity to get out and about, get your friends together, get dressed up, and plan lunch. Take your lists and head out to your favourite shopping destination and start to get excited about the season ahead and all it holds.

Happy planning and shopping!

Zofia xxx



Win a style session with Zofia

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

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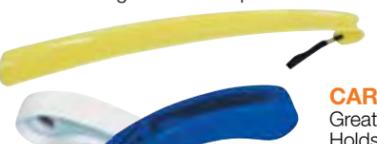
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Winemaker James Backer working in Oakvale winery with two egg-shaped fermenters

by Frank Smith

THE HUNTER Valley is in the news for all the wrong reasons at the moment - dodgy coal deals, mining laying waste valuable agricultural land and coal seam

gas. But it is well to remember that it is one of the oldest and best of Australia's wine regions. And Oakvale, established in 1893, is one of the oldest working wineries in the Hunter Valley. Family owned and oper-

ated, this boutique winery has extended its range and its reach. It is also employing the concrete egg fermenter that is all the rage in Europe. And is claimed to add extra complexity to unoaked wines.

Here are a few wines we tried and enjoyed:

Oakvale Verdelho 2012. This easy drinking, aromatic wine delivers intense pineapple aromas with crisp integrated tropical fruit on the palate. The exceptional balance between fruit and acid delivers a refined elegant finish. RRP \$22.

The Oakvale Rosé 2012 is produced using the traditional Saignée method, which retains more tannin and colour than the usual skin contact method. This delicate Shiraz Rosé delivers fresh raspberry and cranberry overtones on the palate with an off-dry finish. Drink when the warm weather returns. RRP \$18.

Oakvale Pinot Noir 2011. This elegant Pinot Noir delivers earthy aromas and hints of aromatic spiciness. Dark chocolate and cherries dominate the palate whilst well integrated oak and ripe soft tannins combine for a lingering dry finish. RRP \$25.

Peppercorn Shiraz 2011. The grapes are hand picked, fermented in open vats and stored in fine French oak barrels for 12 months. This Shiraz delivers aromas of pepper and thyme with rounded blackberry and currant fruit flavours. RRP \$25.

Oakvale Sangiovese 2011 is a medium bodied red wine that combines generous plum and fig charac-

teristics with well-balanced tight tannins and a pleasing flintiness. Ideal to accompany pasta dishes. RRP \$25. Oakvale Semillon Sauvignon Blanc 2013 is an easy drinking wine that blends Hunter Valley Semillon with cool climate Sauvignon Blanc from the Yarra Valley to deliver vibrant citrus notes with herbaceous overtones and a crisp, flinty finish. RRP \$22.

Oakvale Chardonnay 2012 is a refined, elegant wine that shows great complexity on the palate with generous stone fruit, citrus overtones and subtle underlying oak. A crisp clean finish and lingering minerality make this a light easy-drinking style. RRP \$18.

And now for something completely different...

Oakvale now produce a delicious French style sparkling cider, made with 100 per cent Australian apples handpicked and basket pressed. Natural sweetness and an elegant off-dry finish make this a perfect anytime beverage. With only 4.7 per cent alcohol it is ideal for those times when you need to remain safe to drive. RRP \$18 for 750ml bottle.

Oakvale wines are sold exclusively through the cellar door. Buy them at www.oakvalewines.com.au/ phone: 02 4998 7088.

Join the Oakvale wine club for 10-20 per cent discount and 50 per cent off freight rates.



Kevin Craft emceeing the Marmion Club's party

by Frank Smith

EVERY NOVEMBER more than one million men worldwide shave their top lip and begin growing (or regrowing) a moustache in a token of support for men's health.

These are the Mo Bros. Last year nearly 16,000 Mo Bros in WA, aided and abetted by Mo Sistas (women who encourage and support the moustache grower), raised \$2.9 million for men's health.

This year the Movember Foundation

Next month is Movember

will launch MOVE – a global initiative encouraging Mo Bros and Mo Sistas to make a commitment to their health by starting a new physical activity during November.

Jeremy Macvean – Movember Country Director for Australia says too much sitting and inactivity makes us susceptible to health threats.

"Sitting is the new smoking. The more often and longer you sit, the poorer your health becomes and your risk of disease increases.

"We love to sit in cars, at a desk or on the couch.

"New research is showing that extended periods of sitting and inactivity are linked to increased risks of heart disease, diabetes, cancer and depression.

"Your body is designed to move and when you sit for extended periods it causes your body to shut down at a metabolic level.

"When muscles (especially certain leg muscles) remain stationary for too long, circulation slows and the body's ability to utilise blood sugar and burn fat declines," he said.

A pilot study, by Professor Dean Ornish of the University of California published in The Lancet Oncology last month showed that men who undertook extensive lifestyle changes, including exercise, reversed their ageing at the cellular level.

Last year, Dr Alpa Patel and his team of The American Cancer Society found that reducing time spent sitting, regard-

less of activity, improves the metabolic consequences of obesity.

"Men who sit for more than six hours a day have an 18 per cent increased risk of dying from heart disease and nearly eight per cent greater chance of dying from diabetes compared with someone who sits for three hours or less a day," he wrote.

According to the US-based Designed to MOVE report, more deaths will be caused by physical inactivity (5.3 million) than smoking (5 million) this year.

The Movember Foundation is committed to supporting three of the biggest health issues facing men, specifically prostate cancer, testicular cancer and mental health. But in addition the Foundation encourages men to actively engage in their general health and well-being, by providing information and tools to help men remain healthy and take action when something is wrong.

"Prevention is the key and no matter your age one of the most important things you can do to stay healthy is to know and track your key health numbers," said Macvean.

Tracking your health numbers, including Body Mass Index, blood pressure, cholesterol and blood glucose and keeping them in the healthy range will lower your risk of heart disease, stroke, diabetes and many types of cancer.

To join the moustache revolution, register as a Mo Bro or Mo Sista at movember.com or ring 1300 GROW MO (1300 4769 66).

Walk Over October in Peel region



2012 Walk Over October participants.

Left to right; Bush in full bloom Jarrahdale - Lions Club Walk for Sight

PEEL RESIDENTS and visitors are invited to get involved in the 2013 Walk Over October campaign by taking part in a variety of the special walks over the month of October.

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

The Peel region provides a diversity and richness in natural, cultural and historical features and this is reflected in the program of walks on offer.

Local clubs, groups and agencies are hosting walks across the region in Mandurah, South Yunderup,

Pinjarra, Dwellingup, Jarrahdale and Waroona.

People can join in a regular social or neighbourhood walk or try one of the special walks. These include bushwalks, cultural and heritage walks, walks to enjoy wildflowers and birdlife, night stalks, walking with dogs and fundraising walks.

Walking is an accessible and low cost way to be active. An active community with people walking in their neighbourhood makes for a safer, friendlier and better connected community.

For more details on the walks pick up a flyer at a Peel region visitor centre or

visit the Walk Over October webpage at www.transport.wa.gov.au/activetransport/24053.asp or call the Department of Sport and Recreation on 9492 9700.

The Walk Over October campaign encourages people to walk for health, recreation, transport and the environment and is a collaborative event coordinated by the South Metropolitan Public Health Unit with sponsorship from City of Mandurah and Peel Trails Group. It forms part of the State-wide Walk Over October Campaign coordinated by the Heart Foundation in partnership with the State Government.

Hearing Loss and Brain Decline

In a recent study published in the journal JAMA Internal Medicine, researchers in the U.S.A found that adults with hearing loss are at a greater risk of dementia than those with good hearing.

The level of hearing loss was directly linked to the level of cognitive decline in older adults; those with more severe hearing loss developed problems with memory and problem solving on average 3.2 years before those with good hearing.

The researchers suspected that the link was caused by isolation and inactivity which sets in with hearing problems.

So...keeping our hearing good through hearing preservation and good early audiological help may be important not only to our communication abilities but also our brains.

Lin, F & Polley, D. (2013). Hearing loss in Older Adults: Who's listening? JAMA Internal Medicine, 307 (11):1147-1148.

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OCTOBER 2013

• Cruising feature • WA wildflowers • Perth 4WD & Adventure Show

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Segway Tours WA have launched the Segway at Barrack Square. To discover more about Perth on wheels see page 30.



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, Mornington Peninsula and the Dandenong Ranges.**

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Highlights include Tuscany's Bagno Vignoni Villa Le Balze in Florence, the Italian Lakes and the French Riviera.

20 May to 9 June, 2014

travelling

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Jennifer Merigan in China

IT'S GREAT to see that Perth has a new attraction with the opening of Segway Tours at Barrack Square. For more information about the Segway, see the article in this section where you have an opportunity to enter the draw to win a ride on this nifty vehicle.

Following our rainy spring, the wildflowers are blooming prolifically throughout the state providing the opportunity to see myriad flowers on the many wildflower tours available.

This month, I welcome the return to our pages of London Calling columnist Jayson Mansaray. In his column, Jayson, shares with readers some of his recent touring adventures and experiences in London with my daughter Tahlia, who was on her first visit there.

Also in this feature, Chris Frame compares business class facilities on both Virgin and Qantas. This informative and interesting article allows you to compare the two services, particu-

larly if you plan to travel business class and want to know what extras to expect for your money.

I'll be spending Christmas in Europe this year and will be sharing with you some of the delights of wintertime there.

If you are travelling around, either in Australia or overseas, please feel free to send me a postcard or an email with a pic of your adventures! I look forward to sharing them with other readers.

If you want to be included in our electronic newsletter about 'travel' deals to readers on a regular basis, just email me Jen@haveagonews.com.au with the subject Let's go Travelling E News.

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

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

This paper is also available on line at our web-

site www.haveagonews.com.au and here you can also see various videos of our travels.

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

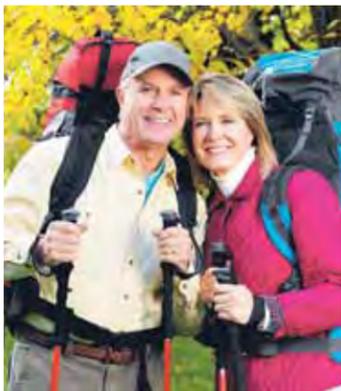
Happy trails

Jennifer Merigan
Travel Editor

let's go travelling

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

Looking for a travel companion...?



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.

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Box number 88
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Box number 89
Mature lady looking for a NS, ND, DTE lady any age to share trip across Nullabor Perth to Melbourne around Dec 2013.

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

When submitting your listing, please print clearly and limit your

Farewell 2013 at the final Talking Travel session



COME along and join us for our final Talking Travel session for the year.

Talking about travel can be almost as much as fun as travelling and these sessions allow you to join fellow travellers and share tips and interesting information all relevant to the mature traveller.

Talking Travel is an informal session where everyone has an opportunity to share their travel experiences followed by afternoon tea.

We will celebrate 2013 with a chat and some guests from the travel industry.

These sessions are free for readers and everyone is made most welcome.

Time: 2pm - 4pm

Date: Tuesday 19 November

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.

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ADVERTISING FEATURE



Discovering the delights of rural Thailand



Left to right; Monks praying - the beautiful views of the Mae Klong River - a Thai shopkeeper serves delicious desserts
Pics; Maria Visconti

by Maria Visconti

I'M SURROUNDED by men in uniform and shiny boots. There are dozens of them walking in silence amongst families and children but there is nothing threatening about it. The night air is perfumed; not with gunpowder, but with incense. The men have been given leave from their barracks to attend one of the most intriguing ceremonies in the Buddhist calendar: Wan Khao Phansa or the beginning of the Buddhist Lent.

I've been travelling around the countryside south of Bangkok following the Flavours and Fragrances route, a 350km round trip from the capital; a real treat for those wishing to experience life away from the metropolis.

Along country roads, I've been learning about the making of palm sugar - an intricate and labour intensive process - and the processing of various tropical fruits (lychees, coconut and pomelo) in the plantations and orchards along the Mae Klong River in the district of Amphawa. These small cottage industries supply Bangkok with a variety of specialty foods, and in particular, traditional sweets which are made with coconut sugar.

It takes watching the hard labour involved in the production of coconut sugar - where men climb up tall slender palms to tap the flowers and collect the sweet nectar in bamboo tubes - to fully appreciate every spoonful of the golden brown delicacy. Over open fires, the nectar is then boiled to syrup in giant wok like cauldrons.

This unbearably hot operation takes place under the simple cover of a tin roof. The work is not only hot but dangerous. The men who tend the cauldrons are bare-foot and wear shorts and a vest suited to the climate of course, but offering no protection in case of a spill.

Now, whenever I eat a traditional Thai sweet, I will think fondly of Khun Thaweesak Prai Preuk, the third-generation sugar farmer we visited in Plai Pong Pang and the men who, at this very moment, might be engaged in the production of 300kg of this specialty sugar coming out of a single plantation.

Later we are to experience the products made with this sugar.

After a two hour trip in a long tail boat, we visit Tambon Ban Thamrong, an entire village dedicated to making sweets. These are not ordinary sweets, but Royal sweets made accord-

ing to Bangkok traditions and methods originating from the times of Rama II who reigned 200 years ago and celebrated the local sweets in his poems.

While tasting some of the 32 different kinds of the handmade sweets, I hear people are preparing to flock to the local temple that evening to celebrate the start of Lent. I ask our guide if we could go too and he agrees.

At the rural temple, I sit with the army. As a courtesy to foreign visitors, some of whom may find it difficult to sit on the hard ground, chairs are provided under a canopy.

The men in uniform have been permitted to keep their boots on and sit on chairs as a special dispensation (the long laces on their boots are difficult and time consuming to undo and retie) and in case of an emergency they don't want to be caught with their boots off. Everyone else sits on the ground where I join them.

When the chanting by the monks stops, everyone takes three incense sticks, a lotus flower and a burning candle and walk around the temple three times in a clockwise direction.

I follow the locals who after making a small donation, dip a ladle into a pot of liquid wax and pour it into a big candle mould. The candle will then be donated to the temple and my contribution will help light the darker months of the monsoon. It's a sweet moment to reflect on that I helped to contribute to the glitter of the giant candle which will shine for months inside this rural temple.

The tradition of presenting big candles to local temples evolved after the original itinerant, mendicant band of Buddha followers were made to take cover for the three months of the monsoon.

The Lord Buddha and his followers had walked across India spreading the word from village to village. At the time of the monsoon, heavy rains and muddy fields made this activity messy and unproductive and farmers were keen on their fields not being trampled at this time of the year. So the villages decided to offer the disciples a place to stay put during the rains. These humble abodes (some no more than a raised platform with a roof) gave origin to monasteries as we know them today where monks live in communities under one roof. The rainy months are usually overcast and more light is needed inside the chapels - originally to help the monks read their Pali language sacred texts. To be able to participate in such a

ceremony was a privilege. An unplanned, accidental find worth following up.

Back at the Petchvarin Resort and Spa, where we are staying, a banquet of the most delicious Thai specialties is presented to our group.

After the banquet, I retire to my Thai style-house by the river. During the night, a guava falls from its branch onto my deck triggering a rustle in the undergrowth, where geckos and frogs scurry about. The Mae Klong River flows freely past my window, encouraging peaceful dreams.

Early the next morning we participate in the time-honoured practice of giving alms to the monks. The monks come to us where they paddle softly and bare-foot around the hotel's swimming pool which this morning is lined with devout Thai guests taking the opportunity to introduce their children to a now rarely seen event in the big cities.

Continuing south by long-tail boat the driver cuts the engine when we arrive at the Ta Kha floating markets in Amphawa where many renowned chefs from Bangkok come to source their produce. We bob in the busy waters amid hundreds of floating stalls selling a variety of glorious fruits and vegetables. Soon we are attracted by the smell of barbecuing and notice many of the boats are floating kitchens selling chicken, fish and sweets to vendors and shoppers alike who have also come by water in their small craft.

Back at our Thai style

houses at the Baan Amphawa, a green hotel that celebrates quality and tradition, I stretch on my bed and admire the décor. It is truly Thai and as soothing as a Thai smile.

Other activities in the area:

The Wildlife Rescue Centre in Petchaburi run by the Wildlife Friends Foundation Thailand (WFFT) is a rehabilitation centre for injured and abused wildlife. Many local and foreign vets attend to the elephants, gibbons, bears, tigers and more on a volunteer base. They do amazing work.

www.wfft.org
The Thai Dessert Museum in Amphawa is for sweet-tooths, although the displays are not edible. A good introduction to the complexity of the processes involved.
Open Friday, Saturday and

Sunday from 10am to 9pm. Admission free. Puangsombon Road, Amphoe, Amphawa, Samut Songkran
Tel: +66 34 751 351

The Memorial Park in Amphawa celebrates Thailand's "Poet King": King Rama II with gardens, a Thai-style teak house used as a museum and outdoor theatre.

The Flavours and Fragrances of Central Thailand tour is offered by Royal Silk Holidays and includes three days and two nights staying at the hotels mentioned with all meals included, private guide and driver departing from Bangkok whenever you decide to go.

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Struth!



IN his continuing search for the more weird, wacky and wondrous in the world of travel, David Ellis says United Airlines, America's second largest carrier, is licking its wounds after accidentally giving away hundreds - or possibly even more - air tickets by mistake last month.

Social media went into overdrive when intending passengers booking flights online discovered they were being charged \$0 for their journeys, paying only US\$2.50 to \$10 for airport Security Fees.

One man snapped up six tickets to take his family from Chicago to Los Angeles for the weekend, paying just \$60 in fees and no \$2,400 airfare, a New Yorker booked a weekend away in Honolulu for the \$10 in Security Fees and no regular \$689 fare for the 8000km flight, and a quick-acting Houston woman a mere \$5 fees for a return ticket at Christmas to see her parents 2000km away in Washington DC - something that would normally have cost her close to \$500.

United won't say how many tickets it gave away in the 15 minutes before it discovered the error, which it said was a human mistake during loading of fares into its computer system.

And in an unusual gesture of goodwill, rather than challenge those still holding tickets, the airline announced it would honour all tickets bought during the hiccup - irrespective of whether for travel in the short term, or for months down the track.

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ADVERTISING FEATURE



From left to right; Gianni - Viny and Mario

A PERSONALLY guided small group tour is the ideal way to discover the best of Italy. Mario, Viny and their son Gianni of Vita Italian Tours invite you to join them as they share their passion and extensive local knowledge of Italy to ensure you have a truly memorable and relaxing

Discover the best of Italy

holiday experience. Their 2014 itineraries are now available and include the popular Grand Tour of Italy which starts in Rome and then travels to Pompeii and the spectacular Amalfi Coast gems of Sorrento, Positano and Amalfi. The tour then explores Renaissance hill towns on the Adriatic Coast, such as Urbino, Pesaro, Gradara and the tiny Republic of San Marino. There is also a two-day stay in a Venetian villa, unforgettable visits to Florence, Siena and San Gimignano as well as a special tour of the Chianti area. For travellers who enjoy spectacular coastline scenery,

the five day Tour of Cinque Terre is not to be missed. Apart from the charming five coastal towns, the tour includes visits to Portofino, Portovenere, Pisa and the famous marble mountains of Carrara. Mario, Viny and Gianni love to introduce travellers to the lesser known areas of Italy such as the Best of Tuscany, Umbria and Le Marche Tour in September which has much to offer in terms of history, culture and art. The Northern Lakes and Dolomites Tour in June begins in Milan with a special visit to Leonardo's Last Supper, and includes three days in Bellagio on beautiful Lake

Como, visits to Lake Garda and several nights in a mountain chalet in the Dolomites. The tour ends in Venice. Other popular tours include the Opera and Food Tour in August and in June the much loved Tour of Le Marche Region which concentrates on the sights, treasures and regional food and wine of central Italy. All readers of *Have a Go News* receive an early bird discount if you book directly with Vita Italian Tours. For full itineraries visit the website www.vitaitaliantours.com or contact Mario, Viny and Gianni on (03) 9460 7373.

The ultimate birth and berth place of Melbourne



Top; Enterprize today
Above; Landing at Melbourne 1840

by Jeanette Woolerton

SPRING is a rejuvenating, inspiring time of year - a time in which to celebrate a bygone winter and anticipate the onset of an impending summer.

The welcome warmth in the air draws people to the waterfront or garden and in this case, the city of Melbourne has an abundance of verdant and deep blue options.

Gazing out over the banks of the Yarra River, next to Queen's Bridge in the city centre is a favourite location of tourists and locals alike.

It was in this location, over half a century ago, that our spectacular Victorian capital city was founded.

On Sunday, 30 August, 1835, the settlers on the schooner Enterprize took their first tentative steps on Victorian soil.

They landed on the north bank of the Yarra River (close to where Customs House stands today). The location is now known as Enterprize Park. Nearby, close to the water's edge, lies the Enterprize Landing, which is Melbourne's true birthplace.

Travellers on the Enterprize came from Launceston in Van Diemens Land.

They were searching for effective land in which to graze sheep and were led by John Lancey (who was nominated the leadership position by John Pascoe Fawkner).

Fawkner owned the boat but did not sail on its first trip into the Port Phillip District, due to his financial commitments to creditors and the restrictions placed upon him in order to relieve his debts.

The new settlers chose the site (roughly under Queens Bridge) due to the presence of a small waterfall that prevented further progress up the river.

The waterfall also separated the tidal movement from fresh water at that site.

The area had previously been found and noted by the Colony of New South Wales' surveyor, Charles Grimes, in 1803.

The Enterprize was tied up beside the north bank of the Yarra in August 1835. The settlement of Melbourne began shortly thereafter.

John Batman later arrived on the 9 November 1835.

The original founders were not explorers as such; they were farmers in a search of ideal grazing lands.

Among the new settlers were George Evans, a builder; carpenters William Jackson and Robert Hay Marr; blacksmith James Gilbert and his wife Mary and a ploughman named Wise.

Also present (to oversee the first settlers division of the land between them into lots along the river and to commence the first building) was the commander of the Enterprize, Captain Hunter, as well as two sailors and Evan Evans, servant to George Evans.

Others (like Fawkner, Batman, Gellibrand, Hoddle and Swanston) followed later to help shape the future Melbourne.

On 21 November of the same year the schooner Enterprize arrived at Hobart from Sydney, with Captain Peter Hunter as master.

When the Enterprize returned to Launceston, the seven who remained were: John Lancey (master mariner) George Evans (settler) Evan Evans (his servant) James Gilbert, Thomas Morgan and Charles Wise (servants of J.P. Fawkner - owner of the schooner).

Mary Gilbert (the only woman in the party) was James Gilbert's wife. She gave birth on the 29 December 1835, to a son, James, the first European child born in Melbourne.

Standing in this spot today induces an incredible sense of wonder and connectivity to this remarkable city and an appreciation of how far we have come in such a relatively short space of time.

Modern Melbourne is a far cry from the desolate, tea tree coastline that the early inhabitants would have encountered. It is with great respect that we honor those intrepid farmers and the ingenuity of the architects that followed.

Without doubt, they built one of the most liveable and loveable cities in the world.

Destination China has it all

THERE ARE many places in the world now available to visit through the dramatic increase in airline routes and cruises, but China has all the components to make a tour exciting and meet expectations because of its ability as a country to blend thousands years of a most interesting history with the excitement of cities like Shanghai.

George Booth of Travel Tree has been visiting China since 1973 and escorts groups each

year in a return to the most interesting of the Chinese cities ensuring the content of the tours really reflects the magnificent history of iconic sites such as the Great Wall, Ming Tombs, Forbidden City in Beijing and the Stone Warriors of Xian.

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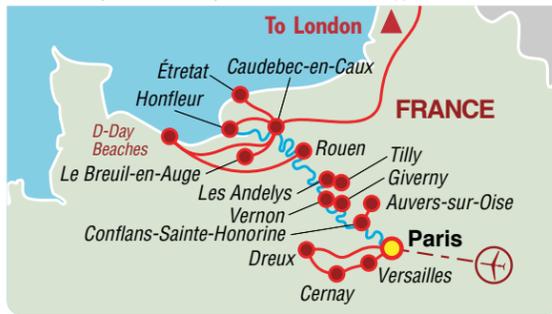
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As there is a requirement to pay a deposit upfront, it is highly recommended that travel insurance be taken out to cover unforeseen contingencies. By booking early it also enables cruise clients to select the cabin of their choice on the river cruise as there are sometimes only 80 cabins over four or five classes to house the total of 160 passengers on an average cruise.

The benefits of river cruising such as the unpack once, all meals included and sightseeing tours at each stopover are enhanced by the service of a tour escort from Perth to Perth for those wanting to cruise and have the additional assurance of an experienced person negotiating at airports, liaising with coach operators and attending to any medical requirement etc.

George Booth from Travel Tree, who has recently returned from a Travel Marvel river cruise, will now escort a tour departing Perth on Wednesday 10 September 2014 to provide that additional, hassle free facility.

In addition to the usual tour starting in Paris, Travel Tree has included a visit to the Battlefield of Villiers Bretonneux from Amiens as a special feature.

For more details or to attend the information sessions in October contact George Booth or Maxiema Lager of Travel tree on 9382 5044.

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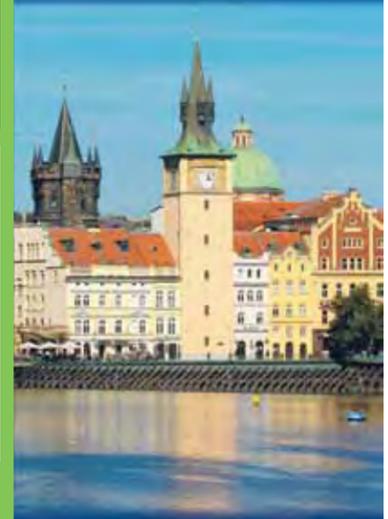
*FLY FREE offers are available until Thursday 31 October 2013 and include air taxes up to the value of \$900 per person. Conditions apply.

NOTE: Duration shown includes two days flying from/to Australia. Free home to airport transfers only provided to a radius of 40km from Perth International Airport.

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*Conditions apply. Price and map based on EUTCPB21 departing Perth on the 10 September 2014, tour commencing in Paris on 11 September 2014 (Category E cabin). Escort attendance is subject to minimum group numbers. FLY FREE is with Singapore Airlines in Economy class, subject to availability. Price inclusive of air taxes approximately up to \$900 per person. Flights must be booked by APT. All Air deals are limited and subject to availability. Deposit of \$1,000 per person required within 7 days of booking. Second deposit of \$2,000 per person due 31 October 2013. Final payment due 100 days prior to departure. Free return home to airport transfers included when booking on EUTCPB21. For more detailed terms and conditions please contact Travel Tree. (Travel Tree License Number - 9TA1041) Australian Pacific Touring Pty Ltd ABN 44 004 684 619 Lic. No. 30112



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Airline review: The battle for business class



Left to right; Business Lounge entry © Virgin Australia - Check-in with Qantas' Faster, Smarter Q Card Reader © Qantas Australia

by Chris Frame, Maritime Historian

SINCE FORMER Qantas executive John Borghetti moved to rival, Virgin Australia as CEO, things at the former budget carrier have changed at a record pace.

Virgin Australia is now a full service, high quality airline achieving the same 4-star Skytrax rating as Qantas.

For the first time in a decade, there is a real choice for business class travellers in Australia.

So, with the summer holiday and cruising season fast approaching, if you want to splurge and enjoy a business class flight to or from your ship, which airline is for you?

I recently flew Perth to Sydney (return) to answer

that very question. The flight to Sydney was aboard Virgin Australia, with the return service on Qantas.

To keep things fair, both flights were on the same route. Both were in the business class cabin aboard Airbus A330s, which both

airlines use extensively on flights to and from Perth. I also checked in via my iPhone for both services and checked a bag in at each terminal.

Furthermore, this review is simply a snapshot of the service on the day, and is in no way a guarantee of future services. However it aims to give you a taste of what's on offer from both carriers.

Virgin Australia - Perth to Sydney

Virgin Australia introduced business class in 2011 as the airline repositioned to a full service carrier. Their initial business class offering was offered aboard two ex-Emirates aircraft.

Here the airline offered the older Emirates product re-skinned in Virgin Australia colours and style. However recently, the airline has received a number of factory fresh A330s. Virgin Australia has aggressively marketed the new product, so let's test it out.

Check-in: Virgin Australia offers a number of check-in options. Forty eight hours prior to the flight you can check in online or via mobile phone. Those with iPhones can use passbook to generate an electronic boarding pass.

At the airport, self service check-in kiosks are supplemented by plenty of the traditional check-in desks where you can check-in face to face with a staff member. If you checked-in online, there's a dedicated bag-drop counter.

The queues were well managed and check-in was fast and efficient.

"The Lounge": Virgin Australia's airline lounge is called "The Lounge". What the name lacks in originality, it makes up for in pre-flight comforts. "The Lounge" at Perth is located just after security, on the ground floor. It offers a bar and barista service, self-service food options (including hot and cold choices) and ample comfortable seating.

TV screens are spread throughout the area and there is a seating area near a large TV tuned to Sky News with the audio up for those also wish to listen in.

For business travellers, there is a business area with Windows computers, phone and fax facilities. Free wifi is offered throughout.

The staff are very friendly and helpful. Sadly the lounge lacks any views of the aircraft and the bathroom and shower facilities are very small.

Boarding: To get the aircraft away on time, Virgin Australia boards the aircraft

30 minutes early. There are boarding calls made and at the gate two queues are in operation, one for business class and one for economy.

The greeting at the gate was personalised, friendly and genuine. At the aircraft door, a further "welcome to business class Mr. Frame" was offered, and then I was personally escorted to my seat; a very nice touch!

Seat and Cabin: This particular aircraft was one of the new planes fresh from the Airbus factory. The interior is immaculate, with mood lighting and spacious seating in four rows of six. The layout is a 2-2-2 configuration.

The seat is the same design as used aboard Singapore Airlines' A330 services, and offers a magnificent amount of space and comfort. Each seat has a 60 inch seat pitch and it reclines into a bed. The seat is encased within a pod structure meaning there is no encroachment from the person in front of you should they wish to recline.

Each passenger is offered a blanket and pillow, as well as a comfort pack, which includes eye mask, earplugs, tissues, a toothbrush and a pen.

If you want to watch movies or TV shows, there is a large 38.1cm screen for each seat, offering "Red", Virgin Australia's in flight entertainment. There is a reasonable choice of movies, excellent selection of TV shows including live streaming satellite channels and a wide range of music to which to listen.

There are two bathrooms for the business cabin, one at the forward end of the cabin, and one at the back right hand side. Each bathroom has specialty soaps and hand cream, as well as fresh flowers and is kept very clean.

Service and Meal: Virgin Australia is known for its excellent service. Again, the airline's friendly, cheerful staff introduce themselves by name when you meet them. You have one specific staff member who cares for you during the flight and a number of others who attend to requests, bring drinks and offer assistance with your cabin baggage.

There is a menu service for meals, which on this flight was a dinner service. The menu offers a choice of starters, breads, mains and desserts, which are inspired by Luke Mangan, Virgin Australia's head chef.

For starters I had celeriac soup, followed by a beef dish. The soup was full of flavor and just the right

temperature while the beef was cooked perfectly, and the presentation was superb. Breads come with dukkah and extra virgin olive oil to round up a superb lunch.

Dessert was an amazing chocolate fallen cake, which was just superb. Virgin Australia offers espresso coffee so I had a flat white. This is a nice way to end a fantastic meal.

There is an excellent choice of drinks aboard. Champagne (yes, from France), beers, wine, soft drink and juices are available. Furthermore, each seat has a bottle of Mount Franklin to keep you hydrated during the flight.

Final Word:

Virgin Australia has done an excellent job at introducing an absolutely superb business class offering. The airline takes service seriously, offers a personalised approach and treats each passenger as an individual.

The food taste and presentation is restaurant quality and the seats are brilliant for the long coast to coast service.

QANTAS

- Sydney to Perth

Qantas invented business class. The airline was the first to introduce a business class cabin. Qantas' original goal with business class was to offer business travellers a comfortable product, with fewer bells and whistles compared to first class, but much more comfortable than economy. Given their history with business class, you'd expect that Qantas would be experts at the offering.

Check-in: Qantas' Next Generation Check-In is excellent. The airline has invested heavily in their check-in technology. Customers have the option to check-in online or via their mobile device 24 hours before departure. Both options allow you to select seats and produce a boarding pass. This can be either a PDF, which you can print yourself, or if you're using an iPhone, you can use Passbook with an electronic boarding pass.

At the airport, Qantas' system is fully automated. Customers check-in using kiosks. Here you can select seats, print your boarding pass and even print your own baggage tags. There are staff members on hand to assist where needed. The system is quick, efficient and easy to use. For those with frequent flyer status, special needs or requiring specific assistance, there are a few traditional check-in desks where staff are happy to help.

continued on page 37



2014

"FIRE & ICE" - FARES FROM PERTH

Cruise 41 Days - Departs 13 April 2013

Sydney, Noumea, Lifou, Mystery Island, Vila, Luganville, Lautoka, Suva, Dravuni Island, Pago Pago, Hawaii, Seattle & Vancouver (3 nights Holiday Inn) Inside Passage, Tracy Arm, Juneau, Skagway, Glacier Bay, Ketchikan, Vancouver, fly Home.

Fares from: \$7,595 includes all meals and entertainment on cruise, bed & breakfast in Vancouver with 1/2 day City tour & full day tour to Victoria & Butchart Gardens. Flight Vancouver to Australia.

Optional Extensions to the above Cruise/Tour.

- 12 day Rockies Tour or 17 days East & West Canada - ADD \$2,200
- 14 day National Parks - AUD \$2,000 + extra air & accommodation if required
- 64 day Grand Cruise Tour as above but add Niagara Falls, New York, Las Vegas, Nashville and Memphis - Gold Passes to CMA Fan Fair in Nashville - ADD \$7,000

20 days Nashville, Memphis, Graceland, New Orleans, San Antonio, Monument Valley, Grand Canyon and Las Vegas. Includes: 3/4 star accom, sightseeing, breakfasts & coach travel & return air fares.

Departs: 16 October 2014. Fares from: \$7,595

29 days Niagara Falls, Ottawa, Montreal, Autumn Leaves, Boston, New York, Washington, Orlando, Nashville, Memphis, Graceland, & New Orleans, Includes: 3/4 star accom, breakfasts, sightseeing, coach travel & return air fares

Departs: 27 September 2014. Fares from: \$8,595

32 days New York to Los Angeles - visiting Washington, Williamsburg, Savannah, Orlando, Kennedy Space Centre, Nashville, Memphis, New Orleans, San Antonio, Monument Valley, Grand Canyon & Las Vegas. Includes: 3/4 star accom, sightseeing, breakfasts, coach travel & return air fares.

Departs: 3 October 2014. Fares from: AUD \$9,995

32 days National Parks of Canada & USA - visiting San Francisco, Yosemite, Giant Redwoods, Victoria, Vancouver, Rockies, Mt Rushmore, Yellowstone, Salt Lake City Bryce Canyon, Zion, Grand Canyon & Las Vegas. Includes: 3/4 star accom, sightseeing, breakfasts, coach travel & return air fares.

Departs: 9 September 2014. Fares from AUD \$8,995

36 day Los Angeles to New York - visiting, Universal Studios, Yosemite, Victoria, Vancouver, Rockies, Mt Rushmore, Deadwood, Chicago, Ottawa, Montreal, Boston. Includes: 3/4 star accom, sightseeing, breakfasts, coach travel & return air fares.

Departs: 3 September 2014. Fares from AUD \$10,595

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3 Aug - Edinburgh Tattoo AUD \$8,495

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Departs: 18 May - Chelsea Flower Show from \$14,995

3 Aug - Edinburgh Tattoo from \$14,995

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3 nights Bangkok, 3 nights Paris, 3 nights Hong Kong. 23 breakfasts, 14 lunches & 14 dinners

Departs: 11 June & 27 August 2014 from \$10,395

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- Yellowstone & Alaska HWY

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Category 2
Tourist Attractions
Sponsored by Hello Perth and Fremantle

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Category 3
Major Festivals and Events
Sponsored by
The Sunday Times

Margaret River Gourmet Escape, Pinctada Cable Beach Polo, Perth's Festival of Cycling, Sunsmart Ironman Western Australia.

Category 4
Festivals and Events
Sponsored by OAMPS Insurance Brokers

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Category 5
Ecotourism
Sponsored by
Department of Parks and Wildlife

Alek & Gina's Ningaloo Ecology Cruises Glass Bottom Boat, Out of Sight Tours, Sail Ningaloo.

Category 6
Heritage and Cultural Tourism

Sponsored by National Trust Australia WA
Fremantle Prison, Rottnest Island, The Bell Tower, Home of the Swan Bells, Two Feet and a Heartbeat.

Category 7
Indigenous Tourism
Sponsored by WAITOC
Koomal Dreaming, Uptuyu Adventures.

Category 8
Specialised Tourism Services - Sponsored by Chamber of Commerce & Industry

Crystal Swan Cruises, Fremantle Prison Gift Shop, Kalamunda Farmers Market, Tour Vision, Harbour Town Brand Direct Outlet Shopping, Rottnest Island Bike Hire, WAITOC.

Category 9
Visitor Information and Services - Sponsored by Tourism Council WA

Armadale Visitor Centre, Augusta Margaret River Tourism Association, Broome Visitor Centre / VisitBroome, Denmark Visitor Centre, Esperance Visitor Centre, Fremantle Visitor Centre, Geographe Bay Tourism Association, Kalgoorlie Boulder Pure Gold, Kununurra Visitor Centre, Zig Zag Cultural Centre.

Category 10
Meetings and Business Tourism - Sponsored by Perth Convention Bureau
Cable Beach Club Resort & Spa, Esplanade Hotel Fremantle, Hyatt Regency Perth.

Category 11
Major Tour and/or Transport Operators
Sponsored by Budget Car and Truck Rentals
The ADAMS Group, Rottnest Express, Rottnest Fast

Ferries, Slingair Heliwork WA.

Category 12
Tour and/or Transport Operators - Sponsored by Tourism Council WA
Adventure Wild, Alek & Gina's Ningaloo Ecology Cruises Glass Bottom Boat, Aussie Wanderer Adventure Tours, Country Escape in WA Tours, Harvest Tours, Inspiration Outdoors, Kimberley Wild Expeditions, Out of Sight Tours, Top Drop Tours.

Category 13
Adventure Tourism
Sponsored by MGIB
Kalbarri Quad Bike Safaris, Mills Charters, Ningaloo Whaleshark-n-Dive, Sail Ningaloo, Skydive Express, Skydive Jurien Bay, Three Islands Whale Shark Dive, Truenorth Helicopters, Wagoe Beach Quad Bike Tours.

Category 14
Tourism Marketing
Sponsored by Countrywide Publications
Characters of the Kimberley 2013, City of Fremantle, Destination Rottnest, Geographe Bay Tourism Association - Recharge Yourself Campaign, Perth City - Get to Know Me, Perth Education City (PEC) Italy, Korea & Taiwan Education and Youth Tourism Campaign.

Category 15
Tourism Education and Training

There are no finalists in this category.

Category 16
Tourism Restaurants and

Catering Services
Sponsored by Hostplus
Cable Beach Club Resort and Spa - Sunset Bar and Grill, CORE Cider House, Elmar's in the Valley, Feral Brewing Company, Mosman's Restaurant, The Lake House Denmark.

Category 17
Tourism Wineries, Distilleries & Breweries
Sponsored by Tourism Western Australia
CORE Cider House, Elmar's in the Valley, Feral Brewing Company, Laurance of Margaret River, Matso's Broome Brewery, Sandalford Winery, The Lake House Denmark, Voyager Estate Cellar Door.

Category 18
Tourist and Caravan Parks
Sponsored by Caravan Industry Association WA
Big4 Peppermint Park, Discovery Holiday Parks - Lake Kununurra.

Category 19
Backpacker Accommodation
Sponsored by Tourism Council WA
Beaches of Broome.

Category 20
Hosted Accommodation
Sponsored by Tourism Council WA

Fawkes House, Hideaway Haven, The Beach House at Bayside, Trigg Retreat Bed and Breakfast.

Category 21
Unique Accommodation
Sponsored by Ascertainment Australia

Berkeley River Lodge, Kalyana Spa and Wellness Retreat, Karma Chalets and Karisma Spa, Pelicans at Denmark, Rottnest Island.

Category 22
Standard Accommodation
Sponsored by Staragencies
Ibis Hotel Perth, Perth Ambassador Hotel, The Murray Hotel.

Category 23
Deluxe Accommodation
Sponsored by Whatson Group

Aiyana Retreat, Cape Howe Cottages, Crown Promenade Perth, Darby Park Serviced Residence Margaret River, Freshwater East Kimberley Apartments, Esplanade Hotel Fremantle - By Rydges, Habitat Resort Broome, Novotel Perth Langley, Footprints Preston Beach Resort, Pier 21 Apartment Hotel.

Category 24
Luxury Accommodation
Sponsored by Lion
Cable Beach Club Resort

& Spa, Crown Metropool, Pullman Resort Bunker Bay, The Rocks Albany.

Category 25
New Tourism Development
Sponsored by Small Business

Development Corporation
Kingfisher Tours, The Terrace Hotel, Walpole Wilderness Discovery Centre.

Category 26
Qantas Award For Excellence in Sustainable Tourism
Sponsored by Qantas
Rottnest Island, WAITOC.

Category 27
Local Government Award for Tourism
Sponsored by WA Local Super
City of Fremantle, City of Swan, Shire of Camarvon, Shire of Irwin, Shire of Kalamunda.

Category 28
Excellence in Food Tourism - Sponsored by Tourism

Western Australia
Bushfood Factory and Cafe, Chocolate Drops, Eat Drink Perth, Harvest Tours, Kalamunda Farmers Market, Lobster Shack, The Old Marron Farm, Vino Foods - Lake House at Denmark.

Category 29
Sir David Brand Young Achiever Medal
Sponsored by Hospitality Group Training

Emma Miller - The Bell Tower, Genevieve Whisson - Shire of Kulin, Justine Nagorski - Denmark Visitor Centre, Kirsty Lucas - Pinnacle Tours.

Ryan Frost - Novotel Perth Langley

Category 30
FACET
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David Bomba - Out of Sight Tours, Kurt Williamson - Barradict Sportfishing Charters.



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Yalgoo Caravan Park
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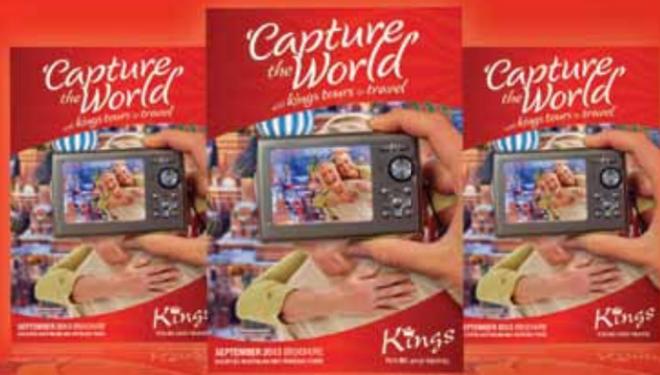
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Burswood Park - 13 November 2013, 8.30am to 3pm.

Have a Go Day is a free event that welcomes over 45's to try a range of sporting and recreation activities to encourage them to join a sport or recreation club. The event also features a large range of static displays offering information on a wide range of topics and interests. Don't forget to enter the free competition on the day!



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Top 10 things to do in Margaret River in spring



Hike the Cape to Cape Track this spring © margaretriver.com

flowers: The Margaret River region is one of the world's biodiversity hotspots, and in spring, thousands of wildflowers bloom – creating a spectacular carpet of colourful beauty. Do a guided wildflower walk or just see them for yourself as you meander through the gorgeous landscapes of the region.

• **Hike the Cape to Cape Track:** Spring is the best time of year to walk the Cape to Cape Track; whether you do just one section or the whole track, the scenery is mind-blowing, the temperatures are mild and the wildflowers are prolific.

• **Watch whales:** The whales have been up north and are back to relax and play in Geopraphe Bay. Boat tours operate from Dunsborough and Busselton from September to December, or

just spot them from the land; • **Go camping:** Spring is the perfect time of year to pack the car with all the essentials and head down to one of the awesome campsites in the Margaret River region. Rough it in the national park designated campgrounds or 'glamp' at one of the great local caravan parks.

• **Go mountain biking:** Mountain biking is fast becoming the most popular adventure sport in the South West – and whether you just roll over the bumps or you are a serious biking enthusiast, it doesn't matter – Spring is the perfect time to get on your bike and get amongst it.

• **Visit the Gourmet Escape:** The Margaret River Gourmet Escape is the largest growing food and wine festival in the southern hemisphere – and with names like Heston Blumenthal, Alex Atala and Rick Stein heading up this year's lineup, it's going to be unmissable.

• **Watch the Augusta Adventure Fest:** The Augusta Adventure Fest (formerly Anaconda Adventure Race) is a thrilling off-road adventure race involving an ocean swim, a run, a kayak and a serious bike ride – if you're not up for it, just head down to see the event – the atmosphere is electrifying.

• **Delve into Moondyne Cave:** Moondyne Cave only operates for six months of the year – from June un-

til December, so don't miss your chance to experience an unforgettable journey with one of the region's most exclusive caving experiences. Deck yourself out in overalls, gloves and helmets for a unique and intimate three hour experience by torchlight.

• **Climb the lighthouse:** Beat the summer rush and climb the tower of mainland Australia's tallest lighthouse at Cape Leeuwin. Watch the rugged Indian Ocean crash against the Southern Ocean and learn the fascinating maritime history of the Cape.

• **Do a wine and food tour:** There is no better time of year than spring to get frocked up, grab your mates and jump on a tour of the region's culinary delights – fine wine, gourmet produce, craft beer... what's not to like.

The Margaret River region is bursting with an abundance of life and activity all year round. There is a myriad of regular top-notch musical events, theatre performances and twilight movies scattered across the many stunning wineries and indoor venues. Market days feature frequently with a multitude of fresh local produce, arts and craft.

Enquiries, accommodation and tour bookings can be made at www.margaretriver.com or by phoning 9780 5911 or email welcome@margaretriver.com

SPRING is the perfect time of year to visit the beautiful Margaret River region; the temperatures are mild, the wildflowers are in full bloom and there is a variety

of extraordinary experiences on offer. Following is a list of the Top 10 things to do in Margaret River region in spring:

• **Walk amongst the wild-**

DISCOVER GOLDEN HORIZONS

The fascinating history, beautiful rural landscape and sensational foods make now the perfect time to see, taste and Discover Golden Horizons. Immerse yourself in the wheatbelt and venture on one of the self-drive trails featuring the towns of Bindoon, Calingiri, Dalwallinu, Moora, New Norcia and Wongan Hills.

| | | | | |
|--|---|--|--|--|
| Bindoon chittering.travel 9576 1100 | Calingiri victoriaplains.wa.gov.au 9628 7004 | Dalwallinu dalwallinu.wa.gov.au 9661 1805 | Moora moora.wa.gov.au 9653 1053 | Wongan Hills wongantourism.com.au 9671 1973 |
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| 5 DAY / 4 NIGHT | \$528 | \$323 | \$420 |
| 6 DAY / 5 NIGHT | \$653 | \$395 | \$517 |
| 7 DAY / 6 NIGHT | \$778 | \$468 | \$614 |
| 9 DAY / 8 NIGHT | \$1027 | \$613 | \$808 |
| EXTRA NIGHT | \$127 | \$73 | \$97 |

| With Pensioner Free Pass | 2 Bed Apartment | 2 Bed Apartment | 2 Bed Apartment |
|--------------------------|-----------------|-----------------|-----------------|
| | 3 share | 4 share | 5 share |
| 4 DAY / 3 NIGHT | \$256 | \$211 | \$182 |
| 5 DAY / 4 NIGHT | \$329 | \$269 | \$232 |
| 6 DAY / 5 NIGHT | \$402 | \$328 | \$282 |
| 7 DAY / 6 NIGHT | \$475 | \$386 | \$332 |
| 9 DAY / 8 NIGHT | \$622 | \$503 | \$432 |
| EXTRA NIGHT | \$73 | \$59 | \$50 |

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That's how we roll...

by Jennifer Merigan

PERTH CERTAINLY is changing and growing and it's great to see some new attractions in the heart of the city.

One of these is the opportunity to ride a Segway, a two-wheeled self-balancing electric vehicle by Segway Tours WA which have opened their new premises at Barrack Square. If you want to 'have a go' at something that's fun and easy to do, then this is this activity for you.

Moreover, the City of Perth's Lord Mayor Lisa Scaffidi rode a Segway at the launch in high heels, a testament of how easy it is to ride.

The Segway can travel up to 10km per hour, is eco-friendly and with just a short 10-minute lesson you too can be off discovering Perth on a roll.

One of the friendly guides will give you some pre training in the Experience Zone at Barrack Square and then you are ready to head off on tour.

I picked it up within a minute and I didn't feel at all unbalanced or as though I was going to fall off; they are really easy to manoeuvre and such a fun experience.

If you don't feel you're ready yet to tour on one, you

can take advantage of the Experience Zone and Zoom area where you can take time to develop your confidence.

Segway Tours WA offer a variety of tours around the city, riverfront and are soon to open on Rottne Island.

Tour prices start from \$89 per person or \$40 for 25 minutes in the Experience Zone. There are three routes for riders, Barrack Square and the adjacent foreshore, east to Claisebrook Cove or west to Matilda Bay in Nedlands.

The tours are fully escorted with a guide.

Radio headsets are used on the tour and it really is an enjoyable, unique and easy way to see Perth.

For more information visit www.segwaytours.com.au or call 1300 80 81 80.

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To be in the draw to win a double pass to the Experience Zone valued at \$80 simply email win@haveagone.com.au with Segway in the subject line or send an envelope to Segway - C/- Have a Go News - PO Box 1042, West Leederville 6901 with your name, address and phone number on the back. Only over 45s eligible and competition closes 31/10/13.

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Spring into wildflower season

Couple viewing wattle (Acacia) wildflowers, near Mullewa © Tourism WA

EXPLORING Wildflower Country is set to come to life this spring with a selection of inspiring eco-tourism events.

This year the Shire of Dalwallinu showcased the 19th annual Wattle Week Festival in September with the celebration of the 185 species of wattle flowers that can be found within a 100km from Dalwallinu with treasure hunts, bush BBQs and a traditional bush sunrise breakfast.

Early in October, the Shire of Perenjori together with Bush Heritage Australia showcased the northern wheat belt area of Western Australia with the Charles Darwin Reserve Community Open Day and Blues for the Bush Concert.

The Charles Darwin Reserve, a 68,600 hectare reserve, was acquired by Bush Heritage Australia in 2003. Traditionally known for farming or pastoral uses, this region has sparked the interest of conservationists as it lies at the junction of major landforms, ecosystems and climates known as the Mulga-Eucalypt line or, put simply, it is where the south west meets the desert. This has resulted in an interesting melting pot of plant species with eucalypts and mulga scrub intermingling in

a rich but unlikely biodiversity. "Exploring Wildflower Country is committed to increasing the tourism experiences in our area and we are delighted to be a key partner in this year's Blues for the Bush event. We see regional partnerships such as this, vital to the success of our region as it will allow us to attract new visitors to the area through events such as festivals, community open days and music concerts. The Charles Darwin Reserve Open Day and Blues for the Bush Concert is a great example of what can be achieved when regional groups, both tourism and non-tourism, can work together," said Mrs Rebecca McCall, Chairperson of the Wildflower Country Committee.

Visitors coming to events within the region will be encouraged to take the Wildflower Way from either Perth or Geraldton directions.

The Exploring Wildflower Country trail stretches a vast 390km from Moora in the south to Dalwallinu in the east and Mullewa in the north and Greenhead and Geraldton to the West. The Wildflower Way is the most eastern Route.

Exploring Wildflower Country - Wildflower Way is stage one of the project that has been developed by the Shire of Dalwallinu, Shire of Perenjori, Shire of Morawa, Shire of Mullewa and City of Greater Geraldton, with the assistance of funding through the Royalty for Regions program.

Further information about the events can be found at - Shire of Dalwallinu: <http://www.dalwallinu.wa.gov.au/Events/wattleweekflyer2013>

Blues for the Bush: www.bluesforthebush.org.au
 For enquires about Exploring Wildflower Country the Wildflower Way, please contact Emily Sutherland on 0427 426 596 or visit www.wildflowercountry.com.au or find them on Facebook.

let's go travelling

ADVERTISING FEATURE

Escape to the Perth 4WD and Adventure Show



Discover new products at the Show - ARB Skydome Swag

WEST Australians looking forward to summer, will be heading to the 4WD and Adventure show to get all the gear to get outdoors!

The Perth 4WD and Adventure Show is the biggest show of its kind in Australia, attracting up to 30,000 visitors each year and covering 80,000 square meters of exhibition space at McCallum Park. The Show is a one stop event for outdoor enthusiasts for all the products, information, advice and entertainment they need to get equipped for their next off-road adventure.

Show organiser Peter Woods said the 2013 Show is sold out and exhibitors were already planning their displays for the Show.

"This year we will again have major brands in new 4WDs at the Show including Toyota, Mitsubishi, Nissan, Suzuki, Volkswagen, Land Rover, Holden, Isuzu and F-Trucks; plus big name brands

in caravans and camper trailers," he said.

"There will be heaps of camping gear on display plus 4WD accessories, fishing gear and boats, and much more."

Peter said one of the best things about the Perth Show is that it is more than a trade show, it is an event that the whole family can enjoy.

"The Show is so big that you really can spend the whole day here looking around, and that is what we encourage people to do," he said.

"This year we'll bring back the Tough Dog Extreme 4x4 Show, which is always the most popular attraction. Plus the 4WD test track is in operation again so visitors can have a ride and check out how the latest models perform."

"There'll be recovery demos all weekend long, live fishing demos at the Aquatank, plus there'll be kayak

demonstrations on the water."

Peter said he was excited to announce the inclusion of a special guest at the Show this year - none other than Aussie cricket legend Merv Hughes.

Aside from being one of Australia's most recognisable and loved cricket identities, Merv also has an enormous passion for fishing. This passion saw him release his first book in 2006, *Caught in the Deep*. By his own admission, Merv is a long way short of being an expert angler, but as he explains with his mixture of humour, anecdotes and a little input from his more experienced fisho mates, you don't have to be a pro to enjoy fishing.

Merv will be on stage across the weekend telling his stories, both at the Aquatank fishing show and on the Engel Bush Camp Stage.

Always a popular spot, the Engel Bush Camp stage will run continuously all weekend with new product reviews, information from Royal Flying Doctor Service, camp oven cooking demonstrations with Jo Clews, plus prizes and giveaways. On stage all weekend will be well-known TV personality Ernie Dingo, who also has a few stories to share.

This year there will be an exciting new feature added to the Show - the Fourby Forum!

"We've had a lot of feedback from people asking

for more information and interaction so that they can not only buy all the gear, but learn how to use it properly," Peter said.

"The Fourby Forum will be run by Nick Underwood from Western 4WDriver magazine, and will feature a huge range of informative discussions all weekend on a variety of topics. Nick will give his tips and answer questions - so people will be able to get all the information they want."

The 2013 4WD and Adventure Show is pleased to support an extremely important cause - the Royal Flying Doctor Service; and in particular their regional RFDS On The Road program.

The Royal Flying Doctor Service of Australia is one of the largest and most comprehensive aeromedical organisations in the world. It delivers extensive primary health care and 24-hour emergency service to those who live, work and travel throughout Australia.

The RFDS will be part of the Show, collecting donations and providing information, as well as conducting health checks at their interactive "Pit Stop".

The 2013 Perth 4WD and Adventure Show will be held on 8-10 November at McCallum Park and is sponsored by QBE insurance.

For more info visit 4wd-show.com.au.

Put power into your powering needs

MICK RYAN AM the director of a local West Australian company Mickeyblu Australia, can provide all your indoor and outdoor powering needs for domestic or commercial purposes.

The store in Mundaring on the Great Eastern Highway offers amazing products packed with features at prices set to sell.

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"Drop by my new store or call today and ask how can I view and hear one of these machines running. You will be surprised how well they operate. Plus see many other camping accessories all set to make your next trip in the great outdoors more enjoyable."

"I have been an avid traveller around Australia for many years listening to what people want, from a company you can trust, providing great products and even better prices and customer service support when and if needed."

Mickeyblu Australia sources only the best tried and tested products so all campers get what they want.

They have joined up with manufacturers and suppliers to reduce the sales margins so everyone gets a bargain.

So to put all the power into your powering needs and call Mickey on 0438 929 894.

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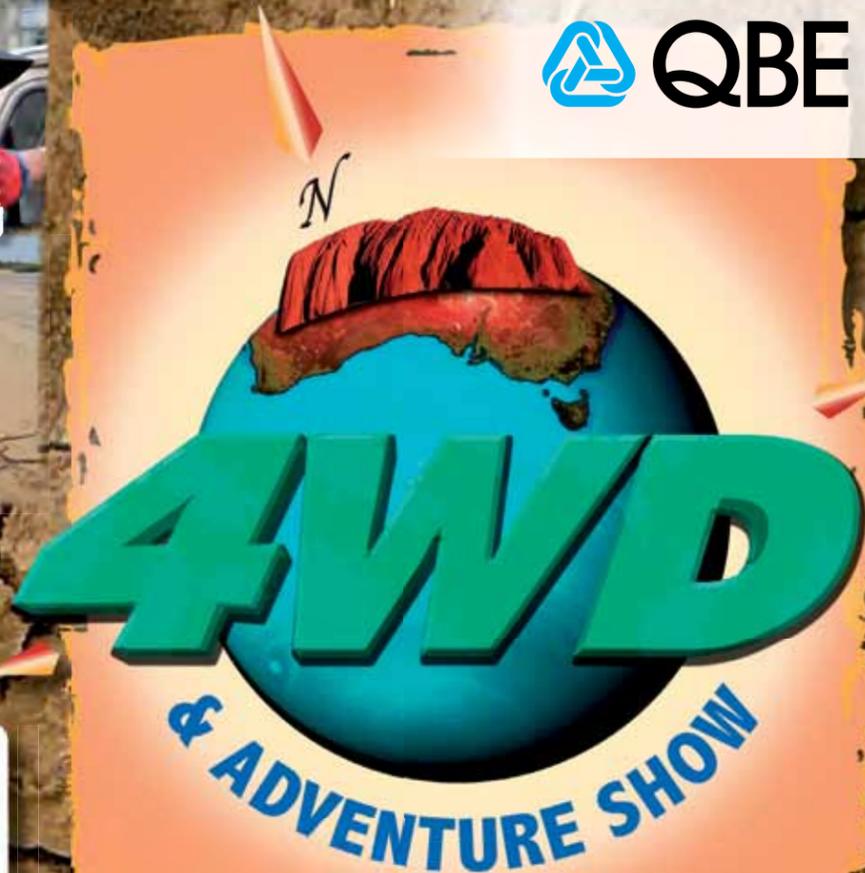
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Exploring Kakadu by four wheel drive

by Brian Hooper

KAKADU, the largest National Park in Australia owes its heritage listing to its anthropological and archaeological value.

About 140 million years ago Kakadu was located under a shallow sea with the escarpments seen there today, sea cliffs forming the shoreline.

Situated on the Arnhem Highway east of Darwin, Kakadu changes with the seasons.

During June to September, the temperatures range from 21/33 degrees C with low humidity and are the most comfortable months to visit. December to March is known as the wet or green season with high humidity, high temperatures and frequent rainfall.

Sealed roads give visitors access to most walks, waterfalls, floodplains, gorges and camp grounds where a small fee applies.

Kakadu is a land of varied landscapes and includes the Savannah Woodlands of eu-

calyptus and tall grasses that support birds and animals and monsoon forests where fruit eating birds, bats and foxes disperse seed.

The southern hills and ridges, millions of years old, have eroded over time and are now habitat for black wallaroos, reptiles and mammals.

Rock shelters more than 300 metres high protect rock pigeons, animals, reptiles and rock art. Tidal flats and coastal mangroves provide barramundi nurseries and an

abundance of aquatic life.

Flood plains and billabongs are the home to endless species of migratory birds, estuarine and freshwater crocodiles.

The flood plains change from season to season and as the waters spread out over the vast expanse, waders, night herons, ducks, geese, cormorants and darters come back to feed. Around the water's edge cockatoos, parrots, wrens, honeyeaters and mistletoe birds feed on nectar rich flowers and seed grasses.

Pandanus screw pines are the favourite safe haven for finches as they hide behind the razor edge fronds and remain out of range of predators.

Jabiru's caravan park is a central spot from where to visit many of the attractions starting with the Bowali Cultural Centre at which you can see Aboriginal art displays and audio-visual presentations describing land, plants and wild life.

Static displays of local crafts such as Pandanus baskets, dilly bags, ochre paintings, and hunting tools give a view of how the Aboriginal people went about their day to day life.

Savannah fires which start from lightning strikes, are an annual event.

Aboriginals have burnt the country for thousands of years, an activity which is essential in maintaining biodiversity. After the rains the country comes back to life



Clockwise from top left; Laurel and Kakadu wetlands - Barra-fishing at Cahills Crossing Kakadu - Floodplains colour Kakadu and A hazy Kakadu sunset

with a new flush of green and the growing cycle starts all over again.

Ubirr has easy access to the best rock art... A one kilometre circular walk trail takes you past traditional rock art showing mouth sprayed hand stencils and x-ray type paintings of animals, human forms, fish, wallabies and waterfowl. National Park

keepers have applied silicon drip lines around the paintings to help protect the colours and forms by redirecting away from the artwork any excess or seepage water.

On a separate cave wall an outline of a thylacine puzzled us. The sign underneath stating this animal was extinct 2000/3000 years ago and must be an indication of how old the rock art is.

A short walk trail winds its way up to the top of the escarpment with 360 degree views over the surrounding floodplains where hundreds of egrets grazed, dotting the grasslands to the horizon.

From the border store near Ubirr at Cahills Crossing you then cross the tidal East Alligator River into Arnhem Land. This concrete ford is a popular spot for fishermen chasing bragging rights for the largest barramundi caught in Kakadu.

It is estimated that the park has more than 1600 plant varieties, 290 bird species, 26 frog varieties, 120 different types of reptiles, 68 mammals including sugar gliders and brown bandicoots, 10,000 insect species and 300 tidal and freshwater fish types.

Saltwater and freshwater crocodiles are prolific throughout the top end and

care should always be taken near creeks, rivers and billabongs.

When launching and retrieving boats at Mary River we noticed that skippers would walk down the spine of the trailer to hook up the boat before winching it up. At no time would they enter the water as crocodiles are a real threat.

At Corroboree Billabong, a haven for bird watchers with black necked stork (Jabiru) brologas, jacanas, sea eagles, kites, ibis and geese to name a few, we watched them go about their daily feeding in this pristine environment.

Yellow water billabong and tributaries of the South Alligator River offer some spectacular sunsets and sunrises.

Early morning cruises start with a mist which hangs over the lotus and reed lined water ways. Endless varieties of birdlife were seen and heard far out in the floodplains together with many crocodiles which casually drifted amongst waterlogged paperbark trees and lotus flowers.

Kakadu is a place of scenic season changing landscapes, rocky escarpments, floodplains, ancient cultures and nature at its best.

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For further information visit the Show's website, www.perth.4wdshow.com.au

let's go travelling

ADVERTISING FEATURE

A feast of vans at the 4WD and Adventure Show



Discover the Explorex and George Day's 'best of the best' at the Perth 4WD & Adventure Show

AN EXCITING array of caravans will be on display at the George Day stand at this year's 4WD & Adventure Show in November.

Each year, new makes and models emerge with various fittings and features making them even more spectacular than the previous year.

With more than 200 vans both new and second-hand in their Maddington yard, the display at McCallum Park will highlight the best of the best.

The new Concept Bel-

mont 1000 will be debuting and is out to impress with a totally modern look both internally and externally. This van has all the mod cons including a luxurious full ensuite with washing machine, large deep drawers, pull-out footrests and spacious modern white interior with beautiful lower dark cupboard doors with the latest handles. The Belmont 1000 series are a factory limited release at an exceptionally affordable price.

New Age Caravans have released the Manta Ray

Series ranging in size from 16ft to 19ft and complement their existing range with white interior featuring colour coordinated cupboards and upholstery... a stunningly fresh appeal. The perfect, spacious 'get away' van for couples and at a stunning price too.

Other vans featured will be an assortment of models from Supreme, Jurgens, Concept, New Age, Goldstream RV, Track Trailer and Adventure Offroad Campers.

The George Day phi-

losophy is, "We Guide, You Choose!"

With more than 36 years in business you can't beat experience and quality service.

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ADVERTISING FEATURE



Planning for the Canning

IN MAY this year Jeremy Perks, Director, Global Gypsies Tours & Training was interviewed on the challenges of taking on the Canning Stock Route and following is his sound advice on the need to plan beforehand.

SO YOU'RE going to tackle the Canning Stock Route, the 'Loneliest 4WD Track in the World'.

Well, good for you! But

if I only give you one piece of advice... please - do your homework first.

Of all the 4WD self-drive expeditions you'll undertake in Australia, the Canning is the toughest. Stretching over 2000 kms, passing through three deserts and with more than 900 sand dunes to traverse, it's not for the faint hearted or inexperienced.

At Global Gypsies, even though we've been running

outback safaris for more than 15 years, when we tackle the Canning, it still takes us months of planning and preparation.

But, when you look at all the websites, see all the 'self-drive' ads, read the chat forums, check out the maps and fire up your GPS, you could be forgiven for thinking that it's going to be a walk in the park.

Well, let me tell you that it's not.

You need to have your wits about you and know what you're doing to travel on the Canning and to get you and your vehicle home in one piece.

The safest way is to go with a professional 'tag-along-tour' operator, or a 4WD club or a group of experienced friends.

You need a robust vehicle and you need to be completely self-sufficient for a minimum of three weeks. There's only one road in and one road out and there are few or no facilities along the way.

So for the safety of you, your family and fellow travellers - please plan and prepare properly.

And if you don't do it for them, do it for me! I don't want to be the one rescuing you out there.

Before you embark on your Canning adventure, you should be sure your vehicle is up to the challenge; you should also have a basic working knowledge of mechanics.

For bush mechanics: What to do before you leave. For example, do you know how to change a wheel bearing or fan belt, especially on the modern 'single belt' type of 4WD? Can you repair a radiator if it gets damaged? And if you have a flat, can you get a tyre off and back onto a rim safely?

I'm a qualified mechanic and am pretty good with my hands so repairing things is second nature to me. If that's not your strong point then I encourage you to take a bush mechanics course or, at the very least, bone up on some manuals.

How are your 4WD skills? I'm sure you'll say, "Just fine, thanks!" But have you taken a 4WD course with a professional so you know exactly what to do and what not to do?

Has anyone else in your party ever taken a 4WD course so that they can take over should you be inca-

pacitated?

There are several excellent 4WD training companies in WA and a course usually costs around \$300. A small investment when you consider the possible expense of not taking one.

What about your gear? Have you got the appropriate 4WD recovery gear and emergency communications equipment? Will you be carrying a sat phone, EPIRB or HF radio? And does everyone in your party know how to use them? "Of course!" you say. But have a practice session with your fellow travellers - you'll be surprised how few of them know that you have to put the antenna up on a sat phone to make it work in an emergency!

How many spare tyres have you got?

Yes, they take up space but you need a minimum of two spares.

Before you depart, make sure they are inflated and have good tread; check the jack while you're at it to make sure it's in good working order.

It's also a good idea to carry a couple of inner tubes (the correct size) that may be needed for tyre problems.

You also need to ensure you have sufficient fuel. You can only get it at Kunawarritji, about 1200 kms from Wiluna, or by arranging a fuel drop with Capricorn



Jeremy Perks

Roadhouse in advance (a service which has not been available for a while but is due to start up again later this year).

The Canning is a natural born killer for vehicles.

If you're thinking of hiring a 4WD vehicle make sure that the hire company is insuring it while you're out there. Most hire companies won't even insure their 4WDs when they go off-road, let alone if they travel on this remote track!

And please don't take a trailer. Inconvenient I know, but they are usually the first item that needs repairing. Plus they churn up the track - apart from the environmental impact, the damage affects other travellers who come through later. You'll probably see plenty of other folks towing trailers, but please, consider the environment and tread lightly on the land.

And while we're on that subject, remember to get the appropriate permits (for details visit <http://permits.canningstockroute.net.au>) and to treat Aboriginal sites with respect - the Calvert and Carnarvon Ranges are off limits so please don't go there.

Be a survivor!

Remember Tom Hanks in Castaway?

Ever wondered how you'd go in similar circumstances or in this case, in the desert? Once you get on the Canning you're literally in the middle of nowhere - no phones, fuel stations, hotels, caravan parks, shops - nothing.

With the increased popularity of the Canning these days, there could be some other travellers around, but it's not really fair (or 100 per cent guaranteed) to rely on them to get you out of trouble.

And just in case you do end up on your own, how good are your bush survival skills? For example, did you know that you can survive a maximum of three days without water? In outback conditions, especially the desert, most people die from dehydration well before then - some in a matter of hours.

Would you know what to do if someone gets lost or wanders off: how to build a shelter, or source water supplies?

A basic bush survival course could literally be a life-saver, but if that's not an option, then at least hit

the books.

You also need to know what to do in case of injuries or accidents.

I've taken both Senior First Aid and Remote Area First Aid Courses at St John's that teach you how to cope with few or no resources.

As a commercial tour operator, it's imperative that I have these skills, carry a first aid box and know how to use it, but I'd recommend a first aid course to anyone - particularly if you're doing this particular expedition.

I've utilised the knowledge I've gained from these courses time and time again, and yes, I have had to use it several times on the Canning.

You owe it to yourself and those in your party to take at least a basic first aid course. No discussion...just do it.

What to take

Now here's a subject as long as your arm.

Before our tours we hold a Pre-Departure Workshop and issue a comprehensive Pre-Departure Kit. We make and give our clients lists and more lists about what to take in the way of vehicle spares, food, equipment and more. If you're going with mates I suggest you do something similar. But you've got to be sensible with what you carry - a mistake most people make is overloading their vehicle, it's a case of 'too much gear, no idea'.

For instance, think about weight. One litre of water weighs one kilo. You'll need at least four to five litres per person every single day. Travelling at a reasonable pace so you don't damage your vehicle from Halls Creek to Wiluna takes about 20 days so with two of you in the vehicle, that's about 200 litres of water just for starters. Okay, so you can usually refill your water supplies along the way, but with more travellers on the Canning each year, there's no guarantee that there will be enough water in the wells to replenish your supplies (or that it will be potable), so it's best to be self-sufficient.

Add to water the weight of your fuel, food, fridge, genny, pots and pans, plates, cutlery, chairs, table, tent, sleeping bags, recovery and communications gear, vehicle spares, first aid kit, washing basin and clothes and so on. Do the sums for yourself - it soon adds up!

continued on page 35

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ADVERTISING FEATURE



Going Fishing - Cobia



Harry Butler with a small but beautifully marked Exmouth Gulf cobia

by Mike Roennfeldt

COBIA is one of my absolute favourite fish. They are such quirky characters and behave like few other species. Curious travellers are how I see them. They are regularly found in company with nomadic leviathans like whale sharks, manta rays and even big tiger sharks. In fact, the first place people look when hunting cobia is around mantas.

Quite often they will come up to a boat when it first stops, presenting a brief opportunity to hook one of the strongest fish around. Interestingly too, if you don't

apply much pressure early in the fight they can be kidded to the boat in quick time, but watch out if you don't get the gaffing 100 per cent right. A surprised cobia explodes with enormous power and that will be the last you will see of it for quite a while.

A cobia looks very shark like in the water with its chocolate brown colour, a broad flat head and pectoral fins stuck out sideways and given the sort of company they keep, many a cobia has been called for a shark at first sight. Unlike a shark though, a cobia has no teeth. In some specimens, particularly juveniles to 8 kilo-

grams or so, they can sport a wide cream stripe down the side, although it can look like a chocolate stripe above the whitish belly. This tends to fade after death.

The eating quality of cobia is exceptional and the dense white flesh lends itself to just about any method of cooking. It is certainly one of my favourites and is on a par with Spanish mackerel when a fillet is cooked on a hot plate with plenty of salt and pepper at the end of a long day on the water.

They grow to around 60kg and are most often seen in the 6-15 kilogram range. Some of the biggest

examples of the species in the world have been caught in the channels off Monkey Mia in Shark Bay. They will take a variety of baits and lures. I've caught them on poppers, jigs, shallow and deep running minnow lures, mulies, live baits and strip baits. Getting them on minnows has been the most consistently successful, but getting them on poppers has been the most fun.

An 8 kilogram spin outfit with a reel capacity of

around 250m is about right when fishing for these great fish and even in areas where the sharks are so bad you don't seem to be able to land a thing unscathed, they will only rarely take a cobia. Perhaps there is some sort of natural bond at play considering they are in each other's company so much.

However you catch one, getting your first cobia is a rewarding experience, both for the fight and the superb eating later.

Kings Tours and Travel new brochure out now



Linda McHutchison

KINGS Tours and Travel have released their latest brochure showcasing the amazing, unique escorted tours and cruising options they have available for 2014.

I also recommend that you mark the following dates in your calendar for events where you can learn more about Kings Tours and Travel and meet their friendly staff:

9 and 10 November - Retirement Living Expo, Belmont Park Racecourse

Come along to be in the draw for your chance to win a trip for two to London flying with Singapore Airlines. This is all courtesy of Kings Tours and Travel and Singapore Airlines.

13 November - Have A Go Day, Burswood Park

This is an annual and free event so make sure you get along and enter the free competition that Kings Tours and Travel are proud to be a sponsoring.

Special free event Kings Tours and travel brochure launch, State Library, Francis Street, Perth

If you want to know more about Kings Tours and Travel or chat about a holiday you have in mind then come along to this special event. Book early so you don't miss out. Jenny Page and I look forward to showcasing the latest Kings Tours and Travel brochure, which will be followed by a light luncheon. You will also have the opportunity to catch up with some of our tour managers and staff.

RSVP now to save your seat on 9380 6656 or 1800 677 760 - you can also email: office@kingstours.com.au

Kings Tours and Travel release a brochure three times a year; with the next issue, offering more exciting tours, out in January 2014. If you would like to receive one of these brochures by mail please call 9380 6656 or country callers 1800 677 760.

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Kings Tours and Travel is available to make special morning/afternoon tea tour presentations to special social interest groups, tennis groups, golf clubs, and members of Lifestyle villages. To make a date with me, call Linda Hus-

sey, Business Development Manager on 0409 922 546 or email linda@kingstours.com.au.

Kings Tours and Travel also has a Facebook page and a website. If you are on Facebook don't forget to click 'Like' on our page. <https://www.facebook.com/kingstours>.

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continued from page 34

Planning for the Canning

What to eat

With the magic of 'cryovacking', depending on who you talk to, meat can last between two and four weeks in the fridge. We don't take a freezer because it takes up too much space and is heavy, so a little creative thinking is required on the cook's part to vary the meals using cans, packets and jars supplemented by a small amount of refrigerated and fresh food. We use our gas cooker and, if fuel supplies are available, a small open fire. There is some wonderful outback and camp oven cookbooks available now - visit www.exploroz.com/shop for ideas.

Many of our safaris are fully-catered, but as we can't tow our catering trailer on the Canning, it's DIY for us and for the clients. We usually eat pretty healthily at home so like to maintain a reasonable content of veggies and fibre and keep meals interesting when we're on the road.

And yes, we plan our day-to-day menus ahead of time and record them on yet another list!

We also take some extra supplies just in case we get stranded unexpectedly.

In addition to meat which we serve up every three days or so (usually in casseroles to stretch it), we enjoy risottos (Arborio rice, tinned mushrooms, peas, salmon, stock cubes, dried parmesan and a dash of wine - voila!), pastas with interesting packaged sauces and vegetable stir fries or curries (tinned or root veggies can become almost gourmet fare with a touch of curry paste and tinned coconut milk!). We like spicy foods so use those wonderful (and inexpensive) sachet Indian meals maybe adding some chick peas, tinned corn or other high-protein ingredients served with rice.

For treats, along with the mandatory damper, we also bake yummy cakes in the camp oven with mixes using powdered eggs (or buy cake mix that requires no eggs - just in case they break along the way); and there's always instant pancake mix (just add water!) for the occasional leisurely breakfast.

We ran two self-drive Canning tag-along-tours in 2013 - one in May and one in July - and we started gearing up for these challenging expeditions months beforehand. If you're intending to conquer the Canning, then hopefully you'll put in the hard yards, too. Happy travels and maybe we'll see you along the track.

For more details contact Global Gypsies on 9341 6727.

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London Calling - Gap year - Gap Yeah!



Left to right; Tahlia Merigan - Jayson Mansaray - The Book of Mormon punters outside the Prince of Wales Theatre - Tate Modern - The Lake - Tate Turbine Hall

by Jayson Mansaray

THERE IS a rite of passage in the UK seldom observed in Australia; it comes when you graduate from childhood to adulthood and move from high school to University. Commonly known as a 'Gap Year' the Anglo Saxon 'youth' is afforded a year's holiday to a global location with Africa, Thailand and Australia among the favoured destinations.

Seen by many as a luxury, the idea is to broaden horizons and maturity before returning to complete higher education and eventually enter the 'real' world.

So it was with warm an-

icipation I stood at Heathrow Airport to welcome our travel editor Jennifer Merigan's daughter Tahlia Merigan, who although not making a visit in her 'gap year' was about to embark on a rather more sensible study-abroad semester in the beautiful town of Lyon, France. Arriving several weeks before the start of the semester, Tahlia and I set off to see some of my favourite sites in London.

First stop was London's Tate Modern, the country's gallery of international modern art, located on the south bank of the River Thames.

The gallery resides in the former oil powered Bank-

side Power station.

It was great to stroll through the gallery where many different artists' work is on display, check out the panoramic views of London from the viewing decks and catch a few bargains in the gift store (prints of Ray Lichtenstein's iconic pop art for £6).

Highlights on this visit included Dan Flavin's fluorescent tubes, Kasimir Malevich's chaotic geometric shapes and Felix Gonzalez's two gold circles apparently symbolizing 'perfect love' in a very modern way.

Starting in October there is a special exhibition 'Art under Attack: Histories of British Iconoclasm' exploring the history of physical attacks on art in Britain. Pieces include works targeted by the Suffragettes' who attacked 13 Pre-Raphaelite and late Victorian artist's paintings in Manchester in 1913 as an act of protest against the tough sentence handed to the leader of the women's rights movement Emmeline Pankhurst just the day before.

Admission to the Tate Modern is free but the exhibition, which runs from 2 October to 5 January 2014, is £14.50/£12.50.

From there we strolled along the South Bank and dined Al Fresco at one of the many restaurants lining the River Thames.

With the sun high in the sky we wandered from the Thames banks into the urban sprawl in the Borough of Southwark and happened upon a new public space - The LAKE. This is a project created by EXYZT: a collective of architects, carpenters, cooks, graphic designers, photographers, gardeners and more, who take unused urban land, inhabit it, and open it up to the public and local community. The idea behind this is to have a place to go on holiday in your own city, in your own neighbourhood. And whilst 'lake' is an overstatement for the shallow and small body of water sitting under construction and a train line, you really did feel like you were on an urban break. With deckchairs and homemade miniature sailing boats to play with it was beautiful sitting in a deck chair and catching the last of the summer sunshine.

The Lake is open Tuesday to Sunday and is located on 100 Union Street, SE1 0NL.

Next it was time to take Tahlia for some retail ther-

apy to a place, despite having lived in London for six years, I was yet to visit.

The iconic Harrods store was founded in 1824 by Charles Henry Harrod, originally located in the same borough as The Lake and the Tate Modern in Southwark.

Today its home is on Brompton Road, the heart of one of London's chicest areas, Knightsbridge.

Harrods is one of the largest department stores in Europe encompassing seven floors spanning 4.5 acres and hosting more than 15 million visitors each year.

It was owned by the Fayed brothers from 1985 until 2010 when it was sold to the Qatar Royal family for a whopping £1.5 billion. The name Fayed may ring a bell as Dodi Fayed was a friend of the late Diana, Princess of Wales, and died with her in a car crash in France. This event is even more poignantly topical as in August the UK press was astir with reports of new information implicating the British Military in her death.

You can shop until you drop at Harrods but I prefer to purvey the food courts and any number of the 27 cafes and restaurants.

Not surprisingly our fa-

vourite was the Champagne Bar, which has the entire range of Harrods Champagne made exclusively for the store by The Hostomme family who have been making wines in Côte des Blancs, Domaine for more than three centuries.

You can get there easily from Knightsbridge station and the store is open Monday to Saturday: 10am - 8pm and Sunday: 11.30am - 6pm.

For a scenic trip to Harrods or to burn some calories it's a nice idea to take the London underground to Lancaster Gate station (on the Central Line) and walk through Hyde Park to visit the Serpentine Gallery, one of the best loved galleries in London with the work of brilliant contemporary artists constantly on show. Interestingly the Serpentine's former Patron was Diana, Princess of Wales and in the grounds of the Gallery there is a permanent work by artist and poet Ian Hamilton Finlay, dedicated to her. The work comprises eight benches, a tree-plaque, and a carved stone circle at the Gallery's entrance.

On display at the exhibition was American artist 'Sturtevant', which meant Tahlia and I were greeted

by images of male sex dolls lining the windows and semi erotic, repetitive videos. Laced with sarcasm, "interesting" was the word Tahlia used to describe this display.

But aside from the porn, Sturtevant was best known for the replication of works by other artists including Marcel Duchamp and her controversial artistic debut in 1965 with a copy of Andy Warhol's work.

From the 28 September Italian artist Marisa Merz presented her first solo exhibition in a UK public institution which included samples of her work during a 50 year career. It is also the first exhibition by this artist since winning the Golden Lion for Lifetime Achievement at the 2013 Venice Biennale: admission is free.

Next, it was time for a very important part of every London experience, the West End theatres. I had promised Tahlia a wonderful time and shows a plenty - which sadly turned out to be an epic fail on my behalf. I had wanted to take her to see *The Book of Mormon*, the Broadway smash hit which is the brainchild of Trey Parker and Matt Stone, the bad boys behind the foul-mouthed animated television series *South Park*. Robert Lopez is co-creator too and he is the mind behind the tongue-in-cheek, adults only Avenue Q. It comes as no surprise then that *The Book of Mormon* is a controversial musical theatre satirising religious belief with two protagonists, missionaries trying to convert the indigenous in disaster-ravaged Uganda. The musical is and has been the talk of the town, and in fact the world, having won numerous awards already. This sadly means that tickets are incredibly expensive; for example, premium seats cost up to £305 each. So even after flaunting my media credentials I still couldn't get tickets, but I did employ another journalistic talent (research) and discovered that they offer a lottery every day where 20 tickets are up for grabs at £20 each. You have to enter at the box office from 17.00 hours every day at the Prince of Wales Theatre (Coventry Street). You can enter once per person with the chance to win up to two tickets for the show that evening; names are entertainingly drawn at random from a rolling cage complete with group countdown for anticipation and suspense. We arrived at five on the dot but you can get there just before the 17.30 draw and still be able to fill in a form. Sadly though, we didn't win - but will be lining up and filling in our forms again soon. Because when London calls, so too does the West End!

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let's go travelling

ADVERTISING FEATURE

Villa Carlotta Travel gears up for a fantastic year



Santiago, Chile

VILLA Carlotta Travel is gearing up for a fantastic year of holidays and touring in 2014.

Their huge range of world-wide holidays and destinations includes travel to:

British Isles – England, Scotland, Wales and Ireland.

South America – Peru, Brazil and Chile.

Rainforests and Wildlife of Sabah-Borneo.

European River and French River Cruising.

Great Ocean Cruising of the World.

European and Mediterranean Countries.

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Africa, Mauritius and Reunion Island.

Vietnam, Cambodia and Singapore.

Outback South Australia and Central Australia.

Australia's Top End and Kimberley Wilderness.

Exclusive Solo Traveller Departures to Mauritius, Norfolk Island and on The Ghan.

For more information or to see villa's full itinerary of holidays, visit www.villa.com.au or FreeCall 1800 066 277 for a copy of villa's latest holiday magazines.

Villa's 2014 Magnificent Mediterranean Adventure cruise prices have been slashed by \$550 per person.

Departing Perth on 22 July 2014 the holiday features return flights to/from Europe and a glorious 22 night Holland America cruise visiting seven Mediterranean countries with stops at 16 ports including Dubrovnik, Kotor, Santorini, Marseille, Monte Carlo and Naples. The cruise also includes overnight stays in Venice, Athens and Barcelona.

For details, visit www.villa.com.au Email travel@villa.com.au or FreeCall 1800 066 272.

If Australia is more your cup of tea then you won't want to miss out on villa's free morning tea event to be held at the State Library of Western Australia, Perth.

Come along and bring a bunch of your friends.

It will be a great day out to discover villa's huge range of fully escorted, fully inclusive Australian holidays.

From the adventurous outback to the relaxed you will find great inspiration at the Villa Carlotta Travel Australia Discover Your Own Backyard free morning tea event - Tuesday 19 November 2013 where you will see informative travel presentations on South Australia, the Murray Princess, Australian rail journeys, Australia's Outback, Central Australia, Tasmania and Victoria.

For event details FreeCall 1800 066 272 - bookings are essential for catering purposes

If you live in or near Albany, why not catch up with Villa Carlotta Travel staff that will be there on Saturday 23 November 2013 to conduct a mini Travel Expo. The Expo will showcase informative travel presentations and cover the range of 2014 villa holidays.

Come along, enjoy a 'cuppa' and afternoon tea and mingle with villa staff.

For Travel Expo details, please FreeCall 1800 066 272.

Finally, the staff at Villa Carlotta Travel are busy appearing as travel guest speakers across many Perth and Mandurah retirement villages, social clubs, groups and organisations.

The professional presentations feature villa's upcoming holiday experiences together with details on villa's unique services including holidays exclusive for singles, day tours and outings and the new range of villa discovery holidays.

The informative presentations have been welcomed by hundreds of happy prospective travellers.

To book a free travel guest speaker call Marnie today at villa - FreeCall 1800 066 272.

For the love of Switzerland



ONE OF the most fascinating things about Switzerland, a land of unrivalled beauty, is its diversity in cultures and tradition.

While Switzerland promises endless snow-capped mountains and clear lakes surrounded by lush verdant hills, it is the Swiss people and their well-preserved traditions that make the country a fascinating one.

A canton east of Zurich, Appenzell, is home to and the origin of some of the country's oldest living traditions including yodelling and alphorn blowing.

Pictured here is a group of herdsmen in their colourful traditional outfits ringing cowbells and yodelling during the annual ceremony of the Alpine descent of their cows at the end of autumn.

See more of Europe on the train

RAIL EUROPE is celebrating the colourful season of autumn with three Pass promotions covering Italy, Switzerland and the UK.

Eurail Italy Pass

Rail travellers to Italy can enjoy 20 per cent off all Eurail Italy Passes when purchased by 31 October 2013. The discount applies to both first and second classes and passes must be validated within six months of issue. Prices start from \$181 for adults and \$93 for children.

Swiss Consecutive Pass Free Day

Travellers to Switzerland can enjoy a bonus day to see more of the picturesque country with a four-day Swiss Consecutive in first class. Priced from \$494 for adults and \$247 for children per pass, all bookings must be made by 27 December and travel completed between 1 November and 31 December 2013. Children under 16 travel for free.

BritRail Pass

Travellers to the UK be-

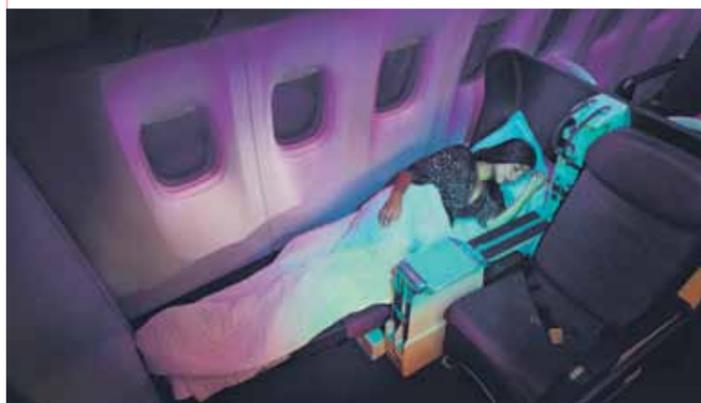
tween 1 November 2013 and 28 February 2014 will enjoy 20 per cent off their BritRail Pass when travelling in either First or Standard Class. Prices start from \$269 for adults and \$139 for children in First Class; and \$185 for adults and \$95 for children in Standard Class. Passes must be purchased by 15 February 2014.

Visit www.raileurope.com.au for information on the different passes. Terms and conditions apply.

continued from page 26

Airline review: The battle for business class

by Chris Frame, Maritime Historian



Benefits of Business Class © Virgin Australia

The Qantas Club: A business class ticket will give you access to The Qantas Club or Qantas Business Lounge. The staff encourages you to use the smaller business lounge. It offers a more intimate environment than the much larger, much busier Qantas Club.

The lounge has a range of snack food, a bar and barista service. There is a business centre with iMac computers, which run both OSX and Windows 7. The centre has phone and fax facilities, writing desks and a coffee machine. There are also bathroom and shower facilities, which are kept immaculate.

Note for Perth travellers: When travelling from Perth, be aware that unlike Sydney, Melbourne and Brisbane, there is no dedicated business lounge in Perth, so all passengers use the one Club. As a result, the area gets very busy in the mornings due to the FIFO traffic. However by 9am things have generally calmed down offering a relaxing place to wait for your flight. Qantas have indicated they are considering a Business Lounge in Perth. -Ed.

Boarding: Boarding occurred 20 minutes before departure. At the departure gate, two queues were set up, one for general passengers and one marked "priority boarding". This queue was for Platinum and Gold Qantas frequent flyers, as well as business class passengers. Boarding was quick and efficient, with a very cheerful "thank you Mr. Frame" when I was handed back my

boarding pass. At the aircraft door I was welcomed aboard and pointed in the direction of my seat.

Seat and Cabin: The aircraft I flew aboard was configured with the domestic interior. Qantas has recently announced their plans to reconfigure their domestic product, offering business 'suites' in a 1-2-1 configuration.

However, for the time being, the current domestic aircraft are completed in a 2-2-2 configuration, with six rows in the business cabin. Each recliner style seat has a 37 inch seat pitch, and includes an adjustable headrest and an extendable leg-rest.

The seat also has a reasonable amount of space, though not as generous as the airlines international 'Skybed' flat bed, which can often be found on the domestic run. When the seat in front reclines, I struggle, as I am more than 190cm tall and as a result the reclining seat cuts into my legroom.

To keep you entertained, each seat offers individual laptop power and a USB port if you want to use your own devices. An in-arm entertainment screen offers access to over 300 entertainment options and is the same system used aboard Qantas' flagship A380. The choice is superb with a huge range of movies, TV and music from which to choose. You certainly won't get bored here. The only negative aspect is the screen; at just over 25cm wide, it is quite small by interna-

tional standards.

The cabin is bright, airy and clean. There are two bathrooms at the forward end of the cabin, both of which were kept clean during the flight; however having both of these near the forward galley does make for a squashy environment to wait in during peak periods.

Service and Meal: Qantas has recently moved to a full plate service. This is a break from their traditional business class service and sees a menu being offered to passengers. The menu is inspired by Qantas' culinary ambassador, Neil Perry.

On this flight, a lunch service was offered. The service includes a selection of breads, starters and mains. There is a dessert option, which isn't shown on the menu but brought out on a trolley later in the flight.

At mealtime, the crew come around and take orders. I received my first choice, which consisted of the soup for starters, followed by a roast chicken dish, which was nicely cooked and very tender.

There is a huge range of drinks available on Qantas. Spirits, beer, wine and soft drinks as well as juices and water are all included in the fare. I enjoyed a glass of Australian Sparkling wine after take off, and a James Squire with lunch.

Sadly due to a slight hiccup in catering, many passengers around me were unable to get the meal they requested; however, there are a number of mains choices on the menu, and like all airlines, Qantas don't guarantee your first choice.

The crew were friendly and efficient. About half way through the flight the cabin supervisor came over and talked to me, thanking me for flying with the airline. This was a nice touch.

Final Word:

Qantas offers an excellent product and it is improving every day. The airline has responded to changing passenger needs by improving their business class offering, introducing a menu service and plating up the meals individually.

The entertainment offered aboard, airline lounges and modern check-in are real benefits. This is an excellent way to enjoy the journey at the start or end of your holiday.

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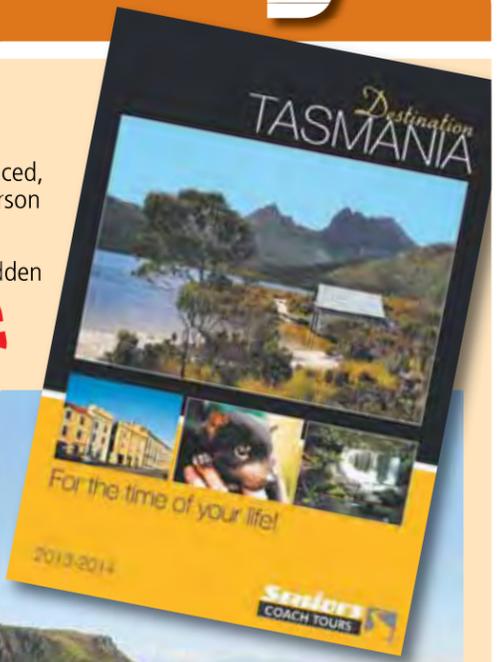
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Our **2013-2014 Destination Tasmania** program offers 7-13 day holidays designed specifically for 'mature age' travellers. Easy paced, great attractions, stunning scenery, rich cultural history, travelling in the company of others of similar age and interests led by two person experienced crew. Relax in the comfort of our modern 2 door coaches and enjoy an armchair ride around this beautiful island.

Stay in comfortable motels, enjoy excellent food, all breakfasts and dinners plus most lunches and morning/afternoon teas with no hidden additional costs. Phone, email or send coupon provided for your copy of the **Destination Tasmania** brochure.

Brochure also available now from our website. **Departures October 2013 to April 2014.**

INCLUDES AIRFARES



Tasmanian Highlights 13 days

Departs: **2013** Oct 14 (full), Nov 11 (full), Nov 25. **2014** Jan 13, 27, Feb 10, 17, Mar 3, 10, 17, 24, Apr 14. *All holidays include air fares to and from Perth*

Your holiday highlights include:

- Picturesque Tamar River cruise
- Port Arthur historic site
- West Coast Pioneers Museum
- Salamanca Market Hobart
- Spectacular Cradle Mountain
- Dove Lake and Table Cape
- Apple & Heritage Museum, Tahune Forest Air Walk
- 'The Nut' at Stanley
- Macquarie Harbour and Gordon River cruise

All inclusive fare: from \$3,885 per person twin share. \$625 single supplement.



Tasmanian Short Breaks 9 days

Departs: **2014** Feb 17, 27, April 28, Oct 20. *All holidays include air fares to and from Perth*

Your holiday highlights include:

- West Coast Pioneers Museum
- Russell Falls and Richmond
- Fascinating Derby Tin Centre
- Salamanca Market Hobart
- Tamar River Cruise and Cataract Gorge
- Wall in the Wilderness Gallery
- Nature World
- Macquarie Harbour and Gordon River cruise
- Chairlift ride to 'The Nut' at Stanley

All inclusive fare: from \$2,695 per person twin share. \$380 single supplement.

Tasmanian West Coast 8 days

Departs: **2014** Feb 19, April 5. *All holidays include air fares to and from Perth*

Your holiday highlights include:

- Picturesque Derwent Valley
- Macquarie Harbour and Gordon River Cruise
- West Coast Pioneers Museum
- Spectacular Cradle Mountain and Dove Lake
- Wall in the Wilderness Gallery
- Woolnorth Wind Farm
- House of Anvers Chocolate Factory
- Chairlift ride to 'The Nut' at Stanley
- Woolnorth Historic Estate

All inclusive fare: from \$2,895 per person twin share. \$345 single supplement.



Opera in the Alps 2014 5 days

Departs: **2014** Jan 15.

Your holiday highlights include:

- Opera in the Alps - featuring Anthony Warlow
- King and Ovens Valleys
- Visit Historic Chiltern
- Murray River
- Exclusive lunch and performance by Opera Scholars
- Visit Milawa Mustards and Milawa Cheese
- Browse around Bright, Beechworth and Mt Beauty



All inclusive fare: from \$1,945 per person twin share. \$200 single supplement.

New Zealand 2014 18 days

Departs: **2014** Mar 26, Oct 22. *All holidays include air fares to and from Perth*

Your holiday highlights include:

- Waitangi Treaty Grounds
- Hole in the Rock Cruise
- Thermal Mud Pools and Geysers
- Traditional Maori Hangi and Concert
- New Zealand National Museum, Te Papa
- Cruise on Milford Sound
- Lake Wakatipu Cruise
- Tranz Alpine Rail Journey
- Waimakariri Basin and Canterbury Plains



All inclusive fare: from \$5,250 per person twin share. \$940 single supplement.

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Where to GO? What to DO?

ADVERTISING FEATURE

“Arrggh me hearties” ... Pirates take over the Duyfken!



On board the Duyfken © Sandy McKendrick

THE LITTLE Dove took her rightful place to help celebrate International ‘Talk Like a Pirate Day’ on 22 September when Fremantle came alive with pirates taking over the Esplanade and the Duyfken.

The Duyfken 16th Century Age of Discovery vessel in conjunction with the Western Australia Medieval Association and The Ship Wreck Museum in Fremantle worked together to make a fun day out for young and old pirates alike.

Although the weather was not great, it did not stop the fun.

At the Esplanade Park there was demonstration of sword fighting; you could have your picture taken with some pirates and swordsman, listen to sea shanties and take a stroll along the marquee where there were all kinds of items for sale.

On board Duyfken there was a lot happening: for a gold coin donation, many people had the opportunity to visit and soak up the history of the ship.

Guides dressed as pirates explained to many fascinated visitors how tough life was on such a ship in earlier times.

There were lots of fun activities to enjoy, including live music and storytelling, with children learning about loading canons, how to fight off the enemy, and making it back to the safety of the harbour in one piece.

At the end of the onboard visit, each child received their own piece of treasure – a chocolate coin.

The Ship Wreck Museum also organised special children’s activities ensuring there were lots of things to do and see around Fishing Boat Harbour.

So take the time to visit the Little

Dove and you can book/hire the Duyfken as a venue for children’s birthday parties, especially if you wish to have a pirate theme.

Recently a bridal party in full costume celebrated a wedding on the ship - albeit in foul weather. But what do you ‘land lubbers’ expect? She’s a ship of the sea.

So keep her in mind when you are planning your next corporate event, party, wedding and more.

Simply call the Duyfken office on 0410 024 492 or check out www.duyfken.com

Thanks to Mirjam Hilgeman for her contribution to this story.

Tour guides urgently needed

The Duyfken urgently needs volunteers to help with tours.

Please contact 0410 024 492 for details.



Anthony Grzelka

Advertorial

IN A LIVE, awe inspiring performance Anthony Grzelka will entertain and enlighten, while at the same time invite audiences to offer questions on what they think about heaven and the afterlife.

Anthony will answer questions about spirituality; give messages from loved ones passed and help with real life decisions. Quite possibly in the process, changing people’s lives and making believers out of die hard sceptics.

The moment Anthony opens the doors between this world and the next, anything can happen. Without fail the dearly departed will come through, each with a message of love or comfort for a loved-one in the audience. Pets too, are not shy in coming forward. They will often bound in, usually in the middle of a reading, wagging a tail or purring with love. The experience that unfolds is often deeply compelling, occasionally chilling and sometimes humorous but almost always heartwarming. With this down to earth, honest and compassionate approach, it will be impossible for those in the audience not to

Experience mediumship at its best!

be moved. And within each individual’s message of love rests a solution for everyone.

Revelations given and predictions made throughout the night will take audiences on a spellbinding journey both emotionally and spiritually. Each connection made will be a step towards demystifying the spirit world and will leave audiences with one important message — Spirit can and will communicate with the living.

Locations and times;

- The Castle Theatre - Rockingham Friday 18 October 2013 – 7.30pm
- Abbey Beach Resort - Busselton Wednesday 13 November 2013 – 7.30pm
- Arena Joondalup ‘Premiers Suite’ - Joondalup Sunday 17 November 2013 - 1.30pm
- Willow Pond Reception Centre – Canning Vale Sunday 24 November 2013 – 1.30pm.

Tickets are \$60 each and available at www.whispersfrombeyond.com.au or phone 9724 1881.

Bookings essential – unallocated seating

WIN WIN WIN

To be in the draw to win one of six exclusive double passes to see Australia’s ghost whisperer Anthony Grzelka at the Busselton, Joondalup or Canning Vale performances email win@haveagonews.com.au and include the word ‘whispers’ in the subject line or address an envelope to Whispers Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your postal details on the reverse. Competition ends 31/10/13. Only over 45s are eligible.

Celebrate ancient India at the Swan Festival of Lights



Bollywood dancers

brant explosion of fireworks.

See exceptional international artists, along with Perth’s own incredible talent; Chung Wah Dance (Chinese Dance), Casa Del Compas (Spanish Dance) and Roztiazhka Ukrainian (Cossack Dancers) celebrating and adding to this journey

Don’t forget the mouth-watering vegetarian cuisine from around India, lovingly prepared by Annalakshmi that will whet appetites throughout the festival days.

Browse the displays of unique handicrafts, jewelry and costumes of India by Lavanya Arts, as well as enjoy the fabulous cooking, art, music, dance workshops and demonstrations.

Along with family friendly activities, the 2013

Swan Festival of Lights is set to take Perth once again on an unforgettable cultural journey of the senses.

For more details on the 2013 Swan Festival of Lights, please visit www.sfol.com.au

SINCE 2008, the Swan Festival of Lights has been setting the Perth foreshore alight with a multitude of colours, rhythms and flavours.

The Festival celebrates Deepavali (Diwali), the Indian festival that means cluster of lights or the festival of lights.

Presented by The Temple of Fine Arts Inc Perth and Annalakshmi Cultural Centre of WA, this year’s event will be held at the Supreme Court Gardens from 1 to 3 November, concluding on Deepavali day.

This year, they bring you India, from ancient times to Moghul, Colonial and to Independent India - a land soaked in legend, splendourous beauty, tradition, colour, rhythm, ceremony and spice. This year’s Swan Festival of Lights explores this vision; a feast for the senses, through an array dance, music, painting, rhythms and wondrous mouth watering food – an ‘Indian Journey’!

Be mesmerised by modern medleys of the latest and

energizing Bollywood dancers and be there to watch the conclusion of every single evening, in a soaring and vi-

The friendly Guides at the Round House will help you understand the history of the Round House and its importance to the State, they will point out places of interest from the gun deck where their 1 o’clock gun is situated and fired.

Entrance to the Round House is by gold coin donation.

T: 9336 6897 F: 9336 6800 E: fvhga@iinet.net.au



Become a Volunteer Heritage Guide in Fremantle

The guides welcome visitors to the Round House, the oldest public building in the State, and provide them with information and a history of the site. Relevant training and information is provided.

Patsy Durack’s Rose Gardens



Over 1000 bushes in the grounds of the old Archbishop’s holiday home

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- Gift Shop

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Monday to Saturday by appointment

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www.patsydurackrosegardens.com

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14 December

Taste of the Southern Forests’ avenue, cooking demonstrations, food, wine, lots of fun events, street theatre, entertainment and stalls.

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Concessions for Seniors Card holders



2013 St Barbara's festival

thursday 5th to sunday 8th december

Come along and see one of the Super Pit’s giant CAT 793 Truck rumble down historic Hannan Street in Kalgoorlie Boulder!

visit www.stbarbs.com.au for details



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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.

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

ADVERTISING FEATURE

Pasta Meat Sauce



IN YOUR personal box of recipes, you should have the odd recipe that is the main ingredient in a variety of dishes. This is one of those recipes, very versatile and delicious. You can keep it handy to use in different meals. Sometimes "lazy and triumphant" meals can still be a recipe for happy guests.

Serves 4 to 6

Ingredients:

- 500gm Mixed Pork & Beef Mince – Coarse
- 1 Diced Onion
- 1 Diced Carrot
- 1 Celery Stick Diced
- 2 Cans of Peeled tomatoes
- ½ Cup of Basil
- 1 litre of Stock
- 100ml Wine
- West Australian Extra Virgin Olive Oil
- West Australian Organic Lake Salt
- Freshly ground Black Pepper

Method:

FRY HALF the onion in EVOO till a little coloured then add the carrot and celery and cook for two minutes. Now add the minced meat and fry while stirring occasionally. Add a little more olive oil if you think it needs it. When the meat is cooked add the wine and stir. Stir together for 10 minutes or until half of the juices have evaporated, then add the tomatoes and 250ml of stock, then mix well. When the meat sauce starts to bubble, lower the heat and stir occasionally while cooking for 30 minutes. During this time add a little stock so the sauce does not dry out. Season with salt and pepper to taste.

Now is the hard part. Although the sauce is ready to use and it tastes good, Italian grandmothers continue to simmer it adding stock as required for up to three hours. Every hour it tastes better and richer. Serve some with pasta or use it as a base to make other interesting dishes.

Ciao!

PS: Keep this recipe, Meat sauce stays fresh for a week in the fridge or frozen for six months.

Vince Garreffa's

Meat Sauce Lasagna with Bechamel



LASAGNA should be listed in the dictionary as meaning "family food". It is a great dish for bringing people together, both kids and adults alike and it is imprinted in the "food memory" which they turn to when lonely and hungry. There are more than a thousand recipes and I love them all but add bechamel and it becomes my favourite way.

Ingredients for 6

- 600gm of the Meat Sauce (see below)
- ½ kg Lasagna Sheets
- ½ kg Bechamel Sauce (recipe provided below)
- Grated Parmesan
- West Australian Extra Virgin Olive Oil
- West Australian Organic Lake Salt

Method:

TO MAKE your bechamel sauce in a frypan, melt 50gm of butter and then add 50gm sifted plain flour, stir well with a wooden spoon and fry gently until a little coloured then set aside. Now bring half a litre of milk to the boil in a saucepan then add your butter with flour (the roux) and mix gently over a low flame until the roux dissolves in the milk, add a pinch of nutmeg and two bay leaves then very gently cook while stirring for 10 minutes. Remove the bay leaves and set aside for use.

Boil your pasta sheets until they are soft but still "al dente" to build the lasagna. Butter your lasagna dish then add your pasta sheet or sheets and cover with the meat sauce but not too thick. Be mean so that you can still see the pasta sheets between the spread out meat sauce. Now drizzle a few tablespoons of bechamel sauce over the meat sauce then sprinkle some parmesan over the top and repeat the process a few times (ie pasta, the meat sauce, bechamel sauce, parmesan). When you reach a thickness of about four to six centimetres, finish with a pasta sheet covered with half a centimetre of bechamel and some parmesan. Now bake for one hour at 175°C then rest for 10 minutes before serving. Leftovers mysteriously disappear in 48 hours.

Buon appetito!

2013 Mondo Cooking Classes!



THE PERFECT classes to attend to prepare yourself for Christmas!

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

Monday 4 November, 2013

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

deboning, stuffing and flavouring birds combined with how to personalise your Christmas dishes! Bonus surprise gift to take home as well as all the tricks of the trade to make Christmas 2013 your best ever ...and then EAT and EAT and EAT. 6.30pm to 9.30pm

Monday 2 December, 2013

Roasting your Christmas meats - plus 'designer' hams

Learn to roast beautiful pieces of meat and to decorate your own ham, PLUS yet another surprise gift to take home and Christmas 2013 is in the bag! ...and then EAT and EAT and EAT. 6.30pm to 9.30pm

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

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

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

Letters to Vince Garreffa

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



Visit the Mondo Spring Markets

VISIT and discover! Sample and buy! The Mondo Spring Markets runs through to December on Saturdays from 8am to 1pm at 824 Beaufort Street, Inglewood.

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

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

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



sharpeners who works on the spot. Part proceeds of sales goes to LIFELINE! The café will be set up, so bring along some friends to have a coffee, or hot chocolate at Mena's café bar plus pop into Mondo's while you are there for your meat ... and you can have a famous roast meat sandwich too. It's a fun atmosphere and beats shopping centres any day!

Seniors' Special: Meal and a Middy \$15

(Wednesday to Friday bookings of 5 or more)

Come and relax in our beer garden with our handcrafted award winning naturally brewed beers and ciders with great Aussie Tucker to match!

Your choice of one of the following;

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- Fish and chip basket with tartare sauce
- Spring rolls with sweet chilli sauce
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What's Fresh

ASPARAGUS: "Asparagus inspires gentle thoughts", wrote the English essayist Charles Lamb. Inspired

thoughts or otherwise, it is certainly the vegetable that most signifies the arrival of the delicate spring season and all the delicious morsels that come with it. Choose firm, plump spears with compact tips and tight scales, avoid any that are slimy or soft and check that the tips and bottoms of the spears are not dried out.

SUGAR SNAPS: The soft and tender edible pods of sugar snap peas are crisp, sweet, and succulent and are often served raw in salads, stir-fried or lightly steamed.

Before being eaten, mature snap pea pods may need to be "stringed", which means the membranous string running along the top of the pod from base to tip is removed. Unlike its cousin, the snow pea, the sugar snap pea is picked when it is more mature and is fully rounded, with thick pod walls that retain their natural plumpness.

BUTTON MUSHROOMS: With their subtle flavour and compact size, button mushrooms are perfect for adding whole to spring meals such as salads, stir-fries and fresh tomato-based pasta sauces. Mushrooms are so quick and easy to use; apart from a quick wipe over with a cloth or paper towel, no further preparation is necessary. Try marinating them in good olive oil and balsamic vinegar and garnishing with fresh herbs; lovely served at room temperature as part of a BBQ feast! Best of all they have been shown to reduce the risk of breast cancer – so add a few extra to anything you're cooking.

ELLENDALE MANDARINS: Ellendale mandarins are some of WA's best and they are now in fresh produce stores and supermarkets. Ellendales are a good size, have a distinct deep orange skin and fewer pips than some varieties so they are a popular choice. They are also sweet and very juicy and create a rich colour contrast when added to a green salad.



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FOOD & WINE

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ADVERTISING FEATURE

Mushrooms Go Pink in October

Lower the risk of cancer with mushrooms.
In Australia 2,680 women die from breast cancer each year. That is more than seven every day of the year.

Breast cancer is the most common invasive cancer in women after non-melanoma skin cancer. It is also the second most common cancer causing death in women after lung cancer.

Australia's Mushroom Growers will again show their public support for the fight against breast cancer with the Mushrooms Go Pink in October promotion. Look out for bright pink mushroom signage in your local retailer as a reminder of this important issue.

Mushrooms Go Pink in October marks the celebration by the Australian Mushroom Growers of a decade of support for global research on the link between mushrooms and good health. And there is certainly plenty to celebrate.

Mushroom Growers General Manager, Greg Seymour said the industry is committed to support valuable breast cancer research and prevention. Mr Seymour said many Australians know someone affected by breast cancer.

Scientific research programs have produced a range of stunning information that we didn't know before – including some really promising knowledge directly related to reducing cancer risk. Better still, as the studies continue, researchers are uncovering even more amazing ways the humble mushroom can help keep us healthy and reduce the risk of a range of serious diseases.

Mushrooms contain compounds linked to lowering the risk of a range of cancers.

Compounds in mushrooms have the potential to inhibit cancer formation and growth.

Three population studies show that women who eat an average of one button mushroom a day have half the risk of breast cancer.

Ongoing research seeks to determine if fresh mushrooms and mushroom extracts can help to lower the risk of cancer, especially breast and prostate cancer.

Mushroom growers are asking consumers to add a few extra mushrooms as a way of showing their support for reducing the risk of breast cancer.

To help you add more mushrooms in October, take a look at some of these delicious mushroom recipes on this page.

Further information about Mushrooms Go Pink in October can be found at www.powerofmushrooms.com.au

Silverbeet, cheese and mushroom quiche



Preparation: 15 minutes
Cooking: 45 minutes
Serves: 6

Ingredients

- 3/4 cup milk
- 2 sheets frozen shortcrust pastry, partially thawed
- 1 tablespoon olive oil
- 400g cup mushrooms, chopped
- 1/2 small bunch silverbeet, leaves shredded
- 4 green onions, thinly sliced
- 1/2 cup grated tasty cheese
- 80g feta cheese, crumbled
- 3 eggs
- 1/2 cup thickened cream

Method

PREHEAT oven to 200°C.

Use pastry to line the base and sides of 2.5cm-deep, 26cm (base) quiche pan. Trim excess pastry. Place pastry case in the freezer for 15 minutes or until firm. Heat oil in a non-stick frying pan over medium-high heat. Add mushrooms and cook for 4 minutes until light golden. Add the silverbeet and toss to combine. Remove from heat. Stir in the onions. Set aside for 15 minutes to cool. Bake pastry case for 10-12 minutes or until light golden. Remove from oven. Reduce oven to 180°C. Spread the mushroom mixture over the warm pastry base.

Sprinkle with tasty cheese and feta. Using a fork beat together the eggs, cream and milk in a bowl. Season with salt and pepper. Pour egg mixture over cheese. Bake quiche for 25-30 minutes or until set in the centre. Serve warm or at room temperature.

Recipe for One



Serves 1

Ingredients

- 1/2 tbsp extra virgin olive oil
- 1/2 lemon, juiced
- 1/4 tspn dried Greek oregano
- 100g green king prawns, peeled and deveined
- 1 large flat mushroom, trimmed
- 2 tbsps hummos dip
- 2 tbsps Greek-style yoghurt
- Rocket leaves

Barbecue Lemon Oregano Mushrooms, & Prawns

Method

COMBINE olive oil, lemon juice, oregano and salt and pepper in a bowl, whisk until well combined. Remove half to a small bowl. Add the prawns to the remaining dressing and toss gently to coat.

Preheat a greased barbecue plate on medium-high heat. Add the prawns and marinade, barbecue for 2-3 minutes, turning until prawns are cooked through. Remove to a plate, cover to keep warm. Increase heat to high, add mushroom and cook for 2-3 minutes each side until just tender.

Transfer mushroom to serving plate. Combine the hummos and yoghurt, then spoon over mushrooms. Top with rocket and prawns. Spoon over the reserved dressing, season with salt and pepper and serve with barbecued flat bread.

Barbecue Mushroom & Lamb Salad

Ingredients

- 1 tbsps brown sugar
- 1 tbsps lemon pepper
- 1 tbsps smoked paprika
- 1/4 cup olive oil
- 400g lamb loin fillet, trimmed
- 2 lemons
- 400g cup mushrooms, thickly sliced
- 150g green beans, trimmed
- 1 cup mint leaves
- 1/3 cup roasted, unsalted macadamia nuts, roughly chopped

Method

Combine the brown sugar, lemon pepper, paprika and olive oil in a bowl. Use 1 tbsp to lightly brush all over the lamb. Cover and refrigerate for 1 hour if time permits. Juice 1 lemon and cut the other into wedges. Add the lemon juice to the remaining spice mixture with the mushrooms, stir to coat. Cover and set aside for 15 minutes. Meanwhile, microwave or blanch beans until tender, then refresh in iced water. Pat dry.

Preheat barbecue plate on medium-high heat. Barbecue the lamb for 4 minutes each side for medium. Transfer to a plate, cover and allow to rest for 10 minutes. Barbecue mushrooms and lemon wedges in batches for 2-3 minutes each side until tender. Slice the lamb and arrange on plates with the mushrooms, beans, mint and macadamia nuts. Serve with a lemon wedge and crusty bread.

Serves 4

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GREAT HOME & GARDENING

with... Colin Barlow



by Frank Smith

THERE is a solution to rising electricity and gas costs and it doesn't involve investing more money in power stations. Nor does it involve replacing all existing houses with passive solar designs.

Dr Dominique Hes, Senior Lecturer in Sustainable Architecture at University of Melbourne says most Australian homes are based on designs from a time when energy was cheap and plentiful, and we weren't aware of the impact on our climate.

Consequently, Australian homes are poorly built for our conditions, wasteful and often uncomfortable. But we can fix them with technology we've already got.

Making this change would not only meet Australia's emissions reduction targets but place us as a leader in a future carbon constrained world.

No more electricity bills

A report launched last month 'The Zero Carbon Australia Buildings Plan' – a joint project of climate solutions think-tank Beyond Zero Emissions and The University of Melbourne Energy Institute – demonstrates how all existing buildings can reach zero emissions from their operations within 10 years.

"Australian buildings are not up to the challenges of today," explained project director Trent Hawkins.

"Our buildings are generally too hot in summer, too cold in winter, and use a phenomenal amount of energy to run basic services.

"This plan shows how Australia can transform our existing buildings to reduce energy bills, increase comfort and health, and generate renewable energy."

The report shows how Australia's existing houses can cut their energy use in half,

with an average 53 per cent reduction in energy use; up to 70 per cent in some cases.

That done, residential building can generate more than their whole annual energy needs from rooftop solar panels, effectively turning Australian homes into renewable energy power stations, the report claims.

Mr Hawkins says going gas-free is a key element of moving towards zero emissions. Gas appliances are too inefficient and polluting compared to modern electric appliances, such as heat pumps (which are more commonly known as split-system air conditioners).

The Buildings Plan would give households a new level of control over their energy bills, remove the need for the controversial coal-seam gas industry, and it would create thousands of new jobs in trades and services.

"Economically, this plan is a good news

story. Today Australian households spend \$15 billion per year on electricity and gas bills. Our modelling shows that this plan could save up to \$40 billion over the next 30 years, compared to business as usual," Mr Hawkins said.

Mr Hawkins, who lived in Perth for 25 years, says all the report findings are equally applicable to Perth.

What is needed is insulation, heavy curtains or drapes, draught proofing and eaves or awnings where houses have been built without eaves.

Double glazing is also important but until it is widely adopted the cost is quite high.

"We want to start the conversation about how Australia can fix its buildings. By taking action now, we can start to curb the environmental impact of our energy-hungry buildings – and improve life for us as occupants," said Mr Hawkins.

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Home in WA – a great information resource for the homemaker



Filming for a recent story for the Master Builders to alert the building industry of the need to train more apprentices. The location was at Adventure World where they are constructing WA's most Amazing Roller Coaster. See that story on Saturday the 12 October or on the HOME in WA website.

ONE OF the great things about WA's longest running local television home show which airs on Channel Seven Perth and GWN7 every Saturday afternoon, is their companion website.

This great resource offers the visitor a wealth of information and of course informative videos of the many builders, home products and services which have been featured on the show.

Colin Barlow, who is this paper's garden expert/columnist, can be seen on video offering interesting and informative tips and hints on gardening.

Home in WA is produced locally and features a wealth of information, especially relative to Western Australian homes.

Watch Channel 7 Perth and GWN7 every Saturday afternoon for great home and garden hints from Home in WA or visit www.homeinwa.com.au

Like them on Facebook at <https://www.facebook.com/pages/Home-In-WA/>



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Diabetes WA - CookSmart sessions

EACH 90 minute interactive food preparation session is run by a dietician who teaches a range of cooking techniques to prepare tasty and healthy, low GI snacks and meals and provides the opportunity to taste test a variety of healthy products.

- Tuesday 15 October in Belmont
- Wednesday 30 October in Subiaco.

Blood glucose testing information session

A blood glucose testing information session will be held on Thursday 17 October in Belmont.

This session is a must for anyone who finds blood glucose testing painful and unreliable, and teaches you to master the art of blood glucose monitoring.

The 90-minute program, run by an experienced diabetes educator, will leave you feeling more confident about testing your blood glucose levels.

As usual - all sessions are free to Diabetes WA members and NDSS registrants and \$20 for all others.

Bookings can be made by calling 9325 7699 or emailing bookings@diabeteswa.com.au.



Go HIPPO and send an SOS to save your plants from attack



Left to right; Spring horticultural delights - HIPPO eco-oil products - 98.5 Sunshine FM's 'Morning Cafe' announcer, Rodney Olsen with Colin Barlow

I FIND the older we get the wiser we become and I never stop learning about new things in nature and gardening. As an avid advocate for avoiding harmful pesticide sprays and using the safest and most environmentally sustainable products possible, Eco-Oil spray from Eco Organic Garden has always been part of my preferred arsenal of safe pest control as it is made from 100 per cent plant oils containing no petroleum derivatives.

Eco-Oil is a BFA certified organic insecticide and miticide that controls a number of common garden problem insects including aphids, scale, whitefly, two-spotted mite and citrus leafminer. It is one of the few products that I can safely recommend for use on veggies, as well as other plants and ornamentals in the garden. The oil has been more highly refined than the vegetable oil that we cook with and as it has no withholding period, it means you could even spray your veggies and eat them on the same day! Plus it is safe for the beneficial insects in your garden like bees, ladybirds and earthworms.

What is even more exciting is that its new improved formulation attracts these good or beneficial bugs to the home garden thus representing a new revolutionary approach to pest control. As a result of a three year research project with Charles Sturt University, Eco-Oil is now HIPPO Enhanced. No, this doesn't mean you need a pet hippopotamus to squash the troublesome insects along with your plants.

The research project investigated the natural defence mechanisms of plants and it was found that plants produce volatile organic compounds when they are under attack from pests. These compounds then act as an SOS message to the beneficial insects informing them that there are tasty snacks available on plants nearby. These volatile compounds are known as Herbivore Induced Plant Protection Volatiles/Odours (HIPPO) and the new Eco-Oil mimics this natural defense mechanism by including these HIPPO volatiles in its formulation so that an SOS for the cavalry is sent out every time the spray is used.

This university research clearly demonstrated that the HIPPO Enhanced Eco-Oil will attract a range of beneficial insects into the garden including ladybirds, hoverflies, lacewings and parasitoids. So for a safe harvest and a balanced garden ecosystem use the HIPPO Enhanced eco-oil to control those pesky problem insects and at the same time attract beneficial insects to help control them.

Eco-Oil HIPPO Enhanced is available as a concentrate in both 500ml and 1L sizes and

a ready-to-use 750ml spray pack. For further information go to www.ecoorganicgarden.com.au



Hear me live on 98.5 Sunshine FM radio every week!

If you are looking for some expert gardening advice, specifically for Western Australian conditions, I have the answer for you. Each Thursday from around 10.15am until 10.45am I am available to answer and solve your gardening problems or issues on 98.5 Sunshine FM's 'Morning Cafe' with Rodney Olsen.

From the perennial lemon tree and passionfruit problems to the invasion of Portuguese millipedes and slaters I will offer suggestions to turn your brown thumb and garden disasters into a 'Garden of Eden'.

It is so easy to get your gardening problems answered. On Thursday morning you can either:

- Call for gardening talkback on 9313 0888
- Text or sms your questions to 0429 985 985
- Ask your question direct via the 98.5 Sunshine FM Facebook site www.facebook.com/98five
- Or via a link to the Facebook site at www.98five.com/

If you have any questions during the week you can either:

- Email them to info@gardensfromeden.com
- Ask your question direct via the Gardens from Eden Facebook site www.facebook.com/pages/Gardens-from-Eden/114239075318636

So don't despair and wait any longer to get your garden back into shape this spring, call or contact me every Thursday on 98.5 Sunshine FM for advice from one of Perth's most informed, qualified and experienced horticulturalists and landscape designers. Your garden will thank you for it!



Spring delights!

There is something for everyone this spring with a multitude of horticultural spring shows bursting into action. From roses, irises, geraniums and herbs to epiphytic orchids and cacti, take the time out to sample these horticultural delights!

• **12 October:** The 30th anniversary of the Karragullen Expo in the Perth Hills will provide a perfect day out for all the family. There will be bouncy castles, animal farms and pony rides for the kids, while the adults can enjoy a multitude of things to do.

These include cooking demonstrations, wine tasting, gardening sessions, as well as horticultural and farm machinery and other stalls. The show is open from 9am until 4.30pm and to find out the latest on the Expo go to www.karragullen.expo.org.au

• **12 and 13 October:** The Northern Districts Orchid Society Spring Show at St Patrick's Church Hall, on the corner of First Avenue and Beaufort Street, Mount Lawley is the perfect spot for some tips, tricks and plants to start your orchid collection. Once you have one you will always want more! For further information call 9444 2411 or sbwoman@ercm.org.au

• **12 and 13 October:** The Rose Society of WA's Spring Show at the Guildford Town Hall is sure to provide a delightful display of colourful sweet smelling roses to delight the senses. For details contact rmfoley@westnet.com.au

• **17 to 19 October:** The Forrestfield Forum and Marketplace, Strelitzia Avenue, Forrestfield is the new venue for the West Australian Iris Society Spring Show. The show includes the State Championships and there will be lots of eye catching Iris for sale. Don't miss out on one of the hardiest, easy to grow and great looking plants for WA gardens. For further information call Jean Waghorn

on 9295 5661 twowags@bigpond.com

• **19 October:** A radiant display of brightly coloured Gerbera plants and floral exhibits will grace the WA Gerbera Society Spring Show at the South Perth Civic Centre. There will also be book and plant sales. Call Joyce Riordan on 9594 0374 for further details.

• **20 October:** If you want to learn how to look after your orchids like the experts head on down to the Orchid Society of WA's potting workshop at the Scout Hall, Pilgrim Street, South Perth. There are refreshments available and for more information go to www.orchidsocietywa.net.au

• **27 October:** A collector's paradise of hardy Geraniums and Pelargoniums are available at the Guide Hall, corner Stock and Kitchener Road, Melville from 1pm until 3pm.

• **2 November:** The Herb Society of WA's Spring Fair at Landsdale Farm, 80 Landsdale Road, Landsdale is open from 8am until 4pm. View the established herb and vegetable gardens and animals at the farm as well as an extensive variety of herb plants and local handicrafts on sale with displays, demonstrations during the day. Entry to the farm and fair is \$6. Go to www.herbsocietywa.com for more information.

• **2 November:** The Epiphytic Cacti and Hoya Society Show is the perfect place to start

your own collection of these interesting, tough and beautiful flowering plants. The Dianella Shopping Centre is the place to see them in their full glory. Call Alf Gaebler on 9444 6694 for more information.

• **2 and 3 November:** The South West Rose Society's Show is on at the Stirling Arts & Craft Centre, Stirling Street in Bunbury. The districts' Championship Rose is at stake with the best roses

vying for the title. Enquiries to Sarah Mollo 9795 7522.

WIN WIN WIN

To be in the draw to win one of 10 Eco-Organic prize packs, put your name, address and telephone number on the back of an envelope and send to Eco-Organic Prize Packs Comp, c/o Have a Go News, PO Box 1042, West Leederville 6901 or email win@haveagonews.com.au with the word

Eco-Organic in the subject line before 01/11/13. Each prize pack consists of one certified organic eco-oil HIPPO Enhanced concentrate (500ml) and an eco-oil HIPPO Enhanced ready-to-use spray (750ml) valued at more than \$30. The prizes can be picked up from the Have a Go News office at 137 Edward Street, Perth.

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ADVERTISING FEATURE



Walk away from congestion

ing WA motorists to get out of their cars and onto the footpath as a way to reduce Perth's growing congestion problem.

The Heart Foundation's WA Cardiovascular Health Director Trevor Shilton said figures showed that increasingly people were using cars as their main way of transport.

- Statistics showed:
- The number of registered vehicles in Perth increased 18.3 per cent between 2007 and 2012, well above the national average of 13.3 per cent: ¹
 - WA has the second highest number of vehicles per 1,000 residents (828): ²
 - More than 80 per cent of Perth residents drive to work: ³
 - 50 per cent of car trips are less than 5km: ⁴
 - Perth has had the highest increase in congestion of any Australian city over the past 12 months, and is now only second to Sydney: ⁵

"There is more to this issue than the frustrations experienced by motorists, as annoying as that can be," Mr Shilton said.

"We are also concerned about West Australians' increased risk of chronic diseases, caused by a lack of physical activity, along with the escalating economic and environmental costs."

Mr Shilton said an RAC survey released earlier this year showed Perth's congestion was taking its toll on commuters and families, with respondents reporting

lost family time, increased stress and lower productivity at work: ⁶

"The survey showed that 68 per cent of respondents reported increased stress levels, 46 per cent were spending less time at home and 19 per cent drove more dangerously," he said.

"These statistics clearly show the impact of congestion on our roads."

Mr Shilton said the Heart Foundation and its partners were calling for comprehensive action to address these issues.

"There are some excellent walking, cycling and physical activity programs in WA, and the benefits of expanding and integrating these measures across the community would be enormous," he said.

"Experience in other countries has shown that significant population-wide health benefits flow from improving walking, cycling and public transport infrastructure."

"Walk Over October will help us recognise the enormous health benefits daily exercise can bring - whether it's part of the work day, for transport or simply a leisurely Sunday stroll," Mr Shilton said.

Walking had a number of health benefits, including reducing the risk of;

- Heart disease by 30 to 50 per cent;
- Type 2 diabetes by 30 per cent;
- Breast and colon cancer by 20 per cent.

Regular walking could also improve mental health.

"There are very few activities you can do once a day, at no cost, with no side effects, that has such extensive benefits," Mr Shilton said.

Throughout October community groups, workplaces and schools across the State will take part in walking activities to celebrate Walk Over October.

For more information and to get involved go to www.walkoveroctober.com.au

1. Australian Bureau of Statistics (ABS) 2013, Motor vehicle census, Australia, 31 Jan 2013
2. Australian Bureau of Statistics (ABS) 2013, Motor vehicle census, Australia, 31 Jan 2013
3. Australian Bureau of Statistics (ABS) 2013, Motor vehicle census, Australia, 31 Jan 2013
4. Walking, Riding and Access to Public Transport, 29 Oct 2012
5. TomTom Australia and New Zealand Congestion Index 2013
6. RAC BusinessWise-CCI Congestion Survey, January 2013.

WIN WIN WIN

To be in the draw to win one of three \$100 Pedicure vouchers from Ella Bache simply send an envelope with your name, address and phone number on the back to Walk Over October - C/- Have a Go News - PO Box 1042, West Leederville 6901 or email win@havegonews.com.au with Walk Over October in the subject line. Only over 45s eligible and competition closes 31/10/13.

TRAFFIC congestion is causing serious health, financial, and environmental problems, according to a joint government, health and business group.

The annual Walk Over October campaign, coordinated by the Heart Foundation, representatives from State Government agencies and the RAC, is encourag-



Jeanette Woolerton

by Jeanette Woolerton

E-NOUGH! I quit...

Electronic cigarettes are the latest buzz for quitting smoking. According to the results of a trial that compared both methods against a placebo, these techno tobacco sticks show about the same rate of success in helping smokers quit as nicotine patches.

The findings were presented at the European Respiratory Society (ERS) Annual Congress in Barcelona, Spain and were published online in The Lancet.

Researchers say theirs is only the second controlled study to evaluate the effectiveness of e-cigarettes but the first to compare them against nicotine patches.

E-cigarettes, or electronic cigarettes, are battery-powered devices that allow users to inhale doses of vaporized nicotine. Nicotine patches are transdermal patches that release nicotine into the body through the skin.

The trial found that e-cigarettes and nicotine patches

had comparable rates of success with few adverse events: roughly similar proportions of smokers were still not smoking three months after following a 13-week course using either e-cigarettes or nicotine patches.

However, the researchers caution that it is still too early to say where e-cigarettes fit into tobacco control and that more studies should be done to "establish their overall benefits and harms at both individual and population levels."

For further information, please refer to: <http://www.medicalnewstoday.com/articles/265801.php>

(Wo)man's best friend...
Sniffer dogs for ovarian cancer?

That may seem a bit far fetched, but a breakthrough method of detecting ovarian cancer has proved all the skeptics wrong. Dogs can and do sniff out the disease in the majority of cases.

A group of researchers collaborated to investigate using canine olfaction and chemical and nanotechnology analysis as a means of detecting early-stage ovarian cancer.

The results were astounding.

For further information, please refer to:

<http://www.medicalnewstoday.com/articles/264629.php>

Proof that dogs are truly

Health News

(wo)man's best friend!

Iron lungs...

Instead of cough drops, some women may need to reach for an iron supplement to treat that pesky cough.

A recently compiled document, presented by Italian researchers at the scientific meeting of the American College of Chest Physicians in Chicago, suggests that iron deficiency may help explain why some otherwise healthy, nonsmoking women have persistent coughs.

Tests on women with chronic coughs and iron deficiency show that a simple iron supplement often clears up the cough, says Dr Caterina Bucca of the University of Turin and colleagues.

Because iron helps regulate the production of proteins in the immune system that control inflammation, an iron deficiency might make the upper airway more prone to inflammation, leading to this chronic cough, Bucca reasons.

<http://www.abc.net.au/science/news/stories/2007/2068812.htm?health>

Mooving right along...

Food can bring people together. But sometimes specific foods can cause a great controversy. The 'pro or anti' dairy debate is one of these controversial dinner table conversations, as is the condition known as 'lactose intolerance'.

How did we end up with the fact that about two thirds of the adults on our planet can't comfortably drink milk?

The answer is a combination of 'cattle herding' and 'evolution'.

First, what is lactose? The organic chemists call it a 'disaccharide', which literally means two simple sugars. So lactose, the common sugar in milk, is actually made of two simpler sugars joined together - and the simple sugars are glucose and galactose.

Lactose is physically too large to cross the gut wall and get into the bloodstream. So all young suckling mammals manufacture a special enzyme to split the lactose into its two component simpler sugars of glucose and galactose - which are small enough to cross the gut wall and enter the bloodstream. This enzyme, called 'lactase' is found in the cells that make up the lining of your jejunum and duodenum - parts of your small intestine.

Bear in mind that cows in particular, have six stomachs, while human beings only have one.

Despite the fact that we are not genetically structured to drink cow's milk, there may be promising breakthroughs that assist in the digestion of certain dairy products in the future.

In order to understand why we drink cow's milk in the first instance, it may be worth referring to the evolution of mankind and our transition from hunter gatherer to herdsman.

These and other fascinating facts can be found on <http://www.abc.net.au/science/articles/2013/09/17/3850729.htm>

Mens Health: Country life not so rosy for men



(Back row: Rural In Reach team. Front row (L-R): Dean Dyer, Dr Paul Pulé, Heath Black and Fiona Reid)

by Frank Smith

ALCOHOL CONSUMPTION in regional WA is among some of the highest nationally, with suicide rates, particularly in young men, far outnumbering their metro counterparts. Rural men are also at greater risk of health issues.

Last month the Women's Health and Family Services Rural In Reach team hosted a panel discussion focusing on men's mental health and alcohol and other drug use.

The panel consisted of Heath Black ex AFL player, author and mental health advocate, Dean Dyer from the MAN (Men's Advisory Network) and Dr Paul Pulé, from MenAlive Australia, specialising in men's work. The panel brought insight and experience, both personally and professionally to often difficult to talk about health concerns

"Men are the most at-risk group in remote and regional Australia," said Dyer. "The key areas of concern are the same as in the city, but with added dimensions due to isolation and culture."

"Rural men fit the stereotype of male Australian culture: work hard, play hard, drink lots."

It is difficult to access allied health professionals in the country. The long distances mean that men lose at least half a day's work when they go to see a health worker.

"If men went to their GP for a check up once a year it could save thousands of men's lives," said Dyer.

He said the outcome of most chronic disease could be altered by lifestyle changes.

Heath Black said country life was no different to sporting codes.

"For relief men play footy then go to the club or pub and drink. In the country they have no access to public transport so they drive home drunk."

"Men detach themselves from the group when things are not going well."

Pulé agreed: "They are stigmatised if they show their vulnerability, so they avoid being round their mates."

"A change in behaviour is a big red flag that something is wrong," said Black.

"We learn a lot from women who discuss their men's health with MenAlive Australia," said Pulé. "But it is men's responsibility to look after their own health."

"Women need to make discussion of men's health as

normal dinnertime conversation as women's or children's health," said Dyer.

They need to say words, not just drop hints.

"Men's anger can be threatening to women. It is scary," said Pulé.

"Women should encourage men to talk about the elephant in the room," said Dyer.

"They need to get them to talk about what causes their stress."

"Why do so many men turn to alcohol and drugs?" asked Fiona Reid the facilitator.

"They are brought up tough in rural areas. Drinking is the only way to escape," said Black.

"Blokes need other ways to deal with stress and other ways to celebrate," said Dyer.

"Drugs push down terrible feelings. You stop noticing the problem, but it is at a terrible cost especially to the family."

Positive developments include rural men's sheds.

"Men together for a purpose talk about problems when they are doing something," said Pulé. "Sheds mix older and younger men and teach basic skills."

"It is okay not to be superman," said Dyer. "There are resources available, The Blokes Book, websites including heathblack.com.au, man.org.au, menaliveaustralia.com.au, lifeline.org.au and oneline.com.au and you can do it from home."

"Men need to take care of their own health. The challenge is to be happier and healthier than your father," said Dyer.

For the full webcast go to: <http://ruralinreach.whfs.org.au/content/video-links#mens>



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RETIREMENT LIVING EXPO 2013

9 - 10 NOVEMBER, 10AM-4PM BELMONT PARK RACECOURSE, GOODWOOD PARADE, BURSWOOD



Second annual Retirement Living Expo 2013 coming up



VILLAGE SOLUTIONS AUSTRALIA is proud to present the second annual Retirement Living Expo, slated to become one of the biggest retirement lifestyle events in the West Australian calendar.

To be held at the Belmont Park Racecourse on 9 and 10 November 2013, the event is the set to launch the opening of Seniors Week 2013.

Event Manager Joshua O'Keefe said the Expo was specifically designed to target those preparing for retirement, and those already enjoying its benefits.

"We learnt a lot after the launch of the event in 2012, so we have worked really hard to bring the community a bigger and better event in 2013. We are happy to again present the broad mix of exhibitors showcasing their various products and services that benefit this demographic," he said.

The Expo will be showcasing the best in retirement and lifestyle villages, insurance agents, financial planners, superannuation experts and lawyers, as well as travel agents, support agencies, the very latest in motor homes, cooking and gardening experts.

"The Expo is about providing up to date information by the top industry experts, and giving retirees tips in extending and maximising the enjoyment of their retirement," Mr O'Keefe said.

"It's not about overwhelming the audience with information, but forming a 'one stop shop' for all retirement needs."

Mr O'Keefe expects to build on the success of the 2012 event, planning for up to 5,000 people to stream through the doors. "We are

confident this event will provide our ageing population access to credible information which is becoming increasingly important. We are building the foundations of an event which will become a permanent fixture on Perth's event calendar."

With performances from local groups on the main stage throughout the weekend, attendees will also be able to hear experts presenting free, 20 minute information sessions all day, both days, ranging from legal to financial planning and cooking and garden demonstrations.

Mr O'Keefe highlighted the importance of adult children getting involved in their parents' retirement decision making process.

"I encourage the children of parents about to retire to bring them to the expo. It's an information gathering exercise, all these decisions will ultimately affect them... Lucky for me the Director of my company is my mother so I know she's already going to be there."

Entry to the Expo is free, but attendees are urged to give a gold coin donation in support of Telethon.

All visitors to the Expo will be in the running to win two return tickets to London on Singapore Airlines.

"We are excited that Singapore Airlines has continued their strong support of this event for a second year as one of our major sponsor. It's good to see one of the world's best airlines supporting older Australians and the industries that assist them," Mr O'Keefe said.

For more information contact, Joshua O'Keefe on 0403 034 504 or see www.retirementlivingexpo.com.au

Couple retires early to join village



Julie and Peter Fairall (left) with relatives Jenny and Dave Spence, who took early retirement to join them at Amana Living Treendale
© Leon Shaffer

JENNY and Dave Spence, in their early 60s, were so impressed by Amana Living's newest retirement village, Treendale, in Australind, that they retired early and moved in.

The Spences first visited Treendale when they helped Jenny's brother and his wife move in, and it wasn't long before they were neighbours.

"We decided to retire sooner than originally planned, so we could get the benefit of this great lifestyle earlier," said Jenny Spence.

"There's a wonderful village community spirit here. You know the people around you and we look out for each other. People know when you're away and keep an eye on your place."

One of the attractions was The Club, Treendale's leisure centre.

"We go every morning. I do hydrotherapy exercises in the pool and then have some time in the spa."

"The house is lovely - very spacious with wide doorways and passageways and a roomy bathroom. It's been designed to be fully wheelchair-friendly in case we need that later in life."

Amana Living CEO, Ray Glickman, enjoys hearing about residents such as the Spences.

"These are people who are in tune with Amana Living's approach - the second half of life is for living!"

Three-bed villas start at \$395,000.

Amana Living offers a range of housing options to suit all budgets - if you think you can't afford to retire, think again!

Contact them on 1300 262 626 to discuss your choices.

For Treendale, call 9725 9361.

RETIREMENT LIVING EXPO 2013

9 - 10 NOVEMBER, 10AM-4PM BELMONT PARK RACECOURSE, GOODWOOD PARADE, BURSWOOD



THE ONE-STOP-SHOP FOR EVERYTHING TO DO WITH RETIREMENT

Make your retirement dreams a reality at the 2013 Retirement Living Expo, Saturday 9 and Sunday 10 November. Last year's expo was a huge success and in 2013 it will be bigger and better than ever!

With over 50 exhibitors, information seminars, product demonstrations, stage performances, and many other interesting attractions for people about to retire or already retired, it is an event not to be missed.

Come and explore a variety of exhibits showcasing the very best in retirement and lifestyle villages, financial planners, lawyers, speak to insurance agents, even book your next holiday. There will be wine tastings, plus we have experts giving FREE information sessions throughout both days.

*Conditions apply

Bentley Park - Affordable living near the CBD

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The new villa has generous living spaces, quality appliances and offer flexible design features that can easily be altered to accommodate changes that may become necessary as we age.

Apartment Living

Bentley Park has noted that apartments are becoming more popular with prospective new residents. They are keen to take advantage of the benefits that this style of living offers. Security is enhanced with access-controlled entry and secure underground parking. In addition, the push-button support and security system is monitored on site.

A lift allows easy access to all floors and the communal courtyards offer great opportunities for socialising with other residents. Large balconies offer space for entertaining friends and family or just relaxing with your favourite pot plants. All the homes are fitted with quality fixtures and fittings and have practical kitchen designs and comfortable living spaces.

For more information or to arrange an inspection call Harry on 6250 0000.

Australind Rise

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Australind Rise offers ideal retirement living in a coastal hamlet at the gateway to the down south lifestyle. The estate is perfectly set between the idyllic Collie River and the Indian Ocean and the natural setting overlooking the inlet adds a special dimension to a truly relaxed way of life.

Designs are clean and modern with practical open spaces that adapt easily to your specific lifestyle requirements and will easily re-adapt to any changing needs. The leisure centre is the hub of social connection and offers many facilities for residents to enjoy. A premium retirement estate in a prize location, Australind Rise is relaxed coastal living at its best. For more information or to arrange an inspection call Margaret on 1300 290 820.

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Seniors morning tea to launch Seniors Week



and couples thinking about retiring to enjoy a relaxed morning of entertainment, social networking and of course a hot 'cuppa'.

"We all know that retirees are amongst some of the busiest people on earth. We are happy that we can provide a nice relaxed atmosphere for seniors to bring their friends and families for a bit of time out to enjoy the start of the weekend and celebrate the beginning of seniors week" she said.

"Belmont Park Racecourse has plenty of bus

parking facilities," Ms Davidson said, "so what we would like to see is an army of buses from any of the 200 retirement villages and community groups from around Perth supporting the morning tea".

Seniors are encouraged to bring their families, friends and neighbours to the event with all attendees having a chance to win to tickets to London flying Singapore Airlines as a joint promotion with the Retirement Living Expo.

Entry to the morning tea is \$10 which is paid at the door, but attendees are encouraged to register with organisers, Village Solutions Australia, in the weeks prior to the event. Entry to the Retirement Living Expo happening right next door is free for those who attend the morning tea.

The Expo will be showcasing the best in retirement and lifestyle villages, insurance agents, financial planners, superannuation experts and lawyers, as well as travel agents, support agencies, the very latest in motor homes, cooking and gardening experts.

"We are happy to again present the broad mix of exhibitors showcasing their various products and services that benefit this demographic," expo manager Joshua O'Keefe said.

For more information contact, Fiona Davidson on 9362 1911 or see www.retirementlivingexpo.com.au



Fun for everyone at the spring market

MARKET goers will be treated to some of WA's most delicious produce at the Taste for Dementia Spring Market from 10am to 2pm on Sunday 10 November in the beautiful grounds of Vincent House Respite Centre located in the heart of North Perth at 485 Fitzgerald Street. As well as a wide selection of fresh, local produce there will also be kids' activities, great prizes up for grabs and live music.

The event is in collaboration with Southern Cross Care and Paul Litwin who is the son of one of the Vincent House clients. Paul has many years of event management experience and recently ran the *Taste for Dementia* pilot event, which event attracted 50 people and raised more than \$1200.

Paul has seen a big change in his father since he started, in March this year, to access twice a week, respite at Vincent House.

"Dad has become more vibrant and alive since he started coming to Vincent House. He loves going there and it's really helped to give Mum, who is his primary carer, a break."

The concept behind the event is to offer fresh produce that smells and tastes delicious to stimulate the senses. Research has shown that taste and smell are particularly important to dementia sufferers as it can rekindle special memories. This technique has been used successfully as therapy for dementia patients. Funds raised from the event will go towards Vincent House to help grow and develop the valuable programs offered to clients at the centre.

A spring market for a great cause

Vincent House provides an ideal setting for day and overnight respite.

Utilising all facets of this beautiful character building and expansive garden spaces, Vincent House offer services to clients with dementia and to those with both high and low care needs. Catering for small numbers of clients at any one time, Vincent House specialises in providing the ideal service for individuals with dementia and/or challenging behaviours.

The Taste for Dementia Spring Market is proudly supported by the Knights of the Southern Cross, COTA and is a part of the Bendigo Bank Seniors Week Festival 2013.

About Southern Cross Care Southern Cross Care (SCC) was established in 1966 and is an initiative of the Knights of the Southern Cross (WA) Inc.

SCC provides services to more than 3,000 individuals throughout metropolitan and regional areas. They own or operate residential aged care facilities, retirement villages, a wide range of community services and offers services to those with a mental illness.

They also run day/overnight respite centres, community options houses and a consultancy/management service. It's a Registered Growth Provider with the Department of Housing, Government of Western Australia and employs more than 1,000 staff and 250 volunteers.

SCC (WA) owns or operates 10 residential aged care facilities, nine retirement villages, a wide range of community services, services to those with a mental illness, six day/overnight respite centres, three community options houses and a consultancy/management service

Southern Cross Care is also a Registered Growth Provider with the Department of Housing, Government of Western Australia.

For more information please contact Inga Norgrove on inorgrove@scrosswa.org.au, 0408 657 741 or 9282 9972.

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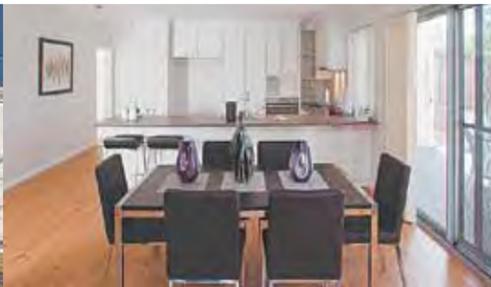
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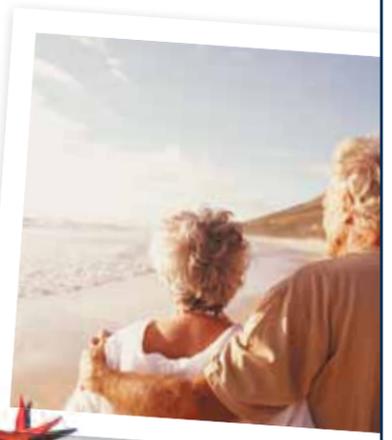


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What is shared equity?

by John Millar
Information Officer,
Seniors' Housing Centre

SHARED EQUITY or co-ownership of a property, although not a new idea, is increasing in popularity in Western Australia due to the high cost of building and owning a home here.

Most probably your first experience of shared equity was ownership between a married couple - your Mum and Dad.

Essentially it is where two or more people and/or parties share ownership of a property. Its ben-

efit is obvious; it brings down the cost of building and/or owning a home to a reasonable level. Another benefit of course is the joy and fun of living with your own kin (very common in other countries).

The Seniors' Housing Centre is increasingly hearing stories of seniors who are sharing a property with their children, building a 'Granny flat' on their land or, assisting their children to build by contributing to the cost and then living with them.

It does however have inherent dangers.

One in particular is relationship breakup: sadly approximately one-in-three marriages in Australia ends in divorce. This has serious implications if you are sharing or co-own a property with married children. You have to be pretty sure about the long term relationships you are chaining yourself to or, make sure that any property sharing is covered legally, using a family agreement.

As well as children's relationships breaking up, sadly divorce and separation in seniors is on the increase. This can lead to a situation where both parties, after

the family home is sold off, have a substantial amount of money, but not enough to buy another property outright and too much to qualify for public housing. Try getting a mortgage when you are retired from work.

If you can't co-own with family there are still other opportunities for shared equity arrangements with others.

As part of the strategy of making home-ownership affordable the WA State Government has a share equity programme called the 'Opening Doors Scheme.' Through this scheme, you can

share with the Department of Housing, between 20 to 40 per cent of the ownership of a property. This means you will be servicing a smaller mortgage and, if you choose, you can buy out the other percentage if and when your finances improve. Naturally conditions apply with the Department of Housing, which include eligibility conditions.

For more information, please contact <http://www.openingdoors-wa.com.au/> or <http://www.dhw.wa.gov.au/sharedstart/Pages/default.aspx>

Check out the short video on

the Department of Housing website or on YouTube.

Of course you could always get the kids to buy you a place. You might have to buy them a Lotto ticket first though.

For more information, contact the Seniors' Housing Centre at COTA (WA) on 1300 734 838.



Neville and Sue Read

WHEN FORMER Paralympian Neville Read's daughter fell pregnant with her second child, Neville and wife Sue decided it was time to pack up and move closer so they could lend a helping hand.

It was a big decision.

Freewheeling grandparents choose the good life in WA

Not only did it mean leaving their home — purpose-built to accommodate Nev's wheelchair — but it meant relocating to WA from the Adelaide Hills, leaving behind their son, Aaron, his wife, Kylie, and their children Olivia and Zoe.

At least the couple had seen a fair bit of WA and knew what to expect having towed a caravan across the Nullarbor and back five times during this past 12 months.

They brought the caravan across again for this latest (and permanent) move, living in it for three weeks till their new home was completed.

"We thought Tamara might need a hand," Neville said of his policewoman daughter, whose second baby was due any day.

"It was a big decision to leave but we thought it was time to move on.

"We also wanted to move into a village. With me in a wheelchair, Sue's got enough to do without all the laborious jobs outside."

Their new home, at Peet's Latitude Lakelands over 55s community, near Mandurah, ticked that box with its small back garden and a front garden taken care of by village management.

It is also close to Tamara and husband Darren, who

live with their two-year-old son Lawson in nearby Meadow Springs.

The Reads' chose the new Stage 4 at Latitude which was completed recently. The centrally-located precinct is immediately opposite the village clubhouse and community centre and comprises 30 new homes (of which 18 are still available) under freehold survey-strata title. There are five distinctive home designs to choose from, each offering two bedrooms, two bathrooms and study.

Of great importance is the fact that the house is ideally suited for someone confined to a wheelchair. It has a double not single garage for instance, which means lots more room for Nev and his wheelchair to get in and out of their car. There are sliding doors to the ensuite, too.

"We checked out five retirement villages in South Australia and a couple over here and this was the only one where the houses were suitable for someone in a wheelchair," explained Nev.

"For example, this is the only house we've seen with 800mm-wide door frames so it's no hassle to get through."

Peet Limited, Latitude Lakelands' developer, has taken great care to ensure the homes are not only low maintenance but suitable for living for people with a range of needs and abilities.

Besides featuring wide doorways and corridors, for example, they have no steps, high-level power points, large shower areas, security fly screens and the garages are fitted with a remote-automatic door. For complete peace of mind, each home is also fitted with an emergency call system which is monitored 24 hours a day.

Neville is a champion wheelchair lawn bowler who won bronze at the Seoul Paralympics of 1988 and competed in the 2002 Manchester Commonwealth Games. He uses a specially adapted wheelchair for his sport and hopes to make use of the bowling green which is one of the range of community facilities at Latitude along with a lap pool, private gymnasium, cinema, cafe, salon, communal dining facilities and more.

The resort-style village will ultimately comprise 194 architecturally-designed, double-brick homes, with survey-strata freehold titles, set on a spacious eight hectare landscaped property. Prices start at \$360,000.

Display homes are open on Wednesday, Saturday and Sunday from noon to 4pm.

For details, contact Peet's sales representative Cath Acton on 1800 678 683 or drop into the Land Sales Office, at 52 Bellambi Chase, Lakelands. You can also explore the village online at www.lattitudelakelands.com.au

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Blackadder Goes Forth comes to Perth



Blackadder Goes Forth is the fourth and final series of the BBC sitcom *Blackadder*, written by Richard Curtis and Ben Elton, which aired on BBC One in 1989.

The series placed the recurring characters of *Blackadder*, Baldrick and George in a trench in Flanders during World War I, and followed their various doomed attempts to escape from the trenches to avoid certain death under the misguided command of General Melchett.

The series is particularly noted for its criticism of the British Army leadership during the campaign, and also refers to a number of famous figures of the age. In addition, the series is remembered for the poignant ending of the final episode.

Despite initial concerns that the comedy series might trivialise the events of 1914 - 1918, the series won widespread acclaim on its release, and won the British Academy Television Award for Best Comedy Series in 1989. It has since become regarded as a classic television sitcom, and in 2000 was placed 16th by industry professionals in a list of the 100 Greatest British Television Programmes

compiled by the British Film Institute.

Directed by David Gregory, the play features Joe Isaia as Captain Blackadder, Keith Scrivens as Baldrick, Rodney Van Groningen as Lt George, Tim Edwards as Darling and Peter Clark as General Melchett. A team of talented Perth actors including Brendan Tobin, Nick Brittain, Clare Wood and David Seman ably support the main cast.

Serial Productions is also proud to be supporting Legacy, a charity providing services to Australian families suffering financially and socially after the incapacitation or death of a spouse or parent, during or after their defence force service. Part proceeds from all ticket sales will be donated to this worthy cause.

Blackadder Goes Forth runs from Wednesday 9 October to Saturday 19 October at the Old Mill Theatre in South Perth.

For more information about the show or about Serial Productions please visit www.serialproductions.com.au.

Tickets can be booked through Trybooking at www.trybooking.com/CMPJ.

FOLLOWING on from their highly successful inaugural theatre production *Open All Hours*, Serial Productions are proud to present the hilariously funny *Blackadder Goes Forth*, this October.

Explore libraries!

DID YOU know that you only need to set foot in a library once to be a regular borrower?

Online services available at the City's four libraries - Duncraig, Joondalup, Whitford and Woodvale - make it easy for those with busy lives to access their local library at the click of a mouse or tap of an iPad.

Whether you are a FIFO worker, full-time student or just have your hands full with a family, making time for a library visit can often be difficult.

So why not take advantage of the library's many online services?

Thousands of e-Books, e-Magazines, e-Audio books and interactive e-Books are available to download.

You can even learn a different language online.

Did you know that Joondalup Libraries are among the busiest cultural facilities in the northern suburbs?

More than 70,000 people are members of the City's libraries.

Last financial year, almost 1.3 mil-

lion items were borrowed and 183,000 items were requested via the City's online catalogue.

More than 20,000 people took part in library events in 2012-13 such as Meet the Author sessions, Discovery Sessions, Parent/Baby workshops, Book Clubs, Writers Groups, School Holiday and Game events.

Staff answered 93,998 information enquiries.

The City's Books on Wheels Service is a free service that caters for older adults who, due to frailty or limited mobility, are unable to reach their public library.

Interested in the past? Why not look into your ancestry in the City's extensive Local History section, or visit Picture Joondalup - an online, digital record designed to preserve valuable and unique historical photographs and the stories behind them.

There is free email and internet access at all City libraries, while WiFi access is also free at Joondalup Library.

What are you waiting for? Get involved in your local library today.

To discover more call 9400 4751, visit joondalup.wa.gov.au or subscribe to Libraries Online.

Enjoy spring at Whistler's in the Swan Valley



SPRING is the perfect time to visit the Swan Valley.

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

The new Whistler's experience in the valley is the perfect place to take the grand children. With its beautiful shaded grassed outdoor area complete with sand pit, chalk boards and plenty of space, it is a great spot for the kids to enjoy.

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

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

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

Don't forget that their factory outlet at 18 Hubert Street in Belmont is open for visits on Thursday and Fridays only from 9am to 5pm where you can taste and buy the selection of delicious products at wholesale prices.

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

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

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

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

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

WIN WIN WIN

To be in the draw to win one of five fabulous Whistler's hampers valued at \$25 each simply send an envelope to Whistler's Competition - c/- Have a Go News PO Box 1042 West Leederville 6901 with your details on the back or email win@haveagonews.com.au - subject Whistlers. Entries close 8/11/13 and only over 45s eligible.

Seniors friendly travel club increases tours and cruises

Advertorial
AUSTRALIA'S ONLY "Senior's Friendly" Travel Club has increased its number of escorted tours and cruises.

With free membership and free incentives to travel enthusiasts, it's no wonder that Seniors Holiday Travel is so popular with its 88,000+ members throughout Australia.

There are many unique points of difference that Seniors Holiday Travel offers above competitors.

There is a dedicated leisure travel service committed to delivering value, quality and attention to detail, for a holiday, a tour or a cruise, in all, any form of travel to any corner of Australia or the world.

There are many personally escorted tours and cruises throughout Australia and throughout the world every year with your personal escort, in many cases being the actual staff member with whom you booked your tour or cruise.

All of this is designed to ensure peace of mind for the traveller.

There are also additional special discounts for seniors with travel insurance and much more.

Seniors Holiday Travel keeps members up to date every week with the latest

special last-minute deals from travel suppliers that can save you a small fortune if you are flexible enough to take advantage of these offers, and every three months there is a quarterly newsletter with details of the latest Seniors Holiday Travel organised tours and cruises as well as information on all of the many destinations that you may have dreamed about visiting.

For solo travellers, Seniors Holiday Travel also acknowledges that there are many of you who are solo travellers and as such endeavours to find its members an easy-to-get-along-with and like-minded travel partner to ensure you can still do what you want and like to do, without paying the additional loading.

Completely respectful of Australia's seniors the company ensures that they fulfil as many, if not all, of your wishes as is humanly possible, and what's more, will do it with a smile and treat you like family.

Whether it's an all inclusive holiday package for you and 12 of your closest friends or travel insurance for one, Seniors Holiday Travel will take care of all of your travel requirements.

Their dedicated team of highly experienced travel professionals assist corporate cli-

entele, and offer such clients a comprehensive, resourceful, and above all, forward thinking approach to travel and expense management, all with an eye towards cost savings.

Their genuinely friendly and highly professional service is renowned throughout Australia. Seniors Holiday Travel provides many benefits to travellers that no other travel agency can provide. This is what sets them apart as a multi-award winning travel agency.

Seniors Holiday Travel offers a superior level of service and a high level of expertise from very experienced senior travel professionals who have "been-there-and-done-that" and can provide assistance, helpful tips and advice, and in many cases, local knowledge of many Australian and global destinations.

With almost 200 awards for outstanding service and dedication to Australia's seniors, they are proud of our reputation as Australia's number one travel company for seniors.

For more information, visit the web site - www.SeniorsHolidayTravel.com.au or make a free call to 1800 300 999 and become a member - it's free to join for seniors.

Email enquiries@seniorsholidaytravel.com.au

Seniors Recreation Council of WA Inc



presents a LiveLighter and Bendigo Bank Seniors Week Festival Event



Have a Go Day

Wednesday

13 November 2013

Burswood Park

8.30am to 3.00pm

Great Eastern Highway, Burswood



Official opening 9.35am

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Minister for Local Government;
Community Services; Seniors and
Volunteering; Youth

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Phone 9492 9773
www.srcwa.asn.au

Bendigo Bank
Seniors Week
Festival
10-17 November 2013

Festival Events

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Week Festival? We would like
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to list your event or to view the events
calendar. Please phone 9227 8283
for further information.

Seniors Recreation Council Be Active
Have a Go Day at Burswood Park
Wednesday 13 November | 8.30am-3.00pm

The Senior Newspaper Grandparents
Family Day at Perth Zoo
Sunday 17 November | 10.00am-1.00pm

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ADVERTISING FEATURE



What is an ombudsman and what is their role

THERE ARE a number of public and private ombudsmen in Australia.

Ombudsmen are a method of resolving disputes with public or private bodies without going to the courts, and have proved popular in the last 40 years or so since introduction.

The Commonwealth ombudsman can investigate complaints about the

actions and decisions of Australian Government departments and agencies, the services delivered by most private contractors for the Australian Government, and oversee complaint investigations conducted by the Australian Federal Police.

Like all ombudsmen, it cannot compel action; rather it handles com-

plaints, conducts investigations, performs audits and inspections, encourages good administration, and carries out specialist oversight tasks.

Each State also has its own ombudsman which can investigate State government bodies.

Private sector ombudsmen include the Energy Ombudsman WA, Finan-

cial Ombudsman Service (FOS), Private Health Insurance Ombudsman, the Produce and Grocery Industry Ombudsman, and the Telecommunications Industry Ombudsman (TIO – the most commonly used ombudsman).

Private ombudsmen are generally funded by businesses in that industry,

and when a complaint is made, a business can be fined by the ombudsman, progressively depending on the severity of the complaint.

Contact details for ombudsmen can be found online, and specific ombudsmen's details are generally found in documentation from businesses within that industry.

Hilltop Grove Estate is the tranquil home in the hills you've been seeking



HILLTOP Grove is a boutique community nestled in the Perth Hills that is only two minutes from Mundaring, and yet just 40 minutes from the city.

This private, unique community for over-55s is set in 3ha of natural bush right in the heart of the Perth Hills and offers you a quiet and peaceful hills lifestyle.

Hilltop Grove Estate has all the benefits of your own freehold title home within a master-planned, tree-lined community.

And community is at the heart of Hilltop Grove. Each of the 34 homesites backs onto a wide central expanse of natural bush with intertwining pathways.

These paths link each home to the fully equipped, purpose-built Community Centre at the heart of the estate.

A meandering footpath provides the option to take an easy stroll through the natural bush and tall trees to the Mundaring town centre.

And you are just a stone's throw from

the surrounding Greenmount, Kalamunda and John Forrest National Parks.

Other nearby attractions include the Mundaring Weir on the Helena River, local wineries, excellent restaurants, artist's studios and craft shops.

Or you can just relax and enjoy watching the seasons change in the surrounding bush while listening to the sounds of kookaburras.

Homesites at Hilltop Grove average a generous 400sqm and each has its own title. You can create your own individual home design or choose one of our homes that has been especially designed to suit you and the Hilltop development.

Then just sit back and let them do all the work to deliver you a no-fuss, turn-key new home in this rare community among the natural bush.

For more information, visit www.hilltopgrove.com.au or call sales representative Jo Lindo on 1800 445 586.

Affordable living at Moora Lifestyle Village

THE MOORA Lifestyle Village was developed with the over 50s in mind.

The village provides an affordable lifestyle designed for the retired or near retired independent person(s). With the affordable lifestyle comes a range of facilities that will ensure a quality of life, which is both sustainable and independent. While the location is within an easy walk of the town centre, the Village allows for a feeling of privacy, peace and tranquillity. Its design ensures a friendly, neighbourly environment where residents can live independently. The Village has a secure boundary fence with one main vehicle entrance.

Eleven sites out of 28 remain for lease and the shared facilities include a community shed and meeting room, gazebo and BBQ. Weekly rent starts at \$128 per week with lot sizes ranging from 180m² to 321.29m².

For further information please contact the Shire of Moora on 9651 0000 or visit the website on www.moora.wa.gov.au.



Moora Lifestyle Village - private, peaceful and tranquil

Lotterywest grant for Southern Cross Care

LAST MONTH, the Minister for Local Government; Community Services; Seniors and Volunteering; Youth, Tony Simpson officially announced a successful Lotterywest grant amounting to more than \$260,000 for Southern Cross Care (SCC).

This new funding will benefit seven SCC facilities.

Much of this funding will be utilised to improve the services and purchase items to help with the care of clients and residents with a cognitive impairment such as dementia.

Purchased items will include cooking equipment, barbecues as well as art supplies and musical instru-

ments. All of these activities have been proven to be successful recreational therapies in the treatment of dementia.

SCC's residential care facility in Broome, Germanus Kent House will receive a new commuter bus complete with a wheelchair hoist. The bus will allow staff to be self-sufficient in

transporting residents to activities, medical and specialist appointments.

Now that the funding is official, the various teams will look forward implementing the new additions to their facilities that will serve to further enhance the high quality services currently provided by SCC.

BPIA update

WELL WE now have a new Government in Australia and we already have confirmed support from Tony Abbott's office.

However we need to also get all the 'grass roots' MPs on board: several are already well aware of our campaign but I call on all members to contact their new MP to make them aware of the injustice that is being perpetrated by the UK Government.

Let us get all of this new Government fighting the UK for us.

If anyone wishes detailed information to take or send to their MP please contact me and I will send them a recent article by Jonathan Holmes in the Australian Spectator which sets out the case very succinctly.

During September when Julie Bishop (Foreign Affairs Minister) flew to New York for a series of meetings, we gave her briefing notes for the Commonwealth Ministerial Action Group (CMAG) meeting which took place later in the week. The notes included a brief giving her the background of the UK

pension freezing issue and to inform her of the persistent violation by the British Government of the Commonwealth core values mentioned in the new Charter of the Commonwealth which was signed by all the nation of the Commonwealth and by her Majesty the Queen in March 2013. These core values include fairness, equality and non discrimination, and by continuing the pension freezing policy the UK Government is persistently violating this Charter by discrimination against its expats depending upon which country they are living in. Britain is alone among the OECD countries to discriminate between its pensioners in different overseas countries, and continuing to reject any suggestion of compromise.

Recipients of a UK State Pension in eight out of nine countries are represented on the CMAG and we are calling for the CMAG to investigate and report on any persistent violations of the Commonwealth core values as set out in the Charter. It is hoped that the CMAG will recommend the British

Government should change its approach or if not should perhaps be suspended from the Commonwealth until it changes its pension freezing policy.

A similar letter has been sent to all of the other eight members of the CMAG as this meeting is the last one before the Commonwealth Heads of Government Meeting (CHOGM) to be held in Sri Lanka 15-17 November. (PS: I think I wrote October last month – my apologies).

Thank you to all those who have contacted me with feedback from the letters they sent to their UK MPs. Please let me know any feedback either positive or negative so that their responses can be further followed up.

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

E-mail: mikegoodall@btconnect.com

Mike Goodall

WARVRA
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- WARVRA is a not-for-profit organisation providing information for people facing important decisions on retirement living.
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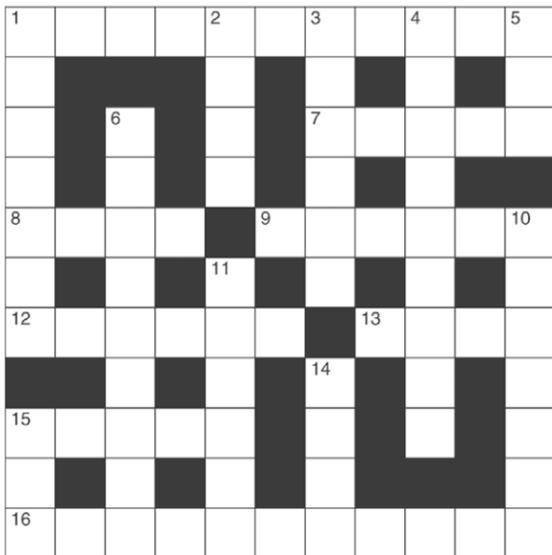
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Have a Go News DOUBLETAKE CROSSWORD

Tackle either set of these clues - you can even mix and match them, because the solutions are the same for both sets



© Lovatts Puzzles

DOUBLETAKE CROSSWORD SOLUTION WILL APPEAR IN THE NOVEMBER 2013 ISSUE OF Have a Go News

CRYPTIC CLUES

- Across**
- Rants upset father or mother - that's very clear (11)
 - Hears evidence in court of experiments (5)
 - Clarke admits having a bit of fun (4)
 - Crews suggested a boat trip (6)
 - Desert flaw (6)
 - Garment required by escapees (4)
 - When ocean is wild you have to paddle your own (5)
 - A diner steps aside for those on foot (11)

- Down**
- Deli art brought up the rear (7)
 - Buys a shirt with hidden waist band (4)
 - Cast or cast, perhaps (6)
 - Get rid of the Spanish item Ian cracked (9)
 - A little fetish? It is, to poets (3)
 - Rough fur, in need of restyling (9)
 - I see men becoming adversaries (7)
 - Cheats prison wardens (6)
 - A long way off in safari (4)
 - One hundred up for trophy (3)

STRAIGHT CLUES

- Across**
- See-through (11)
 - Has a go (5)
 - Songbird (4)
 - Shipboard vacation (6)
 - Imperfection (6)
 - ... of Good Hope (4)
 - White water craft (5)
 - Walkers (11)

- Down**
- Fell behind (7)
 - Beauty queen's ribbon (4)
 - Movie stars (6)
 - Rule out (9)
 - ... the season to be jolly (3)
 - Crude (9)
 - Foes (7)
 - Spiral fasteners (6)
 - In the distance (4)
 - ... & saucer (3)

DOUBLETAKE CROSSWORD SOLUTION FOR #258 SEPTEMBER 2013

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



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SUDOKU PUZZLE SOLUTION FOR #258 SEPTEMBER 2013

SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

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

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SUDOKU SOLUTION WILL APPEAR IN THE NOVEMBER 2013 ISSUE OF Have a Go News

2013 Canning Show Schedule of Entries released



EACH YEAR the Canning Agricultural, Horticultural and Recreational Society host the annual Canning Show.

This year the Society will celebrate the 118th anniversary of the magic of flowers, food and family. Showing on 1 and 2 November, there is much preparation to be done on behalf of the community

in Canning, as exhibitors maintain their vegetable patches and home gardens, and performers rehearse and create.

This year's release of the 2013 Canning Show Schedule of Entries has something for everyone, from cooking and growing to photography, arts and crafts.

The Canning Show sees fami-

lies from all over the south eastern metropolitan area enjoying show bags, rides and free entertainment.

However, the Show would not be possible without the contribution of the community exhibiting their year's hard work over the 13 sections that the schedule has to offer.

For further information, visit the website, www.cahrs.com.au/canning-show/.

WIN WIN WIN

To be in the draw to win a family pass to the Canning Agricultural Show, email win@haveagonews.com.au and include the word show in the subject line, or phone Have a Go News during business hours on 9227 8283 and leave your contact details. Only over 45s are eligible. Competition ends 25/10/13.

Buy some wonderful Christmas Cards and support WA's leading charities



Keren McCullagh's Christmas Card design is part of the range this year.

SHOP EARLY and see the amazing selection of Christmas cards for sale at the Combined Charities Card Shop located in the foyer of the Westpac Bank Ground Floor foyer, corner of St George's Terrace and William Street, Perth. The card shop sales benefit participating charities, which include the Royal Flying Doctor Service, the Cancer Council, Heart Foundation, Association for the Blind and Save the Children.

This year the CCCS ran a state wide competition to add more Christmas card designs to the range and

from the excellent response, three new cards with a very Western Australian theme contributed by artists, Keren McCullagh, Laura Cole and Santana Stransky, have been included.

The shop is now open for business from Monday to Friday 10am until 3pm.

Cards are available for purchase from 40c each at the Shop, online at www.charitycardswa.org.au or by calling 6316 0428.

Begun in 1989, the Combined Charities Card Shop is run entirely by volunteers, one of whom, Anne McCrudden, was spotted during set-up reading a copy of Have a Go News behind the counter. The other volunteers were also interested to read her copy of the popular publication.

Have a Go News' readers are encouraged to purchase from the impressive range of charity cards to support many good causes in Western Australia.

Those readers, who would like to volunteer, will be made very welcome by the friendly team at CCCS in the very comfortable surrounds of the bank foyer, which is easily accessible by public transport.

For enquiries call Keren McCullagh on 9381 7881 or 0438 996 649.

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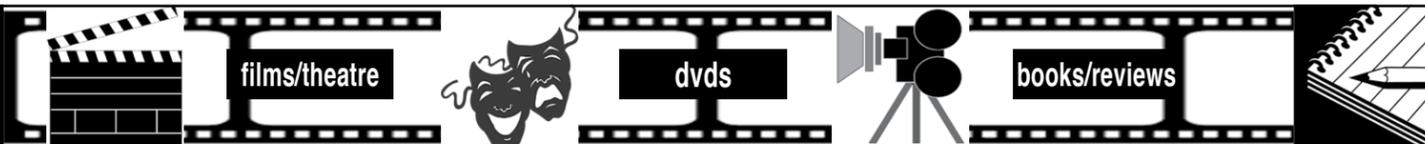
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Arts



WASO welcomes Asher Fisch

Asher Fisch. Fisch will be a breath of fresh air for the orchestra with a stunning program prepared for the 2014 season.

When I had the opportunity to meet Fisch at the launch of the WASO's 2014 season and hear him play Wagner on the Steinway Grand piano at the Perth Concert Hall, I knew Perth audiences were in for an absolute treat with his appointment.

Fisch's passion resonates through the music and fills you with emotions that only live music can provide.

A seasoned conductor, Fisch is a frequent guest of many leading orchestras and opera houses.

The appointment to WASO is his first chief artistic position.

"From my first encounter with WASO I was taken with its wonderful mixture of British professionalism, American efficiency and work ethic and German precision and sound culture. It's an orchestra with which one can concentrate on making music and achieve great heights," said Fisch.

"What will I bring to this wonderful mix? My passion for great music, my commitment to excellence and my experience, which I've accumulated

roaming the music world over the last 30 years," he said.

The Beethoven festival will be a highlight on the Perth winter calendar with nine symphonies over two weekends (21/8 to 31/8 2014) and a special performance in Albany during August.

The Morning Symphony program will include Fisch conducting Tchaikovsky - at 11am on 14 March 2014 and Schubert & Schumann at 11am on 7 August.

This really is going to be a special time for WASO and we look forward to bringing you more of the 2014 program in the New Year.

For further information or season bookings visit www.waso.com.au

WIN WIN WIN

To be in the draw to win a double pass to the 2014 WASO Chamber Series or a 2014 Morning Symphony subscription simply email win@haveagonews.com.au with the subject line WASO or simply send an envelope to WASO - C/- Have a Go News - PO Box 1042, West Leederville 6901 with your name, address and phone number on the back. Only over 45s eligible and competition closes 8/11/13.

A voyage through music

AKANNA are three classical female singers who with their signing stop people in their tracks and bring audiences to their feet.

With incredible versatility and passion, these ladies share solo, duet and trio repertoire both accompanied and as 'a capella'.

The audience will be in awe of renditions of a jazz version of *Summertime* to Gilbert & Sullivan's famous *Three Little Maids*, to *The Flower Duet* and *For Good* through which AKANNA share their story.

With technical prowess, emotional expression and singing a cross section of genres AKANNA invite you to take a journey with them to experience the wonders of music through soaring voices which reach unbelievable heights.

AKANNA has performed at many concerts, corporate and charity events and have performed, by invitation, live on the ABC Radio - 720AM on two separate occasions.

"That was awesome. AKANNA are magnificent. My spirit soared, so inspiring and uplifting. I loved it," said audience member Ms. Melanie White at a performance of the show recently at the Mandurah Performing Arts Centre.

Delight in the harmonies of this trio and be taken on a voyage through music.

You will be spellbound by the perfect union of emotion and skill.

They look forward to you coming along to the Leederville Town Hall on Sunday, 13 October 2013 at 7.30pm.

Principal Conductor and Artistic Adviser Asher Fisch © Chris Gonz

by Jennifer Merigan

THE WEST Australian Symphony Orchestra welcomes their new Principal Conductor and Artistic Adviser

Perth Harmony Chorus to perform in November



PERTH HARMONY Chorus (current Australian Champion Women's Barbershop Chorus) pictured above, will present a show for the City of Perth at Northbridge Piazza on Sunday 17 November from 1pm - 3pm.

Chorus repertoire includes Australian songs, ballads, love songs, jazz, big band hits and patriotic favourites, all done a Capella in four part close harmonies, many with choreography.

The ladies are always intent on honing their performance skills, in preparation for the International Sweet Adeline Convention in 2014 where they will represent Australia. They are hoping to be the first ever Australian Chorus to make it into

the "Top Ten" at International competition.

The Men's Champion Barbershop Chorus, Vocal Evolution, recently represented Australia in Toronto, and was placed 14th in the world.

Come along and hear for yourself what makes Barbershop singing so addictive and so special.

For information about the Chorus, to book them for an event, or to sing with them, email suowen@inet.net.au, or call Heather on 9459 3453.

The Mandurah Performing Arts Centre presents

THURSDAY 31 OCTOBER, 8PM
Adults \$60 / Concession Card Holder \$57
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Group Booking 6+ \$50 each

Forever Rod
For more than 15 years, Dave Battah has thrilled audiences from Las Vegas to London and the Middle East with his stunning recreation of the unmistakable gritty vocals and energetic stage persona of music legend, Rod Stewart.

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SAT 16 & SUN 17 NOVEMBER, 2PM
Adults \$38 / Concession Card Holder \$33
FOMPAC \$30 Child \$17.50
Group Booking 10+ \$30 each

Phantom of the Opera
Stray Cats Theatre Company in community partnership with the Mandurah Performing Arts Centre presents PHANTOM OF THE OPERA. Far beneath the majesty and splendour of the Paris Opera House, hides the Phantom in a shadowy existence. Based on the classic novel 'Le Fantôme de l'Opéra' by Gaston Leroux, composed by Andrew Lloyd Webber, with lyrics by Charles Hart".

For bookings visit www.manpac.com.au or phone the Box Office 9550 3900

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2013 Lavazza Italian Film Festival: Cinema Paradiso and Luna on SX



The Great Beauty's Sabrina Ferilli
© Gianni Fiorito

THE 14TH Lavazza Italian Film Festival returns to the screen from 10 – 23 October, with 26 features and documentaries showcasing the considerable talents of Italy's internationally renowned film industry.

The festival launched with *The Great Beauty* (La grand bellezza) at Cinema Paradiso on Thursday 10 October and concludes with Fellini's *Roma*, also at Cinema Paradiso, on Wednesday 23 October.

Closing night - Fellini's *Roma*

Wednesday 23 October @ Cinema Paradiso, 7pm

In celebration of the spirit of this year's opening night film, *The Great Beauty*, we close this year's festival with Fellini's extraordinary *Roma*.

In countless ways, both films are a grand homage to the spectacular Rome - its street life and vibrancy in all its glorious forms.

Fellini's *Roma*, made in 1972, is a poetic comedy-drama depicting director Fellini's move from his native Rimini to Rome as a youth. Guests will receive Pallini Limoncello cocktails and Connoisseur ice cream at the pre-screening from 6.15pm, accompanied with live entertainment.

Tickets are \$33 general admission (\$28 Luna Privilege Card Holders) and are available online via Luna Palace Cinemas website: www.lunapalace.com.au/index.php?cin=online&choice=select_fest&id=54

Additional special event screenings include:

A Perfect Family (13 October, Luna on SX)

Mr Volare: The Story of Domenico Modugno (14 October, Luna on SX and 20 October, Cinema Paradiso)

Women Drive Me Crazy (16 October, Cinema Paradiso)

WIN WIN WIN

To be in the draw to win one of 10 double passes to see the Lavazza Italian Film Festival, be the first to call the Have a Go News office on 9227 8283 during business hours (Monday to Friday, 9am to 5pm) and leave your contact detail or email win@haveagonews.com.au. Only over 45s eligible.

On the Silver Screen



Clockwise from top left; *Thanks For Sharing's* Mark Ruffalo and Gwyneth Paltrow - *Rush* cast members - *Mystery Road* in cinemas October and *Le Week-End's* Meg and Nick (Jim Broadbent and Lindsay Duncan)

Thanks For Sharing

FROM Academy Award® nominated screenwriter and first-time director Stuart Blumberg (*The Kids Are All Right*) comes a sharply comic and deeply moving look at a very different kind of modern family – the haphazard family forged by a group of people trying to navigate life, love and the emotional landmines of New York City while recovering from addiction.

Academy Award® nominee Mark Ruffalo and Academy Award® winners Tim Robbins and Gwyneth Paltrow anchor a stellar ensemble cast which includes Mark Ruffalo, Joely Richardson, Josh Gad, Patrick Fugit and Alecia Moore, (Pink) in her first film role, in a story about the kind of friends who, no matter how wild their rises and falls, always put each other back together again. On their own, they are each smart, charming and completely broken... but together, they come to realise, that they might have a real shot at happiness.

Rush

From two-time Oscar winning director Ron Howard, *Rush* portrays the exhilarating true story of one of the greatest rivals Formula 1 racing has ever witnessed – James Hunt versus

Niki Lauda and their racing teams, McLaren versus Ferrari. Privileged, charismatic and handsome, English playboy James Hunt (Chris Hemsworth) was the polar opposite of his reserved and methodical opponent, Austrian born Niki Lauda (Daniel Brühl). They competed viciously against each other until Lauda's surgeon like precision behind the wheel landed him the number one spot at Ferrari. However it was not long before unruly golden boy Hunt dramatically seized the world championship from Lauda, proving to the critics that there was real substance beneath his stylish exterior.

Also stars Olivia Wilde and Alexandra Maria Lara.

WIN WIN WIN

To be in the draw to win one of 10 doubles to *Thanks For Sharing* or *Rush*, call the Have a Go News office on 9227 8283 during business hours (Monday to Friday, 9am to 5pm) and leave your contact detail or email win@haveagonews.com.au and put the words either *Thanks* or *Rush* in the subject line. Only over 45s are eligible. Competition ends 20/10/13.

Mystery Road

Mystery Road – it's a murder mystery!

In an outback town, Jay Swan an indigenous cowboy detective returns home to solve the murder of a teenage indigenous girl, whose body is found under the highway trucking route out of town.

He is alienated from both

the white dominated police force and the indigenous community, including his teenage daughter who he discovers is connected to the murdered girl.

Mystery Road is a gripping murder mystery with a cultural perspective.

From director Ivan Sen, *Mystery Road* stars Aaron

Pederson, Hugo Weaving, Jack Thompson, Ryan Kwanten and Tasma Walton.

Le Week-End

Le Week-End is a beautifully observed, funny and poignant story about the nature of love and commitment where husband and wife yearn to recapture their youthful fearlessness, lack of responsibility and idealism. A married couple, Meg and Nick (Jim Broadbent and Lindsay Duncan), revisit Paris to revitalise their marriage, and run into an old friend (Jeff Goldblum) who gives them a new vision on life and love.

Le Week-End marks the latest collaboration between director Roger Michell (*Notting Hill*, *Hyde Park on Hudson*) and his long-standing partners, writer Hanif Kureishi (*Notting Hill*, *Hyde Park on Hudson*) and producer Kevin Loader – the trio also worked on *Venus*, *The Mother* and TV's *The Buddha of Suburbia*.

Official selection: 2013 Toronto International Film Festival

WIN WIN WIN

To be in the draw to win a double pass to one of the above films, send an envelope with your name, address and phone number and the name of your preferred film on the back or email win@haveagonews.com.au indicate your preferred film in the subject line.

Only over 45s eligible. Competition ends 17/10/13.

Diva Delights

COME ALONG to the theatre on Murdoch Road, Thornlie on Wednesday 23 October at 10.15am for morning tea and the 11am show - a fictional tale presented in songs, dance and humour of the adventures of a group of GI brides

at the end of the Second World War.

Hear favourite lyrics that delighted people through the years and enjoy the talent and energy of this lively show which will have your toes

tapping and you singing along.

Book at the theatre by calling 9493 4577

The cost is \$12 with the special price for groups of 10 available for \$11 and carers \$3.

Sonata
Violin, violoncello and pipe organ

Sunday 17 November 2.30pm
The Basilica of St Patrick
Cnr Parry & Adelaide Sts Fremantle

Dominic Perissinotto (pipe organ), Margaret Blades (violin) and Louise McKay (violoncello), three of Western Australia's premier musicians will perform a stellar collection of riveting sonatas from Jacchini, Mendelssohn, Biber, Ravel, Bach and Corelli. Sonata sees a suitably magnificent display of instrumentality and musicality to bring the 2013 Pipe Organ Plus series to a close.

Online tickets www.trybooking.com/CBZU or at the door on the day of the concert from 1.30pm. Visit www.pipeorganplus.com or telephone (08) 9339 7418 for programme and booking information.

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FRIDAY 11th OCTOBER
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A trip down memory lane to the swinging sixties with the songs made famous by this pop icon, brought to you by Jay Yates

FRIDAY 8th NOVEMBER
Outback Paddy
A traveling minstrel, a funny little Irishman singing about his homeland and his new home in the land down under

\$15 includes Morning Tea from 10am Show at 11am

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It's Christmas Time

FRIDAY EVENING SHOWS
Doors open 7.30pm for 8pm start
15, 22, 29 November and 6, 13 December

SUNDAY MATINEE SHOWS
Doors open 11.30am for 12noon start
10, 17 November and 1, 8, 15 December

TICKET PRICES
\$18 Adults, \$15 Pensioner, \$8 Child
Ticket includes chicken and chips meal at intermission, tea and coffee. Soft drinks, crisps and sweets are available for purchase at the kiosk. BYO wine, beer, drinking glasses and nibbles.

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Email tivolibookings@hotmail.com
Web www.tivoli.org.au

VENUE
Applecross District Hall,
Kintail Road, Applecross
(opposite The Raffles at Canning Bridge)

Call or email to be placed on mailing list for future shows

TIVOLETTES (Juniors: 6-16 year olds) All shows commence at 2pm on a Sunday
SHOW DATES: 27 October and 24 November
COST: Adult \$3 Child \$1.50 Tea, coffee, snacks and drinks available for purchase

EVENT ASSIST

British Auto Classic 2013
Sunday 27 October
10am to 3.30pm at Pinjarra Paceway

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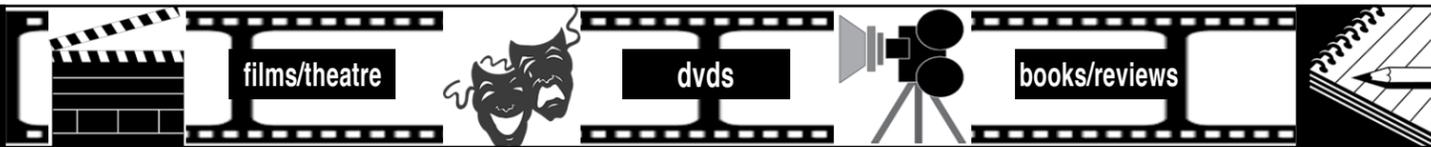
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Arts



South Perth Lions Club Big Band

by Andrew Robertson

ABOUT 20 YEARS ago David Way who was a music teacher at the Mazenod College formed a Big Band. This band eventually became the Kalamunda Youth Swing Band.

The concept came from Dave's love of the music of

the Great Big Bands of the 30s to the comparatively modern 60s.

He was heard to say on many occasions, "It is my opinion that the youngsters will discover the traditional music, mainly because they will be playing traditional instruments."

Dave's musical heroes

included Benny Goodman, Duke Ellington, Glenn Miller and many other very popular musicians; far too numerous to mention here. Well, the age of the big swing bands did last a very long time.

Because of Dave's love for his musical heroes, the Youth Swing Orchestra became his major passion in life. He taught his budding "musos" the notes, chords, rhythms and harmonies that made this type of music so popular and which have carried into this century.

In 2007, close to the end of his life, Dave founded a band, the South Perth Lions Club Big Band, which is now known and loved by many devotees of this type of music.

For the past five years, under the direction of Philip Hatton, the band has extended its repertoire considerably. It is made up of talented musicians of all ages, ranging from 19 to 70 years and has strong links to the Kalamunda Youth Swing Band, with the sharing of band members and of course music, but currently there are no links to that organisation.

The South Perth Lions Club Big Band begun as a community service project with the charter, "An organisation which is a youth programme, supplemented and spearheaded by an adult community band."

At present, there are three youth bands associated with the programme; (Beginner,

Intermediate and Advanced) with 27 members in total.

Tuition fees are kept to a minimum to cover costs as well as a few "Full Scholarships" (including instrument loan) for those in need. New members are always made most welcome.

The band has a wide ranging repertoire which extends from the great swing classics of Benny Goodman, Glenn Miller, Count Basie and more, to 50s and 60s rock and pop with some 70s music is also included from stellar artists such as The Supremes, Abba, Stevie Wonder, Elvis Presley, The Captain and Tenille, Jackie Wilson, The Doobie Brothers, Tom Jones and more.

A performance from the

South Perth Lions Club Big Band includes several class acts; including a female trio, "The Divine Miss Ms, who specialise in the style of the Andrews Sisters. In addition they have a male vocalist, Steve Peters, who sings in the style of Frank Sinatra.

The musicians all give their time and talent free to the band and the money they raise goes into the fund to finance the operations of the project.

Should you wish to have the Big Band perform at a function, you can contact them via their website at www.lionsbigband.net; they also have a facebook page.

If you, like me, are a devotee of the classics of the swing band era, or even sim-

ply one who enjoys hearing good music, the West Perth Lions Club Big Band holds a regular performance at the Scarborough Bowling Club on the fourth Friday of every month.

At these performances you can dance to the music or just listen and enjoy the performance. Meals and drinks are available for purchase.

A really enjoyable evening is assured to all who attend; the ambience and the acoustics are great and the dance floor excellent.

So if you are a lover of this type of music I look forward to seeing you at The Scarborough Bowling Club on the fourth Friday of the month.

Captain Phillips



CAPTAIN Phillips is a multi-layered examination of the 2009 hijacking of the U.S. container ship Maersk Alabama by a crew of Somali pirates.

Through director Paul Greengrass's distinctive lens, it is simultaneously a pulse-pounding thriller, and a complex portrait of the myriad effects of globalization.

The film focuses on the relationship between the Alabama's commanding officer, Captain Richard Phillips (two time Academy Award®-winner Tom Hanks), and the Somali pirate captain, Muse (Barkhad Abdi), who takes him hostage.

Phillips and Muse are set on an unstoppable collision course when Muse and his crew target Phillips' unarmed ship. In the ensuing standoff, 145 miles off the Somali coast, both men will find themselves at the mercy of forces beyond their control.

Official website: www.captainphillips.com.au
 Captain Phillips in cinemas 24 October.

WIN WIN WIN

To be in the draw to win a double pass to see **Captain Phillips** email win@haveagonews.com.au and include the word **Captain** in the subject line or address an envelope to **Captain Phillips Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901** with your contact details on the reverse. Only over 45s are eligible. Competition ends 20/10/13.

Diana (M)



Naomi Watts (Princess Diana)

able and complex woman underneath.

An incredible source of strength to her, it was during this relationship that Diana accomplished some of her most rewarding and successful humanitarian work. When Diana fell in love with Dr Khan, she didn't just feel like a princess - but like the woman she truly was.

In a story that until now has remained untold, Diana introduces a time in the princess's life that was uniquely important in shaping her final years, fulfilling her search for true happiness and sealing her legacy.

The film is directed by Oliver Hirschbiegel, and stars Naomi Watts and Naveen Andrews.

Diana was released in cinemas nationally on 10 October 2013.



WIN WIN WIN

To be in the draw to win one of 10 double passes to see **Diana**, call the **Have a Go News** office on 9227 8283 during business hours (Monday to Friday, 9am to 5pm) and leave your contact detail or email win@haveagonews.com.au and put the word **Diana** in the subject line. Only over 45s are eligible. Competition ends 16/10/13.

Royal WA Historical Society's History in the City Program

Upcoming Events

TOPIC: Richard Tauber's Australian tour of 1938, based on interviews with Vaughan Hanley, his associate artist

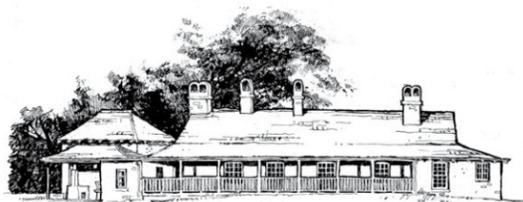
Date: Wed 6 November
 Speaker: Ken Gasmier
 Where: at Citiplace Conference Room Perth Railway Station Concourse

When: 2pm
 Topic: **Soliciting our ancestors – from the Stone James Co Archives**

Date: Wed 4 December
 Speaker: Tricia Fairweather
 Where: at Citiplace Conference Room Perth Railway Station Concourse

When: 2pm
 Donation \$5 at the door
 Everyone welcome
 For more information, please call RWAHS on 9386 3841.

Songs of the Spirit at Tranby



ON SUNDAY 28 October 2013 at 11.30am in the gardens of Tranby, Peninsula Farm Johnson Road, Maylands, there will be an hour of community singing of songs of praise, both old and new.

Compared by Mr. Ted Bull, the event will include performances from the Australian Youth Choir – Colla Voce Choir and the Wembley Entertainers supported by the Morley Salvation Army Band.

Bring your own picnic lunch or order a boxed lunch for \$10 from the Peninsula Tea Gardens on 9272 8894.

Take this opportunity to visit the historic property beside the beautiful Swan River to enjoy this free event.

For more information, please call Project Coordinator Pam Hall 9272 8087.

Experience the ultimate in luxury cinema



CONVENIENTLY located on the corner of Knutsford Avenue and Fulham Street, Belmont, Reading Cinemas Belmont is a 10 screen cinema complex featuring wall to wall screens, digital sound, stadium seating, comfortable seats with movable arms, first release movies, value packed candy bar deals, arcade video games and two quality restaurants.

They also have unlimited free parking at the door everyday.

For further information call 6272 9900 or visit www.readingcinemas.com.au.

WIN WIN WIN

To be in the draw to win double pass to see a film of your choice at Reading Cinemas Belmont, send an envelope to **Reading Cinemas Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901** or email win@haveagonews.com.au with your contact details on the reverse. Only over 45s are eligible. Competition ends 31/10/13.

CELEBRATED and adored by millions, she was the Queen of people's hearts, yet the bittersweet story of the last man to truly capture her heart has never before been told.

Princess Diana (played by double Academy Award® nominee Naomi Watts), at one time the most famous woman in the world, inspired a nation with her generosity, compassion and kindness - and in her final years she would meet the man who, in turn inspired her.

When Diana met Doctor Hasnat Khan (Naveen Andrews), she found someone who could see beyond the exterior, to the vulner-

Enjoy an afternoon of beautiful earth-themed music

HILLS SYMPHONY Orchestra's aim is to bring inexpensive classical concerts to the Swan and Eastern region. The orchestra, sponsored by Bendigo Bank Mundaring Branch, City of Swan and Lotterywest, is not for profit and all members are volunteers.

The 2013 Concert Series: The Four Elements presents an evening of earth-themed music, featuring Beethoven's Symphony No. 6 Pastoral.

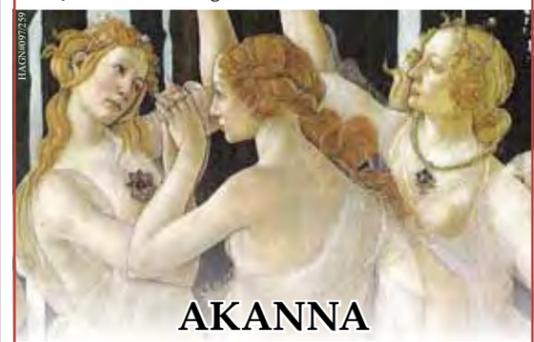
The next concert (Earth) is on Saturday 26 October,

Midland Town Hall, Great Eastern Highway Midland at 7.30 pm.
 Tickets are \$10.

For bookings phone 9295 6411 or 9293 4313 ah.
www.hso.org.au

~A VOYAGE THROUGH MUSIC~ Concert Season

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 Mr. John DeBellis, Program Director - 97.3 Coast FM & 6MM



AKANNA

Delight in the harmonies of this trio of ladies and be taken on a voyage through music. You will be spellbound by the perfect union of emotion and skill. We look forward to you coming along.

You Raise Me Up, For Good, Boogie, Woogie Bugle Boy and so much more.

Leederville Town Hall
 Sunday, 13/10/13 ~ 7.30
 Tickets: \$20 @ the door.

Go to www.akannaentertainment.com.au for upcoming events and information

ART for ALL

- 7 - 11 October Judith White Watercolour/Collage Workshop
- 9 October Lunchtime in the Gallery 12-2pm with visiting artist Judith White
- 12 - 20 October Glorious Mud
- - Exhibition by South of the River Potters
- 21 - 27 October Body Beautiful - Sunday Life Drawing Group
- 28 Oct - 3 Nov Change of Season - Alfred Cove Art Society
- 4 - 17 November Celebrating Our Backyard

ATWELL GALLERY AT ATWELL ARTS CENTRE
 Riverside location on bus route - Plenty of parking - air conditioned

586 Canning Hwy, (Cnr North Lake) Alfred Cove
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- Travel companion
- Pen friend
- Seeking a friend
- Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered
- DTE: Down to earth
- GSOH: Good sense of humour
- ND: Non drinker SD: Social drinker
- NG: Non gambler NS: Non smoker
- NOR: North of River
- SOR: South of River
- TLC: Tender loving care
- WLTM: Would like to meet

Each person may submit an entry every month.

Please tick this box if you **DO NOT** wish to receive information relative to **Have a Go News Activities.**

Friend to Friend

FREE

For over 45's only.



STOP: Please read new instructions carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

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Please include two stamped (\$1.20) 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.

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Name Address

..... Postcode

Phone I am over 45 years of age (Signature)

Seeking a Friend

ACTIVE gent 57 years young, no baggage, fit, financially comfortable, looking for a lady.
Reply Box 5869

ACTIVE lady NOR WLTM gent 75+ for friendship, outings, runs to country, caravanning etc, GSOH, NS, SD, fin sec. Let's meet for coffee and chat.
Reply Box 5886

AUSSIE guy 65 slim, fit, GSOH, SD, NS, like to meet lady for casual relationship, quiet nights at home and go out for a meal and see where it leads. Life is getting too short, SOR, Armadale.
Reply Box 5867

AUSSIE male, retiree, 69. Interests; dining out, movies, gardening, homelife, horse racing, fin sec, NS, SD, not an overseas traveller, like to meet slim lady SOR.
Reply Box 5866

CHRISTIAN educated, male, late 70s, NS, NG, SD, WLTM lovable, caring lady, sincere and easygoing with GSOH to share friendship, companionship and relationship, if compatible. Let's meet for a chat and a coffee and take it from there.
Reply Box 5885

DANCE in the old fashion way and many other things without being controlled by email tweets, pod screens, games and enjoy music, movies, stary beach nights, moonlit walks, drives, happy times, chat, laughter. Yes, girls should have a mobile for safety, if this may be your thing, love to hear. Me med slim build, tall, active, NS, GSOH, fin sec, no baggage, young mid 60s. If you're slim, med build, active lady, NS, let's have pre Christmas coffee.
Reply Box 5879

GENT 65, 180cm tall, presentable, intelligent, educated, VGSOH, relaxed manner, adult children, fin sec, NOR, WLTM attractive, compatible lady, slimish build, NS, SD, view travel companion, social activities, outings, friendship initially, genuine replies only please.
Reply Box 5871

GENT 70, widowed two years, average looks, WLTM lady 65+ for discreet intimate get together. DTE, GSOH, SD, NS. Let's meet for coffee and go from there. You are never too old to reply.
Reply Box 5889

GENT 71, married to partially disabled person, medium build, simple, working, WLTM lady 60 - 70, from South East Asian background, NG, NS, GSOH, SOR to share a chat, coffee and break isolation.
Reply Box 5857

GENT English, 63, slim, neat, GSOH, into walking, good conversation, coffee, good listener, WLTM slim, fun lady for discreet fun times daytime. Don't be lonely when you can have a lover. Life is too short.
Reply Box 5853

GENT lonely, lame, but nice. WLTM lonely lady and nice, 60-70.
Reply Box 5891

GENT seeks lady early 60s, medium build, looking for a honest, DTE, SD, NS and a good friend when we meet. We will find out more about each other.
Reply Box 5863

GOOD DAY. Lonely gent 58. WLTM lady 50-60, ND, NS, NG, TLC, DTE, GSOH, pensioner ok, for gent who is tall, 149kgs, going down on diet. 4WD beach, animals, window shopping, talking, VGSOH, respectful, caring, ALA.
Reply Box 5851

HAPPY romantic, caring, GSOH, DTE, woman, UK/Aussie, mid 60s, looking for good hearted gent. Likes travel o/s, intelligent, fun loving, 70/90, sharing good things in life. I am a good cook, carer, lots of TLC, holding hands, walks, talks, laughs, cuddles, lots to do, would love to have someone to share with long term. WLTM.
Reply Box 5864

HELLO to you. Don't sit home alone. Free singles social group, aged 50s-60s, SOR, seeking members interested in varied activities. Please include phone contact details, landline preferred.
Reply Box 5861

IAM a fit, active, 77yr old, widower and WLTM a slim, active lady, preferably under 5'4" tall, NS, GSOH, ALA, thoughtful and caring. I like walking, gardening, reading, travel. I live near Mt Barker, age not a factor.
Reply Box 5894

Visit *Have a Go News* online: www.haveagonews.com.au

INTERESTED in forming a social group in the Perth area, males/females, 65-75, movies, live theatre, lazy lunches, picnics, exhibitions, festivals, anything challenging, board games? Let's get together, make our own fun times without any pressure. Whoopee! ALA.
Reply Box 5860

I WOULD like to know what is happening in your world? Are you feeling anxious of finding a true love and company? So why don't you take the chance on me? I am TLC lady in my 70s feeling lonely at times and in need of DTE gent to share honest friendship relationship.
Reply Box 5878

JAN we must meet for coffee at Mandurah Forum. Realise it was some time ago but have mislaid your phone number, again. Would like to see you again. Hope to hear from you. Les.
Reply Box 5887

Seeking a Friend

LADY 1951 model, widow, NS, SD, GSOH, medium build, average looks. WLTM gent, 60-66, must be genuine, caring for friendship and possible relationship if compatible. Let's meet for a chat. ALA.
Reply Box 5855

LADY in my 60s, fin sec, slim, active, outgoing, WLTM genuine gent with GSOH, DTE, NS, SD, for friendship, first and later possible relationship and happy times spent together. I know you are out there. Let's meet for coffee.
Reply Box 5874

LOVELY happy, uncomplicated, DTE, nature loving lady would like to have a man by her side for walks, outings, either beach or bush, maybe travel. ALA.
Reply Box 5859

MALE late 60s, fit, likes swimming, camping, dancing, SOR, 70kms, country town, NG, NS, SD, WLTM lady, mid 60s for TLC.
Reply Box 5862

ME female, 60+, SOR, body worn but brain still twitching! Married twice but it didn't suit but still like a man around occasionally. You; mechanically handy, helpful, happy and honest. Must love animals! Coffee? Beer? Chat?
Reply Box 5895

NOTHING on earth can make life more worthwhile than a true loyal friend and the warmth of a smile, for just like a sunbeam makes the cloudy days brighter, the smile of a friend makes a heavy heart lighter. Active Christian gentleman, tall, DTE, NS, SD, WLTM kind, honest, sincere lady, around 60, SOR, coastal.
Reply Box 5892

PETITE lady in her late 50s, widow, enjoys music, outings, good company, conversations, love to learn to dance. You might be the one to show me how?
Reply Box 5881

PHOTOGRAPHIC scenic, beauty, Australian travel, classical music, gardening, art loving widow, 75, educated, happy, warmhearted, youthful, active, Christian, slim, 5'6", WLTM gentleman having strong, mental compatibility to share uplifting values, conducive to, beautifully extending life.
Reply Box 5849

RETIREED European business woman, speaking English, German, French, interested in reading, music, art, theatre, movies, meeting friends and liking physical activities; gardening, walking, going to the beach, WLTM gentleman for companion, friendship later maybe more.
Reply Box 5880

SCORPIO lady, 60s, bubbly personality, GSOH, NS, SD, Aussie with UK roots, loves music, dining, dancing, cruising. WLTM sincere gent, 60s for culture, conversation, company and future holidays in Spain, France, fin sec, manners, ethics. ALA.
Reply Box 5856

WHERE have you been? I have looked for you such a long time. Gent 60s, must have GSOH, NS, SD, honest, caring, still wants to enjoy all that life has to offer and more for this lady who has lots of TLC to give. SOR. ALA.
Reply Box 5852

Visit *Have a Go News* online: www.haveagonews.com.au

WIDOW 70, SOR, WLTM genuine gent, kind, gentle, understanding, a very slight walking disability, otherwise, fit and healthy. He must like country and rock'n'roll music, no walking, caravanning, fishing. Likes dining out locally, drives.
Reply Box 5870

WONDERING if you're my perfect lady, come soulmate? 60+, slim, educated, cultural, happy, attractive, thoughtful, caring, sharing, creative, impulsive, sexual, sometimes outrageous, eager to explore unknown; hopefully find a synchronicity and a love that our hearts just want to explode with joy and laughter. RSVP blissfully.
Reply Box 5882

YOUNG 50yo male looking for 'no strings attached' friendship with a lady who is easygoing, presentable and like minded. Myself; 5'11", fit, blue eyes and I'm cheeky.
Reply Box 5890

Seeking a Partner

63 YEARS young lady loves life, cycling, gardening, bushwalking, camping, travel, reading, arts, exercising, community interests, environmentally aware, seeking soulmate, friend, lover, TLC, GSOH, NS, NOR.
Reply Box 5854

AUSSIE male, 57, healthy, adventurous, kind and secure, WLTM a happy, healthy lady.
Reply Box 5872

AUST gent, 50s, tall, well presented, NS, active, likes walking, cycling, theatre, movies, seeks lady view relationship if compatible.
Reply Box 5884

BOSNIAN lady, 55, wishes to meet gent similar age for friendship companion share time for chat and coffee. I am active, GSOH, ND, NS, SOR.
Reply Box 5883

ENGLISH gentleman, professional, youthful, 56, tall, slim, refined, no ties, sincere, WLTM lady same attributes, 45-60, NS, successful, homely, adores simple, good natured events, strongly believe eternal relationship, love to hear from you! Western suburbs.
Reply Box 5873

EURO lady, tall, 65, well preserved and happy, missing that special person! WLTM a gentleman similar, 58-68, tall and of good character for a possible future together, sharing life, love and happiness.
Reply Box 5893

GENT 72 ex country, very active, caring, fin sec, NS, SD, WLTM similar lady who loves caravanning, laughs around camp fire, nature, each other, get away occasionally, see some of Australia, maybe beach, fishing, sport, love to meet you.
Reply Box 5868



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 1093, 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.

GOOD looking man, good dresser, GSOH, romantic, caring, genuine, 58, loves cooking, travel, gardening, walks, sunsets, dancing. WLTM romantic lady 50-60, good dresser, loves roses, romantic, dinners, candles, dancing, hugs, sunsets, good friends, genuine, ALA.
Reply Box 5876

Visit *Have a Go News* online: www.haveagonews.com.au

I AM 1941 vintage, living south of Geraldton, love home life, no baggage, will you walk through life with me and just be happy to care for me, love me always. Honesty, no untruths, contentment.
Reply Box 5865

LADY tall, slim, 60+, WLTM male, new vogue dancing partner, 5'10", SR, GSOH, 65-72.
Reply Box 5877

SINGLE lady needs companionship for movies and dancing, view relationship, 53. Looking for male 53 to 60 years old, has a pet dog named Patches.
Reply Box 5850

WANTED nice, slim lady 60+, who loves life, dinners, walking, keeping fit, for ultra honest younger gentleman. I am fit, healthy, genuine, fun loving. Seeking older slim lady who wants a man 55.
Reply Box 5875

YOU must be out there, let's meet for coffee, any nationality, gent early 70s, slim to medium build, tallish, fin sec, trustworthy, genuine, sincere, loyal, like simple things in life, movies, dining in/out, music, walks, animals, DTE, GSOH, plenty of TLC to give, pre NOR, genuine replies only.
Reply Box 5858

Seeking a Travel Companions

HAPPY healthy, active, adventurous, young, 81, ND, NS, NG, WLTM DTE companion who understands drives, bush walks, possibly climb Bluff Knoll. Must be honest and compassionate. My postcode 6076. Meet in Perth.
Reply Box 5888

A safe & secure connection service for the over 40s

Have a Go News and Contact-me.com.au offer all readers a **100% FREE** membership. Easy sign up! Looking for Friendship, Travel partner, Sports partner or more, try it now. Full access all areas 100% FREE!! Register online now www.contact-me.com.au/quickregistration

Download Contact-me FREE from iTunes - the over 40s dating application for Australian audiences [contact-me.com.au](http://www.contact-me.com.au)

*App is compatible with iPhone 3GS, iPhone 4, iPhone 4S, iPhone 5, iPod touch (3rd generation), iPod touch (4th generation), iPod touch (5th generation) and iPad. Requires iOS 4.3 or later.

Scene Socially



SCENE (1): At the Seniors Recreation Council AGM
 SCENE (1): Top row from left; Peel Branch Committee Members' Doris Somerville, David Doust, Jan McGlenn, Phyllis O'Shea, Kaye Williams and Angelina Hosford - Derek Lewington, Frances Laws, Phil Paddon and Lesley Robson.
 Second row from left; Karen Duckett, Dagmar Gilbert and Frances Laws.

Damien Leith on tour



Damien Leith

MULTI-PLATINUM singer / songwriter Damien Leith will take his forthcoming album *Chapter Seven* on the road with a national Australian Tour starting in Perth on 31 October.

The show will be an intimate acoustic set and features his new material as well as some of his trademark favourites. Highlights from the album include two songs Damien wrote with legendary Nashville songwriter Joe Melson who is famed for writing Roy Orbison's *Only the Lonely* and *Crying*. An incredible honour as Damien is the only artist Melson has chosen to work with since the passing of Roy Orbison.

"I'm really looking forward to performing these beautiful new tracks and having a good sing along," said Damien. Canadian chart topper Andy Brown will open the show and together, it promises to be a night full of incredible talent and charisma.

Damien's new album, *Chapter Seven* is out 1 November and Damien believes it's his best work to date.

Tickets to his Perth shows are on sale now.

Damien Leith 'Without A Fight' tour upcoming performances

Thursday 31 October and Friday 1 November, Ellington Jazz Club. Bookings 9228 1088
 Saturday 2 November, The Boulevard Tavern, Joondalup. Bookings 9300 9494
 Sunday 3 November Mandurah Bowling And Recreation Club, Mandurah. Bookings 9535 1438

WIN WIN WIN

To be in the draw to win a double pass to see Damien Leith perform, email win@haveagonews.com.au and include the title of his new album in the subject line or phone the Have a Go News office during business hours (Monday to Friday, 9am to 5pm) and leave your details. Only over 45s are eligible. Competition ends 25/10/13.

*Please indicate your preference with regards to venue.

Support gathers for Auto Classic

THE 27 OCTOBER "British Auto Classic 2013" to be held at the Pinjarra Raceway is again receiving a wide range of financial support from across both the WA Government and the private sector.

Event producer, Event Assist Inc. has again made a successful application for funding for this, their 20th Regional event in 11 years, from the Royalties for Regions, Regional Events Scheme, a joint venture between the WA Department of Regional Development and WA Tourism's Eventscorp. The event also has the support of Lotterywest who have been a sponsor on no fewer than 12 previous occasions. These long standing WA Government event partners are joined by private sector sponsors, ILUKA Resources, Alcoa, Bendigo Bank and Shannons.

This free entry event opens at 10am and runs through to 3.30pm.

The usual large number of classic British motor vehicles will be on show, including motor cycles and commercials brought along by both clubs and individual enthusiasts. Other features will include a working display by the Old Machinery Club of WA and even a display of vintage prams and weather permitting, a flying display courtesy of the Royal Aero Club of WA, a feature of last year's event which was well received.

There will of course be the usual large Quality Craft and Produce Market, International Food Court and All Day Variety Show on the Outdoor Stage.

For more information, please contact Event Assist Inc phone/fax 9586 1010, PO Box 5146, Falcon WA 6210, email ter.syl@bigpond.com, website: www.eventassist.org.au

At the midnight hour



Jon Lewis

OUT OF the dark shines the beautiful light of human kindness and for a very good reason.

Over the years I have seen a lot of good deeds and occasionally these deeds are spoiled by a solitary dark deed.

This single indiscretion can be quite impactful and perhaps appear more significant and prevalent than it really is.

However in general, I would say that the incidence of people performing dark deeds is indeed not prevalent. If they were, then we wouldn't be surprised when they happened; in fact we would see it as somewhat normal behaviour. We would be used to it.

In life, I find that generally speaking, most people perform good deeds without thought of reward or recognition as they go about their lives in a caring, loving and thoughtful way; helping when they can, giving when they can and on it beautifully goes.

Occasionally we need to remind ourselves of the goodness out there and turn the light up and shine it on good deeds.

Recently, as with most of us in our journey through life, I had an instance where I felt treated quite poorly and unfairly.

Thinking about the incident, I found myself more shocked and stunned than I

was at the time.

However, my group of beautiful friends responded with an outpouring of care and concern for me. Some felt embarrassed for me; others were quick to rise in my defence and another took both my wife Gloria and me away from where the unpleasant incident happened on to a nice barbecue.

To be clear, what my accuser thought of me is not important.

What I felt was that the 'issue' could have been handled differently, perhaps with a discussion in a friendly way by using conciliation, rather than ultimatums, compassion rather than anger, recognising where you are in life, rather than where you have been.

I feel my little event was inconsequential. The big lesson from it all was the realisation that there is an abundance of goodness and goodwill in so many people: a goodness and goodwill that glows brightly.

For this reason I see dark deeds standing out as rare events and the bright light of human compassion promoting the normality of sharing love with passion and warmth.

All you need is love!

All the best

Jon Lewis

"Now Number One After Midnight"

Jon Lewis can be heard on 6PR 882 AM, from midnight to 5am on Friday and Saturday nights. Catch his Let's Go Travel Show from 5am Sunday mornings. Is your club looking for a quizmaster? Jon is available as your Quiz Master - and he's good. Call or text him on 0404 005 882.

For more details, visit the website www.haveaquiz.com

A great family day - Subiaco Craft Collectibles and Community Fair 2013

THE ROTARY Club of Matilda Bay hosts the annual Subiaco Craft Collectibles and Community Fair 2013 on Sunday 27 October 2013 on the Oak Lawn at the University of Western Australia, Hackett Drive, Crawley, from 9am and 4pm.

An entry donation of \$5 per adult applies with children under 12 years free.

At the fair there will be hourly free raffle draws of goods donated by the stall holders and local business with prizes worth over \$500.

Entertainment includes the Scotch College band who are the stalwarts of the Fair and have been the opening act for many years. This year the WA Police Pipe Band and many other entertainers will perform during the day.

The fair is the community project and the major fundraising event by the Rotary Club of Matilda Bay. The beneficiaries are the University Camp for Kids, Rotary and projects including Rotary Youth Driver Awareness program (RYDA), Rotary Youth

Program of Enrichment (RYPEN), Rotary Youth Leadership Award (RYLA), Australian Rotary Health including Mental Health, Rotary Wheelchairs for Kids, and Rotary Shelter Boxes.

Local projects: the maintenance of King Edward Memorial Garden, Salvation Army Red Shield Appeal.

Kids' Activities are supervised by the Rotaract Club of Subiaco - including face painting, colouring in competitions, cubby house games.

The Fair will boast 150 stalls of local handcrafted and unique products, community stalls and delicious wares to whet the appetite from the food and coffee vans. A sausage sizzle will be located in the "Snack Food Village". This year, a "collectibles" section of antiques, toys, coins, comic books and stamps is included.

To book a stall visit the craft fair website - <http://www.subiacocraftfair.org.au>

Enquiries to - enquiries@subiacocraftfair.org.au

Seniors Recreation Council of WA Inc
Rockingham Branch

Christmas Concert

Wednesday 2 December 2013
2pm to 4pm

Gary Holland Community Centre
19 Kent Street, Rockingham

Performing Artists
The Entertainers

Tickets available from

- ★ Lesley 9593 2419
- ★ Noble Real Estate 9592 2222

NO DOOR SALES

\$10pp

afternoon tea provided

Have a Go NEWS

Seniors Week Festival

10-17 November 2013

Festival Events

Are you holding an event to celebrate Bendigo Bank Seniors Week Festival? We would like to help you promote it.

Visit www.haveagonews.com.au to list your event or to view the events calendar. Please phone **9227 8283** for further information.

Seniors Recreation Council Be Active Have a Go Day at Burswood Park
Wednesday 13 November | 8.30am-3.00pm

The Senior Newspaper Grandparents Family Day at Perth Zoo
Sunday 17 November | 10.00am-1.00pm

Presented in partnership by:

Department of Local Government and Communities

Visit Have a Go News online:
www.haveagonews.com.au



Less of a journey, more of a destination



Perth Airport's \$750 million redevelopment is in full swing

Projects completed or nearing completion

- \$120 million Terminal 2 opened March 2013 and is the new gateway to extraordinary experiences in Western Australia
- \$80 million Terminal 1 International Arrivals expansion - first stage opens in late October when Immigration moves to a much larger area on level 1 and the new JR Duty Free store opens
- \$30 million upgrade at Terminal 3

Projects due for completion in 2014

- Terminal 1 International Arrivals expansion - second stage
- \$300 million Terminal 1 International Departures expansion and Virgin Australia's Domestic Pier
- \$45 million International Departures upgrade
- 4,000 new car park bays servicing Terminals 1 and 2

To discover more and sign up to receive our
e-newsletter visit perthairport.com.au



PERTH
AIRPORT

Have a Go News' Bendigo Bank Seniors Week Festival

EVENTS GUIDE



 Bendigo Bank

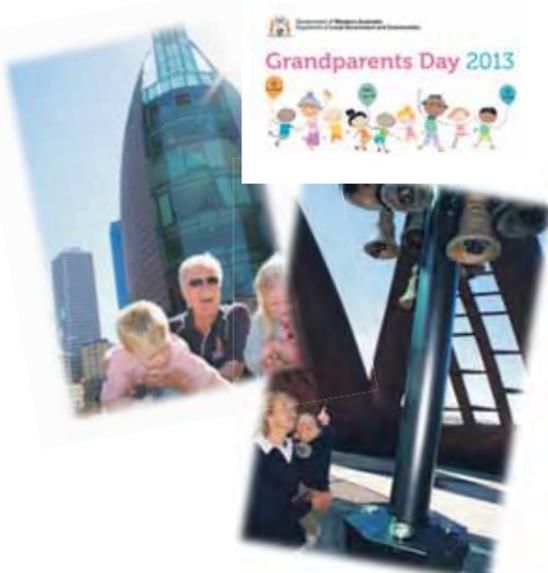
Seniors Week Festival

10-17 November 2013

Have a Go
NEWS

Grandparents day at The Bell Tower. A fabulous family event not to be missed and held in the lead up to Seniors Week. During Seniors Week a morning will be held for seniors at The Bell Tower. See page 23 for details.

THE BELL TOWER CELEBRATES GRANDPARENTS DAY 2013



They are special in our lives, they give us warm hugs, gentle advice, support and unconditional love. They are our Grandparents.

Continuing its proud community program, The Bell Tower is delighted to be supporting this special day by offering **FREE ENTRY** to all Grandparents.

WHEN: Sunday 27 October, 10am to 4pm
WHERE: The Bell Tower, Barrack Square, Perth
WHAT: FREE Card-making: 11am - 2pm
 Face-painting & balloon artist: 11am - 3pm



The award-winning Bell Tower invites everyone to celebrate the Grandparents in their life. Join us and don't forget to bring a picnic, so you and the special people in your life can enjoy the peaceful gardens in Barrack Square. There will be face-painters and a balloon artist in Barrack Square gardens to entertain the grandkids from 11am till 3pm. The Bell Tower, Home of the Swan Bells with the support of the Metropolitan Redevelopment Authority, look forward to sharing Grandparents Day with the community of Western Australia.



Barrack Square
 Riverside Drive
 Perth
 Ph: 6210 0444
www.thebelltower.com.au
OPEN daily from 10AM

The Bell Tower celebrates Grandparents Day 2013



Grandma Anne Provan and granddaughter Emma Miller near ancient bell

THEY ARE special in our lives; they give us warm hugs, gentle advice, support and unconditional love. They are our grandparents.

Grandparents Day to be held on Sunday 27 October from 10am to 4pm continues its proud community program and The Bell Tower is delighted to support this special day

by offering free admission to all grandparents.

Founded in the US by Marian McQuade in West Virginia, in 1977 Senator Randolph introduced a Joint Resolution to Senate requesting the President to issue a proclamation designating the first Sunday of September each year as Labour Day.

In August 1978, then President Jimmy Carter signed the proclamation "...to honour our grandparents, to give grandparents and opportunity to show love for their children's children and to help children become aware of strength, information and guidance older people can offer"

The US however was not the first country to celebrate grandparents. In Poland they have been celebrating Grandmothers Day since 1964, with Grandfathers Day being held the following day. Grandparents are also honoured in Estonia, France, Italy, Singapore, Taiwan and the UK.

The Bell Tower welcomes all grandparents by offering them free entry.

Grandchildren are not forgotten. They can make their Grandma or Grandpa a beautiful personal free card between 11am and 2pm,

then with their grandparents, they can record a free video postcard and share their special day with other members of their family and of course, their friends.

Grandchildren might also want to lock their love together with their grandparents with a 'Love Lock'. Locks can be ordered in advance so their specially inscribed lock is ready on the day. It's a beautiful way to show the special people in their lives how much they care and remain as a reminder of Grandparents Day 2013.

The Award-winning Bell Tower invites everyone to celebrate the grandparents in their life. Join them and don't forget to bring a picnic, so you and the special people in your life can enjoy the peaceful gardens in Barrack Square. There will be face-painters and a balloon artist in Barrack Square garden's to entertain the grandkids from 11am till 3pm.

The Bell Tower, Home of the Swan Bells with the support of the Metropolitan Redevelopment Authority, look forward to sharing Grandparents Day with the community of Western Australia.

For more information visit www.thebell-tower.com.au.



SWHAGN/12/259

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Are you a senior living on a tight budget or pension?

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Join the iconic STS Leeuwin II for a unique and unforgettable sailing experience!

- Australia's largest sail training ship
- Set the sails, take the helm, tour the ship and climb the prow
- Relax while refreshments are served
- Departs Victoria Quay, Fremantle

Fares:
Adult: \$99
Concession: \$69

Bookings
Please visit www.sailleuwin.com or call (08) 9430 4105

Gift Vouchers Available

*Sails continue until mid-April

| Upcoming Sails | |
|----------------|---------------------|
| 1-Nov | 1600-1900 |
| 2-Nov | 1100-1400&1600-1900 |
| 3-Nov | 1000-1300&1500-1800 |
| 8-Nov | 1600-1900 |
| 9-Nov | 1100-1400&1600-1900 |
| 15-Nov | 1600-1900 |
| 16-Nov | 1100-1400&1600-1900 |
| 17-Nov | 1000-1300&1500-1800 |
| 14-Dec | 1100-1400&1600-1900 |

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Go Go Elite
Easy Pak-n-Go anywhere
Seat Post Suspension
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WA Seniors Awards 2013 Categories:

THE WA Seniors Awards recognise individuals, seniors and organisations for their contributions.

Nominations are now closed. The winners will be announced at the WA Seniors Awards on 10 November 2013.

WA Senior Award 2013 Categories:

Juniper 2013 WA Senior of the Year Award

The premier award for a senior who demonstrates outstanding service, commitment or achievement.

beyondblue Inspiration Award for Wellbeing

For individuals of all generations, who promote the mental health and wellbeing of seniors.

Community Award

For voluntary or unpaid work and serving the community.

Intergenerational Award

For seniors who work with children and young people under 25.

COTA WA Champion for Seniors Award

For an individual of any age who works in a paid capacity to improve the quality of life of seniors or retirees.

Bendigo Bank Active Ageing

Leadership Award

Recognises an organisation for its innovative planning or services to improve the quality of life of seniors.

Juniper 2013 WA Senior of the Year Award

This is the premier award for a senior who demonstrates outstanding service, commitment or achievement.

The Juniper 2013 WA Senior of the Year will be chosen from the Community Award, Intergenerational Award and beyondblue Inspiration Award for Wellbeing.

The winner of this award will be expected, if requested by community organisations, to undertake no fewer than three and no more than six unpaid public appearances throughout the year as requested.

Since 1949, Juniper has provided care, accommodation and support services to older Western Australians.

Award prize; \$1,400 cash

Kathleen Mazzella OAM,
2012 WA Senior of the Year



beyondblue Inspiration Award for Wellbeing

For the most outstanding contribution by an individual in promoting the mental health and wellbeing of seniors.

Applicants of all ages are encouraged to apply. However, to be eligible for the Juniper 2013 WA Senior of the Year Award, the successful recipient must be a senior, that is, 60 years of age or over.

Self-nominations are welcome.

Award prize; \$1,000 cash

Kathleen Mazzella OAM,
2012 beyondblue Inspiration
Award for Wellbeing



Community Award

For the most outstanding contribution by a senior involved in:

- voluntary or unpaid work
- leadership
- working with service organisations
- serving on committees.

Self-nominations are welcome.

Award prize; \$1,000 cash

Freeda Bender,
2012 Community Award
recipient



Intergenerational Award

For the most outstanding contribution by a senior working with children and young people under 25, for example coaches, grandcarers and volunteers.

Self-nominations are welcome.

Award prize; \$1,000 cash

Captain Graham White AM,
2012 Intergenerational
Award recipient



COTA WA Champion for Seniors Award

The Champion for Seniors Award acknowledges individuals of any age, who work in a paid capacity to improve the quality of life of seniors or retirees.

Self-nominations are welcome.

A champion for seniors is someone who:

- strongly advocates on behalf of seniors or
- significantly advances seniors' health, wellbeing, education, or social situation or
- works successfully with seniors to increase understanding between the generations or
- undertakes important research into seniors' issues or
- promotes seniors' issues to improve their wellbeing or
- achieves outstanding outcomes for seniors in local, state or federal government, a community organisation or business.

Award prize; \$1,500 cash

Dr Penny Flett, 2012 COTA
WA Champion for Seniors
Award winner



Bendigo Bank Active Ageing Leadership Award

The Bendigo Bank Active Ageing Leadership Award recognises a not-for-profit community group, organisation or business, or local or state government agency for its innovative planning or response to the ageing population, including enhancing opportunities for seniors to lead full and satisfying lives.

Examples include:

- health and wellbeing programs, such as physical activities and promoting mental wellbeing and healthy living
- offering mature employment and life-long learning programs
- increasing social and economic security.

**Award prize;
\$1,500 in a Bendigo Bank savings account.**

Bendigo Bank

Advocare of Belmont, 2012
Bendigo Bank Active Ageing
Leadership Award winner



Seniors Week Festival

10-17 November 2013



Sunday 10 November from 10am to 2pm
Vincent House, 485 Fitzgerald St, North Perth

Sample & purchase a wide selection of fresh, local produce ...

... activities & games for the kids ...

... art & craft stalls ...

... raffles & great prizes ...

... live music & much more!



All funds raised will go to Vincent House, a local respite centre specialising in dementia specific care.

www.scrosswa.org.au

Phone: 1300 669 189

Part of the Bendigo Bank Seniors Week Festival 2013



Nedlands Community Care - Engaging the Ageing Seniors Expo

THIS informative expo caters specifically for seniors in the community to give them an insight into what services and products are available to allow them to remain living independently in their own homes or within the community.

A large range of local businesses and service providers will be showcasing their services and products as well as informative guest speakers from the National Stroke Foundation, Sustainable Nedlands, Falls Prevention and Community Police.

Waratah singers will provide entertainment for the guests while a delicious morning tea is provided.

Nedlands Community Care provides in home support under the Home and Community Care Program as well as social programs, well aged activities and transport to eligible seniors within the Nedlands Community.

For more information or enquiries please contact Vikki Antcliff, Coordinator at Nedlands Community Care on 9386 6170.

Having trouble completing your Centrelink or DVA forms?

Want to maximise your benefits, but unsure where to start?

With over 20 years experience in the financial services industry, Investor Logic has helped many clients by maximising their Centrelink benefits, helping them to complete their forms and by advocating their cause with Centrelink directly.

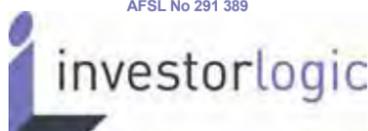
Call Michael Fitzgerald on

9322 9322

to discuss how he can help you.

Mention this ad for our special to Have a Go News readers at a discount of \$440 (normally \$660) for this service.

Michael Fitzgerald Authorised Representative of Gold Financial Pty Ltd
AFSL No 291 389



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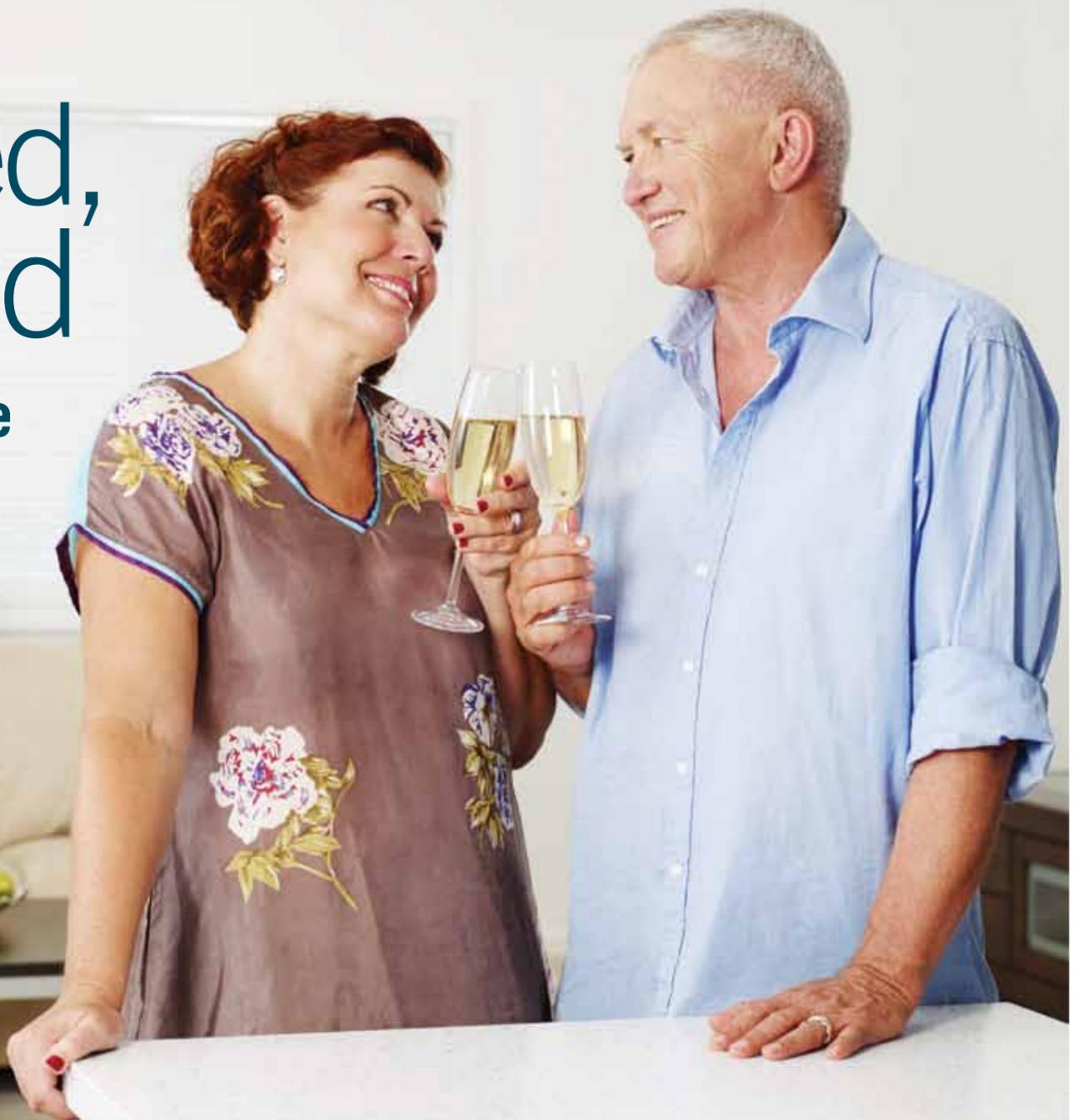
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kiosk, hobby workshop, luxurious clubhouse and more.

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Call 1300 45 55 65 or visit nlv.com.au
to book an appointment for a time that suits you.

Build a new home in one of our Villages before November 29 and you'll get to Pick 'n' Mix from our amazing range of special extras.*

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VISIT NLV.COM.AU**



Join the Lifestyle Generation
nlv.com.au/specials



Skeletons in the ancestral closet?



Helen Iles

WOULD you like to transform your family history into a compelling narrative? Shaking your family tree

may yield some surprising and unexpected results.

On Saturday 16 November during the Bendigo Bank Seniors Week Festival 2013, the Society of Women Writers WA is hosting, Creative Genealogy and Life Writing workshops at Citiplace Community Centre, Perth Railway Station Concourse.

The day will begin at 9am, with an inspirational talk, titled Tracing Your

Family History: Where To Start? by Laurence Price, a member of the Western Australian Genealogical Society.

After morning tea, Helen Iles, President of the Society of Women Writers, WA award winning author and poet, publisher and editor of Linellen Press, will then conduct two workshops:

The first of the workshops is *Sepia secrets? Skeletons in the ancestral closet?* followed by *Researching Genealogical Resources*.

Sepia secrets? Skeletons in the ancestral closet?
10.30am - 12.30pm

You can transform your

family history into a compelling narrative.

Shaking your family tree may yield some surprising and unexpected results. Learn how to use your genealogical research to bring your ancestors to life.

Researching Genealogical Resources
1pm - 3.30pm

In this second workshop, Helen Iles will demonstrate how to use the Ancestry.com website to search historical records to find your family history.

"Learn how to apply the elements of creative writing, plot, theme, setting,

characterisation and dialogue to transform your research into a story that will engage the reader." said Helen.

Each of the two workshops costs \$15. Both men and women are encouraged to attend. Morning and afternoon tea will be provided.

For bookings call Anne-Marie Price on 0415 840 031, email swwofwa@gmail.com or check the website www.swwofwa.com

This event is supported by COTA WA, the Department for Communities and LotteryWest.

Creative Genealogy & Life Writing

Venue: Citiplace Community Centre, Perth Railway Concourse, opposite top of Platform 9.

Both men and women are encouraged to attend. Morning and afternoon tea is provided.

Tracing your family history: Where to start?

Guest Speaker:

Laurence Price

9am - 10am

Laurence Price is a member of the Western Australian Genealogical Society. Through his research, he has reconnected with Canadian cousins, discovered a lost

uncle who migrated to New Zealand, and uncovered the juicy story of one of his ancestors and a duchess. His written works include articles in scientific journals and family stories in anthologies and family history magazines. The session is free.

This event is supported by COTA WA, the Department for Communities and LotteryWest for Bendigo Bank Seniors Week Festival 2013.

For bookings, contact the Society of Women Writers WA at swwofwa@gmail.com or telephone 0415 840 031 www.swwofwa.com

FREE THE YWCA RUNS ENCORE AN 8 WEEK GENTLE EXERCISE PROGRAM



The YWCA runs Encore - an 8 week gentle exercise program designed specifically for women who have experienced breast cancer at any time in their life. Incorporating gentle exercises, relaxation techniques, information, it is safe, fun and therapeutic. Gentle but effective exercises improve strength, mobility and flexibility whilst the warm water in the hydrotherapy sessions relieve affected muscles. The classes also provide an opportunity for women to share their experiences in a safe and supportive environment.

Participation is FREE and by enrolment only. Programs commencing in October. Funded by the WA Department of Health. Please call CATHY on 9440 3501 for more info

Not to be missed - Rockingham Seniors Expo 2013

THE ROCKINGHAM Seniors Expo 2013 is being held again this year on Wednesday 6 November 2013 at the Gary Holland Community Centre from 9.30am-1pm. Seventy two stallholders are registered this year. The Lions Club will be there to conduct hearing tests, skin cancer checks and to hold a sausage sizzle.

The expo provides an opportunity for local community business, service providers and volunteer groups to share a wealth of information and knowledge to seniors and their families.

If you would like to attend the expo but do not have access to transport, you can contact Rockingham Connect to collect you up from home. There is no cost for this service. All bookings will need to be made before 25 October by phoning 9550 7888.

An added new and exciting concept this year is the 'The Kent Street Stroll'. This involves participating businesses offering discounts, promotional offers and more to visitors at the expo. Each visitor will be given a map and provided with an information sheet indicating the businesses taking part in The Kent Street Stroll in the surrounding area.

Should you require any further information please contact either Sue Heal or Kirstie Pink on 9528 0407 or email sue.heal@rockingham.wa.gov.au; kirstie.pink@rockingham.wa.gov.au or for transport info@careoptions.org.au



SOUND for Life is a small business that began five years ago mainly working with children and adolescents using a form of sound therapy called Integrated Listening Systems (iLS).

The changes seen in children were very encouraging particularly in the areas of listening, balance, co-ordination, confidence and concentration and attention.

In July 2012 the company decided to conduct a project study using the iLS and movement to see what the benefits would be to

Put a spring in your step - Improving senior's well being

seniors. The aim was to get 20 participants involved in the project. Through a series of talks, information stands and participation in the 2012 "Have a Go Day" at Burswood, eight seniors participated.

The participants were assessed on a series of auditory, movement and cognitive tests prior to commencing their programs. Half of the participants chose to do a home based program and the others came into the clinic and did 20 sessions over a 10 week period. A follow up client assessment with this group has just been completed. The home based program is conducted over a longer period of time and these participants will be assessed in the near future.

The age range for the clinic based group was 63 to 77 years. They attended

the clinic twice a week and participated in a variety of movement activities including warm up exercises for Tai Chi and Yoga, Brain Gym, balance and co-ordination activities. This movement session was followed by more sedentary activities such as jigsaw puzzles, painting, craft, board games and socializing while enjoying morning tea.

So far, the general outcomes for the clinic based group have indicated improvements in balance, memory, improved mood and energy levels, confidence and auditory processing.

Both groups will participate in a post three month assessment session to see if improvements have been maintained. In the meantime more participants are needed for either the clinic based or home based programs.

Assessments are free with a small charge for those participating in the clinic based program.

Two free information sessions have been planned in which the details of the iLS project study will be outlined along with how the program works and what the possible benefits would be.

Sessions coming up: Tuesday 15 October: 10am - 11am followed by morning tea.

Monday 4 November: 6.30pm for a 7pm start. Refreshments provided.

All enquiries and bookings for these information sessions can be made by contacting Gillian or Jean on 9329 9900 or email them at soundforlife@westnet.com.au

Visit them at Have a Go Day at Burswood on Wednesday 13 November 2013.



Classic swimwear all year round. Feel confident and comfort in our range of skirted swimsuits. Available from size 12 to 24. Huge selection of alternative styles also available.



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Join and save with the SilverScreen Club! If you are a current Senior Card holder and love going to the movies then this is the club for you!

Join today and receive these great membership benefits:

- One free movie ticket*
- Exclusive invitation to Monthly morning tea and film
- \$8 movie ticket, any movie, any day*
- Special Candy Bar offers
- Regular newsletters with all the latest movie information plus the chance to win great prizes

*Conditions apply. Surcharge applies for 3D screenings. See box office for details. Must be 60 years and over.

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www.acecinemas.com.au

CINEMAS



If you love walking you will love square dancing



it is mixed with good music and interaction with happy sociable people of all ages.

Use it or lose it makes more sense to our smart seniors who are searching for fun ways to be more active and keep up their walking.

Why not try one of the Introduction Dance Sessions now being run at your local square dance club?... these venues are listed on the club's national web pages www.squaredance.org.au

Singles and partners are all welcome and you can then round up some more friends to try it at other clubs holding the Introduction Dance Sessions. This is a great way to be active and explore the different clubs until a beginner's class is available near you to follow through and learn all the moves.

Since all the moves are

in English, you can enjoy square dance anywhere in the world so it could also inspire you to travel more.

Square dance is described as fun and friendship set to music but is also a wonderful way of improving your health and well-being while enjoying the many lifelong friendships made along the way. For more information phone Steve on 9243 1200 or free call 1800 643 277.



HAVE you considered walking for fun or fitness but never get around to it?

Walking to music (square dancing) can be fun and at the same time is great for your health especially when

Still Me photographic and sound sculpture exhibition

STILL ME is a photographic and sound sculpture exhibition developed by Fremantle based visual artist Christine Gosfield in association with the City of Fremantle.

The exhibition presents 20 photographic portraits that challenge viewers to see beyond the assumption that people become less of themselves as they age.

Each portrait depicts a mature individual holding a photograph of their younger selves and is accompanied by a text which speaks to the experiences, hopes and dreams that gave – and still gives – each life its unique power and shape.

The work invites you to suspend your pre-conceptions and to reconsider the often-limiting lenses through which we assess others. It reminds us that age does not diminish us but adds an extraordinary wealth of knowledge, experience, vision and courage and deepens who we are.

Still Me Photographic Exhibition
Wednesday 13 to Monday 18 November 2013
Official opening Wednesday 13 November 11am
Kidogo Arthouse, Bathers Beach
Gallery hours are: Mon to Thu: 11am - 4pm
Fri to Sun: 10am - 4pm



Rockingham Seniors Expo 2013

A FREE community event

Join us for a cuppa while you browse the Exhibition Displays with information about Health, specialised aged care, social groups and more.

FREE gifts and giveaways.

Wednesday 6 November 2013
from 9.30am - 1pm
Gary Holland Community Centre,
19 Kent Street Rockingham

If you would like to be picked up from your home to attend the expo please phone Rockingham Connect on 9550 7888 before 25 October 2013, to book your seat at no charge.

For more information about how to get there, phone the Transperth infoline on 13 62 13.

For Seniors Expo information phone: 9528 0333
or email: sue.heal@rockingham.wa.gov.au,
kirstie.pink@rockingham.wa.gov.au
or for transport info@careoptions.org.au



Just pop in or stay for the day!

Enjoy a Cuppa



Information



Gifts



Need to put a spring in your step?

How can Integrated Listening Systems help? It will improve your: -

- Memory
- Concentration
- Listening skills
- Sense of well-being
- Agility and balance
- Confidence

Gain Health And Have Fun
The Integrated Listening System can be done at home or in a group.
Call now to book a FREE group information session at your location.

FREE INFORMATION SESSIONS;
Tuesday 15 October 10am
OR Monday 4 November 7pm
BOOKINGS REQUIRED

20% discount on the Initial consultation and feedback
Offer expires 23/11/13 (Terms and conditions apply)

How will it do that?

- By listening to modified classical music through headphones.
- Stimulates the balance mechanism in the ear.
- Appears to improve neural connections in the brain.
- High frequencies charge the brain to give you more energy.

Sound for Life
Integrated Listening Systems

Phone: Mel or Gillian 9329 9900
Website: www.soundforlife.com.au
Email: soundforlife@westnet.com.au
Location: 2/45 McCoy Street, Myaree
Find us on facebook

www.rockingham.wa.gov.au www.careoptions.org.au www.rydges.com/fremantle



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Seniors Recreation Council of WA Inc



presents a LiveLighter and Bendigo Bank Seniors Week Festival Event

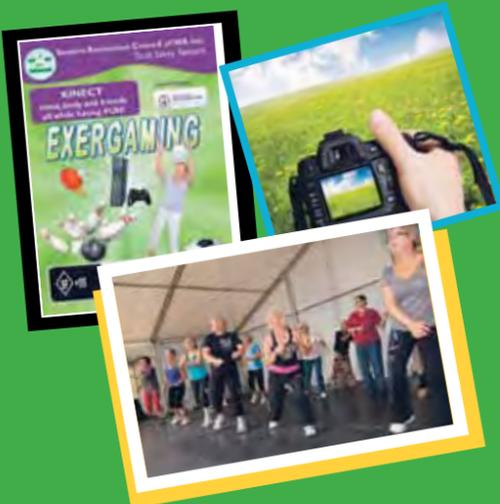


Have a Go Day

Wednesday
13 November 2013

Burswood Park

8.30am to 3.00pm
Great Eastern Highway, Burswood



Official opening 9.35am
Hon Tony Simpson MLA,
Minister for Local Government;
Community Services; Seniors and
Volunteering; Youth

**Free activities and information
day for over 45s promoting
clubs/groups, senior and
commercial agencies**

SPONSORS



All enquiries contact
Seniors Recreation Council of WA
Phone 9492 9773
www.srcwa.asn.au

Get ready to rediscover the discovered



DO YOU know Perth?

Do you know the history and the colourful yarns behind the buildings and the characters that created this wonderful city? If not, then make sure you don't miss this year's Perth Heritage Days 16-17 November 2013.

In 2009 Heritage Perth hosted the first Perth Heritage Days. In its fifth year, it has become Perth's largest and most inclusive heritage event with visitations of over 50,000 in 2012.

A FREE family event, it is a wonderful opportunity

for people of all ages to rediscover the discovered in the buildings, parks, theatres, museums, libraries, clubs and hotels of the city.

Different from other heritage events, Heritage Days strives to present our history in all its forms.

From the traditional owners of the land to our city's wonderful architecture, there are stories of amazing characters in government, society and behind the buildings. There are also yarns about our gardens and their importance in our community, not only for their beauty, but also for the production of food in the Swan River Colony. The arts and their evolution are not forgotten either, nor is our medical history or religion. All provide stories that show us how Perth as we know it today came to be.

An exciting program, including many new activities, is planned for 2013.

Visitors will have the chance to take a guided tour

of the rather private London Court and view an exhibition of art works owned by Royal Perth Hospital in the rarely seen Kirkman House.

There will be thought-provoking indigenous tours and tours of the Supreme Court building in Stirling Gardens. And for the first time this year, the entire programme will be available as a free smartphone app, which will help participants plan and book their entire weekend.

Perth has a fascinating past, so don't miss the chance to rediscover the discovered, during Perth Heritage Days 2013.

For more information about Heritage Perth, visit www.heritageperth.com.

Explore - Discover - Learn at City of Joondalup Libraries

Are you a busy person on the go, FIFO, full-time student, retiree or new resident?

City of Joondalup Libraries have something for everyone.

How would you like to enjoy a Sunday outing with the family, meet an author after work, bring the grand children to story time or download an e-Magazine to read on the train? You can do all of this and more at a City of Joondalup Libraries.

To discover more about your local library, visit the website joondalup.wa.gov.au, phone **9400 4751** or subscribe to Libraries Online.

Joondalup Whitford Woodvale Duncraig



"Back to Norseman" reunion - Kings Park

THE ANNUAL "Back to Norseman" reunion at Kings Park will be on Sunday 3 November from 10am. Meet at the lawn area between the Vietnam War Memorial and Zamia Café.

As 13 August 2014 is the 120th anniversary of Norseman, it is hoped for a good turn out to plan for celebrations to mark the 120th occasion.

Please BYO picnic facilities and any memorabilia.

For further information contact Bill King 9534 9913 or email newbill13@bigpond.com

NO WILL?

There is a way!



**To my grandkids, I leave my Morris Minor.
To the Salvos, I leave hope.**

Community Wills Day

\$50 to have a solicitor write or update a simple Will

Thursday 7 November
8:00am to 7:00pm

Proceeds support the local work of The Salvation Army

The Salvation Army Floreat Corps
cnr Brookdale Street
and Salvado Road
Floreat

Enquiries and bookings phone 1800 337 082

Bendigo Bank

Seniors Week Festival

10-17 November 2013

Festival Events

Are you holding an event to celebrate Bendigo Bank Seniors Week Festival? We would like to help you promote it.

Visit www.haveagonews.com.au to list your event or to view the events calendar. Please phone **9227 8283** for further information.

**Seniors Recreation Council Be Active
Have a Go Day at Burswood Park**
Wednesday 13 November | 8.30am-3.00pm

**The Senior Newspaper Grandparents
Family Day at Perth Zoo**
Sunday 17 November | 10.00am-1.00pm

Presented in partnership by:



Are hearing loss and dementia connected?

Deteriorating hearing makes it increasingly difficult for us to converse with other people. We mishear things with greater frequency and have to keep asking people to repeat things. Outsiders can often react with miscomprehension. All this eats away at our self-confidence and can have a negative impact on our general well-being and our quality of life as a whole. But can hearing loss increase your chances of developing dementia?

Research by the John Hopkins School of Medicine showed a strong association between hearing loss and both the earlier onset and more serious degrees of dementia.

Although the reason for the link between the two conditions is unknown, the investigators suggest that a common pathology may underlie both, or that the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia. They also speculate hearing loss could lead to dementia by making individuals more socially isolated, a known risk factor for dementia and other cognitive disorders.

The study, published in the *Archives of Neurology*, focused on 639

people whose hearing and cognitive abilities were tested between 1990 and 1994. While about a quarter of the volunteers had some hearing loss at the start of the study, none had dementia.

These volunteers were then closely followed with repeat examinations every one to two years, and by 2008, 58 of them had developed dementia. The researchers found participants with hearing loss at the beginning of the study were significantly more likely to develop dementia by the end. Compared with volunteers with normal hearing, those with mild, moderate, and severe hearing loss had twofold, threefold, and fivefold, respectively, the risk of developing dementia over time. The more hearing loss they had, the higher their likelihood of developing the memory-robbing disease.

Dementia is normally associated with old age but it is not only senior people who suffer from hearing loss. Poor hearing is widespread across all age groups. Today, young people increasingly have hearing impairments too – excessively loud music listened to via headphones, at concerts and nightclubs is having a major impact.



Get your hearing tested, get it managed and enjoy a longer cognitively active life.

Construction workers, ambulance drivers, DJs and factory workers: these are all examples of professions where loud noise can have a lasting and damaging impact.

Hearing loss can, of course, also be caused by medical, genetic or simply unknown factors. Five to ten percent of all cases of hearing loss in adults can be treated medically or surgically.

However, one thing is clear: you are not alone in suffering from a hearing

loss. Today, one in six people have some degree of hearing impairment.

Could we do something to reduce the effects of hearing loss, cognitive decline and possibly delay the onset of dementia? Absolutely! Get your hearing tested, get it managed, and enjoy a longer cognitively active life.



You can relax. This hearing aid is almost invisible.



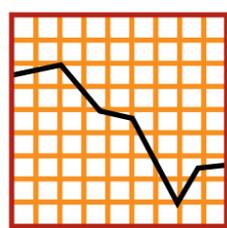
Micon is virtually invisible

The new German engineered **Siemens Micon** hearing aid provides automatic functionality and natural sound quality in a virtually invisible design. Not only tiny in size, Micon has been recognized and tested to conform to the internationally recognised **IP67** standard, making it dust and water resistant.

WANTED: 50 people to trial* Micon.

Call **9350 6311** to book now.

Please hurry - appointments are filling up fast.



Hearing Loss SPECIALISTS

MAIN CLINIC: 12 Pattie Street, Cannington

P 9350 6311
F 9350 6322
W www.hearingloss.net.au
E info@hearingloss.net.au

Also looking after local hearing in:
Balcatta
Rockingham
Wembley

Micon is powered by Siemens revolutionary new **micon** technology platform. One Siemens wearer recently said this about his new micon hearing aids:

...I now feel I can hear more subtleties than I used to. I've been using the compression feature and I did find I can pick up speech much better now. The biggest plus is no more feedback. With my loss feedback happened frequently, while eating, laughing, hugging or any movement near my ears. Feels great to hug the wife without startling her.

*Conditions apply



Have a Go News' Bendigo Bank Seniors Week Festival 2013



Bendigo Bank
Seniors Week Festival
10-17 November 2013

EVENT LISTINGS Sunday 11 November Perth Metropolitan



Volunteers Needed

Volunteer Task Force has been supporting the community for over 40 years. We provide much needed service to frail elderly and younger people with a disability. Our teams are enthusiastic, dedicated people from all age groups. Helping out as a volunteer can help improve your skills, social life and sense of belonging. Make the difference today and call us to lend a hand in our gardening or social support team. Weekdays or weekend opportunities available (in some areas)

Phone: 9318 5700
www.volunteertaskforce.org.au



Active Ageing Seniors Celebration - Kent Street Stroll

Businesses and community groups along Kent Street in Rockingham will be offering deals and discounts to seniors during Seniors Week 2013. A map has been developed and is available from various locations
Cost: Free
City of Rockingham
For collection points call 9528 0333
Open to public

Anniversary Celebration Azelia Ley Displays Museum Open Days

The Azelea Ley Homestead & Wagonhouse Museum set on Manning Park, Cockburn
Time: 1.30pm to 4.30pm
Celebrate with the 2013 Heritage Award winning Historical Society of Cockburn volunteers and seniors. Hosting open days for visitors on Sundays and booked tours during the week. Enjoy history mystery quizzes, displays featuring Heritage costumes and photos.
Cost: Donation
Contact: Historical Society of Cockburn
E: museum@cockburn.wa.gov.au
Ph: 9418 6648
Open to public

Gravity Discovery Centre

1098 Military Road, Gingin
Time: 9am to 5pm
All seniors who visit the centre during Seniors Week are offered half price entry.
Cost: \$7.25
Contact: Gravity Discovery Centre
Tracie Troth

Ph: 9575 7577
Open to public: Yes

Lake Leschenaultia Chidlow Swim Around Chidlow

Lake Leschenaultia
Time: 8.30am to 12noon
Open water swim around the lake, 1600metre course and novice 400 metre course. Fun swim for children after the finish of the main events, BBQ and picnic area, kayak hire. Free entry to lake. No Pets Allowed
Cost: \$30/\$15
RSVP 7/11/13 by 8pm
Contact: Maida Vale Masters Swimming Club
Andrea Williams
E: AndreaWilliams12@hotmail.com
Open to public



Remembrance Day Parade and Service

St Georges Cathedral, Perth
Time: 12pm to 3pm
Enjoy a Remembrance Day Service for the British Ex Services Association Inc at St Georges Cathedral followed

by lunch for members at My Place Restaurant, in Pier Street, Perth.
Time: 1.30pm
Service - free Lunch - \$25 per head
Bookings on 9291 8962
Contact: British Ex-Services Association Inc
Ann Page
Ph: 9291 6670
E: british.ex@bigpond.com
Open to public

Retirement Living Expo

Belmont Park Racecourse
Time: 9am to 5pm
The Retirement Living Expo will showcase the best in retirement and lifestyle villages, insurance agents, financial planners, superannuation experts and lawyers, travel experts, and the latest in cooking and gardening.
Cost: Gold coin donation
Contact: Village Solutions Australia
Fiona Davidson Ph: 9362 1911
Open to public

Taste for Dementia Spring Market

Vincent House Respite Centre, North Perth
Time: 10am to 2pm
This event will offer a wide selection of fresh, local produce, flowers, plants, herbs, great smelling produce, kids activities and much more. Funds raised will go towards Southern Cross Care's respite centre, Vincent House to help to develop the dementia programs.
Cost: Gold coin donation
Contact: Southern Cross Care
Inga Norgrove
Ph: 1300 669 189
E: info@scrosswa.org.au
Open to public



Baptistcare is a leading community benefit organisation that works tirelessly in the community to provide Aged Care, Retirement Living, Disability, and Mental Health Services.

For over 40 years we have helped people in their journey to transform and enrich their lives.

Our Christian values are at the heart of all we do.

Every individual that we care for and every colleague that we work alongside is valuable and important to us.

It is this ethos that helps us to help our clients, and the special people in their lives, to overcome challenges and achieve their goals.

Baptistcare Support Services Office

100 Welshpool Road, Welshpool WA
(08) 9282 8600

www.baptistcare.com.au





Have a Go News' Bendigo Bank Seniors Week Festival 2013



WA Seniors Awards 2013
State Reception Centre, Perth
Time: 11am to 2pm
The WA Seniors Awards 2013 recognise the achievements of seniors and marks the start of Bendigo Bank Seniors Week Festival. The Hon Tony Simpson MLA, Minister for Seniors and Volunteering and COTA (WA) will host the event.
Invitation only

Sunday 10 November Regional

A Pommie Night Out - Seniors Concert
Queens Park Theatre, Geraldton
Time: 2pm to 4pm
Enjoy a seniors concert with the theme "A Pommie Night Out"
Cost: \$10 including afternoon tea
City of Greater Geraldton
Contact: Rosetta Finlay
Ph: 9956 6685
E: qecentre@cgg.wa.gov.au
Open to public

Monday 11 November Perth Metro

Active Ageing Seniors Celebration - Kent Street Stroll
Businesses and community groups along Kent Street in Rockingham will be offering deals and discounts to seniors during Seniors Week 2013. A map has been developed and is available from various locations
Cost: Free
City of Rockingham
For collection points call 9528 0333
Open to public

Anniversary Celebration Azelia Ley Displays Museum Open Days
The Azelea Ley Homestead & Wagonhouse Museum set on Manning Park, Cockburn
Time: 10am to 3pm
Celebrate with the 2013 Heritage Award winning Historical Society of Cockburn volunteers and seniors. Hosting open days for visitors on Sundays and booked tours during the week. Enjoy history mystery quizzes, displays featuring Heritage costumes and photos.
Please book ASAP
Contact: Historical Society of Cockburn
Ph: 9418 6648
E: museum@cockburn.wa.gov.au
Open to public

Bassendean Seniors Week Open Day
Bassendean Community Hall
48 Old Perth Rd, Bassendean
Time: 10am to 3pm
Various forms of entertainment to celebrate seniors including Remembrance Day Ceremony, intergenerational interaction and much more.

Includes lunch.
Cost: Free - Ticketed
RSVP 6/11/13
Contact:
Town of Bassendean
Tim Clark
Ph: 9377 8051
E: tclark@bassendean.wa.gov.au
Open to public

Ceol, Caint agus Craic
Mighty Quin, Wanneroo Road, Tuart Hill
From 10am to 3pm
Storytelling, Irish dancing and traditional Irish music and lunch
Cost: \$10 RSVP 4/11/13
The Claddagh Association Inc
Contact:
Rachael 0406 418 862
E: seniorsproject@claddagh.org.au

Seniors Week Free Tours of Parliament House
State Parliament House, West Perth
Time: 10.30 am and 1pm 11.30am and 2pm
Guided tours of Parliament House each weekday. Tours will include viewing the sitting of Parliament are Tuesday, 1pm, Wednesday 1pm and Thursday 10.30am and 1pm. Other tours when the Houses are not sitting will cover aspects of general building and parliamentary history. Gather at

the main entrance (east side overlooking the city). Stop 15 'Parliament' on the Red Cat Bus route. Harvest Terrace on the Green cat bus route. Ramp access and lifts with two ACROD parking bays near entrance.
Cost: Free
Contact:
Parliamentary Education Office
Sarah Smith Ph: 9222 7259
E: detours@parliament.wa.gov.au
Open to public

Seniors Week Heart Foundation Walk
BIC Reserve, CNR Wilson & Guildford Road, Bassendean
Time: 9am to 10am
A relaxing 45min - 1 hour walk through the streets of Bassendean followed by a healthy morning tea.
Cost: Free
RSVP 6/11/13
Town of Bassendean
Contact: Tim Clark
Ph: 9377 8051
E: tclark@bassendean.wa.gov.au
Open to public

Trinity School for Seniors Annual Art & Craft Exhibition
Trinity School for Seniors, Perth, Main Hall
From 9am to 3pm
The annual exhibition is an

opportunity for our talented students to showcase their work. There will be a selection of work for sale in various mediums. Artists will be in action during the exhibition featuring painting, needlework, crochet, quilting and wood carving.
Cost: Free
Contact:
Trinity School for Seniors
Loren Izzi Ph: 9483 1328
Open to public

Monday 11 November Regional

City of Geraldton Mayor's Mystery Bus Tour
QEII Seniors and Community Centre, Geraldton
Time: 9am to 11.30am
Mayor Ian Carpenter will host a mystery bus tour followed by morning tea at the QEII Seniors and Community Centre
Cost: Free but RSVP by 6/11/13
Contact:
City of Geraldton
Rosetta Finlay
Ph 9956 6685
E: qecentre@cgg.wa.gov.au
Open to public

Seniors Volunteers in the Goldfields
Kalgoorlie/Boulder Volunteer Centre, Goldfields
Time: 9am to 3pm
Information and recognition display of senior's volunteers and light refreshments
Cost: Free
Contact:
Kalgoorlie Boulder Volunteer Centre

Kiri or Shyama
E: volunteers@kbvc.org.au
Ph: 9022 3197
Open to public



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Government of Western Australia
Department of the Attorney General

Exit Strategies for Seniors
Your guide to Wills, EPAs and getting your affairs in order.

- Want to know who can challenge your Will?
- What about choosing an executor and some of the problems an executor might face?
- Or appointing an attorney, guardian or a trustee?
- And what really happens if you die without a Will?

SEATS ARE LIMITED.
To register telephone 1300 746 116 or email public.trustee@justice.wa.gov.au

Tuesday 12 Nov. 2013 • 10:30am to 12pm
Lvl 1, Public Trustee Building
553 Hay Street, Perth

Thursday 14 Nov. 2013 • 10:30am to 12pm
Lvl 1, Public Trustee Building
553 Hay Street, Perth

553 Hay St Perth, WA 6000
www.publictrustee.wa.gov.au

Wills • Deceased Estate Administration • WA Will Bank • Enduring Power of Attorney
• Trust Management • Executor Assist • Private Administrator Support

Bendigo Bank Seniors Week Festival 10-17 November 2013
Public Trustee



Welcome to your guide to Seniors Recreation Council's Have a Go Day in BURSWOOD PARK - Wednesday 13 November 2013



Seniors Recreation Council Have a Go Day 2013 a LiveLighter Event MUSIC BASED ACTIVITIES

| SITE | NAME |
|------|---|
| 134 | Athol Wightman 10am, 11am, 12noon, 1pm, 2pm |
| 86 | Circle Dancing 9am, 10.30am, 11.30am, 12.40pm, 1.40pm, 2.30pm |
| 82 | Cockburn Seniors Line Dancing 10:10am, 11.10am, 12.10pm, 1.10pm, 2.10pm |
| 63 | Dance Lines 9am, 10.40am, 11.40am, 12.40pm, 1.40pm, 2.40pm |
| 125 | Esperanto League of WA 10.45am, 11.45am, 12.45pm, 1.45pm, 2.15pm |
| 13 | Fab Shad Dancers 10.30am, 11.30am, 12.30pm, 1.30pm, 2.30pm |
| 6 | Fitness 50 10.10am, 11.10am, 12.10pm, 1.10pm, 2.10pm |
| 32 | Frank Sinatra Tribute 12.10pm (30 minute slot) |
| 57 | Friends In Yoga 10.10am, 11am, 11.50am, 12.40pm, 1.40pm, 2.30pm |
| 71 | Geocaching SRC 10.30am, 11.30am, 12.30pm, 1.30pm |
| 64 | Hora Shalom Dances of Israel 10.10am, 11.10am |
| 32 | Jim's Country - Sing-a-Long 11.40am, (30 minute slot) 1pm (30 minute slot) |
| 137 | Konga Gosnells Womens Health 9am, 10.30am, 12.10pm, 1.40pm, 2.30pm |
| 106 | Lifeball (demonstration) 9am, 10.30am, 12noon, 1pm, 2.10pm (30 min slots) |
| 106 | Marching (WA) 11.30am, 12.30pm |
| 147 | Oum Habibi Dance Group 9am, 10.30am, 11.30am, 12.20pm, 1.10pm, 2.10pm |
| 81 | Over 50's Ballroom Dancing Inc 9am, 10.40am, 11.50am, 12.50pm, 1.40pm, 2.30pm |
| 72 | Polewalking SRC 10:10am, 11.10am, 12.10pm, 1.10pm, 2.10pm |
| 30 | Prime Movers Inc 11.10am, 1.30pm (30 minute slots) |
| 108 | Seniors Line Dancing 10.10am, 11am, 11.50am, 12.50pm, 1.40pm, 2.40pm |
| 148 | Square Dancing Society of WA 10.10am, 11am, 11.50am, 12.40pm, 1.40pm, 2.30pm |
| 55 | Taoist Tai Chi Society of Australia 9am, 10.30am, 11.30am, 12.20pm, 1.10pm, 2.10pm |
| 29 | The Entertainers 10.10am (40 minute concert) |
| 64 | Two Right Feet Dance Club 12.10pm, 1.10pm, 2.10pm |
| 31 | WA Bush Poets & Yarn Spinners 9am, 10.50am, 12.40pm |
| 40 | WA Feldenkrais Guild 10.20am, 11.10am, 12noon, 1.00pm, 1.50pm, 2.30pm |
| 32 | WA Police Pipe Band 2.10pm for 40 minute concert |
| 89 | West Coast Chordsmen 10.10am, 11am, 12.20pm, 1.10pm, 2.10pm |
| 14 | Zumba Gold Fitness 9am, 10.50am, 11.50am, 12.50pm, 1.50pm |

Please note that demonstration times are 20 minutes per session unless otherwise noted.

Seniors Recreation Council Have a Go Day 2013 a LiveLighter Event PROGRAMME HIGHLIGHTS

Theme for 2013

"Seniors Embracing Technology"

| | |
|-------|--|
| 8.30 | Day commences |
| 9.00 | Music based activities commence |
| 9.35 | Official opening - Olympic Statues, SITE 146 by the Hon Tony Simpson MLA |
| 9.00 | WA Bush Poets & Yarn Spinners - Sound Shell SITE 32 |
| 10.10 | The Entertainers - Concert - Sound Shell |
| 10.50 | WA Bush Poets & Yarn Spinners - Sound Shell |
| 11.10 | Prime Movers, exercise to music - Sound Shell |
| 11.40 | Jims' Country - Sing-a-long - Sound Shell |
| 12.10 | Frank Sinatra Tribute (Gary Lynn) - Sound Shell |
| 12.40 | WA Bush Poets & Yarn Spinners - Sound Shell |
| 1.00 | Jim's Country - Sing-a-long - Sound Shell |
| 1.30 | Prime Movers, exercise to music - Sound Shell |
| 2.00 | MAJOR PRIZE DRAW - SITE 145 |
| 2.10 | Police Pipe Band - Concert - Sound Shell |

Seniors Recreation Council Have a Go Day 2013 a LiveLighter Event TECHNOLOGY BASED SITES

| NAME | SITE |
|--|------|
| Connecting with Facebook | 75 |
| Digital Camera use | 75a |
| Geocaching - SRCWA & DSR | 71 |
| Gliding simulator - Gliding Club of WA | 52 |
| Independent Living Centre | 94 |
| Intro to Skype - City of Perth Lions | 28 |
| Perth PC Users Group | 157 |
| Sticky PC | 75b |
| Tech Savvy Seniors | 75c |
| Technology Assisting Disability WA | 127 |
| Telstra - Mobile Phones & NBN | 75 |
| University of the Third Age | 42 |
| WA Genealogical Society | 114 |
| Xbox Kinect activities - Seniors Exergaming WA | 74 |



Steve Mills Paul Murray Peter Bell

Meet personalities and listen to Radio 882 6PR announcers broadcast from Have a Go Day 2013



Meet Channel 7 Perth personalities - from left to right; Ric Ardon, Susannah Carr, Monika Kos and Basil Zempilas

SRC Have a Go Day 2013 a LiveLighter Event - FOOD VENDORS

| SITE | VENDOR |
|------|---|
| 80 | Crown Perth Food Tasting |
| 59 | Chopin Patisserie |
| 56 | Australian Mushroom Grower Food Tasting |
| 4 | Gordon's Food Caravan |
| 103 | Il Paiolo (pizza) |
| 73 | Hospitality Tent Have a Go News/882AM 6PR |
| 134 | Hospitality Tent Have a Go News/Channel 7 |
| 19 | Hospitality Tent Have a Go News/Phoenix Insurance |
| 76 | Kernel Corn |
| 110 | Lions Club of Canning City Sausage Sizzle |
| 78 | Murphy's Spuds |
| 58 | Perth Coffee Express |
| 88 | Perth Coffee Express |
| 26 | Simmo's Mobile Scoop Shop |
| 97 | Simmo's Mobile Scoop Shop |
| 17 | The Spud Wagon |

Welcome to Have a Go Day from Crown Perth

ON BEHALF of Crown Perth I am delighted to welcome you to the Seniors Recreation Council's Have a Go Day for 2013.

Crown Perth is honoured to have an on-going, special relationship with West Australian seniors, particularly through our major sponsorship of Have a Go Day; a day that has significantly grown in popularity and is renowned as a true highlight of the 'Seniors Week Festival'.

I invite you all to visit our Crown Perth marquee this year, which as always, will be buzzing all day with activities, food demonstrations and tastings, and chances to win great prize vouchers. Plus our fabulous promotional hosts and Crown Bus team will be on hand to tell you about all the exciting events we have coming up at the resort.

Being a Crown Club member means you are rewarded for having fun at Crown Perth. It's absolutely free to join, and you can earn points whenever you dine, stay or play.

You can catch the free shuttle bus to Burswood Park from the resort and Burswood Train Station, then following your day in the park you can stroll back to the resort and have a drink or meal in one of our award winning restaurants.

When looking for the perfect venue at which to dine, there are many options to suit every mood.

Experience a range of cuisine – from hearty Italian food cooked with love at Modo Mio, to the superb Atrium Buffet which offers a wide choice of Western and European dishes. Carvers on the Casino floor is Perth's best-value buffet, with an all-you-can-eat famous carvery station with succulent, slow-roasted meats, tasty gravy and vegetables. Or savour tasting plates, juicy char-grilled steaks and succulent seafood, along with a delicious sides and dessert selection at Market & Co.

Again, on behalf of Crown Perth, I would like to wish everyone a wonderful day and encourage you all to 'have a go' and enjoy the fantastic line-up of entertainment and activities.

We welcome you to Crown Perth - A World of Entertainment.

Kindest personal regards,

Barry Felstead
Chief Executive Officer
Australian Resorts



Welcome to the 2013 Have a Go Day

BURSWOOD Park Board is delighted to welcome you to the 2013 Have a Go Day at our beautiful parklands on the banks of the Swan River.

We are particularly proud to be a part of this year's milestone 20-year celebration for this wonderful event and congratulate the Have a Go Day organisers for their longstanding commitment to helping seniors to live life to the fullest.

Burswood Park Board, too, is a strong supporter of the Western Australian seniors community. In addition to Have a Go Day, the Over-55s Seniors Cycling Group comes together to ride around Burswood Park every week and the Over 55 Walking Association also enjoys the Park for walks. We've also recently hosted WA Veterans Athletics Club and Masters Athletics events.

Have a Go Day continues to grow in reputation, size and liveliness. It's now a major part of Seniors' Week celebrations and is a regular 'fixture' on the Western Australian event calendar – a day where seniors get out and about and celebrate life and living in the great outdoors. And there's no better place than Burswood Park to enjoy everything that living in Perth has to offer.

We hope Have a Go Day will remind our past visitors of the year-round recreational and leisure options available at Burswood Park – and also introduce those who are new to the Park to the variety of activities and experiences.

Our award-winning heritage tours have continued to grow in popularity over the past two decades. Our volunteer Tour Hosts conduct the free guided walking tours of the Park year-round, highlighting Western Australia's unique flora and fauna and our rich history, including stunning life-size bronze sculptures of our State's pioneers. Bookings are essential and can be made by phoning 9361 4475.

We also have a fun-filled calendar of summer events, from our annual Carols in the Park to the popular Movies by Burswood outdoor movie event for charity.

Our annual free concert, Music by Moonlight, is also proving a popular event at the Park. Featuring the WA Youth Orchestra and the Western Australian Academy of Performing Arts, concert-goers enjoy a selection of orchestral and operatic pieces with the theme of 'Classic Movie Themes'. Last year's event attracted 4,000 spectators.

We invite you to visit our website, www.burswoodpark.wa.gov.au, for latest news and the complete seasonal program of Park events. We hope to see you sometime over the coming summer season!

In the meantime, enjoy Have a Go Day and while there experience the beauty of Burswood Park - 'the people's park' - located right on the doorstep of our wonderful city.

Brian Wishart
General Manager
Burswood Park Board



For further information on how to plan your way to Have a Go Day 2013, ring Transperth on 13 62 13 or visit www.transperth.wa.gov.au.

During Bendigo Bank Seniors Week Festival 2013 (11 to 18 November) all public transport is free for seniors.

Have a Go Day ENTRY FORM

WIN WIN WIN: To be in the draw, to win one of these great prizes, simply fill in this form and place in the entry barrel located at Have a Go Day on Wednesday 13 November from 9am to 1.30pm at Burswood Park.

MAJOR PRIZE DRAW

1st Prize donated by Crown Perth
Over-night accommodation for 4 people in Luxe King Rooms (4 people to share 2 rooms) at Crown Metropal with club level access and full buffet breakfast for each person at Atrium buffet.
Valet parking for 2 vehicles
Dinner at Silks to the value of \$400
\$200 Crown Cash (4 x \$50 vouchers)



SECOND PRIZE DRAW - A \$500 Coles/Myer voucher donated by Have a Go News and Kings Tours and Travel

THIRD PRIZE DRAW - A family pass (two grandparents and up to four grandchildren) donated by Channel 7 to a VIP function on the grounds of Government House from 6pm to 7pm. Then guests will be then escorted to special reserved seating along St George's Terrace to watch the RAC Channel 7 Christmas Pageant, 7.30pm on Saturday 7 December 2013.

FOURTH PRIZE DRAW

A \$200 Gift card donated by Sizzler.



NAME:

CONTACT NUMBER:

ADDRESS:





EVENTS GUIDE

Have a Go News' Bendigo Bank Seniors Week Festival 2013



Tuesday 12 November Perth Metropolitan

Active Ageing Seniors Celebration - Kent Street Stroll

Businesses and community groups along Kent Street in Rockingham will be offering deals and discounts to seniors during Seniors Week 2013. A map has been developed and is available from various locations.

Cost: Free
Contact: City of Rockingham
For collection points call 9528 0333
Open to public

Anniversary Celebration Azelia Ley Displays Museum Open Days

The Azelea Ley Homestead & Wagonhouse Museum set on Manning Park, Cockburn
Time: 10am to 3pm

Celebrate with the 2013 Heritage Award winning Historical Society of Cockburn volunteers and seniors. Hosting open days for visitors on Sundays and booked tours during the week. Enjoy history mystery quizzes, displays featuring Heritage costumes and photos. Please book ASAP
Contact: Historical Society of Cockburn
Ph: 9418 6648
E: museum@cockburn.wa.gov.au

Bassendean Senior Citizens WAAPA Concert

Bassendean Community Hall
48 Old Perth Road, Bassendean

Time: 12.30pm to 4pm
Be entertained by some of the top WAAPA students followed by afternoon tea. Tickets Limited.
Cost: Free - Ticketed
RSVP 6/11/13
Contact: Town of Bassendean
Tim Clark
E: tclark@bassendean.wa.gov.au
Ph: 9377 8051
Open to public

Celebrating Seniors and Senior Carers North Perth

Chung Wah Hall
18 Radali Place, Balcatta
Time: 10am to 12pm
Presentation on tips for active ageing, maintaining wellbeing, including Tai Chi demonstration, relaxation session, entertainment and free resource bag and morning tea.

Cost: Nil
RSVP 5/11/13
Contact: Community West
Louise Kelly
Ph: 9309 8105
E: louise.kelly@communitywest.com.au
Open to public

Gardening Expo

Whitford Church Auditorium
19 Scaphella Ave, Whitford
Time: 9.30am to 12.30pm
A 'gardening guru' will be there to discuss many plants and give information on vegetable growing, fruit, etc.
Cost: \$4
Contact: Super Tuesday Whitford Church Seniors
Mrs Glen Vawsret
Ph: 9243 1130
E: vawserkg@bigpond.net.au
Open to public

Gravity Discovery Centre
Gravity Discovery Centre
1098 Military Road, Gingin
Time: 9am to 5pm
All seniors who visit the centre during Seniors Week are offered half price entry.
Cost: \$7.25
Contact: Gravity Discovery Centre
Tracie Troth
Ph: 9575 7577
Open to public

Living Histories Project

Citiplace Community Centre, Perth
Upstairs at Perth Railway Station
Time: 10am to 1pm
60 years ago in 1953 Australia was looking forward to peace and prosperity after WWII. What was happening for you? Come and share your experiences as a child or adult and learn how your memories can create a stage show.
Cost: Free
Contact: Agelink Theatre Inc
Jenny Davis Ph: 0411 318 974
E: admin@agelink.com.au
Open to public
Reservations essential

Seniors Week Free Tours of Parliament House

State Parliament House, West Perth
Time: 10.30am and 1pm
11.30am and 2pm
Guided tours of Parliament House each weekday. Tours will include viewing the sitting of Parliament are Tuesday, 1pm, Wednesday 1pm and Thursday 10.30am and 1pm. Other tours when the Houses are not sitting will cover aspects of

general building and parliamentary history. Gather at the main entrance (east side overlooking the city). Stop 15 'Parliament' on the Red Cat Bus route. Harvest Terrace on the Green cat bus route. Ramp access and lifts with two ACROD parking bays near entrance.
Cost: Free
Contact: Parliamentary Education Office
Sarah Smith Ph: 9222 7259
E: detours@parliament.wa.gov.au
Open to public

Trinity School for Seniors Annual Art & Craft Exhibition

Trinity School for Seniors, Perth
Main Hall
Time: 9am to 3pm
The annual exhibition is an opportunity for talented students to showcase their work. There will be a selection of work for sale in various mediums. Artists will be in action during the exhibition featuring painting, needlework, crochet, quilting and wood carving.
Cost: Free
Contact: Trinity School for Seniors
Loren Izzi Ph 9483 1328
Open to public

Tuesday 12 November Regional

Croquet - Come and Try

Halls Head Croquet Club, Erskine
Time: 9am
This is an opportunity for seniors and community groups to come and try the game of croquet. Equipment and coaching supplied.

Cost: Nil
Contact: Halls Head Croquet Club
Val Alexander Ph: 9581 3149
E: hallsheadcroquet26@yahoo.com.au
Open to public

Seniors Quiz Afternoon

QEH Seniors and Community Centre, Geraldton
Time: 1pm
Get the grey matter working - make a table of six or come and join us in lots of fun.
Contact: City of Greater Geraldton
Rosetta Finlay
Ph 9956 6685
E: qccentre@egg.wa.gov.au
Open to public

Intergenerational Nativity Rehearsal

Foundation Christian College Mandurah
Time: 10.30am to 12noon
Year 8 & 9 students working with clients to rehearse Christmas Carols and nativity play for a final performance on 10 December.
Cost: Nil
Contact: Silver Chain
Mandy Holmshaw
Ph: 0417 344 748
E: mandy.holmshaw@silverchain.org.au

Seniors Volunteers in the Goldfields

Kalgoorlie/Boulder Volunteer Centre, Goldfields
Time: 9am to 3pm
Information and recognition display of senior's volunteers and light refreshments
Cost: Nil
Contact: Kalgoorlie Boulder Volunteer Centre
Kiri or Shyama Ph: 9022 3197
E: volunteers@kbvc.org.au
Open to public



Bethanie Kwinana Clients enjoy an enrichment lecture.

If you're looking for aged care, look our way!

At Bethanie, we do more than just provide aged care. We offer warm, friendly and engaging environments where you can continue to learn, grow and contribute to society.

Our services include social centres for seniors, care at home, affordable housing and nursing homes. Each offers engaging activity, friendly staff and the highest quality care to help make your life better.

There are Bethanie Centres from Geraldton to Bunbury and across the Perth metro area.

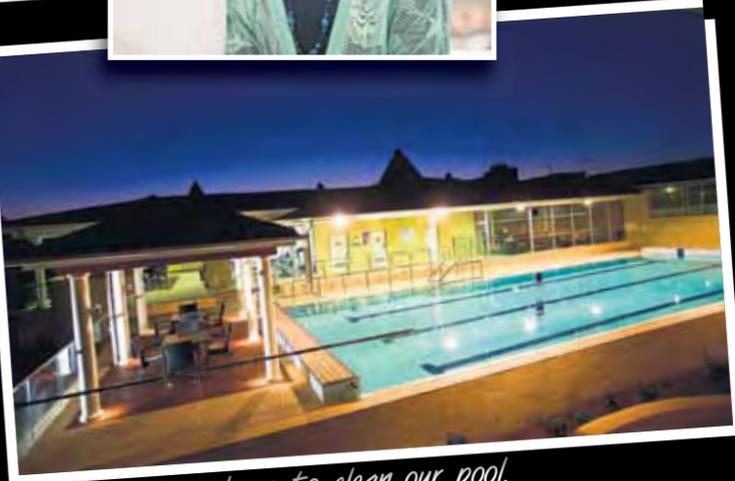
To find out how you can get care from Bethanie, give us a call on 1300 883 893 or visit bethanie.com.au



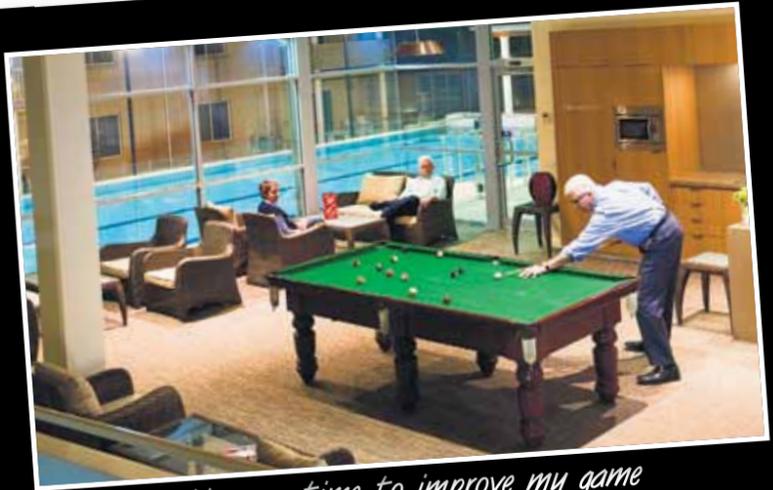
Bethanie
You're among friends



We're still skiting about our very clever move to Ocean Gardens Village in City Beach. This is what we have to put up with.



Never have to clean our pool, just enjoy using it any time..



...with more time to improve my game and relax with new friends...



...and our friends with apartments just love relaxing in the newly refurbished common areas...



...we've had to settle for a bigger, newer, more stylish kitchen...



...and the smell of fresh coffee 24/7 with those boring ocean views forever.



On a serious note, the 24 hour care service makes us and our family assured that we're well looked after...



...watching the gardens' transformation while we don't need to do a thing.....



...and, you guessed it, yet another glorious sunset over the ocean from our City Beach abode. Jealous?!

Stop being jealous, drop in and see for yourselves at 60 Kalinda Drive, City Beach. Call Geraldine first on 9285 3021



Have a Go News' Bendigo Bank Seniors Week Festival 2013



Wednesday 13 November Perth Metropolitan

Active Ageing Seniors Celebration - Kent Street Stroll

Businesses and community groups along Kent Street in Rockingham will be offering deals and discounts to seniors during Seniors Week 2013. A map has been developed and is available from various locations
Cost: Free
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For collection points call 9528 0333
Open to public

Anniversary Celebration Azelia Ley Displays Museum Open Days

The Azelea Ley Homestead & Wagonhouse Museum set on Manning Park, Cockburn
Time: 10am to 3pm
Celebrate with the 2013 Heritage Award winning Historical Society of Cockburn volunteers and seniors. Hosting open days for visitors on Sundays and booked tours during the week. Enjoy history mystery quizzes, displays featuring Heritage costumes and photos.
Please book ASAP
Historical Society of Cockburn
Ph: 9418 6648
E: museum@cockburn.wa.gov.au
Open to public

Bayswater Bridge Club free luncheon and introductory Bridge lesson

Bedford Bowling Club
145 Grand Prom, Bedford.
Time: 11am to 3pm
The Bayswater Bridge Club welcomes all seniors to a free luncheon and introductory less with four free lessons in the weeks following. After the lesson enjoy a luncheon and watch a few games.

Cost: Free
Contact: Bayswater Bridge Club
Ph: 0448 005 967
E: Sady.7notrumps@gmail.com
Open to public

Gravity Discovery Centre

1098 Military Road, Gingin
Time: 9am to 5pm
All seniors who visit the centre during Seniors Week are offered half price entry.
Cost: \$7.25
Contact: Gravity Discovery Centre
Tracie Troth Ph 9575 7577
Open to public

Have a Go Day

Burswood Park
Time 8.30am to 3pm
This popular event is a free information and activities expo for seniors. Come along to try a variety of activities including canoeing, dancing, archery and much more. Free tea, coffee provided.
Cost: Free entry
Contact:
Seniors Recreation Council
Dawn Yates Ph: 9492 9773
Open to public

Still Me

Kidogo Arthouse, Bathers Beach, Fremantle
Time: 11am to 4pm
Still Me presents 20 photographic portraits that challenge viewers to see beyond their assumptions. Each portrait depicts a mature individual holding a photograph of their younger selves and is accompanied by a text which speaks to the experiences, hopes and dreams that give life its

unique power and shape.
Cost: Free
Contact: City of Fremantle
Kay Raymond Ph: 9432 9826
E: kayr@fremantle.wa.gov.au
Open to public



Seniors Week Free Tours of Parliament House

State Parliament House, West Perth
Time: 10.30am and 1pm, 11.30am 2pm
Guided tours of Parliament House each weekday. Tours will include viewing the sitting of Parliament are Tuesday, 1pm, Wednesday 1pm and Thursday 10.30am and 1pm. Other tours when the Houses are not sitting will cover aspects of general building and parliamentary history. Gather at the main entrance (east side overlooking the city). Stop 15 'Parliament' on the Red Cat Bus route. Harvest Terrace on the Green cat bus route. Ramp access and lifts with two ACROD parking bays near entrance.
Cost: Free
Contact:
Parliamentary Education Office
Sarah Smith Ph: 9222 7259
E: detours@parliament.wa.gov.au
Open to public

"Who will care for our children when we can't?"

Many adults and children with cerebral palsy need 24 hour care 7 days a week.

By making a bequest or donation to The Centre for Cerebral Palsy you can make a real difference to the lives of so many.

To make a donation or include a bequest in your Will to The Centre please visit www.tccp.com.au or contact Hazel on 9443 0337.



652/10/00/01/11/13

Australia's Most Awarded "Seniors Friendly" Travel Club! Membership is FREE and the rewards are many!

Simply complete the following information and post to Seniors Holiday Travel Club P.O. Box 249 Fortitude Valley Q 4006 or Join Up at www.SeniorsHolidayTravel.com.au

Name.....

Postal Address.....

Postcode.....

Email Address (for super special low priced last minute deals)

Day Time Phone.....

Mobile.....

Are You A Solo Traveller? (Please tick applicable)

YES.....NO.....

Where would You Like To Go On Your Next Holiday?

MEMBERSHIP OF THE SENIORS HOLIDAY TRAVEL CLUB IS FREE! 88,000+ AUSTRALIANS CAN'T BE WRONG!



Have a Go WA

To become a member simply
FREE CALL 1800-300-999 or email
Enquiries@SeniorsHolidayTravel.com.au

Licence No: TAG1529 Travel Compensation Fund 7042 ABN: 31 082 670 951

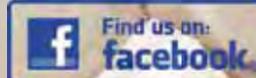


If you are over 50 and you love to travel...

If you love cruise holidays, fully escorted tours, and you love personal attention from a respectful, attentive and courteous travel professional you can rely on to stay around.



You will LOVE your FREE Seniors Holiday Travel Club! Almost 100,000 members! Seniors Holiday Travel is Australia's Largest Free Travel Club for Seniors. We are a fully licensed, fully accredited, full service Australian travel company dedicated to providing service with expertise. Seniors Holiday Travel specialises in escorted tours throughout the world as well as cruise holidays and every aspect of helpful advice, special offers, incentives and the best deals for Seniors who love to travel in luxurious style, or, on a very limited budget. Membership is free to everyone and there are no annual fees ever!



www.Facebook.com/SeniorsHolidayTravelClub

Established 1998



\$100

TRAVEL GIFT VOUCHER

This voucher entitles the bearer to a \$100 discount (per person) on any travel bookings, confirmed and paid for with the Seniors Holiday Travel Club to the value of \$2,500 or more (per person). Voucher is redeemable on all new travel bookings made after 1/10/13 for holidays or cruise bookings made on or before 20/12/13 for travel to be completed by 31/12/14. Voucher is not redeemable for cash. In some cases, vouchers may be applied to savings on future travel, or, on board credits, or other, as determined by Seniors Holiday Travel. This voucher can only be used by members. Membership is free. To become a member Free Call 1800-300-999. A limit of 4 passengers per voucher applies.





Wednesday 13 November Perth Metro

Trinity School for Seniors Annual Art & Craft Exhibition

Trinity School for Seniors, Perth Main Hall
Time: 9am to 3pm
The annual exhibition is an opportunity for our talented students to showcase their work. There will be a selection of work for sale in various mediums. Artists will be in action during the exhibition featuring painting, needlework, crochet, quilting and wood carving.
Cost: Free
Contact: Trinity School for Seniors Loren Izzi Ph: 9483 1328
Open to public

Wednesday 13 November Regional

Croquet - Come and Try

Halls Head Croquet Club, Erskine
Time: 9am
An opportunity for seniors and community groups to come and try the game of croquet. Equipment and coaching supplied.
Cost: Nil
Contact: Halls Head Croquet Club Val Alexander Ph: 9581 3149

E: hallsheadcroquet26@yahoo.com.au
Open to public

Connecting Seniors Expo

Shire of Augusta/Margaret River
Time: 10am to 12noon
Morning tea and entertainment to celebrate the contribution seniors make in our social, cultural, sporting and community clubs. Come and learn more about social opportunities, talk to the clubs and organizations directly. Free for all seniors
Shire of Augusta and Margaret River Erin Statz Ph: 9780 5239
E: estatz@amrshire.wa.gov.au
Open to public

Living History

Albany Community Care Centre
Time: 1pm to 3pm
Open Day - show case Albany history through our clients stories and displays from Anzacs, Immigration, forming and living in the region
Cost: Gold coin donation
Contact: Albany Community Care Centre Linda Bowen
Ph: 9841 8668
E: lbowen@accc.org.au
Open to public

Past and Present

Merredin Community Resource Centre, Wheatbelt
Time: 12pm to 3pm
Learn about technology, ebook readers, family history on the internet, (ancestry.com) and broadband for seniors. Learn about a community group 'Tales of times Past'.
Cost: Free RSVP 8/11/13
Contact:

Merredin Community Resource Centre
Debbie Morris
Ph: 90411041
E: merredincrc@merredin.com
Open to public

Seniors Movie Morning

South West
Boyup Brook Club
Time: 9.30am to 12noon
A morning tea for seniors to come together, enjoy a morning tea and see a movie from the past.
Cost: \$5 RSVP 8/11/13
Contact: Boyup Brook Community Resource Centre
Jodi or Nat
Ph: 9765 1169
E: boyupbrook@crc.net.au
Open to public

Bendigo Bank

Seniors Week Festival

10-17 November 2013

Seniors Volunteers in the Goldfields

Kalgoorlie/Boulder Volunteer Centre
Time: 9am to 3pm
Information and recognition display of senior's volunteers and light refreshments
Cost: Nil
Contact: Kalgoorlie Boulder Volunteer Centre Kiri or Shyama
Ph: 9022 3197
E: volunteers@kbvc.org.au
Open to public

Bedford Combined Probus club welcomes new members

BEDFORD Combined Probus Club meets on the second Monday of each month at 10am at the Dianella Church of Christ Hall located at 68 Waverley Street Dianella.

A short formal meeting is followed by morning tea, fellowship and a guest speaker. After the meeting, interested members can get together to enjoy a casual lunch.

A day's outing is held once a month usually combined with lunch.

At present the club has around 70+ members but more retirees and semi-retirees aged 55 and over are most welcome.

For further information please contact Helen Jelleff (Publicity Liaison Officer) on 9444 8764.

Aches & Pains?



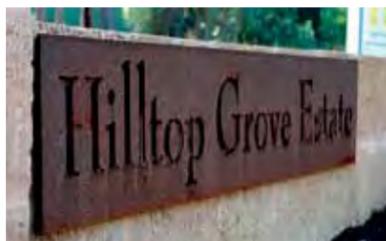
Science proves the value of the e-cell, a programmable PEMF natural treatment for osteoarthritis, sporting injuries or degenerative joint conditions.

Call Shirley on 1300 764 117

or go to our web site

www.ecell.com.au

Medic Technology International Pty Ltd



Hilltop Grove Estate

is a boutique community nestled in the Perth Hills near Mundaring.

This private, unique community for over-55s is set in 3ha of natural bush and offers you a quiet and peaceful hills lifestyle.

Hilltop Grove Estate has all the benefits of your own freehold title with a purpose-built community centre at its heart.



Selling Now!

For more information:
www.hilltopgrove.com.au,
Freecall 1800 HILLTOP, or
Jo Lindo 1800 44 55 86.



Hilltop Grove

E S T A T E

1425 Jacoby Road, Mundaring



EVENTS GUIDE

Have a Go NEWS

Wednesday 13 November Regional

Wii're Going to have a Bloomin' Good Time
Esperance Senior Citizens Centre
Time: 9.30am to 11.30am
A floristry class - how to brighten your life with flowers
Cost: Nil
Esperance Public Library
Marni Topping 90831500
library@esperance.wa.gov.au
Open to public

Thursday 14 November Perth Metro

Afternoon Tea Dance
Fremantle Town Hall
Time: 1pm to 4pm
Dance your afternoon away at the City of Fremantle Town Hall. Enjoy a lovely afternoon tea and a live band.
Cost: Free
RSVP - tickets can be collected from 21/10/13 at Fremantle Council
Contact: City of Fremantle
Kay Raymond
Ph: 9432 9826
E: kayr@fremantle.wa.gov.au
Open to public

Active Ageing Seniors Celebration - Kent Street Stroll
Businesses and community groups along Kent Street in Rockingham will be offering deals and discounts to seniors during Seniors Week 2013. A map is available from various locations
Cost: Free
Contact: City of Rockingham
For collection points call Ph: 9528 0333
Open to public

Anniversary Celebration Azelia Ley Dispalys Museum Open Days
The Azelia Ley Homestead & Wagonhouse Museum set on Manning Park, Cockburn
Time: 10am to 3pm
Celebrate with the 2013 Heritage Award

winning Historical Society of Cockburn volunteers and seniors. Hosting open days for visitors on Sundays and booked tours during the week. Enjoy history mystery quizzes, displays featuring Heritage costumes and photos.
Please book ASAP
Contact: Historical Society of Cockburn
Ph: 9418 6648
E: museum@cockburn.wa.gov.au
Open to public

Gravity Discovery Centre
1098 Military Road, Gingin
Time: 9am to 5pm
All seniors who visit the centre during Seniors Week are offered half price entry.
Cost: \$7.25
Contact: Gravity Discovery Centre

Tracie Troth Ph: 9575 7577
Open to public

Mind, Body and Spirit
Rod Evans Community Centre
160 Hay Street, Perth
Time: 9.30am to 3pm
Come along to a day of information about how to nurture yourself in the 'comfort years'. Guests will give talks and demonstrations about how to pamper and look after Mind, Body and Spirit. Enjoy a meal for \$12 and try massages, pedicures, Tai Chi, prizes etc.
Cost: Lunch \$12
Bookings essential
Contact: Rod Evans Community Centre
Ph: 9325 1507
Open to public

Seniors Week Free Tours of Parliament House
State Parliament House, West Perth
Time: 10.30am and 1pm
11.30am and 2pm
Guided tours of Parliament House each weekday. Tours will include viewing the sitting of Parliament are

Tuesday, 1pm, Wednesday 1pm and Thursday 10.30am and 1pm. Other tours when the Houses are not sitting will cover aspects of general building and parliamentary history. Gather at the main entrance (east side overlooking the city). Stop 15 'Parliament' on the Red Cat Bus route. Harvest Terrace on the Green cat bus route. Ramp access and lifts with two ACROD parking bays near entrance.
Free Parliamentary Education Office
Sarah Smith Ph: 9222 7259
E: detours@parliament.wa.gov.au
Open to public

Still Me
Kidogo Arthouse, Bathers Beach, Fremantle
Time: 11am to 4pm
Still Me presents 20 photographic portraits that challenge viewers to see beyond their assumptions. Each portrait depicts a mature individual holding a photograph of their younger selves and is accompanied by a text which speaks to

the experiences, hopes and dreams that give life its unique power and shape.
Cost: Free
Contact: City of Fremantle
Kay Raymond
Ph: 9432 9826
E: kayr@fremantle.wa.gov.au
Open to public

Trinity School for Seniors Annual Art & Craft Exhibition
Trinity School for Seniors, Perth, Main Hall
Time: 9am to 3pm
The annual exhibition is an opportunity for our talented students to showcase their work. There will be a selection of work for sale in various mediums. Artists will be in action during the exhibition featuring painting, needlework, crochet, quilting and wood carving.
Cost: Free
Contact: Trinity School for Seniors
Loren Izzi Ph: 9483 1328
Open to public



Volunteer with People Who Care and you can help Granny Smith

Can you help Granny Smith?

We provide support for the elderly and people with disabilities who are living independently in the community.

Every person has the power to change someone's life for the better. Whether you help with the gardening, changing a light bulb, driving to and from medical appointments, assisting with shopping, attending outings, working in the Op Shop or making a new friend - all your efforts count towards enriching someone's everyday physical and emotional wellbeing.

To apply for **People Who Care** services or volunteer please call **9379 1944**.
48 James Street, Guildford WA 6055

"We are committed to realising a caring community where people who are able, look after those in need."
Volunteer a little time and make a big difference



www.peoplewhocare.org.au



Making it better ... a bequest to Princess Margaret Hospital Foundation will help ensure the best available health care for future generations.

For more information contact Anne Smith tel (08) 9489 1189
pmhfoundation.com



Thursday 14 November Regional

Croquet - Come and Try
Halls Head Croquet Club, Erskine
Time: 9am
An opportunity for seniors and community groups to come and try the game of croquet. Equipment and coaching supplied.
Cost: Nil
Contact: Halls Head Croquet Club
Val Alexander
Ph: 9581 3149
E: hallsheadcroquet26@yahoo.com.au
Open to public

Seniors Volunteers in the Goldfields
Kalgoorlie/Boulder Volunteer Centre
Time: 9am to 3pm
Information and recognition display of senior's volunteers and light refreshments
Cost: Nil
Contact: Kalgoorlie Boulder Volunteer Centre
Kiri or Shyama Ph: 9022 3197
E: volunteers@kbvc.org.au
Open to public



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- Quality, comprehensive travel insurance.
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- Medical and hospital expenses cover for an overseas medical emergency.
- Medical assessments completed over the phone.
- Cover for cancellation fees and lost deposits.
- An easy and friendly phone application process.

Call COTA Insurance on **1300 1300 50** and quote HWA-1 for a quick, easy, no obligation quote

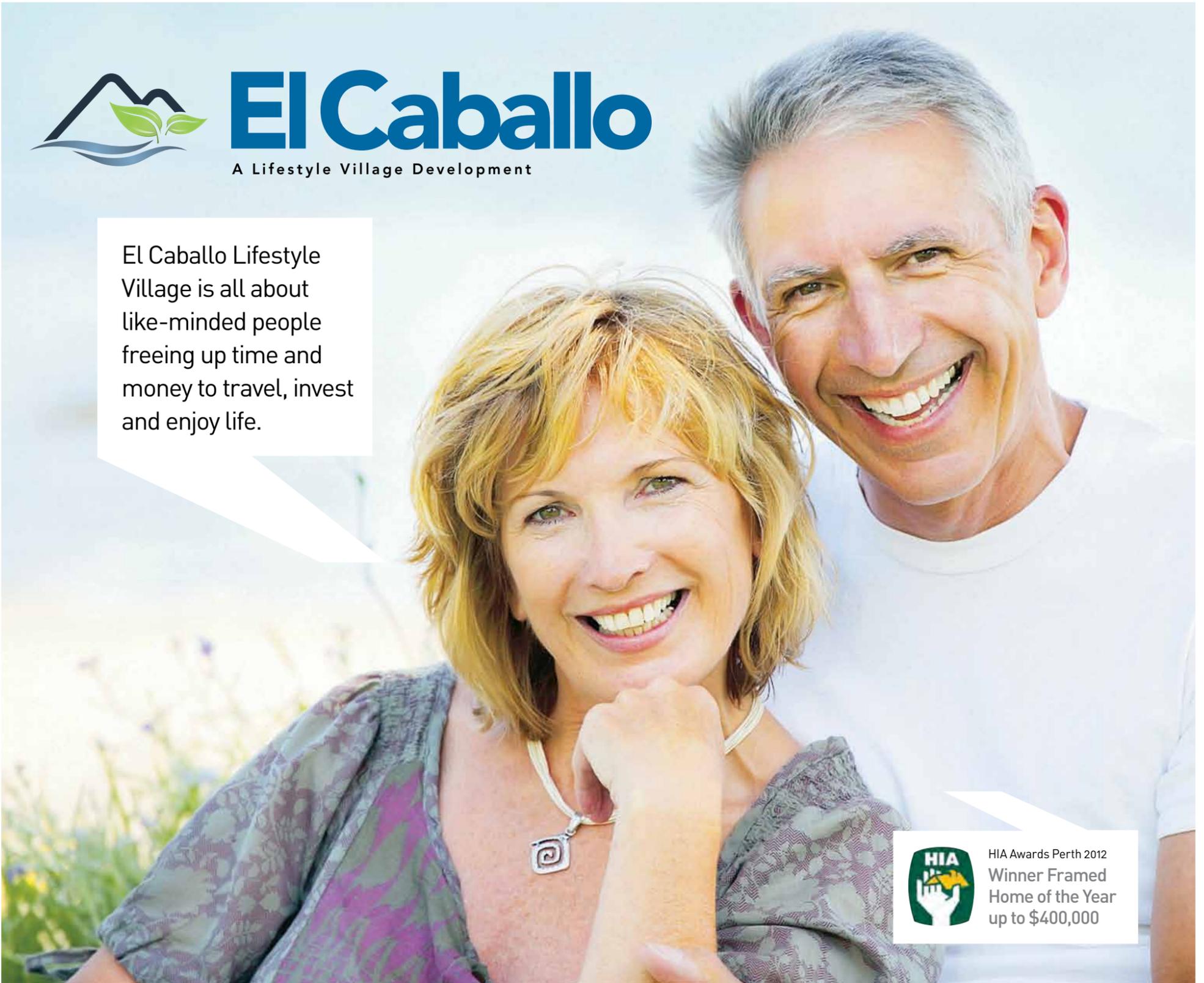
Insurance and Membership Services Limited ABN 59 057 159 743 AR 246235 trading as COTA Travel Insurance is an authorised representative of Cerberus Special Risks Pty Limited ABN 81 115 932 173, AFS Licence No. 308461. Before deciding to purchase the product, please read the Product Disclosure Statement available at www.cota.com.au. This insurance is underwritten by certain underwriters at Lloyd's.



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A Lifestyle Village Development

El Caballo Lifestyle Village is all about like-minded people freeing up time and money to travel, invest and enjoy life.



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Award winning homes from \$244,000

Quality homes

Award winning 1, 2 & 3 bedroom homes. Brand new, custom built to your specifications. Superior quality fixtures and fittings are our standard.

Stunning location

Just 50 minutes from Perth City, located in the picturesque Avon Valley right alongside the El Caballo Golf Course.

Resort facilities

Access to swimming pools, spas, tennis courts, gym, mini golf, cinema theatre and much more. All included as part of your weekly fee.

Community

Full gated community with secure entrance gates that open in the morning and close at night. Plus a community full of caring friends.



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PH: 9225 4088



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From 10am - 4pm OR BY APPOINTMENT

www.eclv.com.au
e: info@eclv.com.au fax: 9225 4288



Friday 15 November Perth Metro

End Your Weight Loss Struggle!

Find out the five common diet myths that keep you struggling with your weight and how to end the struggle forever!

FREE SEMINAR in Balcatta
Sun 13th Oct 2-4pm & Tue 15th Oct 7-9pm.
6 Weeks to a Slimmer, Healthier You program will run in October and November

Register at www.MindandBodyRevival.com.au/events or phone 1300 599 872

FOR SALE

RSL Mandurah Village

2 bedroom unit (Unit No 16)
\$185,000 ono
Newly renovated kitchen, laundry, bathroom.
New double robes to main bedroom.
Garage under main roof.

Contact Cheryl 9535 0200
Mon-Fri: 9am-3pm

Anniversary Celebration Azelia Ley Dispalys Museum Open Days
The Azelia Ley Homestead & Wagonhouse Museum set on Manning Park, Cockburn
Time: 10am to 3pm
Celebrate with the 2013 Heritage Award winning Historical Society of Cockburn volunteers and seniors. Hosting open days for visitors on Sundays and booked tours during the week. Enjoy history mystery quizzes, displays featuring Heritage costumes and photos.
Please book ASAP
Contact: Historical Society of Cockburn
Ph: 9418 6648
E: museum@cockburn.wa.gov.au
Open to public

Active Ageing Seniors Celebration - Kent Street Stroll
Businesses and community groups along Kent Street in Rockingham will be offering deals and discounts to seniors during Seniors Week 2013. A map has been developed and is available from various locations
Cost: Free
Contact: City of Rockingham

For collection points call 9528 0333
Open to public

Celebrating Seniors and Carers
North Perth
Chung Wah Hall
18 Radalj Place, Balcatta
Time: 10am to 12pm
Presentation on tips for active ageing, maintaining wellbeing, including Tai Chi demonstration, relaxation session, entertainment and free resource bag and morning tea.
Cost: Free RSVP 5/11/13
Contact: Community West
Louise Kelly
Ph: 9309 8105
E: loise.kelly@communitywest.com.au
Open to public

Free Luncheon and introductory Bridge lesson
Armadale and beyond
Church Hall, St Mary's in the valley, cnr Church and Rivers Rd, Kelmescott
Time: 11am to 1pm
The Armadale Bridge Club is inviting new players to come along and meet our members and have a 'taster' lesson of bridge followed by a free luncheon.
Cost: Free RSVP 13/10/13 or just come along
Contact:

Armadale Bridge Club
Sandy Sutton
Ph: 0448 005967 E: sandy.7notrump@gmail.com
Open to public

Gravity Discovery Centre
1098 Military Road, Gingin
Time: 9am to 5pm
All seniors who visit the centre during Seniors Week are offered half price entry.
Cost: \$7.25
Contact: Gravity Discovery Centre
Tracie Troth Ph: 9575 7577
Open to public

Living Histories Project
Citiplace Community Centre, Perth
Upstairs at Perth Railway Station
Time: 10am to 1pm
60 years ago in 1953 Australia was looking forward to peace and prosperity after WWII. What was happening for you? Come and share your experiences as a child or adult and learn how your memories can create a stage show.
Cost: Free
Contact: Agelink Theatre Inc
Jenny Davis
Ph: 0411 318 974
E: admin@agelink.com.au
Open to public
Reservations essential.

Melody Club Gala Day
Bassendean Community Hall
48 Old Perth Road, Bassendean
Time: 10am to 3pm
The Melody Club presents various forms of entertainment including the Voice of the Valley choir and students from Guildford Grammar.
Ticketed event with lunch and afternoon tea provided.
Cost: Free
Ticketed RSVP 8/11/13
Contact: Town of Bassendean
Tim Clark Ph: 9377 8051
E: tclark@bassendean.wa.gov.au
Open to public

Putting on the Ritz
Mundaring Hall
Nichol St, Mundaring
Time: 2pm to 5pm
1920s themed high tea, delicious afternoon tea with live jazz band and sultry singer located in the historic Mundaring Hall
Cost: Free
RSVP 1/11/13
Contact: Shire of Mundaring
Kay Bannerman
Ph: 9290 6683
E: hubcoordinator@mundaring.wa.gov.au
Open to public

Seniors Week Free Tours of Parliament House
State Parliament House, West Perth
Time: 10.30am and 1pm 11.30am and 2pm
Guided tours of Parliament House each weekday. Tours will include viewing the sitting of Parliament are Tuesday, 1pm, Wednesday 1pm and Thursday 10.30am and 1pm. Other tours when the Houses are not sitting will cover aspects of general building and parliamentary history. Gather at the main entrance (east side overlooking the city). Stop 15 'Parliament' on the Red Cat Bus route. Harvest Terrace on the Green cat bus route. Ramp access and lifts with two ACROD parking bays near entrance.
Cost: Free
Contact: Parliamentary Education Office
Sarah Smith Ph: 9222 7259

E: detours@parliament.wa.gov.au
Open to public

Still Me
Kidogo Arthouse, Bathers Beach, Fremantle
Time: 10am to 4pm
Still Me presents 20 photographic portraits that challenge viewers to see beyond their assumptions. Each portrait depicts a mature individual holding a photograph of their younger selves and is accompanied by a text which speaks to the experiences, hopes and dreams that give life its unique power and shape.
Cost: Free
Contact: City of Fremantle
Kay Raymond
Ph: 9432 9826
E: kayr@fremantle.wa.gov.au
Open to public

Friday 15 November Regional

An evening in the shed
Mukinbudin Community Shed
Time: 6pm to midnight
A dinner in the shed with night entertainment to say thank you to the seniors of Mukinbudin
Cost: Nil
RSVP 1/11/13
Contact: Shire of Mukinbudin
Ann Brandis
Ph: 90471102
E: ann@mukinbudin.wa.gov.au
Open to public

Croquet - Come and Try
Halls Head Croquet Club, Erskine
Time: 9am
An opportunity for seniors and community groups to come and try the game of croquet. Equipment and coaching supplied.
Cost: Nil
Contact: Halls Head Croquet Club
Val Alexander
Ph: 9581 3149
E: hallsheadcroquet26@yahoo.com.au
Open to public

24 HOUR HOME MEDICAL VISITS

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Doctor Home Visits After-Hours

(In-Hours visits can be arranged by your GP)

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365 DAYS OF THE YEAR
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Catalina 320 mk2. Landed 2008 - As new.

10m, (32ft), this superb yacht has First Class Fit Out, live-aboard luxury or ocean cruising.
Includes:- Aft King and forward double innerspring beds. Stylish lounge settees. Sleeps 6 comfortably. 2 x hot showers, WC, Galley inc double sink, icebox, fridge, oven etc. 29HP diesel. All safety gear. Raymarine GPS plotter, epirb, jackets flares etc.

Price Reduced \$159,000 - Inspection Invited
Contact Owner direct- 0417 279 103

If you've discovered you've got **PROSTATE CANCER**
You're not alone
Contact Your Local Support Group

| | | |
|----------------------|----------|--------------|
| Albany | Colin | 0409 377 683 |
| Bridgetown | Stuart | 0429 076 892 |
| Bunbury | John | 0407 219 507 |
| Busselton | Neil | 0409 533 248 |
| Denmark | Ron | 0439 945 304 |
| Fremantle | Margaret | 0419 195 549 |
| Geraldton | Terry | 0437 626 425 |
| Gosnells | Allan | 0418 919 212 |
| Kalamunda | Allan | 0418 919 212 |
| Mandurah | Margaret | 0419 195 549 |
| Narrogin | Neil | 0408 148 013 |
| Nedlands | Malcolm | 0405 345 191 |
| Ocean Reef | Barry | 0415 700 630 |
| Wembley | Roger | 0404 985 809 |
| Advanced PCa Group | Allan | 0418 919 212 |
| Carers Support Group | Sue | 0413 131 567 |
| Young Mens | Walter | 0401 276 755 |

"I'd like to be part of an informal group."
"I'd like to learn about support in my local community."
"I'd like to share experiences with others."

NEW Parkinson's Young Onset Support Group

Our first meeting will be a BBQ at Kings Park on Sunday 27 October at 11am. We welcome people newly diagnosed with Parkinson's and **55 years and under**. Partners/family also welcome. Food will be provided, please bring your own drinks.

To register your interest, please contact Angela/Lena on 9346 7373 or email pwaadmin@cnsa.com
www.parkinsonswa.org.au

Looking for a tree change?

Located in the beautiful country town of Moora within easy distance to the town centre and just a two hour drive from Perth.

The Village features:
Community Meeting Room
Community Shed
BBQ and Gazebo

**16 Roberts Street, Moora
9651 0000**

www.moora.wa.gov.au



Have a Go News' Bendigo Bank Seniors Week Festival 2013



Friday 15 November Regional

Intergenerational Fun Day

Bindoon Primary School
Time: 11am to 3pm
Luncheon and a mini sports carnival where 'factions' are a combination of seniors and students. Will also include an art competition
Cost: Nil RSVP 5/11/13
Contact: Shire of Chittering
Alison Reliti
Ph: 9576 4600
E: ecdosupport@chittering.wa.gov.au
Open to public

Seniors Volunteers in the Goldfields

Kalgoorlie/Boulder Volunteer Centre
Time: 9am to 3pm
Information and recognition display of senior volunteers and light refreshments
Cost: Nil
Contact: Kalgoorlie Boulder Volunteer Centre
Kiri or Shyama
Ph: 9022 3197
E: volunteers@kbvc.org.au
Open to public

Wii're going to have a blooming good time

Esperance Senior Citizens Centre
Time: 4pm to 5.30pm
Learn to use a WiiFit and exercise in the comfort of your own home
Cost: Nil
Contact: Esperance Public Library
Marni Topping
Ph: 90831500
E: library@esperance.wa.gov.au
Open to public



Seniors Week Festival

10-17 November 2013

Saturday 16 November Perth Metro

Active Ageing Seniors Celebration - Kent Street Stroll

Businesses and community groups along Kent Street in Rockingham will be offering deals and discounts to seniors during Seniors Week 2013. A map has been developed and is available from various locations
Cost: Free
Contact: City of Rockingham
For collection points call 9528 0333
Open to public

Anniversary Celebration Azelia Ley Displays Museum Open Days

The Azelea Ley Homestead & Wagonhouse Museum set on Manning Park, Cockburn
Time: 10am to 3pm
Celebrate with the 2013 Heritage Award winning Historical Society of Cockburn volunteers and seniors. Hosting open days for visitors on Sundays and booked tours during the week. Enjoy history mystery quizzes, displays

featuring Heritage costumes and photos.
Please book ASAP
Contact: Historical Society of Cockburn
Ph: 9418 6648
E: museum@cockburn.wa.gov.au
Open to public

BESA Annual Lunch and Dance

RAAFA Association Club, Bullcreek
Time: 12pm to 3.30pm
The British Ex-Services Association Inc invites members and guests to their annual Luncheon and Dance.
Cost: \$40 per head
Contact: British Ex-Services Association Inc
Ann Page/Eric Heath
Ph: 9291 6670/9291 8962
E: british.ex@bigpond.com
Invitation only

Creative Genealogy & Life Writing

Citiplace Community Centre, Upper Concourse, Perth Railway Station
Time: 9am to 3.30pm
Two workshops;
1) Sepia Secrets? Skeletons in the family closet? Transform your family history into a compelling narrative.
2) Researching Genealogical Resources.

Cost: \$15 per workshop
Contact: The Society of Women Writers
Anne Marie Price
Ph: 0415 840 031
E: swwofwa@gmail.com
Open to public

Gravity Discovery Centre

1098 Military Road, Gingin
Time: 9am to 5pm
All seniors who visit the centre during Seniors Week are offered half price entry.
Cost: \$7.25
Contact: Gravity Discovery Centre
Tracie Troth Ph: 9575 7577
Open to public



Perth Heritage Days 2013

Time: 10am to 4pm
A free family event for people of all ages to rediscover the discovered in the buildings, parks, theatres, open spaces, gardens, museums, libraries and hotels in the city. There will be walks, talks, workshops and lots more that provide stories showing us how Perth as we know it came to be
Cost: Nil
Contact: Heritage Perth
Ph: 9461 3235
Open to public

Still Me

Kidogo Arthouse, Bathers Beach, Fremantle
Time: 10am to 4pm
Still Me presents 20 photographic portraits that challenge viewers to see beyond their assumptions. Each portrait depicts a mature individual holding a photograph of their younger selves and is accompanied by a text which speaks to the experiences, hopes and dreams that give life its unique power and shape.
Cost: Free
Contact: City of Fremantle
Kay Raymond
Ph: 9432 9826
E: kayr@fremantle.wa.gov.au
Open to public

Saturday 16 November Regional

Croquet - Come and Try

Halls Head Croquet Club, Erskine
Time: 9am

An opportunity for seniors and community groups to come and try the game of croquet. Equipment and coaching supplied. Bring your grandchildren and try the game and enjoy a sausage sizzle afterwards.

Time: Nil
Halls Head Croquet Club
Val Alexander
Ph: 9581 3149
E: hallsheadcroquet26@yahoo.com.au
Open to public



Engaging the Ageing Seniors Expo Nedlands Community

Join this fun filled morning featuring informative presentations, guest speakers, product demonstrations and information stalls.

This expo provides a one-stop shop for seniors seeking information to enhance their overall lifestyle. Complimentary morning tea provided.

Thursday 21 November from 10am

Dalkeith Hall, 99 Waratah Avenue, Dalkeith

FREE ENTRY. For catering purposes please RSVP by Friday 12 November on 9386 6170.

Your big move maid easy...



...we take the stress out of your move
Our service is as extensive and as individual as you are. We customise each move to your specific needs and requirements.

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- Your home stays useful up until the day of your move
- All our ladies are police cleared
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Email: info@movingmaidswa.com.au

Visit www.movingmaidswa.com.au

Get free vitamin D from the sun and reduce your risk of sunburn.

Now you can help avoid getting sunburnt when gardening or letting it spoil that expensive holiday.



The child has a **UBSafe 1** on his hat to warn him when to get out of the sun. Grandfather has a **UBSafe 2** on his hat with earpiece for easier hearing.

UBSafe is an ultraviolet alarm that pins to your hat, and let you know (it plays a tune) when your particular skin has enough sun or vitamin D for the day.

SPECIAL Introductory prices - incl postage

UBSafe 1 \$63.00 - Normally \$73.00

UBSafe 2 with earpiece \$74.00 - Normally \$84.00

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Sun creams should always be worn in the sun but they:

- Won't let you receive your dose of vitamin D from the sun
- Don't let you know when they are no longer protective.
- Can't warn you on areas when they have not been applied.
- Can't warn you when you have had enough sun for the day.

UBSafes do all these and a lot more:

- Computes a daily U/V dose for your particular skin.
- Always monitors unprotected skin areas.
- Computes your dose of vitamin D from the sun.
- Automatic - very easy to use.
- Water resistant - Made tough for kids and industry.
- Solar powered - no batteries to buy.

Please see our website for more details on these, and other products.

www.ubsafe.com.au

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26/443 Albany Hwy, Victoria Park, WA 6100

Ph 08 9470 5677

Email: tony@diaginst.com.au



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- Respite Care
- Domestic Assistance

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homecare@flexhealth.com.au

flex Home Care
We love to care

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Sit back, relax and enjoy! Living is easy at Amaroo Village Gosnells, Denmark and Albany. Our friendly staff look after the garden; villa maintenance; and administration. No need to even change the light globe yourself! All villas are thoughtfully designed and well finished at very affordable prices.

Amaroo also offers high and low care in Gosnells. Both offer beautiful gardens and dining area. Our highly qualified staff provide exceptional care and support. Residents with dementia are also catered for. To learn more about us, please visit www.amaroorvillage.com.au. For all enquiries or villa inspection, please call your local Resident

Accommodation Co-ordinator:
Andrea 9490 3899 (Gosnells),
Carey 0427 851 562 (Denmark),
Donald 0408 793 173 (Albany).



2 Wreford Court, Gosnells 6110, WA ph: (08) 9490 3899 www.amaroorvillage.com.au



EVENTS GUIDE

Have a Go NEWS

Sunday 17 November Perth Metro

Active Ageing Seniors Celebration - Kent Street Stroll

Businesses and community groups along Kent Street in Rockingham will be offering deals and discounts to seniors during Seniors Week 2013. A map has been developed and is available from various locations
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City of Rockingham
For collection points call 9528 0333
Open to public

Anniversary Celebration Azelia Ley Dispalys Museum Open Days

The Azelia Ley Homestead & Wagonhouse Museum set on Manning Park, Cockburn
Time: 1.30pm to 4.30pm
Celebrate with the 2013 Heritage Award winning Historical Society of Cockburn volunteers and seniors. Hosting open days for visitors on Sundays and

Augusta Retirement Units



The Augusta Retirement Units are administered by a small group of volunteers.

One of our superb self-contained and air-conditioned units have just completed a total 'makeover', 'as new', and is again available for occupation as a Lifetime Tenancy.

'ONE LEFT'

Unit 14 is a larger unit with roller-door garage attached and an ongoing fee of \$230,000.

There is a small weekly maintenance fee of \$50 which covers all rates, water, external lawns and gardens.

For enquiries, phone Secretary,
Mrs J Childs 9758 1257

booked tours during the week. Enjoy history mystery quizzes, displays featuring Heritage costumes and photos.
Cost: Donation
Contact: Historical Society of Cockburn
Ph 9418 6648
E: museum@cockburn.wa.gov.au
Open to public

Gravity Discovery Centre
1098 Military Road, Gingin
Time: 9am to 5pm
All seniors who visit the centre during Seniors Week are offered half price entry.
Cost: \$7.25
Contact:
Gravity Discovery Centre
Tracie Troth
Ph 9575 7577
Open to public

Irish Seniors Picnic
John XXIII College
Mooro Drive,
Mt Claremont
Time: 11am to 4pm
Connecting Irish Seniors with the newly arrived Irish families in Perth, making important intergenerational connections.
Cost: Free
RSVP 4/11/13
The Claddagh Association
Rachael Ph: 0406 418 862

E: seniorsproject@claddagh.org.au
Open to public

Perth Heritage Days 2013

Time: 10am to 4pm
A free family event for people of all ages to rediscover the discovered in the buildings, parks, theatres, open spaces, gardens, museums, libraries and hotels in the city. There will be walks, talks, workshops and lots more that provide stories showing us how Perth as we know it came to be
Cost: Nil
Contact: Heritage Perth
Ph: 9461 3235
Open to public

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Kidogo Arthouse, Bathers Beach, Fremantle
Time: 10am to 4pm
Still Me presents 20 photographic portraits that challenge viewers to see beyond their assumptions. Each portrait depicts a mature individual holding a photograph of their younger selves and is accompanied by a text which speaks to the experiences, hopes and dreams that give life its unique power and shape.

Cost: Free
Contact: City of Fremantle
Kay Raymond
Ph 9432 9826
E: kayr@fremantle.wa.gov.au
Open to public

The Senior Newspaper Grandparents Family Day at Perth Zoo

Perth Zoo
20 Labouchere Rd, South Perth
Time: 9am to 5pm
As part of the Bendigo Bank Seniors Week Festival, the Minister for Seniors and Volunteering, Hon Tony Simpson MLA is offering a limited number of free entries to Perth Zoo for grandparents accompanying their grandchildren. These free tickets will be available for booking online from Tuesday 10 September. Visit www.dlgs.wa.gov.au/ seniors for more information and go to the blue index on the left hand side marked Bendigo Bank Seniors Week Festival 2013. Department of Local Government and Communities with Perth Zoo
Contact: Perth Zoo
Ph: 9474 0444
Open to public

Sunday 17 November Regional



Croquet - Come and Try

Halls Head Croquet Club, Erskine
Time: 9am
An opportunity for seniors and community groups to come and try the game of croquet. Equipment and coaching supplied.
Cost: Nil
Contact:
Halls Head Croquet Club
Val Alexander
Ph 9581 3149
E: hallsheadcroquet26@yahoo.com.au
Open to public

Peter Bygrave's
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A locally owned and operated funeral director that offers a complete funeral service conducted with compassion, empathy and in a professional manner.

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Choice of coffins and caskets
Obligation free quotes

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EMAIL support@greenfieldsfunerals.com.au
www.greenfieldsfunerals.com.au

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Pre-Seniors Week Events

9 November Retirement Living Expo

Belmont Park Racecourse
Time: 9am to 5pm
The Retirement Living Expo will showcase the best in retirement and lifestyle villages, insurance agents, financial planners, superannuation experts and lawyers, travel experts, and the latest in cooking and gardening.
Cost:
Gold coin donation
Contact:
Village Solutions Australia
Fiona Davidson
Ph: 9362 1911
Open to public

9 November Seniors Morning Tea

Belmont Park Racecourse
Time: 10am
Village Solutions Australia presents a Senior's Week Morning Tea to coincide with the launch of the 2013 Seniors Week and Retirement Expo.
Cost: \$10
Village Solutions Australia
Fiona Davidson
Ph: 9362 1911
Open to public

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Enjoy the outdoors with a spot of pole walking



Dawn Yates (far right) with pole walkers

by Josephine Allison

WITH spring in the air what better way to enjoy the outdoors than a spot of pole walking?

Seniors Recreation Council of WA executive officer Dawn Yates showed the benefits of the activity to members of

the Osborne Autumn Club at the City of Stirling Community Centre in Osborne Park recently.

Pole walking is an easy, efficient and low stress activity that involves the use of walking poles, to engage the body in a total workout. There is no age barrier because it suits everyone from seniors to younger people.

"Most people enjoy going for a walk so poles add an extra dimension," Dawn told club members.

"It brings weight-bearing, low impact exercise and gives the back, shoulders and neck muscles a workout. It also exercises the right and left brain hemispheres."

About 750 seniors in WA use poles for every day activity, resulting in much improved posture, Dawn said. She does pole walking daily after starting about five years ago.

The poles, which cost \$95 a pair, are well suited to grass or bush. They can also be used on bitumen but the boots on

each pole can wear out.

"Pole walking in summer was devised for skiers in Europe, helping them keep fit for winter," Dawn said. "You can clip them together and put them in a car boot. They can also be used in the shallows at the beach, as long as you wash them later."

People taking up the activity should stand with their shoulders relaxed and arms at the sides. Bend the lower arm at a 90 degree angle and take the pole handle. The pole should in this position stand straight down towards the base.

Anyone with slight neck and shoulder problems can shorten the pole by 5cm, to gain a better technique in motion. People wanting to workout with higher intensity and exercise for more strength, can lengthen the pole by 5cm to 10cm.

A group of people later tried out the poles in the courtyard outside the centre.

Dorothy Howse, of Westminster said

she enjoyed the tryout and could see the benefits.

"I was on crutches two years ago when I had hip replacements eight weeks apart," she said. "Pole walking is something I could do."

Autumn club committee member Pat Newland, of Tuart Hill, said she could feel the benefits of pole walking in her arms.

"I do line dancing and take part in Prime Movers but it's not enough. Pole walking would bring extra benefits."

Jeanette Challen, of Yokine, said she found the pole walking "excellent."

"I want a pair, I could feel the benefit in the short time I tried it."

Eileen Connor, of Tuart Hill, said she found the poles "really good."

"It would benefit the upper body," she said.

For further information of pole walking or to book a free demonstration, call Dawn Yates on 9492 9773.

You can also visit their site at *Have a Go Day*.

Perth talent Gary Lynn's performance dates



Gary Lynn and showgirls

FOLLOWING the recent release of Gary Lynn's album entitled *Soft & Swinging*, the Perth talent will be appearing at a series of performances throughout October and November.

Gary Lynn will be performing his Frank Sinatra inspired renditions at the following venues:

Have a Go Day, Burswood Park, 13 November

Dining With the Stars, 11 October, 7pm, Maurizio's Restaurant

Bookings 9228 1646

Rigby's Bar, 28 November, 7pm

Bookings 9324 1196

Dome Café in Kingsley, 22 November, 6pm, featuring music from the musicals.

Gary is also available for bookings for shows where he will perform a variety of songs including tributes to Frank Sinatra and friends.

If your club or group would like to book him for a performance call him on 9206 1362 or 0437 052 629 or visit his website at www.garylynn.net.

October AIR meetings

THE PERTH Southern District Branch of AIR's next meeting is on Friday, 25 October at the Victoria Park Bowling Club, 18 Kent St, Victoria Park, starting at 9.30 am.

The guest speaker will be Diane Marks from COTA who will talk on the topic, Downsizing, a Field Guide.

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

For more information, please contact Dianne on 9458 6326.

Also AIR's Perth Branch will hold this month's meeting on Friday 18 October, at 10am at the Cambridge Bowling Club in Howtree Place, off Chandler Avenue West, Floreat.

The guest speaker will be from Centrelink who will talk on the subject, Accommodation Options in retirement.

For more information, please contact Val on 9381 3495.



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Have a Go Day 2013 - See page 12 and 13 of this guide

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For group bookings and information contact the Parliamentary Education Office on 9222 7259

Seniors Card

Seniors Week Festival
10-17 November 2013

WA Seniors Card Morning Tea

The WA Seniors Card Centre is offering an opportunity for you and a guest to attend an exclusive morning tea.

Venue: The Bell Tower, Barrack Square, Perth
Date: Monday 11 November 2013
Time: 10.00am - 11.00am

Places are limited. There are 30 double passes for this special event. To go into the draw to attend the free morning tea and experience the fantastic view from the Bell Tower, complete the coupon and send it to the address below by **Friday 25 October 2013**.

Name _____
Guest's name _____
Address _____
Suburb _____ Postcode _____
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Send to: **WA Seniors Card Centre, Seniors Card Morning Tea, Locked Bag 3, Perth BC WA 6849**

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